



## Hot Shot & Foul Shooting

### 1. Events: Men's and Women's

#### 2. Hot Shot Rules

- The 90 second competition starts at the half court line
- There will be two 90 second turns and your scores combined to determine the winners
- Players must rebound and dribble from one shooting spot to another
- There are 5 spots to shoot from
- Each player is permitted to score two lay-ups (two points)
- Anyone shooting at all 5 spots (regardless of whether they go in) will get a bonus of 5 points

#### 3. Foul Shooting

- Each player will receive 5 practice shots
- After the practice, players will shoot 20 shots
- Highest number wins
- 20 seconds allowed for each shot
- If you go over the foul line before the ball hits the rim, the shot will not count (violation)

Saturday September 11<sup>th</sup> 3:00PM  
Southern Maine Community College  
2 Fort Road South Portland