



Skills Challenge



Competition Rules

OVERALL RULES

- All skills are conducted to simulate an in-game experience to avoid “turnovers.”
- To the best of their ability, players should avoid double dribbling, traveling, carrying the ball, etc., as if in a real game.
- Participants must dribble throughout the Dribbling, Shooting and Lay-Up skills.
- Court measurements and height of basketball goal (10 feet) must remain consistent throughout the entire competition.
- For the purposes of the competition, there is no out of bounds.
- Male players in the 13U age division will use a size 7 (29.5 size) basketball.
- Male players in the 11U age division and all female players will use a size 6 (28.5 size) basketball.
- Participants may shoot using any technique desired.
- All participants will shoot from the same designated 15 foot free throw line.
- Each participant receives only one official attempt to complete the challenge for a total cumulative timed score. All times should be recorded to the nearest hundredth of a second (example 12.68).

SCORE SHEETS

Visit the online Local Host Digital Tool Kit to download the competition score sheet or individual skill score sheets for each station to print or use electronically.

FINAL CUMULATIVE TIME

To determine the order of finish for all participants, add up the 5 individual skill times to determine each participant’s overall cumulative time. Record the final cumulative time on the score sheet for each player. The player with the LOWEST cumulative time in each age/gender division is the Champion.