



Games Information Packet

with **Skills Rules and Instruction Guide**

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2020 Special Olympics Montana Fall Basketball Challenge

With continuing concerns over COVID-19 across the country, and the current Phase 2 restrictions in Montana, SOMT will be altering the fall sport season. The 2020 State Basketball Tournament originally scheduled for November 5 – 7, 2020 in Butte will not be held. Instead, SOMT will offer an individual skills Fall Basketball Challenge.

The SOMT Fall Basketball Challenge will allow teams to return to practice and competition, while keeping athletes in their home communities, and in groups of 50 or less. There will be no state level, in-person competitions this fall. Details regarding this fall's training and competition opportunity can be found in the SPORTS TRAINING AND COMPETITION section of this document.

As citizens, communities, and nations around the world resume operations and activities in the time of COVID-19, Special Olympics International has developed guidance for all programs on returning to activities. This guidance is founded on the latest medical information available and guidance from organizations such as the World Health Organization (WHO) and nation-specific health agencies such as the Centers for Disease Control and Prevention (CDC) in the U.S.

All this said, SOMT has developed a Fall Sport Season Return to Activity Plan. The plan includes guidance on paperwork for participation, protocols for practices, the creation of two modified seasons, personal protective equipment, and competition opportunities for athletes of all ability levels. In order for teams to return to activities, each team must follow and comply with the guidelines set forth by Special Olympics International and adopted by Special Olympics Montana.

SOMT is utilizing a three phased approach on return to activities. It is important to note there may be times a community will revert to an earlier phase, if or when, the spread of COVID-19 rises in the future. These guidelines follow the current **Phase 2 activities** protocol outlined in the Special Olympics International [Return to Activities Protocol](#).

SOMT recommends teams check with their local city or county health departments on local restrictions or regulations regarding COVID-19. Please visit the State of Montana Department of Health and Human Services website below to find contact information for your local health department offices.

<https://dphhs.mt.gov/publichealth/fcss/countytribalhealthdepts>

PAPERWORK:

All **athletes** who plan to compete will be required to be current with paperwork: athlete medical, consent, and athlete code of conduct. In addition, athletes and/or their guardians or caregivers will be required to review and sign off on the [COVID-19 Code of Conduct and Participant Risk Assessment Form](#). This document needs completing only once.

In addition, all volunteers (**area directors, local program coordinators, coaches, and volunteers**) will need to have current paperwork: volunteer application and protective behaviors. They will also be asked to review and sign off on the [COVID-19 Code of Conduct and Participant Risk Assessment Form](#) if they are assisting at team practices. This document needs completing only once.

All paperwork is to be submitted to Lisa Romig at the state office.

- Email: lromig@somt.org
- Fax: 406-770-4456

Due Dates for all paperwork, including the COVID-19 Code of Conduct and Participant Risk Assessment Form:

- Adult Teams – August 24, 2020
- School-Aged Teams – September 28, 2020

PRACTICES:

When teams return to practice, they must meet the following guidelines:

- All athletes and volunteers must be screened before entering the practice area.
- Screening includes a temperature check and specific survey questions listed on the [COVID-19 Screening and Tracking Template for Special Olympics Activities](#).
- The [COVID-19 Screening and Tracking Template for Special Olympics Activities](#) must be completed at the start of each practice. Local Program Coordinators and/or the head coach will be asked to compile and submit all completed COVID-19 Screening and Tracking Templates to the state office at the end of the season. Please submit tracking forms to Lisa Romig. (Email: lromig@somt.org or Fax: 406-770-4456)
- Practice sizes cannot exceed more than 50 people. Size of the venue will require 6ft physical distance between participants, even with 50 or less in attendance.
- All participants must attend regularly scheduled practices. Once practice groups are established, participants must remain in those practice groups.
- COVID-19 [educational signage](#) and must be hung in prominent locations at practice venue. Sample **venue signage** is also available on the [SOI Return to Activity](#) website. Please scroll to the bottom of the page to access the downloadable zip file.
- If holding back to back practices, teams must leave enough time to disinfect the venue and equipment BEFORE the next team arrives.
- All sports equipment and shared surfaces must be disinfected between uses.
- No outside spectators will be permitted. Parents, guardians, and caregivers dropping athletes off at practice must remain outside the facility during practice.
- SOMT highly recommends all athletes, coaches, and volunteers wear facemasks throughout the duration of practice, except during physical exertion, including upon arrival and departure.
- In Phase 2, indirect contact MAY resume, but in limited capacity. Direct physical contact MAY NOT resume (e.g. high fives, hugs, huddles). During practice, athletes, coaches, and volunteers must maintain physical distancing of 6 ft.

Practice Facilities/Venues:

As teams begin securing practice venues (indoor or outdoor), Local Program Coordinators or Head Coaches are asked to submit contracts and/or facility use agreements to Cindy Reiquam (creiquam@somt.org) at the SOMT office for approval and signature. Please DO NOT sign any contracts on behalf of SOMT. All contracts and/or facility use agreements must be signed by SOMT COO or CEO.

High Risk Participants:

Lastly, Local Program Coordinators and Head Coaches are highly encouraged to review the document named: [Who Is Considered At Higher Risk For COVID-19](#). This document may assist in identifying athletes who should be participating in the *Compete From Home level* (additional details available in the *Sports Training and Competition Section*). This document also applies to all volunteers who may fall into this high-risk category and may not be comfortable returning to practice.

Educational Videos for Returning to Practice:

- [Return to Activities: Travel to Activity and Onsite Screening](#)
- [Return to Activities: Preparing the Venue](#)
- [Return to Activities: Examples of Coaching Adjustments](#)

What To Do If An Athlete or Volunteer Answers Yes To A Survey Question, Or Arrives With A Fever During The COVID-19 Screening?

If an athlete or volunteer answers “yes” to one of the survey questions or arrives with a fever, please follow the steps below:

- 1) Isolate athlete or volunteer
- 2) Send athlete or volunteer home from practice
- 3) Have athlete or volunteer contact their healthcare provider

If an athlete or volunteer is found to have COVID-19 symptoms, they must wait 7 days after symptoms resolve to return to activity or must provide written proof of physician clearance to Special Olympics Montana before returning to activities. Physician clearance must be submitted to SOMT state office and Local Program Coordinator.

Participants who test positive for COVID-19, must contact the Special Olympics Montana state office and head coach or Local Program Coordinator as soon as possible. He or she must provide written medical clearance from their health care provider before returning to activities.

NOTE: When performing the temperature check, if the participant has a temperature of 100.4 or higher, they may be rescreened after 5 minutes to ensure the temperature is accurate. If the temperature is still 100.4 or higher, follow the steps above. During the 5-minute wait, please make sure participant is kept in a shaded and cool area. Do not allow them to stand in direct sunlight, if outside.

PERSONAL PROTECTIVE EQUIPMENT (PPE):

To assist teams in dealing with the challenges of COVID-19 screening, and complying with the practice guidelines put in place, SOMT will provide the following personal protective equipment (PPE) to each team:

- Thermometers (*it is recommended that teams have additional AA batteries on hand during practices*)
- Disposable facemasks for athletes (*all volunteers will be asked to provide their own*)

Teams will be responsible for providing:

- Hand sanitizer – recommendation is for hand sanitizer to contain at least 60% alcohol
 - **NOTE:** DO NOT use sanitizers that contain methanol alcohol (wood alcohol) as it is toxic
- Sanitizing products for all sports equipment and shared surfaces in the venue (***CDC guidelines recommend using 1/3 cup bleach to 1 gallon of water for sanitation purposes. Clorox and/or Lysol wipes are also an approved method for sanitizing.***)
- Gloves – to be used by coaches/volunteers during drills that require indirect contact with the basketball

Facemasks: Athletes and volunteers are required to wear facemasks upon arrival and departure from practices. Facemasks are also required during down times when athletes are not engaged in physical activity. **While engaged in physical activity, it is recommended that athletes place their facemasks in their personal practice bags.** SOMT highly recommends that volunteers wear facemasks at all times.

All teams must submit their PPE requests to the state office by August 7, 2020.

MODIFIED SEASONS:

In hopes of helping teams access practice venues, SOMT has developed modified seasons for adult and school-aged programs. Knowing it will be difficult for adult teams to secure indoor gym space for practice, the adult team season will occur prior to the school-aged season. ***It is permissible and encouraged for adult teams to practice outside if indoor facilities are not available.***

The school-aged team season will start later, in hopes of schools having more developed plans on bringing students back into facilities and practicing in the school gymnasiums. Community teams consisting of both adult and school-aged athletes will be asked to host their practices and competition during the adult team season or will be allowed to host separate seasons for adult and school-aged athletes.

Adult Team Season: *It is expected that all teams will practice a minimum of 4 weeks, but teams may begin practices as soon as they receive their appropriate PPE equipment.*

- Registration distributed: August 3
- Rosters due: August 24 (4-week practice and competition season begins)
- Final scores due: September 18
- Final scores calculated and awards sent to areas: week of September 21

School-Aged Team Season: *It is expected that all teams will practice a minimum of 4 weeks, but teams may begin practices as soon as they receive their appropriate PPE equipment.*

- Registration distributed: August 3
- Rosters due: September 28 (4-week practice and competition season begins)
- Final scores due: October 23
- Final scores calculated and awards sent to areas: week of October 26

AWARDS:

All athletes competing in the 2020 Special Olympics Montana Fall Basketball Challenge will receive an award. Athletes who choose to participate in the Compete From Home Level will receive a challenge medal for completing all four activities or a participation ribbon for completing three or less of the activities. Athletes who register for Levels 1 – 4 will compete for traditional medals (gold, silver, bronze) and ribbons (4th, 5th, 6th, 7th, 8th).

SPECIAL EVENTS:

Just like the Virtual State Summer Games, the Fall Basketball Challenge will also have an Opening Ceremony and a Closing Ceremony. These will be held virtually and available for viewing on the SOMT Facebook page and YouTube channel.

- Opening Ceremony: August 24, 2020 @ 5:30 PM
- Closing Ceremony: November 5, 2020 @ 5:30 PM

PHOTO/VIDEO SUBMISSIONS:

Teams are encouraged to submit photos and videos of athletes while at practice completing their activities. Photos and videos may be submitted via Facebook Messenger or with the final scores. The intent is to create an athlete highlight reel for the Closing Ceremony on November 5th.

Skills Rules and Instructional Guide

- The 2020 Fall Basketball Challenge Skills Rules and Instructional Guide is intended to provide all the tools needed to set-up and complete each event for every level
- For a full list of team gathering requirements, refer to the “Practices” and “Personal Protective Equipment (PPE)” sections earlier in this packet
- Important PPE guidelines for assisted events and/or shared equipment
 - Volunteers
 - Must wear PPE when assisting an athlete in an event. This includes—
 - Masks and gloves when within 6 feet of a team member
 - Gloves when having indirect contact, such as through a ball in a passing event
 - Athletes do not need to wear PPE when actively participating in their events
 - It is recommended athletes wear PPE between active participation, including masks, and if necessary, gloves
 - Shared equipment must be disinfected between uses by athletes. Example—
 - Bill participates and completes his Level 2 events. It is now Anne’s turn to complete her events, using the same backboard and hoop. Anne should be given a ball that had not been recently used by a teammate and had been disinfected. The ball that was utilized by Bill should be disinfected and set aside to dry. Once disinfected and dried, it may be used again
 - Disinfecting guidelines can be found earlier in this packet



Contents

- **Compete From Home Level** 7-15
- **Level 1** 16-18
- **Level 2** 19-21
- **Level 3** 22-26
- **Level 4** 27-31

Each section is color coordinated with the colors above

• **Compete From Home Skills- 4 events**

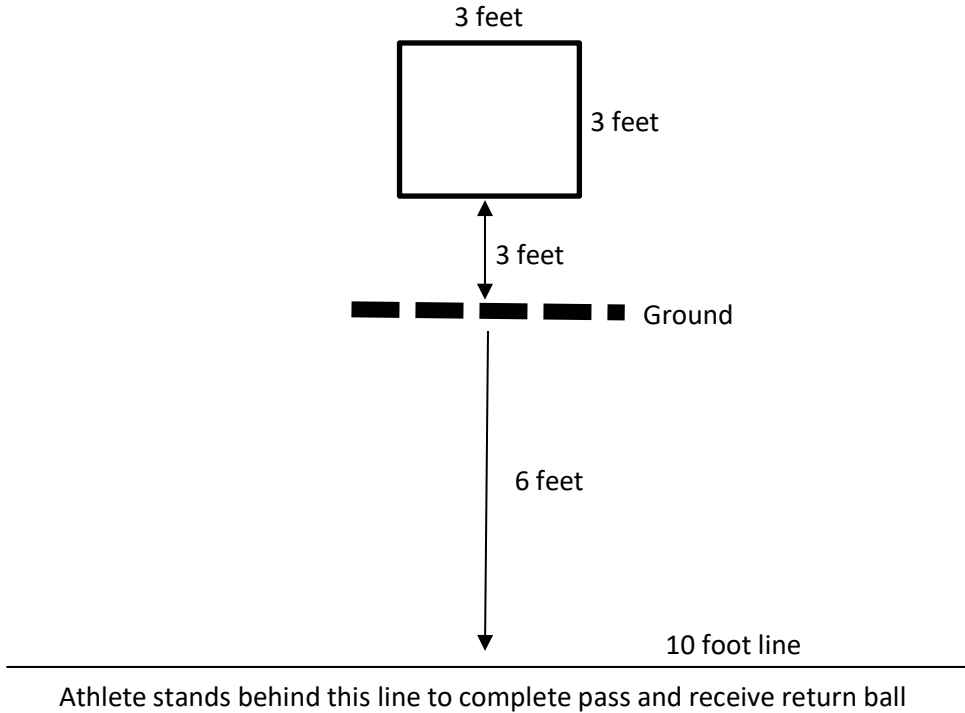
- The Compete From Home Skills Level contains both independent and assisted events. It is available for any athlete who is NOT already competing in one of Levels listed throughout the rest of the document. This Level is recommended for athletes who are at a higher-risk for contracting COVID-19. All athletes who compete in this Level must coordinate with their LPCs to submit scores. In order to earn a medal, Compete From Home Skills athletes must complete one option from all four events. If they complete 1-3 events, they will earn a ribbon
 - Athletes can mix-and-match options from each event, in order to complete all of their events

Proper safety protocols must be observed during practice and competition sessions. Refer to Page 1 of the Skills Rules and Instructional Guide for PPE and social distancing protocols and requirements

- **Event #1- Pass- 3 options- Any round ball, with soft sides, is permissible for usage in completing this event**
 - Option 1- Traditional- Wall Pass
 - **IMPORTANT- To complete this event, ensure the wall utilized is hard and can allow a ball to hit off it multiple times, without creating a hole. SOMT is not responsible for any damages that may incur due to the choice and completion of this option**
 - Set-up
 - Find a wall
 - On the wall, use painters tape (only painters tape, as this will not damage a wall), to mark a 3 ft x 3 ft square. The bottom of the square should be 3 ft off the ground
 - From the ground, lined-up with the center of the square, measure 6 ft away from the wall
 - Using painters tape or another item to mark the line, such as chalk, draw a 10 ft line
 - How-to
 - The athlete, standing behind the line, attempts to make a chest pass, in the air, into the inside of the square
 - After passing, the athlete, staying behind the line, attempts to catch the ball, without dropping it, as it returns
 - Athletes receive 5 attempts

- Scoring
 - Award 3 points for every pass that hits the lines or inside the lines of the square, without first bouncing
 - Award 1 point for every return ball caught, without dropping

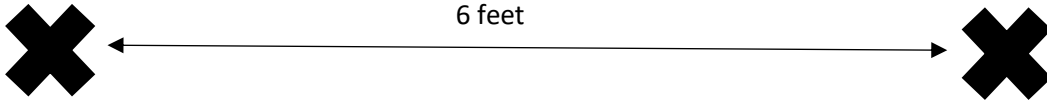
Attempt #	1	2	3	4	5	Total Score
Score/Max Score	___ / 4	___ / 4	___ / 4	___ / 4	___ / 4	___ / 20



- Option 2- Modified- Closer Stationary Pass
 - Set-up
 - Mark a spot on the ground. This will be the volunteer’s spot
 - Six feet away from the volunteer’s spot, mark another spot on the ground. This will be the athlete’s spot
 - How-to
 - The volunteer and athlete should stand in their respective spots. The athlete should be holding the ball
 - The athlete throws a chest pass to the volunteer
 - The volunteer should be holding the ball now
 - The volunteer throws a chest pass to the athlete
 - Both athlete and volunteer should pass the ball FIVE times each
 - Scoring
 - 2 points for athlete hitting volunteer in hands with pass
 - Pass back to athlete from volunteer
 - 1 point for athlete dropping pass from volunteer

Attempt #	1	2	3	4	5	Total Score
Score/Max Score	___ / 4	___ / 4	___ / 4	___ / 4	___ / 4	___ / 20

- 2 points for athlete catching pass from volunteer



- Option 3- Traditional- Stationary Pass

- Set-up

- Mark a spot on the ground. This will be the volunteer’s spot
 - Twelve feet away from the volunteer’s spot, mark another spot on the ground. This will be the athlete’s spot

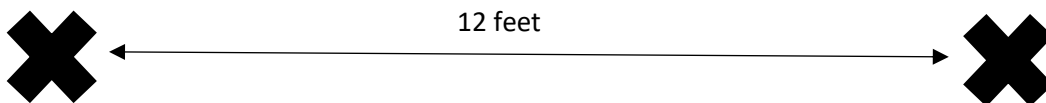
- How-to

- The volunteer and athlete should stand in their respective spots. The athlete should be holding the ball
 - The athlete throws a chest pass to the volunteer
 - The volunteer should be holding the ball now
 - The volunteer throws a chest pass to the athlete
 - Both athlete and volunteer should pass the ball FIVE times each

- Scoring

- 2 points for athlete hitting volunteer in hands with pass
 - Pass back from volunteer
 - 1 point for athlete dropping pass from volunteer
 - 2 points for athlete catching pass from volunteer

Attempt #	1	2	3	4	5	Total Score
Score/Max Score	___ / 4	___ / 4	___ / 4	___ / 4	___ / 4	___ / 20



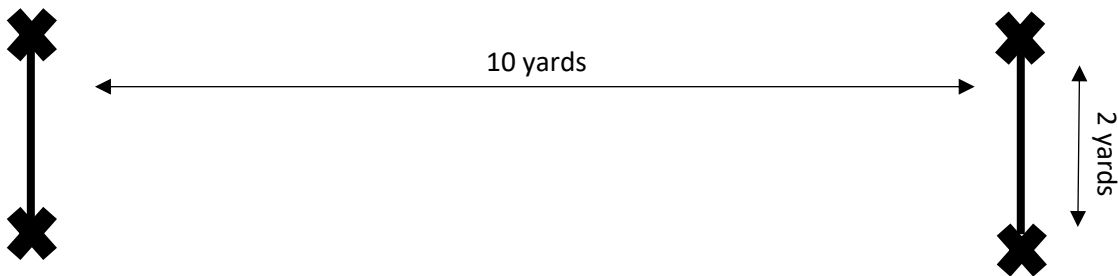
- **Event #2- Dribble- 2 options-** Any round ball that can bounce is permissible for usage in completion of this event

- Option 1- Modified- Assisted Speed Dribble

- Set-up

- Mark a starting line 2 yards wide
- Move 10 yards in a straight direction, away from the starting line
- When you reach 10 yards, mark a finish line 2 yards wide
- How-to
 - Athlete and assistant line-up at starting line
 - Athlete and assistant dribble and move, as fast as possible, through the course
 - Athletes utilizing wheelchair- Two pushes, followed by two dribbles, until course is completed
 - If control of the ball is lost, athlete and/or assistant may retrieve, but time continues running
- Scoring
 - Use the following chart to convert time needed to complete the course, into points

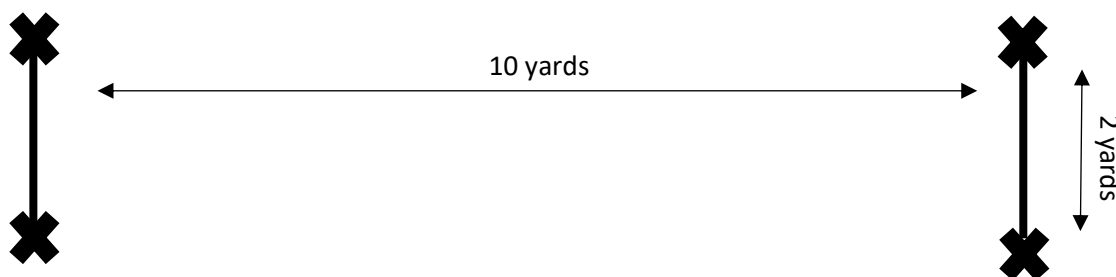
Seconds	Points	Seconds	Points
0-2	30	9.1-10	14
2.1-3	28	10.1-12	12
3.1-4	26	12.1-14	10
4.1-5	24	14.1-16	8
5.1-6	22	16.1-18	6
6.1-7	20	18.1-20	4
7.1-8	18	20.1-22	2
8.1-10	16	22.1 and up	1



- Option 2- Traditional- Speed Dribble
 - Set-up
 - Mark a starting line 2 yards wide
 - Move 10 yards in a straight direction, away from the starting line
 - When you reach 10 yards, mark a finish line 2 yards wide
 - How-to

- Athlete lines-up at starting line
 - Athlete dribbles and move, as fast as possible, through the course
 - Athletes utilizing wheelchair- Two pushes, followed by two dribbles, until course is completed
 - If control of the ball is lost, athlete may retrieve, but time continues running
- Scoring
- Use the following chart to convert time needed to complete the course, into points

Seconds	Points	Seconds	Points
0-2	30	9.1-10	14
2.1-3	28	10.1-12	12
3.1-4	26	12.1-14	10
4.1-5	24	14.1-16	8
5.1-6	22	16.1-18	6
6.1-7	20	18.1-20	4
7.1-8	18	20.1-22	2
8.1-9	16	22.1 and up	1



- **Event #3- Shot-** 3 options- Any round ball with soft sides is permissible for usage in completing this event
 - Option 1- Basket Shot
 - Set-up
 - Place any basket, such as a laundry hamper, on the ground
 - Measure six feet from the basket. Mark this spot. This is the shooting spot
 - How-to
 - The athlete stands on the shooting spot and has 10 attempts to shoot the ball in the basket

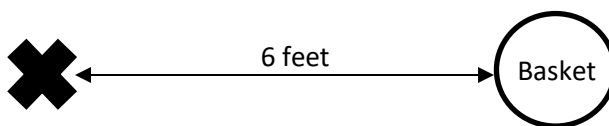
- There is no limitation on the style of shot used. Examples of shot style are—

- Overhand
- Underhand
- Traditional basketball form
- Others

○ Scoring

- Award 3 points for every shot that lands in and stays in the basket

Shot #	1	2	3	4	5	6	7	8	9	10	Total
Points	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/30



- Option 2- Modified- Garbage Can Shot

- Set-up

- Set 32 gallon (school/industrial size) trash can directly under hoop
- From center of garbage can, move 5 ft to one side
- From that spot, move 3.5 ft away from the hoop. Mark this spot. This is SPOT 1
- Move another 1.5 ft in the same direction as SPOT 1. Mark this spot. This is SPOT 2
- Move another 1.5 ft in the same direction as SPOT 2. Mark this spot. This is SPOT 3
- Return to the center of the hoop and repeat the previous steps in order to find SPOT 4, 5, and 6

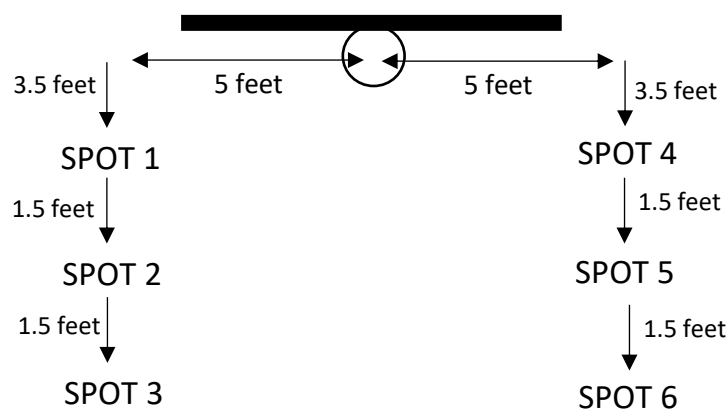
- How-to

- Have athlete take two shots, attempting to shoot the ball into the garbage can, from each spot. It does not matter in what order
 - Athlete may bounce the ball into garbage can, if desired

- Scoring

- For spots 1 and 4- 2 points for each make
- From spots 2 and 5- 3 points for each make
- From spots 3 and 6- 4 points for each make
- Award 1 point for every shot that hits the garbage can, but does not go in

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Spot 6	
Shot 1	___/2	___/3	___/4	___/2	___/3	___/4	
Shot 2	___/2	___/3	___/4	___/2	___/3	___/4	Total Score from all shots
Combined Score from 2 shots	___/4	___/6	___/8	___/4	___/6	___/8	___/36



- Option 3- Traditional- Spot Shot

- Set-up

- A traditional 10 foot rim should be utilized for this event
- From center of hoop, move 5 ft to one side
- From that spot, move 3.5 ft away from the hoop. Mark this spot. This is SPOT 1
- Move another 1.5 ft in the same direction as SPOT 1. Mark this spot. This is SPOT 2
- Move another 1.5 ft in the same direction as SPOT 2. Mark this spot. This is SPOT 3
- Return to the center of the garbage can and repeat the previous steps in order to find SPOT 4, 5, and 6

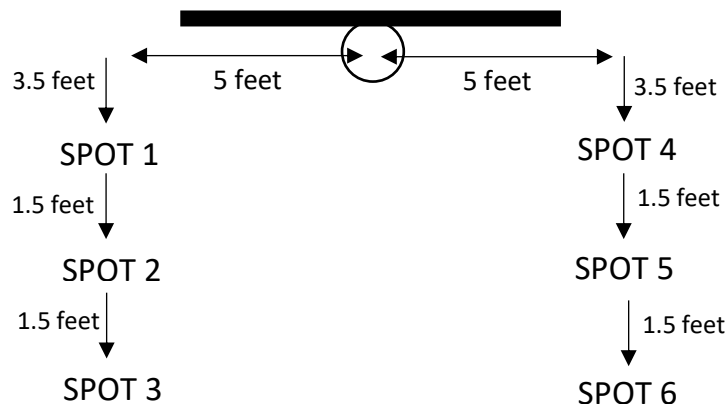
- How-to

- Have athlete take two shots, attempting to shoot the ball into the hoop, from each spot. It does not matter in what order

- Scoring

- For spots 1 and 4- 2 points for each make
- From spots 2 and 5- 3 points for each make
- From spots 3 and 6- 4 points for each make
- Award 1 point for every time the ball hits the backboard and/or rim, but does not go in

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Spot 6	
Shot 1	___/2	___/3	___/4	___/2	___/3	___/4	
Shot 2	___/2	___/3	___/4	___/2	___/3	___/4	Total Score from all shots
Combined Score from 2 shots	___/4	___/6	___/8	___/4	___/6	___/8	___/36



■ **Event #4- 3 options**

- Option 1- Roll/Assisted Walk- 20 Yard Roll/Assisted Walk
 - Set-up
 - Mark a line two yards wide
 - Measure ten yards away from that line
 - Mark another line two yards wide
 - How-to
 - Have the athlete line-up at one of the lines
 - When ready, start the timer and have the athlete roll/walk to the other line and back, with or without an assistant
 - When the athlete returns to the line they started at, stop the timer
 - Scoring
 - Use the following chart to award points

Seconds	38.01 or more	34.01-38.00	30.01-34.00	26.01-30.00	22.01-26.00	22.00 or less
Points	1	4	8	12	16	20

- Option 2- Traditional Walk- 40 Yard Traditional Walk
 - Set-up
 - Mark a line two yards wide
 - Measure twenty yards away from that line
 - Mark another line two yards wide
 - How-to
 - Have the athlete line-up at one of the lines
 - When ready, start the timer and have the athlete walk to the other line and back
 - When the athlete returns to the line they started at, stop the timer
 - Scoring
 - Use the following chart to award points

Seconds	34.01 or more	30.01-34.00	26.01-30.00	22.01-26.00	18.01-22.00	18.00 or less
Points	1	4	8	12	16	20

- Option 3- Traditional Run- 60 Yard Traditional Run
 - Set-up
 - Mark a line two yards wide
 - Measure thirty yards away from that line
 - Mark another line two yards wide
 - How-to
 - Have the athlete line-up at one of the lines
 - When ready, start the timer and have the athlete run to the other line and back
 - When the athlete returns to the line they started at, stop the timer
 - Scoring
 - Use the following chart to award points

Seconds	24.01 or more	21.01-24.00	18.01-21.00	15.01-18.00	12.01-15.00	12.00 or less
Points	1	4	8	12	16	20

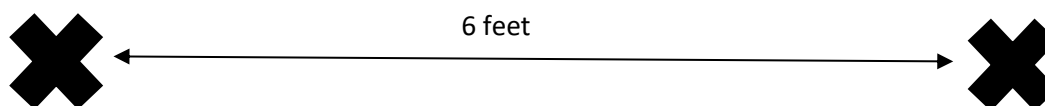
Level 1 Skills- 3 events

- Level 1 contains assisted events. These events would be considered modified events at the State Basketball Tournament. Athletes in Level 1 often display the following characteristics-
 - They may require partial/full assistance due to –
 - Physical need
 - No understanding of how to complete an event
 - Very limited basketball skills
 - Very limited basketball knowledge

Proper safety protocols must be observed during practice and competition sessions. Refer to Page 1 of the Skills Rules and Instructional Guide for PPE and social distancing protocols and requirements

- **Event #1- Closer Stationary Pass**
 - Set-up
 - Mark a spot on the ground. This will be the volunteer's spot
 - Six feet away from the volunteer's spot, mark another spot on the ground. This will be the athlete's spot
 - How-to
 - The volunteer and athlete should stand in their respective spots. The athlete should be holding the ball
 - The athlete throws a chest pass to the volunteer
 - The volunteer should be holding the ball now
 - The volunteer throws a chest pass to the athlete
 - Both athlete and volunteer should pass the ball FIVE times each
 - Scoring
 - 2 points for athlete hitting volunteer in hands with pass
 - Pass back to athlete from volunteer
 - 1 point for athlete dropping pass from volunteer
 - 2 points for athlete catching pass from volunteer

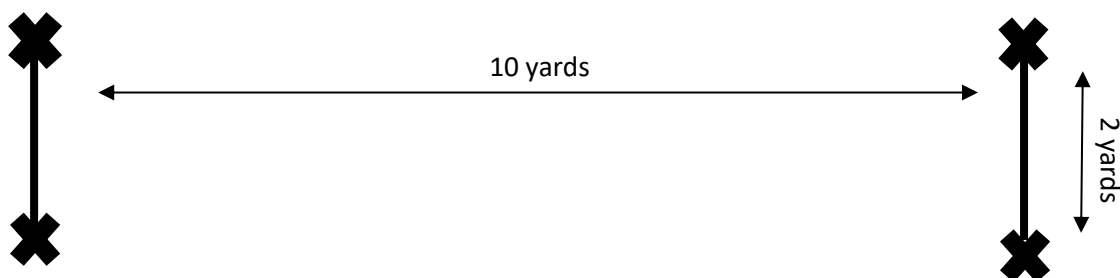
Attempt #	1	2	3	4	5	Total Score
Score/Max Score	___ / 4	___ / 4	___ / 4	___ / 4	___ / 4	___ / 20



■ Event #2- Assisted Speed Dribble

- Set-up
 - Mark a starting line 2 yards wide
 - Move 10 yards in a straight direction, away from the starting line
 - When you reach 10 yards, mark a finish line 2 yards wide
- How-to
 - Athlete and assistant line-up at starting line
 - Athlete and assistant dribble and move, as fast as possible, through the course
 - Athletes utilizing wheelchair- Two pushes, followed by two dribbles, until course is completed
 - If control of the ball is lost, athlete and/or assistant may retrieve, but time continues running
- Scoring
 - Use the following chart to convert time needed to complete the course, into points

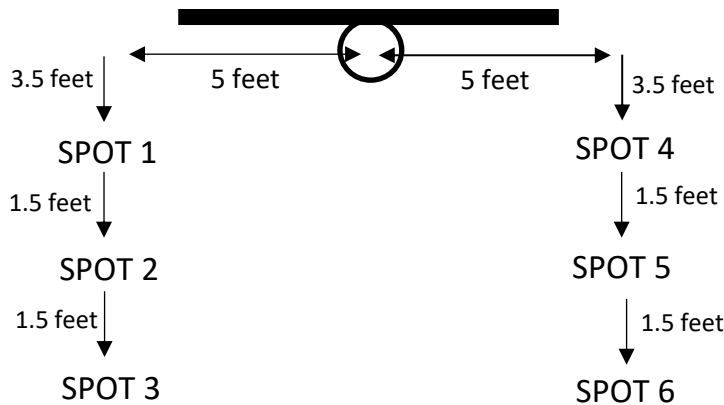
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5.1-6	22	16.1-18	6
6.1-7	20	18.1-20	4
7.1-8	18	20.1-22	2
8.1-9	16	22.1 and up	1



▪ **Event #3- Garbage Can Shot**

- Set-up
 - Set 32 gallon (school/industrial size) trash can directly under hoop
 - From center of garbage can, move 5 ft to one side
 - From that spot, move 3.5 ft away from the hoop. Mark this spot. This is SPOT 1
 - Move another 1.5 ft in the same direction as SPOT 1. Mark this spot. This is SPOT 2
 - Move another 1.5 ft in the same direction as SPOT 2. Mark this spot. This is SPOT 3
 - Return to the center of the garbage can and repeat the previous steps in order to find SPOT 4, 5, and 6
- How-to
 - Have athlete take two shots, attempting to shoot the ball into the garbage can, from each spot. It does not matter in what order
 - Athlete may bounce the ball into garbage can, if desired
- Scoring
 - For spots 1 and 4- 2 points for each make
 - From spots 2 and 5- 3 points for each make
 - From spots 3 and 6- 4 points for each make
 - Award 1 point for every shot that hits the garbage can, but does not go in

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Spot 6	
Shot 1	___/2	___/3	___/4	___/2	___/3	___/4	
Shot 2	___/2	___/3	___/4	___/2	___/3	___/4	Total Score from all shots
Combined Score from 2 shots	___/4	___/6	___/8	___/4	___/6	___/8	___/36



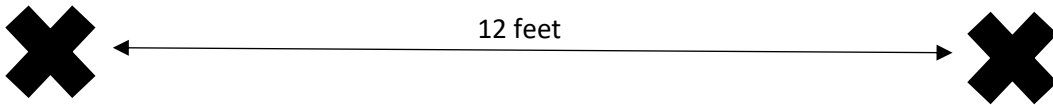
Level 2 Skills- 3 events

- Level 2 contains independent events. These events would be considered traditional skills events at the State Basketball Tournament. Athletes in Level 2 often display the following skills-
 - Difficulty dribbling or catching, and very limited ball handling skills
 - Difficulty completing a pass, even with almost no defensive pressure
 - Will take, at most, 1-2 steps towards a loose ball or opponent they are defending
 - Can play in a fixed position on the court, but gets confused as to when they are on offense or defense
 - Can shoot close shots and occasionally get close to or make a basket
 - Difficulty understanding rebounding, but may grab the ball if it comes directly to them

Proper safety protocols must be observed during practice and competition sessions. Refer to Page 1 of the Skills Rules and Instructional Guide for PPE and social distancing protocols and requirements

- **Event #1- Stationary Pass**
 - Set-up
 - Mark a spot on the ground. This will be the volunteer's spot
 - Twelve feet away from the volunteer's spot, mark another spot on the ground. This will be the athlete's spot
 - How-to
 - The volunteer and athlete should stand in their respective spots. The athlete should be holding the ball
 - The athlete throws a chest pass to the volunteer
 - The volunteer should be holding the ball now
 - The volunteer throws a chest pass to the athlete
 - Both athlete and volunteer should pass the ball FIVE times each
 - Scoring
 - 2 points for athlete hitting volunteer in hands with pass
 - Pass back from volunteer
 - 1 point for athlete dropping pass from volunteer
 - 2 points for athlete catching pass from volunteer

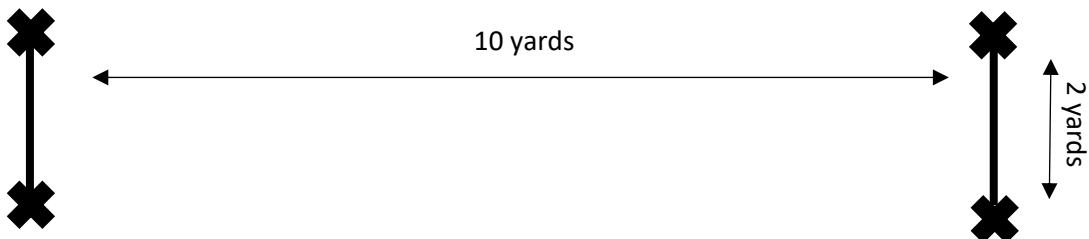
Attempt #	1	2	3	4	5	Total Score
Score/Max Score	___ / 4	___ / 4	___ / 4	___ / 4	___ / 4	___ / 20



▪ **Event #2- Speed Dribble**

- Set-up
 - Mark a starting line 2 yards wide
 - Move 10 yards in a straight direction, away from the starting line
 - When you reach 10 yards, mark a finish line 2 yards wide
- How-to
 - Athlete lines-up at starting line
 - Athlete dribbles and move, as fast as possible, through the course
 - Athletes utilizing wheelchair- Two pushes, followed by two dribbles, until course is completed
 - If control of the ball is lost, athlete may retrieve, but time continues running
- Scoring
 - Use the following chart to convert time needed to complete the course, into points

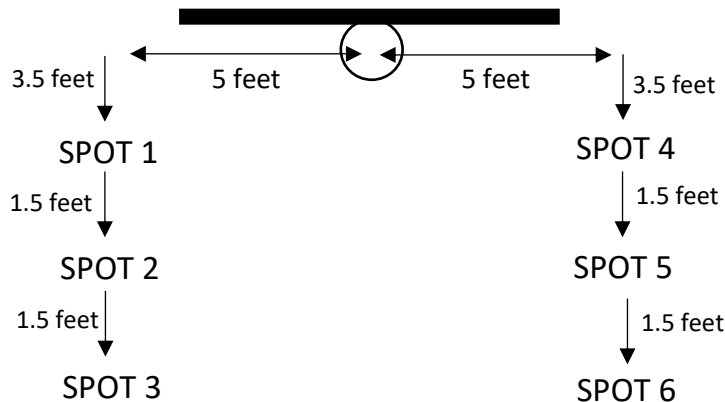
Seconds	Points	Seconds	Points
0-2	30	9.1-10	14
2.1-3	28	10.1-12	12
3.1-4	26	12.1-14	10
4.1-5	24	14.1-16	8
5.1-6	22	16.1-18	6
6.1-7	20	18.1-20	4
7.1-8	18	20.1-22	2
8.1-9	16	22.1 and up	1



■ **Event #3- Spot Shot**

- Set-up
 - A traditional 10 foot rim should be utilized for this event
 - From center of hoop, move 5 ft to one side
 - From that spot, move 3.5 ft away from the hoop. Mark this spot. This is SPOT 1
 - Move another 1.5 ft in the same direction as SPOT 1. Mark this spot. This is SPOT 2
 - Move another 1.5 ft in the same direction as SPOT 2. Mark this spot. This is SPOT 3
 - Return to the center of the hoop and repeat the previous steps in order to find SPOT 4, 5, and 6
- How-to
 - Have athlete take two shots, attempting to shoot the ball into the hoop, from each spot. It does not matter in what order
 - Athlete may bounce the ball into hoop, if desired
- Scoring
 - For spots 1 and 4- 2 points for each make
 - From spots 2 and 5- 3 points for each make
 - From spots 3 and 6- 4 points for each make
 - Award 1 point for every time the ball hits the backboard and/or rim, but does not go in

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Spot 6	
Shot 1	___/2	___/3	___/4	___/2	___/3	___/4	Total Score from all shots
Shot 2	___/2	___/3	___/4	___/2	___/3	___/4	
Combined Score from 2 shots	___/4	___/6	___/8	___/4	___/6	___/8	___/36



Level 3 Skills- 4 events

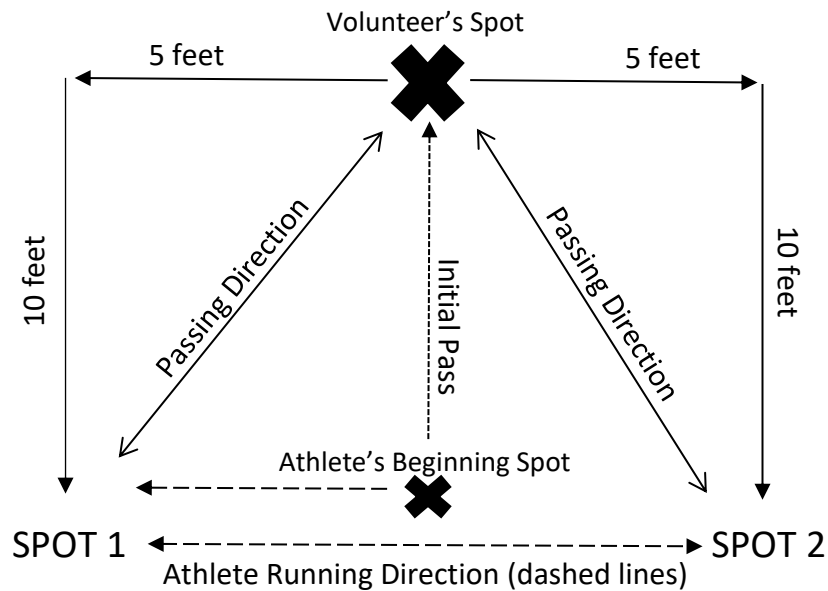
- Level 3 contains independent events. Athletes in Level 3 often display the following skills-
 - Can handle the ball in a satisfactory manner with either one or both hands
 - Can frequently complete passes to teammates
 - Will move around the court in pursuit of a ball or the opponent they are defending
 - An understanding of when to be on defense and offense, and a basic understanding of game situations (when to shoot, who to defend, etc.)
 - Will take and has the ability to get close to, if not make shots from all over the floor, including mid-range shots
 - Will pursue a ball on a rebound to some degree, and understands to look for a rebound after a shot

Proper safety protocols must be observed during practice and competition sessions. Refer to Page 1 of the Skills Rules and Instructional Guide for PPE and social distancing protocols and requirements

■ Event #1- Movement Chest Pass

- Set-up
 - Mark a spot on the ground. This will be the volunteer's spot
 - Move five feet directly to the left of the volunteer's spot. From there, turn right and measure ten feet. This will be SPOT 1
 - Move five feet directly to the right of the volunteer's spot. From there, turn left and measure ten feet. This will be SPOT 2
 - Make a line between SPOT 1 and SPOT 2, this will be the athlete's beginning spot
- How-to
 - The athlete will start in the athlete's beginning spot, holding the ball
 - When ready, start the time, and the athlete will make a chest pass (***chest pass ONLY for this event***) to the volunteer, then move to either SPOT 1 or SPOT 2

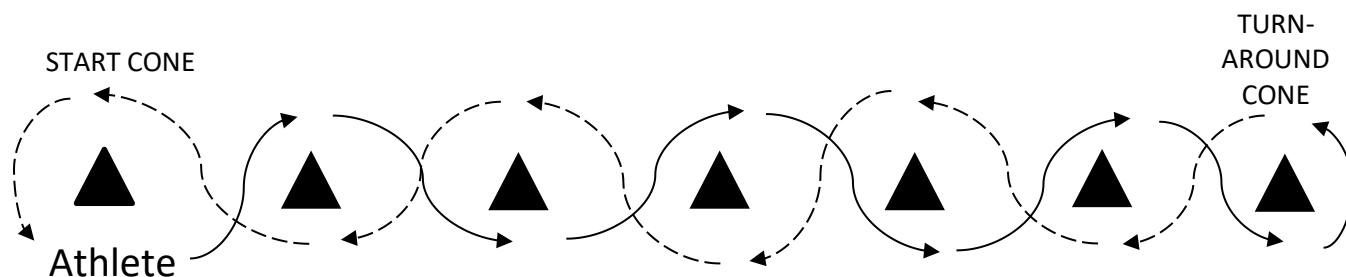
- When the athlete arrives in their chosen spot, the volunteer will pass the ball to the athlete. The athlete will catch the ball, then make a chest pass back to the volunteer
- The athlete then moves to the next SPOT, receives a pass, and returns a chest pass
- This continues as many times as possible for one minute (60 seconds)
- Scoring
 - 1 point is awarded for every chest pass that hits the volunteer in the hands
 - 1 point is awarded for every pass from the volunteer that is caught, without dropping the ball
 - If control of the ball is lost, the athlete may retrieve, but time continues running



■ Event #2- Agility Dribble

- Set-up
 - Mark a spot on the ground and place a cone there. This will be the athlete's start spot
 - Measure 12 yards in one direction, mark another spot on the ground and place a cone there. This will be the turn-around spot
 - Place a cone every 2 yards in between the start and turn-around spots
- How-to
 - With ball-in-hand, the athlete should line-up to one side of the start spot cone

- When ready, start the time, and the athlete should begin to dribble down the course, weaving between the cones (see solid lines in illustration below)
- When the athlete reaches the turn-around cone, they should dribble around that cone and head back toward the start cone, dribbling and weaving through the cones (see dashed lines in illustration below)
- When the athlete reaches the start cone again, they should dribble around that cone and head back toward the turn-around cone, dribbling and weaving through the cones (again, see solid lines in illustration below)
- This continues for one minute (60 seconds)
- Scoring
 - 3 points are awarded for every time the athlete dribbles around the start cone or the turn-around cone during the 60 seconds
 - If control of the ball is lost, the athlete may retrieve, but time continues running

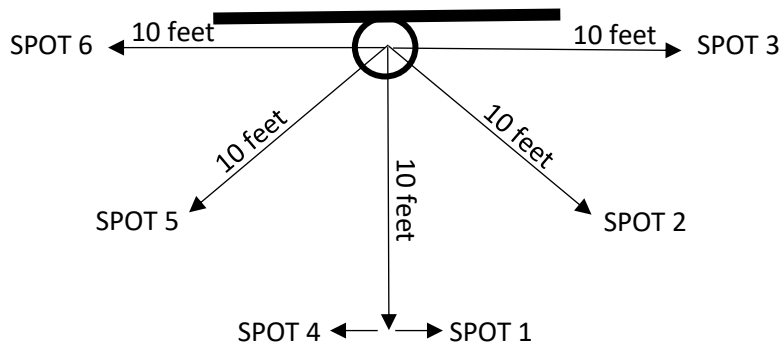


■ Event #3- Mid-Range Shot

- Set-up
 - From the center of the hoop, move 10 ft in the direction of where the free throw line would normally be. When you reach this spot, measure one foot to the left and then one foot to the right. Mark these spots. These are SPOTS 1 and 4
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 9:00 would roughly be. Measure 10 ft in that direction and mark that spot. This is SPOT 3
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 3:00 would roughly be. Measure 10 ft in that direction and mark that spot. This is SPOT 6
 - Find the spot that is half-way between SPOTS 1 and 3, and is 10 ft from the center of the hoop. Mark this spot. This is SPOT 2

- Find the spot that is half-way between SPOTS 4 and 6, and is 10 ft from the center of the hoop. Mark this spot. This is SPOT 5
- How-to
 - Have athlete take two shots, attempting to shoot the ball into the hoop, from each spot. It does not matter in what order
- Scoring
 - For spots 1 and 4- 2 points for each make
 - From spots 2 and 5- 3 points for each make
 - From spots 3 and 6- 4 points for each make
 - Award 1 point for every time the ball hits the backboard and/or rim, but does not go in

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Spot 6	
Shot 1	___/2	___/3	___/4	___/2	___/3	___/4	Total Score from all shots
Shot 2	___/2	___/3	___/4	___/2	___/3	___/4	
Combined Score from 2 shots	___/4	___/6	___/8	___/4	___/6	___/8	___/36



■ **Event #4- Free Throw Shot**

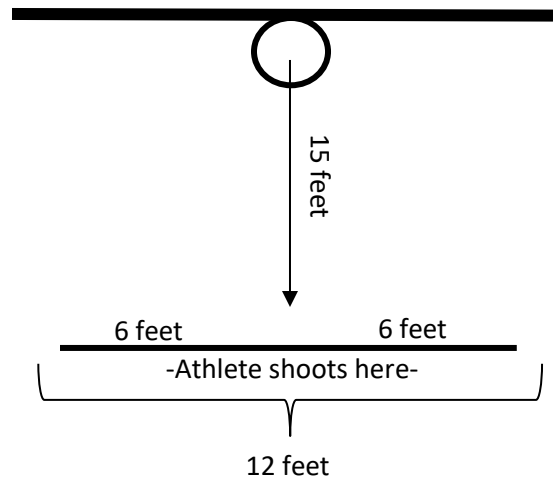
- Set-up
 - If there is a painted free throw on the court, use that. If there is not, from the center of the hoop, measure fifteen feet towards the direction of a traditional free throw line
 - From the fifteen foot spot, measure six feet in each direction and create a line using items such as; painters tape, chalk, or cones
- How-to
 - Have the athlete line-up anywhere behind the line they like
 - When ready, the athlete shoots and tries to make a basket
 - Athletes may jump over the line when shooting, but must always leave the ground from behind the line

- Scoring

- Athletes receive 10 attempts

- Award 3 points for each basket made
- Award 1 point for every time the ball hits the backboard and/or the rim, but does not go in

Attempt	1	2	3	4	5	6	7	8	9	10	Total
	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/3	___/30



Level 4 Skills- 4 events

- Level 4 contains independent events. Athletes in Level 4 often display the following skills-
 - When dribbling, has the ability to go either direction, and can beat their defender on the dribble
 - Can frequently complete all manners of passing, including quick passing into tight windows
 - Covers the court well, is fairly aggressive, and plays defense to a high degree
 - Understands game situations, including when to fast break, different defensive and offensive formations, etc.
 - Can shoot and make shots from all over the court, including from mid-range and 3-point range
 - Aggressively pursues the ball in rebounding situations

Proper safety protocols must be observed during practice and competition sessions. Refer to Page 1 of the Skills Rules and Instructional Guide for PPE and social distancing protocols and requirements

- **Event #1- Movement Bounce Pass**

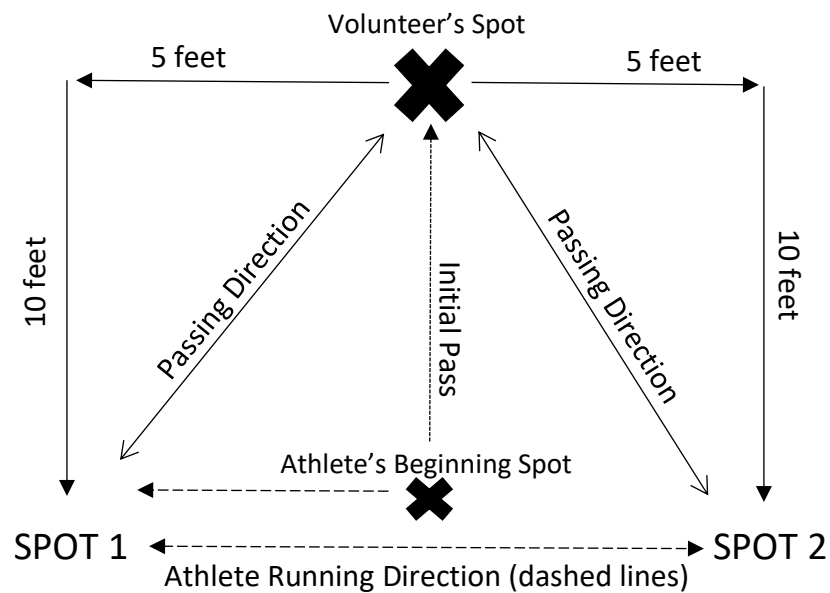
- Set-up

- Mark a spot on the ground. This will be the volunteer's spot
 - Move five feet directly to the left of the volunteer's spot. From there, turn right and measure ten feet. This will be SPOT 1
 - Move five feet directly to the right of the volunteer's spot. From there, turn left and measure ten feet. This will be SPOT 2
 - Make a line between SPOT 1 and SPOT 2, this will be the athlete's beginning spot

- How-to

- The athlete will start in the athlete's beginning spot, holding the ball
 - When ready, the athlete will make a bounce pass (***bounce pass ONLY for this event***) to the volunteer, then move to either SPOT 1 or SPOT 2
 - When the athlete arrives in their chosen spot, the volunteer will pass the ball to the athlete. The volunteer may make any style of pass when passing back to the athlete. The athlete will catch the ball, then make a bounce pass back to the volunteer

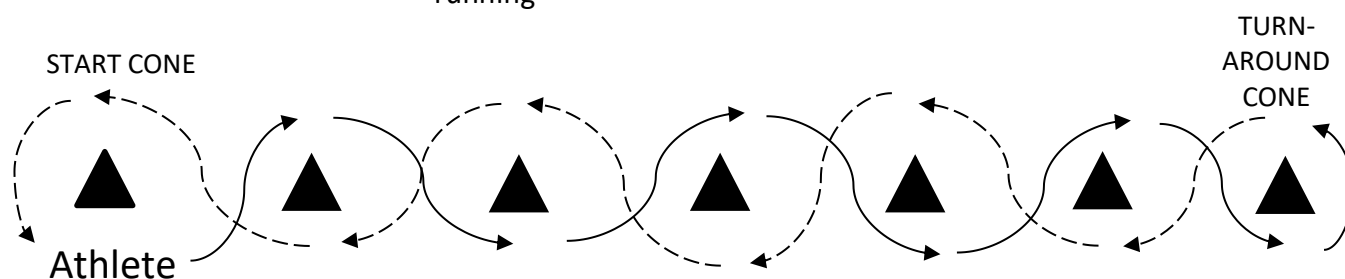
- The athlete then moves to the next SPOT, receives a pass, and returns a bounce pass
- This continues as many times as possible for one minute (60 seconds)
- Scoring
 - 1 point is awarded for every bounce pass that hits the volunteer in the hands
 - 1 point is awarded for every pass from the volunteer that is caught, without dropping the ball
 - If control of the ball is lost, the athlete may retrieve, but time continues running



■ Event #2- Agility Dribble

- Set-up
 - Mark a spot on the ground and place a cone there. This will be the athlete's start spot
 - Measure 12 yards in one direction, mark another spot on the ground and place a cone there. This will be the turn-around spot
 - Place a cone every 2 yards in between the start and turn-around spots
- How-to
 - With ball-in-hand, the athlete should line-up to one side of the start spot cone
 - When ready, start the time, and the athlete should begin to dribble down the course, weaving between the cones (see solid lines in illustration below)

- When the athlete reaches the turn-around cone, they should dribble around that cone and head back toward the start cone, dribbling and weaving through the cones (see dashed lines in illustration below)
- When the athlete reaches the start cone again, they should dribble around that cone and head back toward the turn-around cone, dribbling and weaving through the cones (again, see solid lines in illustration below)
- This continues for one minute (60 seconds)
- Scoring
 - 3 points are awarded for every time the athlete dribbles around the start cone or the turn-around cone during the 60 seconds
 - If control of the ball is lost, the athlete may retrieve, but time continues running

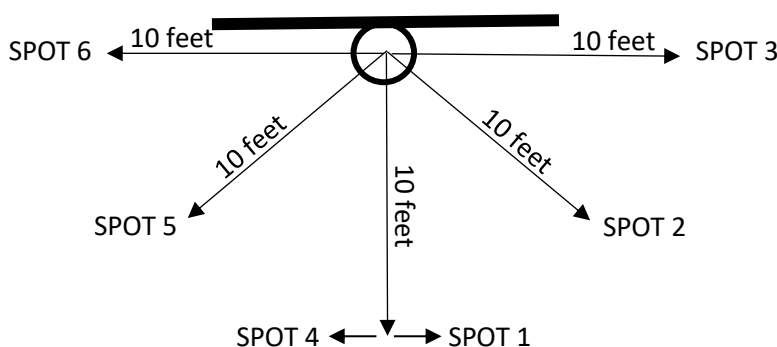


■ Event #3- Mid-Range Shot

- Set-up
 - From the center of the hoop, move 10 ft in the direction of where the free throw line would normally be. When you reach this spot, measure one foot to the left and then one foot to the right. Mark these spots. These are SPOTS 1 and 4
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 9:00 would roughly be. Measure 10 ft in that direction and mark that spot. This is SPOT 3
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 3:00 would roughly be. Measure 10 ft in that direction and mark that spot. This is SPOT 6
 - Find the spot that is half-way between SPOTS 1 and 3, and is 10 ft from the center of the hoop. Mark this spot. This is SPOT 2
 - Find the spot that is half-way between SPOTS 4 and 6, and is 10 ft from the center of the hoop. Mark this spot. This is SPOT 5
- How-to
 - Have athlete take two shots, attempting to shoot the ball into the hoop, from each spot. It does not matter in what order

- Scoring
 - For spots 1 and 4- 2 points for each make
 - From spots 2 and 5- 3 points for each make
 - From spots 3 and 6- 4 points for each make
 - Award 1 point for every time the ball hits the backboard and/or rim, but does not go in

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Spot 6	
Shot 1	___/2	___/3	___/4	___/2	___/3	___/4	
Shot 2	___/2	___/3	___/4	___/2	___/3	___/4	Total Score from all shots
Combined Score from 2 shots	___/4	___/6	___/8	___/4	___/6	___/8	___/36



■ Event #4- 3-Point Shot

- Set-up
 - From the center of the hoop, move 20 ft in the direction of where the free throw line would normally be. When you reach this spot, measure one foot to the left and then one foot to the right. Mark these spots. These are SPOTS 1 and 4
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 11:00 would roughly be. Measure 20 ft in that direction and mark that spot. This is SPOT 2
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 10:00 would roughly be. Measure 20 ft in that direction and mark that spot. This is SPOT 3
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 1:00 would roughly be. Measure 20 ft in that direction and mark that spot. This is SPOT 5
 - From the center of the hoop, face towards SPOTS 1 and 4. Pretending the hoop is a clock, with SPOTS 1 and 4 being approximately 12:00, point towards where 2:00 would roughly be. Measure 20 ft in that direction and mark that spot. This is SPOT 6

- How-to
 - Have athlete take two shots, attempting to shoot the ball into the hoop, from each spot. It does not matter in what order
- Scoring
 - Award 3 points for every shot made
 - Award 1 point for every time the ball hits the backboard and/or rim, but does not go in

	Spot 1	Spot 2	Spot 3	Spot 4	Spot 5	Spot 6	
Shot 1	___/3	___/3	___/3	___/3	___/3	___/3	Total Score from all shots
Shot 2	___/3	___/3	___/3	___/3	___/3	___/3	
Combined Score from 2 shots	___/6	___/6	___/6	___/6	___/6	___/6	___/36

