

# West Hartford Girls Basketball League

## Hot Shot Competition

### Instructions

- Put x spots on shot locations
  1. Lay-up – Left and right of basket
  2. Side shot (along baseline) – left and right baseline
    - a) Seniors – 8 feet from paint
    - b) Juniors – 6 feet from paint
    - c) Minors – 6 feet from paint
  3. Hash marks – left and right of paint
    - a) Seniors – Between 3rd & 4<sup>th</sup> has mark
    - b) Juniors – 3<sup>rd</sup> hash mark
    - c) Minors – 4<sup>th</sup> hash mark
  4. Foul Line – middle of line
    - a) Seniors – At foul line
    - b) Juniors – 3 feet in from foul line (in the paint)
    - c) Minors – 2 feet in from foul line (in the paint)
- Players register for competition at scorer's table. Players write out name and team on index card. (Separate by Division)
- Request girls report to an area for competition.
  - a) Seniors – 1 baskets – (1) center near main entrance
  - b) Juniors – 1 baskets – (1) center on far side of gym
  - c) Minors – Far side of gym. Use 1 basket far right hand corner
- Mix up cards. ½ to one basket and ½ to other basket (except Minors)
- Mix up cards. Line up girls in order.
- Assign 1 or 2 coaches to shout out points as baskets are made.
- Assign 1 coach to write score and tally points.
- Assign 1 coach to keep girls in order so that we jump from competitor to competitor. Players will begin and end on the buzzer.
- Explain rules to girls – they have 60 seconds to shoot for points. Encourage the girls to get the 5 point bonus by attempting a shot at least once from either left or right baseline, both lay-up positions (left & right), both hash mark positions (left & right) and the foul line position. Players are limited to 5 scoring lay-ups from each side (10 points total) during each competition.

*Cheer on our girls and give them high fives as they complete the competition.*
- The top (8) point totals for each division compete again in the semifinals.
- Ties must be broken to get us down to (3) competitors per division.
- The top (3) point totals for each division compete for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place trophies.
- Trophies will be awarded at halftime of the Championship game.
- Please provide the winners names and team name to the scorer's table.

Thanks for your help! Have fun !