



Tennessee Senior Olympics, Inc. Rules and Regulations

2011

TENNESSEE SENIOR OLYMPICS

RULES AND REGULATIONS

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**Denotes National Events*

Preface

SPORT RULES GOVERNING THE TENNESSEE SENIOR OLYMPICS

The sport rules described here have been established for the events in the Tennessee Senior Olympics to also be used in district and local competitions.

The sport rules for each event are based on the rules of the recognized governing body for the sport, when appropriate. However, for the state, district and local Olympics there may be a need for some modifications and revisions in the best interest of the Tennessee Senior Olympics competitors.

These rules developed by the Tennessee Senior Olympics, Inc. Board of Directors represent their best judgment at this time. Since rules in most sports evolve and change over time, further revisions or modifications may be appropriate.

**TENNESSEE SENIOR OLYMPICS, INC.
STATE FINALS EVENTS
MENU OF SPORT/EVENT**

- *ARCHERY - Compound Fingers, Compound Release, Recurve, Barebow
Compound, Barebow Recurve
- *BADMINTON - Singles, Doubles and Mixed Doubles
- BASKETBALL FREE THROW
- BASKETBALL 3-POINT SHOT
- BASKETBALL HOT SHOT
- *3 ON 3 BASKETBALL
- *BOWLING - Singles, Doubles and Mixed Doubles Scratch Tournament
- *CYCLING - 5K time trial, 20K road race
- *FIELD EVENTS - Discus, Shot put, Long Jump, Javelin, High Jump, Pole Vault
- *GOLF - Tournament - Scratch
- *HORSESHOES - Singles
- PICKLEBALL - Singles/Doubles/Mixed Doubles
- POWER WALK - 1 mile
- *RACE WALK - 1500 meter
- *RACQUETBALL - Singles, Doubles, Mixed Doubles
- *ROAD RACE - 5K, 10K
- *SHUFFLEBOARD - Singles and Doubles (partners may be mixed)
- SOFTBALL THROW
- *SOFTBALL - Team Softball
- *SWIMMING - Freestyle: 50, 100, 200, 500 yards
Backstroke: 50, 100, 200 yards
Breaststroke: 50, 100, 200 yards
Butterfly: 50, 100 yards
Ind. Medley: 100 yards, 200 yards (4 strokes)
(A total of six events may be selected)
- *TABLE TENNIS - Singles, Doubles, Mixed Doubles
- *TENNIS - Singles, Doubles and Mixed Doubles
- *TRACK - 100, 200, 400, 800, 1500 meter, 4 x 100m relay
- *VOLLEYBALL - Team Volleyball

**Denotes National Events*

GENERAL INFORMATION

ELIGIBILITY

- 1) Any person participating in the Tennessee Senior Olympics must be age 50 or older as of December 31 of the current year.
- 2) The Tennessee Senior Olympics is open to Tennessee residents only. However, Tennessee border state competitors (no more than 30 miles from Tennessee) may compete in the Tennessee Senior Olympics.
- 3) Athletes who move from Tennessee after the district competition will be allowed to compete in the state finals for that year only.
- 4) Individuals 95 and older may compete in Tennessee even if they live out-of-state.
- 5) **Professional athletes** shall not be eligible to compete in the Tennessee Senior Olympics in the sport in which they are a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally.

A professional is someone who competes in a sport for money as a primary source of personal revenue. People who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teaching a sport but who occasionally play for a minor amount of money are also not deemed professionals.

GENERAL RULES OF PARTICIPATION

- 1) Participants will compete according to their age as of December 31 of the current year. The divisions for each event at the games will be as follows:

MEN and WOMEN

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

- 2) Participants may enter only one age division in any given event.
- 3) In doubles competition, the team will compete in the age division of the youngest partner. Participants must compete in their own age group. They may not “play down”.

- 4) An individual who lies about his or her age or address will be banned from the Tennessee Senior Olympics at all levels and for all events for three years.
- 5) Competitive events will begin when scheduled. Athletes will be required to check-in to events 10 minutes prior to their scheduled match or competition. Game time is forfeit time will be upheld. Competition will not be held earlier or later for the convenience of competitors. Missing the first round of any sport will constitute a forfeit.
- 8) If an ejection occurs in any sport at the local or district level, due to unsportsmanlike conduct or fighting, that participant is ineligible to compete at the state finals that particular year in that specific event. If the ejection occurs at the state finals, the participant will be removed from all events at the state finals.
- 9) If a participant destroys property at the games, that person will be prevented from participating in the district and state games for a year.

RULES OF REGISTRATION

- 1) A registration and release form must be completed.
- 2) The registration fee must accompany the completed registration form.
- 3) ID's will be checked at the state finals.
- 4) It is the responsibility of the participant not to register for events that will overlap in time.
- 5) At the state finals, an athlete may enter as many events as desired, as long as he or she has participated at the district level. However, once ten (10) events have been entered, a \$3 fee per additional event will be incurred. An "event" will be considered any activity that has been entered (i.e. tennis singles, doubles and mixed doubles will be considered 3 events. The 100M and 200M runs would be considered two events.)
- 6) No late or on-site registrations will be accepted.
- 7) No substitutions will be allowed after the registration deadline has passed.
- 8) Team captains will be responsible for turning in rosters and entry forms for all team members by the entry deadline. Non-playing team captains must register for the event.

DISTRICT RULES

1) Home District

Athletes are encouraged to participate in their home district. Home districts are defined by the county of residence. For a list of counties and district assignments check www.tnseniorolympics.com. **District assignments for out of state residents** no further than 30 miles from the Tennessee border are defined by those Tennessee counties closest to the athlete's city.

- 2) Teams and individuals may participate in as many districts as desired. Registration and payment required for each district.
- 3) Teams must be comprised of members from the same region with one wild card from another region allowed (please see Team Composition Rules below).

STATE FINALS QUALIFYING

- 1) Qualifying for the state finals in most sports requires an athlete to **participate** in a District or Metropolitan Senior Games event for the current year. If your district offers the sport in which you would like to participate at state finals you must qualify in your district or another. You may not register in a district that does not offer the sport as a way to play at state finals.
- 2) Open events are eligible to any athlete 50 and older and do not require district participation. The state finals' "open" events include Archery, Cycling (5K, 20K), Road Race (5K, 10K), Racquetball, and the Power Walk.
- 3) Any event not offered at an individual's district level is also an open event.
- 4) If athletes are the only individuals in their age division at a district competition, they must play an exhibition match to receive medals and qualify for state competition.
- 5) Doubles partners who qualify together for the state finals should plan to play together. However, if one of the partners cannot attend, another qualified athlete in the **same competition** may be chosen prior to registering for the state games. Changes must be e-mailed to the state office no later than one month prior to the state finals. After this point, if one of the partners cannot attend, the team will be scratched from the event.
- 6) If a player has signed up for events he or she did not participate in at the district level or has registered for more events than is allowed at state finals, he or she is illegal in that sport and will be ejected from that particular sport.
- 7) After registering and qualifying in a district, individuals who are 90 and above may add three additional events to their slate of events at the state finals. This is limited to events within sports in which the individual has qualified. Example: a 95 year old who qualifies in the 100m and 200m runs during the district competition may be too tired that day to participate further. Because the state events are spread out over two days, the 95 year old may choose to compete in the 1500m run also.

TEAM SPORT RULES

- 1) All team sports are offered separately for men and for women in the following divisions: 50+, 55+, 60+, 65+, 70+ and 75+.

- 2) In team competition, the team must compete in the age category of the youngest team player.
- 3) Team captains are responsible for turning in rosters and entry forms for all team members by the entry deadline. To be registered and placed on a schedule teams must be comprised of the minimum number of the players needed to take the field/court. Non-playing team captains must register for the event.
- 4) The Board of Directors realizes that some teams may be in jeopardy of forfeiting without enough players if injuries do arise (even after the final deadline date). If a roster contains the minimum number of players to take the floor/field PLUS one, and the team wishes to add additional players to avoid a forfeit this may be done with the appropriate entry fee. However, after the ***final deadline date***, there will be an additional \$100 fee per player (plus entry fee), to add players to the roster of a team that exceeds the minimum to take the floor/field plus one.
- 5) In team sports, an athlete may participate in another district other than their home district. Athletes are required to register and pay entry fees in each district.
- 6) An individual who lies about his or her age or address will be banned from the Tennessee Senior Olympics at all levels and for all events for three years. In addition, if the individual was a member of a team, that **team will be disqualified**. A team captain is required to verify all ages and addresses of team members.

7) **Team Composition Information**

On a trial basis for 2011 the following rule has been implemented by our board of directors:

Three grand divisions will be set up. These include West (the districts of Memphis, Northwest, and Southwest), Middle (the districts of Greater Nashville, South Central, and Upper Cumberland), and East (the districts of Chattanooga, Southeast, East, and First). Teams must be comprised of players from their division with one wild card allowed from any area. For example, a team from Greater Nashville may pick up any players from South Central and/or Upper Cumberland and also one player from East or West. If unsure which counties comprise which districts please visit our website at www.tnseniorolympics.com

Teams 75+ will not have restrictions. Teams may be comprised of any player regardless of district.

District assignments for out of state residents no further than 30 miles from the Tennessee border are defined by those Tennessee counties closest to the athlete's city.

The board of directors will consider exceptions to the above rule and grandfathering teams in if the team is 65+, and if a team member wanting to be added is in a division with no eligible teams in the area.

8) After district competition, the following number of changes or additions may be made to each roster before registering for the state finals: basketball - three (3), volleyball -four (4) and softball - five (5). Two of these additions or changes may be players who did not compete in district competition.

9) All team players from a district roster are eligible to advance to the state finals if their team qualifies. As long a player has paid the appropriate district entry fees and has registered, it is not necessary for the player to actually participate in the game. Since the player has registered and is part of the team, he or she may compete with the team in the state finals.

10) Athletes are allowed to play on one team only per sport.

REORGANIZATION AND CANCELLATION

Tennessee Senior Olympics officials reserve the right, when necessary, to reorganize competition levels/types of tournament or cancel a competitive event due to: number of participants, inclement weather, time and cost effectiveness, safety concerns and other extenuating circumstances.

APPEALS

1) All appeals for official interpretation must be made to the Event Director. Appeals must be filed immediately or right to appeal will be forfeited. An appeals form will be available at the registration desk and must be filed in writing within 24 hours of the event.

2) The staff and event chairs have the authority to enforce all policies and procedures.

AWARDS SYSTEM

1) The awards will include medals or ribbons which will be awarded to the top three (3) finalists in all events and competitive levels and will be given at the culmination of each event.

2) In cases of ties, not played off, competitors that have tied will receive the same type of award.

3) In cases of team competition, each member of the team will receive the same type of award.

4) Competitors must compete in an event before medals are awarded. If participants find they are the only individuals in their age group, an exhibition match must be played to receive awards.

EQUIPMENT

- 1) Necessary equipment for each competitive event will be provided by the Tennessee Senior Olympics, unless otherwise stated in the rules of each individual event.

ARCHERY

Events

Compound fingers, compound release, recurve, barebow compound, barebow recurve.

1. The game: The "900" American round will be used for all competition.
2. There will be five divisions:
 - a) Recurve- with sights
 - b) Barebow Recurve- no sights
 - c) Compound Fingers- with sights
 - d) Barebow Compound- no sights
 - e) Compound Release
3. Section 2: 90 arrows will be shot as follows: 30 arrows from 60 yards; 30 arrows from 50 yards; 30 arrows from 40 yards. Arrows will normally be shot in six arrow ends, but may be shot in three arrow ends when field and equipment conditions require more than four archers to be grouped on a target butt.
4. Section 3: Each END will consist of one set of six arrows with five minutes allowed for each end to be shot. When three arrow ends are necessary, each end will consist of one set of three arrows with 2.5 minutes allowed for each end to be shot. Shooters will rotate with target mates after each end.

Playing Rules

1. Recurve archery events will be conducted in accordance with National Archery Association Rules, except as modified herein. Compound archery events will be conducted in accordance with National Field Archery Association rules, except as modified herein. For a copy of these rules please call or write:

NAA
1 Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4576
www.usarchery.org

National Field Archery Association
31407 Outer 1-10
Redlands, CA 92373-9802
(800) 811-2331
www.nfaa-archery.org

2. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line. A maximum of two ends may be made up at the discretion of the Director of Shooting.
3. Field glasses or scopes are permitted for spotting arrow hits.
4. No broadheads will be permitted.
5. Regulation FITA 122cm (48") Five-color target faces will be used.

Scoring values: Gold (10-9), Red (8-7), Blue (6-5), Black (4-3), White (2-1), 10 ring scoring.

6. Dividing lines are part of the higher scoring. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value. "X" ring hits will be kept on the scorecard of all competitors and will be used as a tie-breaker. If still tied, the number of '10' ring hits will be used, then '9' ring hits, and so on until the tie is broken.
7. Hits will not be marked on the target face. Witnessed bounce out and pass through arrows will be shot over at the end of the distance as make-up arrows. If the bounce out destroys an arrow in the target, then it is a "Robin Hood" and will score the value of the arrow it destroyed.
8. Two archers at each target will keep the double set of scorecards. Scores shall be compared after each end. If the scorecards do not agree after arrows have been removed from the target, then the lower score shall be the official score.
9. Winner shall be the archer(s) scoring the highest number of points in the double "900" round.
10. Archers must provide their own bows and target arrows.
11. Archers will not be required to wear white or blue attire, however, they will be expected to wear clothing appropriate for state finals.
12. Barebow Recurve Equipment: Any recurve bow or longbow may be used. Bow sights are not allowed. Archers may string-walk and or face-walk in sighting. No stabilizers, levels or draw checks are allowed. Arrows must all be the same length and weight.
13. Barebow Compound Equipment: Any compound bow may be used. Bow sights are not allowed. Archers may string-walk or face-walk in sighting. No levels are allowed. Archers may use a stabilizer and may use a draw check that is either on the bow limbs or under the arrow in the bow window. Arrows must be all the same length and weight.
14. Compound Bow Equipment: The maximum peak draw weight allowed shall be 80 pounds. Maximum arrow speed shall be 280 feet per second with a variance of 3%. Lighted sights may be used.

Note: The competitor should be able to keep his/her arrows on target at 60 yards.

BADMINTON

EVENTS

Singles, Doubles, Mixed Doubles

Event Format: A match is best 2 out of 3 games.

Doubles - A doubles team will compete in the age division of the youngest player. Doubles partners must be of the same sex.

Playing Rules

1. All matches will be governed by U.S. Badminton Association rules. For a copy of those rules please call (719) 866-4808 or write:

USBA
1 Olympic Plaza
Colorado Springs, CO 80909
(719)- 866-4808
www.usabadminton.org

Scoring System

A match consists of the best of 3 games of 21 points.

The side winning a rally adds a point to its score.

At 20 all, the side which gains a 2 point lead first, wins that game.

At 29 all, the side scoring the 30th point, wins that game.

The side winning a game serves first in the next game.

Intervals and Change of Ends

When the leading score reaches 11 points, players have a 60 second interval.

A 2 minute interval between each game is allowed.

In the third game, players change ends when a side scores 11 points.

Points - Singles

At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left service court.

If the server wins a rally, the server scores a point and then serves again from alternate service court.

If the receiver wins a rally, the receiver scores a point and becomes the new server.

Points - Doubles

There is only one serve in doubles (see next page). The service passes consecutively to the players as shown in the attached diagram.

At the beginning of the game and when the score is even, the server serves from the right court.

When it is odd, the server serves from the left court.

If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.

If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.

The player of the receiving side who served last stays in the same service court from where he served last. The reverse pattern applies to the receiver's partner.

The players do not change their respective service courts until they win a point when their side is serving.

If players commit an error in the service court, the error is corrected when the mistake is discovered.

Badminton doubles serving chart included on next page.

In a Doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

Course of action / Explanation	Score	Service from Service Court	Server & Receiver	Winner of the rally		
	Love All	Right Service Court. Being the score of the serving side is even.	A serves to C A and C are the initial server and receiver.	A & B.	C	D A
A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts.	1-0	Left Service Court. Being the score of the serving side is odd.	A serves to D	C & D.	C	D A
C & D win a point and also right to serve. Nobody will change their respective service courts.	1-1	Left Service Court. Being the score of the serving side is odd.	D serves to A.	A & B.	C	D A
A & B win a point and also right to serve. Nobody will change their respective service courts.	2-1	Right Service Court. Being the score of the serving side is even.	B serves to C	C & D	C	D A
C & D win a point and also right to serve. Nobody will change their respective service courts.	2-2	Right Service Court. Being the score of the serving side is even.	C serves to B	C & D	C	D A
C & D win a point. C & D will change service courts. C serves from Left service court. A & B will stay in the same service courts.	3-2	Left Service Court. Being the score of the serving side is odd.	C serves to A	A & B	D	C A
A & B win a point and also right to serve. Nobody will change their respective service courts.	3-3	Left Service Court. Being the score of the serving side is odd.	A serves to C	A & B	D	C A
A & B win a point. A & B will change service courts. A serves again from Right service court. C & D will stay in the same service courts.	4-3	Right Service Court. Being the score of the serving side is even.	A serves to D	C & D	D	C A

Note that this means

- the order of server depends on the score odd or even same as in singles.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the

BASKETBALL FREE THROW SHOOTING

Playing Rules

1. Starting position: Free throw attempts will be made from the free throw line for all men's age divisions. The free throw line for women 65+ will be moved up to 12' from the basket. For women below 65 years old, the free throw line will remain as the shooting line. The option will remain for women 65+ to remain at the free throw line if they wish.
2. Warm-ups: Two warm-up shots will be allowed once the competitor is called to the line to begin shooting and scoring.
3. Scoring: Each participant will shoot ten (10) free throws. Winners will be determined by the number of successful throws made out of ten (10) attempts. In cases of a tie in the first three places, the ties will be played off by shooting five (5) free throws.
4. Violations: Any participant touching and/or crossing over the foul line while in the act of shooting or prior to the ball making contact with the basket or backboard will result in a forfeit of that attempt and will be recorded as a miss.
5. Players **MUST** use the official basketball provided. Players **may not** use their own ball. Female participants will use a women's or junior basketball.

BASKETBALL HOT SHOT

- In one minute, a competitor attempts to score as many points as possible. Starting at half court, the competitor dribbles into shooting range and shoots lay-ups or shoots from one of the designated hot spots. The competitor may shoot in any sequence he or she prefers.
- Two lay-up scores are allowed but all other shots must be taken from any or all five hot spots marked on the court. Each spot has a separate point value.
- Bonus points are awarded if players choose to shoot from all five hot spots.
- Competitors must dribble the ball when proceeding from spot to spot. Shooters must rebound their own shots.
- Hot Shot scoring is as follows:
 - Lay-up (only two are allowed) 2 points
 - Spot 1 (12 ft. from left corner) 2 points
 - Spot 2 (21 ft. from left of key) 4 points
 - Spot 3 (24 ft. from top of key) 5 points
 - Spot 4 (15 ft. from right of key) 3 points
 - Spot 5 (15 ft. from right corner) 3 points
 - Bonus (Shooting from all spots) 3 points
- In the event of a tie, the competitors will shoot again for an additional 30 seconds.
- Players **MUST** use the official basketball provided. Players **may not** use their own ball. Female participants will use a women's or junior basketball.

BASKETBALL 3-POINT SHOT

Playing Rules

1. Position: Shots may be attempted anywhere behind the 3 point line.
2. Warm-ups: All warm-up shots must be taken prior to the beginning of the event. No warm-up shots will be allowed after scoring has begun.
3. Scoring: Each participant will shoot ten (10) 3 point attempts. Winners will be determined by the number of successful shots made out of ten (10) attempts. In cases of a tie in the first three places, the ties will be played off by shooting five (5) 3 point shots.
4. Violations: Any participant touching and/or crossing the 3 point line while in the act of shooting will result in a forfeit of that attempt and will be recorded as a miss.
5. Players **MUST** use the official basketball provided. Players **may not** use their own ball. Female participants will use a women's or junior basketball.

3 ON 3 BASKETBALL

EVENT Teams: Women 50+, 55+, 60+, 65+, 70+, 75+, 80+
Men 50+, 55+, 60+, 65+, 70+, 75+, 80+

Teams will compete in the division of the youngest player.

Playing Rules

1. This tournament will be conducted in accordance with NCAA rules, with the following amendments. For a copy of the NCAA rules, please write or call:

NCAA
PO Box 6222
Indianapolis, IN 46206-6222
(317) 917-6222

www.ncaa.org

2. A team roster shall be limited to 10 players. **Team Composition Rule:**

On a trial basis for 2011 the following rule has been implemented by our board of directors:

Three grand divisions will be set up. These include West (the districts of Memphis, Northwest, and Southwest), Middle (the districts of Greater Nashville, South Central, and Upper

Cumberland), and East (the districts of Chattanooga, Southeast, East, and First). **Teams must be comprised of players from their division with one wild card allowed from any area.** For

example, a team from Greater Nashville may pick up any players from South Central and/or Upper Cumberland and also one player from East or West. If unsure which counties comprise which districts please visit our website at www.tnseniorolympics.com

****Teams 75+** will not have restrictions. Teams may be comprised of any player regardless of district.

3. Played on half court by two teams of three players each, with a maximum of seven (7) substitutes. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.

4. Playing time shall be two (2) halves of twelve (12) minutes of a continuously running clock with an intermission of five (5) minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules.

5. A tie score at end of regulation time will result in a three (3) minute stop clock overtime period with ball possession determined by coin flip. If still tied, subsequent one (1) minute periods are to ensue until tie is broken.

6. Two time-outs are permitted per team per half. If a game proceeds to overtime, each team shall receive no more than one additional time-out., regardless of the number of overtimes. Time-outs shall be 30 seconds in duration. The clock will not run during time-outs.

7. Substitutions may be made after a basket, a foul shot or any stoppage of play or any other time an official beckons the player onto the court.

8. The winner of the coin toss shall take first ball possession. Possession at the start of the second half will be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.

9. Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of possession. A warning shall be given by the official prior to assessing the penalty. During the last two minutes of the game and during any overtime period, teams shall attempt a shot within approximately twenty (20) seconds of gaining possession as determined by the referee.
10. The game shall be played using the three point line as the “check line”. The ball shall be returned to a point behind the check line after each possession as follows:
 - a) After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key. The ball must be advanced into play by means of a pass to a teammate. The teammate receiving the pass may be in front of or behind the check line.
 - b) After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.
11. Following a made basket or dead ball, the ball shall be put in play within five seconds. If the ball is not put into play within five seconds it shall be a violation and possession shall be awarded to the defense with no change in the possession arrow. Dribbling will result in a replay. Defenders may not cross the check line to guard the player throwing in the ball until after the player has made the first pass.
12. Players will foul out after five (5) personal fouls. Technical fouls will be assessed in accordance with NCAA rules.
13. All personal and technical fouls shall be counted against a team total. After the seventh team foul, a bonus shall be awarded for the remainder of the game, as set forth below.
14. Prior to the seventh team foul: a) any common foul shall result in loss of possession for the offending team; b) any player control foul shall result in disallowing a converted basket and loss of possession; c) any shooting foul with a missed basket shall result in two free throws and the offended team shall retain possession; and d) any shooting foul with a converted basket shall result in the basket being awarded along with a one free throw and retained possession for the offended team.
15. Beginning with the seventh team foul: a) any common foul shall result in a single free throw along with retained possession for the offended team; b) any player control foul shall result in disallowing a converted basket and in a single free throw which, if made, shall entitle the shooter to a second free throw, along with retained possession for the offended team; c) any shooting foul with a missed basket shall result in two free throws and the offended team shall retain possession; and d) any shooting foul with a converted basket shall result in the basket being awarded along with a one free throw and the offended team shall retain possession.
16. Beginning with the tenth team foul: a) any common foul shall result in two free throws and the offended team shall retain possession. b) any player control foul shall result in disallowing a converted basket and two free throws, and the offended team shall retain possession; c) any shooting foul with a missed basket shall result in two free throws and the offended team shall maintain possession; and d) any shooting foul with a converted basket shall result in the basket being awarded along with a one free throw and the offended team shall retain possession.
17. During the last two (2) minutes of each half, and any overtime period, automatic possession after foul shots does not apply (live rebounding will be in effect).

18. Team clothing must be of like design and color. Basketball teams will be required to provide light and dark shirts for basketball competition. Shirts are required to have numbers both front and back.
19. Aside from these special rules, all other rules will be played in accordance with current NCAA rules.
20. Three point shots are allowed.
21. Officials do not put the ball in play, except at the start of each half.
22. 3 second rule for women 70+ has been changed to 5 seconds.

BOWLING

EVENTS

- Singles
- Doubles
- Mixed Doubles

Doubles - Doubles partners must be of the same sex and a doubles team will compete in the age division of the youngest player.

Playing Rules

1. This tournament is scratch. It will be governed by the United States Bowling Congress. For a copy of those rules please write or call:

United States Bowling Congress
5301 S. 76th Street
Greendale, WI 53129
(800) 514-2695
www.bowl.com

2. Scoring: The tournament will consist of 3 games with 10 frames for each competitor per game. The highest total score for the three games will be declared the winner.

3. Ties: Ties for 1st, 2nd, and 3rd places will be decided by bowling a one game playoff.

4. Athletes must qualify in each bowling event (singles, doubles, mixed doubles) in which they wish to compete. Singles qualifiers will not be allowed to enter doubles events without qualifying in them.

CYCLING

EVENTS

5K Time trial, 20K road race

Playing Rules

1. All cycling events will be governed by the US Cycling Federation rules. For a copy of the current USCF rule book, please write or call:

USA Cycling Federation
1 Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4581
www.usacycling.org

2. Cyclists must provide their own equipment which include helmets (conforming to USA Triathlon regulations) and multi-gear (free-wheel) bikes with front and rear brakes. Fixed gear bicycles and recumbent bicycles are not permitted.
3. There may be no protective shield, faring, or other device in any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) which has the effect of reducing air resistance, except those allowed by the USCF.
4. In time trial events, the rider shall be held by an official at the start, but shall not be restrained or pushed. In the 20K road race, the start will be a mass start.
5. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
6. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
7. No restarts are permitted.

GOLF

EVENTS

1. The district and local tournament will be 18 holes.
2. The State Golf Tournament will be 36 holes medal play. 18 holes per day.

Playing Rules

1. The golf tournament will be conducted in accordance with USGA rules. For a copy of the rules, please write or call:

USGA
PO Box 708
Far Hills, NJ 07931-0708
(908) 234-2300
www.usga.com

2. Local rules will also be in effect.
3. All equipment must be furnished by participants and carts are required and available at the Golf Course.
4. USGA dress code will be enforced.
5. Scratch play will be in effect. No handicaps will be used.
6. In the event of a tie between 1st, 2nd, and 3rd place the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last nine holes, the last six holes will be compared, then three holes, then finally the 18th hole.
7. A minimum score of 140 for 18 holes must be shot at the district level to qualify for State Finals.
8. Spectators are allowed on the course; however they will be required to walk. Spectators must remain at least 25 feet away from tee boxes, fairways, and greens.
9. USGA rules regarding coaching will be strictly enforced.
10. USGA rules regarding pace of play will be observed.
11. Range finders of any type are permitted.

HORSESHOE PITCHING

EVENTS

Singles

Playing Rules

1. All matches will be conducted in accordance with the National Horseshoe Pitching Association rules. For a copy of these rules, please write or call:

Mr. Dick Hansen
National Horseshoe Pitching Association
3085 76th Street
Franksville, WI 53126
(262) 835-9108
www.horseshoepitching.com

2. Games will be played to twenty-one (21) points or the high score after twenty (20) shoes are pitched, whichever occurs first.
3.
 - a) Men in divisions 50- 69 years of age will pitch a minimum distance of forty (40) feet.
 - b) Women 50-74 will pitch a distance of thirty (30) feet.
Men in division 70+ will pitch a minimum distance of thirty (30) feet.
 - c) Women in division 75+ will pitch a minimum distance of twenty (20) feet.
4. Contestants may bring their own shoes, which will be certified by the event director.
5. Singles - Each player has two (2) shoes and uses the same pitcher's box. Players pitch both shoes in turn at the opposite stake an inning. They then walk to that stake, tally the score, and pitch back toward the first stake.
6. Start – Players toss a coin; the winner decides who pitches first.
7. Pitching - The pitcher must stand on one of the pitching platforms. Players may use the platform on either side of the court. Feet must stay behind the foul line and within the platform limits until the shoe has left the pitcher's hand . Opponents must remain on the side of the stake, either in the rear quarter of the other pitching platform or behind the pitching box, with the toes of one foot touching that platform, and must not talk, move or in any other way distract the pitcher. Such an offense incurs a loss of score in that inning. No player may walk to the opposite stake, or be informed of the position, of the shoes before an inning is complete. Once thrown, shoes may not be moved or touched until the scores have been decided. Such an offense incurs a loss of score in that inning.
8. Scoring - Shoes must be within six (6) inches of the stake to score. A shoe that first strikes the ground outside the target area or rebounds from the backboard cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the target area on the request of the opponent. A shoe landing in the area and breaking is not scored; it is removed and

another pitch taken. A "ringer" is a shoe that encircles the stake so that a straight edge could touch the two prongs without touching the stake.

9. Cancellation Scoring - Each ringer scores three (3) points. Each shoe closer than an opponent's scores one (1) point. Innings continue until one player reaches twenty-one (21) points, or high score after twenty (20) shoes are pitched whichever is applicable. Only the difference between the scores in each inning counts. If the result of an inning is equal, then no score is recorded. The scorer in one inning pitches first in the next inning. If no points are scored, the order of pitching alternates.

PICKLEBALL

EVENTS: Singles, Doubles, Mixed Doubles

Playing Rules: All matches will be governed by the USA Pickleball Association

USA Pickle ball Association (USAPA)
PO Box 27213
Seattle, WA 98165-1613
Web Site: www.usapa.org
Email: info@usapa.org

Pickle Ball Rules Summary

The serve must be hit underhand and each team must play their first shot off the bounce. After the ball has bounced once on each side then both teams can either volley the ball in the air or play it off the bounce. This is called the "double bounce rule" because the ball must hit twice (once on each side) before it can be volleyed. This eliminates the serve and volley advantage and prolongs the rallies. To volley a ball means to hit it in the air without first letting it bounce.

The non-volley zone is the 7-foot zone on both sides of the net. No volleying is permitted within the non-volley zone, preventing players from executing smashes from a position within the zone. When volleying the ball, the player may not step on or over the line. It is a fault if the player's momentum carries him into the zone while the ball is still in play. A player may be in the non-volley zone at any other time. The non-volley zone is sometimes referred to as the kitchen.

Both players on the serving team are allowed to serve, and a team shall score points only when serving. A game is played to eleven points and a team must win by two points. Rallies are lost by failing to return the ball in bounds to the opponent's court before the second bounce, stepping into the non-volley zone and volleying the ball, or by violating the double-bounce rule. The hand is considered an extension of the paddle. The player loses the rally if the ball hits any other part of his body or clothing.

The server must keep both feet behind the baseline during the serve with at least one foot on the court surface at the time the ball is struck.. The serve is made underhand. The paddle must contact the ball below the waist. The serve is made diagonally cross-court and must clear the non-volley zone. The non-volley line is a short line for the serve (the serve is a fault if it hits the line). All other lines are good at all times. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Let serves are replayed. At the start of each new game, only one player on the first serving team is permitted to serve and fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team. When the receiving team wins the serve, the player in the right hand court will always serve first.

When the serving team wins a point, the server moves to the other side of the serving team's court. Note that if the serve rotation is done properly, the serving team's score will always be even when the player that started the game on the right side is on the right side and odd when that player is on the left side.

Singles Play: The server serves from the right side when his score is even and from the left side when his score is odd.

Rule exception: Games are usually won by two points. In some situations, event directors may choose to win by one to speed up play.

RACQUETBALL

EVENT

Singles, Doubles, Mixed Doubles

Event Format: Best two out of three games.

Playing Rules

1. All racquetball matches will be governed by standard rules recommended by the United States Racquetball Association. For a copy of these rules please write or call:

United States Racquetball Association
1685 W. Uintah
Colorado Springs, CO 80904
(719) 635-5396 ext. 20
www.usra.org

2. Lensed eyewear designed for racquet sports is mandatory.
3. Points are scored only by the serving side when it serves an ace or wins a rally. Losing the serve is called an out.
4. A match is won by the first side winning two games. The first two games of a match are played to 15 points. In the event each side wins one game, the tie breaker game is played to 11 points.
5. The USAR's rules for singles also apply **in doubles** with the following additions and modifications:
 - (a) Order of Serve. Before the match begins, each team shall inform the referee of their team's order of service, which shall be followed throughout the match. The order of serve may be changed between games, provided that the referee has been verbally notified before the first serve of the new game. At the beginning of each game, when the first server of the first team to serve is out, the team is out. Thereafter, both players on each team shall serve until the team receives a handout and a sideout.
 - (b) Partner's Position. On each serve, the server's partner shall stand erect with back to the side wall and with both feet on the floor within the service box from the moment the server begins the service motion until the served ball passes the short line. Violations are called foot faults. However, if the server's partner enters the safety zone before the ball passes the short line, the server loses service.
 - (c) Changes of Serve. In doubles, the side is retired when both partners have lost service, except that the team that serves first at the beginning of each game loses the serve when the first server is retired. **Refer to USRA rules for further details about doubles.**

SHUFFLEBOARD

EVENT

Singles

Doubles - A doubles team will compete in the age division of the youngest player.

Doubles partners may be mixed.

Format: Best 2 out of 3

Playing Rules

1. All shuffleboard matches will be conducted in accordance with official rules of the National Shuffleboard Assoc., Inc. For a copy of these rules, please write or call:

Walt Wedel, President
National Shuffleboard Association
Winter Address:
4926 8th St E
Bradenton, FL 34203
(941) 753-3428

Summer Address:
15150 V Ave E
Fulton, MI 49052
(269) 778-3741
www.national-shuffleboard-association.us

2. Doubles partners may be mixed. Partners must be from the same district and/or metropolitan area.
3. At times, there will be two (2) opposing players who will remain at the other end of the court competing against each other. In these instances of non-walking singles, one end of the court will be considered the head and the other the foot. The red or yellow disks will be lined up on the right at the head of the court and on the left at the foot of the court.
4. Doubles matches will consist of eight (8) frames of which four (4) will be played by each partner who will remain at their respective end of the court during the entire match. The team or pair with the highest point score at the end of eight (8) total frames will be the winner.
5. In case of a tie, two extra frames will be played until tie is broken.
6. Player or team with lowest chart line number (top of the bracket) will play the first game with Yellow discs, then change color and play the second game with Black discs.
 - a) Before practice begins, each player may shoot two (2) discs to check speed of court. Two full rounds of practice on assigned color are allowed before the first game. If a third game is necessary, no practice is allowed before the third game.

b) Color choice for the third game is determined by two opposing players shooting from the head of the court to the far deadline, shooting alternately, first RED then BLACK. The disc nearer to the far deadline (lag line) determines who shall have color choice. Measurement is from center of disc to center of line. (It can cross over the lag line.) If the last (4th) BLACK disc shot touches the RED disc, color choice goes to player of RED.

7. To start games, the RED disc is shot first. Play alternates - RED, then BLACK - until all discs are shot. RED shall always be played from the right side of the head of court, and left side of foot of court. (NOTE: While standing at the foot of the court, RED shall be on the left side of the court.)

ERROR IN COLOR LEAD: Error in color lead shall be corrected if discovered before half-round is complete; otherwise, play continues in order started at beginning of game.

8. Players may bring own cues.

9. The cue shall not have an overall length of more than 6'3". No metal part of the cue shall touch playing surface of court.

10. The following penalties need not be enforced unless the offender gains an advantage:

- *going beyond the baseline while not in the act of shooting
- *not remaining seated
- *making remarks or motions to partner
- *cue slipping from hand
- *no hook shot allowed.

SOFTBALL THROW

Playing Rules

1. Starting Position: Free throw attempts will be made from the marked line.
2. Scoring: Each participant will have three measured throws. Winners will be determined by the longest distance. In cases of a tie in the first three places, the ties will be played off with additional throws.
3. Violations: Any participant touching and/or crossing the marked line while in the act of throwing will result in a forfeit of that attempt and will be scored as zero.
4. It is a scratch, if in attempting a throw, the ball is dropped or travels backwards.
5. Female participants will use an eleven (11) inch softball and male participants will use a twelve (12) inch softball.

SOFTBALL

EVENT

Team: Women 50 +, 55+, 60+, 65+, 70+, 75+

Men 50+, 55+, 60+, 65+, 70+, 75+

Teams will play in the age division of the youngest player.

Playing Rules

1. Softball Players Association (SPA) rules will apply except as noted below. For a copy of these rules, please write or call:

Softball Players Association
925 W. State Hwy 152
Mustang, OK 73064
(405) 376-7034
www.spasoftball.com

2. Athletes may play on only one softball team.

3. **COMMITMENT LINE:** A 6-foot line drawn perpendicular to the 3rd base line, beginning at the base line and extending into foul territory. This line is located 20 feet from the point of home plate, measured along the 3rd base line. Once a runner's foot touches the ground on or past the commitment line, the runner may not return to third base, the runner **MUST** continue on toward the scoring plate. Violations will result in an out.

4. **SCORING PLATE:** A SCORING PLATE shall be placed eight feet from the back tip of home plate on an extended line from first base. A line shall be drawn from third base to the SCORING PLATE. The scoring plate is for use by the OFFENSIVE PLAYER ONLY.

5. All plays at the plate shall be force plays. A defender shall record an out at the plate by having possession of the ball and tagging home plate prior to the runner touching the scoring plate. If a defender attempts to tag an offensive player at the scoring plate the runner shall be called safe. A runner who attempts to score by touching other than the scoring plate shall be called out. Players who violate this rule are subject to ejection from the game.

6. **STRIKE ZONE MAT:** A strike zone mat **WILL NOT** be used.

PITCHER'S Box: a pitcher's box consisting of the area from the front of the pitcher's plate, 50 feet from home plate, and extending back eight (8) feet and twenty-four (24) inches wide perpendicular to the pitcher's plate shall be used. The pitcher must release the ball after coming to a complete stop with one foot or both feet in contact with the pitcher's plate or within the pitcher's box. One foot must remain in contact with the plate/box when the pitch is released with an underhand motion. A step simultaneous with the release of the ball may be taken in any direction with the free foot. The pitcher must be facing the batter when delivering the pitch. The catcher must remain within the lines of the catcher's box until the pitched ball is batted, touches the ground or home plate, or reaches the catcher's box. The area shall be chalked off.

7. **DOUBLE BAG/MAT.** A DOUBLE BAG/MAT, twice the size of a standard base shall be placed at first base, the double portion of the bag or mat being in foul territory. For the purposes of plays at first base, the entire bag shall be considered to be in fair territory.

8. **RUNNERS LINE:** A RUNNERS LINE measuring three inches (3") wide and thirty (30) feet long shall be marked parallel to, and 3 feet away from the first base foul line in foul territory, extending from first base back toward home plate. Runners shall stay between this line and the foul line while running to first base. Failure to do so will result in the runner being declared out.

9. **METAL CLEATS:** Metal cleats will not be permitted. Players found wearing metal cleats in a game will be ejected from the game and, if on base, a "dead ball out" will be called. If there are less than three outs, any players on base must return to the base occupied at the time the ejected player came to bat.

10. **PLAYERS and SUBSTITUTES:** SPA rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at one time does not exceed the total allowed for that age division.

Men in age divisions 50 +, 55+, 60+, 65+: Ten (10) defense players shall constitute a team. A team must have a minimum of nine (9) players at the start and finish of a game. For any team playing with nine players, an out will be recorded when the tenth position in the batting order appears. A tenth player may be added as he shows up for play; however he must be listed as the tenth offensive player and bat after the other nine players. If EPs are used, a team must start and end a game with 11 players, which includes the EP. In addition, for teams using EPs, 10 players must play defense.

Men in age divisions 70 +, 75+, 80+ and all women's age divisions except women's 75+ : Eleven (11) defensive players shall constitute a team. A team must have a minimum of ten (10) players at the start and finish of a game. An eleventh player may be added as he/she shows up for play; however he/she must be listed as the eleventh offensive player and bat after the other 10 players. Teams in these divisions may use up to two EP's. If EPs are used, a team must start and end a game with 11 players, plus the number of EP's used. In addition, for teams using EPs, 11 players must play defense.

11. **ROSTER:** A roster is limited to twenty (20) players. **Team Composition Rule:** On a trial basis for 2011 the following rule has been implemented by our board of directors: Three grand divisions will be set up. These include West (the districts of Memphis, Northwest, and Southwest), Middle (the districts of Greater Nashville, South Central, and Upper Cumberland), and East (the districts of Chattanooga, Southeast, East, and First). **Teams must be comprised of players from their division with one wild card allowed from any area.** For example, a team from Greater Nashville may pick up any players from South Central and/or Upper Cumberland and also one player from East or West. If unsure which counties comprise which districts please visit our website at www.tnseniorolympics.com
****Teams 75+ will not have restrictions.** Teams may be comprised of any player regardless of district.

Captains may not play unless designated as Player/Captain on the entered roster. A non-playing manager is not included in the player count of twenty (20). A Player/Captain must meet all other team player criteria.

12. **LINE UP CARDS:** Official line up cards must be presented to the opposing manager and scorekeeper ten (10) minutes prior to game time. Tournament line-up cards will be furnished to all team managers.

13. **MERCY RULE:** There will be a mercy rule for all softball games including championship games. A fifteen (15) run mercy rule will be in effect after five (5) innings (4 1/2 innings if home team is ahead) thus ending the game. A twenty (20) run mercy rule will be in effect after four (4) innings.

14. **TIME LIMIT:** The length of a game will be seven (7) innings or one hour and fifteen minutes (15) of time EXCEPT:

- a. Tie games after seven (7) innings will continue until one team is ahead after the completion of any subsequent inning using the international tie-breaker rule.
- b. Championship games. A time limit will not be placed on championship games. However, the mercy rule is in effect.

15. **COURTESY RUNNER:** A player may only be used as a courtesy runner once per inning (except women 65+, women 70+, and women 75+ which may have a courtesy runner as many times as needed and players can be a courtesy runner as many times as needed per inning). A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently from the game. A courtesy runner on base when it is his/her turn at bat will be declared out as the runner. Another courtesy runner may not be used to circumvent this rule.

16. **SLIDING or DIVING:** A player may slide or dive into **any** base and when returning to any base. Runners shall be called out for contact with a defensive player if, in the umpire's judgment, the contact was deliberate or the runner could reasonably have been expected to minimize or avoid contact under the circumstances and failed to do so.

17. **OVERRUNNING:** A "run by" rule shall be in effect at 1st, 2nd, and 3rd base, e.g., a player may run past any base at any time. The runner shall be considered "safe" so long as he/she turns to the right after passing the base. The player must touch the base for the "run by" rule to be in effect. Any attempt to advance, or to decoy the fielder, cancels the "run by" rule and the runner can be tagged out.

18. **RUNNER HIT BY FAIR BALL:** A runner is not out when he/she is hit with a fair, untouched batted ball that has passed an infielder, excluding the pitcher, and in the judgment of the umpire, no other infielder had a chance to make an out.

19. All players are required to wear a numbered shirt.

20. The men's division will play 12" slow pitch (.44 cor and .375 compression) . The women's division will play 11" (.47 cor and .500 compression) slow pitch.

21. All bats with a BPF of 1.20 or less will be legal for play except those bats listed on the most current SPA banned bat list.

SWIMMING

COMPETITION LEVEL

EVENTS

- 50, 100, 200, 500 Freestyle
- 50, 100, 200 Backstroke
- 50, 100, 200 Breaststroke
- 50, 100 Butterfly
- 100, 200 Individual Medley

Playing Rules

1. A maximum of 6 events may be selected. All swimming events will be timed heats by age/sex division. When more than one heat is necessary, times shall be used to determine places (no preliminaries).

2. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call:

United States Masters Swimming, Inc.
P. O. Box 185
Londonderry, NH 03053-0185
(800) 550-7946
www.usms.org

. The major points of the rules include:

a. **Starts/Finish:** the forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. Each competitor will be allowed one false start. A second false start will result in disqualification. Swimmers must touch the wall at each turn and at the finish.

b. **Turns:** The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.

c. **Backstroke:** There are no rules pertaining to arm or leg movements, however, swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.

d. **Breaststroke:** Appropriate stroke is required.

e. **Butterfly:** The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly stroke at any time during the race.

f. **Freestyle:** Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except in the individual medley event where freestyle means any stroke other than backstroke, breaststroke, or butterfly.

g. **Medley:** The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern turns and strokes.

h. **General:** Any swimmer who uses improper methods in order to gain an advantage over his/her competition will be disqualified from that event.

TABLE TENNIS

EVENT

Singles, Doubles, Mixed Doubles

Event Format: Play shall consist of the best 3 out of 5 game match.

Playing Rules

All matches will be conducted in accordance with USA Table Tennis (USATT) rules. Official rules may be obtained at <http://www.usatt.org/rules/index.shtml> or by calling (719) 866-4583.

USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4583
www.usatt.org

1. A player may not wear clothing, other than socks, shoes, or undergarments, which is the same color as the ball. Check with the Senior Olympics office to find out what color ball will be used.
2. Games to 11 points; must win by 2 points. Matches are best of any odd number of games.
3. Flip coin to decide who serves first. Winner of the toss chooses to serve or receive, or to start at a particular end of the table. The coin toss loser has the choice not taken by the winner. (Do **not** “ping” for serve.)
4. Each player alternately serves 2 points until end of game or score reaches 10–10. At 10–10 (a “deuce” game), alternate serves every point until 1 player is 2 points ahead.
5. A point begins as soon as the server tosses up the ball (no second chance serves).
6. To serve, toss the ball up at least 6 inches from the stationary open palm of your free hand and then strike the ball as it is falling. The ball must stay **behind the endline** and **above table level**. The ball has to be visible to the receiver throughout the serve.
7. The serve must bounce first on the server’s side, cross over the net without touching it, and land anywhere on the other side of the table. If the serve hits the net and lands on the opposite side (a “net” serve), serve over until a good serve is made. No limit on net serves.
8. Except when serving, you cannot strike a ball until it has first bounced on your side of the table (no volleys). Your return must then land directly on the opponent’s half of the table without hitting any object other than the net or net posts.
9. A return (not a serve) striking the net and landing on the opposite side of the table is good.
10. A return that rebounds directly off the hand or any part of the racket is still in play. But a return striking both hand and racket is out of play. Similarly, a return by a hand without a racket or a racket not held in a hand is out of play.
11. The ball must not bounce twice before being returned or be struck by a player more than once consecutively. The ball is out of play when it has touched anything other than the net or its supports, the opposing court, or the racket/racket hand.
12. A return that touches the **top edge** of the table is good, but a return that touches the **side** of the table is not good.
13. Your opponent wins the point if you touch the table with your **free** hand, move the table, or touch the net or net posts during a rally. Your opponent also scores a point when the ball

- comes into contact with you or anything you wear or carry, before it has passed beyond your end line or sideline and without having first touched the your court.
14. Switch ends of the table after each game and at 5 in the deciding game of a match. If the players forget to change ends, they must do so as soon as the error is discovered, unless the game is completed. All points played before the error is corrected are good.
 15. The first receiver in a game becomes the first server in the next game of a match.
 16. Call a "let" and play the point over if both players cannot agree on a call or for any disturbance during play. A let is also called if a service is delivered when the receiver is not ready, provided no attempt is made to return the ball.
 17. Do not walk into or otherwise disturb a playing area during a point.

Doubles

1. Order of Play - The server shall first make a good service, the receiver a good return, then the partner of the server, then the partner of the receiver and thereafter each player alternately in that sequence. Striking the ball out of sequence results in the loss of the point.
2. Service - The ball shall contact the table in the server's right-hand court and the receiver's right hand court. The center line is a part of each court. Failure to serve in the correct court results in the loss of the point. After the serve, the full table is in play.
3. Out of Order Play - If by mistake a player serves or receives out of order, play shall be interrupted and the proper order at the score reached shall be re-established. All points scored before discovery of the error shall stand.
4. The receiving pair changes their order of receiving when the score first reaches 5 points in the last possible game of a match.

TENNIS

EVENTS

Singles

Doubles: A doubles team will compete in the age division of the youngest player.

Doubles partners must be of the same sex.

Mixed Doubles

Playing Rules

1. All tennis matches will be conducted in accordance with U.S.T.A. rules except as noted below. For a copy, please write or call:

USTA Publications Department
70 West Red Oak Lane
White Plains, NY 10604
(914) 696-7000
www.usta.com

2. Participants must provide own racquet and practice balls.
3. If a participant qualifies in more than one event, a situation may arise wherein he/she will have to play more than the USTA-recommended number of matches any given day.
4. The tournament will be played on hard surface courts. Tennis balls to be used will be of a type designated for hard court play.
5. There will be a one (1) minute break every two games.
6. Match format is best of 3 sets regular scoring with a matchbreak (1st player/team to reach 10 pts by 2 pt margin) in lieu of a 3rd set except as may be modified in accordance with the TSO's right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
7. At the state level, tennis players may only choose two events (singles, doubles, or mixed doubles).

TRACK - RUNNING EVENTS

EVENTS

100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1500 meter run, 4 x 100m relay

Playing Rules

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46225
(317) 261-0478
www.usatf.com

1. Heats – number of heats will be determined based on the number of entries.
2. All running events will be timed heats by age/sex division. When more than one heat is necessary, times shall be used to determine places (no preliminaries). At State Finals, district times may be used to seed heats. If a time is not submitted with the entry form athlete will be placed in slowest heat.
3. To Start - races are run around curves that have staggered starts to equalize distances to be run. The starter will command "on your mark and set", a whistle blow will indicate the start of the race.
4. False Starts - are constituted by a competitor failing to comply with the "set" command or starts before the whistle. Competitors will be recalled by a whistle blow after a false start. The competitor responsible for the false start will be warned. Two false starts will result in disqualification.
5. Encroachment and/or interference shall be called for the following violations:
 - a. Runners make physical contact with competitors. Responsibility shall lie with runners who leave their assigned lane.
 - b. Crossing into a competitor's lane if the action, in the opinion of the judges, causes the competitor to have to change speed or pace.
6. Finish - competitors will be placed in the order in which any part of their torso (not head, neck, arms, legs, hands or feet) touches the finish line.
7. Ties - in a first place tie the referee will decide if it is practical to run again. All other tied results stand.
8. Shoes must comply with USATF Rule 143.

9. Athletes who qualify for and compete in the 100-, 200-, 400- or 800-meter events at the state finals will be eligible to compete in the 4x100-meter relay. Athletes can not qualify to compete in the relay event except in this manner.

10. Registration for the relay event will take place at the track venue prior to the race. Age division of relay teams will be based on the age of the youngest team member as of December 31.

TRACK- RACE WALKING

EVENT

1500 meter

1. All race walking events will be governed in general by standard rules recommended by USA Track and Field. For a copy of these rules, please write or call:

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. The race shall be conducted on a track, or comparable, area, where participants can be seen by judges at all times, and the safety of the participants is ensured.

3. Race walking is a progression of steps taken so that unbroken contact with ground is maintained.

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

a. One 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.

b. Each leg must be straightened at least momentarily during each stride taken by the race walker.

5. When, in the opinion of the judges, a competitor's mode of progression fails to comply with the definition of race walking, the competitor shall be disqualified and informed of the disqualification by the Chief Judge.

a. Each judge shall warn an offending competitor, but the walker is not entitled to a second warning for the same reason.

b. To disqualify a competitor requires a total of three disqualification verbal warnings from at least three judges.

c. Normally, a competitor is entitled to a warning before a disqualification is given.

d. A disqualified competitor may finish the race.

6. The following infractions of the rules will lead to a caution and/or eventual disqualification of an athlete during competition:

a. Loss of Contact - When a walker does not have continuous contact with the ground.

b. Bent Knee - When a walker fails to straighten the supporting leg in the vertical position.

c. Encroachment - If a walker makes physical contact with a competitor impeding progress.

d. Interference - Crossing into a competitor's path if the action, in the opinion of the judges, causes the competitor to have to change speed or pace.

7. Competitors must not wear clothing which could impede the view of the judges, such as below the knee shorts, long pants or skirt, or mechanical braces. The following attire will be allowed: support stocking, spandex pants (solid colors only), and ace bandages required for medical reasons.

TRACK -ROAD RACE

EVENTS

5K, 10K

Playing Rules:

1. All road race events will be governed in general by standard rules recommended by USA Track and Field. For a copy of these rules, please write or call:

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. All age divisions will run simultaneously.

TRACK AND FIELD EVENT

DISCUS

COMPETITION LEVEL

Playing Rules

Equipment: Discus: M50+/1.5kg; M60+/1.0kg; W50+/1.0kg; W 75+ .75kg. Official implement will be provided. In addition, athletes may be permitted to use their own implements, provided they have been certified by the Track and Field Committee or judge.

1. All field events will be governed in general by standard rules recommended by USA Track and Field. For a copy of these rules, please write or call:

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. The discus is thrown from a circle and must land within the marked sector. All athletes at the field events at the state finals will be allowed four throws/jumps. A tie for first place is decided by the competitors' second-best throw.

3. Throwing action: The competitor must begin his throw from a stationary position. He may hold the discus as he wishes and use any throwing technique. His throw is a foul if, after commencing his action, he touches with any part of his body either the top of the ring bounding the circle or the ground beyond it. This rule remains in force while the discus is in flight. At the end of the throw, the competitor must, from a standing position, leave the circle from behind the dividing line.

4. Interrupting a Trial: Provided there has been an infringement, a competitor is permitted one interruption for each trial. When interrupting a trial, the competitor may lay down his discus. He must then recommence his action from a stationary position.

5. Landing: The discus must land within the inner edge of the sector lines.

6. Measurement: A throw is measured from the nearest mark made by the discus (a) to the inner edge of the ring bounding the circle (b) Measurement is along a line from the mark and through the center of the circle (c) Distances are recorded according to USTA rules.

TRACK AND FIELD EVENT

LONG JUMP

Playing Rules

1. This event will be governed in general by standard rules recommended by USA Track and Field. For a copy of these rules, please write or call:

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. Competitors leap from a take-off board into a sand landing area. All athletes at the field events at the state finals will be allowed four throws/jumps. The competitor with the longest jump in his/her four trials is the winner. A tie for first place is decided by the competitor's second-best jumps.

3. Run-up: The length of the run-up is unlimited. Marks may not be placed on the runway but may be placed alongside it. Marks may not be placed beyond the take-off line.

4. Take-off: A failure is counted if a competitor touches with any part of his body the ground beyond the take-off line extended. This rule applies whether he makes his jump or merely runs up without jumping. Long jumpers may not use weights or grips.

5. Landing: It is a failure if a competitor, when landing, touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area.

6. Measurement: A jump is measured from the nearest break in the landing area made by any part of the competitor's body. Measurement is up to the take-off line and at right angles to it. Distances are recorded according to USTA rules.

TRACK AND FIELD EVENT
HIGH JUMP

Playing Rules:

1. The event will be governed in general by standard rules recommended by USA Track and Field. If you would like a copy of these rules, please write or call:

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46255
(317) 261-0500
www.usatf.org

2. The initial height of the crossbar will be two feet. The bar will be raised a minimum of one inch (approximately 2cm) after each round.
3. Each competitor shall be credited with the best of all his jumps in the competition proper, including jumps taken in a jump-off of a first-place tie.
4. A competitor may place (approved) marks to assist him in his run-up and take-off.
5. A competitor may, at his discretion, commence jumping at the starting height or at any subsequent height. If a competitor forgoes a trial at a height, he thereby forfeits his right to jump again at that height. He may, however, jump at that height in a jump-off to break a tie for first place. Three consecutive failures, regardless of the height at which such failures occur, disqualifies the competitor from further jumping except in the case of a jump-off to break a tie for first place.
6. The uprights or posts shall not be moved during competition unless the Referee considers the take-off or landing pit to have become unsuitable. In such a case the change shall be made only after a round has been completed.
7. The competitor must take off from one foot.
8. It shall be a failure if:
 - a) after the jump, the bar does not remain on the supports, or
 - b) the jumper touches the ground including the landing area beyond the plane of the uprights, either between or outside the uprights, without first clearing the bar, unless, in the opinion of the judge, no advantage is gained.
9. Measurement: All measurements shall be made perpendicularly from the ground with a certified steel tape or bar to the lowest part to the upper side of the crossbar.

TRACK AND FIELD EVENT

SHOT PUT

Equipment:

Shotput: M50+/6kg; M60+/5kg; M70+/4kg; M80+/ 3kg; W50+/3kg; W75+/2 kg

Official implement will be provided. In addition, athletes may be permitted to use their own implements, provided they have been certified by the Track and Field Committee or judge.

Playing Rules:

1. All field events will be governed in general by standard rules recommended by USA Track and Field. For a copy of these rules, please write or call:

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. The shot is put from a circle and must land within the marked sector. All athletes at the field events at the state finals will be allowed four throws/jumps. The winner is the competitor with the best distance in his/her four trials. A tie for first place is decided by the competitors' second-best throws.

3. Putting Action: The competitor must begin his put from a stationary position. Only one hand may be used and through the putting action this hand must not be dropped below its starting position. The shot must not be brought in front of the line of the shoulders. A put is invalid if the competitor, after commencing his action, touches with any part of his body the top of the stopboard(s) or the ring bounding the circle, or the ground outside. He is permitted to touch the inside of the stopboard or ring. The competitor must not leave the circle until the shot has touched the ground, when he must, standing, leave form behind the dividing line.

4. Interrupting a trial: Provided there has been no infringement, a competitor is permitted one interruption for each trial. When interrupting a trial, the competitor may lay down his shot. He must then re-start from a stationary position.

5. Measurement: Takes place immediately after each trial. Puts are measured from the nearest mark made by the shot to the inner edge of the ring bounding the circle. Measurement is along a line from the mark and through the center of the circle.

TRACK AND FIELD EVENT

JAVELIN

Playing Rules

Equipment:

Javelin: M50+/700g; M60+/600g; M70+/500g; M80+/400g; W50+/500g; W60+/400g.

1. All field events will be governed in general by standard rules recommended by USA Track and Field. For a copy of these rules, please write or call:

USA Track and Field
1 RCA Dome
Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. Official implements will be provided. In addition, athletes may be permitted to use their own implements provided they have been certified by the Track and Field Committee or judge.

3. All athletes at the field events at the state finals will be allowed four throws/jumps. The winner is the competitor with the best distance in his/her four trials. A tie for first place is decided by the competitors' second-best throws.

VOLLEYBALL

EVENT:

Team: Women 50+, 55+, 60+, 65+, 70+, 75+
Men 50+, 55+, 60+, 65+, 70+, 75+

Teams will play in the age division of the youngest player.

Event Format: In double elimination draws or exhibition matches, a team must win two out of three games to win the match.

In pool play, matches will consist of one or more games to either 21, 25, or 30 points depending on the size of the group and court time available. Once a single elimination tournament is reached, matches for the gold, silver, and bronze medals and possibly others will be best two out of three games. Rally scoring will be used and there is no time limit or cap on games.

Pool play timeouts: in a 30 point game **two** 30 second time outs are allowed. In a 21 point game, **one** 30 second time out is allowed.

For seeding in the single elimination tournament after pool play, total games won will be used. In the event of a tie, the following order of tie breakers will be used involving the tied teams:

- Head to head games won between the tied teams
- Total points scored in all games won involving the tied teams.
- Total points scored combining all scores from both games won and games lost involving the tied teams.

Playing Rules:

1. All matches will be conducted in accordance with USA Volleyball rules, except as modified herein. For a copy of these rules, please write or call:

USA Volleyball.
715 South Circle Dr
Colorado Springs, CO 80910-1740
(719) 228-6800
www.usavolleyball.org

2. Athletes may play on only one volleyball team.

3. Net height will be in accordance with USA Volleyball rules.

4. A team's roster shall be limited to fifteen (15) players. **Team Composition Rule:** On a trial basis for 2011 the following rule has been implemented by our board of directors: Three grand divisions will be set up. These include West (the districts of Memphis, Northwest, and Southwest), Middle (the districts of Greater Nashville, South Central, and Upper Cumberland), and East (the districts of Chattanooga, Southeast, East, and First). **Teams must be comprised of players from their division with one wild card allowed from any area.** For

example, a team from Greater Nashville may pick up any players from South Central and/or Upper Cumberland and also one player from East or West. If unsure which counties comprise which districts please visit our website at www.tnseniorolympics.com

****Teams 75+** will not have restrictions. Teams may be comprised of any player regardless of district.

5. Team clothing should be of like design and color. Teams must have shirts numbered both front and back.

6. A team must have at least five players present to start a game; otherwise, the game is forfeited. The sixth player may enter upon arrival. In the event of injury, a team may continue/finish with a minimum of four players on the floor.

7. Teams competing with only five players shall always have three players on the front row. No service rotation penalty shall be assessed for not having six players.

POWER WALK

Rules

1. The power walk is a one mile walk.
2. Running is not allowed (one foot must be in contact with the ground at all times).
3. Medals will be awarded.