

Town of Sharon Recreation Basketball

Skills Competitions

Competitions and Descriptions:

Free Throw Contest - Each player gets ten attempts at a free throw shot. The player who makes most free throws wins. If there is a tie between two or more players each player will take an additional 5 shots until a winner is determined.

Hot Shot Contest - Each player gets 30 seconds to make as many shots as they can. The shots include lay-ups, free-throws, and a 3 point shot. The only rule with shooting is that if a player makes a lay-up, the player must then attempt a free throw or a 3 point shot before attempting another lay-up. This is to prevent a player from making lay-up after lay-up.

Point Scale: (per basket made)

Lay-ups - 1pt

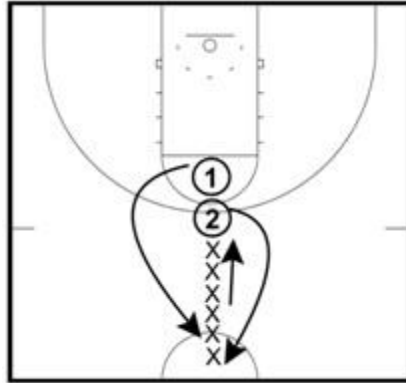
Free Throws - 2pts

3 Point Shot - 3pts

3 Point Contest (7th & 8th Grade Leagues Only) - Each player gets ten attempts at a 3 point shot. The player who makes most 3 pointers wins. If there is a tie between two or more players each player will take an additional 5 shots until a winner is determined.

KNOCKOUT- The game begins with all players lined up in a straight line starting at the free throw line and extending towards half court (see diagram #1). The first two players start with a basketball.

Player one shoots a free throw and tries to make it. If the player misses, he/she must grab the rebound and score as fast as possible. Player one's second shot does not need to be from the free throw line. He/she can shoot a jump shot, lay-up or whatever is needed in order to score fastest.



Player two cannot shoot until after player one has shot their first free throw. The goal for player two is to score a basket before player one does. If player two misses their free throw he/she must also rebound their miss and make a shot as quickly as possible.

If player one makes a basket first, he/she goes to the back of the line (see diagram #2). If player one fails to make a basket before player two, player one is eliminated (all eliminated players stand off to the side until the game is finished).



Once player one makes a basket he/she passes the ball to the next player in line. That player tries to make a basket before player two does. If this occurs, player two is out. If player two scores first, he/she goes to the end of the line and passes their ball to the fourth player in line (see diagram #3).

The game continues like this until only one player is left standing.

*Each team will send one person for each contest. If a player wins 2 contests they get to pick which contest they will participate in at the finals. The player who placed second in that particular contest will go; as long as they are not representing their team in any other contest. If that happens, the person who placed third will go instead.