



Measure how many times you can dribble the ball in 60 seconds

Equipment Needed:

- Basketball or similar ball
- Stopwatch
- Whistle (optional)

Rules:

- Athlete may use only one hand at a time to dribble (can switch hands during).
- Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing. Athlete may use a walker, for stability if needed, while competing in this event.
- Athlete starts and stops dribbling at the sound of the starting command (or a whistle).
- There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.

Scoring:

- Athlete receives one point per legal dribble within the 60 seconds.
- Count stops and the event ends when time is up.

