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**Evaluation specification for student's athletic ability of Wuti-ball
course**

五体球课程学生运动能力测评规范

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2 Normative references

Clause 2 states that the document has no normative references. The two items cited in the bibliography are the half-court three against three rules and the full-court five against five rules of Wuti-ball, both issued by a company in 2023.

3 Terms and definitions

3.1 student's athletic ability of Wuti-ball course: the overall performance, formed in the learning, practice and competition activities of the Wuti-ball course, in applying skills such as dribbling, passing and catching, shooting at goal and shooting at the basket to complete specific tasks in a match.

3.2 Wuti-ball transition area: the area between the hand zone and the foot zone of the Wuti-ball court, formed by two parallel arcs 2.2 m apart. 3.3 transition: the technique by which a player changes control of the ball between hand and foot in the transition area; a note states that transition is of two kinds, from hand control to foot control and from foot control to hand control.

3.4 hand dribbling: the technique of dribbling and controlling the ball by continuous slapping with one hand or with the two hands alternately, carried out in the hand zone or in the

transition area. 3.5 foot dribbling: the technique of controlling the direction of travel of the ball with different parts of the foot, carried out in the foot zone or in the transition area.

3.6 Wuti-ball passing: the technique by which a player throws the ball with the hand to a target player in the hand zone, throws it with the hand or strikes it towards a set target with a part of the body other than the arms in the transition area, and strikes it towards a set target with a part of the body other than the arms in the foot zone. 3.7 Wuti-ball catching: the technique by which a player catches the thrown ball with the hand in the hand zone, receives and controls it with any part of the body in the transition area, and receives and controls the moving ball with a part of the body other than the arms in the foot zone.

3.8 hand-shooting to the Wuti-ball hoop: the technique by which a player in the hand zone or the transition area throws, taps or dunks the ball towards the basket with one or both hands. 3.9 foot or head shooting to the Wuti-ball goal: the technique by which a player in the foot zone or the transition area strikes the ball towards the goal with a part of the body other than the arms.

4 Grading and qualifying requirements

4.1 The athletic ability of students on the Wuti-ball course is divided into six grades, one to six, the ability rising from grade one to grade six.

4.2.1 Grade one requires both table 1 and table 2. The single skills of table 1 are 1 min of juggling with the instep, not fewer than nine for boys and seven for girls, and close-range five-point set shooting, not fewer than two for boys and one for girls; the combined skill is a chain of foot dribbling, foot-to-hand transition, hand dribbling, hand-to-foot transition and so on ending in foot dribbling, to be completed in not more than 46 s by boys and 53 s by girls. Table 2 covers a half-court three against three match with observation points on technique (scoring by shooting at the basket or at the goal, making a hand or foot transition, completing hand and foot dribbling while moving, and passing and catching between hand and foot, hand and hand and foot and foot with team-mates), tactics (man-to-man marking), physical condition (agility, changing direction and adjusting the rhythm of movement while playing) and mental qualities (contesting a loose ball and calling to team-mates). A person tested on the winning side gains one further qualified observation point, and four or more qualified observation points are needed; a pass requires both assessors to judge the performance as qualified.

4.2.2 Grade two requires both table 3 and table 4. The single skills are shooting at goal with the inside of the instep, not fewer than two for boys and one for girls, and 1 min of shooting and taking one's own rebound, not fewer than three for boys and two for girls; the combined skill is hand dribbling, hand-to-foot transition, foot dribbling and shooting at goal, in not more than 39 s for boys and 45 s for girls. Table 4 keeps the technique observation points of grade one and adds tactical points on the give and go, that is the wall pass and the pass and cut attacking combination, together with man-to-man marking, agility and speed and

the mental points of contesting loose balls and calling to and answering team-mates. Five or more qualified observation points are needed.

4.2.3 Grade three requires both table 5 and table 6. The single skills are shooting at goal with the front of the instep, not fewer than two for boys and one for girls, and medium to close range catch and shoot, not fewer than two for boys and one for girls; the combined skill is hand dribbling, hand-to-foot transition, foot dribbling, foot-to-hand transition, hand dribbling and a dribbling lay-up, in not more than 39 s for boys and 47 s for girls. In table 6 the transition is to be made under interference, the tactical points add the drive and dish and the double-teaming defensive combination, and the mental points add answering and encouraging team-mates and tolerating their mistakes. Six or more qualified observation points are needed.

4.2.4 Grade four requires both table 7 and table 8. The single skills are shooting at goal with the outside of the instep, not fewer than two for boys and one for girls, and the dribbling lay-up, in not more than 25 s for boys and 30 s for girls; the combined skill is hand dribbling, hand-to-foot transition, foot dribbling, foot-to-hand transition, hand dribbling with a jump shot after a stop, the rebound, hand dribbling, hand-to-foot transition, foot dribbling and shooting at goal, in not more than 59 s for boys and 70 s for girls. Table 8 moves to a full-court five against five match, requires the transition, the dribbling and the passing and catching to be done while being defended or interfered with, and adds screening to the attacking tactics and zone defence to the defensive tactics. Seven or more qualified observation points are needed.

4.2.5 Grade five requires both table 9 and table 10. The single skills are shooting at goal after receiving the ball while moving, not fewer than three for boys and two for girls, and a catch and jump shot from behind the free throw line, not fewer than two for boys and one for girls; the combined skill is hand dribbling, hand-to-foot transition, foot dribbling, foot-to-hand transition, hand dribbling, a free throw line shot, the rebound, hand dribbling, hand-to-foot transition, foot dribbling and shooting at goal, in not more than 63 s for boys and 79 s for girls. Table 10 adds the post play to the attacking tactics and help defence to the defensive tactics. Eight or more qualified observation points are needed.

4.2.6 Grade six requires both table 11 and table 12. The single skills are a self-thrown volley at goal, not fewer than two for boys and one for girls, and a catch and jump shot after moving to either side under the basket, not fewer than three for boys and two for girls; the combined skill is hand dribbling, hand-to-foot transition, foot dribbling, a shot from the transition area, the rebound, hand dribbling, hand-to-foot transition, foot dribbling and shooting at goal, in not more than 67 s for boys and 81 s for girls. Table 12 adds strength to the physical observation points, that is contesting in attack and defence, jump shooting and springing for rebounds. Nine or more qualified observation points are needed.

5 Evaluation of athletic ability

5.1.1 The court used at grade one is a Wuti-ball court 28 m long and 15 m wide, with a centre circle of radius 1.80 m, the free throw line 5.80 m from the inner edge of the goal line, the inner line of the transition area at a radius of 6.75 m measured from the point where the centre of the basket ring meets the ground, and a second arc drawn 2.20 m outside the outer edge of that inner line and parallel to it; one Wuti-ball stand is used, with the basket ring 2.75 m above the ground and a goal 2 m high and 3 m wide. The equipment is ten Wuti-balls with a circumference of not less than 69 cm and not more than 72 cm and a mass of not less than 480 g and not more than 520 g, three marker cones 32 cm high, five flat markers, two electronic stopwatches, two whistles, one scoreboard, marking tape 5 cm wide for the transition area and six sets of numbered bibs in each of two colours.

5.1.2 In the 1 min instep juggling test three assessors stand more than 3 m from the test area; the first officiates, counts and announces the result, juggles made outside the area not being counted, the second times the test and gives the start and end commands, and the third records the result. The person tested enters the area, raises a hand to show readiness, kicks the ball up with the foot or throws it up with the hand on the command and juggles continuously with the front of one instep or alternately with both, the ball being picked up and brought back if it leaves the area and the count continuing after the ball has touched the ground. Each person has two attempts and the best is taken.

5.1.3 In the close-range five-point set shooting test the first assessor stands behind the free throw line and officiates and announces whether the shot counts, while the second and third are seated near the centre circle and record the result. The person tested enters the area, raises a hand to show readiness and shoots in the order of the five points marked one to five, making two two-handed chest shots at each point, ten shots in all. Each person has two attempts.

5.1.4 In the grade one combined skill test the first assessor stands in the centre circle and officiates, announcing whether the result is valid, the second stands on the touchline on the extension of the start and finish line and times the test while giving the start command, and the third is seated outside the touchline and records the result. Timing stops when both the person and the ball pass the finishing cone one; the result is invalid if the person does not begin the foot-to-hand transition inside the transition area or misses a cone. The person tested foot dribbles forward from the outside of cone one, enters the transition area and bends down to pick up the ball, changing to hand dribbling; goes round the outside of cone two and on towards cone three, entering the transition area and changing to foot dribbling; goes round the outside of cone three and returns along the same line to cone one. Each person has two attempts.

5.1.5 In the half-court three against three match four assessors are used. Before the match they divide the persons tested by sex and form teams of three by drawing lots; they are seated outside the two touchlines and work in pairs, observing and recording the number of qualified observation points reached by the persons tested of team A and team B in