



## 2022 YBOA Girls National Championship Skills Contest Rules

### Events

2-Ball Shootout, Free Throw, Team Shooting

### Eligibility

Only players listed on a team's roster are eligible to participate. Each player must compete in the grade level associated with their team's division.

### Qualifying

Friday, July 15, 2022

5:00 p.m. – 8:00 p.m.

AdventHealth Fieldhouse, 210 Cypress Gardens Boulevard, Winter Haven, Florida 33880

### **Hot Shot:** (1-Minute)

Each player has 1-minute to accumulate as many points by making shots from various spots on the floor. Each spot has a corresponding value as follows: Layup (2 points), Free Throw (3 points), Mid-Range (5 points), Long-Range (7 points), and 3-Pointer (8 points). The player can begin the contest from any spot on the floor. From there, the player must adhere to the following guidelines: (1) Player must shoot from every spot on the floor at least once during the time limit. (2) Player may only dribble between shots (3) A layup on either side of the basket is considered the same shot (4) Back to back shot attempts from the same spot is not allowed after a made shot (it is allowed after a missed shot), (5) Player must have at least one foot on the spot when shooting.

### **Team Shooting Rules:** (1-Minute)

A team consists of 5 players. Four players will begin by standing on 1 of 5 designated spots. The other player will begin under the basket holding the basketball. Each spot is worth one point. The contest begins by making a pass to a teammate on one of the designated spots. Players must shoot from every spot at least once during the contest or until the 1-minute time limit expires. A scorekeeper will record the number of points accumulated. In case of a tie, the team that finishes the contest quickest will be declared the winner.

### **Free Throw:** (10 Shots)

Each player will shoot 2 warm-up shots and 10 official free throws. The two warm-up free throws do not count toward the 10 official free throws (make or miss).