

# **BASKETBALL SHOOTING**

**Friday, October 13**

**Entry deadline: September 30**

Jackie Cooper Gym  
1024 East Main Street  
Yukon, OK 73099

## **EVENTS**

Free Throw Shooting

Three Pointers

Hot Shot

Check In: 8:00 am

Free Throw Shooting 8:30 am

Spot Field Goal Shooting 9:15 am

Hot Shot 10:00 am

## **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.

## **SPORT RULES**

### Free Throw

1. Each contestant will shoot 20 free throws.
2. Awards will be presented for 1<sup>st</sup> through 3<sup>rd</sup> place within each age/gender division.
3. Feet may not cross the free throw line until the ball hits the rim.
4. Shooters will be allowed two warm up shots, count will begin on the first make, if they miss both warm up shots, count will start on the third shot.

### Three Pointers

1. Each contestant will shoot 15 three point shots 3 from each corner, 3 from each wing and 3 from the top of the key.
2. Awards will be presented for 1<sup>st</sup> through 3<sup>rd</sup> place within each age/gender division.
3. Feet may not be touching the three point line when the shot is released but may cross the three point line after the shot is released.
4. Shooters will be allowed two warm up shots, count will begin on the first make, if they miss both warm up shots, count will start on the third shot.

### Hot Shot

1. Each contestant will have one (1) minute to shoot.
2. One foot must be touching the point spot when the shot is released.
3. Competitors will rebound their own shots.
4. A 5 point bonus will be given to competitors who attempt a shot from each spot
5. Competitors may start from any spot.
6. Competitors may not shoot from the same spot twice in a row.

## **NATIONAL SENIOR GAMES QUALIFYING RULES**

Basketball Shooting is not a part of the National Senior Games program.

## **STATE DIRECTOR**

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