

# Senior Olympics Basketball 3-Point Shot

## Playing Format

1. Basketball 3-Point Shot will be conducted in accordance with rules developed by New Mexico Senior Olympics Board of Directors.
2. Men and Women's competition will be held separately.
3. An official men's basketball will be used for men. An official women's basketball will be used for women. The rim will be 10' high.
4. There will a court monitor/volunteer at each basket.

## Playing Rules

1. Each contestant will be allowed two practice shots prior to their recorded throws.
2. Each contestant will shoot one shot from each of the five different pre-marked positions on the 3-point line beginning with the designated corner. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion.
3. The contestant who makes the most baskets will be declared the winner.
4. The ball must be released from the shooter's hand while his/her feet are behind, and not touching the 3-point line. However, a made basket will be allowed if the shooter's momentum takes him/her across the line after the ball is released. If, on any shot, the shooter's feet touch or cross the line before the ball is released, the shooter will be charged with a missed shot.
4. All tiebreakers will be held at the completion of each age category.
5. Each contestant in the tiebreaker will get one shot in turn from the top of the 3 point line until a basket is made by one contestant and not the other(s).
6. The rules will be the same for women as for men except that the women will shoot from the five marked positions that are 2 feet closer to the basket.
7. See diagram on next page with pre-marked shooting positions indicated.

## Basketball 3-Point Shot Diagram

● = Men's Shooting Spots

■ = Women's Shooting Spots

