



Skills Competition 2019

**Events will happen
immediately after opening
ceremonies for all teams.**

Events

No athlete may take part in more than one competition

1. Three point competition (1 shooter)

- Two balls will be in play
- Two rebounders from your team
- One minute to score as many three pointers as possible

2. Fast break relay (3 players)

- This is a timed event
- Each player must dribble through cones before completing a lay-up at the opposite end
- After the lay-up the player will dribble directly back to their end and pass the ball to the next player (whose feet must be on the baseline) who will follow the same procedure
- The timer stops when the third player crosses the baseline (she will not make a pass)
- Fastest time wins

3. Shooting Stars Competition (3 players)

- This is a timed event
- The three players will alternate taking shots and will rebound for themselves
- Teams must make one shot at each of the five spots on the court
- Once a shot is made the entire team moves to the next spot
- Fastest team to make all five shots wins

Prizes will be awarded to the winners of each competition

School:

Competitors – Please put down full names of all athletes competing

Three Pointers

1.

Fast Break Relay

1.

2.

3

Shooting Stars

1.

2.

3