



Guide

School sports challenges

Basketball | Level 1

RULES FOR THE BASKETBALL CHALLENGE

1 – Steps for the Basketball challenge Level 1

The athletes must position themselves about 1 meter from the basket, facing it.

Steps for athletes without physical disabilities:

- Dribbling 5 times with the left hand.
- Perform a 180-degree pivot
- Make a passing simulation with both hands on the ball.
- Dribbling 5 times with the right hand.
- Perform a 180 degree pivot
- Make a passing simulation with both hands on the ball.
- V-driver with the ball by passing the ball from the right hand to the left hand and vice versa 5 times.
- Throw to the basket and take the rebound if necessary.

Rules:

- The stopwatch starts as soon as the ball hits the ground on the first dribble.
- The stopwatch stops as soon as the athlete makes a successful basket or after their second attempt.
- The dribbles must be at least at hip height.

Steps for athletes with standing and visual impairments:

- Dribbling 5 times with the left hand.
- Perform a 180 degree pivot.
- Make a passing simulation with both hands on the ball.
- Dribbling 5 times with the right hand.
- Swivel 180 degrees.
- Simulate passing with both hands on the ball.
- V-driver with the ball by passing the ball from the right hand to the left hand and vice versa 5 times.
- Throw to the basket.



Rules:

- The stopwatch starts as soon as the ball touches the ground on the first dribble.
- The stopwatch stops as soon as the athlete has thrown the ball to the basket.
- The dribbles must be at hip height.
- A standing athlete with a limitation preventing him/her from dribble with either arm may use the same hand for all these exercises (including V dribble).

Steps for wheelchair athletes division 1:

- Dribble 5 times with the right hand and catch the ball.
- Pivots 90 degrees to the right, simulates a pass and comes back to face the basket.
- Dribble 5 times with the left hand and catch the ball.
- Pivots 90 degrees to the left, simulates a pass and comes back to face the basket.
- Throw to the basket.

Steps for wheelchair athletes division 2:

- Dribble 2 times with the right hand and catch the ball.
- Pivots 90 degrees to the right, simulates a pass and comes back to face the basket.
- Dribble 2 times with the left hand and catch the ball.
- Pivots 90 degrees to the left, simulates a pass and comes back to face the basket.
- Throw to the basket.

Steps for wheelchair athletes division 3:

- Dribble once with the right hand and catch the ball.
- Pivots 90 degrees to the right, simulates a pass and comes back to face the basket.
- Dribble once with the left hand and catch the ball.
- Pivots 90 degrees to the left, simulates a pass and comes back to face the basket.
- Throw to a lower basket (1m50 or 2m).



Rules :

- The stopwatch starts as soon as the ball touches the ground on the first dribble.
- The stopwatch stops as soon as the athlete has thrown the ball to the basket.

2 – Penalties

Action	Penalties
Failure to comply with the specific instructions of a step	3 seconds will be added to the total time recorded for the event (per instruction not respected)
Failure to complete a step	10 seconds will be added to the total recorded time of the event.

3 – Videos

<https://www.youtube.com/watch?v=y199DHhREf8&feature=youtu.be>

Faut que ça bouge !

Let's get moving!





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