



Free Throw Contest Rules/Guidelines

1. Each team will have 1 competitor.
2. Each competitor will have 1 minute to shoot 15 Free Throws.
3. Each competitor can have up to 4 rebounders on the floor.
4. Each competitor will have 5 basketballs for the competition.
5. If there is a tie, there will be a Free throw shoot out with 10 shots within 45 seconds.

Three Point Contest Rules/Guidelines

1. Each team will have 1 competitor.
2. Each competitor will have 2 minutes to shoot a total of 25 Three Point Shots.
3. Each competitor will shoot 5 shots from each of the 5 locations.
4. Each competitor can have up to 4 rebounders on the floor.
5. Each competitor will have 5 basketballs for the competition.
6. If there is a tie, there will be a three point shoot out with 3 shots from 5 locations within 1 minute.



Team Layup Relay Competition Rules/Guidelines

1. Each team will have 10 competitors, (if a team has less than 10 competitors, one team member for each number less than ten will have to perform twice in the competition)
For example: If a team has 8 competitors, then 2 of the 8 competitors will have to go through the competition twice, once at the beginning and once at the end.
2. Each team will have 1 basketball for the competition.
3. This competition is a race against the clock.
4. Two teams will compete at the same time and begin on opposite ends of the court.
5. On the start whistle the first competitor will dribble the ball the length of the court and attempt a layup from outside of the paint.
6. If the layup is successful, the competitor will get the ball and dribble the length of the court and repeat the process on the other goal.
7. If the layup attempt is unsuccessful the competitor must attempt at least three shots to make the basket, once the basket is made, the competitor will get the ball and dribble the length of the court and repeat the process on the other goal.
8. If the basket is not made after three attempts the competitor will get the rebound and dribble the length of the court and repeat the process on the other goal.
9. After the layup is made on the second goal or the competitor makes three attempts the player will get the ball and pass it to the next competitor and that competitor will complete the same process.
10. The clock will stop after the last competitor's layup is made (or the third shot is rebounded) from the side the team started on.
11. The two teams with the fastest times will compete against each other for first place.