



SKILLS CHALLENGE AND COMBINE

PRESENTED BY
MICHIGAN
BEEF
INDUSTRY COMMISSION





Dear Motor City Cruise Skills Challenge Host,

Thank you for your pivotal role in coordinating the local Motor City Cruise Skills Challenge and Combine presented by Michigan Beef Industry Commission. We look forward to working with you to make this inaugural event exciting and engaging. Partnering with the Michigan Beef Industry Commission, the Motor City Cruise is committed to instilling basketball fundamentals, healthy eating, and good decision-making while developing self-confidence and encouraging kids to be active.

On behalf of Motor City Cruise, we extend our heartfelt gratitude for your support in this vital youth initiative. Your contribution is invaluable, as it will provide the youth with a solid foundation in basketball and create memories that will last a lifetime.

One Cruise,

A handwritten signature in black ink, appearing to read 'CJ'.

Dr. China L. Jude
President, Business Operations



PURPOSE

The Motor City Cruise Basketball Skills Challenge and Combine is designed to test young players' fundamental basketball abilities in dribbling, passing, and shooting through a dynamic, fun competition. It aims to develop skills, promote basketball engagement, and identify standout talent for further development and recognition.

PHILOSOPHY

The challenge emphasizes enjoyment, learning, inclusivity, and community involvement. It encourages fair competition, fosters sportsmanship, and supports youth development by integrating adaptive equipment and accommodations for players with disabilities, making it accessible to all skill levels.

AGE GROUPS

Participants are grouped by age groups to ensure fair competition and appropriate age challenges. Specific groupings are determined based on the participant pool (e.g., elementary, middle school levels) with age adjustments applied to station distances and equipment.

STRUCTURE

- The competition comprises two main segments: a Skills Challenge with multiple basketball skill stations and a Combine measuring physical attributes such as strength, vertical leap, reach, and agility.
- Participants carry draft cards tracking their scores and stats at each station.
- Time permitting, but not required, event coordinators can conclude with a 5-on-5 half-court game for coach evaluation of game performance.
- Local site event winners will be invited to a city-wide competition with winners announced at a Motor City Cruise game.

COMPETITION SITES

- Local competitions are hosted across the Metro area, including schools, youth sports programs, and basketball facilities.
- The Championship is held at a designed DPSCD venue where top times or selected representatives will compete for the top prize.

SCORING

- Participants rotate through stations with defined skills challenges: bounce pass, chest pass, wing jump shot, free throw, baseline shot, and dribble-layup course.
- Each station allows a specified number of attempts.
- Scores and times are tracked on personal draft cards and recorded on a leaderboard with the official.
- Awards are awarded for top performances (1st, 2nd, 3rd places) at Cruise game.

REGULATIONS AND ADVANCEMENT

- Rules emphasize safety, proper technique, and station-specific boundaries.
- Adaptive rules allow for modified balls, adjusted distances, and supplemental equipment for people with disabilities.
- Highest scorers at local sites advance to the Championship.
- Coaches and event officials handle scoring integrity, participant rotation, and dispute resolution.

TIE BREAKER

- Free Throw Shots (first at best of the 3), if double tie, one ball each. Third tie will continue with one ball each until winner is determined.



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COURT DIMENSION SET UP

**STATION 6:
Layup**
Taking a ball from the half court rack, dribble around cones, and ending with a layup

**STATION 5:
Baseline**
Baseline shot 5 feet from the rim

**STATION 4:
Free Throw**
One shot from the free throw line

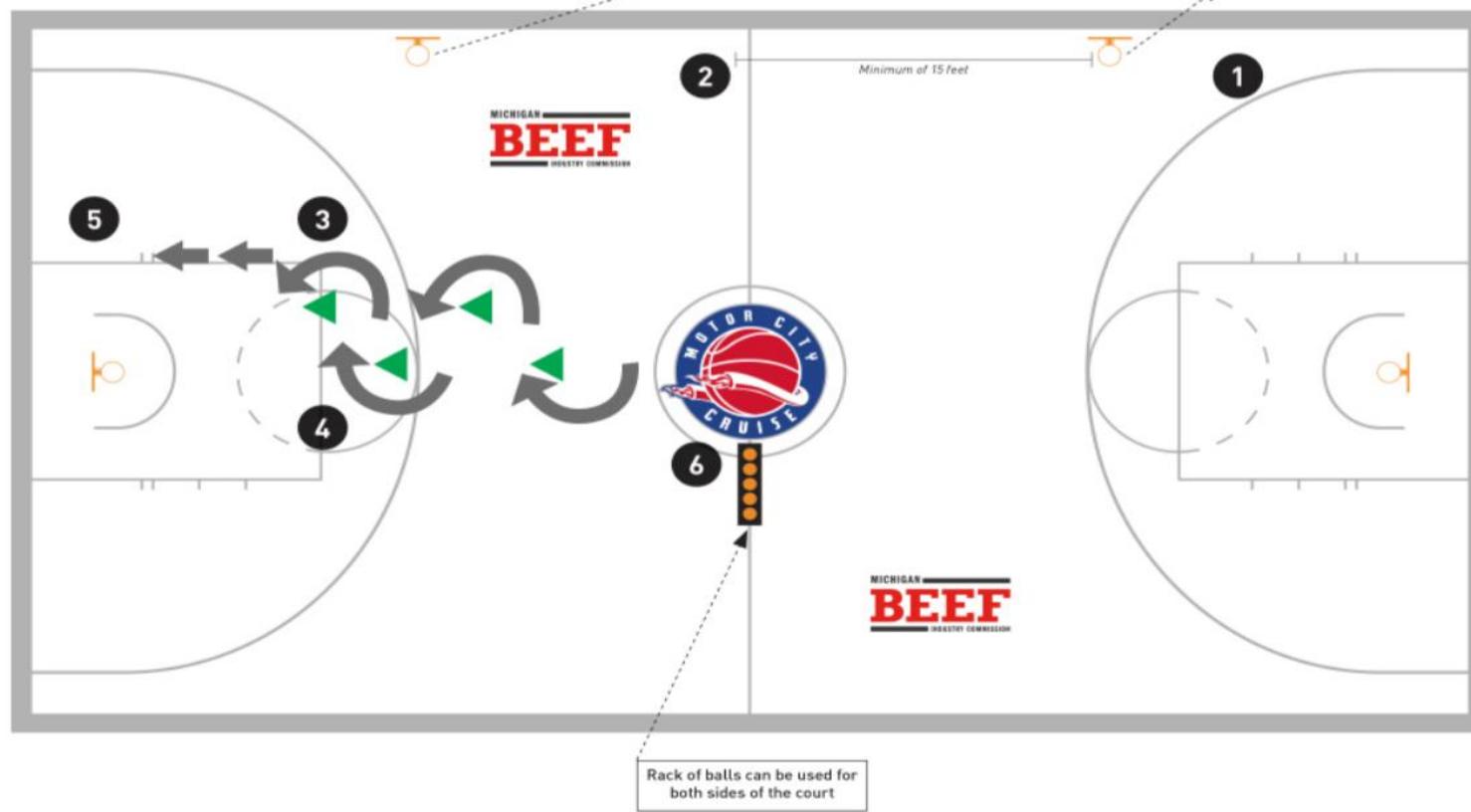
Basketball standing hoop is 5 feet from Station 2 start for novice participants and 10 feet for more experienced participants

**STATION 3:
Jump Shot**
One shot from the wing

**STATION 2:
Chest Pass**
Player stands a minimum of 15 feet from the Station 1 hoop

Basketball standing hoop is 5 feet for novice participants, and 10 feet for more experienced participants

**STATION 1:
Bounce Pass**
Player stands 14 feet from end line and 3 feet from baseline



SHOT LOCATION

Station	Measurement/Dimension	Where to place cone	Where is shot or hoop?	Actual Shots	Ball(s) to provide
1	14 feet from end line and 3 feet from sideline	Starting Point	5 feet from starting point	2 Bounce Passes	3
2	20 feet from end of station 1	Starting Point of Station 2	5 feet from starting point	1 Chest Pass	1
3	Corner of free throw; first hash mark	Outside of Free Throw Box	n/a	1 Wing Shot	3
4	On free throw line opposite corner shot	2 cones three feet apart	n/a	1 Free Throw Shot	3
5	5 feet on baseline	5 feet from baseline & 5 feet out from hash box	n/a	1 Baseline shot	3
6	Half court	Half court	n/a	Grab ball from half court, dribble around cones ending in layup	1

- The Challenge expects players to score field goals from different spots on the court.
- Other than the first bounce pass area, where two shots should be successfully attempted, players must either make a shot or attempt one (1) shot from each location to advance.
- Each area or station typically has a rack or a set of three (3) balls.
- Players must take valid shot attempts with these balls; simply tossing the balls without shooting does not count (and may result in disqualification)

COMBINE SEGMENT

(Not a part of the Skills Challenge Competition but participants can test on the following areas)

Four Cone Shuttle
Vertical Jump
Wingspan
Shuttle Run



LOCAL COMPETITION DRAFT CARD



PARTICIPANT'S NAME: _____

SCHOOL: _____ GRADE: _____

DATE OF COMPETITION: _____

COACH/SCHOOL REPRESENTATIVE'S NAME: _____

POSITION: _____

Motor City Cruise Skills Challenge is a timed event to include but not limited to:
(1) bounce pass, (2) chest pass, (3) jump shot, (4) free throw, (5) and baseline shot
and (6) cone dribbling drill ending with a layup.

SKILLS CHALLENGE	FIRST ATTEMPT	SECOND ATTEMPT (IF APPLICABLE)	NOTES

COMBINE	MEASUREMENT	FIRST ATTEMPT	SECOND ATTEMPT	NOTES
	WINGSPAN			
	VERTICAL JUMP OR STANDING REACH			
	FOUR CONE DRILL			
	SHUTTLE RUN			

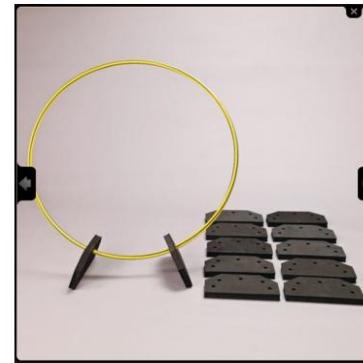
CRUISEBASKETBALL.COM

CHAMPIONSHIP PARTICIPATION CERTIFICATE



LOCAL SCHOOLS SKILLS CHALLENGE HOOP SUGGESTIONS

**Motor City Cruise
Skills Challenge
Championship
Hoops (Amazon)**



LOCAL SCHOOLS SKILL CHALLENGE KIT SUGGESTION (FOR TWO RUNS ON THE SAME COURT)

- Basketball Court Diagram
- Competition Rules + Shooting Location Sheet
- School Reporting Sheet (not included)
- Certificates of Participation (provided at Championship)
- Draft Cards (for youth to keep)
- List of items and equipment to run for one student athlete (items not included)
 - 14 Basketballs
 - 14 cones
 - Two (2) stop watches or scoreboard timing system
 - Two (2) Standing Hoops
 - Basketball Racks or Buckets for each shooting spot
 - Optional: Tape or mats (marking shooting spots)