

St. Louis Senior Olympics

Basketball Free Throw Rules

1. Contestants must use the official ball furnished by Sr. Olympics.
2. The basket will be 10 feet in height.
3. Each shooter will get 5 practice shots and 25 official free throws.
4. The shooter must stand behind the line. At no time will the shooter be able to touch or go beyond the line, or it will be counted as a miss.
5. Each shooter will get only one chance to shoot their shots.
6. In case of a tie, the player with the most consecutive shots will be declared the winner. If a tie still remains, the player with the consecutive series earlier in the 25 shots will be declared the winner.