Dribbling

Participants dribble with either their right or left hand, weaving through four cones and return back through the course *(see Diagram 5)*.

If a participant does not maneuver through the course correctly, the judge should require them to return to the point of error and start over.

The stopwatch should run at all times during a participant's attempt. Participants will begin with a starting score of 75 points. Three points for each second elapsed should be deducted from 75 points.

The timekeeper will state "Ready! Set! Go!" & start timing upon the word "GO". Stop the timer when the participant crosses the starting line. A judge should check the validity of each participants' attempt.

Course distances:

Overall length	32 feet
Cone Spacing	8 feet

Equipment needed:

- 4x- 2' Tall Road Cones (8 total)
- Floor Marker - Start Line
- Stopwatch (2 total)
- Clipboard (2 total)

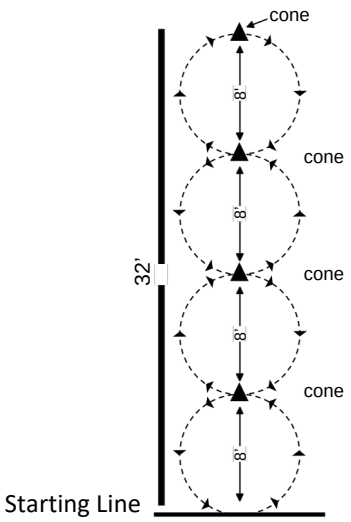
Scoring:

- 3 point deduction for each second elapsed
- Perfect score-75 points
- See chart for ease of scoreing

Score Chart

4 Sec = 63
5 Sec = 60
6 Sec = 57
7 Sec = 54
8 Sec = 51
9 Sec = 48
10 Sec = 45
11 Sec = 42
12 Sec = 39
13 Sec = 36
14 Sec = 33
15 Sec = 30
16 Sec = 27
17 Sec = 24
18 Sec = 21
19 Sec = 18
20 Sec = 15
21 Sec = 12
22 Sec = 9
23 Sec = 6
24 Sec = 3
25 Sec = 0

Diagram 5



Shooting

Participants will be allowed six attempts, four free throw attempts at varying distance according to age and two attempts from anywhere outside of the paint. Ten points will be awarded for each basket (successful attempt), making 60 points a perfect score. Attempt will be invalidated if a participant steps on or over the assigned free- throw line.

Two judges per station will be needed, one to record the number of baskets and one to pass the ball back to participants.

Recommended rim heights

(if you have access to adjustable rims):

6-7 years	8 feet
8-11 years	9 feet
12-13 years	10 feet (regulation height)

Shooting distances:

6-7 year sold	9 feet
8-9 years old	11 feet
10-11 years old	13 feet
12-13 years old	15 feet

Equipment needed:

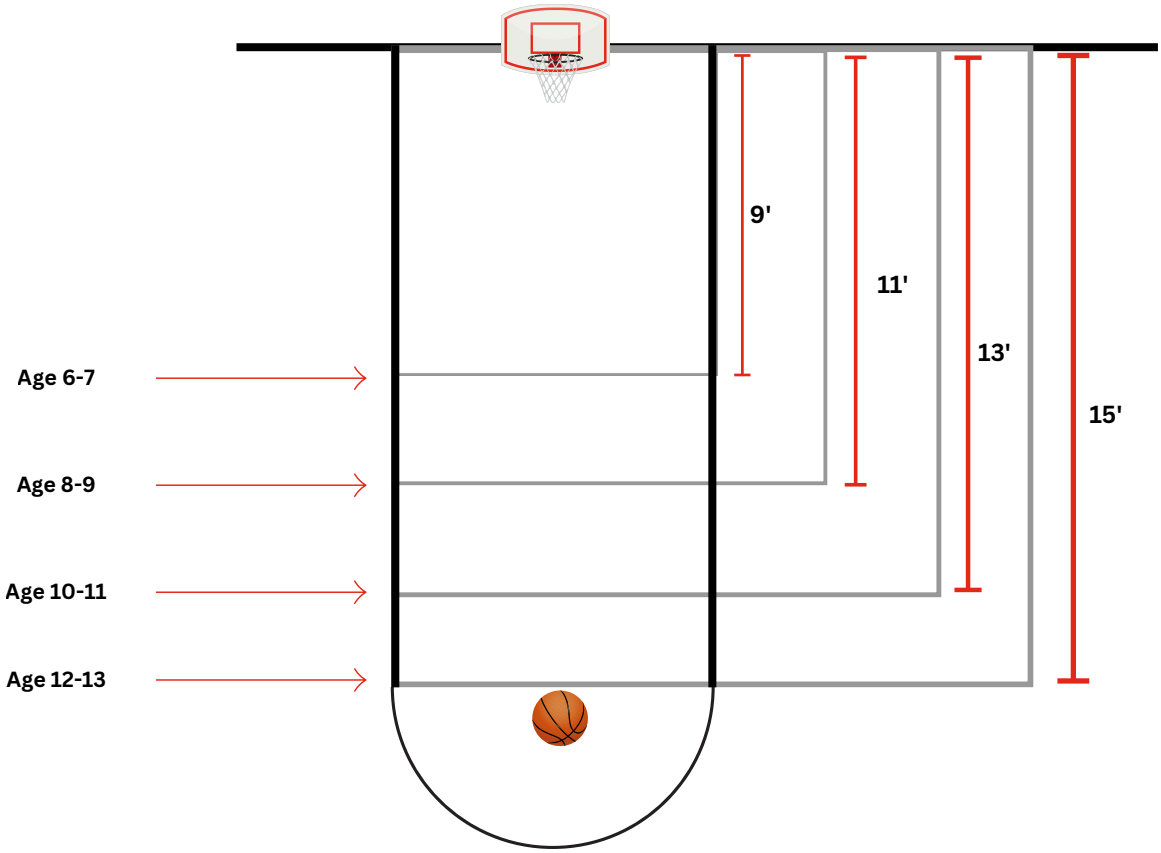
- Floor Marker - Free Throw Lines
- Clipboard (2 total)

Scoring:

- 6 total shots (4 free throws, 2 shooters choice outside the paint)
- 10 points for each successful basket
- Perfect score-60 points

Score Chart

1 bucket = 10 points
2 bucket = 20 points
3 bucket = 30 points
4 bucket = 40 points
5 bucket = 50 points
6 bucket = 60 points



Passing

Participants will be allowed six attempts, three bounce and three chest/overhead, at a designated target from assigned distance. The target should be a 12” circle set three feet from the ground *(see Diagrams 6)*. Participants will be allowed one step toward the passing line and must not touch or go over it. Eight points will be awarded for each pass hitting any part of the target regardless of how slightly. No points will be awarded for a pass that completely misses the target.

Two judges per station will be needed, one to watch for shooting fouls and one to count each successful pass.

Passing distances:

6-7 years old	9 feet
8-9 years old	12 feet
10-11 years old	15 feet
12-13 years old	18 feet

Equipment needed:

- 12" Circle Target (2 total)
- Masking Tape-Hang Target
- Floor Marker - Passing Lines
- Clipboard (2 total)

Scoring:

- 6 total passes (3 bounce passes & 3 chest passes)
- 8 points for each successful pass
- Perfect score-48 points

Score Chart

1 pass = 8 points
2 pass = 16 points
3 pass = 24 points
4 pass = 32 points
5 pass = 40 points
6 pass = 48 points

Diagram 6

