

West Hartford Girls Basketball League

“21” Competition

Instructions and Rules

Instructions:

- 1) Split players into 2 equal teams on one side of the court, 1 ball per team.
- 2) Teams begin play at the right and left elbow of the foul line.

Rules:

- The object of the game is to be the first team to score 21 points.
- (2) points are awarded for long shot made from the elbow of the foul line, and (1) point is awarded for a lay-up.
- The game begins with simultaneous long shot attempts from the elbow by the first player on each team (player's feet must be on or behind the elbow for a valid shot attempt).
- Players cannot attempt a lay-up until the first long shot is made.
- Once the first long shot is made, every subsequent player attempts a long shot.
 - If the long shot is made, the team gets 2 points, then the player gets the rebound, passes the ball to the next player in line, and goes to the rear of the line.
 - If the long shot is not made, then the player gets the rebound and attempts a layup.
 - If the layup is made, the team gets 1 point, otherwise it gets 0 points.
 - The player gets the rebound, passes the ball to the next player in line, and goes to the rear of the line.
- Once each team reaches 19 points, only long shots should be attempted to reach the score of 21. (Therefore, each game begins and ends on a long shot made).
- First team to score 21 points wins that game.
- Teams switch elbow locations after each game.
- The team that wins best 2 out of 3 games is the final winner.
- Since two teams are playing at one basket, interference with the other team's ball is not allowed.