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
   a) Measuring tape
   b) Floor tape or chalk
   c) 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 510-567 grams [18-20 ounces] in weight may be used)
   d) Stopwatch
   e) Counter
   f) Whistle

2. Set-up
   a) Mark a circle with a 1.5m (‘4’11") diameter.

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

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