## Free Throw Competition <br> Maroon Court - Girls <br> Gold Court - Boys

## Preliminary Round

Coaches and helpers - Have the players distributed evenly on the goals. Girls will use $28.5^{\prime \prime}$ basketball, boys will use $29.5^{\prime \prime}$ basketball. Lane violations will be enforced.

Each contestant will have 60 seconds to shoot 10 free throws. The top 5 will move on to the finals. In case of a tie for fifth place, all will move on to the finals.

## Finals - On South Goals

Each contestant will have 2 minutes to attempt 10 free throws. In the event of a tie for first place, contestants will attempt 5 free throws, untimed. The contestant with the most after tie-breaker will win. If contestants are still tied, it will be a one and one sudden death.

## 3-Point Competition <br> Maroon Court - Girls <br> Gold Court - Boys

## Preliminary Round

Coaches and helpers - Have the waiting contestants form two lines at the half court line. Girls will use $28.5^{\prime \prime}$ basketball, boys will use $29.5^{\prime \prime}$ basketball. Contestants can shoot from wherever they like. Other contestants from their own school will collect and feed basketballs to the contestants.

Each contestant will have 60 seconds to shoot 103 -pointers. In the event of a tie for first place, contestants will attempt 5 3-pointers. Player with the most after tie-breaker will win. If contestants are still tied, it will be a one and one sudden death.

## Finals - On South Goals

Each contestant will have 2 minutes to attempt 103 -pointers. In the event of a tie for first place, contestants will attempt 5 3-pointers. Player with the most after tie-breaker will win. If contestants are still tied, it will be a one and one sudden death.

## Ball Handling Competition <br> Maroon Court - Girls <br> Gold Court - Boys

This is a timed event. Cones will be placed on the court in a course pattern. Contestants must dribble through the course without knocking over the cones or double-dribbling. Time is stopped when the contestant has completed the course and has made their lay-up at the end. Time penalties are as follows:

Knocking over a cone: $\mathbf{2}$ seconds per cone
Double-dribble: 5 seconds per infraction
Missing a cone: 2 seconds
Skipping a rotation around body: 2 seconds per skipped rotation

Top five will move on to finals and run the course again.

