

# Iowa Jaycees Youth Sporting Events Manual



Updated on 2-8-2008

# Sample Press Release

## **For Immediate Release:**

The Your Town Jaycees are holding their annual SuperShooters basketball competition at the Your Town High School Gymnasium on February 1st at 1 pm. Registration is only \$2. Check in at 1 pm and the competition starts at 1:30 pm. This skills competition is divided into 3 parts. Shooting, Running and Dribbling. It is open to all children in GRADES 3 through 8.

Please go to our website at [www.yourchapter.org](http://www.yourchapter.org) for more information or call Bob at 555-555-5555.

For safety reasons, shoes must be worn during the competition and to respect the facility, street shoes and dark soled shoes will not be allowed.

## **Media and other outlets to inform about your project**

Radio Stations

TV Stations

Newspaper

Chamber of Commerce

Elementary & Middle Schools

It's also a good idea to coordinate with the schools to get your flyers distributed if possible. It's a good thing to ask about when you request to use the gym.

# SUPER SHOOTERS

## SUPPLIES NECESSARY FOR RUNNING YOUR LOCAL PROJECT

- 4 Basketballs - All Junior Size (same as Junior Highs use)
- 1 25 ft tape measure
- 2 Stop watches
- 1 Calculator
- 10 Rubber Pylons
- 1 Sign up table & chairs(optional)
- 6 (or more) Score sheets & Pencils
- 6 Clipboards
- 6 Sets of awards (medals and/or ribbons) one for each grade level
- 1 Roll of duct, athletic or electrical tape
- 1 Public Service Announcement to announce the winners
- Certificates for all the contestants
- Doctor or medial personnel on hand at the event

### **Now that you have the list of supplies you need, where are you going to find these items?**

School Athletic or City Recreation Departments have most of the needed equipment. Just ask.

Rubber pylons can be obtained from the school, city or local utilities as well.

Your local high school or recreation center is usually happy to let you use their gym for little or no money.

Contact your local radio station about the event so they can add it to your community announcements.

Make sure to have plenty of registration forms ready at the event.

Decide if you want to charge or not. Usually one or two dollars or a food bank donation is good.

Make sure to have flyers for the state event or get contact information for your winners so it can be sent to them.

### **RULES**

The competition is open to all children from GRADES 3 through 8. The top 3 place winners in each grade level advance directly to the State Super Shooters event. The event consists of three skills testing stations.

1. Running
2. Dribbling
3. Shooting

Shoes **MUST** be worn during the competition. They must be suitable for the surface on which you are running the competition. Black marks on the gym floor may keep you from using the facility in the future.

### **SCORING**

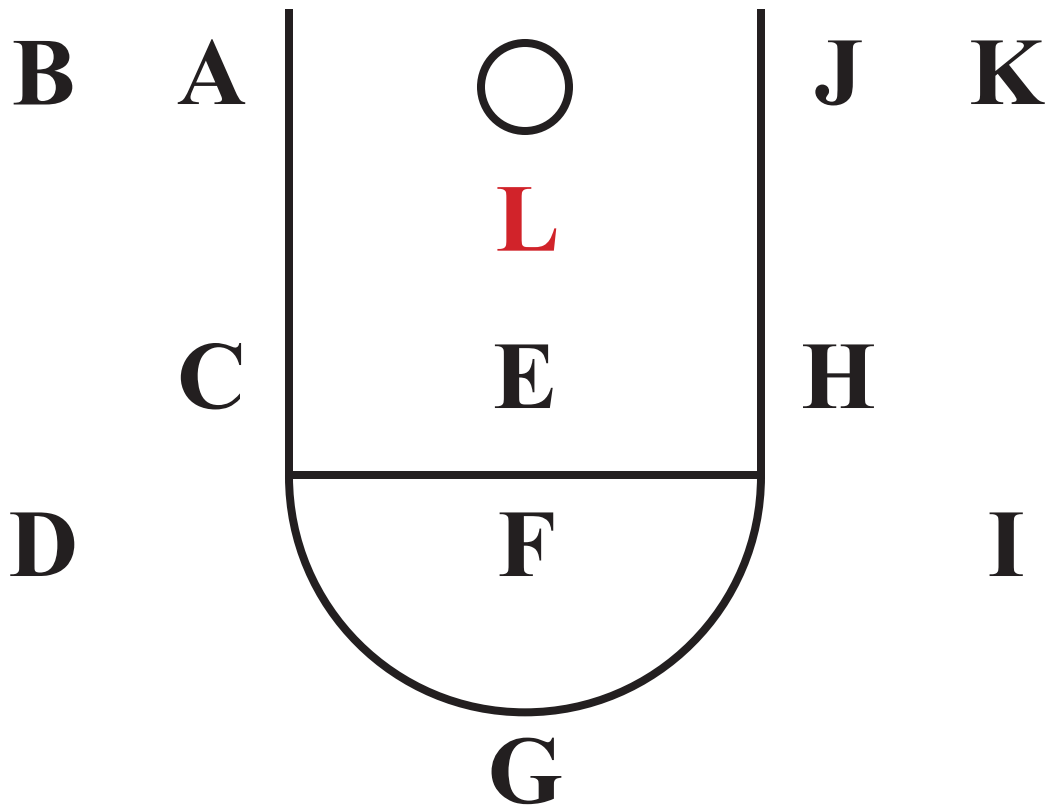
There are 12 shots including a lay-up in the Shooting portion of the contest. Each made shot should be noted on the score sheet with an X. Made baskets count as 10 points each. Feet must be behind the line on each shot. No jumping toward the hoop. Details are on the shooting diagram in this packet.

The Running and Dribbling portions are timed and each tenth of a second translates into a whole point value. The best score in each of the 3 skills tests are noted or circled on the score sheet and then tabulated for each contestant. In the event of a tie, use the total of all 6 scores (both attempts) to break the tie. Details are on the running and dribbling diagram in this packet.

Remember, each contestant gets two attempts at each event. Allow participants their first round of attempts prior to starting their second round. False starts and negative scores are entered as ZEROS. This includes stepping over the line at each shooting spot. Knocked over pylons are a 3 second penalty for that attempt. Be fair to all contestants and remember the contest should be FUN for ALL!

# Super Shooters

## Shooting Diagram



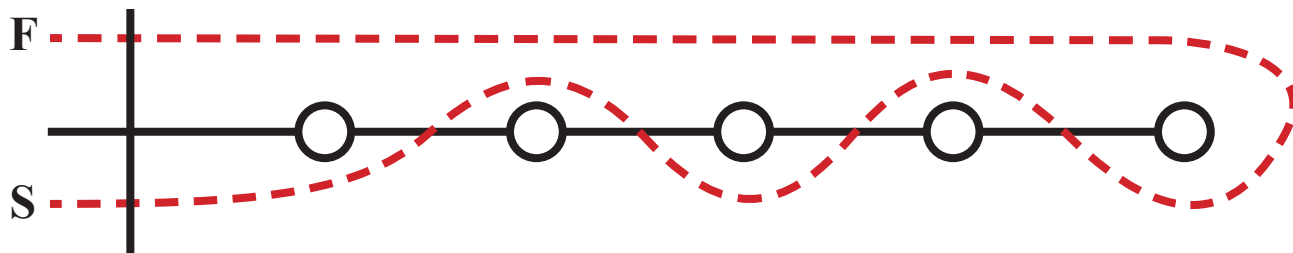
### SHOOTING MEASUREMENTS AND LOCATIONS

SHOT NAME & LOCATION	3rd & 4th	5th & 6th	7th & 8th
A - Inside left corner	7	9	12
B - Outside left corner	10	12	15
C - Inside left wing 45°	10	12	15
D - Outside left wing 45°	14	16	18
E - Center of lane	7	9	12
F - Free throw line	- 4	- 2	On the Line
G - Top of the key	17	19	21
H - Inside right wing 45°	10	12	15
I - Outside right wing 45°	14	16	18
J - Inside right corner	7	9	12
K - Outside right corner	10	12	15
L - Lay-up from the right or left			

All measurements except for the free throw line shot (F) should be taken from a mark on the floor directly below the center of the hoop. The lay-up does not need a mark and it is the choice of the contestant if they want to start or finish with that shot. You may want to set the lay-up as the starting or ending shot just for consistency. You may even suggest they go in the order of the lettered spots above.

# Super Shooters

## Running & Dribbling Diagram



The running and dribbling stations are set up the same. Place the pylons in a straight line out from the base or starting line. The first one of 5 pylons should be 5 feet from the base line and 5 feet apart after that.

The start and finish line are the same. The event is timed by stop watch. All times are rounded UP to the nearest tenth of a second and recorded on the scoring sheet. Each contestant gets two chances at the each event. False starts are recorded as ZERO points. Each cone that is knocked over is a 3 second penalty. The time conversion chart is included in this packet.

On your mark. Get set. Go!

Each contestant must start from behind the Starting Line (S), go around the first cone and weave around them all until going all the way around the last one and straight back to the Finish Line (F). On the dribbling test, the ball must travel with the contestant between the cones. They can't weave with the body and keep the ball bouncing on only one side of the cones. The best way is to use a cross over dribble to help with the direction changes. Be ready to demonstrate these drills so everyone understands them before you start. The ball must cross the line with the contestant on the dribbling drill in order for the timer to stop.

There are separate conversion charts for dribbling and running. They are both enclosed in this packet along with a sample competition sheet.

### GENERAL COMMENTS

Make sure you are consistent with all parts of the competitions. Some hints to make things go smoothly are:

- Have the same two people running the stop watches throughout the competition.
  - Have a clipboard person for each grade level that stays with their group throughout the competition.
  - Set up the shooting stations on three different baskets. Keeps the shot distances from getting confusing.
  - Keep the running and dribbling stations away from event traffic flow to make sure they have room to run.
  - Run through everyone's first try in your group and come back through so they stay engaged in the competition.
  - Keep the kids back against the wall if they are not currently competing. Helps with crowd control.
  - Remember to fill out your qualifiers sheet and send it in to the state event host chapter.
  - Although only the top 3 move on to the state event, you can give awards for however many places you choose.
- AND MOST OF ALL. HAVE A GOOD TIME!**

### CONGRATULATIONS!

You just ran an excellent project. We hope you can all come to the state event and help out.

# Running Conversion Chart for SuperShooters

Use this chart to convert RUNNING times to points.

Points in Green columns match up with Green score boxes on the competition sheet.

Seconds	Points
3.0	120
3.1	119
3.2	118
3.3	117
3.4	116
3.5	115
3.6	114
3.7	113
3.8	112
3.9	111
4.0	110
4.1	109
4.2	108
4.3	107
4.4	106
4.5	105
4.6	104
4.7	103
4.8	102
4.9	101
5.0	100
5.1	99
5.2	98
5.3	97
5.4	96
5.5	95
5.6	94
5.7	93
5.8	92
5.9	91
6.0	90
6.1	89
6.2	88
6.3	87
6.4	86
6.5	85
6.6	84
6.7	83
6.8	82
6.9	81

Seconds	Points
7.0	80
7.1	79
7.2	78
7.3	77
7.4	76
7.5	75
7.6	74
7.7	73
7.8	72
7.9	71
8.0	70
8.1	69
8.2	68
8.3	67
8.4	66
8.5	65
8.6	64
8.7	63
8.8	62
8.9	61
9.0	60
9.1	59
9.2	58
9.3	57
9.4	56
9.5	55
9.6	54
9.7	53
9.8	52
9.9	51
10.0	50
10.1	49
10.2	48
10.3	47
10.4	46
10.5	45
10.6	44
10.7	43
10.8	42
10.9	41

Seconds	Points
11.0	40
11.1	39
11.2	38
11.3	37
11.4	36
11.5	35
11.6	34
11.7	33
11.8	32
11.9	31
12.0	30
12.1	29
12.2	28
12.3	27
12.4	26
12.5	25
12.6	24
12.7	23
12.8	22
12.9	21
13.0	20
13.1	19
13.2	18
13.3	17
13.4	16
13.5	15
13.6	14
13.7	13
13.8	12
13.9	11
14.0	10
14.1	9
14.2	8
14.3	7
14.4	6
14.5	5
14.6	4
14.7	3
14.8	2
14.9	1

Always round times UP to the nearest TENTH of a second.

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# Dribbling Conversion Chart for SuperShooters

Use this chart to convert DRIBBLING times to points.

Orange columns match up with Orange score boxes on the competition sheets.

Seconds	Points
3.0	130
3.1	129
3.2	128
3.3	127
3.4	126
3.5	125
3.6	124
3.7	123
3.8	122
3.9	121
4.0	120
4.1	119
4.2	118
4.3	117
4.4	116
4.5	115
4.6	114
4.7	113
4.8	112
4.9	111
5.0	110
5.1	109
5.2	108
5.3	107
5.4	106
5.5	105
5.6	104
5.7	103
5.8	102
5.9	101
6.0	100
6.1	99
6.2	98
6.3	97
6.4	96
6.5	95
6.6	94
6.7	93
6.8	92
6.9	91

Seconds	Points
7.0	90
7.1	89
7.2	88
7.3	87
7.4	86
7.5	85
7.6	84
7.7	83
7.8	82
7.9	81
8.0	80
8.1	79
8.2	78
8.3	77
8.4	76
8.5	75
8.6	74
8.7	73
8.8	72
8.9	71
9.0	70
9.1	69
9.2	68
9.3	67
9.4	66
9.5	65
9.6	64
9.7	63
9.8	62
9.9	61
10.0	60
10.1	59
10.2	58
10.3	57
10.4	56
10.5	55
10.6	54
10.7	53
10.8	52
10.9	51

Seconds	Points
11.0	50
11.1	49
11.2	48
11.3	47
11.4	46
11.5	45
11.6	44
11.7	43
11.8	42
11.9	41
12.0	40
12.1	39
12.2	38
12.3	37
12.4	36
12.5	35
12.6	34
12.7	33
12.8	32
12.9	31
13.0	30
13.1	29
13.2	28
13.3	27
13.4	26
13.5	25
13.6	24
13.7	23
13.8	22
13.9	21
14.0	20
14.1	19
14.2	18
14.3	17
14.4	16
14.5	15
14.6	14
14.7	13
14.8	12
14.9	11

Always round times UP to the nearest TENTH of a second.

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# Competition Sheet for \_\_\_\_\_ Graders

Take best scores from colored boxes to get total. Total all 6 scores to break ties.

Name	Run	PTS	Dribble	PTS	Shoot	PTS	Total

Always round times up to the nearest TENTH of a Second.

Enter the times and made shots in the white boxes and convert to points in the green, orange and blue boxes.

Mark an X for each made basket and multiply by ten for blue box score.

# Cedar Falls Jaycees SuperShooters Winners

3rd Graders							EXTRA INFO	
Place	Name	Address	City	State	ZIP	Phone	Local Score	Parents
1								
2								
3								

4th Graders							EXTRA INFO	
Place	Name	Address	City	State	ZIP	Phone	Local Score	Parents
1								
2								
3								

5th Graders							EXTRA INFO	
Place	Name	Address	City	State	ZIP	Phone	Local Score	Parents
1								
2								
3								

6th Graders							EXTRA INFO	
Place	Name	Address	City	State	ZIP	Phone	Local Score	Parents
1								
2								
3								

7th Graders							EXTRA INFO	
Place	Name	Address	City	State	ZIP	Phone	Local Score	Parents
1								
2								
3								

8th Graders							EXTRA INFO	
Place	Name	Address	City	State	ZIP	Phone	Local Score	Parents
1								
2								
3								

Chapter Name	Name of person filling out this form	Phone Number	Best time to reach you	Email Address

Please fill information in as clearly as possible so we can make sure the records for the state event are accurate.  
When finished, please mail or fax it to the state event host chapter before March 1st.