



**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, with mobility aids, division 2 physical limitations and severe/deep intellectual disability:

- Dribble 1 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 1 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.

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/a8A7kh0TbYY>

**Faut que ça bouge !**

**Let's get moving!**





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