



Measure skill in shooting a basketball 10 times from the free throw line

Equipment Needed:

- One basketball or other similar ball (if basketball not available).
- 3.05-meter (10') regulation basket with backboard.
- Chalk, floor tape or other way to mark free throw line (if not already marked). Free throw line is measured 5 meters (15 feet) from a spot on the ground/floor that is directly under the backboard.
- Measuring tape to measure distance for free throw line (if not already marked). If you do not have a measuring tape, take 5 large steps and then mark a free throw.

Rules:

- Take 10 attempts from the free throw line.

Scoring:

- For every free throw made, 2 points are awarded.
- For every free throw attempt that hits the rim, 1 point is awarded.
- If the ball fails to touch the rim or go into the basket, 0 points are awarded.
- Player's score will be the sum of the points from all 10 shots. Max. score is 20.



Modifications:

- For youth division (age 8-15) competitions or for athletes in a wheelchair, a 2.44-meter (8') basket may be used as an alternative).
- Please indicate use of 8' basket when entering scores.