

West Hartford Girls Basketball League

Hot Shot Competition

Individual Team Instructions and Rules

Put "X" spots at the following shot locations:

- **(1 point)** Lay-up – Left and right of basket
- **(2 points)** Side shot (along baseline) – left & right baseline
 - Seniors – 8 feet from paint
 - Juniors – 6 feet from paint
 - Minors – 6 feet from paint
- **(2 points)** Hash marks – left and right of paint
 - Seniors – Between 3rd & 4th has mark
 - Juniors – 3rd hash mark
 - Minors – 4th hash mark
- **(3 points)** Foul Line – middle of line
 - Seniors – At foul line
 - Juniors – 3 feet in from foul line (in the paint)
 - Minors – 2 feet in from foul line (in the paint)

Rules:

1. Each player has 60 seconds to shoot for points.
2. One coach shouts out points as baskets are made.
3. Another coach tallies the points and writes score down.
4. Encourage the players to get the 5-point bonus by attempting a shot at least once from each X spot. Players are limited to 5 scoring lay-ups from each side (10 points total) during each competition.
5. The top (8) point totals compete again.
6. The top (3) point totals represent the team at the Hot Shot Competition.
7. All ties must be broken to get us down to (3) competitors.