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56, 78, & 911 Grade Basketball Leagues

FREE THROWS and THREE POINT SHOOTING CONTEST RULES

Contest will take place at Half Time of Each Play-Off Game

Each team shall select one player for each contest. Each Coach is free to choose his own competition selection process. Please have a different player for each contest.

Free Throw Rules: Each Player will take three warm up shots. Contest will be the Best of 10 free throws. Tie breaker will be best of 5 free throws followed by Best of 3 free throws (if necessary) until a winner is established. Players must start and end the shots behind the free throw line.

3 Point Contest Rules: Each player will choose 2 re-bouncers from his team to speed up the competition. Each player will be given three warm up shots from any spot. Contest will be the most shots made within a 60 second timed period. Both players will compete at the same time. Tie breaker will be the most shots made during a 30 second timed period. If additional tie breakers are required, each period will be for 15 seconds each. Players must start their shot and release the ball behind the 3 – Point Line.

The winner of each contest will advance through the Tournament brackets by shooting at Half Time of the next scheduled game regardless of whether his team advances or not. It will be the Coach's and the player and his parent's responsibility to arrive at the proper time and place for each new round of the Shooting Contest. Please check in at the Scorer's table before the start of each game after the first game of the Tournament.