



Individual Competition Rules

Hot Shot

- Each player starts at the top of the key with a 3 point shot.
- Players can not shoot from the same specific spot twice in a row.
- Players can not travel between shots. Players must dribble.
- Players must ATTEMPT one shot from each point value. If they do not, they will receive a 5 point deduction.
- If a player MAKES 1 one-point shot, 1 two-point shot and 1 three-point shot, they receive a 5 point bonus.
- Only one bonus per round is allowed.
- Camp record: 40 points

Speed Layups

- Each player starts on the outside of one of the markers.
 - Players must dribble and shoot a layup.
 - Players in 6th grade and above must use the proper hand to shoot their layups.
 - Players must go all the way around the marker. Both feet and basketball must go around.
 - At the end of the clock, players must make it around the marker before shooting their shot.
- Camp record: 10 points

Speed Shooting

- Each player starts at one of the sideline markers.
- Players run to the foul line, receive a pass and shoot a jump shot.
- Players must run to the opposite marker, touch the marker with their hand and then run back to the foul line for their next shot.
- If a player makes three shots in a row, they receive a 5 point bonus.
- Players may receive multiple 5 point bonuses per round.
- Bad passes may lead to a bonus point based on the coaches judgement.
- Camp record: 32 points