

New Mexico Senior Olympics

Basketball Free Throw Rules

Revised 12-2017

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 will be held separately and in 5-year age division.
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.
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. Free-throw line distance from point on the floor directly below the backboard.
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 addressed at the conclusion of each age division. Any contestant who is tied and fails to show up for the tie-breaker will concede and accept the next lower placement.
7. During a tie breaker, men and women in age divisions 80+ will move 5 feet closer to the target.
8. Each tie-breaker will consist of five free throws.
9. ONLY when tie breakers cannot be completed, awards will be as follows:
 - First place tie:** award two first place medals and one third place medal.
 - Second place tie:** award one first place medal and two second place medals.
 - Third place tie:** award one first place, one second place and two third place medals.

Basketball Free Throw

SCORE SHEET

DATE: _____

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