

Provincial Skills Competition Junior Varsity Tournament 2023

Please have participants in the following selected prior to the event

3-Point Competition

- 1 shooter and two rebounders
- Shots taken from behind three point line
- 30 second time limit
- In the event of a tie a one shot playoff will be held to pick a winner

Team Lay up Competition

- 5 members to compete
- Timed event
- Team of five sprints down the court with one team member dribbling and shoots
- Other 4 players must then score from **anywhere on the floor**
- After last person scores team then sprints to the finish line without the ball
- Time stops when last person crosses the finish line

Horseshoe Lay Up Competition

- One shooter from each team
- One rebounder one ball holder
- Two basketballs
- Competitor starts at top of key with one basketball
- Once layup is made on one side of the basket, player will turn and go back the same way and pick up the ball and make a lay up on the other side.
- The competitor with the most layups at the end of 30 seconds - wins.
- In the event of any ties - a 30 second competition will occur

Free Throw Competition

- One shooter from each team
- Two rebounders
- Two basketball
- As many free throws in one minute
- The competitor with the most free throws at the end of 30 seconds - wins.
- In the event of any ties - a 30 second competition will occur