

Grain Valley Sports League

Free Throw Competition

Saturday – December 2nd, 2023

Location: SOUTH MIDDLE SCHOOL

Registrations/Sign-In starts at 9am

1st Round – Starts at 10 am

Cost: \$10 per participant if signed up online, \$15 at the Door from 9-10 am (if Reg not closed)
– All proceeds will go towards GVSL Youth Basketball

Divisions: 4th Grade through 8th Grade – Each grade is own division, split by gender
All High School Division – 9th through 12th Grade, split by gender
Open Adult Division: Split by gender

***Top 5 Shooters in each Division receives a Medal
Champions will receive a Plaque***

Rules:

4th Grade Only

- Shooters will shoot from behind a 12 ft Free Throw Line.
- Shooting basketballs will be provided. Shooting 28.5 Basketball.

5th – 8th Grade, HS and Open Adult Division

- Shooters will shoot from behind a standard 15 ft Free Throw Line.
- Shooting basketballs will be provided. 28.5 for Girls, 29.5 for Boys.

How the Day will go:

- Registrations/Sign-In starts at 9 am. Must sign-in to be eligible to shoot.
- 1st Round Starts at 10 am – Starting with 4th Graders, Girls on one basket, Boys on other.
- Round 1 - Each shooter will shoot 15 consecutive shots. Best of 15 shots.
- While one division is shooting, the next division will be warming up on the 2 Side Goals.
- Once a division is done shooting, the next division will start immediately.
- Top 5 Shooters receive a medal & invited to the Championship Round to follow.
- Championship Round – Each shooter will shoot 25 consecutive shots. Best of 25 shots.
- Champions will receive a Plaque.

Sign up at www.grainvalleysportsleague.com