

Contest Rules

Passing Drill - Each contestant gets 3 direct passes and 3 bounce passes from their line. The points are awarded for each ball that hits the target. The target should be 12 inches in diameter and 30 inches from the floor. The distance is determined by grade level.

Grades 1st and 2nd - 10 feet

Grades 3rd and 4th - 12 feet

Grades 5th and 6th - 15 feet

Dribbling Drill - Each contestant is timed dribbling through the course two times. The course should be 32 feet long with 4 cones spaced 8 feet apart. The contestant will weave in and out of the cones going down and back. Record each time and use the fastest of the two times to tally the Dribbling Score. The contestant start with 85 points and 5 points are deducted for each second of time elapsed. So, if the contestant completes the course in 10 seconds, the score would be 85 minus (5 x 10) = 35 points. (See cheat sheet below)

Shooting Drill - Each contestant shoots 4 free throws plus 2 shots from anywhere on the court outside of the lane. Ten points awarded for each basket made. The distance for the free throws is determined by grade level.

Grades 1st and 2nd - 11 feet(8 foot basket)

Grades 3rd and 4th - 13 feet

Grades 5th and 6th - 15 feet

Scoring Cheat Sheet

Passing

1 on target = 10 pts

2 on target = 20 pts

3 on target = 30 pts

4 on target = 40 pts

5 on target = 50 pts

6 on target = 60 pts

Dribbling

5 seconds = 60 pts

6 seconds = 55 pts

7 seconds = 50 pts

8 seconds = 45 pts

9 seconds = 40 pts

10 seconds = 35 pts

11 seconds = 30 pts

12 seconds = 25 pts

13 seconds = 20 pts

14 seconds = 15 pts

15 seconds = 10 pts

16 seconds = 5 pts

>17 seconds = 0 pts

Shooting

1 basket = 10 pts

2 baskets = 20 pts

3 baskets = 30 pts

4 baskets = 40 pts

5 baskets = 50 pts

6 baskets = 60 pts