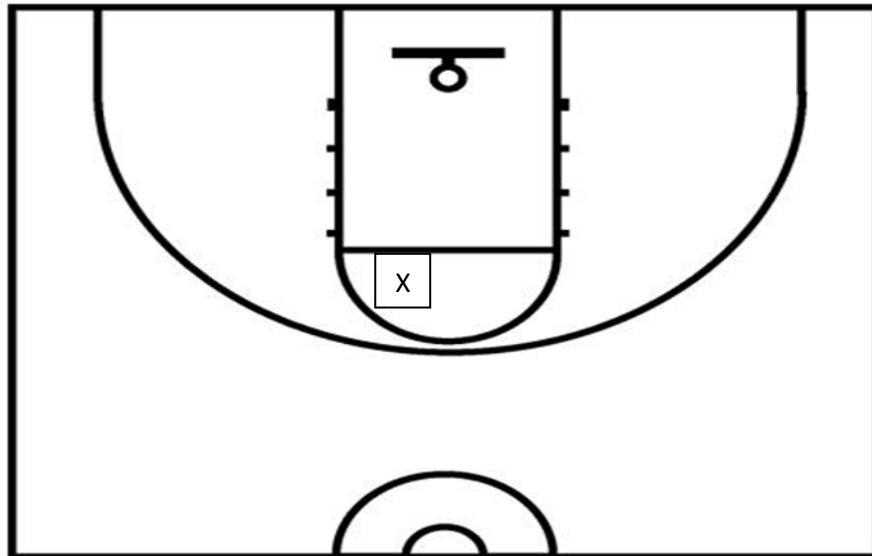




## BASKETBALL SKILLS CHALLENGE

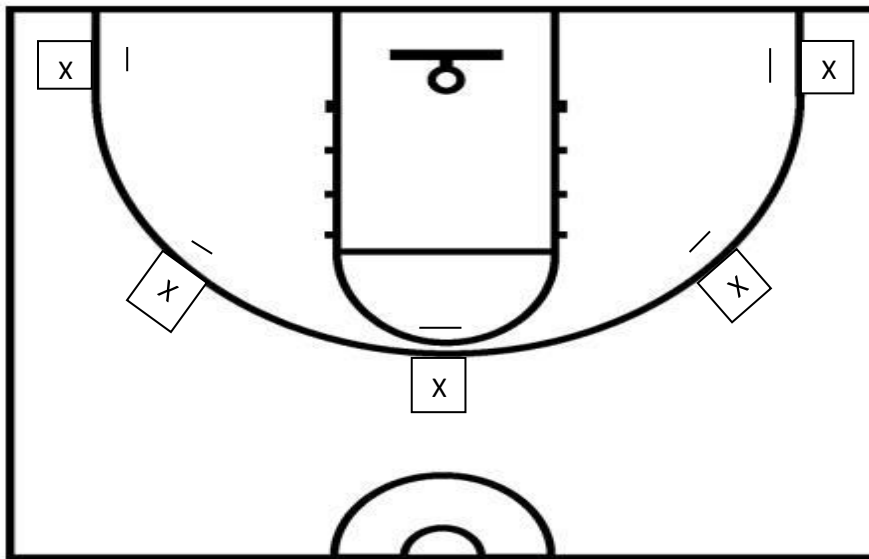
### Free Throw Contest Rules:

- Each Contestant will shoot two sets of 20 Consecutive free throws. We will then take the score from your best set. (20 is the max score)
- Any shooting violation (stepping on or over the foul line) will count as a missed shot.
- The contestant with the most made attempts out of 20 will be the winner.
- In an event of a tie, we will be keeping track of each contestant's streaks of consecutive made attempts during their 20 shots from their winning set; the contestant with the highest streak of consecutive made shots will win the tiebreaker. If there is still a tie we will then use your score from your second set to determine the winner followed by consecutive shots from that set. If it is still tied we will continue to play additional rounds of 20 shots.



### 3 Point Contest Rules:

- Each contestant will attempt 3 shots from 5 designated locations on the floor behind the arc. (pictured below). (Each contestant will get to do 2 rounds and we will take your best score.)
- All 3 shots must be completed in order at each designated spot before moving on to next location but you may start in any order.
- Every made basket counts as 1 point.
- Any shooting violation (stepping on or over the 3 point line) will count as a missed shot on that attempt, with the exception of the 80+ age groups. Anyone ages 80+ will have the option of shooting from 1 foot in front of the 3 point line (marked by tape).
- After all 15 shots are completed, the contestant will have an opportunity for 2 “bonus shots” which can be shot at any location of the contestants liking behind the 3 point line, any made “bonus” shot constitutes 2 points to the contestants overall score.
- The contestant with the highest score after all shots are completed will be the winner. Max score 19.
- In the event of a tie, we will be keeping track of streaks of consecutive shots made by each contestant during their round, the contestant with the longest streak of consecutive shots made will win the tiebreaker. If there is still a tie we will then use your score from your second set to determine the winner, followed by consecutive shots. Additional rounds will be played if needed.



## Skills Speed Contest Rules:

- This will be a head to head competition between athletes in each age group.
- Competitors will be randomly seeded into a double elimination bracket (within each age group)
  1. Competitors will start at the same time on opposite sides of the court. When they hear the whistle they can begin the competition.
  2. They will start by zig-zag dribbling between the cones to the opposite end of the court.
  3. After the last cone they will dribble towards the middle of the court and then speed dribble back down the court.
  4. The participant will then have to make a lay-up (from either side of their choosing). If they miss the lay-up they must get their own rebound and continue trying to make a lay-up/basket.
  5. After completing the lay-up they will then speed dribble to the other end of the court and make a shot from the free throw line. If they miss they are responsible for getting their own rebound. The clock will stop after a successful free throw has been made.
- Whoever completes the challenge first will move forward in the bracket. This is a double elimination bracket so you must lose twice before you are eliminated.
- You are not allowed to touch your opponent or their ball at any time during this challenge. Doing so will result in a forfeit for that round.

