

GWINNETT SENIOR GOLDEN GAMES

FOOTBALL THROW



RULES

- **Objective**-Throw football from a variety of distances through a target.
- **Rules of play**-Players begin at designated line and throw the football through the target
- **Distances**-Each player will have 3 throws from two different distances as follows:
 - ❖ Players and sitters ages 80 and up-throw from 14 (fourteen) feet on the first try and from 16 (sixteen) feet on the second try.
 - ❖ Players, sitters and women may throw the smaller football or the Nerf type ball.
 - ❖ Players, ages 50-80 will throw from 18 (eighteen) feet on the first try and from 20 (twenty) feet on the second try.
 - ❖ Male players, age 50-80, will throw the full size ball only.
 - ❖ No portion of feet/chair/walker/mobility device can touch or exceed the starting line.
 - ❖ Players will be permitted 3 (three) practice throws from the distance of their choice.
- **Scoring**- Scorekeeper will total the number of points scored based on football through the target.

- ❖ 14 (fourteen) and 18 (eighteen) foot distances score 5 (five) points per football or a maximum of 15 (fifteen) points.
- ❖ 16 (sixteen) and 20 (twenty) foot distances score 10 points per football or a maximum of 30 (thirty) points.
- ❖ Scores are totaled and the person with the highest score per age group wins.
- ❖ In the event of a tie dual medals will be awarded.
- **Decisions of event manager are final.**
- **Medals will be awarded at the end of the tournament.**