

Free Throw Contest

A free throw is the opportunity given to the contestant to shoot a basket for a score from within the free throw circle and behind the free throw line. A free throw begins when the ball is given to the contestant at the free throw line. It ends when the shot is successful; or when it is certain that the shot will not be successful; or when the ball becomes dead.

Each contestant may have up to three warm-up shots (if desired) and then, will shoot 10 shots for score. The designated line judges should inform the contestant and the scorers that the contestant is shooting for score.

Upon completing their warm-up shots and 10 shots for score, the contestant will report to the end of the line or sit on a chair until the remaining contestants have completed their warm-ups and 10 shots. After the other contestants have finished shooting, the contestant will shoot 15 shots to complete their 25 shots for score.

The line judge will keep track of all completed baskets.

Decisions by line judges are final.

Contestants cannot take more than four controlled bounces between shots.

Each free throw attempt shall be made within 10 seconds after the ball is given to the contestant.

Contestants must stay behind the foul line until the ball has touched the hoop, backboard or net.

In the event that a foul is committed, the line judge will indicate the basket doesn't count.