

BASKETBALL SHOOTING EVENTS

Free Throw Shooting

Spot Field Goal Shooting

Timed Field Goal Shooting

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Qualifier site. Participants that qualify are eligible for all Basketball Shooting events.

FORMAT

1. Each event will be contested and awarded separately.
2. Competition in Free Throw Shooting will be conducted first, followed by Spot Shooting and Timed Shooting.
3. Competition balls will be provided for the convenience of the participant but are not required to be utilized. Participants may compete with their own ball. All balls must meet NCAA ball requirements and specifications. Balls are subject to inspection at any time before, during or after competition.
 - a. The ball shall be spherical. Spherical shall be defined as a round body whose surface at all points is equidistant from the center except at the approved black rubber ribs (channel and/or seams).
 - b. The ball's color shall be Pantone Matching System (PMS) Orange 151, Red-Orange 173 or Brown 1535.
 - c. The ball shall have a deeply pebbled leather or composite cover.
 - d. The ball shall have the traditionally shaped eight panels, bonded tightly to the rubber carcass. The eight panels are defined by two channels and/or seams dissecting the ball's circumference in opposite directions and two panels that when laid flat shall have the shape of a figure eight.
 - e. The width of the black rubber rib (channels and/or seams) shall not exceed 1/4 inch.
 - f. When dribbled vertically, without rotation, the ball shall return directly to the dribbler's hand.
 - g. The air pressure that will give the required reaction shall be stamped on the ball. The ball shall be inflated to an air pressure such that when it is dropped to the playing surface from a height of 6 feet measured to the bottom of the ball, it will rebound to a height, measured to the top of the ball of:
 - i. **(Men)** Not less than 49 inches when it strikes its least resilient spot nor more than 54 inches when it strikes its most resilient spot.
 - ii. **(Women)** Not less than 51 inches when it strikes its least resilient spot nor more than 56 inches when it strikes its most resilient spot.
 - h. **(Men)** The circumference of the ball shall be within a maximum of 30 inches and a minimum of 29½ inches.
 - i. **(Women)** The circumference of the ball shall be within a maximum of 29 inches and a minimum of 28½ inches.
 - j. **(Men)** The weight of the ball shall not be less than 20 ounces nor more than 22 ounces.
 - k. **(Women)** The weight of the ball shall not be less than 18 ounces nor more than 20 ounces.

RULES

Free Throw Shooting:

1. The contestant will attempt three rounds of ten shots each from the free-throw line.
2. Each basket made is worth one point.
3. The total of all three rounds will determine the contestant's final score.
4. The ball will be rebounded for the shooter.
5. Tie breaker will consist of one additional round with five shots from the free throw line for each participant that is tied. If there is still a tie, the rounds will continue through the third round where two medals will be awarded for that place.

6. The contestant may not step over the free throw line while shooting (from the time the ball leaves his/her hand until the ball reaches the rim or backboard).

Spot Field Goal Shooting:

1. The contestant will attempt three rounds of five shots (one shot from each spot per round).
2. One shot will be taken from each of the five designated spots around the basket. The

spots shall be as follows (Note: markings are based upon a court lining in accordance to NCAA guidelines):

→ Baseline shot 5.5-feet from the end line and 10-feet from each side of the basket. Two lines will be placed in a right angle making a border from the front of the rim extended and 10-feet from the basket. The contestant may not step over either line until the ball has been released. (Note: this is a 10-foot baseline shot without an angle to use the backboard)

→ Near the top corner of the free throw line on each side of the basket. For men, 4-feet from the foul line extended on each side. A 2-foot line will be placed 4-feet from the foul line extended, angled slightly toward the basket.

For women, 2-feet from the foul line and 2-feet towards the basket from the free throw line (13 feet from the front rim of the basket). A 2-foot line will be placed 13-feet from the basket and 2-feet from the foul line, angled slightly toward the basket.

The contestant must begin by standing immediately behind the line and may not change the angle of the shot by standing to either side of the line. The contestant may not step over the line until the ball has been released.

→ Top of the key (approximately 19-feet from the front of the basket for men / free throw line for women). For men, a 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from front rim of the basket. For women, a 2-foot line will be placed at the free throw line. The contestant must begin by standing immediately behind the line and may not change the angle of the shot by standing to either side of the line. The contestant may not step over the line until the ball has been released.

3. Each basket made is worth one point.
4. The total from all three rounds will determine the contestant's final score.
5. The ball will be rebounded for the shooter.
6. Tie breaker will consist of one additional round with five shots from every designated spot for each participant that is tied. If there is still a tie the rounds will continue until the third round where two medals will be awarded for that place.
7. Upon the discretion of the event director, Men's divisions 80 and over may be permitted to shoot from the Women's spots.

Timed Field Goal Shooting:

1. The contestant will be allowed three rounds of one minute each.
2. The contestant will begin shooting when the timekeeper calls "start."
3. The contestant can shoot from any of the indicated spots at any time during the round,

with the exception that consecutive shots may not be taken from the "A" spot.

4. Each basket will be worth one to five points based on the level of difficulty. The spots and point values are as follows:

→ "A"-spot (1 point) – Spot located directly under basket. A spot will not be marked for this shot. This shot is a lay-up or any shot from inside the foul lane.

→ “B”-spots (2 points) – Baseline shot 5.5-feet from the end line and 10-feet from each side of the basket. The contestant may not step over the line until the ball has been released.

→ “C”-spots (3 points) – Near the top corner of the free throw line on each side of the basket. For men, 4-feet from the foul line extended on each side. For women, 2-feet from the foul line and 2-feet towards the basket from the free throw line (13 feet from the front rim of the basket). The contestant may not step over the line until the ball has been released.

→ “D”-spot (5 points) – Top of the key for men, free throw line for women. A 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from the front rim of the basket for men. For women a 2-foot line will be placed at the free throw line. The contestant may not step over the line until the ball has been released.

5. Contestants attempting a shot from all six spots will earn a five-point bonus for that round. The bonus can be earned for each round.

6. Contestants must rebound their own shots.

7. The combined score for all three rounds will determine the final score.

8. Tie breaker will consist of one additional round for 30 seconds for each participant that is tied. If there is still a tie the rounds will continue until the third round where two medals will be awarded for that place.

9. No bonus points will be awarded during the tie breaker.

10. Upon the discretion of the event director, Men’s divisions 80 and over may be permitted to shoot from the Women’s spots.