

## Rules of Basketball Skills

- Must wear non-marking “court shoes”
- Compete in order of sign-in at each skill
- Allowed up to 2 rounds at each skill. May not start 2nd round until everyone has shot their first round
- May use personal ball at Free Throw and/or Hot Shot if approved by Director
- Medals are awarded to Male & Female in 5-year age groups (50-54 and up)

### Free Throw Details:

- 25 shots from foul line per round
- Allowed 2 warmup shots. If either warmup shot is a goal, shooter may start, including that shot
  - Must Notify Scorer to Start Scoring, including made warm-up shot, or scoring will begin after two warmup shots
- Bonus Points
  - If first ten shots are made without a miss, two points are added.
  - If all 25 shots are made without a miss, three points are added
- 30 total points possible

### Hotshot Details:

- 60 second time limit per round - Participants rebound their own shots
- 5 designated shooting spots - Baskets are worth 1-5 points depending on spot where shot taken:
  - Lay-up (1pt)
  - Free Throw (2pts)
  - 12' (3pts)
  - 15' (4pts)
  - 3-point (5pts)
- Start at lay-up spot
- Consecutive shots Not Allowed from lay-up spot - Consecutive shots permitted from other spots
- Bonus: Add 15 points if a shot is made from all designated spots - Limit one bonus per round

### 3-Point Details:

- 90 second time limit - Shoot 5 balls from 5 racks per round
- First 4 balls (1pt), 5th / Color ball (2pts) = 30 regular points possible
- Bonus Points: After shooting from all 5 spots, may shoot color balls again - Two points for each basket