



Measure speed and skill dribbling the ball 10 Meters

Equipment Needed:

- Basketball or other similar ball (if basketball not available).
- Four traffic cones (or other objects to mark start and finish lines).
- Floor tape or chalk (optional)
- Measuring tape (use 10 giant steps if no measuring tape available) .
- Stopwatch

Rules:

- The athlete begins from behind the start line and between the cones.
- The athlete starts dribbling and moving when the official signals.
- The athlete dribbles the ball with one hand for the entire 10 meters (32' 9.75").
- A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.
- The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
- If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball and continue.



Scoring:

- The athlete will be timed from the signal "Go" to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble.
- A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball).
- The athlete will receive two trials.
- The athlete's score for the event is his/her BEST time of the two trials.

Modifications:

- Field of Play Options may include:
 - Playground court at a Park or School
 - Backyard Sport Court
 - Driveway or Patio
 - Garage
 - Other hard surface with plenty of space to perform skill