

SKILLS COMPETITONS



4 REAL SPORTS
Reaching Excellence @ All Levels

- Players can participate in one individual shooting competition each. The entire team will participate in the Team 3-Point Shootout. Coaches will sign-up players on their Skills Competition Entry Form and submit on Friday.
- Shooting Contest Tie-breaker: In case of a tie, the participant that reaches the number of successful shots in the shortest number of attempts will be declared the winner. Example: 2 participants tie with 8 successful FT's. Player #1's 8th successful FT was on the 8th attempt, while Player #2's 8th successful FT occurred on the 9th attempt. Player #1 would be declared the winner.

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Team 3-Point Shootout

- Each TEAM will be required to make 30 3-point shots.
- Teams will be timed for the duration that it takes the entire team to make 30 3-point shots
- Players will be divided by grade of team and gender

FT

Individual Free Throw Shootout

- Each player is given 10 free throw attempts.
- Most made attempts wins
- Players will be divided by grade of team and gender
- 2nd Grade will shoot from the 12 ft line



Duo Timed Spot Shot Competition

- Total of 7 spots marked on the floor (3 for each player and 1 for either).
- Each player will have 3 spots on their side of the floor (corner, block, elbow) to make. Once done, the two players will have to make one shot from the top of the key.
- Players will be responsible for rebounding their own shots without assistance
- Time will start at the first shot and will stop when the final shot goes in.