

SUNSHINECHRISTIAN LEAGUE

2024 BASKETBALL FREE THROW CONTEST RULES

Shooters: Two girls, selected by their coach, from each school may participate.

Contest Procedure:

- One ball will be given to each two-person team.
- The team will be assigned a basket.
- The team will shoot ten free throw attempts (five per player).
- Shooters must rotate every other shot (whether the shot is made or missed).
- A director, coach, or neutral person will watch the free throw line. If a player steps across the line, the shot will not count and the other shooter shall continue with the next shot attempt.
- Made shots will be scored as 1 point each.

Contest Format:

- Each team will compete in the shootout (described above).
- Two teams will shoot simultaneously. One team will be assigned the north basketball hoop, and the other will be assigned the south basketball hoop.
- Competition order will follow the tournament schedule (eg. N1 & E2 will go first, W1 & S2 will go second, etc...).
- The contest will give each team one single round to shoot. The best overall score wins.
- In the event of a tie, the respective teams will play an additional ten-shot round until there is a clear winning team.
- Winners will receive a contest medallion.

Rebounders: Non-shooting teammates and coaches may help rebound for the two designated shooters. This expedites the contest, limits player fatigue, and encourages excitement.

Miscellaneous Guidance: Fans are encouraged to cheer for their teams.