

North Highlands Recreation & Park District Basketball Skills Competition Rules

Day 1: 3-Point Shootout

Players have sixty seconds to shoot 25 balls; five in each location. The final ball shot in each spot is called the “money-ball” and is worth two points. All of the other balls are worth one point. The maximum points a player can earn is 30.

Day 2: Dribbling & Agility

A head to head timed competition where two players are matched against each other and complete in a series of skill challenges that include dribbling, passing, and shooting. A format similar to the one below will be followed. Players will earn points for completing each obstacle and for winning their heat.

1. Layup
2. Zigzag dribbling
3. Passing station
4. Jump shot
5. Zigzag dribbling
6. Passing station
7. Layup

Day 3: 2-Ball Shootout

Players will shoot from their choice of seven predetermined locations on the court during the 60-second competition. Each location is worth a different point value based on its distance from the floor. Players **must** shoot from each location at least one time during their 60-second turn.

Bonus Points – 1- bonus points will be given to a player that successfully shoots and scores from each of the seven shooting spots

Violations – a player will be penalized 1 point for beginning before the whistle blows. A 10-point violation will be given to a player that fails to shoot at least once from each of the shooting spots