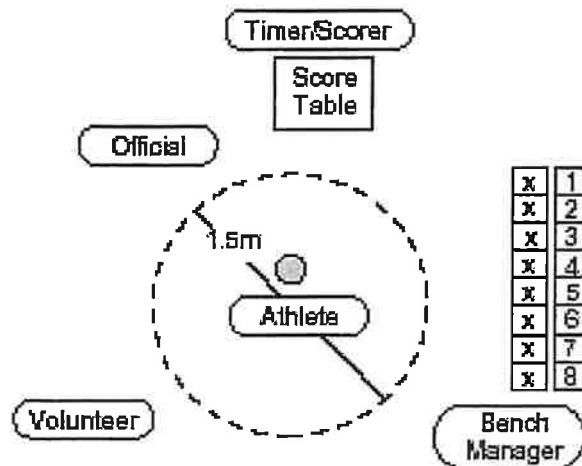


## Speed Dribble/Asst. Speed Dribble

If the athlete has any assistance from another person in dribbling the ball, the athlete must register for the asst. speed dribble competition.



### 1. Equipment

- Measuring tape
- Floor tape or chalk
- One basketball (for women's and junior division Competitions a smaller basketball which is 72.4 centimeters [28 1/2 inches] in circumference and between 510-567grams [18-20 ounces] in weight may be used)
- Stopwatch
- Counter
- Whistle

### 2. Set-up

- Mark a circle with a 1.5m (4'11") diameter.

### 3. Rules

- Athlete may use only one hand to dribble.
- Athlete must either be standing or sitting in a wheelchair or another type of chair with similar dimensions while competing.
- Athlete starts and stops dribbling at the sound of the whistle.
- There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
- Athlete must stay in the designated circle while dribbling.
- If the basketball rolls out of the circle, it may be handed back to the athlete who continues to dribble.

### 4. Scoring

- Athlete receives one point per legal dribble within the 60 seconds.
- Counting stops and the event ends when the basketball rolls out of the circle for the third time.