



1. **Equipment:** Three basketballs, four traffic cones, floor tape or chalk, measuring tape and stop watch.
2. **Purpose:** To measure an athlete's speed and skill in dribbling a basketball.
3. **Description:** The athlete begins from behind the start line and between the cones. The athlete starts dribbling and moving when the official signals. The athlete dribbles the ball with one hand for the entire 10 meters. A wheelchair athlete must alternate, taking 2 pushes followed by 2 dribbles for legal dribbling. The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble. If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 1.5 meter lane, the athlete can either pick up the nearest back-up ball or recover the errant ball to continue the event.
4. **Scoring:** The athlete will be timed from the signal "GO" to when they cross the finish line between the cones and pick up the basketball to stop the dribble. A 1 second penalty will added every time the athlete illegally dribbles (e.g. two handed dribble, carries the ball, etc.). The athlete will receive two trials. Each trial is scored by adding penalty points to the time elapsed and converting the total points based on the conversion chart. The athlete's score for the event is their best of the two trials converted into points, In case of a tie, the actual time will be used to decide place.

## Ten-Meter Dribble