

Basketball Shoot



Entry Regulations:

1. Men and women compete separately.
2. Competition will be in five year increments beginning with 50-54.

Format:

At least one foot must be in contact with the marked spot while shooting, with the other foot either to the side, behind or on the marked spot (NOT in front).

Those players who are not actually shooting will serve as shaggers while waiting to compete.

The order of competition is dependent upon the number of participants.

In case of tie there will be a shoot off to determine placement.

Sports Rules:

Free Throw Shoot

Each player will take 15 shots from the free throw line. Feet must be behind line. After fifteen shot are taken (no time limit), the points are totaled. Highest possible score is forty-eight.

Regular Shoot

Each player will take three shots from each of the five designated spots which have specific point values. After fifteen shots are taken (no time limit), the points are totaled. Highest possible score is forty-eight.

Each player is given two trials, and the highest score of the two trials is the final score for that player.

3-Point Shooting

Each player will take three shots from each of the five designated spots. After fifteen shots are taken (no time limit), the number of baskets made is that player's total.

Each player is given two trials, and the highest score of the two trials is the final score