



Basketball - Free Throw Shoot Out

TEAM EVENT



EQUIPMENT NEEDED



Basketball Court or Cones/Tape

(If you do not have a basketball court, you can use designated markers like cones, water bottles, shoes, hats or tape to measure out the space as outlined below)



Basketball

(If you do not have a basketball, you can use a kickball, volleyball, etc.)



Measuring Tape

If you do not have measuring tape, take big steps. 1 Big Step = 1 Meter (3 Feet)



10ft (Standard) Basketball Hoop

RULES

- 1 Gather your team of 5 (A Unified team consists of 3 athletes and 2 partners)
- 2 Use the free throw line on a basketball court, or mark a line 4.6 M (15ft) away from the basketball hoop
- 3 You will receive five attempts to get the most shots made in a row (Each attempt ends with a missed shot)
- 4 Record the attempt with the most amount of shots made in a row. Add each team member's best score for the team's total score (Record on your scorecard)

How many free throws can your team make in a row?

SETUP



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

#sowavirtualgames

Basketball Event Overview

TEAM EVENT

Special
Olympics
Washington

