

WHGBL Skills Competition Day

21

- Split players into 2 equal teams on one side of the court
- Teams begin play at the right and left elbow of the foul line
- Object of the game
 1. Score 21 points as a team
 2. 2 points are awarded for long shot made from the elbow of the foul line and 1 point is awarded for a lay-up.
 3. Game begins with long shot attempt from each elbow by the opposing teams (team members feet must be on the elbow or behind the elbow for a valid shot attempt)
 4. Team members cannot attempt a lay-up until the first long shot is made by a team member
 5. Once the first long shot is made by the team from the elbow, every team member attempts both a long shot and a lay-up. Long shot made = 2 points for team and lay-up made = 1 point for team
 6. Once each team reaches 19 points, only long shots should be attempted to reach the score 21
 7. First team to reach 21 points wins
- Game begins with a long shot made and ends with a long shot made
- Since two (2) teams are playing on one basket, interference with the other teams ball is not allowed.
- Team that wins best 2 out of 3 games is winner. Teams switch elbow location after every game.