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OBJECTIVE: Help to create more awareness for the growing problem of Heart Disease through the *Skip Prosser Foundation*. CollegeInsider.com, Skip Prosser Foundation and the American Heart Association are working to further promote the educational aspects of heart disease.

TOURNAMENTS: The 3rd Annual Shots from the Heart event will have 128 participants (two fields consisting of 64 participants). Those participating will include NCAA head coaches and assistants, NBA coaches, former NCAA and NBA players, NFL players and various sports athletes and personalities. The first two Shots from the Heart events consisted of NCAA coaches only. Participants will compete in a free throw shooting contest, which will be bracketed in NCAA tournament format.

FORMAT: Starting in November participants would compete against one another with winners advancing to the next round. To make the process simple, *participants would NOT have to actually compete against each other on the same court*. Each participant would have to shoot 25 free throws at his convenience. A member of the athletic department or a representative would tally the results and the participant with the most points would advance.

SHOOTING: Participating coaches will have a 2-week window to attempt their free throws.

SCORING: In an effort to avoid ties, the following scoring system will be used:

- Shots 1-10 are worth 1 point
- Shots 11-15 are worth 2 points
- Shots 16-20 are worth 3 points
- Shots 21-24 are worth 4 points
- Shot 25 is worth 5 points

TIEBREAKERS:

First tie breaker: Most consecutive shots converted without a miss at any time during the 25 free throw attempts.

Second tie breaker: Bonus basketballs. If there is still a tie shots 5, 10 and 15 will count as double points.

Third tie breaker: In the event that the two competitors are still tied there will be a shoot off.

OFFICIAL RESULTS: A member of the basketball staff, athletic department staff or a representative will be responsible for keeping track of all attempted shots. Results of each of the 25 attempted shots should be emailed to angela_lento@collegeinsider.com. Given the points and tie breakers it is important to document every attempt, 1-25.

SCHEDULE: Each round of the competition will take place over the course of one month. This will provide a lot of flexibility for participants.

First Round: January

Second Round: February

Round of 16: February

Round of 8: March

National Semi-Finals: March

Free Throw Final: April

CHAMPIONS: The free throw champions will be recognized as the 2013 CollegeInsider.com Awards Banquet in Atlanta, site of the 2013 NCAA Men's Basketball Championship.

PROMOTION: During home games we may ask participating schools to read Public Service Announcements, to promote **Shots from the Heart** and the ***Skip Prosser Foundation***. Schools are **NOT** required to comply but we would hope in the interest of the event that it would not be a problem.

SKIP PROSSER FOUNDATION: Established in 2011, the mission of the Skip Prosser Foundation is to annually produce the Skip Prosser Man of the Year Award and to create awareness and generate funds to support various 501(c)(3) recognized organizations, including but not limited to American Heart Association and others.

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