



National Veterans Golden Age Games

Basketball

(3 on 3 and Free Throw Competition)

INSTRUCTIONS TO ATHLETES & RULES

3-3 Basketball Competition

1. Coin Toss will determine who gets the ball first.
2. Each game will be to 21 points, or 30 minutes running clock whichever comes first. The team with the most points will be declared the winner; team must win by one point.
3. Teams score by either regular two-point baskets, or by three-point shots taken from outside the three-point circle.
4. After a basket has been scored or a foul called, a player must put the ball in play from a line past the three point line above the foul key. If this does not occur, the ball goes to the other team.
5. All held balls will be put into play behind the three point line with possession given alternately to each team.
6. On defensive rebounds or steals, players must return the ball by dribble or pass across the three point line before a basket may be attempted. Once across the line, they do not have to pass the ball before shooting.
7. Any player may convert an offensive rebound.
8. After a basket, the team scored upon will put the ball in play.
9. Fouls will be called by the referee. A foul called in the act of shooting will result in either two or three points being awarded to the team which was fouled, depending on where the player was fouled, and the ball will be awarded to the defense. If a

foul is committed by the defense and the offensive player was not in the act of shooting, the offensive team will be awarded one point + the ball. If a foul is committed by the offense, the defensive team will be awarded one point + the ball.

There is no bonus situation for fouls

10. The three second free throw lane rule will apply to all offensive players.
11. Substitutions may be made after a basket or an out of bounds play.
12. There will be only one 30-sec time out per team per game.
13. Time will not be stopped to discuss any call.
14. If the game ends in a tie after regulation time there will be a two-minute overtime period. Possession will be determined by a coin toss. Ties at the end of any overtime period will result in successive one minute periods until the tie has been broken, with possession alternating each overtime period.
15. When applicable NCAA rules will apply.
16. Medals will be awarded based on teams and age divisions when appropriate.
17. Awards will be presented for 1st through 3rd team winners.

Basketball Free Throw Competition

1. Each contestant will be allowed two practice free throws prior to their recorded free throws.
2. Each contestant will shoot 15 free throws in succession for no longer than 5 minutes.
3. Each shooter will have a volunteer who will retrieve the ball after each shot.

3. The contestant who makes the most baskets will be declared the winner.

4. The free throw shooter must 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—otherwise it will count as a missed shot). Other contestants should not be closer to shooter than 10 feet.

6. All tiebreakers will be held at the completion of each age category. Any contestant who is tied and fails to show up for the tiebreaker will concede.

7. In the case of a tie in the first three places, the ties will be played off by shooting five (5) free throws.

8. Medals will be awarded based on age divisions

9. Awards will be presented for 1st through 3rd medals and 4th – 6th ribbons.

10. For ties 4th-6th duplicate awards will be given.