

University of Illinois
Division of Campus Recreation
Intramural Sports Program

Free Throw Contest Rules

A. **Entries**

No advance entry is necessary-enter on site.

B. **Equipment**

The Division of Campus Recreation will provide basketballs.

C. **General Rules**

1. Participants are given two practice attempts before the start of the qualifying round.
2. The participant must let the checker know when s/he is ready to begin.
3. The count begins when the first free throw is made.
4. All free throws must be attempted from behind the free throw line (15 feet) and inside the circle.
5. A free throw is considered out when it touches any support or standard above the backboard or rim.
6. Participants who make 20 or more free throws in the first round will be qualify for the final round. Players will be given a total of 25 attempts each round.
7. Two practice attempts are allowed before the final round begins. The final round count begins when the first free throw is made.
8. The individual championship will be determined by adding together the scores of the qualifying and final round.

D. **Eligibility**

1. U of I students and faculty/staff members are eligible to participate.
2. Participants must present a current student I-card or Division of Campus Recreation Facility

Pass.