

OFFICIAL RULES OF THE BCA POOL LEAGUE

RULES SECTION 2

8-BALL

2-1 The Game

8-Ball is a call shot game played with a cue ball and fifteen object balls numbered 1 through 15. Each player or team has a group of seven balls: the solid colored balls numbered 1 through 7, or the striped balls numbered 9 through 15. The 8-ball is the game winning ball. The object of the game is for you to pocket your entire group of balls and then legally pocket the 8-ball. The game is played by two players or two teams.

2-2 8-Ball Rack

The balls are racked as follows (see Figure 2-1):

- a. in a triangle with the apex ball on the foot spot (AR p. 78);
- b. the rows behind the apex are parallel to the foot string;
- c. the 8-ball is in the middle of the row of three balls;
- d. the remaining balls are placed at random, except that the ball at each rear corner of the rack must be of a different group from the other rear corner (left/right orientation those two balls does not matter). (AR p. 96)

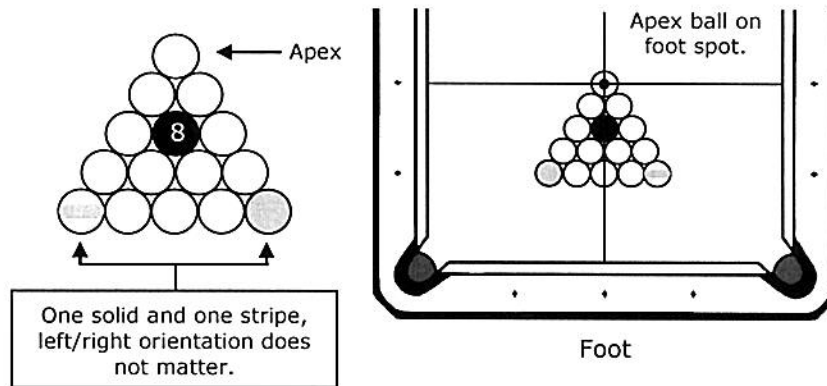


Figure 2-1

2-3 Break Requirements

1. You begin the break with ball in hand behind the head string. The break is not a called shot, and you may not call a ball or a safety on the break. There is no requirement for the cue ball to contact any particular ball first. You must legally pocket a ball or cause at least four object balls to contact one or more cushions or it is an illegal break. If you legally pocket a ball, you continue to shoot. If you do not legally pocket a ball or you commit a foul, your inning ends. (AR p. 96)

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2. If you intend to break softly, you must notify your opponent and allow them the opportunity to call a referee to watch your break. . If you fail to notify your opponent you will receive a mandatory warning on the first offense. Second and subsequent offenses are fouls.
3. If your break is illegal, with or without a foul, your inning ends. Your opponent may:
  - a. re-rack the balls and break;
  - b. require you to re-rack the balls and break again;
  - c. *(deleted)*;
  - d. *(deleted)*.

The game cannot continue until there is a legal break. If the break is illegal and there is also a foul on the illegal break, the illegal break takes precedence and you must choose either option (a) or (b) above.



4. If you foul on a legal break and do not pocket the 8-ball, your inning ends and any other pocketed object balls remain pocketed. Your opponent receives ball in hand.
5. In all cases on the break, jumped object balls other than the 8-ball are not returned to the table except in the case of a re-rack. If the 8-ball is jumped it is spotted.

### 2-4 8-Ball Pocketed on the Break (AR p. 96)

1. If you pocket the 8-ball on the break and do not foul, you may:
  - a. have the 8-ball spotted and accept the table in position;
  - b. re-rack the balls and break again.
2. If you pocket the 8-ball on the break and foul, your inning ends. Your opponent may:
  - a. have the 8-ball spotted and take ball in hand;
  - b. re-rack the balls and break.
3. If the 8-ball is pocketed on the break, and it is not noticed until after another shot has been taken, the game will be replayed with the player who broke the game breaking again.

### 2-5 Table Open After the Break

The table is always open on the shot after the break and remains open until groups are established. When the table is open, all object balls except the 8-ball are legal object balls. For combination shots, a ball of one group may be contacted first to pocket a ball of the other group. The 8-ball may be part of such a combination if it is not the first ball contacted by the cue ball.

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### 2-6 Establishing Groups

1. Groups are established when the first object ball is legally pocketed on a shot after the break. The player legally pocketing the first ball is assigned that group, and the opponent is assigned the other group. You cannot establish a group on a safety. (AR p. 97)
2. If all balls of either group are pocketed on the break or illegally pocketed before groups are established, either player may legally shoot the 8-ball during their inning. You win the game if you legally pocket the 8-ball on such a shot.
3. Once they are established, groups can never change for the remainder of that game. If a player shoots the wrong group and no foul is called before the next shot and the player continues to shoot at that group, or if at any time during the game it is discovered by either player or a referee that the players are shooting the wrong groups, the game will be replayed with the player who broke the game breaking again.

### 2-7 Continuing Play

1. Once groups are established, play continues with each player having their group as legal object balls. Balls in your opponents' group and the 8-ball are illegal object balls. When it is your inning, you continue to shoot as long as you legally pocket a ball on each shot. Object balls pocketed in addition to the called ball remain pocketed. Your inning ends if you do not legally pocket a ball.
2. Jumped object balls and illegally pocketed balls are not returned to the table but do count in favor of the player with that group.

### 2-8 Safety Play

*Rule 2.8 has been re-written with the procedures for calling a safety removed. The procedures for calling a safety and the players' responsibilities concerning calling a safety have been modified and moved to Rule 1.17 and Rule 1.42.*

Prior to any shot except the break, you may declare a safety. On a safety, your inning ends after the shot regardless of whether you pocket any ball. If you do not declare a safety and you pocket a ball on an obvious shot, your inning continues and you must shoot again. A safety must meet the requirements of Rule 1.19, Legal Shot, or it is a foul. (AR p. 71, 97)

### 2-9 Shooting the 8-Ball

1. The 8-ball becomes your legal object ball on your first shot after there are no balls of your group on the table. The player who legally pockets the 8-ball wins the game. (AR p. 97)
2. With the exception of the provisions of Rule 2.10, it is not loss of game if you foul when shooting the 8-ball but do not pocket the 8-ball. Your opponent receives ball in hand.

## OFFICIAL RULES OF THE BCA POOL LEAGUE

### 2-10 Loss of Game

You lose the game if:

- a. you illegally pocket the 8-ball; (AR p. 97)
- b. you jump the 8-ball off the table on any shot other than the break;
- c. you pocket the 8-ball on the same shot as the last ball of your group;
- d. you violate any General Rule that requires loss of game as a penalty;
- e. you pocket the 8-ball on a shot defined as not obvious that you do not call (Rule 1-16-6 does not apply to 8-Ball);
- f. you commit a foul under Rule 1-33-4 or 1-33-7 and the 8-ball falls into a pocket.

### 2-11 Stalemate

If a referee judges that the table is in a position such that any attempt to pocket or move a ball will result in loss of game on that shot, or that the game is not progressing because the position of the table has not significantly changed through three consecutive innings by each player, the referee will declare a stalemate and the game will be replayed with the player who broke the game breaking again. (AR p. 97)



## 8 BALL POOL

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age

divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** Billiard tables, cues and balls will be available at the 8 Ball Pool facility.

Athletes may use their own personal cue but must meet regulations.

Regulation Billiard Table: 9' x 4 ½'

Cue Weight: Minimum of 15 oz. to a maximum of 22 oz.

Regulation Billiard Balls: #1-#15 with cue ball OR

Cassion Billiard Balls: 7 yellow, 7 red, 8 ball and cue ball

**ORDER:** Pairing for competition will be determined prior to the event. Of the pair, the athlete winning the toss of a coin will have the Break Shot. (Break Shot: two or more balls shall make contact with the rail on the break).

**COMPETITION:** The event shall be singles competition, and a single elimination event. A match will consist of three games. The athlete winning the best two out of three games shall advance in the event.

**SCORE:** A judge will time each athlete. The athlete with the BEST (least) time will be declared the winner.

**RULES:** Billiards Congress of America Rules shall govern the event. There will be no 1-15 side pocket rules.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## AIR PELLETT GUN SHOOT

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

**EQUIPMENT:** Pellet rifles will be furnished by the Senior Games Committee. Pellet Air Rifle .177 Caliber (Point Sight) Bull Targets

**ORDER:** The Air Pellet Gun shoot will be a drop-by event, with the order of shoot on a first come, first served basis.

**COMPETITION:** Each Athlete will be seated from a supported position. Five (5) consecutive shots will be fired by each Athlete from a distance of twenty (20) feet.

**SCORING:** Each of the five (5) shots will be scored as to the point area of impact on the Bull Target. Shots breaking the line will be awarded the next higher score. Bull Eye's will receive the ten (10) points for the impact point area and an additional "X" will be indicated by the score. This will be repeated for each Bull's Eye.

**AWARDS:** Red, Blue or White ribbons will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## ARCHERY

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

### THE GAME:

**The “900” AMERICAN round will be used for all competition.**

**Section 1:** There will be 3 divisions

- A. CONVENTIONAL—finger shooter
- B. COMPOUND-----finger shooter
- C. COMPOUND-----release aid

**Section 2:** 90 arrows will be shot as follows:

- 30 arrows from 60 yards (5 ends of 6 arrows)
- 30 arrows from 50 yards (5 ends of 6 arrows)
- 30 arrows from 40 yards (5 ends of 6 arrows)

**Section 3:** Each END (6 arrows) will consist of 2 sets of 3 arrows with 50 seconds allowed for each arrow to be shot. Shooters will rotate with target mates after each 3 arrow set.

**ARCHERY**  
**PAGE 2**

**EQUIPMENT:**

**Section 1:** N.A.A. equipment rules apply to the conventional bow shooter.  
N.F.A.A. equipment rules apply to the compound bow shooter.

**Section 2:** Should equipment failure occur, a 10 minute repair time is allowed the archer; then the end will be completed.

**Section 3:** Field glasses or scopes are permitted for spotting arrow hits.

**Section 4:** No broadheads will be permitted.

**SCORING:**

**Section 1:** Regulation 122 cm (48") 5 color target face will be used.  
Scoring values: Gold (10-9), Red (8-7), Blue (6-5), White (2-1)  
10 ring scoring

**Section 2:** The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.

**Section 3:** WINNER SHALL BE THE ARCHER(S) SCORING THE HIGHEST NUMBER OF POINTS IN THE TRIPLE "900" ROUND.

**NOTE:** THE COMPETITOR SHOULD BE ABLE TO KEEP HIS/HER ARROWS ON THE TARGET AT 60 YARDS.

**RULES:**

NAA (National Archery Association) target rules of shooting will apply.

**AWARDS:**

Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:**

Scoring disputes or questionable arrows: Final decision will be made by the EVENT CHAIRPERSON.



**BAGGO**  
**(As a "Drop-By" Event)**

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age

divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** Game Board and Bean Bags will be furnished by the Senior Games Committee. 10 bags

1 Game Board placed: 20 feet from start/foul line for ages 50-69  
15 feet from start/foul line for ages 70 +

**ORDER:** Baggo will be a drop-by event, with the order of toss on a first come, first served basis.

**COMPETITION:** Each Athlete will toss ten (10) bean bags. The round is then scored after all ten (10) bags have been tossed. In the event of a tie, duplicate awards will be given. No awards will be given for zero (0) points.

**RULES:**

1. An athlete's toes must not project past the front edge of the foot foul line when tossing the bag.
2. Athlete may elect to stride as they toss or stand with feet firmly planted behind the foot foul line.
3. Bags may be tossed at athlete's personal preference: over handed or underhanded, folded or unfolded.
4. Do not pick up or touch any bag until round is completed.
5. The referee is to retrieve points.

**SCORING:**

1. Ten (10) points for each bag in the hole
2. Five (5) points for each bag on the board.
3. NO SCORE for a:
  - a) bag tossed when an athlete foot fouls
  - b) bag knocked off the board
  - c) bag touching the ground

**BAGGO (Drop-By)**  
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**AWARDS:** Blue, Red and White ribbons will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the  
EVENT CHAIRMAN.

#### OTHER INFORMATION

**PLAYING COURT:** 30' LONG x 10' WIDE

Indoors: Overhead clearance 10'

Outdoors: Playing court should be reasonably flat

**BAGGO ETIQUETTE:** Some No-No's

1. Talking while an athlete is tossing
2. Moving around while opponent is tossing.
3. Generally it is proper to step back out of the opponent's view while he/she is tossing.

#### GLOSSARY OF TERMS:

ACE	a 5-point play, a bag on the board
BAGGO	a 10-point play, a bag in the hole
BLOCKER	an ace or board bag positioned in front of the hole to prevent sliders
BACK DOOR	a bag tossed over a blocker bag
HANGERS	ace on the lip of the hole ready to drop
FOOT FOUL	stepping past the start/foul line while tossing
GROUNDER	a bag on or touching the ground
SHOOTER	the person currently tossing
SLAM	10 Baggos per player per round
SLIDER	Baggo that slides into the hole
SWISH	Baggo that goes straight into the hole
NO BLOOD	no score round

Revised 5-2013

## BALLOON BUST RELAY

- ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. This will be an OPEN AGE, MIXED COMPETITION.
- EQUIPMENT:** Balloons and Chairs will be furnished by the Senior Games Committee  
Blown Up Balloons  
Chairs
- FIELD:** The field will consist of a scratch line and a chair, 15 yards away.
- COMPETITION:** There will be five (5) athletes per team. Each athlete will be given a balloon, which has been blown up. Team members will stand in a line. Teams will stand side by side. In front of each team will be a chair, 15 yards away. When the judge gives the signal to begin, the lead athlete will start toward the chair in their lane. When he/she gets there, he/she will sit on the balloon until it pops. When the balloon has popped, the athlete will return to the starting position, and touch the next team member who then will start toward the chair. Each team member will follow the same procedure until the entire team has popped all balloons. The team to finish first will be declared the winner.
- AWARDS:** Blue, Red and White ribbons will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place team winners.
- OFFICIALS:** Any circumstance not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## BASKETBALL SHOOT

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** Basketballs will be furnished by the Games Committee.

**FIELD:** The field will consist of a standard basketball goal at a height of ten feet.

**ORDER:** The basketball shoot will be a drop-by event, with the order of shooting on a first come, first served basis.

**COMPETITION:** Each athlete will shoot from four (4) designated positions. Each athlete will be given one (1) warm-up shot from each of the designated positions. Each athlete will shoot three (3) shots from each of the four (4) designated positions earning one (1) point for each made shot with a possibility of twelve (12) total points. The athlete with the highest total points will be declared the winner. In the event of a tie, duplicate awards will be given. No award will be given for zero (0) points.

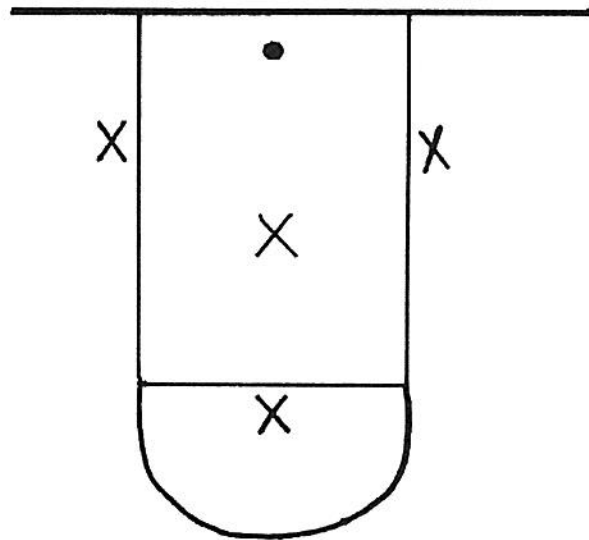
**PENALTIES:** If during a shot, an athlete steps out of the designated spot, the shot will be declared a scratch, but shall count as one (1) of the shots.

**AWARDS:** Blue, Red, and White ribbons will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

Revised 5-2013

SHOOTING POSITIONS DIAGRAM



**BOWLING  
(DOUBLES SCRATCH)**

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. The Doubles Teams will have the same gender partners. Age group will be determined by the youngest bowler of the doubles team. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

**EQUIPMENT:** Bowling balls and shoes will be available at the bowling facility. Athletes may use their own personal equipment.

**ORDER:** The order of bowlers shall be grouped prior to the event.

**COMPETITION:** Each athlete will bowl two (2) games. There will be a designated warm-up period.

**SCORING:** Total of the doubles team combined pins bowled of the two (2) games will give the total score. In the event of a tie, duplicate awards will be given.

**RULES:** ABC and WIBC rules shall govern the event. NSGA rules will supercede.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRMAN.

**BOWLING**  
**(MIXED DOUBLES SCRATCH)**

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Age group will be determined by the youngest bowler of the doubles team. Competition will be divided into the following age divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EVENT:** This will be a mixed doubles scratch tournament.

**EQUIPMENT:** Bowling balls and shoes will be available at the bowling facility. Athletes may use their own personal equipment.

**ORDER:** The order of bowlers shall be grouped prior to the event.

**COMPETITION:** Each athlete will bowl two (2) games. There will be a designated warm-up period.

**SCORING:** Total of the mixed doubles team combined pins bowled of the two (2) games will give the total score. In the event of a tie, duplicate awards will be given.

**RULES:** ABC and WIBC rules shall govern the event. NSGA rules will supersede.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRMAN.

## **BOWLING (SCRATCH)**

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

**EVENT:** This will be a singles only scratch tournament.

**EQUIPMENT:** Bowling balls and shoes will be available at the bowling facility. Athletes may use their own personal equipment.

**ORDER:** The order of bowlers shall be grouped prior to the event.

**COMPETITION:** Each athlete will bowl two (2) games. There will be a designated warm-up period.

**SCORING:** Total pins bowled of the two (2) games will give the athletes total score.

**RULES:** ABC and WIBC rules shall govern the event.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRMAN.



## DISCUS

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

**EQUIPMENT:** Discus weights will be furnished by the Senior Games Committee. The Discus for all athletes shall be:

Men	50-59	1.5k
Men	60+	1.0k
Women	50-79	1.0k
Women	80+	.75k

Athletes may use their own equipment if approved by the Event Chairperson.

**AREA:** The Discus area shall consist of a throwing circle having an inside diameter of 8' 2 ½ ", and a center sector marked by boundary lines extending from the center of the circle at an angle of 40 degrees to each other.

**ORDER:** The Discus event will be a drop-by event, with the order of throwing on a first come, first served basis.

**COMPETITION:** Each athlete may be given two (2) practice throws. Each athlete shall be allowed three (3) throws. Each athlete shall throw twice in succession in the order first come, first served basis. An athlete may want to delay his third and final throw until later. The third throw must be thrown within the

**DISCUS**  
**PAGE 2**

designated time frame of the competition. He/she will then have to go through the first come, first served basis again. The judge has the authority to allow any athlete three (3) consecutive throws in order to be free for another event.

**FOUL:** It is a foul if the athlete, after starting his/her throw, steps on or outside the ring or fails to leave by the rear half of the circle. It is also a foul should the discus land outside the throwing sector. A foul shall not be measured but shall count as a throw.

**SCORING:** A marker will be placed on the nearest spot where the discus first made contact with the ground, not where it came to rest or rolled to. Each throw shall be measured for distance if a foul is not declared. Only one fair throw is required to place.

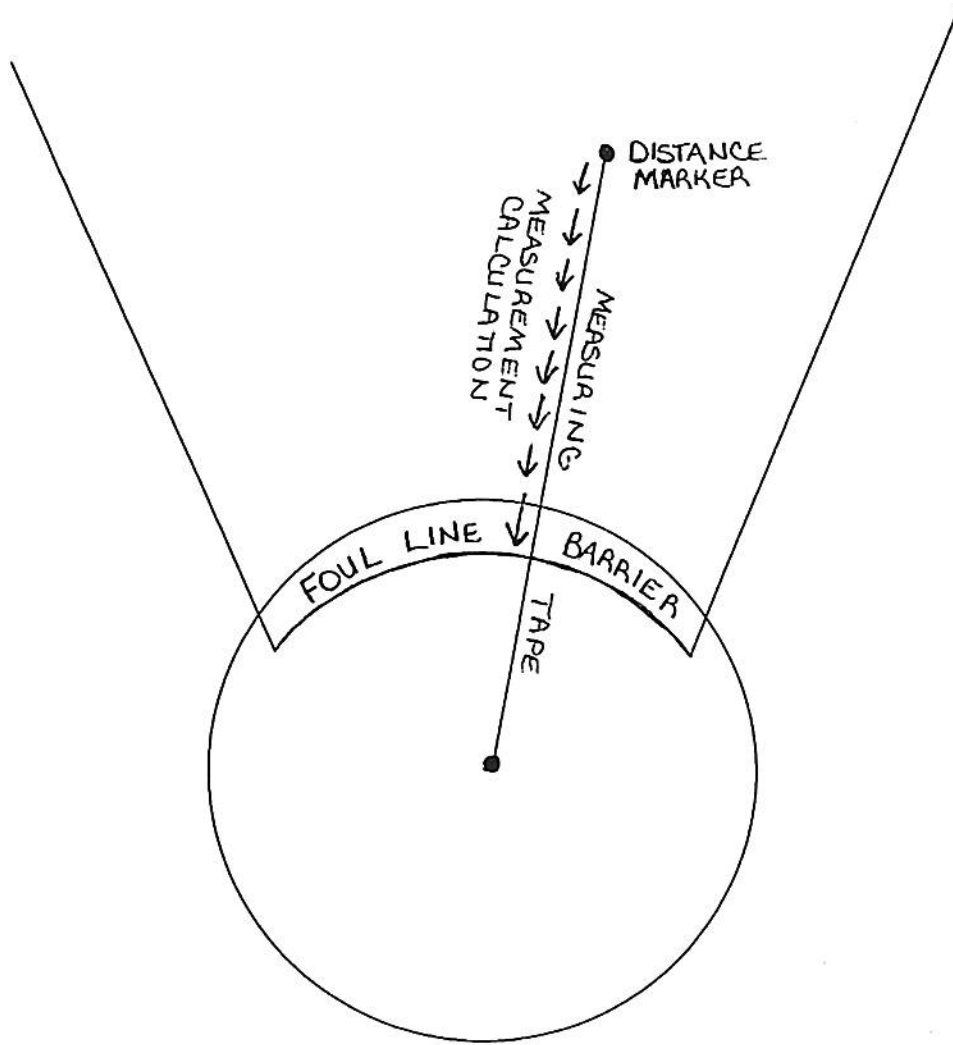
The measurement of each throw will be calculated by placing the measuring tape on the center spot of the throwing circle. The tape will then be pulled out to the distance marker. Measurement will be calculated from the distance marker back to the inside of the foul line or foul barrier.

The distance will be announced as it is measured.

If there is a tie in distance, the second best throw distance of those tied will be the determining factor of who will receive the higher place award.


**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.



THROWING CIRCLE

## DOMINOES

- ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. There will be no separate men or women's division and there will be no age groups.
- EQUIPMENT:** Domino Sets will be furnished by the Senior Games Committee. 1 Double 6 Domino Set: containing 28 pieces
- ORDER:** Pairing for competition will be done at time of event. The dominoes shall be face down and thoroughly shuffled. Each athlete will draw one domino from the pile. Of the pair, the athlete who draws the piece with the greatest number of pips shall play first. After the first set, the lead progresses to the left.
- COMPETITION:** The event shall be singles competition, and a single elimination event. The first Athlete to score 150 points in a game or the Athlete that has the highest score at the end of 30 minutes of play shall advance in the event.
- After the order of play is determined, the dominoes shall be reshuffled and each player will draw seven dominoes. Every player keeps his dominoes secret. He places them on their long edges in such a way that only he himself can see them. To start the player with the highest double puts it in the middle. This is called *setting* the highest domino. The turn then rotates to his left. For those who wonder how dominoes can remain secret while sorting out who holds the highest double, one player asks: does anyone hold double 6? If anyone holds it, that player responds by setting it. If no one sets, the player asks: does anyone hold double 5? And so on down until double 0. In the rare case that no one holds a double, players shuffle and draw again.
- RULES:**
- 
1. All bones played must be played to a free end and must match numbers. Example:            matches            .
  2. The layout always has two open ends, each sprouting from one of the long side of the starting double. See the sample game.
  3. If a player cannot legally play a bone, he must draw from the boneyard until he can play. If the boneyard is exhausted, he must pass.
  4. Doublets are placed crosswise as usual.
- SCORING:** The game ends when no player has a bone to play (play last bone). The game ends when no player has a bone to play (play last bone). when all players have consecutively passed. The player who dominoes or, if everyone passed, the player with the least number of spots, scores points equal to the number of spots on the stones in the hands of all other players.
- AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the  
EVENT CHAIRPERSON.

## FOOTBALL THROW

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** All footballs will be furnished by the Senior Games Committee.

**FIELD:** The field shall consist of a scratch line and a center line. The center line will run the length of the field, perpendicular from the scratch line.

**ORDER:** The football throw will be a drop-by event, with the order of throw on a first come, first served basis.

**COMPETITION:** Each athlete will make three (3) consecutive throws. Competition is based on distance.

**FOUL:** It is a foul if the athlete, during his/her throw, steps on or over the scratch line. A foul shall not be measured but shall count as a throw.

**SCORING:** A marker will be placed on the nearest spot where the football first made contact with the ground, not where it came to rest or rolled to. Each throw shall be measured for distance if a foul is not declared. Only one fair throw is required to place.

The measurement of each throw will be calculated by placing the measuring tape on the center spot of the scratch line. The tape will then be pulled out to the distance marker. Measurement will be calculated from the center spot out to the distance marker.

The distance will be announced as it is measured.

## **FOOTBALL THROW**

### **PAGE 2**

If there is a tie in distance, the second best throw distance of those tied will be the determining factor of who will receive the higher place award.

**AWARDS:** Blue, Red and White ribbons will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## **NORTHWEST ARKANSAS SENIOR GAMES GENERAL RULES AND INFORMATION**

1. A person must be 50 years of age or older and be properly registered to be eligible to participate. Age is determined as of scheduled date of the games.
2. All registrations must be received by the specified deadline date.
3. In order to compete in the Northwest Arkansas Senior Games, all athletes must report to the CHECK-IN table. Anyone not wearing an official registration number received at the CHECK-IN table will not be allowed to participate in any event.
4. All athletes must participate in their own age group, unless otherwise designated by the rules or the Chairperson of each event.
5. Northwest Arkansas Senior Games officials reserve the right to combine age groups if less than three (3) people sign up in any age group in any event.
6. There is a registration fee which will entitle athletes to enter the events of their choice. The fee is NOT REFUNDABLE.
7. Due to the number of events, there are many time periods during which more than one event is scheduled. **NO EVENT WILL BE DELAYED DUE TO SCHEDULING CONFLICTS.**
8. Northwest Arkansas Senior Games are governed by the rules set forth by the Northwest Arkansas Senior Games Committee. Interpretations shall be made only by the Chairperson of each individual event and the Northwest Arkansas Senior Games Chairperson.
9. All appeals for official interpretations shall first be made to the Chairperson of the specific event, who, if he/she deems necessary, shall bring the problem to the Northwest Arkansas Senior Games Chairperson.
10. Athletes must compete in order to receive a medal or ribbon in any event.
11. All athletes will be expected to furnish all personal equipment such as running shoes, archery bows, etc. The Senior Games Committee will furnish all Track, Field, Table Games and Fun Event equipment.

Revised 5/2013



## HORSESHOES

(As a DROP-BY event)

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

**EQUIPMENT:** Horseshoes and stakes will be furnished by the Senior Games Committee. Equipment per pit:

2 Stakes---4 Shoes

**COURT LAYOUT:** The Horseshoe Pit area shall consist of:

- a) The top of each stake shall extend fourteen (14) inches above the ground, with a three (3) inch incline toward each other.
- b) The pitching distance between the bottoms of the stakes where they emerge from the ground shall be:

Men	40 feet (Men 70+ may opt to pitch at 30 feet)
Women	30 feet
- c) There shall be a foul line three (3) feet in front of each stake.

**ORDER:** The Horseshoe event will be a drop-by event, with the order of throwing on a first come, first served basis.

**COMPETITION:** Each Athlete shall pitch 16 shoes in turn at the opposite stake. They walk to that stake. Judges score each shoe. The Athlete will then repeat process. An Athlete during competition will have thrown 4 shoes, 2 times from each stake for a total of 16 shoes.



## JAVELIN

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age

divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** Javelins weights will be furnished by the Senior Games Committee. The Javelins for all athletes shall be:

Men 50-59	700 gr	Women 50-59	500 gr
Men 60-69	600 gr	Women 60+	400gr
Men 70-79	500 gr		
Men 80+	400 gr		

Athletes may use their own implements if approved by the Event Chairperson.

**AREA:** The Javelin area shall consist of a runway with a scratch line and a center line. The center line will run the length of the field, perpendicular from the scratch line.

**ORDER:** The Javelin event will be a drop-by event, with the order of throwing on a first come, first served basis.

**RULES:** US Track and Field Rules shall govern this event.

## JAVELIN PAGE 2

**COMPETITION:** Each Athlete may be given two (2) practice throws. Each Athlete shall be allowed three (3) throws. Each Athlete shall throw twice in succession in the order first come, first served basis. An Athlete may want to delay his third and final throw until later. The third throw must be thrown within the

designated time frame of the competition. He/She will then have to go through the first come, first served basis again. The judge has the authority to allow any Athlete three (3) consecutive throws in order to be free for another event.

For a valid throw, the tip of the metal head must strike the ground before any other part of the javelin. OPTIONAL: All throws must fall within the inner edges of the sector lines.

**FOUL:** Athletes touching the scratch line or the ground beyond it, or outside the runway, shall be given a foul. The foul will not be measured but will count as a throw.

**SCORING:** A marker will be placed on the nearest mark made by the javelin head tip. Each throw shall be measured for distance if a foul is not declared. Only one fair throw is required to place.

The measurement of each throw will be calculated by placing the measuring tape on the center spot of the scratch line. The tape will then be pulled out to the distance marker. Measurement will be calculated from the center spot out to the distance marker.

The distance will be announced as it is measured.

If there is a tie in distance, the second best throw distance of those tied will be the determining factor of who will receive the higher place award.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRMAN.

**JAVELIN**  
**PAGE 3**

**OPTIONAL AREA:** The Javelin area shall be an arc of a circle drawn with a radius of either (8) meters at the end of a runway four (4) meters wide and 35 meters long.

Sector boundaries will be lines formed by extending the radius through the ends of the arc for a distance of 50 meters.

**OPTIONAL SCORING:**

The measurement of each throw shall be made from the nearest mark made by the javelin head tip to the inside of the arc along a line from the point of the fall to the center of the circle of which the arc is part.

**OPTIONAL COMPETITION:**

All throws must fall within the inner edges of the sector lines.

**LONG JUMPS  
RUNNING and STANDING**

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EVENTS:** **STANDING LONG JUMP:**  
Jumpers must begin their jump from a stationary stance with both feet on the ground behind the scratch line.

**RUNNING LONG JUMP:**  
Running long jumpers may begin their running approach to the take-off board at any point along the runway.

**AREA:** The runway for the running long jump is a hard surface.  
The jumping pit will be filled with sand.

**ORDER:** The Long Jumps will be a drop-by event, with the order of jumps on a first come, first served basis.

**LONG JUMPS  
RUNNING AND STANDING  
PAGE 2**

**COMPETITION:** Each athlete shall be allowed three (3) jumps. Competition is based on distance. In both the Running and Standing Long jumps, jumpers shall take off from behind the scratch line. Each athlete shall jump twice in succession in the order first come, first served basis. Any athlete may want to delay his/her third and final jump until later. The third jump must be jumped within the designated time frame of the competition. He/she will then have to go through the first come, first served basis again. The judge has the authority to allow any athlete three (3) consecutive jumps in order to be free for another event.

**FOUL:** It is a foul if the athlete's shoe, during his/her jumps, extends over the scratch line. A foul shall not be measured but shall count as a jump.

**SCORING:** Each legal jump will be measured from the point in the sand touched by the person or apparel of the jumper which is nearest to the scratch line. Measurement will be calculated from this point back to the scratch line.

The distance will be announced as it is measured.

If there is a tie in distance, the second best jump distance of those tied will be the determining factor of who will receive the higher place award.

**AWARDS:** Gold, Silver and Bronze medal will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## NAIL POUNDING

- ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:
- |      |       |        |       |
|------|-------|--------|-------|
| Men: | 50-54 | Women: | 50-54 |
|      | 55-59 |        | 55-59 |
|      | 60-64 |        | 60-64 |
|      | 65-69 |        | 65-69 |
|      | 70-74 |        | 70-74 |
|      | 75-79 |        | 75-79 |
|      | 80-84 |        | 80-84 |
|      | 85-89 |        | 85-89 |
|      | 90-94 |        | 90-94 |
|      | 95-99 |        | 95-99 |
|      | 100+  |        |       |
- EQUIPMENT:** Hammer, nails, boards and saw horses will be provided by the Senior Games Committee.  
1-- Hammer 16 ounces  
1-- #8 Penny nail  
1-- 4 X 4 Board across two (2) saw horses
- ORDER:** The Nail Pounding will be a drop-by event, with the order of pounding on a first come, first served basis.
- COMPETITION:** Each athlete will pound a nail until it is flush with the 4 X 4 board. Competition is based on number of strikes.
- SCORING:** A judge will watch the action, counting each strike, including the first strike to start the nail, until the nail is flush with the 4 X 4 board.
- The athlete with the LEAST number of strikes will be declared the winner.
- In the event of a tie, duplicate awards will be given.
- AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>. And 3<sup>rd</sup> place winners in each age division.
- OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRMAN.



## SHOT PUT

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** All Shot Put weights will be furnished by the Senior Games Committee. The Shot Put for all athletes shall be:

MEN 50-59 6K Shot = 13.22 lbs.

MEN 60-69 5K Shot = 10.23 lbs.

MEN 70+ 4K Shot = 8.81 lbs.

WOMEN 3K Shot = 6.61 lbs.

Athletes may use their own implements if approved by the EVENT CHAIRPERSON.

**AREA:** The Shot Put area shall consist of a putting circle having an inside diameter of 7' and a putting sector marked by boundary lines extending from the center of the circle at an angle of 40 degrees to each other.

**ORDER:** The Shot Put event will be a drop-by event, with the order of throwing on a first come, first served basis.

## SHOT PUT

### PAGE 2

**COMPETITION:** Each athlete may be given two (2) practice throws. Each athlete shall be allowed three (3) throws. Each athlete shall throw twice in succession in the order first come, first served basis. An athlete may want to delay his third and final throw until later. The third throw must be thrown within the designated time frame of the competition. He/she will then have to go through the first come, first served basis again. The judge has the authority to allow any athlete three (3) consecutive throws in order to be free for another event.

**FOUL:** It is a foul if the athlete, after starting his/her put, steps on or outside the ring or fails to leave by the rear half of the circle. It is also a foul should the shot land outside the throwing sector.

The shot shall be put from the shoulder with one hand only. It is a foul should the athlete allow the shot to pass behind or below the shoulder during the attempt.

A foul shall not be measured but shall count as a throw.

**SCORING:** A marker will be placed on the nearest spot where the shot first made contact with the ground, not where it came to rest or rolled to. Each throw shall be measured for distance if a foul is not declared. Only one fair throw is required to place.

The measurement of each throw will be calculated by placing the measuring tape on the center spot of the throwing circle. The tape will then be pulled out to the distance marker. Measurement will be calculated from the distance marker back to the inside of the foul line or foul barrier.

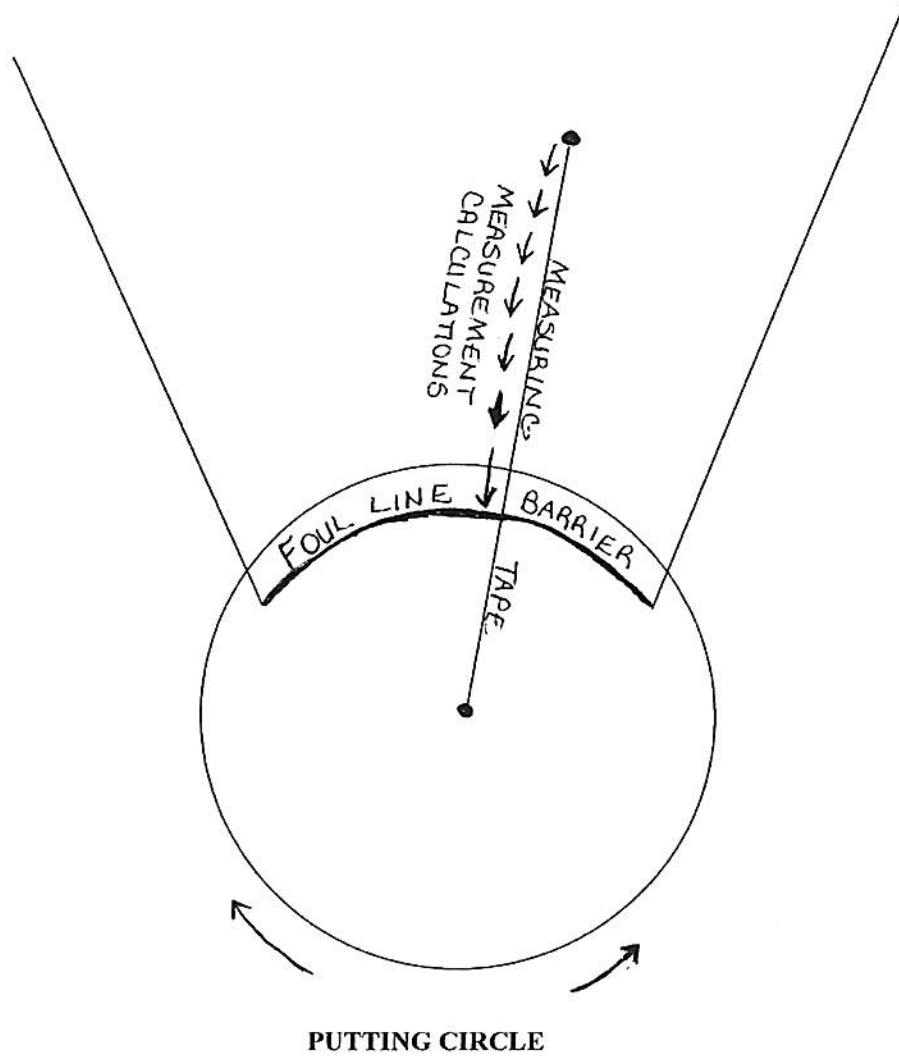
The distance will be announced as it is measured.

If there is a tie in distance, the second best throw distance of those tied will be the determining factor of who will receive the higher place award.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

**SHOT PUT**  
Page 3



## SKIP-BO

- ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. There will be no separate men or women's division and there will be no age groups.
- EQUIPMENT:** SKIP-BO decks will be furnished by the Senior Games Committee. 1 deck of SKIP-BO cards: with 144 cards numbered 1 through 12 plus 18 SKIP-BO cards for a total of 162.
- ORDER:** Pairing for competition will be done at time of event. The SKIP-BO cards will be shuffled, each player draws a card. The person with the highest card starts the game. (SKIP-BO cards don't count). The play moves to the left during the game.
- COMPETITION:** The event will be a singles competition, and a single elimination event. A game or round will consist of three (3) athletes. Each athlete will play one (1) hand in the round. As play progresses, the number of players in a round may vary from two (2) to four (4) players, with the ideal situation being three (3) players.
- SCORING:** The first player to use up all the cards in his/her STOCK pile wins the hand. The first player to win one (1) hand will advance.
- RULES:**
- How to set up play:**  
In the center area of play, right near the DRAW pile, up to four BUILDING piles will be created for all players to use during play. In addition, each player will have in front of him/her a STOCK pile and up to four (4) DISCARD piles.
- Set-up Note:**  
A player's four (4) DISCARD piles are imaginary until he/she starts them during play.
- The BUILDING piles are imaginary until started by players during the game.
- REMEMBER: The object of the game is to get rid of the cards from your STOCK pile.

SKIP-BO  
PAGE 2

BUILDING piles and DISCARD piles are developed through play. No cards are in this area at the beginning of the game. Also, SKIP-BO cards are wild.

**How to Play:**

The game official will deal ten (10) cards to each player. The cards are dealt face down and they become your STOCK pile. Each player turns the top card of his/her STOCK pile face up on top of the pile, without looking at any of the other cards in the pile. The dealer then places the remainder of the deck face down in the center of the play area to form the DRAW pile (where you'll be able to draw additional cards).

During play, each player may build up to four (4) DISCARD piles to the left of his STOCK pile. They can build up any number of cards in any order in the DISCARD piles, but may only play the top card.

The person starting the game will draw five (5) cards from the DRAW pile. They can build up any number of cards in any order in the DISCARD piles, but may only play the top card.

The person starting the game will draw five (5) cards from the DRAW pile. If you have a SKIP-BO card or a number 1 card on top of your STOCK pile or in your hand, you may use it to start a BUILDING pile. If you play all 5 cards, draw more and continue playing. If you can't make a play or just don't want to, end your turn by discarding one of the cards from your hand onto one of your four (4) DISCARD piles.

On your second and succeeding turns, first draw enough cards to bring your hand back up to five (5). You may then add to the BUILDING piles (always in sequential order) by playing the top card from your STOCK pile, DISCARD pile or from your hand. But remember, the winner is the one who plays all the cards in his/her STOCK pile, so it's best to always use the playable cards from that pile first. If the DRAW pile is used up, the cards from the completed BUILDING piles are shuffled and become the new DRAW pile.

STOCK PILE: Each player has one STOCK pile, placed face down on his/her right, with the top card of the pile always turned face-up on top.

DRAW PILE: After the deal, the remaining cards are placed face down in the center of the play area to form the DRAW pile.

**BUILDING PILES:** During play up to four (4) building piles can be started. Only a 1 or a SKIP-BO card can start a BUILDING pile. Each pile is then built up numerically in sequence, 1 through 12. Since SKIP-BO cards are wild, they can start a BUILDING pile, and can be played as any other number too. Once a pile of 12 cards has been completed, it is removed, and a new pile is started in its place.

**Special Situations:**

If you inadvertently draw too many cards, the game official will remove the number of cards you have overdrawn and randomly place them in your STOCK pile. If a player draws too many cards and it goes unnoticed, then the player suffers the penalty of having to play without first drawing from the DRAW pile.

If a player draws and plays out of turn and the error is noticed by another player before this illegal turn is finished, then the illegal turn stops immediately and play reverts to the proper order. However, when it becomes the play of the player who went out of turn, then that player suffers the penalty of having to play without first drawing from the DRAW pile. But if a player plays out of turn and completes his/her turn without being noticed, the play is considered legal. Play resumes as normal, starting with the player to the left of the out-of-turn player.

**SPORTSMANSHIP:** Athletes cannot suggest or coach another player during a round. If athletes do so, they will be penalized by having to draw three (3) additional cards to be shuffled into their STOCK pile.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in the event. First place will be awarded to the person who goes out first, Second place to the person who goes out second and Third place to the person who goes out third. A playoff hand may be necessary to determine third place.

**OFFICIALS:** Any circumstance not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## SOFTBALL THROW

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** All softballs will be furnished by the Senior Games Committee.  
Three (3) 12 inch ASA approved softballs.

**FIELD:** The field shall consist of a scratch line and a center line. The center line will run the length of the field, perpendicular from the scratch line.

**ORDER:** The softball throw will be a drop-by event, with the order of throw on a first come, first served basis.

**COMPETITION:** Each athlete will make three (3) consecutive throws. Competition is based on distance.

**FOUL:** It is a foul if the athlete, during his/her throw, steps on or over the scratch line. A foul shall not be measured but shall count as a throw.

**SCORING:** A marker will be placed on the nearest spot where the softball first made contact with the ground, not where it came to rest or rolled to. Each throw shall be measured for distance if a foul is not declared. Only one fair throw is required to place.

The measurement of each throw will be calculated by placing the measuring tape on the center spot of the scratch line. The tape will then be pulled out to the distance marker. Measurement will be calculated from the center spot out to the distance marker.

## SOFTBALL THROW

PAGE 2

The distance will be announced as it is measured.

If there is a tie in distance, the second best throw distance of those tied will be the determining factor of who will receive the higher place award.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.



## SPINCASTING

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men: 50-54	Women: 50-54
55-59	55-59
60-64	60-64
65-69	65-69
70-74	70-74
75-79	75-79
80-84	80-84
85-89	85-89
90-94	90-94
95-99	95-99
100+	

**EQUIPMENT:** Rods, reels, line, practice plugs and targets will be furnished by the Senior Games Committee. Athletes may use their own personal equipment, but all equipment must meet regulation.

Rod:	unrestricted
Reel:	unrestricted
Line:	unrestricted
Plug:	Practice Plug
Targets:	round: 24 inches in diameter

**COURT LAYOUT:** Five targets will be arranged in a straight line from the caster's box (scratch line) as follows for the event:

Target #1 (Red)	30 feet distance from the caster's box
Target #2 (Blue)	40 feet distance from the caster's box
Target #3 (Orange)	50 feet distance from the caster's box
Target #4 (Yellow)	60 feet distance from the caster's box
Target #5 (White)	70 feet distance from the caster's box

**ORDER:** The Spincasting event will be a drop-by event, with the order of casting on a first come, first served basis.

**SPINCASTING  
PAGE 2**

**COMPETITION:** Each athlete will make two (2) casts at each target for a total of ten (10) casts. Each athlete will be given two (2) practice casts at each target. The caster should be able to control the plug with each cast taken. Competition is based on points earned by an athlete's casts, less the total number of demerits.

**SCORING:** A qualified scoring judge will be used to judge each event and his/her decision on the scoring will be final. A perfect score of one hundred (100) points is possible for ten (10) casts. Each hit in or on the target will consist of a perfect ten (10) points. One (1) demerit will result for missing the target by one (1) foot or each fraction of one foot and one (1) demerit for each additional foot. A maximum of ten (10) demerits can be taken off the score for each target.

The athlete having made the highest score will be declared the winner. In the event of a tie, duplicate awards will be given.

**SCORING CHART**

<b>PLUG HITS FROM TARGET</b>		<b>DEMERITS</b>	<b>SCORE</b>
<b>In or On Target</b>		<b>0</b>	<b>10</b>
<b>1- 12 inches</b>	<b>(1 foot)</b>	<b>1</b>	<b>9</b>
<b>13 - 24 inches</b>	<b>(1 ft. 1 in. to 2 feet)</b>	<b>2</b>	<b>8</b>
<b>25 - 36 inches</b>	<b>(2 ft. 1 in. to 3 feet)</b>	<b>3</b>	<b>7</b>
<b>37 - 48 inches</b>	<b>(3 ft. 1 in. to 4 feet)</b>	<b>4</b>	<b>6</b>
<b>49 - 60 inches</b>	<b>(4 ft. 1 in. to 5 feet)</b>	<b>5</b>	<b>5</b>
<b>61 - 72 inches</b>	<b>(5 ft. 1 in. to 6 feet)</b>	<b>6</b>	<b>4</b>
<b>73 - 84 inches</b>	<b>(6 ft. 1 in. to 7 feet)</b>	<b>7</b>	<b>3</b>
<b>85 - 96 inches</b>	<b>(7 ft. 1 in. to 8 feet)</b>	<b>8</b>	<b>2</b>
<b>97 - 108 inches</b>	<b>(8 ft. 1 in. to 9 feet)</b>	<b>9</b>	<b>1</b>
<b>109 - 120 inches</b>	<b>(9 ft. 1 in. to 10 feet)</b>	<b>10</b>	<b>0</b>

**SPINCASTING**

**PAGE 3**

**AWARDS:** Gold, Silver and Bronze medal will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## STATIONARY CYCLING

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

**EQUIPMENT:** Stationary Cycle will be provided by the Senior Games Committee.

**ORDER:** The Stationary Cycling will be a drop-by event, with the order of cycling on a first come, first served basis.

**COMPETITION:** Each athlete will cycle for one half (1/2) mile. A warm up period on the cycle will be allowed. Competition is based on time.

**SCORE:** A judge will time each athlete. The athlete with the BEST (least) time will be declared the winner.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstances not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON.

## TRACK

**ELIGIBILITY:** Any person who is 50 years of age or over and has properly registered is eligible to compete. Competition will be divided into the following age divisions:

Men:	50-54	Women:	50-54
	55-59		55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-89		85-89
	90-94		90-94
	95-99		95-99
	100+		

**EQUIPMENT:** Timing devices and assigned numbers will be furnished by the Senior Games Committee. Numbers must be worn on the chest. The Senior Games Committee recommends good quality tennis shoes or running shoes. Athletes must furnish their own shoes.

**EVENTS:** There is no limit as to the number of events an Athlete may enter. Events could consist of the following, but is not limited to:

50 Meter Dash	200 Meter Walk
100 Meter Dash	400 Meter Walk
200 Meter Run	800 Meter Walk
400 Meter Run	800 Meter Prediction Walk
800 Meter Run	1600 Meter Walk
3K	1600 Meter Race Walk
5K	1 Mile Mixed Relay Walk

**RULES:**

1. US Track and Field rules shall govern these events.
2. All events will be timed by official timers.
3. Events requiring heats will be run in randomly drawn heats. Athletes may run in a heat with various age groups, however, they will be competing with only those athletes in their same age group.

**SCORING:** All events will be timed.

**AWARDS:** Gold, Silver and Bronze medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in each age division.

**OFFICIALS:** Any circumstance not covered in these rules shall be ruled upon by the EVENT CHAIRPERSON

**TRACK**  
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**DISTANCES:**      **200 Meter = ½ lap around the track**  
                          **400 Meter = 1 lap around the track**  
                          **800 Meter = 2 laps around the track**  
                          **1600 Meter = 4 laps around the track = 1 mile**

**DASH:**                Dashes will be run in lanes.  
                          Crossing into another lane may result in disqualification.

**RUN:**                 Runs will start from a staggered starting line.  
                          Athletes may change lanes when they are one full running stride in  
                          advance of other athletes.

**WALK:**               Walks will start from a staggered starting line.  
                          Athletes may change lanes when they are one full walking stride in  
                          advance of other athletes.  
                          Athletes must use the regular race walk or a simple fast walk. Athletes  
                          must have one (1) foot in contact with the ground at all times. Both feet  
                          leaving the ground simultaneously, will be considered running. One  
                          warning will be given before disqualification. ANY violation to this rule  
                          within the final 100 yards of the race will result in disqualification.

**PREDICTION:**      An athlete will “estimate” their time to complete the specified event. The  
                          athlete coming closest to his/her estimated time, regardless if it was over  
                          or under, will have the higher award.

**1600 MIXED RELAY WALK:**

A team will be made up of four (4) athletes, men or women.

Athletes must use a simple fast walk with one foot on the ground at all  
times.

Each team member will walk one (1) time around the track and hand the  
baton to the next team member.

The starters will be staggered in assigned lanes and will pass the baton to  
the second team member, staying in the assigned lane and passing the  
baton at the mark where the starters began the race.

The second walker of the team can cut to the inside lane at the designated  
“cut mark”.

The baton from the second to the third and from the third to the fourth  
walker of the team will be passed at the START--FINISH line.

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The remaining third and fourth walker of the team may use the inside lane.

The official track starter/s will acquaint the walkers with the rules and the “cut mark” on the track.

**RACE WALK:**

Race walking is a progression of rapid steps so taken that an athlete can get from the start of a race to the finish as quickly as possible.

The rapid steps must meet the rules for race walking which are as follows:

1. One (1) foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person losses contact with the ground (both feet being off the ground at the same time), this is called lifting.
2. Each leg must be straightened at least momentarily during each stride taken by the race walker. If a race walker fails to straighten his/her leg momentarily on each stride, this is called creeping.
3. Athletes must wear clothing which would not hinder the view of the knees as seen by the judges.

If a race walker fails to abide by one of these rules, then he/she may be given a caution by one of the judges. Upon the third caution given during the race, the athlete will be disqualified and must leave the competition. Disqualification can also occur after the competition if assembled judges agree. Flagrant violation will result in disqualification without any caution.