

Basketball

(Aug 2025 Version)

Skills (54%): Results of each item 15% + Quality of skill of each item 3%									Attendance & Participation	Written Exam.
Exam	Group	Men			Score	Women				
	Items	Lay-up shot	Two Men Pass	Free-throw		Free-throw	Two Men Pass	Lay-up shot		
	Trial	1	1	1		1	1	1		
Results		22"	26"	6 goals	15	5 goals	30"	28"		
		23"	27"		14		31"	30"		
		24"	28"	5	13	4	32"	32"		
		26"	29"		12		33"	36"		
		28"	30"	4	11	3	34"	40"		
		30"	32"		10		36"	45"		
		34"	34"	3	9		38"	50"		
		38"	36"		8	2	40"	55"		
		42"	38"	2	7		42"	60"		
		46"	40"		6		46"	65"		
		52"	42"	1	5	1	52"	70"		
		58"	44"		4		58"	75"		
		64"	48"		3		64"	80"		
		70	52"		2		70"	85"		
		76	56"		1		72"	90"		
	Remarks	Lay-up shot: Starting from the Free Throw Line (FTL), the student must complete Lay-up shot to the basket (including putbacks) and dribble back to the FTL (both feet must fully cross the FTL) 5 times. After the fifth successful lay-up, the student must dribble back to the starting point and hold the ball with two hands. Failure to comply with the rules will result in a failed attempt. Two Men Pass: The Exam is conducted outside the basketball court restricted area. Two candidates start from behind the base line, move forward with passes to the free throw extension line, and return to starting points 5 times. (Score will not be counted if student do not across the free throw extended line and the baseline or violate the rules of travelling) Free throw: 8 free throw. Students must use one handed / two handed shot (upper arm). Score will not be counted if he violate the rules of free throw shot (included: Not touch the free-throw line or enter the restricted area until the ball has entered the basket or has touched the ring).								
Quality of Skills	3 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 2 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful									