



**Guide**

**School sports challenges**

Basketball | Level 3

**Ce programme est rendu possible grâce au soutien financier  
du Groupe Banque TD et de la Fondation Bon départ de Canadian Tire.**



## RULES FOR THE BASKETBALL CHALLENGE



## 1 – Steps for the Basketball challenge Level 3

The athletes must position themselves at the 3-point line.

- Dribbling 5 times with the left hand above the knee.
- Dribbling from the left hand to the right hand by passing the ball between their legs 6 times.
- Make a passing simulation with both hands on the ball.
- Dribbling 5 times with the right hand above the knee.
- Dribbling from the right hand to the left hand by passing the ball between your legs 6 times.
- Make a passing simulation with both hands on the ball.
- Dribbling forward and scoring a basket. Bounce 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.

Steps for wheelchair athletes, with mobility aids, division 2 physical limitations and severe/deep intellectual disability:

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

## 2 – Penalties

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

## 3 – Videos

<https://youtu.be/5yvvYQx6IWY>

Faut que ça bouge !

Let's get moving!





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