

SPORT: THROWS

EVENTS (recreational)

FOOTBALL ACCURACY

FRISBEE® ACCURACY

SOFTBALL ACCURACY

SOFTBALL DISTANCE

BASKETBALL FREE THROW

EQUIPMENT

Basketball, mid-size football, FRISBEE® discs, eleven-inch circumference softball, 25 inch rings, and distance lanes.

DESCRIPTION

Contestants throw a football, FRISBEE®, or softball.

EVENT: ACCURACY

GENERAL RULES

1. The target will be the opening in a 25 inch ring, the center of which will be five feet from the floor.
2. Each contestant may have two practice throws prior to the competition.
3. Each contestant will have two consecutive attempts to throw an object through the ring at each distance. Age 50-74 will throw at 15, 20, & 25 feet. Age 75+ will throw at 10, 15, & 20 feet.
4. One of the six objects will be designated a bonus by special marks. The contestant must call the bonus before the first throw. The contestant may use the “bonus” to double the score of that distances' value.
5. Any throwing technique may be used.
6. Stepping over the foul line before the ball passes the target will nullify the throw.

SCORING

Fifteen points will be awarded for each throw through the target at the fifteen foot line, twenty points at the twenty foot line, and twenty-five points at the twenty five foot line. Age 75+ will be awarded 15, 20, & 25 points at the 10, 15, & 20 foot lines respectively.

TIES

A sudden death score card play-off will be used to break ties.

EVENT: BASKETBALL FREE THROW

DESCRIPTION

Free throwing from the free throw line. LSOG equipment must be used.

1. Competitors shoot at the basket from the free throw line, except for women's age groups 70+ and men's age groups 80+ which will shoot from 3 feet in front of the free throw line (12').
2. Each competitor will shoot two practice shots followed by ten consecutive free throws.
3. Stepping on or over the free throw line before the ball touches the rim, constitutes a foul. **THIS RULE WILL BE STRICTLY ENFORCED.**

SCORING

Each made free throw will count one point. Competitor with the highest point total will be declared the winner.

TIES

Additional rounds of five consecutive shots are taken until all ties are broken. Competitors not available for tie-breaker round **WILL** be judged **FORFEIT**.

EVENT: SOFTBALL DISTANCE

DESCRIPTION

1. The object is to achieve the longest distance inside established out-of-bound lines.
2. Each contestant will have three consecutive throws for distance.
3. Distance is measured from the foul line to the point where the object first touches the ground.
4. Stepping over the foul line before the ball touches the ground will nullify the throw.
5. All throws will be measured.
6. The longest of the three scores is recorded as the score.
7. A throw which lands outside the foul line will be charged as a throw, but will not count for a score.
8. Use any Track & Field throws diagram.

SCORING

Each foot of distance [to the nearest spot] will count as one point. The winner will be

the thrower with the longest single throw.

TIES

In event of a tie, the next longest throw will break the tie.