

HOOP ZONE BASKETBALL

Ultimate Shooting Camp & League

What is it?

The Ultimate Shooting League is a league for perimeter spot-up shooters. Each league team is composed of two shooters who compete against another team of shooters to attain the higher team score in head-to-head competition. A team score is based on the cumulative scores of each team member completing the game. Each week a team will compete against another team in the league. League team scores will be maintained and trophies given out for best combined team and best individual camp scores. Personal levels of accomplishment (75 Club, 100 Club, 125 Club, etc.) will be posted on www.hoopzonebasketball.com under our "Camp Results".

The Rules...

1. Each team must have 2 players.
2. A game for each player consists of 25 "free throws" and 25 "perimeter" shots grouped into 6 "frames". A perimeter may be a 3-pointer (beyond 19' 9") or a 2-pointer (beyond 15'), shooter option anytime.
3. Frame 1 consists of ten free throw shots
Frame 2...ten perimeter shots
Frame 3...ten free throw shots
Frame 4...ten perimeter shots
Frame 5...five free throw shots
Frame 6...five perimeter shots
4. Each player must shoot all shots within the time frame shown below. Last shot only counts if it has left the shooting hand when time expires.
Frame 1 ... 90 seconds
Frame 2 ... 60 seconds
Frame 3 ... 90 seconds
Frame 4 ... 60 seconds
Frame 5 ... 45 seconds
Frame 6 ... 30 seconds
5. Perimeter shots must be taken in "around the world" fashion from 5 designated spots:
- corner, wing, center, opposite wing, opposite corner
6. Points for each player are awarded according to the following system:
- made free throws = 1 point
- made 2-pointer = 2 points,
- made 3-pointer = 3 points
- 5 bonus points for each frame where made shot percentage is greater than 50%
7. Play begins with camp director blowing whistle to begin first 90 second frame. Teams alternate shooting rotations until 4 shooters have completed frame 1. Only 10 seconds is allowed between shooters within frame and between frames. Play continues in this fashion with teams alternating after each frame.
8. The shooting order of teams must remain the same for entire game.
9. All shots must be rebounded by teammate and passed back to the shooter.
10. One of the opposing team members must keep score on scorecard. It is team's responsibilities to confirm scoring.
11. The camp director will maintain the timing between frames.

Visit us at www.hoopzonebasketball.com