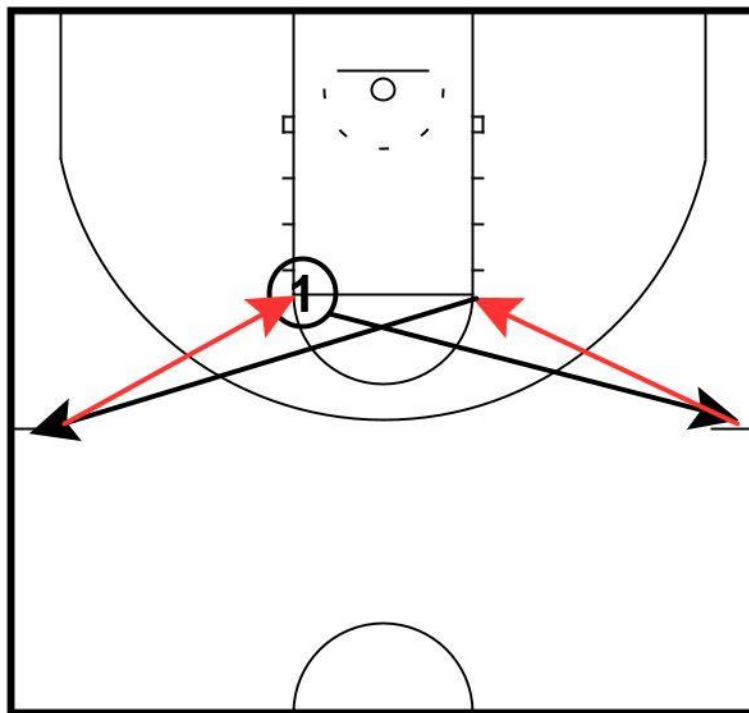


"Birdie, Bogey"

- Start on either elbow with a score of +7
- Shoot a jump shot from the elbow then sprint to the 28ft mark on the opposite sideline.
- Sprint back to same side elbow for a catch and shoot jumper.
- If you miss the shot, get the rebound and finish at rim; add +1 to your score.
- If you make the shot at the elbow, subtract -1 from your score.
- Alternate elbows until you reach a score of 0 (Par)



Birdie, Bogey



Shoot ball from elbow
Go and touch 28ft line, shoot at opposite elbow (RED)
Then repeat continuously until you reach Par (0)