

INTRAMURAL RECREATIONAL SPORTS

BASKETBALL PENTATHLON

Location: Student Recreation Center East & West Basketball Courts

Entry Form: Must be completed online at
<http://recreation.truman.edu/intramuralhome/index.asp>

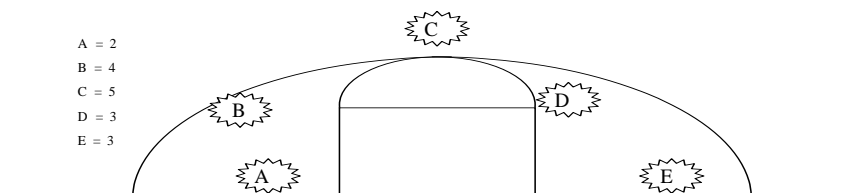
Competition: Men's & Women's; Open & Greek & Organizational
[Greek and Organization must have 5 people to compete]

Schedule: Will be posted on the Intramural Website at
<http://recreation.truman.edu/intramuralrec.asp>

Logistics: Two Teams will be paired together for the same timeslot. Each team member will participant in all 5 events. Hot Shots, Free Throw Contest, and Three Point contest is for putting up the as many points as you can individually. For One on One, you will be paired with someone from the opposite team to complete against. In knockout, both teams will be split in two groups, they will line up alternating from Team 1 and Team 2, then we will play normal know out until that last person is left, which will receive 5 pts For One on One, the winner and loser will get the amount of points scored. Once the event is over, the Director of Intramural Recreational Sports will tally all points' score from each individual and combine them for a team score. The highest team score wins.

Rules: There are separate rules for each event. Please read thoroughly through them!

HOT SHOTS



Rules:

1. Each player must start at half-court and is given one minute to shoot from any of five marked positions or shoot a lay-up. Participants may only receive points for two lay-ups during competition.

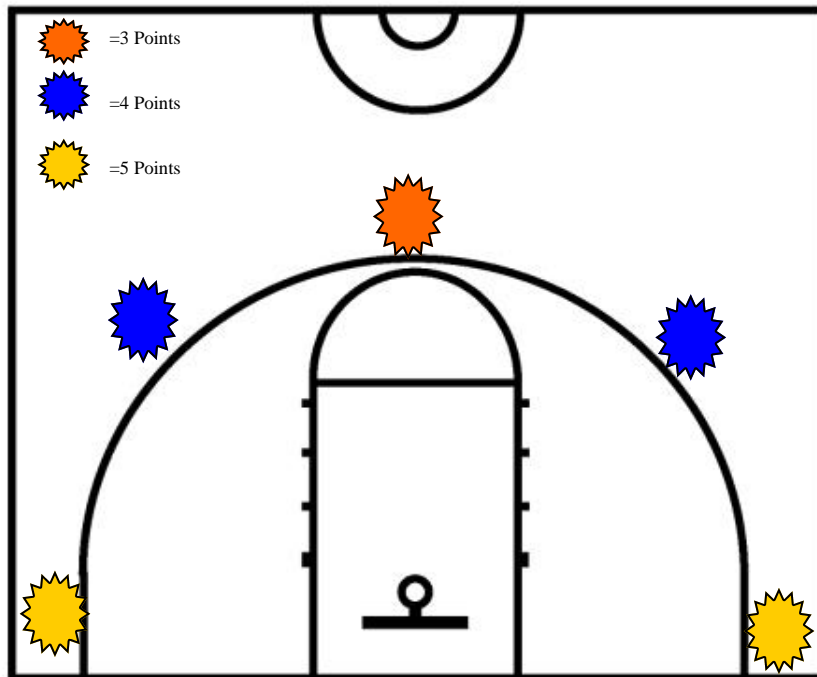
2. The participant must dribble while moving the ball. Failure to dribble will result in loss of one point per occurrence. Likewise, participants may not double dribble or palm the basketball. Standard basketball definitions for these terms apply.
3. A bonus of 3 points is given to each competitor who attempts a shot from each of the Hot Spots.

FREE THROW CONTEST

Rules:

1. Each participant is permitted two practice shots.
2. Each participant will shoot twenty consecutive free throws. Shots during which the participant steps on or over the free throw line before the ball touches the rim or basket do not score points.
3. The winner will be declared as making the most free throws out of 20 attempts.
4. All participants will use a Student Recreation Center ball for shooting.

THREE POINT CONTEST



Rules:

1. Each contestant will shoot 2 balls from 5 different spots behind the 3 point arc.
2. Each spot is worth a different amount of points.

Knockout

Rules:

The first step is for everyone to line up in a single file line behind three point line (men) foul shot line (women). Then one person takes a shot and tries to make it in. If the person misses he or she has to try and grab the rebound as fast as possible and score as fast as possible. The rebound shot does not have to be a lay-up nor does it have to be another three pointer/foul shot. Any shot will do that a person is good at that will help them get the ball in the basket.

The person behind the person in line that has just shot the ball then shoots the three point/ foul shot immediately following the three point/foul shot of the person in line before them. The goal of the 2nd person in line is to get their basketball in the hoop before the person in line before them gets it in the basket. If this happens, then the 1st person in the line who shot the ball first is out of the game and the 2nd person in line goes to the back of the line.

If the 1st person makes his basket in before the person after him in line makes it in, then the 1st person in line passes his basketball to the 3rd person in line. Then the 1st person goes to the back of the line. The 3rd person then tries and makes a basket in before the 2nd person in line makes his basket in.

ONE ON ONE

Rules:

1. One game will be played to twenty-one (11) points
2. The winning player shall be the first to 11 points. A made field goal counts for one point, and goals made from behind the three point line count for two points.
3. Each player will be expected to call their own fouls and violations.
4. If a foul is called during the course of the game, the ball will be checked with the opponent, and then play shall continue. Shooting fouls shall be administered in the same way.
5. There is no time limit on games. No time-outs are allowed.
6. A coin flip shall decide first possession.
7. After obtaining possession of the ball following a score, missed shot (including an air ball), or rebound, the ball must be taken back to the "top of the key" extended or beyond the 3-point mark before a basket can be scored (top of the key = top of the circle). Failure to do so will result in the opponent gaining possession of the ball.
8. "Check" the ball with the opponent after each score. Once the ball is "checked" it must be dribbled before being shot.
9. After scoring, the opposing team gains possession of the ball.
10. The half-court line and all other boundary lines will considered out of bounds.
11. Players must check in with the Intramural Staff at least 15 minutes prior to their scheduled playing time.
12. Players must sign a scorecard and disclaimer after each match. Be sure to include first and last names, organization, and game scores.