



NATIONAL
VETERANS
GOLDEN AGE GAMES

Basketball Free Throw At Home Competition

DIVISIONS: Ambulatory

REQUIRED AGE GROUPS: All Age Groups

EQUIPMENT NEEDED:

1. Regulation size basketball goal – top edge of the rim of the basketball hoop should be 10 ft from the ground.
2. Basketballs (size 7/29.5 for men and size 6/28.5 for women)
3. Tape (if needed to measure free throw line)
4. Timer
5. Device to record video of participation:
smart mobile phone, iPad, etc.



INSTRUCTIONS TO ATHLETES & RULES:

1. Recommended locations for participation:
 - a. Recreation Centers
 - b. Outdoor Community basketball hoops
 - c. School gyms
 - d. Health Clubs
 - e. Neighborhood basketball hoops
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. Distance for free throw is 15 feet from the free throw line to the front of backboard or 18 feet 10 inches from baseline. Ages 80+ have the option to shoot at a 12 feet from the free throw line to the front of the backboard or 15 feet 5 inches from the baseline.
4. If possible use a volunteer to assist with retrieval of your balls and to record your shots.
5. The free throw shooter should 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)
6. All tie breakers will be determined by the National NVGAG Staff.

SUBMISSION OF BASKETBALL FREE THROW RESULTS:

1. Video
 - Must be uploaded to the entry form
 - Shows entire participation in the event.
 - Video should be no longer than 3 minutes.
 - The video must be recorded from behind the shooting athlete.
2. The entry form must include the total number of shots made out of the 15 shots in succession.
3. You can only submit **one** entry.