



Tennessee Senior Olympics, Inc. Rules and Regulations

2025

TENNESSEE SENIOR OLYMPICS

Revised May 2025

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 modification and revision 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 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 |
| BILLIARDS | 8 ball |
| BOWLING | Singles, Doubles and Mixed Doubles/ Scratch |
| CORN HOLE | Singles/Doubles/Mixed Doubles |
| CYCLING | 5K time trial, 20K road race |
| DISC GOLF | 18 holes |
| FIELD EVENTS | Discus, High jump, Javelin, Long/Triple Jump, Pole Vault, Shot put, Softball Throw* |
| GOLF/GOLF SCRAMBLE | Team Scramble/36-hole Scratch Play |
| PICKLEBALL | Singles, Doubles and Mixed Doubles |
| POWER LIFTING | Bench, Squat, Dead Lift |
| POWER WALK | 1500 Meter |
| RACQUETBALL | Singles, Doubles, Mixed Doubles |
| ROAD RACE | 1 mile, 5K, 10K, 5K Walk |
| SHUFFLEBOARD | Singles, Doubles |
| SOCCER | 7 v 7 |
| SWIMMING | Freestyle: 50, 100, 200, 500 yards Backstroke/Breaststroke/Butterfly: 50, 100, 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/Men's, Women's, Co-ed*/Chair Volleyball* |

GENERAL INFORMATION

ELIGIBILITY RULES

The following eligibility rules are in effect:

AGE

- **District** participants must be age 50 or older as of December 31 of the **next** calendar year*.
- **State finals** participants must be age 50 or older as of December 31 of the **current** year.
- Identification and age will be checked during athlete check-in.

* Districts are held in the fall/winter prior to the summer state finals.

RESIDENCY

- Open to Tennessee residents or those who reside within 30 miles of the Tennessee border. In 2025, out-of-state athletes will be allowed in archery, 3x3 basketball, basketball skill events, cycling, and volleyball if capacity has not been reached.
- **Residency Definition:** Athletes must reside in TN for at least 3 months out of the year. A physical address must be provided (PO box addresses are not allowed).
- Athletes who move from Tennessee after the district competition will be allowed to compete in the state finals for that year only.
- Former Tennesseans who participated in the TN Senior Olympics for at least 10 years are permanently eligible for the state finals.
- Individuals 95 and older may compete in Tennessee even if they live out-of-state.

PROFESSIONAL ATHLETES

- **Professional athletes** shall not be eligible to compete in the Tennessee Senior Olympics for 20 years after the date of their last professional competition. These athletes 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 (minor amounts of money given as prizes not considered). 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

AGE GROUPS

- Athletes will compete within five-year age divisions for each sport. These include 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104.
- Participants must compete within their own age group. They may not “play down”.
- In doubles competition, the team will compete in the age division of the youngest partner.
- Team sport age groups are based on the age of the youngest player.
- Identification will be checked at the state finals.

COMPETITION RULES

- Competitive events will begin when scheduled. Game time is forfeit time.
- Athletes will be required to check-in to events 10 minutes prior to their scheduled match or competition.
- Competition will not be held earlier or later for the convenience of competitors.
- If athletes are the only individuals in their age division, an exhibition match must be played to receive medals. In addition, championship or 3rd place matches must be played off to receive medals, unless a forfeit occurs due to a medical situation.

SPORTSMANSHIP RULES

- 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**.
- 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.
- If a participant destroys property at the games, that person will be prevented from participating in the district and state games for a year.
- A code of conduct will be followed. See last page of this rulebook for the document.

DISTRICT RULES

- 1) **Home District.** Athletes are encouraged to participate in their home district.
- 2) Home districts are defined by the county of residence. For a list of counties and district assignments check www.tnseniorolympics.com.
- 3) **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.
- 4) Teams and individuals may participate in as many districts as desired. Registration and payment are required for each district.

STATE FINALS QUALIFYING

DISTRICT PARTICIPATION

- Qualifying for the state finals in most sports requires that an athlete **participate** in a District Senior Olympics event the **fall/winter prior to the summer state finals**.
- If an athlete's home district offers the sport/event in which an athlete wishes to compete at the state finals, that athlete must participate in the home district or another district.
- 5) **New Participants.** 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 exemption from participating in district

competition.

6) **Open events** at the state finals do not require district participation.

- State finals' open events include Archery, Cycling, Corn Hole, Disc Golf, Racquetball, Pole Vault, Power Walk, Road Races, Team Sports, and the Triple Jump. Subject to change.
- Any event not offered at an individual's home district will also be considered an open event. If a district is unable to host any events, all athletes may register directly for the state finals.
- If athletes are the only individuals in their age division at a district competition, an exhibition match must be played to receive medals and to qualify for state competition.
- If an athlete registers for events that he or she did **not** participate in at the district level, he or she will be disqualified from that sport.

DOUBLES QUALIFYING

- 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.
- Doubles players **who participated in ONE event at the district (i.e. singles, mixed, or doubles)** within any doubles sport may register for all three events.

SPECIALTY QUALIFYING RULES

To combat fatigue and injuries that might occur during our **one-day district events**, note the following rules:

- **Track.** For every district running event completed, an additional running event may be entered at state (any distance may be chosen).
- **Swimming.** 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). **Six events total may be chosen.**

TEAM SPORT RULES

AGE GROUPS

- All team sports are offered separately for men and for women in the following age divisions: 50+, 55+, 60+, 65+, 70+, 75+, 80+, and 85+.
- In team competition, the team must compete in the age category of the youngest team player. In district competition, held in the fall, the age will be determined by **December 31 of the next calendar year. At the state finals the age will be determined by December 31 of the current year.**

ROSTERS

- Teams may be comprised of any player regardless of district.
- Team players are allowed to play on only **one** roster/team per sport.

TEAM REGISTRATION

- 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.*
- Team captains will be responsible for completing an online roster or submitting a paper roster by the entry deadline.
- To be officially 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.

GENERAL RULES OF REGISTRATION

- Athletes may register online or by paper entry form. Payment is due at time of registration.

- A waiver and the code of conduct must be signed or checked online.
- Athletes agree to register into the gender that matches their gender at birth.
- **On-site registration during the state finals will not be allowed.**
- 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).
- Participants are responsible for studying the schedule as to not register for events that will overlap in time.
- At the state finals, an athlete may enter as many events as desired, as long as district participation has occurred (open sports excluded).
- However, once ten (10) events have been entered, a \$5 fee per additional event will be incurred. An “event” will be considered any activity that has been entered (example: badminton singles, doubles and mixed doubles will be considered 3 events).
- Team sport and doubles substitutions will not be allowed after the registration deadline. Exceptions **may** be made provided that the **substitute has already registered** and that it does **NOT change the age group status** of the team sport or doubles team.
- Substitutions 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.

REORGANIZATION AND CANCELLATION

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

PROTESTS

- All protests must be made to the Event Director. Protests must be filed immediately or the right to protest will be forfeited.
- Protest forms will be available at each competition site as well as the central athlete check-in location.

- Protests must be filed in writing within 30 minutes of the conclusion of the game, match, heat, or event under protest
- Protests will only be accepted concerning rule interpretation disputes. Judgement calls disputes are not valid. A protest committee will meet to make decisions.
- The staff and event chairs have the authority to enforce all policies and procedures.

AWARDS SYSTEM

- Awards will include medals or ribbons which will be awarded to the top three (3) finalists in all events and competitive levels.
- Medals will be given at the culmination of each event.
- In the event of a tie, which has not been played off, competitors will receive the same type of award.
- In team competition, each member of the team will receive the same type of award.
- 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

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

NEW SPORT SUGGESTIONS

To suggest the addition of a new sport please submit the following information to the Tennessee Senior Olympics:

- An exact description of the sport/event.
- The address, phone number and contact person for the national governing body for the sport/event.

- The number of people ages 50 and older who participate in this activity.
- The geographic distribution of people ages 50 and older that participate.
- Provide the name of a person or group capable and willing to run the event.
- Provide a plan on how to recruit volunteers for the event.
- Submit venue(s) information/address for the event. (Venue ideally in close proximity to Williamson County)
- Additional details deemed important.

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

RULE CHANGE SUGGESTIONS FOR SUBSEQUENT GAMES

Suggestions for rules changes may be made in writing up to **30 days after the completion of the State Finals**. Tennessee Senior Olympics rules are reviewed and approved by the TSO Board of Directors each fall and published in the spring of 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.
9. 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:

USA Badminton
2099 S State College Blvd, Suite 600
Anaheim, CA 92806
(714) 765.2952
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. | | |
| 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 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. | | |
| 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 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 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 | | |
| 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 | | |
| 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 | | |

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 (15 feet from the plane of the backboard).

Exceptions: The free throw line for women 65+ and **men 80+** will be 12 feet if desired. All eligible participants must declare the free throw line they intend to shoot from prior to the start of competition. No eligible participants shall be allowed to shoot from both free throw lines at any point during competition.

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.

- 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.

The participant's feet must be completely behind the 3-point line at the time of the shot. The participant is allowed to jump from outside the line and land inside, so long as the ball is released mid-air.

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 tie will be broken by a sudden death shoot-off from top-of-key location.

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

SPORT RULES

This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) Women's College Basketball rules, except as modified herein. For a copy of these rules, please visit the website www.NCAA.org

National Collegiate Athletic Association

700 W. Washington Street

P. O. Box 6222

Indianapolis, IN 46206-6222

1. Format

Format will depend on the number of teams per age group. It may be double elimination or straight pool play, or pool play leading to elimination play. In the event of pool play with tie situations ties will be broken as follows:

Ties for seeding will be broken in the following manner:

If a two-team tie situation:

- Head-to-Head competition
- Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
- Point differential against all opponents
- Least points allowed (total points allowed against all opponents)
- Coin Toss

If a three-team tie situation:

e. Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score

f. Point differential against all opponents

g. Least points allowed (total points allowed against all opponents)

h. Coin Toss

Forfeits shall be scored 21-0.

Home and Visitor teams will be determined by the order teams are listed in the schedule. The first team listed will be the home team and the second team listed will be the visiting team. (Top team on bracket – Home, bottom team on bracket – Away.)

2. The Game-Court-Equipment-Markings:

- a) The game shall be played by two teams of 3 players each on a half court containing dimensions, boundary lines, throw-in area, other line markings such as 3-point line, free throw lane lines etc., and in accordance with NCAA rules unless further noted.
- b) A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet.
- c) Goals, baskets, standards, paddings all should be in accordance with NCAA rules.
- d) Scoreboard & clock are typically one unit located at the scorer's table, therefore NCAA rules do not apply here.
- e) The ball used during games is in accordance with NCAA rules for both men and women.
- f) 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.
- g) The winner of the pre-game coin flip (called in the air by the away team) shall take first possession of the ball, thus beginning the AP (alternating possession) arrow process for the rest of regulation play.

3. Scoring & Timing Violations & Overtime Regulations:

- a) Playing time shall be two halves of 15-minutes for all age groups. The exception would be for the following age divisions: 75+ women's teams and 80+ men's teams. If both captains of teams in these divisions agree, prior to the game, to play 12-minute halves, it shall be permissible. There shall be a continuously running clock with an intermission of five minutes for half time. In the last two minutes of each half and all of overtime, the clock will stop in accordance with normal basketball rules like out of bounds, traveling, 3 seconds in the lane as examples and also includes Live Play/Live Rebounding being in effect regarding free throw situations in which offense and defense will line up in appropriate lane spaces and the ball does not automatically go back to offense during this time frame. The clock will also stop 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, and after a made basket, during the last minute. If the game is still tied at the end of the first overtime period, a final overtime will be played with a sudden-death format; the first team to score will win. Ball possession will be determined by a coin flip for each overtime period. The team who had AP (alternating possession) arrow at end of regulation shall call first OT coin flip, and team with AP arrow at end of first OT shall call sudden death coin flip). 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 carry over 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) 3-point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.

e) A 5-second closely guarded violation occurs when an offensive player holding the ball does not pass, shoot, or dribble within a 5-second timeframe. To be considered "closely guarded", a defender must be in a defensive position and located within six feet of the player.

f) 3-second in the lane violation: It is a violation for an offensive player to have any part of their body remain in the lane for more than three consecutive seconds. To establish a position outside the 3-second lane, an offensive player must place both feet on the playing court outside the lane.

g) Grace Rule will go into effect when a team is ahead by 30+ points, and only during the second half of play. During this time, the clock will continue to run until the team behind can reduce the point spread to less than 30 points.

4. Check Line/Throw-In Area & 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.

b) After a turnover or defensive rebound, the ball may be returned to any point behind the checkline. 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.

c) The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.

d) The player who returns the ball behind the three-point line may maintain possession and attempt to score.

e) After a made basket and all dead ball situations, the ball shall be placed in play from the designated throw-in area which shall be the space at the top of the key with a width no less than the free throw lane extension area (12 feet wide) and a depth no less than 5 feet from the top of the 3-point line.

5. 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 the in-bounder 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 in-bounder must stay within the lines of the designated throw-in area.
- c) The defense may defend anywhere on the court; however, no player (offensive or defensive) may enter the throw-in area. This area is a restricted space for the thrower-in only.
- d) The in-bounder may not hand-off the ball to a teammate, it must be passed.
- e) The in-bounder's teammates may only enter the three-second lane to receive a pass when their teammate has possession of the ball for the throw-in, is in the throw-in area and only after they have cleared the lane following a made goal or free throw. "Clearing the lane" is establishing a position outside the 3-second lane with both feet having been placed on the playing court outside the lane.
- f) Offensive screens should not be set until the inbounding teammate actually takes possession of the ball in the throw-in area.
- 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 could result in warning, administrative or unsporting technical.

6. Substitutions:

- a) A substitute is a team member who has reported to the scorer's table and is waiting there to be beckoned onto the court by an official. Entering the court without being beckoned may result in a warning and/or technical foul. Substitution requests should be made prior to the in-bounder having the ball in the throw-in area.
- b) Substitutions by both offense and defense may occur during all normal stoppages in the game such as non-shooting common fouls, out of bounds, violations (traveling, 3-second in lane, double dribble, injured player, contact lens, timeouts, etc.).
- c) Free Throw Substitutions: During either half, and Prior to 2 minutes remaining (when Live Play/Live Rebounding goes into effect) substitutions by both the offensive and defensive teams may only occur after the first free throw of any merited two-shot foul, and after the second free throw of any merited three-shot foul. ONLY the offensive team, who will retain possession of the ball following the last merited free throw, can request a substitution and the incoming substitute must have been at the scorer's table prior to the free throw shooter releasing the ball. Once the last free throw is made or

missed and the official's recognize & beckon the player onto the court, the defensive team is allowed to counter sub.

d) Normal substitution procedures will be followed by either team during free throws occurring in live play within the last 2 minutes of either half and overtime.

e) Both offense and defense can be subject to delay of game warnings and penalties for blatant and repeated substitution process violations.

7. Fouls and Penalties:

a) A player is disqualified for his/her fifth foul.

b) A more complete descriptive Foul/Penalty chart is available 2023-24 NCAA Women's Rules Book in Appendix III.

c) Any shooting foul with a missed basket shall result in two free throws (three for a three- point attempt).

d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw.

f) Any offensive foul (player in control of the ball or is an airborne shooter) shall result in disallowing a converted basket, recording the foul and a change in possession.

g) Prior to the fifth team foul, any common foul shall result in loss of possession for the offending team.

h) All personal, offensive and technical fouls shall count towards a team's total.

Exceptions are:

Indirect Technicals and Administrative Technicals.

i) Beginning with the fifth team foul in the first half, the penalty is two free throws awarded to the offended team. This will reset at halftime. Beginning with the fifth team foul in the second half, the penalty, again, is two free throws awarded to the offended team and will carry over into overtime.

j) During the first (13) minutes of each half, any shooting foul will result in the offended team retaining possession and all non-shooting players will be above and behind the 3 point arc and cannot be below the intersection of the free throw shooting line. During the final (2) minutes of each half and any overtime period, the automatic awarding of team possession after free throws does not apply and Live Play/Live Rebounding is in effect.

k) During Live Play/ Live Rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.

l) 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.

m) 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.

8. Technical Fouls:

a) Direct Technical foul is one assessed to the head coaches for their own behaviors.

b) Indirect Technical refers to a technical foul assessed to a head coach for the actions of bench personnel only. Penalty for a) and b) are 2 free throws and the ball is awarded to the offended team.

c) Administrative Technicals are issued for not submitting to the scorer, names and numbers of team members and or, having to make roster changes once the game begins (Exception allowed for injury, illness, blood on uniform). Penalty is two shots and ball is awarded at point of interruption or AP (alternating possession) if at beginning of game. If before the game, only one technical foul will be issued, regardless of the number of infractions. Once the game begins, only one technical foul will be issued, regardless of the number of infractions and when they occurred. Administrative Technicals do not count towards the team foul total.

d) Team Technical Fouls shall be assessed after a team warning has been issued for each of the following, and the penalty shall be two shots and awarded possession. Delay of Game: A warning will be given the first time any of the following occur: Improper substitutions, defense breaking the plane of throw-in area with no contact of ball or thrower, delaying return to floor after timeouts or intermission, interfering with ball and not allowing it to be readily available, huddling on the court or prior to free throws, and faking being fouled. Stalling, or not running an offense, is a delay of game, except during the last 2 minutes of second half play or any overtime.

e) Unsporting behavior technicals will be issued for disrespectfully addressing officials, use of profanity or language that is abusive, vulgar or obscene, taunting or baiting an opponent, or inciting undesirable crowd reactions. The penalty shall be 2 free throws and awarded possession.

f) Intentional Foul will be assessed when there is not a legitimate attempt to make a direct Play on the ball, excessive, hard or unnecessary contact with opponent. The penalty shall be two free throws and awarded possession.

BILLIARDS – 8 Ball

Events
Singles

FORMAT

1. Tournament format to be determined.
2. A match shall consist of the best 2 of 3 games, or 3 of 5 games, as determined and announced by the TSO.
3. The TSO reserves the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
4. The TSO may impose time limits during competition. During preliminary rounds, games shall not last over 15 minutes. Tournament bracket and all medal games shall not last over 25 minutes. If a time limit is imposed, the player with the most balls pocketed at the end of the time limit shall be declared the winner.
 - a. In the case of any ties at the end of the time limit, all balls will be removed from the table except the 8-ball. The 8-ball is spotted and the cue ball is shot from behind the headstring. Lagging shall be used to determine order of play, and normal 8-ball rules shall apply.

SPORT RULES

1. All Billiards events will be conducted in accordance with World Pool-Billiard Association rules, except as modified herein. For a copy of these rules, please visit:
World Pool-Billiard Association
<https://wpapool.com/>
2. Play will take place on regulation billiard tables, 9' x 4 ½'.
3. The cue may weigh a minimum of 10 oz. but no more than 25 oz. Players may use personal or borrowed legal cue sticks.
4. Except for the break, all shots will be called.
5. Lagging shall be used to determine order of play.

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.

CHAIR VOLLEYBALL

Chair Volleyball

This popular sport played by 6 on each team features a twist with players required to stay in chairs while attempting to keep a beach volleyball in play over a smaller net. Come join the laughter and reap the benefits of increased neck flexibility, core strength, hand-eye coordination, and shoulder mobility.

Co-ed Teams-

Teams consist of 6 players on the court. Teams can consist of both men and women in any combination on the roster, with a maximum of 3 men on the court at a time. No limit to the number of people on the roster.

Each team must provide a minimum of 2 volunteers who are not on any participating team for officiating, line calls and scorekeeping. For any disputes, the team captains of the two teams playing will make final decisions on calls by coming to an agreement before continuing the game. The TSO will also try to recruit volunteers.

Sport Rules Coming Soon

CORNHOLE

EVENTS

SINGLES/DOUBLES/MIXED DOUBLES

SPORT RULES

1. All Cornhole events will be conducted in accordance with the (ACO) American Cornhole Organization rules, except as modified herein. For copy of the rules please visit:

American Cornhole Organization

PO Box 978

Milford, OH 45150

www.americancornhole.com

2. Singles Play

- a) Player A competes against Player B. Both players stay in their designated lane for the whole game.
- b) Players start the game at the headboard and will alternate pitching bags until each player has pitched all (four) of his/her bags.
- c) Players then walk to the end of their lane to the other court, take score, and resume pitching back to the other cornhole board.

3. Doubles Play

- a) Team A competes against Team B-each team is comprised of two players.
- b) Each team will stay in their designated lane for the whole game.
- c) Players at the headboard will alternate pitching bags until each player has pitched all (four) of his/her bags.
- d) Players at the footboard will take score and resume pitching back to the other cornhole board.
- e) The older doubles partner will pitch from the same distance as the YOUNGER partner required for that age division.

4. Length of Games

The game shall be played to the pre-determined number of (21) points. The first player/team to reach (or exceed) that amount at the conclusion of a frame is the winner.

5. Distance of Boards

Age 50 to 69 – 27 feet front edge to front edge

Age 70 to 79 - 25 feet front edge to front edge

Age 80 Plus - 23 feet front edge to front edge

6. Cornhole Scoring – Bag Terms

Woody – refers to any cornhole bag that has been pitched and remains on the cornhole board playing surface at the conclusion of the frame.

Cornhole – refers to any cornhole bag that has been pitched and passes through the cornhole board hole at any time within the frame.

Foul Bags – refers to any cornhole bag that has not been determined as a “woody” or “cornhole” or was designated a foul bag as the result of rules violation.

7. Scoring

The method of scoring is “cancellation” scoring, the points of one player cancel out the points of their opponent. Using this method, one player can score in each frame.

a) Each woody is worth one (1) point.

b) Each cornhole is worth (3) points.

Example:

Red achieves one (1) woody and two (2) cornholes during the frame (7 total pts)

Blue achieves two (2) woodies and zero (0) cornholes during the frame (2 total pts)

7 points – 2 points = Red scores 5 points for that frame

8. Recording the Score

No cornhole bags shall be moved before the scoring is determined. If the decision is in doubt, a Sport Chair shall be called to determine the scoring for the frame in question.

Players are encouraged to pay close attention to the score at all times. Players are required to update their score at the conclusion of each frame.

9. Pitching

a) Players alternate pitching bags (one player at a time) until each player has pitched all (four) of his/her bags.

b) A player must pitch all (4) cornhole bags from their designated cornhole pitcher’s box.

c) Players must deliver the bag with an under-hand release.

d) One foot or appendage must be completely within the pitcher’s box at the time of releasing the bag.

e) When pitching a bag, players must release the bag before any part of the player’s body touches the ground on or beyond the foul line.

10. Pitching the Next Frame

The player/team who scored in the preceding frame shall pitch in the next frame. If neither player/team scores, the player/team who pitched first in the preceding frame shall retain first pitch in the next frame.

11. Pitching Out of Turn

If a player pitches out of turn at any time during a frame, their pitch will be considered a Foul Bag and swept from the playing surface.

If the out-of-turn bag affects any bags in play, their opponent has the option of returning all cornhole bags to their original position on the playing surface or leaving all bags as they are.

If the error is not discovered until after two (2) cornhole bags have been pitched, the frame shall continue and be score accordingly.

If no agreement can be reached a Sport Chair shall be called. The official shall either determine the scoring or void the inning and order to be repitched.

12. Touching Bags Before Frame is Complete

If any bags in scoring positions are touched by a player, whether intentionally or unintentionally, before all bags during the frame are pitched, the frame is over. The offending team (team who touches the bags) forfeits all remaining bags and tallies the score for the bags they have already thrown during the frame. The non-offending team tallies 12 points as if they had thrown (4) cornholes during the frame.

IMPORTANT NOTE: 12 pts. are NOT automatically added to the overall score (scoreboard). The 12 pts. are only used within this specific frame before cancellation.

13. Time Limits – Pitching and Scoring

Pitching - A player must pitch each cornhole bag within (15) seconds of their opponent's bag coming to rest.

In Singles play, once the final bag comes to a rest, each player has 30 seconds to walk to the other end pick up their bags, and ready themselves to pitch.

**Exception may be made by the Certified Official or Sport Director considering any physical disabilities or Difficulties.*

Scoring - The frame will be scored 5 seconds after the last bag is pitched, comes to rest, and all bags on the playing surface have stopped moving. Any bag that moves in position after 5 seconds be scored based on its previous position. If timing cannot be agreed on, the Certified Official or Sport Chair will score or negate the frame.

14. Timeouts

- a) Each player or team is allowed two 1-minute time outs per game.
- b) A player may only call a time out when it is his/her turn to pitch.
- c) Both players may walk to the other boards to examine bag position during the time out.
- d) Players may not touch the cornhole bags or boards during a timeout.

15. Player Conduct

A cornhole player/team while in competition, shall make no disturbing noises or movements that would distract the opponent or players on surrounding courts. Other inappropriate behavior would include profanity, abusive language, obscene gestures, flipping bags etc. First offense shall be a warning; second offense shall call for forfeiture of the game being played.

16. Cell Phones - While in the confines of the courts cell phones are prohibited for all participants.

17. Alcohol and Tobacco – Alcohol or any form of tobacco while in the confines of the courts is prohibited for all

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

All Disc Golf events will be conducted in accordance with PDGA rules, except as modified herein. For a copy of these rules, please visit or call:

Professional Disc Golf Association

<https://www.pdga.com/>

(706) 261-6342

Equipment and Rules:

- 1.. Discs used in play must be approved by the PDGA and meet all of the conditions set forth in the PDGA Technical Standards.
- 2.. A player may not use any device that directly assists in making a throw.
- 3.. Devices that reduce or control abrasion to the skin (such as gloves, tape, bandages, or gauze), items applied to the skin to improve grip (such as talc, chalk, dust, or dirt) and medical items (such as knee or ankle braces) are allowed.
4. Caddies shall not be permissible.

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 on a non-qualifying year or 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 110 for men and 120 for 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. In addition, the following TSO was passed by the board:
Slow Play Rule: A triple bogey maximum will be allowed at each hole. Balls should be picked up once this occurs and score should be recorded.
11. Range finders of any type are permitted.

Golf Scramble

ENTRY REGULATIONS

1. The age division for the team for competition in the golf scramble will be determined by the age of the youngest team member as December 31 of the current year.
2. Athletes may only compete on one four-person team. Teams may be same gender, but not mixed.

FORMAT

1. Teams will be made up of four players. No twosomes or threesomes allowed. Teams will be required to find their own teammates or place a post on TSO's team finder web page.
2. Teams will play 18 holes.
3. A standard scramble format shall be used:
4. All four members of a team start by teeing off on each hole before deciding on the best shot through a consensus. The "best ball" will retain its lie while the remaining players will pick up their balls and proceed to hitting their next shot where the best ball has been determined.
5. **Each** golfer will then hit their ball within one club length of the previously determined "best shot location" when playing shots off the green. For shots on the green, each player must play their shot within a putter's head of where the ball came to rest.
6. The team with the lowest total score for the 18-hole round shall be declared the winner.
7. In the case of a tie:
 - a. Teams in tie shall play a single playoff hole as chosen by the tournament organizer.
 - b. If a tie still exists, the tournament organizer will select a random hole number and use a team's lowest score on that hole to determine the winner.
 - c. If still tied, organizers will call for progression from that hole until a tie is broken.
8. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
9. Awards will be presented for 1st through 3rd place for each event within each age division.

SPORT RULES

This tournament will be conducted in accordance with any Local Course rules and USGA rules, except as modified herein. Please refer to Local rule sheet during competition or for a copy of golf rules, please visit the USGA website www.usga.org or call:

United States Golf Association

P.O. Box 708
Far Hills, NJ 07931
(908) 234-2300

1. Code of conduct and adherence to the honor system shall also be in accordance with USGA rules.
2. Caddies shall not be permitted during the Golf Scramble event.
3. Tee distances shall be assigned based on age group of team, which is determined by the age of the youngest team member as December 31, 2025.
4. No mulligans shall be permissible.
5. There shall be no requirement to play a minimum number of any particular player's shots.

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
info@usapickleball.org
<https://usapickleball.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 and/or other circumstances.
5. Depending on the number of entrants, age groups may be divided into as many as five skill levels.
6. Age/Skill doubles and mixed doubles will be determined by the higher skill player and the lower aged player as of the end of the current year (12/31).
7. Shirt color cannot be the same color as the game ball.

Non-Ambulatory Pickleball Rules

1. Participant must be seated in their wheelchair for the entire duration of competition.
2. The playing surface for Wheelchair play shall be 44 feet wide and 74 feet long.
3. Players may allow the ball to bounce twice before returning the ball. The second bounce can be anywhere on the playing surface.
4. Shirt color cannot be the same color as the game ball.

POWERLIFTING

Events:

Squat, Bench Press, Deadlift

FORMAT

1. Each competitor will compete in one lifting session and is allowed three attempts on each of three lifts (squat, bench press, deadlift).
2. The TSO reserves the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

SPORT RULES

1. All Power Lifting events will be conducted in accordance with USA Power Lifting rules, except as modified

herein. For a copy of these rules, please visit:

USA Power Lifting

<https://www.usapowerlifting.com/>

2. Competition takes place between lifters in categories defined by sex, bodyweight, and age.
3. The following competition lifts are recognized and must be taken in the same sequence in all contests:
 - 1) squat, 2) bench press, and 3) deadlift. The "total" is the sum of the heaviest successful attempt on each lift. Athletes may compete in one event only if desired.
4. Each competitor is allowed three attempts on each lift. The lifter's best successful attempt on each lift counts toward their competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
5. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter.
6. A successful attempt in all three disciplines is required to earn a total. Should a lifter fail to make a successful attempt in the squat and/or bench press, they may continue to compete for the remainder of the contest but they will not earn an official total (their total will be recorded as 0).
7. Equipment check is required for every competitor. Either the lifter or the lifter's coach must present the apparel/equipment to be inspected. All personal apparel/equipment that will (or might) be worn/used during competition must be inspected and approved at equipment check.
8. All lifters in the session must attend a formal weigh-in prior to competition.

9. The following weight classes shall be used for competition: **NOTE- classes may be combined depending on number of participants.**

The (11) female weight classes and their ranges/limits are as follows:

| USA Powerlifting Female Weight Classes and Ranges | | | | |
|---|------------------|--|------------|------------------|
| Class (kg) | Range (kg) | | Class (lb) | Range (lb) |
| 44 | up to 44.00 | | 97.00 | up to 97.00 |
| 48 | 44.01 - 48.00 | | 105.80 | 97.01 - 105.80 |
| 52 | 48.01 - 52.00 | | 114.60 | 105.81 - 114.60 |
| 56 | 52.01 - 56.00 | | 123.40 | 114.61 - 123.40 |
| 60 | 56.01 - 60.00 | | 132.20 | 123.41 - 132.20 |
| 67.5 | 60.01 - 67.50 | | 148.80 | 132.21 - 148.80 |
| 75 | 67.51 - 75.00 | | 165.20 | 148.81 - 165.20 |
| 82.5 | 75.01 - 82.50 | | 181.80 | 165.21 - 181.80 |
| 90 | 82.51 - 90.00 | | 198.40 | 181.81 - 198.40 |
| 100 | 90.01 - 100.00 | | 220.40 | 198.41 - 220.40 |
| 100+ | 100.01 and above | | 220.40+ | 220.41 and above |

The (12) male weight classes and their ranges/limits are as follows:

| USA Powerlifting Male Weight Classes and Ranges | | | | |
|--|------------------|--|------------|------------------|
| Class (kg) | Range (kg) | | Class (lb) | Range (lb) |
| 52 | up to 52.00 | | 114.60 | up to 114.60 |
| 56 | 52.01 - 56.00 | | 123.40 | 114.61 - 123.40 |
| 60 | 56.01 - 60.00 | | 132.20 | 123.41 - 132.20 |
| 67.5 | 60.01 - 67.50 | | 148.80 | 132.21 - 148.80 |
| 75 | 67.51 - 75.00 | | 165.20 | 148.81 - 165.20 |
| 82.5 | 75.01 - 82.50 | | 181.80 | 165.21 - 181.80 |
| 90 | 82.51 - 90.00 | | 198.40 | 181.81 - 198.40 |
| 100 | 90.01 - 100.00 | | 220.40 | 198.41 - 220.40 |
| 110 | 100.01 - 110.00 | | 242.40 | 220.41 - 242.40 |
| 125 | 110.01 - 125.00 | | 275.40 | 242.41 - 275.40 |
| 140 | 125.01 - 140.00 | | 308.60 | 275.41 - 308.60 |
| 140+ | 140.01 and above | | 308.60+ | 308.61 and above |

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.

ROAD RACES

EVENTS

1 mile, 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.

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
<https://www.national-shuffleboard-association.us/>

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.

Player

Player

Tennessee Senior Olympics 2025

Rules and Regulations

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



Player

Player

Foot- yellow on left with players facing the
court

7 v 7 SOCCER

Rules Coming Soon

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.

SOFTBALL

SPORT RULES

1. This tournament will be conducted in accordance with Softball Players Association (SPA) Rules, except as modified herein. For a copy of these rules, please visit the SPA website <https://softballspa.com/> or call:

Softball Players Association (SPA)
45 W Armstrong Dr
Mustang, OK 73064
(405) 376-7034

2. **Strike Zone Mat:** A Strike Zone Mat will be used in all games to determine balls, strikes, and outs at home plate. The top of the mat will be placed at the top of home plate. The mat will measure twenty-one (21) inches wide and thirty-five (35) inches long with a white home plate centered at the front of the mat measuring seventeen (17) inches across the front, 8 1/2 inches down each side, and 12 inches diagonally to a point nearest the catcher. A legal pitch not swung at that strikes any part of the strike zone mat or home plate shall be called a strike by the umpire.

3. **Pitcher's Plate/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 ten feet (10 ft.) 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. This area should be chalked off.

4. **Players and substitutes:** USA Softball 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 any time does not exceed the total allowed for that age division.

a. Men in age divisions 50+, 55+ and 60+: Ten defensive players shall constitute a team.

b. Men in age divisions 65+ 70+ and 75+: Eleven (11) defensive players shall constitute a team

c. Women in all age divisions 50+, 55+, 60+, 65+, 70+ and 75+: Eleven (11) defensive players shall constitute a team.

5. **Line-up cards:** Official line-up cards must be presented to the opposing manager and scorekeeper 10 minutes prior to game time. Tournament line-up cards will be furnished to all team managers. Name of player, number and position must be indicated on line-up card.

6. **Batting Line Up:** A Team can bat the allowed number of players or the ability to bat any number of players that are available. This must be declared prior to the beginning of the game and indicated on the line-up card.

7. **Runs per inning:** For all pool play there shall be a five (5) run per inning rule, with unlimited runs allowed in the seventh or final inning. For double elimination play in skill divisions III and II there shall be a five (5) run per inning rule, with unlimited runs allowed in the seventh or final inning. For double elimination play in the Div. I skill division there shall be a seven (7) run per inning rule, with unlimited runs allowed in the seventh or final inning.

8. **Mercy rule:** A mercy rule will be in effect for all games. The rule shall be 20 runs after four innings and 15 runs after five innings, or any time a team may not mathematically score enough runs to stay in the game, ending the game.

9. **Homerun rule:** The homerun rule shall be utilized in pool play (round robin) and double elimination play. All teams except those in the division I will play under the 1-homerun +1-up single rule. Teams in the division I will play under the 3-homerun +1-up single rule. The first ball hit over the fence will count as a home run. Subsequent balls hit over the fence by the same team will count as singles until the opposing team has hit a ball over the fence (homerun). Base runners may only advance one base per single over the fence. This rule shall continue throughout the entire game.

10. **Time Limit:** The length of a game will be seven innings or 60 minutes for pool play (round robin) and double elimination games. After 60 minutes the umpire shall announce that teams will finish the current inning and play one more. The last inning shall be played with unlimited runs. This rule is designed to allow 1 hour and 15 minutes for a game, which is ample time to play 7 innings. Tie games after seven innings or at the end of

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regulation time will continue until one team is ahead after the completion of any subsequent inning using the International tie-breaker rule. There will be no time limit for championship / medal games.

11. **Base Overrun:** Women age divisions 70+ and 75+ can run through 2nd and 3rd base without the possibility of being tagged out unless an attempt is made or a turn toward the next base is indicated.

12. **Courtesy runner:** An unlimited number of courtesy runners may be used per inning. A player may only be used as a courtesy runner once per inning (except Women 70+ and 75+ which a player 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.

13. **Team clothing:** Must be of like design and color. An Arabic whole number (0-99) of contrasting color, or outlined in contrasting color, at least 6 inches high must be visible on the back of uniform shirts. No players on the same team may wear identical numbers. Sponsors may be added to jersey but cannot interfere with number placement. Uniforms shall be free of inappropriate symbols or wording.

14. **Pitching Mask:** All pitchers are encouraged to wear a defensive face mask while pitching in all games.

15. **Legal Pitching Height:** The ball must be delivered with perceptible arc and reach a height of at least 6' (feet) from the ground, while not exceeding a maximum height of 12' (feet) from the ground.

16. **Official Softball:** The men's divisions will play 12-inch slow pitch (.44 core and a compression rating of no more than 375 psi). The women's divisions will play 11-inch slow pitch (.47 core and a compression rating of no more than 525 psi).

17. **Bat Rules:** All bats with a *BPF of 1.21 or less will be legal for play. All bats used in play must be stamped with a BPF of 1.21 or less, and must have either a manufacturer installed non-slip grip surface, or a minimum of one wrap of tape. Bats without the BPF stamped on the bat will be considered illegal. A bat is not required to bear an USA Softball certification mark.

All bats models approved for senior play by ISA, ISSA, SPA and SS-USA will be allowed for tournament play in NSGA.

18. **Field Dimensions:** State qualifying games and the 2025 National Senior Games will utilize a double first base, second home plate, 30-foot commitment line between third base and home plate and a 6-foot pitching box. A field diagram with dimensions is included in the USA Softball rulebook (with the exception of the 6-foot pitching box and strike zone mat). If in the National Chair's and tournament director's discretion, such an adjustment is feasible, base paths will be 70' for men's age divisions 50 to 65+, and 60' for women's 75+. The base paths will be 65 feet for men's 70+ and women's 50-70+ age divisions.

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 or polka dot 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.

VOLLEYBALL

EVENT:

Team Volleyball (Men's/Women's/Co-ed): 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.

Co-ed Modifications: 4x4

This variation of the game (played on an indoor court, sand or grass) is typically played at a more recreational level. Each team has four players per side, and each player is permitted to attack at the net regardless of their starting position on the court. While players must maintain serving order, during play they can occupy any position on the court. 4 vs. 4 allows for a moderately paced variation of play that requires each team to cover more ground and allows players to compete in a less specialized style of play.

The Indoor Rules Book in general shall govern play for females and males on the same team with the following exceptions:

1.1.1.1 Alternating male and female service order must be maintained.

A female Libero may only replace regular female players. A male Libero may only replace regular male players. All other Libero rules and restrictions apply.

1.2 When the ball is played more than once by a team, a female player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.

1.2.1 If a team contacts the ball more than one time during offensive action, one of the contacts must be by a female player, but there is no restriction preventing all three team hits from being made by

female players. Contact of the ball during blocking action does not count as one of the three team hits. Therefore, after a block, a male player may play the ball back over the net as such contact would be considered the first team hit.

1.2.2 A ball contacted more than once by a team, without a female player having contacted it, remains live and does not become an illegal hit until it fully crosses the plane of the net or is contacted by an opponent.

1.5.1 Where age group mixed competition is conducted, the height of the net shall be that prescribed for men's competition in the respective age group. In order to protect the safety of the competitors, this shall not be modified.

WALKS

1500 M Race Walk, 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.
- j) No canes, walkers, headphones, cell phones or water bottles allowed during the event. Exceptions may be made for the oldest age groups.

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.

TSO CODE OF CONDUCT

Being respectful of TSO staff, volunteers, one's opponent, spectators and any officials, scorekeepers or referees; being courteous on and off the court, and being responsible for one's own behavior is the fundamentals of competing in a sportsmanlike manner and upholding the integrity of all sports.

All athletes and spectators associated with a TSO event are expected to conduct themselves in such a manner that represents the highest level of honor and to observe the tenets of good sportsmanship, honesty, fairness, dignity, civility, and respect when participating in a TSO event. Athletes that do not live by our sportsmanship code may be refused registration and or participation.

TSO staff, volunteers, spectators and participants lead by example, and show self-control in pledging as follows:

- I will engage in sportsmanlike conduct and encourage others to do so.
- I will engage in behavior that will safeguard the health, safety, and well-being of others.
- I will utilize respectful language.
- I will respect my position and not use it to my advantage.
- I will treat others with respect.
- I will exhibit fairness and honesty in my dealings with others.
- I will support TSO policies, procedures, plans and initiatives.
- I will accept responsibility for my own actions.
- I will exemplify the highest standard in ethical behavior and fair play.
- I will engage in conduct that is free from fear, discrimination, abuse, and harassment.