



GAMES INFORMATION PACKET

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2021 Special Olympics Montana Fall Basketball Challenge

With the fall basketball season here, SOMT is thrilled to launch the 2021 Fall Basketball Challenge. This year's Fall Basketball Challenge will be a skills-based competition that will include several team options for participation.

Recently, SOMT staff have been reviewing and understanding the Return to Activity guidelines provided by Special Olympics International, as well as monitoring the Covid-19 case numbers across the state. Please feel free to review the Return to Activity protocols by clicking [HERE](#).

With our provided Covid-19 protocols, the current case rates in each county, and a large majority of the counties in Montana falling into the "significant" risk category, it has become clear that team play basketball will not be feasible for a state competition. Hence, the launch of the 2021 Fall Basketball Challenge.

The 2021 Fall Basketball Challenge will allow athletes to compete, from practice, as individuals, pairs, teams of 3, or in teams of 5. Unified options will be available for all doubles and team levels.

SOMT has decided to adjust the season to run from September 7th to November 12th, when final scores for the state level competition will be due. Athletes will be competing for medals and ribbons and will be divisioned against athletes from across the state. New for 2021, athletes may compete in up to 2 events. One individual event and one doubles or team event.

SOMT will continue to offer a "compete from home" option for any athletes unable, or uncomfortable, returning to group practices.

SOMT is proud to have continued programming throughout the pandemic to keep athletes active and engaged, competing each season in a variety of sports and skills-based competitions. We remain committed to providing safe training and competition opportunities in the spirit of being responsible community partners.

SEASON TIMELINE:

- Games information packet and roster/registration form distributed: Week of August 23, 2021
- Official season starts: September 7, 2021
- Rosters/preliminary scores/all paperwork due: October 8, 2021
- Final scores due: November 12, 2021

PAPERWORK:

All ***athletes and unified partners*** who plan to compete will be required to be current with paperwork: athlete medical, consent, unified partner application, and athlete code of conduct.

- In addition, athletes/unified partners 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. Please be sure to submit both pages, including the checkbox page (pages 1 and 2) of the document.
- Also required will be the [Communicable Diseases Waiver](#). This document will be required every three years.

All volunteers (***area directors, local program coordinators, coaches, and volunteers***) will need to have current paperwork: volunteer application, protective behaviors, and concussion for coaches.

- 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 volunteering with the team during the 2021 State Summer Games. This document needs completing only once. Please be sure to submit both pages, including the checkbox page (pages 1 and 2) of the document.
- Also required will be the [Communicable Diseases Waiver](#). This document will be required every three years.

All paperwork is to be submitted to Richie Whitney at the state office.

- Email: rwhitney@somt.org
- Fax: 406-770-4451

Due Date for paperwork: Friday, **October 8, 2021**

COVID-19 PROTOCOLS: Reflects Significant Risk Level of Return to Activity Guidelines from Special Olympics International

Practice Guidelines:

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

- All athletes, unified partners, coaches, and volunteers must participate in COVID-19 screening 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](#) that must be answered.
- 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 Richie Whitney. **Due: November 12, 2021**
 - Email: rwhitney@somt.org
 - Fax: 406-770-4451

- Practice sizes may not exceed more than 50 people. It is encouraged that there be 6ft physical distance between participants, even with 50 or less in attendance. Please remember that the following attendees need to be considered a part of the 50 or less count: athletes, unified partners, coaches, volunteers, and spectators.
- All participants must attend regularly scheduled practices.
 - Once practice groups are established, participants must remain in those practice groups.
- It is recommended that COVID-19 educational signage be hung in prominent locations at the practice venue. Sample educational and venue signage can be found on the [Return to Activity](#) website.
- 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.
 - Example: Between practices and if multiple participants are using the same basketball.
- *If teams choose to allow spectators to attend practices, they must take part in screening, like any athlete, unified partner, coach, or volunteer. They must also be counted in the 50-person gathering limit for practices during the significant risk level.*
- Facemasks MUST be worn at all times by athletes, unified partners, coaches, and team volunteers, as well as spectators, except during physical exertion. This applies to those who are vaccinated or unvaccinated.
 - Face shields are not a permissible replacement for a facemask.
- Indirect contact MAY resume during the significant risk level. Direct physical contact MAY NOT resume (e.g., high fives, hugs, huddles, defensive contact, etc.). During practice, athletes, unified partners, coaches, and volunteers must maintain physical distancing of 6 ft, when possible.
- Coaches are encouraged to continue COVID-19 education with athletes and unified partners at the start of each practice while completing the screening.
- For coaches attending multiple practices, please be sure to wear your facemasks at all times, use hand sanitizer regularly, and social distance as much as possible. Extra precautions are advised to help reduce the risk of exposure when attending multiple practices.

Practice Facilities/Venues:

As teams begin securing venues for practice, Local Program Coordinators or Head Coaches are asked to submit contracts and/or facility use agreements, if requested from the venue, to Lisa Romig (lromig@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.

Travel Guidelines:

- If teams plan to travel out of their local geographic area for practices, teams may only travel to areas with similar COVID-19 case numbers, so as to not increase the risk of COVID-19 spread within or in between communities. Please check the [Washington Post COVID-19 site](#) for current case numbers in each county.
- Teams traveling by bus to any practice must also adhere to the following COVID-19 guidelines:

- Temperature checks and completion of COVID-19 tracking forms prior to boarding the bus.
 - This includes athletes, unified partners, coaches, team volunteers, and the bus driver.
- Hand sanitizing prior to boarding the bus.
- Facemasks must be worn at all times.
- No food or beverages are allowed to be consumed while on the bus, to reduce time without masks on while in transit.
- Social distancing must be adhered to on the bus.
 - Example: One person per seat, every other row.
- NO overnight travel is allowed in the significant risk level.

If there are questions about travel, please contact Jamie Wood, VP Sports, jwood@somt.org or Mandy Patriarche, VP Outreach, apatriarche@somt.org

Personal Protective Equipment (PPE):

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

- Infrared thermometers *(it is recommended that teams have additional AA batteries on hand during practices for thermometer)*

Teams are asked to request thermometers through this [online form](#).

Teams will be responsible for providing the following PPE:

- Disposable facemasks for all attendees (if they do not have their own).
- 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/EPA 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.)***
- **Facemasks: Athletes, unified partners, coaches, and team volunteers, as well as spectators, are required to wear facemasks at all times, except during physical exertion.**

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, unified partner, coach, volunteer, or spectator answer “yes” to one of the survey questions, or arrives with a fever, please follow the steps below:

1) Isolate individual

- 2) Send individual home from practice
- 3) Have individual contact their healthcare provider

If the individual 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.

POSITIVE TESTS: 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. No participation within 10 days of a COVID-19 positive test and 7 days of any symptoms. Athletes and unified partners must provide written medical clearance from their health care provider or submit a whole new medical 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.

AWARDS:

All athletes and unified partners competing in the 2021 Fall Basketball Challenge will receive an award(s).

Compete-from-practice:

- Traditional & unified medals (gold, silver, bronze) and ribbons (4th, 5th, 6th, 7th, 8th, participation).

Compete-from-home:

- Traditional & unified medals (gold, silver, bronze) and ribbons (4th, 5th, 6th, 7th, 8th, participation).

REGISTRATION FEES:

SOMT will **NOT** be charging any registration fees for the 2021 Fall Basketball Challenge.

Basketball Rules and Instructional Guide

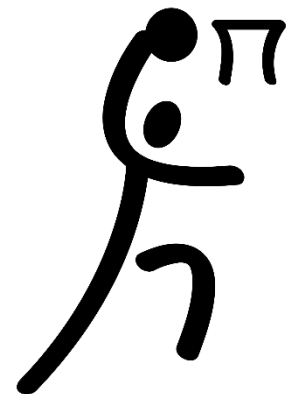
- The rules and instructional guide are intended to provide all the tools and directions needed to set up and complete each event for every level.
 - Set-up instructions are meant to be exact.
 - How-to complete the station diagrams do not always represent the drill completed in its entirety. Contact SOMT Sports Director, Scott Held, at sheld@somt.org or 406-216-5327 with any questions.
- Event Entry Rules and Restrictions
 - Participants in Level 1 may participate in ONLY Level 1
 - Participants in Level 2 may participate in ONLY Level 2
 - Participants in Levels 3-6 may select, but are not required to, up to one individual event and one doubles/team event. Two individual events or doubles/team events will not be permitted.

All Levels, especially 4-6 (intended for participants with higher basketball skills/knowledge), were designed with common basketball skills in mind. The chart below details the skills highlighted by each group of offered skills events.

	Level	Dribbling	Shooting	Defense	Rebounding	Passing	Control	Agility
Stationary/Wall Passes	1,2,3					X	X	
Speed Dribbles	1,2,3	X					X	
Garbage/Spot Shots	1,2,3		X					
Movement Pass	4					X	X	X
Agility Dribble	4	X					X	X
Mid-Range Shot	4		X					
Pass and Replace	5,6		X		X	X	X	X
Weave and Shoot	5,6		X		X	X	X	X
Defend and Dribble	5,6	X	X	X			X	X

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- **Level 1- Compete From Home** 8
 - Individual event only
 - **Level 2- Modified Individual Skills** 8-11
 - Individual event only
 - **Level 3- Individual Skills** 12-15
 - Individual event only
 - **Level 4- High-performance Skills** 16-19
 - Individual and traditional/unified doubles
 - **Level 5- 3-person Team Skills** 20-25
 - Team event only
 - **Level 6- 5-person Team Skills** 26-35
 - Team event only
- Each section is color coordinated with the colors above-



Level 1- Compete From Home

Individual event only

- Level 1 events include the skills included in Levels 2 and 3. For directions for these skills, look at the Level 2 and 3 sections.

Level 2- Modified Individual Skills

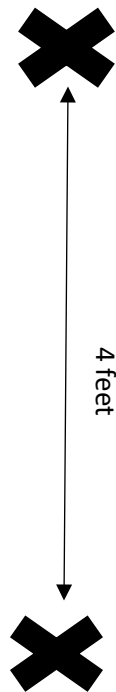
Individual event only

- Level 2 contains assisted events.
- Participants in Level 2 often display the following characteristics
 - They may require partial/full assistance due to—
 - Physical need
 - Limited/no understanding of basketball or how-to complete event
 - Very limited basketball skills
 - Very limited basketball knowledge
- **Skills Stations**
 - **Station #1- Closer Stationary Pass/Wall Pass**
 - Set-up
 - Mark a spot on the ground/on a wall.
 - If on the ground, this will be the volunteer's spot
 - If against a wall, mark a square 3ftx3ft box, 3 ft off the ground. The wall should be solid, as the ball will be bounced against it
 - 4ft away from the volunteer's spot or the base of the wall, mark another spot on the ground. This will be the athlete's spot
 - How-to
 - The athlete and volunteer (volunteer only if stationary pass) should stand in their respective spots. The athlete should be holding the ball
 - The athlete throws a pass to the volunteer/against the wall
 - For stationary pass, the volunteer should be holding the ball now; the volunteer passes the ball back to the athlete. For wall pass, the ball will bounce back to the athlete
 - For stationary pass, both athlete and volunteer should pass the ball FIVE times each. For wall pass, the athlete should pass the ball against the wall FIVE times
 - Scoring
 - 3 points for—
 - Stationary pass- Athlete hitting volunteer in hands with pass

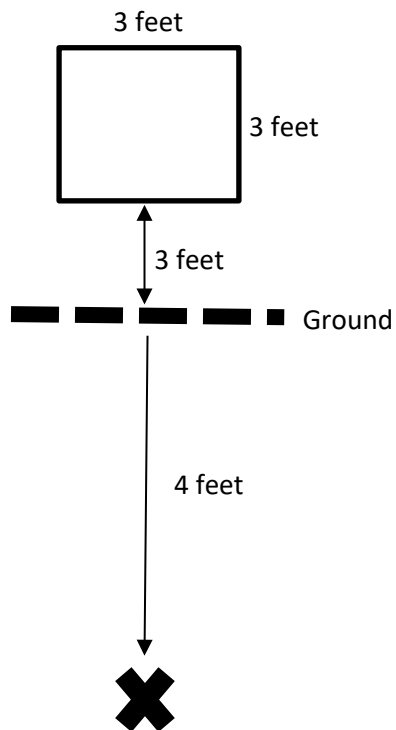
- Wall pass- Every pass that hits the lines or inside the lines of the square, without first bouncing
- 1 point for-
 - Stationary pass- Athlete catching pass from volunteer, without dropping the ball
 - Wall pass- Athlete catching pass back from wall, without dropping the ball

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

CLOSER STATIONARY PASS



CLOSER WALL PASS

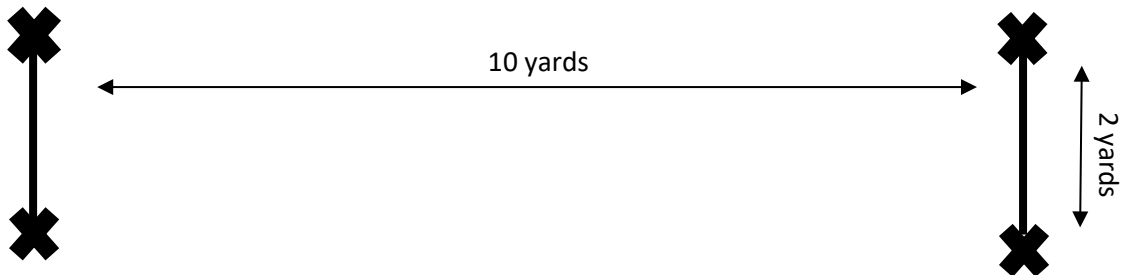


▪ **Station #2- Assisted Speed Dribble**

- 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 the 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

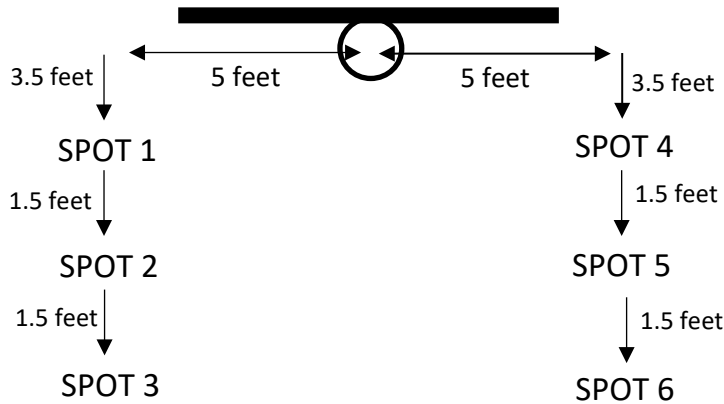


▪ **Station #3- Garbage Can Shot**

- Set-up
 - Set 32 gallon (school/industrial size) trash can directly under hoop. Alternate, similar sized cans can be used.
 - 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	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 2 FINAL SCORE CHART

Closer Stationary/Wall Pass	Assisted Speed Dribble	Garbage Can Shot	Final Score (Max 86)
___/20	___/30	___/36	___/86

Level 3- Individual Skills

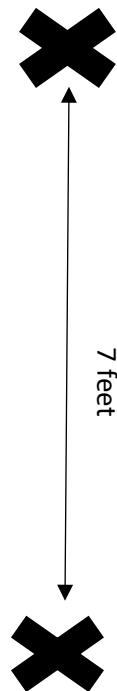
Individual event only

- Level 3 contains independent events.
- Participants in Level 3 often display the following characteristics
 - 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
- **Skills Stations**
 - **Station #1- Stationary Pass/Wall Pass**
 - Set-up
 - Mark a spot on the ground/on a wall.
 - If on the ground, this will be the volunteer's spot
 - If against a wall, mark a square 3ftx3ft box, 3 ft off the ground.
The wall should be solid, as the ball will be bounced against it
 - 7ft away from the volunteer's spot or the base of the wall, mark another spot on the ground. This will be the athlete's spot
 - How-to
 - The athlete and volunteer (volunteer only if stationary pass) should stand in their respective spots. The athlete should be holding the ball
 - The athlete throws a pass to the volunteer/against the wall
 - For stationary pass, the volunteer should be holding the ball now; the volunteer passes the ball back to the athlete. For wall pass, the ball will bounce back to the athlete
 - For stationary pass, both athlete and volunteer should pass the ball FIVE times each. For wall pass, the athlete should pass the ball against the wall FIVE times
 - Scoring
 - 3 points for—
 - Stationary pass- Athlete hitting volunteer in hands with pass
 - Wall pass- Every pass that hits the lines or inside the lines of the square, without first bouncing
 - 1 point for-

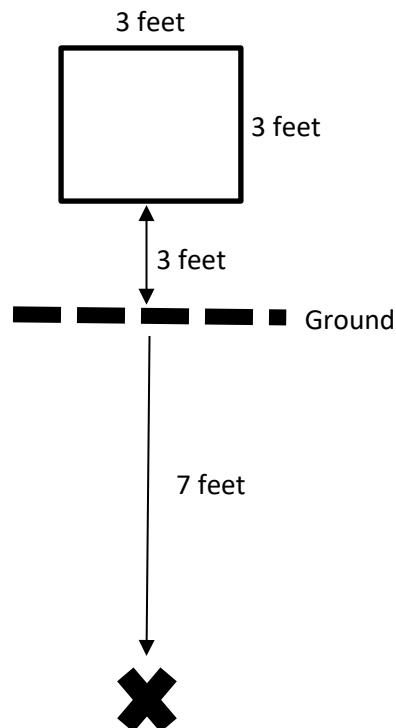
- Stationary pass- Athlete catching pass from volunteer, without dropping the ball
- Wall pass- Athlete catching pass back from wall, without dropping the ball

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

STATIONARY PASS



WALL PASS

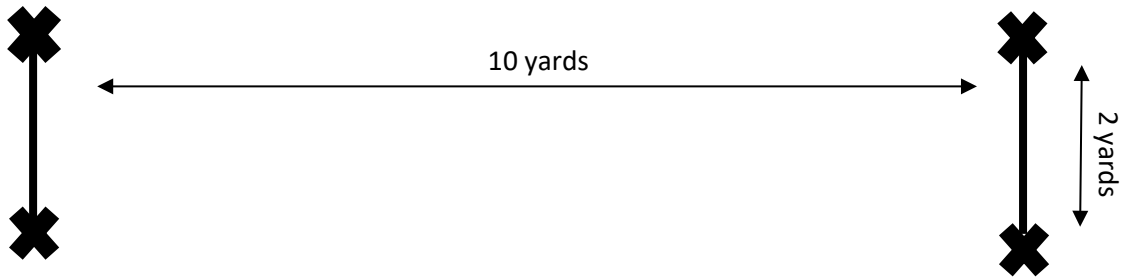


▪ Station #2- Speed Dribble

- 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 moves, 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
8.1-9	16	22.1 and up	1

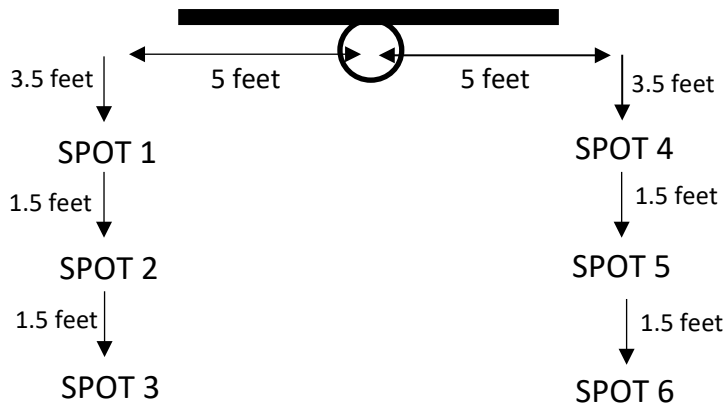


▪ Station #3- Spot Shot

- Set-up
 - 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 shot that hits the backboard/rim, but is not a make in the hoop

	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 FINAL SCORE CHART

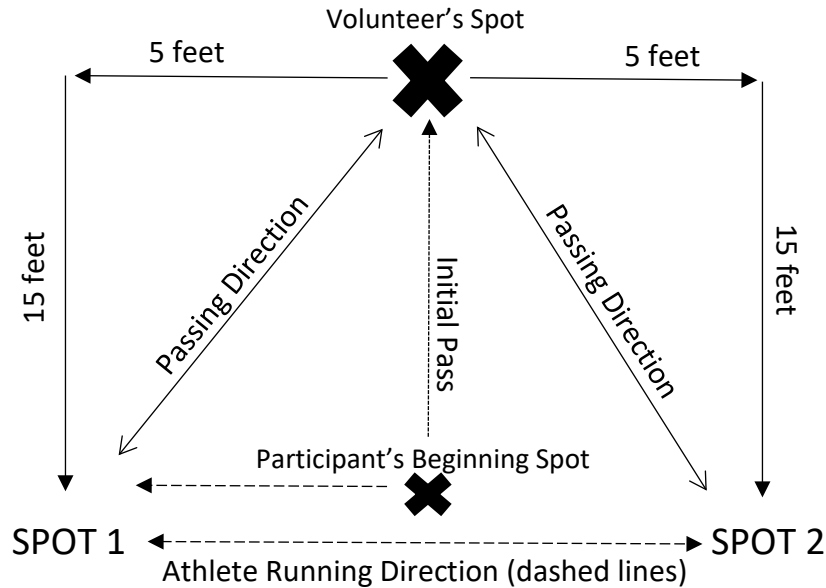
Stationary/Wall Pass	Speed Dribble	Spot Shot	Final Score (Max 86)
___/20	___/30	___/36	___/86

Level 4- High-performance Individual and Doubles Skills

Individual skills, traditional doubles skills, unified doubles skills

- Level 4 contains independent and combined-score independent events.
 - Traditional High-performance individual skills consist of 1 athlete
 - Traditional High-performance doubles skills consist of 2 athletes
 - Unified High-performance doubles skills consist of 1 athlete and 1 unified partner
- Participants in Level 4 often display the following characteristics
 - 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 an 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
- **Skills Stations**
 - **Station #1- Movement 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 fifteen feet. This will be SPOT 1
 - Move five feet directly to the right of the volunteer's spot. From there, turn left and measure fifteen feet. This will be SPOT 2
 - Make a line between SPOT 1 and SPOT 2, this will be the participant's beginning spot
 - How-to
 - The participant will start in the participant's beginning spot, holding the ball
 - When ready, start the time, and the athlete will make a pass to the volunteer, then move to either SPOT 1 or SPOT 2
 - When the participant arrives in their chosen spot, the volunteer will pass the ball to the participant. The participant will catch the ball, then make a pass back to the volunteer
 - The participant then moves to the next SPOT, receives a pass, and returns a pass
 - This continues as many times as possible for one minute (60 seconds)
 - Scoring

- 1 point is awarded for every 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 participant may retrieve, but time continues running



Teammates	Score (reminder: complete as many passes as possible in 60 seconds for this station)
Teammate #1 (use if competing in individual or doubles)	# of passes hit volunteers in hands _____ x1pts = _____ pts # of passes from volunteer caught without dropping _____ x1pts= _____ pts
Teammate #2 (only need to use if competing in doubles)	# of passes hit volunteers in hands _____ x1pts= _____ pts # of passes from volunteer caught without dropping _____ x1pts= _____ pts
Final Score	Teammate #1- _____ pts + _____ pts = _____ total pts Teammate #2- _____ pts + _____ pts = _____ total pts Final Score- _____ pts + _____ pts = _____ total pts

■ **Station #2- Agility Dribble**

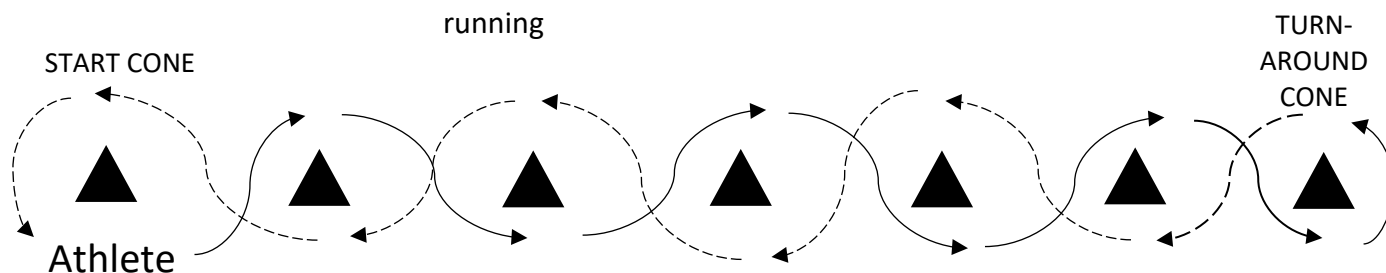
● **Set-up**

- Mark a spot on the ground and place a cone there. This will be the participant'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 participant should line-up to one side of the start spot cone
- When ready, start the time, and the participant should begin to dribble down the course, weaving between the cones (see solid lines in illustration below)

- When the participant 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 participant 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 participant 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



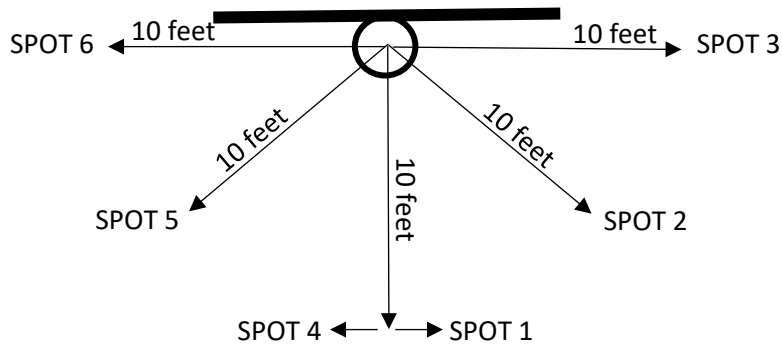
Teammates	Score (complete as many times passing by start and turn-around cones as possible in 60 seconds for this station)
Teammate #1 (use if competing in individual or doubles)	# of times passing by start/turn-around cones _____ x 3pts = _____ pts
Teammate #2 (only need to use if competing in doubles)	# of times passing by start/turn-around cones _____ x 3pts = _____ pts
Final Score	Teammate #1 _____ pts + Teammate #2 _____ pts = _____ pts

■ Station #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 participant 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	Total Score
Teammate 1-Shot 1 (use if competing in individual or doubles)	___/2	___/3	___/4	___/2	___/3	___/4	___/18
Teammate 1-Shot 2 (use if competing in individual or doubles)	___/2	___/3	___/4	___/2	___/3	___/4	___/18
Total score for Individuals							___/36
Teammate 2-Shot 1 (only need to use if competing in doubles)	___/2	___/3	___/4	___/2	___/3	___/4	___/18
Teammate 2-Shot 2 (only need to use if competing in doubles)	___/2	___/3	___/4	___/2	___/3	___/4	___/18
Total score for doubles (do not include the total score for individuals from above)							___/72



LEVEL 4 FINAL SCORE CHART

INDIVIDUAL

Movement Pass	Agility Dribble	Mid-Range Shot 1	Mid-Range Shot 2	Total Score
_____	_____	_____	_____	_____

DOUBLES

	Movement Pass	Agility Dribble	Mid-Range Shot 1	Mid-Range Shot 2	Total Score
Teammate 1	_____	_____	_____	_____	_____
Teammate 2	_____	_____	_____	_____	_____
Doubles Team Score					_____

Level 5- 3-person Team Skills

Team skills

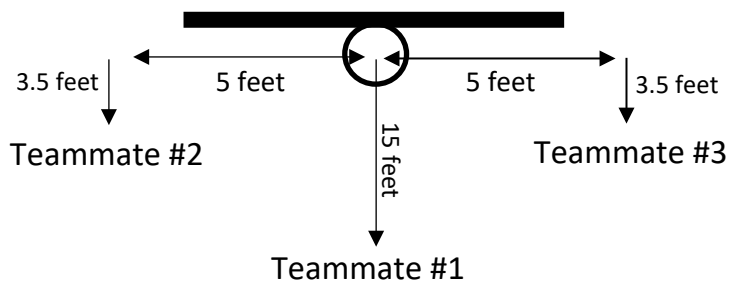
- Level 5 contains team events. Each team must consist of 3 teammates.
 - Traditional 3-person team skills- 3 athletes
 - Unified 3-person team skills- 2 athletes and 1 unified partner
- Participants in Level 5 often display the following characteristics
 - Can handle the ball successfully with at least one hand
 - Can frequently complete passes to teammates
 - Will move around the court in pursuit of a ball or the opponent they are defending
 - A basic 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 shots when the opportunity arises
 - Will pursue a ball on a rebound to some degree, and understands to look for a rebound after a shot

Skills Stations

○ Station #1- Pass and Replace

▪ Set-up

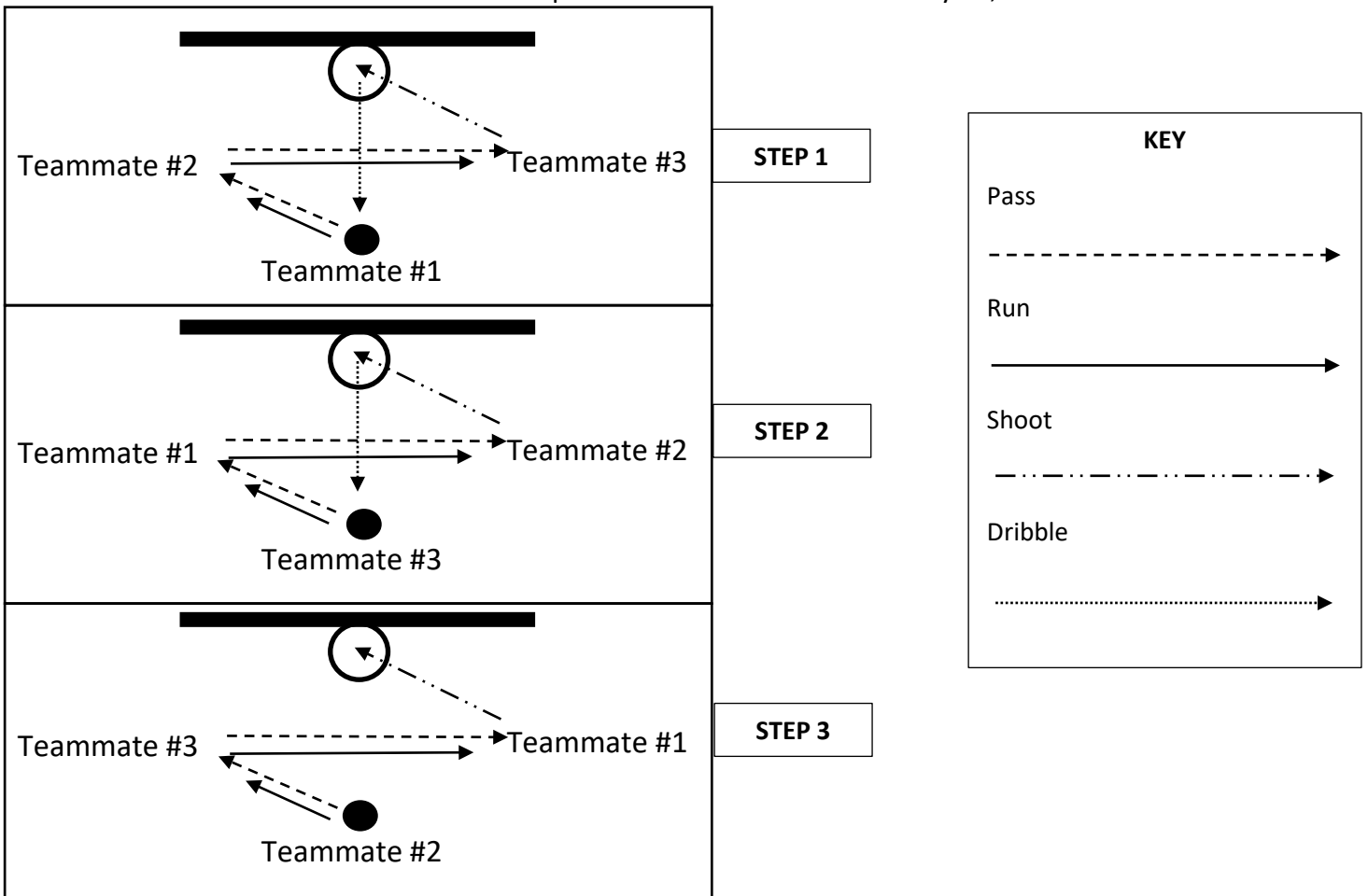
- Mark a spot 15 feet straight out from the center of the hoop (on the center of the free throw line if the court has one). Mark this spot. This will be the spot for teammate #1.
- From the center of the hoop, move 5 feet to one side. From that spot, move 3.5 feet away from the hoop. Mark this spot. This will be the spot for teammate #2.
- Return to the center of the hoop and move 5 feet to the other side. From that spot, move 3.5 feet away from the hoop. Mark this spot. This will be the spot for teammate #3.



▪ How-to

- **HELPFUL COACHING HINT-** For this station, a teammate ALWAYS passes to the same teammate for the entirety of the drill. For example, teammate #1 always passes to teammate #2.
- Step 1
 - Teammate #1 (T1) starts with the ball. When ready, T1 passes the ball to teammate #2 (T2). Time begins when the ball leaves T1's hands. When T1 passes the ball, T1 runs to take T2's spot on the floor, and takes their place after—

- T2 passes the ball to teammate #3 (T3). T2 then runs to take T3's spot on the floor, and takes their place after—
- When T3 receives the pass, they take a shot and try to make a basket.
- T3 rebounds the ball, whether it goes in or not. After the rebound, T3 dribbles to where T1 started with the ball.
- Step 2
 - T3 passes the ball to T1. When T3 passes the ball, T3 runs to take T1's spot on the floor, and takes their place after—
 - T1 passes the ball to T2. T1 then runs to take T2's spot on the floor, and takes their place after—
 - When T2 receives the pass, they take a shot and try to make a basket.
 - T2 rebounds the ball, whether it goes in or not. After the rebound, T2 dribbles to where T3 started with the ball.
- Step 3
 - T2 passes the ball to T3. When T2 passes the ball, T2 runs to take T3's spot on the floor, and takes their place after—
 - T3 passes the ball to T1. T3 then runs to take T1's spot on the floor, and takes their place after—
 - When T1 receives the pass, they take a shot and try to make a basket.
 - Time stops when the ball is rebounded by T1, whether make or miss.



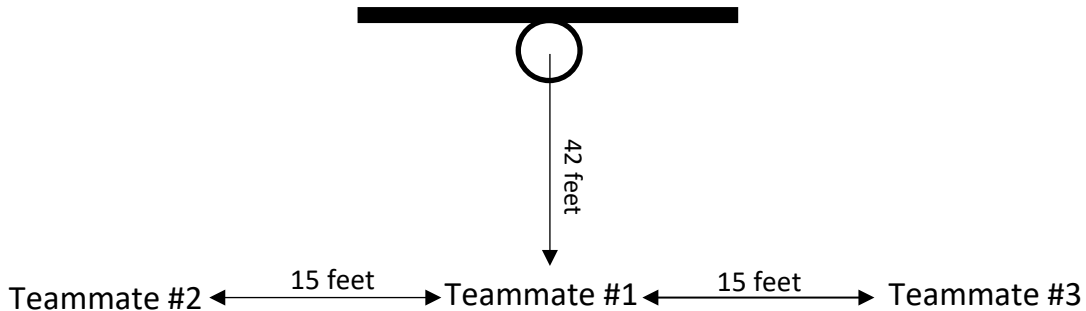
- Scoring
 - 2 points are awarded for each shot made
 - Points awarded for time to complete—see chart below

Time needed to complete	Points awarded
Under 22 sec	10
23-29 sec	8
30-36 sec	6
37-43 sec	4
44+ sec	2

Station #1 Score Tracker	
Time needed to complete	_____/10
Teammate #3 shot	_____/2
Teammate #2 shot	_____/2
Teammate #1 shot	_____/2
Team Final Score	_____/max score of 16

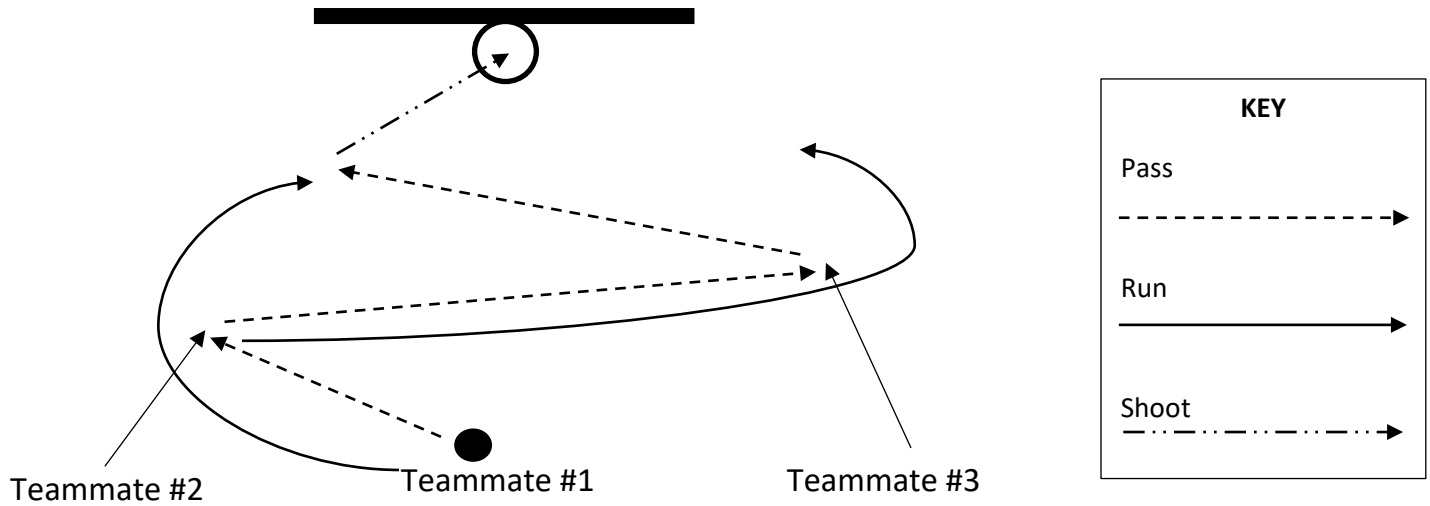
○ **Station #2- Weave and Shoot**

- Set-up
 - From the center of the hoop facing out, measure 42 ft (this is the center of a standard half court line). Mark this spot. This will be the spot for teammate #1.
 - Measure 15 feet to each side of the first spot. Mark these spots. These will be the spots for teammate #2 and teammate #3.



- How-to
 - Teammate #1 (T1) passes the ball forward to teammate #2 (T2) Time starts when the ball leaves T1's hands. After passing, T1 runs behind T2. The teammate passing the ball will ALWAYS run behind the teammate they pass to, until the shot is taken.
 - T2 passes the ball forward to teammate #3 (T3). After passing, T2 runs behind T3.
 - T3 passes the ball forward to T1. After passing, T1 may either shoot the ball or pass to T2. If a shot isn't taken, T3 would run behind T1 (this is not shown on the diagram).
 - If T1 passes to T2, T2 may either shoot the ball or pass to T3. This continues on until a shot is taken. When the ball is rebounded after the shot, time stops.
 - **EACH TEAMMATE MUST COMPLETE AT LEAST 1 PASS BEFORE A SHOT IS TAKEN. THIS WILL EQUAL 3 PASSES FOR THE ENTIRE TEAM.** More passes may be completed, but this is the required minimum.

- **ONLY 1 SHOT IS TAKEN.** After ball is rebounded from first shot, station is over.



■ Scoring

- 2 points are awarded for making a “bunny shot” or “lay-up.” i.e. A shot taken within 5 feet of the hoop
- 3 points are awarded for making a “mid-range” shot. i.e. A shot taken within 10 feet of the hoop.
- 4 points are awarded for making “long-range” shot. i.e. A shot taken between 10-22 feet of the hoop.
- 0 points are awarded for making a “3-pointer.” Shooting from 22+ feet indicates unsuccessful completion of the station.
- Points are awarded for time to complete—see chart below

Time needed to complete	Points awarded
Under 5 sec	10
6-8 sec	8
9-11 sec	6
12-14 sec	4
15+ sec	2

Station #2 Score Tracker	
Time needed to complete	_____/10
Shot	_____/4
Team Final Score	_____/max score of 14

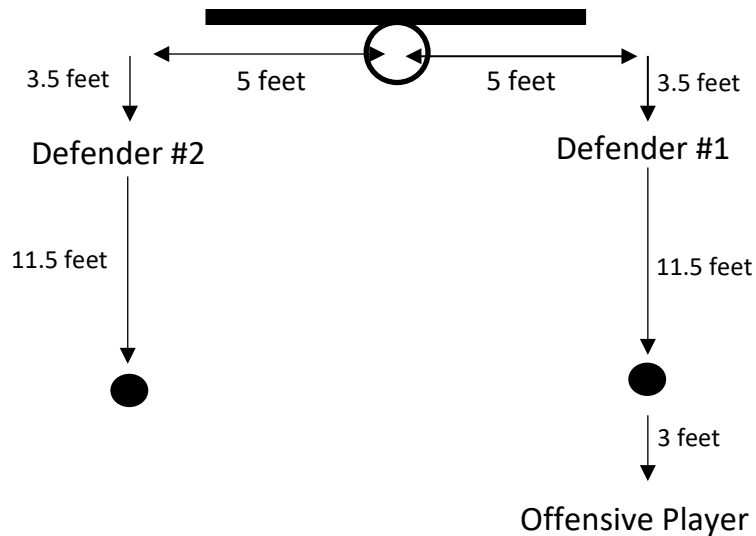
○ **Station #3-** Defend and Dribble

■ Set-up

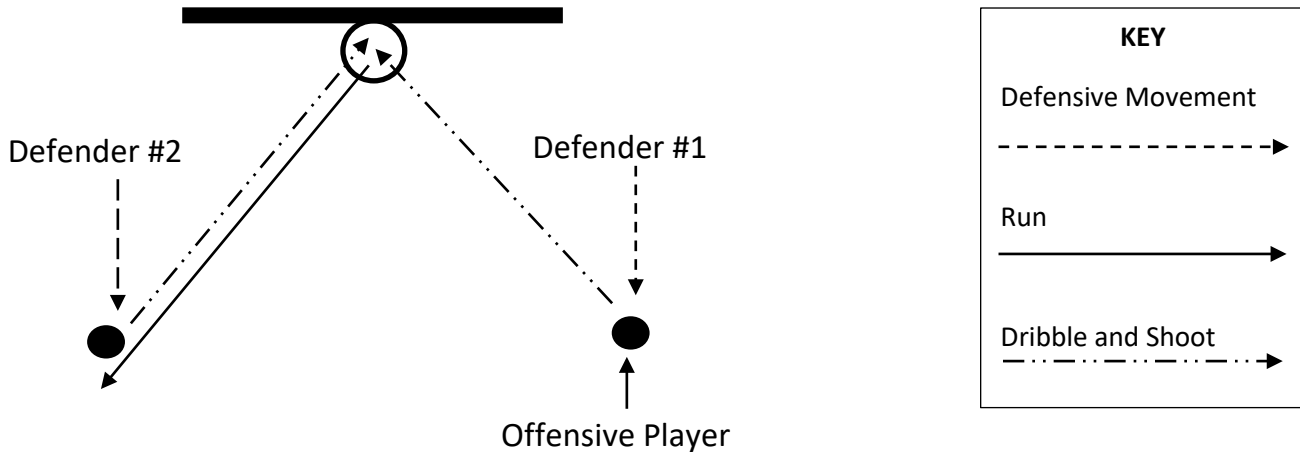
- From the center of the hoop, measure 5 ft to the left. Now, turn right and measure 3.5 ft away from the hoop. Mark this spot. This is where defender #1 will start. Now measure an additional 11.5 ft away from the hoop (15 ft total).

Mark this spot and place a ball on the ground. Now, measure an additional 3 ft from the ball. Mark this spot. This is where the offensive player will start.

- From the center of the hoop, measure 5 ft to the right. Now, turn left and measure 3.5 ft away from the hoop. Mark this spot. This is where defender #2 will start. Now measure an additional 11.5 ft away from the hoop (15 ft total). Mark this spot and place a ball on the ground.



- How-to – **Every teammate will play each position once.**
 - Step 1
 - The offensive player runs to the ball and picks it up. Time starts when the offensive player begins running.
 - Step 2
 - Once the offensive player picks up the ball, defender #1 runs towards the offensive player (i.e. “closes out”), and stops short (approximately 2-3 ft) of the offensive player. Defender #1 assumes a “ready” (would be ready to defend) stance.
 - Step 3
 - The offensive player “makes a move” and goes around the stationary defender and attempts to make a shot in the basket. *The defender is stationary and DOES NOT defend.* A coach or volunteer should be ready to rebound the shot.
 - After taking the shot, the offensive player runs to next ball, and repeats steps 2 and 3 with defender #2. Time stops when the ball either goes through the hoop or is a missed shot.



▪ Scoring

- Shooting- Max 4 points
 - 1 point awarded for making a lay-up
 - 2 points awarded for every other shot made
- Offensive Movement- Max 2 points
 - 1 point awarded for making a move around the defender without committing an offence, i.e. carrying the ball, traveling, or double dribbling
- Defensive Movement- Max 2 points
 - 1 point awarded for each defender that closes out and finishes in a “defensively-ready” position, i.e. they are ready to defend the ball handler and aren’t “out-of-control”
- Time- Max 2 points
 - 2 points awarded- Completed in 15 seconds or less
 - 1 point awarded- Completed in 16 seconds or more

Station #3 Score Chart	Shooting	Offensive Movement	Defensive Movement	Time	Total
Teammate #1	____/4	____/2	____/2	____/2	____/10
Teammate #2	____/4	____/2	____/2	____/2	____/10
Teammate #3	____/4	____/2	____/2	____/2	____/10
				Team Total	____/30

Level 5 Final Score Chart

Station	Team Scores
Pass and Replace	____/16
Weave and Shoot	____/14
Defend and Dribble	____/30
Final Team Score	____/60

Level 6- 5-person Team Skills

Team skills

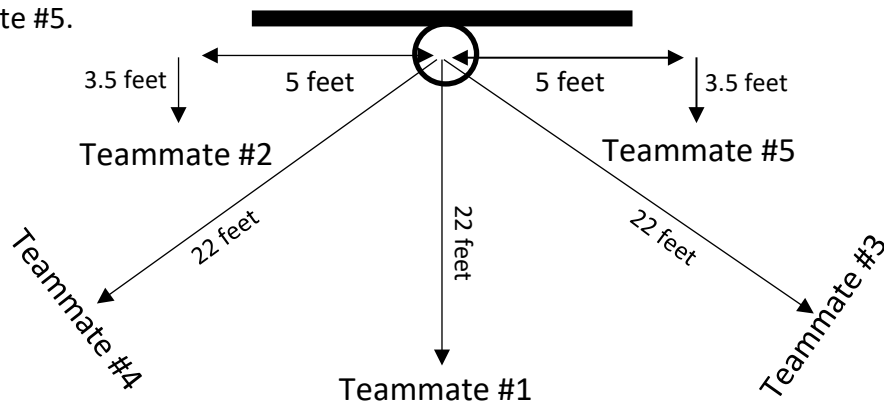
- Level 6 contains team events. Each team consists of 5 teammates.
 - Traditional 5-person team skills- 5 athletes
 - Unified 5-person team skills- 3 athletes and 2 unified partners
- Participants in Level 6 often display the following characteristics
 - Can handle the ball in a satisfactory manner with either one or both hands
 - Can frequently complete passes to teammates
 - Will move around the court in pursuit of a ball or an opponent they are defending
 - An advanced understanding of when to be on defense and offense, and an 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. If not taking a shot, understands they could have
 - Will frequently pursue a rebound and understands to look for one after a shot
 - An understanding of team play concepts on the basketball court

• Skills Stations

○ Station #1- Pass and Replace

▪ Set-up

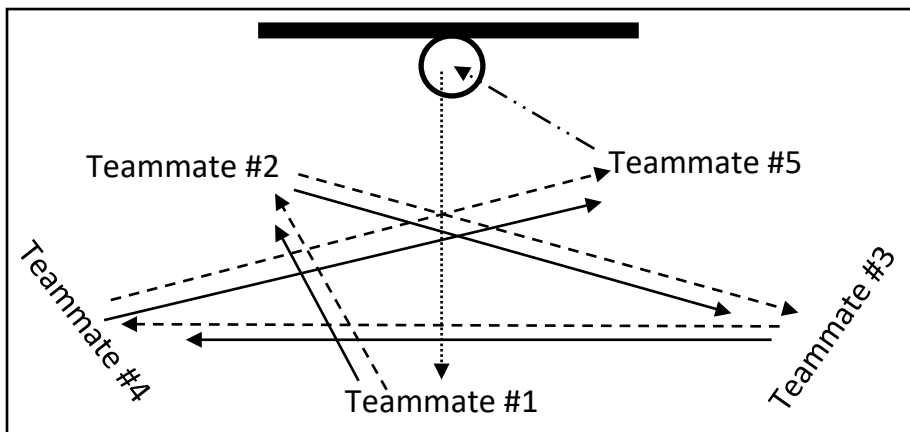
- Mark a spot 22 feet straight out from the center of the hoop (on the center of the free throw line if the court has one). Mark this spot. This will be the spot for teammate #1.
- From the center of the hoop, turn 45 degrees to the left. Measure out 22 feet. Mark this spot. This will be the spot for teammate #3.
- From the center of the hoop, turn 45 degrees to the right. Measure out 22 feet. Mark this spot. This will be the spot for teammate #4.
- From the center of the hoop facing out, move five feet to the right. From that spot, move 3.5 feet away from the hoop. Mark this spot. This will be the spot for teammate #2.
- From the center of the hoop facing out, move five feet to the left. From that spot, move 3.5 feet away from the hoop. Mark this sport. This will be the spot for teammate #5.



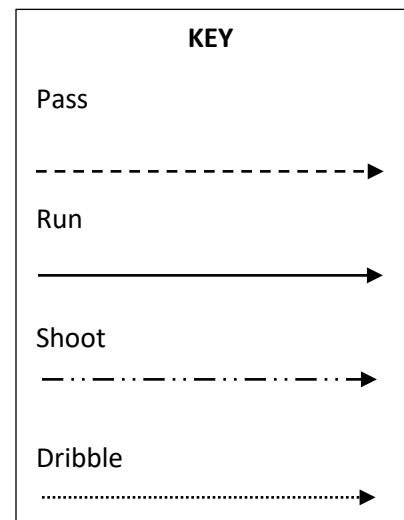
- How-to

- HELPUL COACHING HINT- For this station, a teammate ALWAYS passes to the same teammate for the entirety of the drill. For example, teammate #1 always passes to teammate #2.
- Step 1
 - Teammate #1 (T1) starts with the ball. When ready, T1 passes the ball to teammate #2 (T2). Time begins when the ball leaves T1's hands. When T1 passes the ball, T1 runs to take T2's spot on the floor, and takes their place after—
 - T2 passes the ball to teammate #3 (T3). T2 then runs to take T3's spot on the floor, and takes their place after—
 - T3 passes the ball to teammate #4 (T4). T3 then runs to take T4's spot on the floor, and takes their place after—
 - T4 passes the ball to teammate #5 (T5). T4 then runs to take T5's spot on the floor, and takes their place after--
 - When T5 receives the pass, they take a shot and try to make a basket.
 - T5 rebounds the ball, whether it goes in or not. After the rebound, T5 dribbles to where T1 started with the ball.
- Step 2
 - T5 passes the ball to T1. When T5 passes the ball, T5 runs to take T1's spot on the floor, and takes their place after—
 - T1 passes the ball to T2. T1 then runs to take T2's spot on the floor, and takes their place after—
 - T2 passes the ball to T3. T2 then runs to take T3's spot on the floor, and takes their place after—
 - T3 passes the ball to T4. T3 then runs to take T4's spot on the floor, and takes their place after--
 - When T4 receives the pass, they take a shot and try to make a basket.
 - T4 rebounds the ball, whether it goes in or not. After the rebound, T4 dribbles to where T5 started with the ball.
- Step 3
 - T4 passes the ball to T5. When T4 passes the ball, T4 runs to take T5's spot on the floor, and takes their place after—
 - T5 passes the ball to T1. T5 then runs to take T1's spot on the floor, and takes their place after—
 - T1 passes the ball to T2. T1 then runs to take T2's spot on the floor, and takes their place after—
 - T2 passes the ball to T3. T2 then runs to take T3's spot on the floor, and takes their place after--
 - When T3 receives the pass, they take a shot and try to make a basket.
 - T3 rebounds the ball, whether it goes in or not. After the rebound, T3 dribbles to where T4 started with the ball.

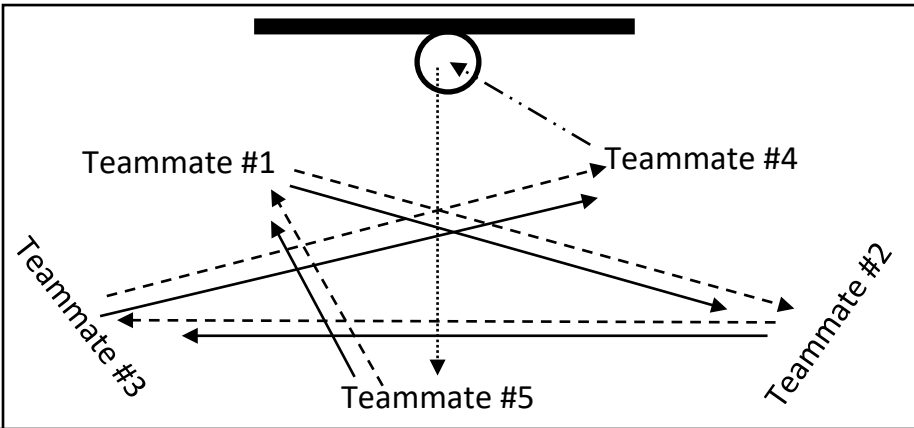
- Step 4
 - T3 passes the ball to T4. When T3 passes the ball, T3 runs to take T4's spot on the floor, and takes their place after—
 - T4 passes the ball to T5. T4 then runs to take T5's spot on the floor, and takes their place after—
 - T5 passes the ball to T1. T5 then runs to take T1's spot on the floor, and takes their place after—
 - T1 passes the ball to T2. T1 then runs to take T2's spot on the floor, and takes their place after--
 - When T2 receives the pass, they take a shot and try to make a basket.
 - T2 rebounds the ball, whether it goes in or not. After the rebound, T2 dribbles to where T3 started with the ball.
- Step 5
 - T2 passes the ball to T3. When T2 passes the ball, T2 runs to take T3's spot on the floor, and takes their place after—
 - T3 passes the ball to T4. T3 then runs to take T4's spot on the floor, and takes their place after—
 - T4 passes the ball to T5. T4 then runs to take T5's spot on the floor, and takes their place after—
 - T5 passes the ball to T1. T5 then runs to take T1's spot on the floor, and takes their place after--
 - When T1 receives the pass, they take a shot and try to make a basket.
 - When T1 rebounds the ball, whether it is a make or miss, time stops.



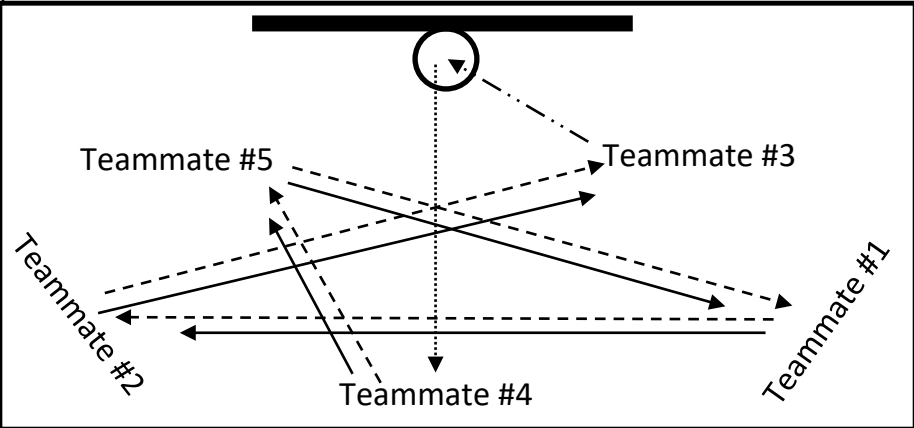
STEP 1



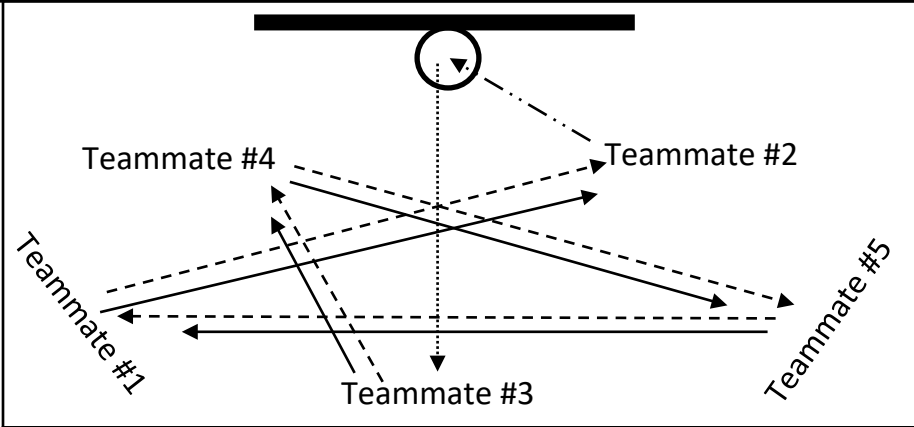
-Steps continued onto next page-



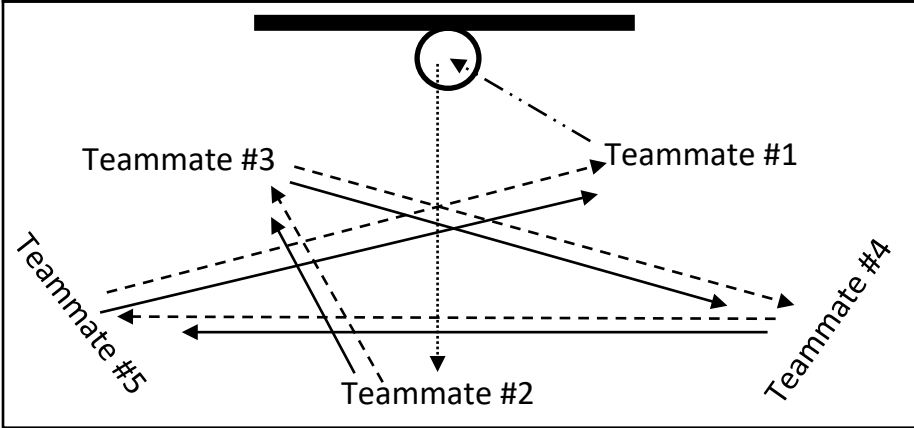
STEP 2



STEP 3



STEP 4



STEP 5

- Scoring

- 4 points are awarded for each shot made
- Points awarded for time to complete—see chart below

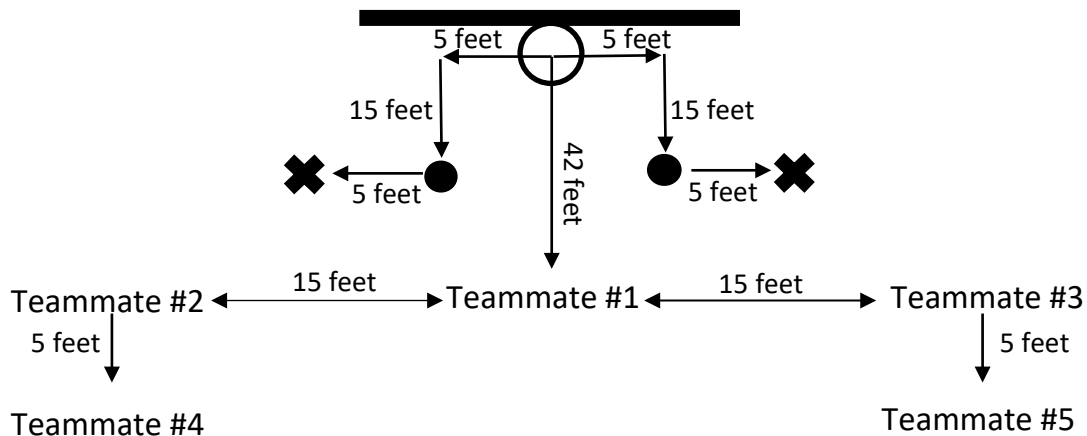
Time needed to complete	Points awarded
Under 45 sec	20
46-55 sec	16
56 sec-1min 5 sec	12
1 min 6 sec- 1 min 15 sec	8
Over 1 min 15 sec	4

Station #1 Score Tracker	
Time needed to complete	_____/20
Teammate #5 shot	_____/4
Teammate #4 shot	_____/4
Teammate #3 shot	_____/4
Teammate #2 shot	_____/4
Teammate #1 shot	_____/4
Team Final Score	_____/max score of 40

- **Station #2- Weave and Shoot**

- Set-up

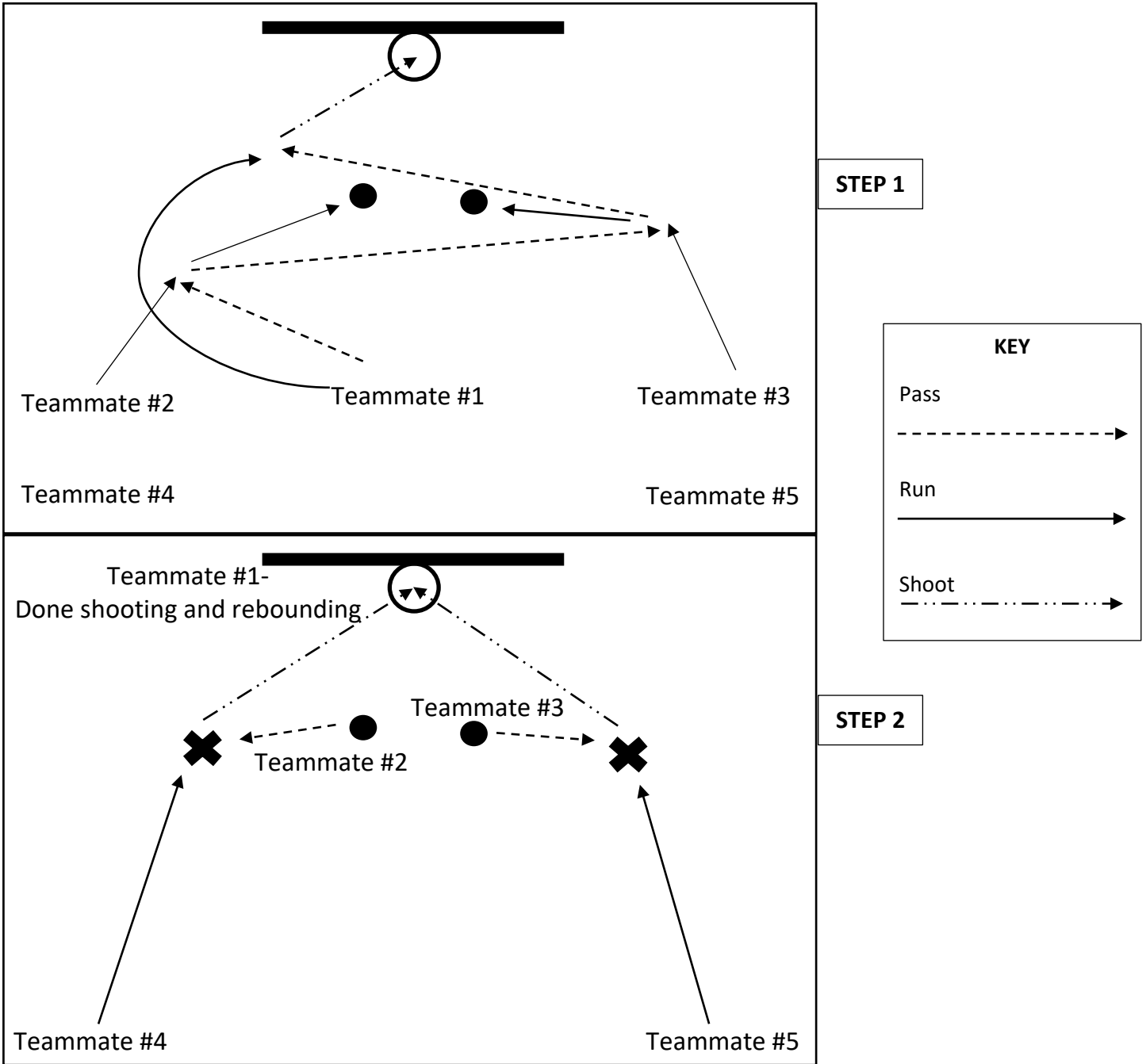
- From the center of the hoop facing out, measure 42 ft (this is the center of a standard half court line). Mark this spot. This will be the spot for teammate #1.
- Measure 15 feet to each side of the first spot. Mark these spots. These will be the spots for teammate #2 and teammate #3.
- Measure 5 feet further from the teammate #2 and #3 spots (away from the hoop). Mark these spots. These will be the spots for teammates #4 and #5.
- Now, measure 5 feet out to each side from the center of the hoop, and then 15 feet away from the hoop. Place a ball in each spot, ideally on a raised cone (such as a soccer cone, or an item like a jacket), to help remove the trip hazard and keep the sitting balls stationary.
- Now, on each side, turn towards the outside of the court and measure 5 feet. Mark these spots. These will be the shooting spots for teammates #4 and #5 (X's in the set-up diagram below).



■ How-to

- **BEGIN STEP 1-** Teammate #1 (T1) passes the ball forward to teammate #2 (T2) Time starts when the ball leaves T1's hands. After passing, T1 runs behind T2. The teammate passing the ball will ALWAYS run behind the teammate they pass to, until the first shot is taken.
- T2 passes the ball forward to teammate #3 (T3). After passing, T2 runs behind T3.
- T3 passes the ball forward to T1. After passing, T1 may either shoot the ball or pass to T2. If a shot isn't taken, T3 would run behind T1 (this is not shown on the diagram).
- If T1 passes to T2, T2 may either shoot the ball or pass to T3. This continues until a shot is taken. The ball should be rebounded by the shooter, regardless of make or miss.
- ***EACH TEAMMATE MUST COMPLETE AT LEAST 1 PASS BEFORE SHOOTING. THIS WILL EQUAL 3 PASSES FOR THE ENTIRE TEAM.*** More passes may be completed, but this is the required minimum.
- To this point in the station, teammate #4 and teammate #5 are stationary and HAVE NOT moved.
- Depending on where the 3-person weave ends, the two teammates who did not shoot go to the stationary ball nearest them and pick them up. **END STEP 1**
- **BEGIN STEP 2-** Once the shot is either a make or a miss and has been rebounded by the teammate that shot, teammate #4 and teammate #5 move to the shooting spots on their sides of the floor.
- The teammates holding the balls pass to teammates #4 and #5, who each take a shot from the shooting spots. Once the two shots have been rebounded, whether make or miss, time stops. **END STEP 2**

Follow the how-to instructions if more than 3 passes are needed to take the first shot. The diagram does not show the "weave" continuing after teammate #1



- Scoring
 - Shooting
 - First shot made- 4 points
 - Shots by teammates #4 and #5 made- 6 points each
 - *No points should be awarded if the teammates #4 and #5 shots are not taken directly from the shooting spots*
 - Time to complete- see chart

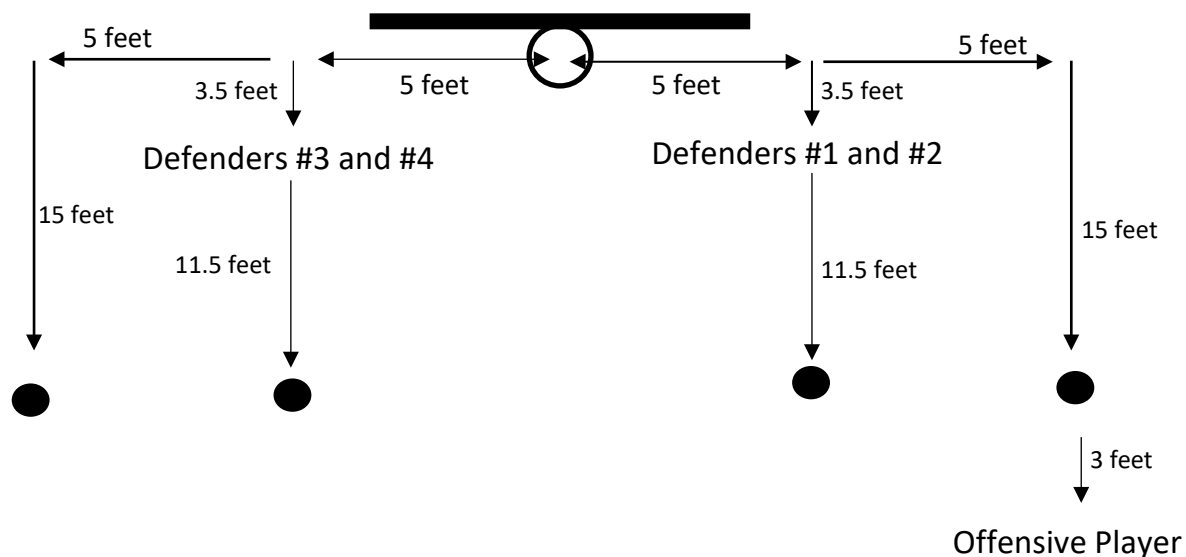
Time needed to complete	Points awarded
Under 12 sec	20
13-18 sec	16
19-24 sec	12
25-30 sec	8
Over 30 sec	4

Station #2 Score Tracker	
Time needed to complete	_____/20
First shot	_____/4
Teammate #4 shot	_____/6
Teammate #5 shot	_____/6
Team Final Score	_____/max score of 36

○ **Station #3- Defend and Dribble**

▪ Set-up

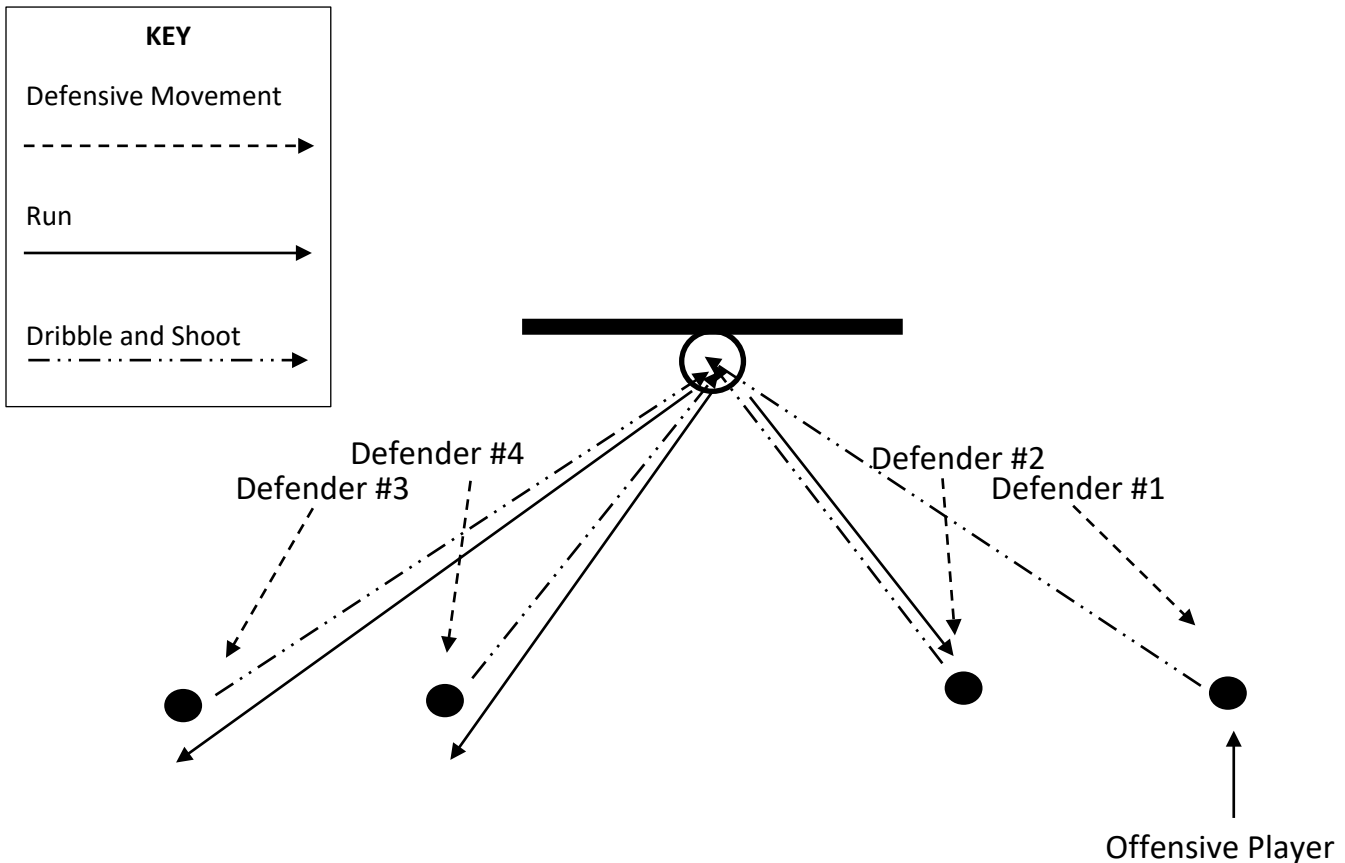
- From the center of the hoop, measure 10 ft to the left. Now, turn right and measure 15 ft out. Mark this spot and place a ball on the ground. Now, measure an additional 3 ft from the ball. Mark this spot. This is where the offensive player will start.
- From the center of the hoop, measure 5 ft to the left. Now, turn right and measure 3.5 ft away from the hoop. Mark this spot. This is where defenders #1 and #2 will start. Now measure an additional 11.5 ft away from the hoop (15 ft total). Mark this spot and place a ball on the ground.
- From the center of the hoop, measure 5 ft to the right. Now, turn left and measure 3.5 ft away from the hoop. Mark this spot. This is where defenders #3 and #4 will start. Now measure an additional 11.5 ft away from the hoop (15 ft total). Mark this spot and place a ball on the ground.
- From the center of the hoop, measure 10 ft to the right. Now, turn left and measure 15 ft away from the hoop. Mark this spot and place a ball on the ground.



■ How-to – **Every teammate will play offense once.**

- Step 1
 - The offensive player runs to the ball and picks it up. Time starts when the offensive player begins running.
- Step 2
 - Once the offensive player picks up the ball, defender #1 runs towards the offensive player (i.e. “closes out”), and stops short (approximately 2-3 ft) of the offensive player. Defender #1 assumes a “ready” (would be ready to defend) stance.
- Step 3
 - The offensive player “makes a move” and goes around the stationary defender and attempts to make a shot in the basket. *The defender is stationary and DOES NOT defend.* A coach or volunteer should be ready to rebound the shot. *After going around Defender #1, if the offensive player wishes to drive all the way to the basket before shooting, they may need to go around defender #2, as well. If this is the case, defender #2 should be stationary and not defend.*
- After taking the shot, the offensive player runs to next ball, and repeats steps 2 and 3 with defender #2, then defender #3, and then defender #4. Time stops when the ball either goes through the hoop or is a missed shot on the final shot.

N



- Scoring
 - Shooting- Max 4 points
 - 1 point awarded for every shot made
 - Offensive Movement- Max 4 points
 - 1 point awarded for making a move around the defender without committing an offence, i.e. carrying the ball, traveling, or double dribbling
 - Defensive Movement- Max 4 points
 - 1 point awarded for each defender that closes out and finishes in a “defensively-ready” position, i.e. they are ready to defend the ball handler and aren’t “out-of-control”
 - Time- Max 2 points
 - 2 points awarded- Complete in under 20 seconds
 - 1 point awarded- Complete in over 20 seconds

Station #3 Score Chart	Shooting	Offensive Movement	Defensive Movement	Time	Total
Teammate #1	____/4	____/4	____/4	____/2	____/14
Teammate #2	____/4	____/4	____/4	____/2	____/14
Teammate #3	____/4	____/4	____/4	____/2	____/14
Teammate #4	____/4	____/4	____/4	____/2	____/14
Teammate #5	____/4	____/4	____/4	____/2	____/14
				Team Total	____/70

LEVEL 6 FINAL SCORE CHART

Station	Team Scores
Pass and Replace	____/40
Weave and Shoot	____/36
Defend and Dribble	____/70
Final Team Score	____/146