

All-Star Pre-Game Contest Rules

Free-Throw Shooting Contest:

1. Each Participant will take 1 warm up shot
2. Each Participant will take 7 free throws in the Preliminary Round
3. The top 3 with the most made free throws will advance to the Final Round
4. In the Final Round, each finalist shoots 7 additional free throws
5. The Participant who makes the most in the Final Round is the winner
6. If necessary, the Finals Tie breaker will be 3 additional shots taken to determine a winner; this will be repeated if necessary, until a winner is decided
7. For 3rd, 4th, 5th & 6th graders: Free-Throw contestants must start behind the free throw line but can end past the line.

Layup Contest:

1. Each contestant starts on the right elbow. They take a layup from the right side, get their rebound and dribble to the left elbow. They then take a layup from the left side and get their own rebound and dribble back to the right elbow. Repeat for 1 minute.
2. The top 3 with the most made layups will advance to the Final Round
3. In the Final Round, each finalist shoots for 1 minute
4. The Participant who makes the most in the Final Round is the winner

Skills Challenge Contest (Junior & Senior Only):

1. Each Participant will be timed while completing the Skills challenge in the Preliminary Round
2. The Skill Challenge includes dribbling, passing, footwork and shooting
3. The top 3 with the 3 lowest times will advance to the Final Round
4. The best time in the Final round is the winner

3-Point Shooting Contest (Junior & Senior Only):

1. Each Participant will take 1 warm up 3-point shot
2. Each Participant will take (7) 3-point shots in the Preliminary Round
3. The top 3 with the most made 3-pointers in each group will advance to the Final Round
4. In the Final Round, each finalist shoots 7 additional 3-point shots
5. The Participant who makes the most in the Final Round is the winner
6. If necessary, the Finals Tie breaker will be 3 additional shots taken to determine a winner; this will be repeated if necessary, until a winner is decided