## Juggle
- **Rules:**
  - Athlete starts by standing or sitting in the middle of the circle and holding a ball.
  - Athlete begins juggling at the sound of the whistle.
  - Athlete may use only hands and arms to juggle the ball as he/she tries to keep it in the air.
  - There will be a maximum time limit of 60 seconds.
  - The event ends when the athlete catches the ball, the ball touches the ground, or when 60 seconds is reached.
- **Scoring:**
  - Count the number of times the athlete hits the ball into the air and award one point for each.
  - Athlete receives five bonus points for keeping the ball in the air for the full 60 seconds.
  - Final score is the number of hits plus bonus points.

<table>
<thead>
<tr>
<th>Number of Hits</th>
<th>Bonus Points</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

## Toss and Hit
- **Rules:**
  - Athlete sits or stands behind the throwing line.
  - Athlete attempts to hit five balls, one at a time, over the net.
  - Athlete may hit the ball with one or two hands.
  - Athlete has two attempts to hit each ball over the net. Maximum attempts permitted is 10.
- **Scoring:** Award one point for each ball hit over the net.

<table>
<thead>
<tr>
<th>Ball 1</th>
<th>Ball 2</th>
<th>Ball 3</th>
<th>Ball 4</th>
<th>Ball 5</th>
<th>Total (Max 5 pts)</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

## Pass
- **Rules:**
  - Athlete starts in sitting or standing position behind the throwing line.
  - Athlete attempts to throw the ball over the net.
  - Athlete may throw the ball with one or two hands.
  - Athlete has one attempt to throw each ball over the net.
- **Scoring:** Award one point for each ball thrown over the net.

<table>
<thead>
<tr>
<th>Ball 1</th>
<th>Ball 2</th>
<th>Ball 3</th>
<th>Ball 4</th>
<th>Ball 5</th>
<th>Total (Max 5 pts)</th>
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</thead>
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### Grand Total for All 3 Events