

# Senior Olympics Basketball Free Throw Rules

## Playing Format

1. Basketball Free Throw will be conducted in accordance with rules developed by New Mexico Senior Olympics Board of Directors.
2. Men and Women's competition in 5 year age groups.
3. All contestants must use the basketballs that are provided by NMSO Games Management.
4. 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.
5. All athletes in an age group will shoot from same basket (only when numbers are conducive).
6. There will be a referee at each basket.

## Playing Rules

1. Each contestant will be allowed two practice free throws prior to their recorded free throws.
2. Each contestant will shoot 15 free throws in succession.
3. The contestant who makes the most baskets will be declared the winner.
4. The free throw line for the women shall be 14 ft. and for the men 15 ft.
5. The free throw shooter must have both feet behind the free throw line (no part of his/her feet can touch the line from the time the ball leaves his/her hands to the point that it touches the basket—otherwise it will count as a missed shot). Other contestants should not be closer to shooter than 10 feet.
6. All tie-breakers will be held at the completion of each age category. Any contestant who is tied and fails to show up for the tie-breaker will concede and accept the next lower award.
7. Each tie-breaker will consist of five free throws.
8. See Scorecard in appendix.