

## BASKETBALL SHOOTING ADDITIONAL RULES

revised Nov 7, 2016

1. Each event will be contested and awarded separately.
2. **Competition basketballs for men and women will be provided but are not required to be used. Participants may compete with their own ball. All balls must meet NCAA ball requirements and specifications (<http://fs.ncaa.org/Docs/rules/fielddiagrams/bball.pdf>). Balls are subject to inspections.**
3. Practice time will be provided before each event, but no practice shots may be made during competition.
4. The top five Florida resident finishers in each event and age division will qualify for the Florida Senior Game State Championships.

### Free Throw Shooting

1. Participants will shoot 3 rounds of 10 shots from free throw line. The ball will be rebounded for shooter.
2. The shooter must stand behind the throw line. If the shooter goes over the line before the ball reaches the rim or backboard, the shot is counted as a miss.
3. Each basket made is worth 1 point. The total of three rounds (max 30 points) will determine the final score.
4. Tiebreaker will be an additional round of five shots. If a tie remains after the second tiebreaker round, two medals will be awarded for that place.

### Spot Field Goal Shooting

1. Participants will shoot three rounds of 5 shots, one shot from each designated spot **in a designated order**.
2. The shooter must stand behind the throw line. If the shooter goes over the line before the ball is released, the shot is counted as a miss.
3. Each basket made will be worth 1 point. The total of 3 rounds (max 15 points) will determine final score.
4. Shots will be made in the following order:
  1. **10 feet toward the right side from the middle of the basket**
  2. 4 feet from right end of free throw line for men\* and two feet from foul line and 2 feet towards the basket for women (13 feet from the front rim of the basket)
  3. Top of key - approximately 19 feet from front rim for men and free throw line for women
  4. 4 feet from left end of free throw line for men\* and two feet from foul line and 2 feet towards the basket for women (13 feet from the front rim of the basket)
  5. **10 feet toward the left side from the middle of the basket**
5. \*Men's groups 80 and over may shoot from the Women's spots.
6. A tiebreaker will be one round of 5 shots, one shot from each designated spot. If a tie remains after the second tiebreaker round, two medals will be awarded for that place.

### Timed Field Goal Shooting

1. Participant will shoot three rounds of one minute each. Participant will begin when timer calls "start".
2. The shooter must stand behind the throw line. If the shooter goes over the line before the ball is released, the shot is counted as a miss.
3. Shooter can shoot from any of the 6 designated spots, with the exception that consecutive shots may not be taken from the 1-point spot (lay up or within foul lane).
4. The combined score for 3 rounds determines the final score.
  - 1-point - lay up shot or within foul lane (spot will not be marked)
  - points - 10 foot spots to left or right side of basket
  - 3-points - 4 feet to left or right side of free throw line for men\* and 2 feet towards the basket for women (13 feet from the front rim of the basket)
  - 5-points - top of key - approximately 19 feet from front rim for men\* and free throw line for women
5. **\*Men's groups 80 and over may shoot from the Women's spots.**
6. Participants attempting a shot from all six spots will earn a 5-point bonus for that round. The bonus can be earned in each round.
7. Players must rebound their own shots.
8. A tiebreaker will be an additional 30-second round. If a tie remains after the second tiebreaker round, two medals will be awarded for that place. There are no bonus points awarded during tiebreakers.