



RULES OF BASKETBALL SKILLS

General Information

- Must wear non-marking "court shoes."
- For all events, participant is allowed up to two (2) rounds at each skill. If not wanting to do 2 rounds, participant must report this to the scorer's table.
- If using own ball for the Free-throw and/or Hot Shot event, ball must be approved by the Event Director. Women may use a women's ball for the free-throws and hot shot events only.
- Medals are awarded to Male and Female in all 5-year age groups (50-54 and 55-59)
- Additional medal will be awarded to the Overall Top Scorer for Male and Female. In order to qualify, men must compete in all 3 events, while women must compete in 2.
 - In the event of a tie, participants will participate in a free throw shootout. Alternating shots until a winner is determined.

FREE THROW DETAILS:

- 2 rounds, 25 shots from the foul line per round
- Allowed 2 warmup shots. If either warmup shot is a goal, the shooter may start, including that shot. Must notify the scorer to start the scoring, including the made warm up shot, or scoring will begin after the two warmup shots.
- Bonus Points:
 - If first 10 shots are made without a miss, an additional 2 points are added.
 - If all 25 shots are made without a miss, an additional 3 points are added.
- Total of thirty (30) points possible

HOT SHOT DETAILS:

- 2 rounds, 60-second time limit per round
- Participants MUST rebound their own shots.
- 5 designated shooting spots; baskets are worth 1-5 points depending on the spot where shot is taken.
 - Lay-up (1 pt); Free throw (2 pts); 12' shot (3 pts); 15' shot (4 pts). 3-point shot (5 pts)
- Participants must start at the lay-up spot
- Consecutive shots are not allowed from the lay-up spot; allowed from other spots
- Bonus: an additional 15 points are awarded if a shot is made from all designated spots.
 - Limited to 1 bonus per round

3-POINT SHOOTING DETAILS:

- 2 rounds, 5-minute time limit per round
- Participants must shoot 5 balls from 5 racks, per round.
 - Men will shoot from the standard 3-point line; women's line will be 2 feet inside the standard 3-point line.
- First four (4) balls are worth 1 point each, 5th colored ball is worth 2 points.
- Total of 30 regular points are possible.
- Bonus Points: after shooting from all 5 spots, participant may shoot colored balls again. Two (2) additional points will be awarded for each basket.