



National Veterans Golden Age Games

Basketball ***Free-Throw Competition***

INSTRUCTIONS TO ATHLETES & 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 for no longer than 3 minutes.
3. Each shooter will shoot at the free throw line, ages 80+ have the option to shoot at a 12' line.
4. Each shooter will have a volunteer who will retrieve the ball after each shot.
5. The contestant who makes the most baskets will be declared the winner.
6. 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.
7. All tie breakers will be determined at the competition. Any contestant who is tied and fails to show up for the tiebreaker will concede.
8. Medals will be awarded based on age divisions and gender.
9. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded 4th-8th place finishers