

University of Nebraska
Campus Recreation

Free Throw Contest Rules

- A. Entries
 - No advance entry is necessary-enter on site.
- B. Equipment
 - Basketballs will be provided by Campus Recreation.
- 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.
 - 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.
 - 9. The team championship will be determined by adding the highest four scores per organization.
 - 10. Co-Rec partners must be declared before participating in the contest.
- D. Eligibility
 - 1. UNL students and faculty/staff members are eligible to participate.
 - 2. Participants must present a current UNL photo ID on site.
- E. Participants should be aware that there is a risk of injury in participation of intramural sports. Individuals participate in intramural sports at their own risk.

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