NEWMARKET'S FASTEST GROWING AND LARGEST HOUSE LEAGUE

IEMBasketball

# DRIBBLE, JUMP AND SHOOT SKILLS COMPETITION

## (FORMAT AND RULES - INDIVIDUAL SKILLS)

NOTICE (start of competition): PLAYERS MUST BE REGISTERED TO PARTICIPATE

SKILLS NO.1 SET-SHOTS: NUMBER OF BASKETS IN 60 SECONDS - SHOTS MUST BE OUTSIDE THE KEY
SKILLS NO.2 DRIBBLE: FASTEST PLAYER TO DRIBBLE UP AND DOWN THE COURT TWICE
SKILLS NO.3 BALL CONTROL: NUMBER OF TIMES PLAYER CAN MOVE BALL AROUND THE WAIST IN 60 SECONDS
SKILLS NO.4 FIGURE-8: NUMBER OF TIMES PLAYER CAN FIGURE-8 AROUND THE LEGS IN 60 SECONDS
SKILLS NO.5 FOUL-SHOTS: NUMBER OF BASKETS OUT OF 5 SHOTS
SKILLS NO.6 RUNNING: FASTEST PLAYER TO RUN UP AND DOWN THE COURT TWICE
SKILLS NO.7 FASTBREAK: FASTEST PLAYER TO DRIBBLE AND MAKE A LAY-UP ON BOTH BASKETS
SKILLS NO.8 BALL HANDLING: NUMBER OF TIMES PLAYER CAN DRIBBLE AROUND THE LEG IN 60 SECONDS
SKILLS NO.9 2xDRIBBLE: FASTEST PLAYER TO DRIBBLE UP AND DOWN THE COURT TWICE WITH 2-BASKETBALLS
SKILLS NO.10 3-POINT: NUMBER OF 3-POINT BASKETS OUT OF 5 SHOTS

FORMAT: PLAYERS WILL BE PAIRED OFF IN EACH CATEGORY (YEAR OF BIRTH), SUDDEN DEATH COMPETITION, WINNERS ADVANCE TO NEXT ROUND

RULE #1: PLAYERS MUST WEAR THEIR UNIFORM TO PARTICIPATE
RULE #2: IF PLAYERS TIE IN A SKILLS EVENT, THEN BOTH PLAYERS MOVE TO NEXT ROUND
RULE #3: IF THERE IS AN ODD NUMBER OF PLAYERS IN ANY ROUND, THEN ONE PLAYER WILL RANDOMLY GET A BYE TO THE NEXT ROUND
RULE #4: YOUNGER PLAYERS MAY ALSO COMPETE IN A HIGHER AGE CATEGORY, BUT MUST BE REGISTERED

WINNERS (per) SKILLS: GOLD MEDAL (PER AGE CATEGORY, PER GENDER)

(PLEASE FILL OUT PLAYER'S NAME AND SKILLS EVENT THEY WANT TO REGISTER IN – THERE IS NO LIMIT TO NUMBER OF SKILLS EVENTS EACH PLAYER MAY REGISTER FOR – ONLY PLAYERS WANTING TO COMPETE SHOULD REGISTER)

AGE CATEGORY: [A]=INTRO [B]=NOVICE [C]=ATOM [D]=BANTAM [E]=MIDGET [F]=JUVENILE
GENDER: [ ] MALE [ ] FEMALE

| | | SKILLS | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| PLAYER'S NAME | UNIFORM# | NO.1 | NO.2 | NO.3 | NO.4 | NO.5 | NO.6 | NO.7 | NO.8 | NO.9 | NO.10 |
| 01. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 02. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 03. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 04. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 05. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 06. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 07. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 08. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 09. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 10. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 11. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |
| 12. | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |