



## Spot Shot Basketball Competition Rules

1. **How To Begin The Game:** One player stands near mid-court holding the ball. His/her teammate stands on or near a numbered dot on the court. When the competition starts, the player with the ball must pass the ball to his/her teammate who shoots from a numbered dot.
2. **Time:** Players have 90 seconds to make as many baskets as possible from any of the five numbered dots.
3. **Passing/Dribbling:** Players must pass or dribble as they move around the court.
4. **Alternating Shots:** Players cannot shoot twice in a row. They must alternate shots with their teammates. In addition, an individual may not shoot twice in a row from the same numbered dot. If these rules are violated when a shot is made, it will not be counted. Only (1) ball will be used in the competition
5. **Violations:** Traveling, double dribbling, or palming the ball are considered violations and will result in a (1) point deduction from the final score for each occurrence.
6. **Shooting from a numbered dot.** Players must begin a shot with at least one foot on the dot.
7. **Grades:** This competition is for girls and boys in 5<sup>th</sup>-8<sup>th</sup> grade.