

Competitions

All team names are put in a "hat". Team names are drawn out – that is the order the teams will compete for all competitions. Both baskets will be used. The knockout and hot shot individual final competitions will also follow the same order as established by the "hat". They will repeat the order for the second player in both competitions.

(Example: MKSD, NY, MD, TLC, Lex, ASD, WP, PSD, MKSD, NY, MD, TLC, Lex, ASD, WP, PSD)

All coaches are expected to help out with judging each of the competition.

The players on each team are expected to be dressed the same (uniforms, shooting shirts and shorts, etc).

All players must participate in both team competitions. If the girls are playing in games they must compete in team competitions. Injury is the only waiver. This is to stop coaches from only putting in their best free throw and lay up players.

Free Throw Competition

All players at tournament **must** participate. You cannot pick your best players. Each girl has one warm up shot. Each girl then shoots 2 free throws each until a total to 50 free throws is reached. No time limit.

Free Throw tabulation paper is attached.

Knockout Competition

Players from your team will line up on the free throw line. The first and second player in line will have a ball. The first player shoots from the free throw line and then follows up the miss with another try. When the ball goes in - she throws it to the next girl in line – and get at the back of the line. If the girl behind you scores before you – you are eliminated. Play continues until two girls are left from your team. Those two girls will be entered in the final competition.

The final competition is held the same way, order of girls see above. All girls line up at one basket. Play continues until one girl is left.

Lay Up Competition (revised 3/17/05)

All players from each team will participate. Teams will line up behind the 3-point line. The team decides if they want to start on the right or left side. A coach will rebound each lay up and pass back to player. Each team has a minute (1) warm up from the first side only. Each basket counts as one (1) point. The player must receive the ball with both feet on the ground, not stepping over or on the 3-point line for the point to count. If the player is on the line or over the line the basket does not count. If both feet are not on the ground behind the 3-point line with the ball in her possession the lay-up will not count. We are not very strict with walking or which hand the player uses to shoot the lay-up.

If there is a tie each team has an additional minute to compete on each side, no warm ups. The team with the most points wins.

If time is a problem - the coaches may meet and decide to cut the time from each side down to fit the time restraints. Each team will then follow the new time decided on by the coaches.