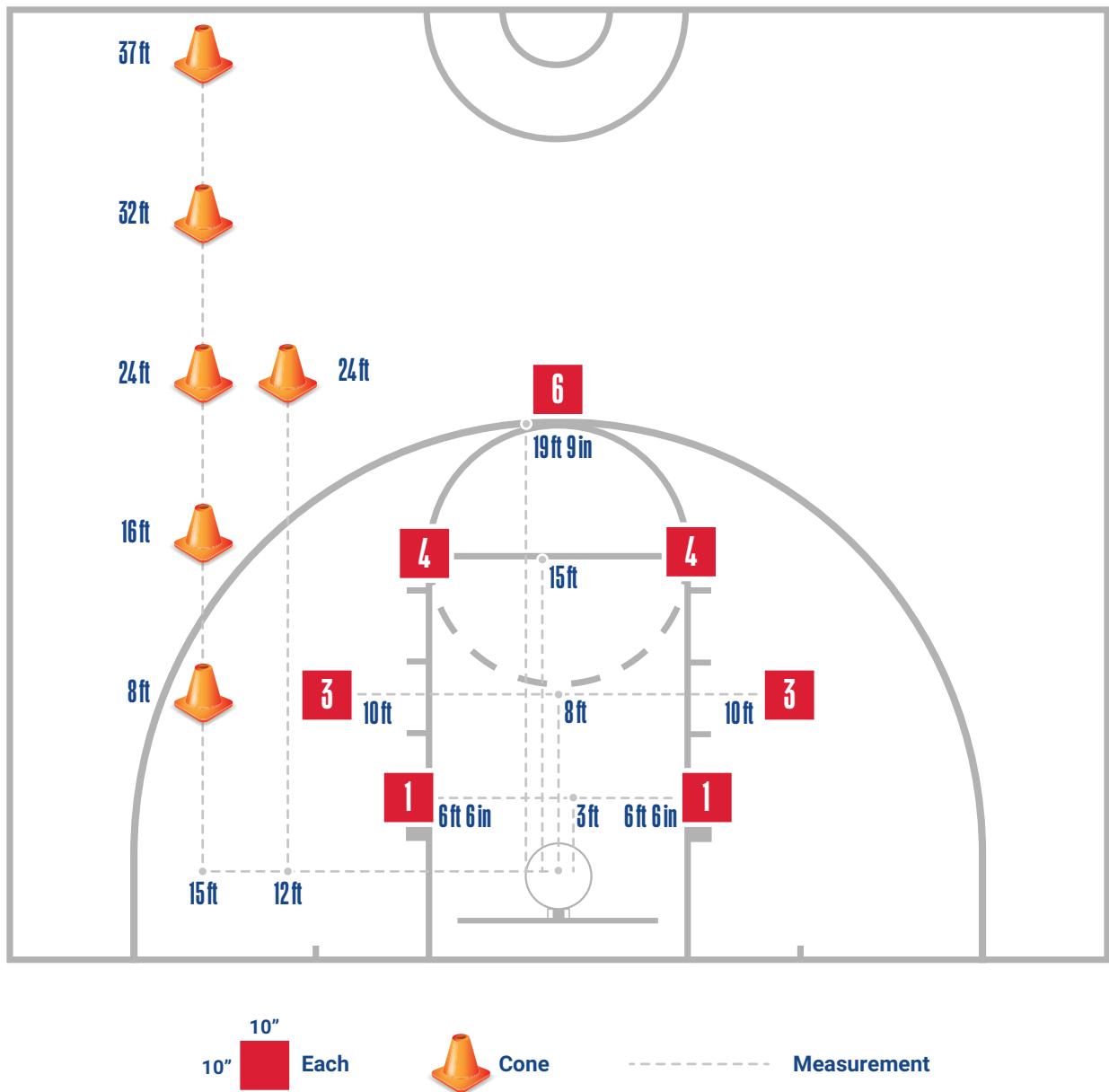


Court Set Up Diagram with Measurements



Procedure

- Each participant competes one at a time against the stopwatch.
- Each participant begins with one basketball in hand and both feet behind and to the right of the designated starting cone ('start' cone shown in page 14 diagram).
- The participant begins when the timer yells "GO" or blows the whistle. The participant ends when the timer yells "STOP" or blows the whistle after 1 minute has elapsed.
- If a participant false starts, the timer blows the whistle so the participant can return to the starting cone for another attempt.
- Participants begin the zig-zag dribble by dribbling past the first cone to the left.
- Participants MUST follow the zig-zag dribbling around each cone, followed up with the speed dribble, as outlined in the Competition Flow Diagram on page 14 before any shot attempts are taken from designated shooting spots.
- Participants may begin the shooting portion from any shooting spot and may shoot in any order.
- Once a shot is taken, the participant must shoot from a different spot (a participant may not take consecutive shots from the same spot, make or miss).
- Participants must retrieve their own rebounds.
- Participants must dribble throughout the challenge, including after rebounding and upon returning to another shooting spot.
- A basket counts only if the ball is released before the timer yells "STOP".
- After the 1 minute, each participant will shoot one free throw worth 3 points.
- Have the participant attempt the free throw with both feet behind the 15-foot free throw line as if in a normal game. All age and gender groups will shoot from the same designated free throw line.

Rules

- All girl participants will compete with a 28.5" basketball.
- All boy participants will compete with a 29.5" basketball.
- Participants may shoot using any technique desired.
- Any part of a participant's foot must be touching the shooting spot as they release the ball for the basket to count. They do not need to be touching/landing on the spot after a shot has been taken.
- A kicked over cone is permitted, provided that the participant dribbled, rounded, and weaved past the cone correctly.
- Participants must dribble the basketball throughout the challenge.
- No out of bounds.
- Each participant receives only one official attempt to complete the challenge.

Violations

A three point penalty will be subtracted to participant's final score for EACH violation.

***All rulings made by the Court Official/Scorer are final.**

- Traveling
- Double dribble
- Palming/Carrying the ball

Disqualification

- If all skills are not followed in sequential order shown in the page 14 diagram: zig-zag dribble through all cones, speed dribble around cone, shooting attempts, and free throw bonus shot.
- If a participant competes in more than one Local Competition.

Scoring

- Each time a shot is made, the participant is awarded with the corresponding spot's points (see page 14 diagram).
- Three bonus points are awarded for a made free throw at the end of the 1 minute.
- A three point penalty will be subtracted from the participant's final score for EACH violation.
- For the final score, add shots made, plus three bonus points if the free throw was made, minus any penalty points.

SAMPLE SCORE SHEET

PARTICIPANT NAME	AGE GROUP (11U/13U)	VIOLATIONS (-3 PER)					TOTAL POINTS MADE	TRAVELING	DOUBLE DRIBBLE	PALMING/ CARRYING BALL	FINAL SCORE
		1 POINT SHOT MADE	3 POINT SHOT MADE	4 POINT SHOT MADE	6 POINT SHOT MADE	BONUS FREE THROW MADE (3 POINTS)					

Competition Flow Diagram

