



Tennessee Senior Olympics, Inc. Rules and Regulations

2019

Revised May 9, 2019

TENNESSEE SENIOR OLYMPICS

RULES AND REGULATIONS

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***Denotes event not offered at Nationals**

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.

NOTE: Highlighted sections were new for 2018 and will be kept highlighted through 2019

TENNESSEE SENIOR OLYMPICS, INC.
STATE FINALS EVENTS
MENU OF EVENTS

**Denotes Events NOT offered at Nationals*

ARCHERY	Compound Fingers, Compound Release, Recurve, Barebow Compound, Barebow Recurve
BADMINTON	Singles, Doubles and Mixed Doubles
BASKETBALL	Three on Three Half Court
BASKETBALL SKILLS*	Free throw, 3- Point, Hot Shot
BOWLING	Singles, Doubles and Mixed Doubles Scratch
CORN HOLE *	Singles/Doubles
CYCLING	5K time trial, 20K road race
DISC GOLF*	
FIELD EVENTS	Discus, High jump, Javelin, Long/Triple Jump, Pole Vault, Shot put, Softball Throw*
GOLF	36-hole Scratch Play
HORSESHOES	Singles
PICKLEBALL	Singles, Doubles and Mixed Doubles
POWER WALK	1500 Meter
RACE WALK	1500 Meter
WALK, 5K	Race walk or power walk technique allowed
RACQUETBALL	Singles, Doubles, Mixed Doubles
ROAD RACE	5K, 10K
SHUFFLEBOARD	Singles, Doubles
SWIMMING	Freestyle: 50, 100, 200, 500 yards Backstroke: 50, 100, 200 yards Breaststroke: 50, 100, 200 yards Butterfly: 50, 100 yards, 200 yards Ind. Medley: 100 yards, 200 yards, 400 yards (4 strokes)
TABLE TENNIS	Singles, Doubles, Mixed Doubles
TENNIS	Singles, Doubles and Mixed Doubles
TRACK	50, 100, 200, 400, 800, 1500 Meter, 4 x 100m relay
VOLLEYBALL	Team Volleyball

GENERAL INFORMATION

ELIGIBILITY

- 1) To participate in the Tennessee Senior Olympics the following age requirements are in effect:
 - a) District participants must be age 50 or older as of December 31 of the next calendar year.
 - b) State finals participants must be age 50 or older as of December 31 of the current year.

Districts are held the fall prior to the summer state finals thus the rule.

- 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. **Residency Definition:** One must be a resident of TN and intend on residing in TN for at least 3 months out of the year. A physical address must be provided and not a PO Box.
- 3) Athletes who move from Tennessee after the district competition will be allowed to compete in the state finals for that year only. **However, any former Tennessean who participated in the TN Senior Olympics for at least 10 years is eligible to always come back for the state finals.**
- 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.
- 6) **New Participant Rule-** An athlete who has never participated at ANY level of the Tennessee Senior Olympics system but who desires to participate in the state finals will be granted:
 - A one-time only exception from qualifying in district competition.
 - This will require payment of all state finals fees plus a district waiver fee of \$30 payable to the district. **Waiver fee suspended for 2019.**
 - This does not apply to the state finals open sports. An athlete may register directly for these sports.

GENERAL RULES OF PARTICIPATION

- 1) To participate in the Tennessee Senior Olympics the following age requirements are in effect:
 - a) District participants must be age 50 or older as of December 31 of the next calendar year.

b) State finals participants must be age 50 or older as of December 31 of the current year. Districts are held the fall prior to the summer state finals thus the rule. 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. Athletes may also register online.
- 3) IDs 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 on-site registrations will be accepted.
- 7) After the final deadline, requests to enter will be reviewed on a case by case basis accompanied by a \$50 extra fee (in addition to the entry fee) as per our board of directors.
- 8) No substitutions will be allowed after the registration deadline has passed. Exceptions **may** be made provided that the substitute has already registered and that it does **NOT** change the age group status of the team.
- 9) Team captains will be responsible for turning in rosters and entry forms for all team members by the entry deadline. Non-playing team captains & coaches 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 may be comprised of any player regardless of district.

STATE FINALS QUALIFYING

1) Qualifying for the state finals in most sports requires an athlete to **participate** in a District Senior Olympics event the **fall prior to the summer state finals**. If your district offers the sport/event 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. For doubles players, **athletes who participated in ONE event at the district (i.e. singles, mixed, or doubles) within any doubles sport may register for all three events if interested.**

- 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), **Corn Hole Singles/Doubles**, **Disc Golf**, Racquetball, Pole Vault, Power Walk Road Race (5K, 10K, 5K Walk), and Triple Jump.
- 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 sport** 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) To combat fatigue and injuries that occur during our one day district events, note the following:
Track- for every district running event completed, an additional running event may be entered at state (any distance may be chosen).
Swimming- please remember that 6 events total may be chosen at district or state. For every district swimming event completed within a stroke, an additional event within that stroke may be entered at state (any distance may be chosen).

TEAM SPORT RULES

- 1) All team sports are offered separately for men and for women in the following divisions: 50+, 55+, 60+, 65+, 70+, 75+, 80+, and 85+.
- 2) In team competition, the team must compete in the age category of the youngest team player. In the districts which are held in the fall the age will be determined by **December 31 of the next calendar year. At the state finals the age is determined by December 31 of the current year.**
- 3) Team captains are responsible for turning in paper or online 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 & coaches 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) **Teams may be comprised of any player regardless of district.**
- 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), and volleyball four. 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 as 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.

PROTESTS

- 1) All protests for official interpretation must be made to the Event Director. Protests must be filed immediately or right to protest will be forfeited. A protest 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) 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. Medals will not be mailed after the 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.

HOW TO SUGGEST THAT A NEW SPORT BE ADDED TO THE TENNESSEE SENIOR OLYMPICS

You may contact the TSO if you would like to suggest that a new sport and/or event be added to the menu. You must include the following information:

1. An exact description of the sport/event.
2. The address, phone number and contact person for the national governing body for the sport/event.
3. The number of people ages 50 and older who participate in this activity.
4. The geographic distribution of people ages 50 and older that participate.
5. Provide a name or group who are capable and willing to run the event.
6. Provide a plan on how to recruit volunteers for the event.
7. Submit venue(s) information/address for the event. (Venue to be in close proximity to Williamson County)
8. Anything else you think is important.

New sports and events are reviewed by the TSO Senior Olympics Board of Directors in the fall.

HOW TO SUGGEST A RULE CHANGE FOR SUBSEQUENT GAMES

Suggestions for rules changes may be made in writing to the TSO up to 30 days after the completion of the State Finals. TSO rules are reviewed and approved by the TSO Board of Directors and are normally published in the spring each year.

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 styles and archers may only compete in one event.
 - 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:

National Archery Association
4065 Sinton Road, Suite 110
Colorado Springs, CO 80907
(719) 866-4576
www.usarchery.org

National Field Archery Association
800 Archery Lane
Yankton, SD 57078
(605) 260-9279
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. Scopes may be placed on the shooting line provided they do not disrupt the shooting of the adjacent archer. Scopes shall be removed from the line between ends if not utilized by the other archer shooting in that space.
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. At the discretion of the competition manager or sports chair, replacement centers may be used to repair a target face during competition.
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. **Both USA Archery and NFAA Barebow Recurve Rules will be 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 **300** 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. Event format subject to change depending on number of entries.

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:

Spot	Location	Measurement from center of basket	Point value
Lay-ups (2 allowed)			2 points
Spot 1	Right corner	15 feet	3 points
Spot 2	Right of key	15 feet	3 points
Spot 3	Top of key	19 feet 9 inches	5 points
Spot 4	Left of key	18 feet	4 points
Spot 5	Left corner	15 feet	3 points
Bonus (Shooting from all spots)			3 points

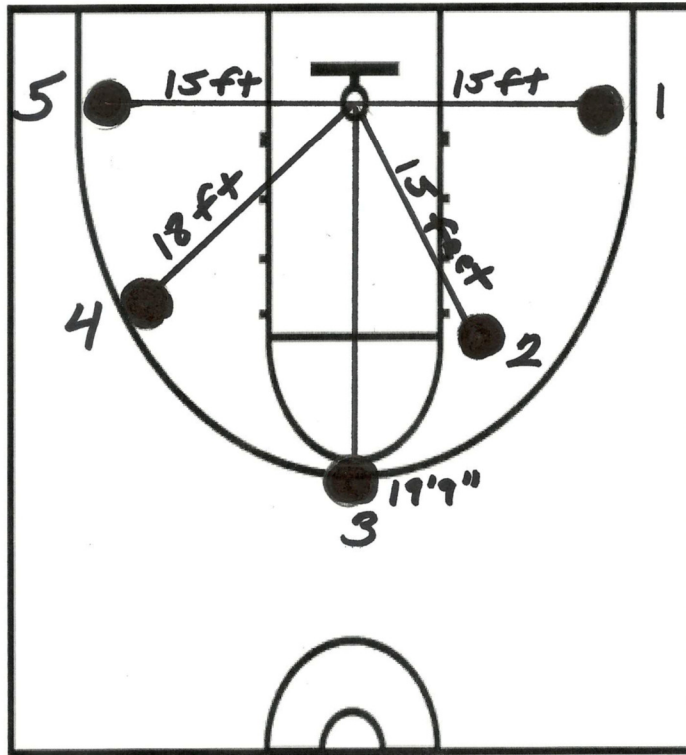
Notes:

Left and right viewpoints are taken from mid-court as facing the basket.

Measurements are taken from the center of the basket.

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- 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.

HOT SHOT DIAGRAM



Spot	Location	Measurement from center of basket	Point value
Lay-ups (2 allowed)			2 points
Spot 1	Right corner	15 feet	3 points
Spot 2	Right of key	15 feet	3 points
Spot 3	Top of key	19 feet 9 inches	5 points
Spot 4	Left of key	18 feet	4 points
Spot 5	Left corner	15 feet	3 points
Bonus (Shooting from all spots)			3 points

Notes:

Left and right viewpoints are taken from mid-court as facing the basket.

Measurements are taken from the center of the basket.

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 Age Divisions: 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+

Teams will compete in the division of the youngest player. Teams must be of one gender.

Team rosters shall be limited to ten persons, including non-playing coaches, non-playing captains and non-playing bench personnel

Playing Rules

This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) rules, except as modified herein. For a copy of these rules, please write or call:

National Collegiate Athletic Association
700 W. Washington Street
P. O. Box 6222
Indianapolis, IN 46206-6222
(317) 917-6222
www.ncaa.org

1. 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.
2. The game shall be played on half court by two teams of three players each, with a maximum of seven substitutes.
3. The winner of the coin toss shall take first possession of the ball. Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.
4. Officials do not put the ball in play, except at the start of each half. The referee will handle the rebound of the first free throw (first and second free throws if three shots are being taken) and then will not handle the ball after the last free throw.
5. **Scoring and Timing Regulations:**
 - a) **Playing time shall be two halves of 12 minutes for age groups 75+, and 15 minutes for age groups 50-74.** There shall be a continuously running clock with an intermission of five minutes for half-time. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of the second half.
 - b) A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules. If the game is still tied at the end of the first overtime period, subsequent three-minute periods shall be played until the tie is broken. After the first overtime period, all additional overtime periods will have a running clock except for the last minute in which the clock will stop in accordance with normal basketball rules.

The clock also stops after a made basket during the last minute of all overtime periods. Ball possession will be determined by a coin flip for each overtime period. There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.

- c) Two time-outs are permitted per team, per half. Timeouts do not carryover from one period to the next. 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 60 seconds in duration. The clock will not run during time-outs.
- d) Three point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.

6. Throw-In Area and Ball In & Out of Play:

- a) 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 change of possession as follows:
 - i) After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key (“throw-in area”). The ball must be advanced into play by means of a pass to a teammate. Violation of the throw-in area by the offense results in loss of possession.
 - i) 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 ball does not have to pass behind the 3-point line; only the player’s feet.
- b) The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
- c) The player who returns the ball behind the three-point line may maintain possession and attempt to score.

7. Player Restrictions When Inbounding Ball:

- a) Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the “throw-in area”, regardless of whether or not the inbounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
- b) The inbounder must be within 3 feet of the three-point line and must stay within the free throw lane extension area (12 feet wide), the area referred to as the “throw-in area”.
- c) The defense may defend anywhere on the court, however, no player (offensive or defensive) may enter the “throw-in area”, which is considered out-of-bounds.
- d) The inbounder may not hand-off the ball to a teammate.
- e) The inbounder’s teammates may not enter the three-second lane to receive a pass or set a screen until the inbounding teammate actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbound pass.
- f) The 3 second lane count and the 5 second closely guarded count shall not begin until the defensive team (now the new offensive team) takes the ball behind the three point arc.
- g) Violations of the throw-in area by the offense result in loss of possession.
- h) Violations of the throw-in area by the defense result in a warning followed by a technical foul and loss of possession.

8. Substitutions:

- a) Substitutions may be made after a basket, foul shot, stoppage of play, and any time an official beckons the player onto the court.
- b) Players MUST be beckoned onto the court by the referee. Entering the court without being beckoned will result in a warning from the official; all subsequent violations will result in a technical foul and loss of possession.
- c) Both the offensive and defensive team may substitute after the first free throw of a two shot foul, and after the second free throw of a three shot foul.
- d) The defensive team can only substitute after a made basket or free throw, (when it is the final free throw taken) and ONLY if the offense is substituting at that time. Violating this rule will result in a warning from the official; all subsequent violations will result in a technical foul loss of possession.
- e) On all stoppage of play (i.e., violations such as traveling, double dribble, three seconds, or out of bounds, etc.) either team can substitute as long as they request to sub prior to the inbounder having the ball in the throw-in area.

9. Fouls and Penalties:

- a) A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.
- b) Team fouls carry over into the second half and overtime periods.
- c) Any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession.
- d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.
- e) Any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession.
- f) Prior to the seventh team foul, any common foul shall result in loss of possession for the offending team.
- g) All personal and technical fouls shall be counted against a team total (except for unsporting technical infractions-see below). On the seventh team foul, a bonus shall be awarded for the remainder of the game.

10. Bonus Situations:

- a) Beginning with the seventh team foul, any common foul shall result in a single free throw plus a bonus free throw if the first free throw is made, and the offended team shall retain possession.
- b) Beginning with the 10th team foul, any common foul shall result in two free throws, and the offended team shall retain possession.

If a shooting foul occurs during the running time part of the game:

- a) All players will remain behind the arc and the offense will re-gain possession of the ball, even if the clock goes to the two minute mark. At that time, the clock will stop until the ball is put in play again from the throw-in area.
- b) All the players behind the arc may cross the arc once the shooter releases the ball. The shooter may cross the free throw line after the ball strikes the rim, flange or backboard or retrieve the ball upon completion of the last free throw.

During the stopped time portion of the game:

- a) During the last two minutes of each half, and during any overtime period, the automatic awarding of team possession after free throws does not apply (live rebounding will be in effect)
- b) During live rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
- c) The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the rim, flange or backboard or until the free throw ends.
- d) No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-throw shooter has released the ball.
- e) If the shooter makes the last awarded free throw, the opposing team will inbound the ball.

11. Unsporting Technical Infractions:

- a) An unsporting technical infraction shall be when a player or substitute commits any unsportsmanlike act set forth in accordance with the NCAA rules and guidelines, and when outlined herein. Additionally, the act of stalling, or delaying the game intentionally, will be treated as such an infraction, and will first result in a warning issued to the penalized team. A second and any subsequent violation will result in a technical foul being issued and a penalty of two free throws shall be awarded to any member of the offended team, and possession of the ball following the free throws. This rule will not apply in the final two minutes of the first half of each game.

Note 1: Technical fouls for stalling will be issued as administrative, and do not apply toward individual or team-foul total, toward disqualification or ejection.

- i) Delay of game or stalling shall be defined as: the deliberate and obvious intention of using the delay to a team's advantage (except inside the final two minutes of the end of the regulation period and all subsequent time thereafter in overtime periods).

12. Uniforms:

- a) Team clothing must be of like design and color.
- b) Teams must have both "home" and "away" uniforms with permanently attached numbers.
- c) Sponsors may be added to uniforms, but cannot interfere with number placement.
- d) Uniforms shall be free of inappropriate symbols or wording.

13. The three second rule for women 70+ is 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 will be 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
621 Six Flags Drive
Arlington, TX 76011
(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.

CORNHOLE

EVENTS

SINGLES/DOUBLES

Partners may be of mixed gender

Playing Rules

The tournament and equipment will be conducted in accordance with American Cornhole Organization rules. For a copy of the rules, please visit:

<http://americancornhole.com/aco-official-rules-for-the-sport-of-cornhole/>

Distance:

Participants will pitch from 27 feet **except for all 80+ players** who will pitch from 20 feet.

The Game

1. Matches will be best 2 out of 3 games.
2. Games are first team to 21 points.
3. A coin toss will be administered. The individual/team winning the coin-toss will choose their bag color, (color kept throughout match) and will toss first. The coin toss loser will choose their lane and take their positions in the Pitcher's boxes, then the coin toss winner will choose their own Pitcher's boxes to determine head-to-head match-ups in doubles. If a third game is needed coin will be tossed again.
4. Teams will switch sides after each game.

Scoring

1 point per bag on board

3 points per bag in hole

Note: Bag cancellation method will apply. Example: If both players have 1 bag each in the hole, zero points are awarded for those 2 bags. If one player has 1 bag in the hole and the other individual has 1 bag on the board, 2 points will be awarded to the player with the bag in the hole.

A bag that comes into contact with the ground before the board is not a legal throw and will be removed from play and point consideration.

A bag that is touching the ground while also sitting on the board will also be removed from play and point consideration.

A bag must completely clear the hole to be in the hole. A bag hanging partially in the hole is a bag on board, not in the hole.

Fouls

1. Thrower stepping over the plane of the front of the board extended.
2. Thrower throwing out of turn.
3. When alternating turns, a player tosses his/her bag before the previously thrown bag comes to rest on the board.

Penalty for Fouls One Foul: Warning and opponent chooses to have a re-throw or not.

Fouls after warning: Loss of turn, bag is removed from round.

CYCLING

EVENTS

5K Time Trial, 20K Road Race

Playing Rules

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

USA Cycling
210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919-2215
(719) 434-4200
www.usacycling.org

2. Cyclists must provide their own equipment which must include helmets (conforming to USA Cycling regulations). Multi-gear (free-wheel) bikes with front and rear brakes are required. 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.
8. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aerobars) are permitted only in time trial events, not in road race events.

DISC GOLF

EVENTS

1. The tournament will be 18 holes.

Playing Rules

The disc golf tournament will be conducted in accordance with PDGA rules. For a copy of the rules, please visit:

<https://www.pdga.com/rules/official-rules-disc-golf>

Equipment:

All equipment must be furnished by participants. A few extra discs will be on hand.

Object:

The object of the game of disc golf is to complete a course in the fewest throws of the disc. The course will consist of eighteen *holes*, each of which is a separate unit for scoring.

Play on each hole begins at the tee (players throw from the amateur tee pads) and ends at the target. After the player has thrown from the tee, each successive throw is made from where the previous throw came to rest. On completing a hole, the player proceeds to the teeing area of the next hole, until all holes have been played.

GOLF

EVENTS

1. The district and local tournament will be 18 holes.
2. The State Golf Championship will be 36- hole medal play. 18 holes per day may be played if weather or other reasons make 36 holes difficult to complete .

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 (men or women) 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.

HORSESHOES

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:

National Horseshoe Pitching Association
2826 Domino Dr.
Bismarck, ND 58503
(701) 258-5686
www.horseshoepitching.com

2. Games will be played to the high score after thirty (30) shoes are pitched. Count- all scoring will be used. If the score is tied after 30 shoes have been pitched another four shoes will be pitched.
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. When not pitching, the opponent shall stand quietly and stationary on or behind the same court's opposite pitching platform and at least two feet (2') behind the contestant who is pitching from the same or adjacent court. 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 (if using portable raised pits, the box that makes up the pit sides is considered to be 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 tips of the horseshoe without touching the stake.

Scoring - Each ringer scores three (3) points.

Each shoe closer than an opponent's scores one (1) point.

Innings continue until thirty (30) shoes are pitched.

The high score 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:

1. All Pickleball events will be conducted in accordance with the USA Pickleball Association rules, except as modified herein. For copy of the rules please write or visit:

USA Pickleball Association
PO Box 7354
Surprise, AZ 85374
www.usapa.org

2. Athletes must wear proper court shoes – no black sole shoes allowed on the court area.
3. Competitors must provide their own paddles. Balls will be provided.
4. The tournament format will depend on entry numbers, space restrictions or other circumstances.

RACQUETBALL

EVENT

Singles, Doubles, Mixed Doubles

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. Players must provide own racquets. Balls will be provided.

4. The tournament format will depend on entry numbers, space restrictions or other circumstances.

SHUFFLEBOARD

EVENT

Singles, Doubles

Doubles partners may be of same or mixed gender.

Format: To be determined by number of players

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:

National Shuffleboard Association
N.S.A. President Rob Robinson
111 S Greenfield Road, Space 304
Mesa, Arizona 85206
shufflingrob@outlook.com

3. **Non-Walking Singles:** 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 yellow disks will be lined up on the right at the head of the court and on the left side at the foot of the court. See diagram on next page for clarification.

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. A coin toss will be administered. The team winning the coin-toss will choose disc color. The coin toss loser will choose their lane and take their positions, then the coin toss winner will choose their own lanes to determine head-to-head match-ups. If a third game is needed, color of disc is chosen by lagging (see b below). Lane positions will remain the same.

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 YELLOW 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 YELLOW disc, color choice goes to player of YELLOW.

7. To start games, the YELLOW disc is shot first. Play alternates – YELLOW, then BLACK - until all discs are shot. YELLOW 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, YELLOW 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.

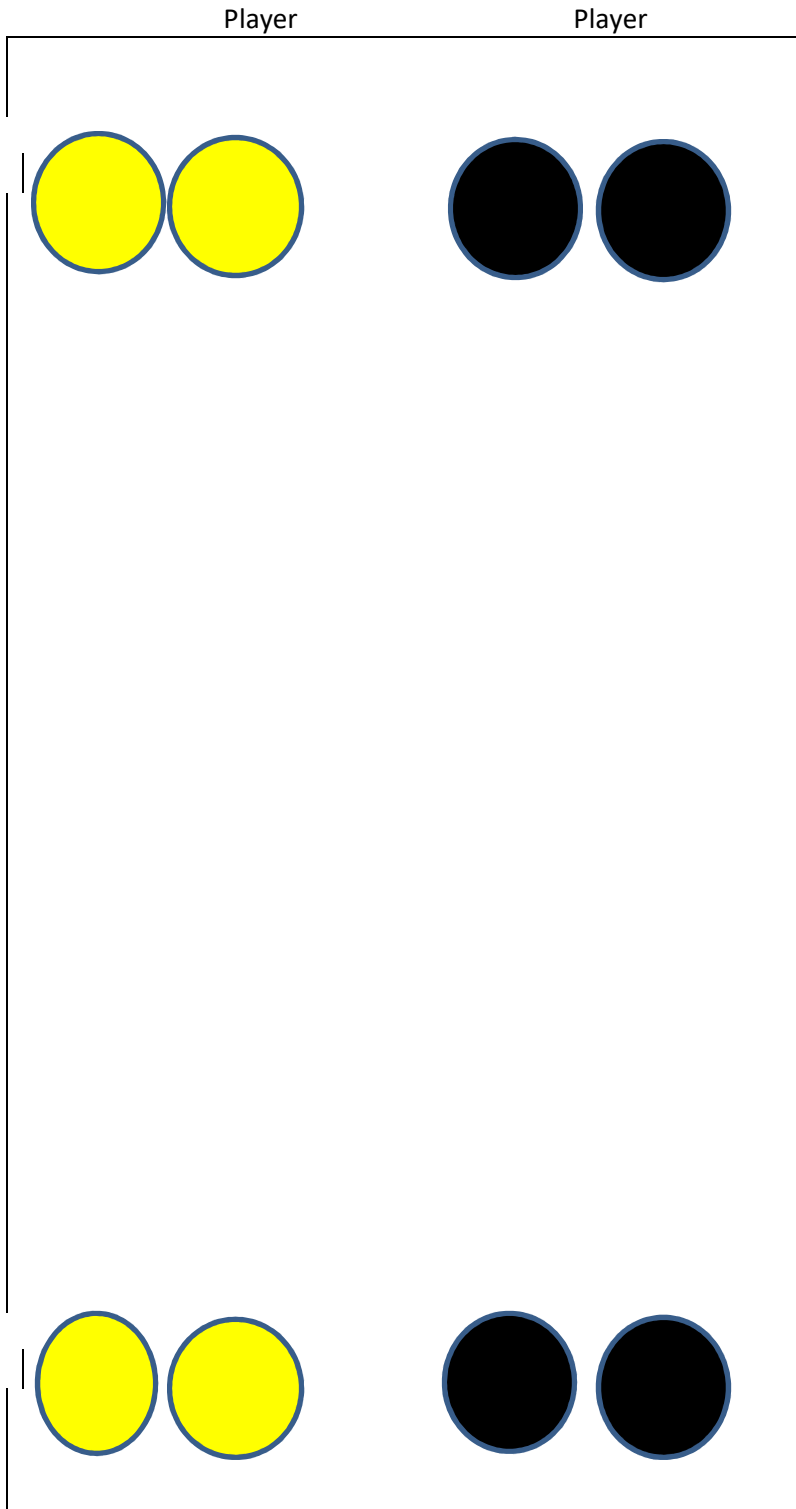
9. The cue shall not have an overall length of more than 6'3". No metal part of the cue shall touch playing surface of court.

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

11. Any disc that clearly leaves the court beyond the farthest base line, or goes off the sides of the court is a dead disc. A disc more than halfway off the mat is considered a dead disc.

Shuffleboard- Non-walking singles/
Head- yellow on right with players
facing the court



Player
Foot- yellow on left with players facing the court

SOFTBALL THROW

Playing Rules

1. Starting Position: Attempts will be made from the marked line.
2. Scoring: Each participant will have three throws, with the longest measured. 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. Measurement: The measuring tape will be placed in the middle of the starting line and stretched directly to the first point where the ball landed.
4. 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.
5. It is a scratch, if in attempting a throw, the ball is dropped or travels backwards.
6. Female participants will use an eleven (11) inch softball and male participants will use a twelve (12) inch softball.

SWIMMING

EVENTS- may be in yards or meters depending on venue

- 50, 100, 200, 500 Freestyle (or 400m if pool is in meters)
- 50, 100, 200 Backstroke
- 50, 100, 200 Breaststroke
- 50, 100, 200 Butterfly
- 100, 200, 400, Individual Medley

Rules

1. A maximum of 6 events may be selected. All swimming events will be timed finals.
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.
1751 Mound Street, Suite 201
Sarasota, FL 34236
(941) 256-8767 or (800) 550-7946
www.usms.org/rules

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.

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. For a copy of these rules please contact:

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

1. White shirts or jackets are not permitted for competition, per USA Table Tennis rules.
2. Do not walk into or otherwise disturb a playing area during a point.

TENNIS

EVENTS

Singles, Doubles, and Mixed

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. The scoring format for all singles and doubles matches will be two out of three tie-break sets. In the event of split sets, a match tiebreak (first to 10 points win by 2) will be played. There will be no full 3rd sets.
6. At the state level, tennis players may only choose two events (singles, doubles, or mixed doubles).

TRACK AND FIELD

50, 100, 200 , 400 , 800, 1500 Meter, 4 x 100- Meter Relay

Discus; High Jump; Javelin;

Long Jump; Pole Vault; Shot Put; Triple Jump

Rules:

The meet will be conducted in accordance with USA Track and Field Rules, except as modified herein.

USA Track and Field
132 East Washington St
Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.com

1. All running events will be timed finals. When more than one heat is necessary per age group at state finals, district or average times may be used to seed heats. If a time is not submitted by the athlete, he or she will be placed in the slowest heat.
2. Shoes must comply with USATF Rule 143.
3. 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 cannot qualify to compete in the relay event except in this manner.
4. 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.

5 . Shot Put, Discus, Javelin:

The TSO will provide implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been checked/certified by the Track & Field Officials.

Four throws are allowed.

Following are the weights of the various implements (subject to change) to be used for each gender and age division in the throwing events.

Age Division	Discus	Javelin	Shotput	
M50-54	1.5kg	700g	6kg	
M55-59	1.5kg	700g	6kg	
M60-64	1.0kg	600g	5kg	
M65-69	1.0kg	600g	5kg	
M70-74	1.0kg	500g	4kg	
M75-79	1.0kg	500g	4kg	
M80+	1.0kg	400g	3kg	
W50-54	1.0kg	500g	3kg	
W55-59	1.0kg	500g	3kg	
W60-74	1.0kg	500g	3kg	
W75+	.75kg	400g	2kg	

6. **Long Jump and Triple Jump:** four jumps will be allowed.
7. **High Jump:** 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.
8. **Pole Vault:** Athletes must provide their own vaulting poles.

ROAD RACES

EVENTS

5K, 10K

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
132 East Washington St
Suite 800
Indianapolis, IN 46204
(317) 261-0500

www.usatf.org

2. All age divisions will run simultaneously.

VOLLEYBALL

EVENT:

Team Volleyball : 50+, 55+, 60+, 65+, 70+, 75+, 80+

Teams will play in the age division of the youngest player. Teams must be of one gender.

Event Format:

Format dependent on number of teams and other considerations.

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

In pool play, matches will consist of one or more sets 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 sets. Rally scoring will be used and there is no time limit or cap on sets.

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 sets 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
4065 Sinton Road
Colorado Springs, CO 80910
(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.

5. Team clothing should be of like design and color. Teams must have shirts numbered both front and back in center of shirt.
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.
8. Two liberos are permitted and may be changed from set to set and not have to be designated for their match.

WALKS

1500 M Racewalk, 1500 M Power Walk, 5K Walk

Race Walking

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
132 East Washington St
Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

2. 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. The system of warnings and possible disqualifications will be followed as described in the USATF rules.

Power Walking

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please email or call:

United States Power Walking Association
Doug & Marianne Hamilton, Administrators
Unitedstatespwa@gmail.com
(408) 205.9641

2. Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.

1. Major points of the rules include:

- a) One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
- b) Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
- c) Creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
- d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
- e) Running or jogging mode is forbidden.

- f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
- g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
- h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
- i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.

5K Walk

1. The 5K Walk will be conducted during the 5K Road Race.
2. Participants will be on the honor system.
3. Either the race walk or power walk technique may be used.