

## PROGRAM GOALS

To provide young players throughout the New York City Tri-State Area (Connecticut, New Jersey, and New York) with an opportunity to participate, free of charge, in an exciting fitness and basketball skills competition; to provide youth organizations with an easily administered program that communicates effectively, supplies consistent and timely information, and delivers all materials on schedule in an effort to provide the highest quality program of its kind.

NBA FIT Dribble, Dish & Swish is intended to encourage youth participation and emphasize both fitness elements and basketball competition. Since there is no registration fee for this program, every boy and girl, 7-12 years of age, may qualify to compete in three (3) levels of competition while emphasizing the core basketball skills and focusing on fitness.

## PROGRAM OVERVIEW

### Participants

All participants must have a parent or guardian fill out a registration form obtained from youth organizations that are hosting a Local Competition. Boys and girls, 7-12 years of age, **MUST** provide a copy of a valid birth certificate or other proof of identification for age verification. Each player may participate in only one (1) Local Competition. Competing in more than one (1) Local Competition will result in disqualification.

### Age Groups

The three (3) age groups are: 7-8, 9-10 and 11-12 with boys and girls competing separately (age is determined as of February 14, 2015).

### Age Verification Chart

To determine the appropriate age group of each participant, refer to the chart below. Participants must be born between the dates shown to be eligible to participate in their respective age group. Age classifications are based upon the participant's age as of February 14, 2015.

<b>Age Groups</b>	<b>Born Between</b>
Ages 7-8	February 15, 2006 – February 14, 2008
Ages 9-10	February 15, 2004 – February 14, 2006
Ages 11-12	February 15, 2002 – February 14, 2004

### Structure

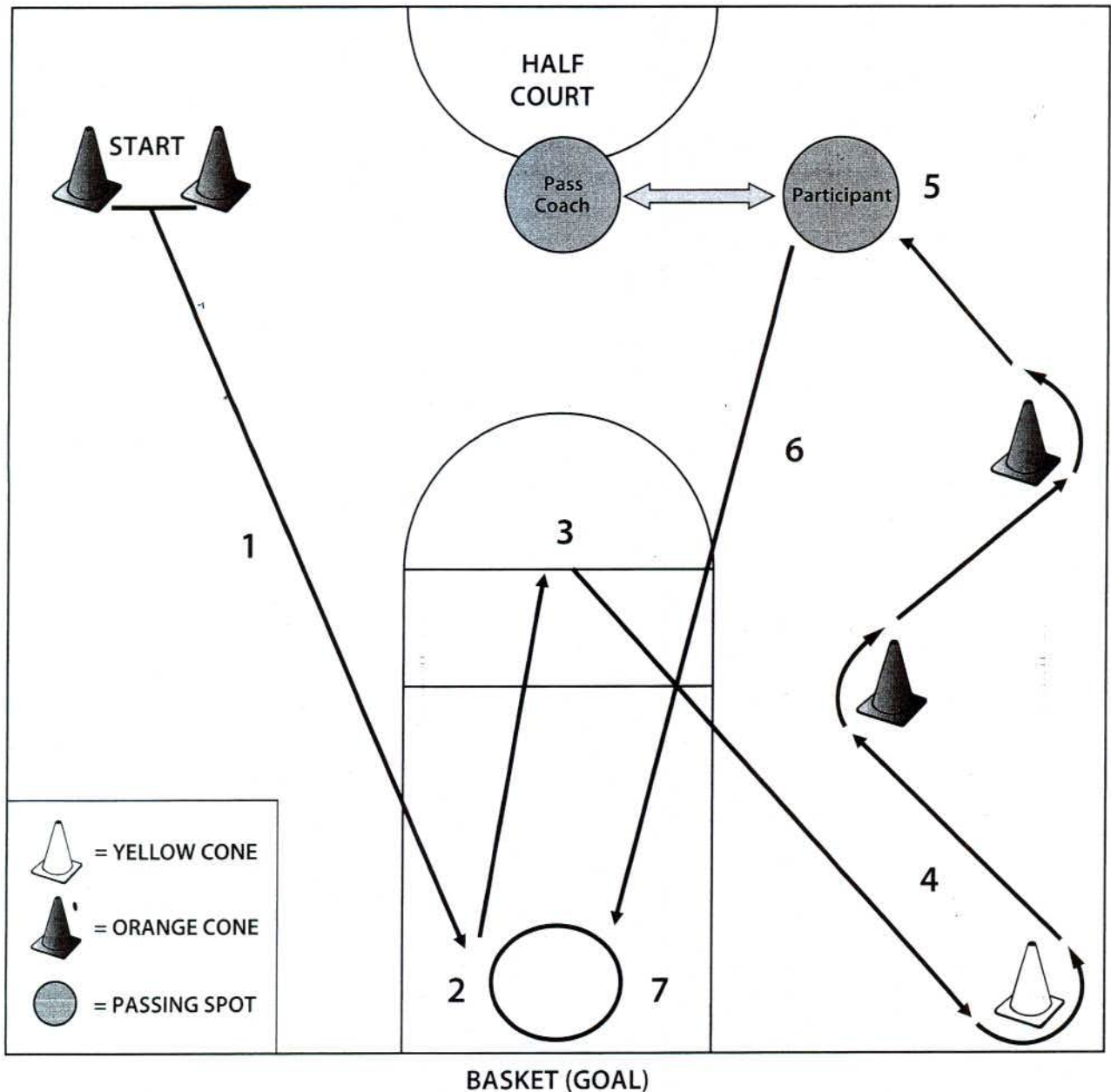
NBA FIT Dribble, Dish & Swish is established in the New York City Tri-State area, including Connecticut, New Jersey, and New York. Any boy or girl, 7-12 years of age, within 100 miles of the New York City area is encouraged to participate.

## Rules

- The basketball goal must be 10 ft. in height.
- The 7-8 age group and ALL girl participants will compete with a 28.5" basketball.
- ALL boy participants in the 9-10 and 11-12 age group will compete with a 29.5" basketball.
- Participants must start on starter's "GO" (or whistle). The starting procedure must remain consistent throughout the competition.
- One (1) false start will be permitted. A 2nd false start will result in disqualification (see Disqualification on pg. 9).
- Participants must advance the basketball throughout the course by dribbling.
- Participants may shoot using any technique desired.
- There is a one (1) shot minimum and a three (3) shot maximum on EACH shooting skill (opening lay-up, shot from regulation foul line /10ft. shooting line and final lay-up).
- Participants may ONLY advance to the next skill from a shooting skill after a made shot or after three (3) unsuccessful shot attempts (see Disqualification on pg. 9).
- The shot from the regulation foul line /10ft. shooting line must be released from behind the regulation foul line /10ft. shooting line (see Violations on pg. 9). After the release, landing on or in front of the respective line is permitted.
- ALL participants in the 7-8 age group MUST shoot from the 10ft. shooting line. ALL participants in the 9-10 and 11-12 age groups MUST shoot from the regulation foul line.
- Participants must rebound their own shots.
- Participants must round the yellow cone to the right. Failure to do so will result in participant repeating entire set of cones.
- Participants must weave through each orange cone. A kicked over cone is permitted, provided that the participant correctly weaved/rounded that cone.
- The participant must have at least one (1) foot on the passing spot when he or she passes the ball to AND receives the ball from the passing coach (see Violations on pg. 9).
- Participants may pass to the passing coach using either a bounce, chest or over-head pass. Passing coach will pass the ball back to the participant using ONLY a chest pass.
- The passing coach MUST have one (1) foot on the coach passing spot as he or she catches and passes the ball.
- A participant will be permitted a 're-do' should the passing coach fail to either catch the initial pass from the participant or return the pass directly to the participant. In the event that this happens, the participant's time will be reset to 0.00 and they should begin the competition from the start line.
- No out-of-bounds.
- Appropriate athletic footwear required. Only soft-soled shoes and/or shoes in accordance with the facility guidelines are permitted. NO open-toed shoes allowed.
- Each participant receives ONE (1) official attempt to complete the challenge.
- Participant is disqualified if all seven (7) skills are not completed in sequential order, as shown in the Competition Flow Diagram (pg. 11). For Disqualification, see pg. 9.
- Participant is disqualified if the required number of shot attempts is not taken at any of the three (3) shooting skills (see Disqualification on pg. 9).



# COMPETITION FLOW DIAGRAM



## Competition Flow

- 1) **Speed Dribble** – from the starting line, speed dribble to the basket.
- 2) **Lay-Up** - minimum of one (1) or maximum of three (3) shot attempts. Participant may only advance to next skill after a made shot or after three (3) unsuccessful shot attempts.
- 3) **Shot from Regulation Foul Line /10ft. Shooting Line** - minimum of one (1) or maximum of three (3) shot attempts. Participant may only advance to next skill after a made shot or after three (3) unsuccessful shot attempts.
- 4) **Zig-Zag Speed Dribble** - begin by rounding yellow cone to the right and continue weaving through entire set of cones.
- 5) **Pass and Receive Basketball** - with at least one (1) foot on passing spot, pass the basketball to the passing coach and wait for return chest pass from coach.
- 6) **Speed Dribble** – after receiving the return pass from the coach, speed dribble to the basket.
- 7) **Final Lay-Up** - minimum of one (1) or maximum of three (3) shot attempts. Stopwatch is stopped on made basket or after 3rd shot attempt has been released from the participant's hands.

# PROCEDURE

- Each participant competes one (1) at a time against the stopwatch.
- The 7-8 age group and ALL girl participants will compete with a 28.5" basketball.
- ALL boy participants in the 9-10 and 11-12 age group will compete with a 29.5" basketball.
- Each participant begins with one (1) basketball in-hand and both feet BEHIND the designated starting line (designated by the two (2) orange starting cones).
- Time the participant from the moment the starter yells "GO" (or blows the whistle) until the final lay-up is made or after the 3rd shot attempted on the final lay-up has been released from participant's hands.
- Each participant is allowed one (1) false start. If a participant false starts, the starter blows the whistle so the participant can return to the start spot. If a participant false starts a second time, he or she is disqualified.
- Participants must follow the course outlined in the Competition Flow Diagram (pg. 11).
- Seven (7) basketball skills MUST be performed in the following sequential order:
  - 1) Speed Dribble
  - 2) Lay-Up
  - 3) Shot from Regulation Foul Line/10ft. Shooting Line
  - 4) Zig-Zag Speed Dribble
  - 5) Pass and Receive Basketball
  - 6) Speed Dribble
  - 7) Final Lay-Up
- Participants must dribble the ball throughout the challenge, including after rebounding and upon returning to the regulation foul line/10ft. shooting line for a shot attempt.
- Participants will shoot a minimum of one (1) OR a maximum of three (3) shots at each shooting skill (the first lay-up, shot from regulation foul line/10ft. shooting line and final lay-up), advancing only after a made shot or after three (3) unsuccessful shot attempts (see Disqualification on pg. 9).
- If a participant misses his or her first attempt on the first lay-up, he or she should immediately continue with the next shot attempt(s).
- If a participant misses his or her first or second attempt on the shot from the regulation foul line/10ft. shooting line, he or she MUST return to the appropriate line for the next shot attempt(s). (Reminder: ALL participants in the 7-8 age group MUST shoot from the 10ft. shooting line. ALL participants in the 9-10 and 11-12 age groups MUST shoot from the regulation foul line).

## Example of when to advance from a shooting skill:

<b>First Shot Attempt:</b>	Make = Advance to next skill Miss = Rebound and attempt 2nd shot
<b>Second Shot Attempt:</b>	Make = Advance to next skill Miss = Rebound and attempt 3rd (and final) shot
<b>Third Shot Attempt:</b>	Make = Advance to next skill Miss = Advance to next skill

- Participants must rebound their own shots.
- Participants must shoot and release the ball from behind the regulation foul line /10ft. shooting line. A violation (pg. 9) will be given for EACH shot taken on or in front of the regulation foul line /10ft. shooting line
- Participants must round the yellow cone to the right and continue weaving through the entire set of cones. A kicked over cone is permitted, provided that the participant correctly weaved/rounded that cone.



## Violations

A three second (3.00) penalty will be added to participant's final time for EACH violation.

\*ALL rulings made by Court Official are FINAL.

- Traveling
- Double dribbling
- Palming/Carrying the ball
- Taking shot on or in front of the regulation foul line /10ft. shooting line
- Missing an orange cone or yellow cone
- Passing the basketball to the passing coach without at least one (1) foot on the passing spot
- Receiving the basketball from the passing coach without at least one (1) foot on the passing spot

## Disqualification

- Two (2) False Starts
- If all seven (7) skills are not completed in sequential order (shown in the Competition Flow Diagram, pg. 11).
- If the required number of shot attempts (a minimum of one (1) or maximum of three (3)) are not taken at any of the three (3) shooting skills.

## Scoring

- A three second (3.00) penalty will be added to participant's time for EACH violation.
- For each violation, mark the number of penalties in the appropriate box on the score sheet at the bottom of the participant registration form/score sheet.
- Record times to the nearest one-hundredth of a second (example: 22.18).
- After each participant completes his/her turn at the competition, record the participant's time to the nearest one-hundredth of a second (example: 22.18). Next, add three seconds (3.00) to his or her time for EACH violation. Calculate and record the final time in the appropriate box on the score sheet. Keep all participant score sheets.

**PLEASE NOTE:** A sample master score sheet is provided on page 15, or electronically from the NBA FIT DDS Headquarters. You DO NOT need to use them, nor submit them to the NBA FIT DDS Headquarters. Reminder, you MUST record ALL participant times on their OFFICIAL SCORESHEET, found on the Official Registration Form/Score Sheet, and collect from each participant. You MUST email or fax the Results Sheet (pg. 14) and mail an additional copy of the Results Sheet, copies of the CHAMPIONS' birth certificates and ALL Registration Form/ Score Sheets to the NBA FIT Dribble, Dish & Swish Headquarters.

## EXAMPLE:

Participant's Time + (number of violations x 3.00 seconds) = Final Time

Step 1            22.18 + (2 violations x 3.00 seconds)

Step 2            22.18 + 6.00 = 28.18

**Final Time    28.18**