



# Tennessee Senior Olympics

★  
2026

Official Sport Rules



[www.tnseniorolympics.com](http://www.tnseniorolympics.com)

Revised May 2026



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## **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.

**2026 Rule Changes are indicated by yellow highlighting.**

**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, 40K 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/ Scratch Play Tournament
PICKLEBALL	Singles, Doubles and Mixed Doubles
POWERLIFTING	Bench, Squat, Dead Lift
POWER WALK	One Mile
ROAD RACE	1 mile, 5K, 10K, 5K Walk
SHUFFLEBOARD	Singles, Doubles
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*

## 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. 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 in all sports 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 3<sup>rd</sup> place matches must be played off to receive medals, unless a forfeit occurs due to a medical situation.
- The meet director/sports chair has the authority to establish reasonable time limits for the completion of events and may choose to make alterations to keep the event moving if it is affecting the majority of athletes

- A registered athlete cannot be in the position of being the rules decision maker in their competition. If that person is the only rules advisor present, athletes may appeal decisions.

## **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](http://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, Badminton, Basketball Skill Events, Cycling, Disc Golf, Golf Scramble, Pole Vault, Powerlifting, 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/DOUBLES 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 and doubles 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.
- Teams and doubles teams are allowed to play on only **one** roster/team per sport. **Exception: Basketball, Bowling, and Pickleball. Players may play on two teams if the age groups are scheduled for DIFFERENT DAY STARTS.**

### TEAM SPORTS 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 **request help by phone**. 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 or once brackets have been completed. 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**

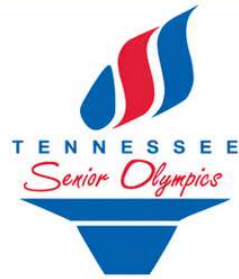
To suggest the addition of a new sport please submit the following information to the Tennessee Senior Olympics:

- 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 Rules



## 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](http://www.usarchery.org)

National Field Archery Association  
800 Archery Lane  
Yankton, SD 57078  
(605) 260-9279  
[www.nfaa-archery.org](http://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 Rules



## **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](http://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



# 3x3 Basketball and Skills Rules



## 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, most consecutive free throws made will break the tie. If still tied, multiple medals or ribbons will be awarded.**

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 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

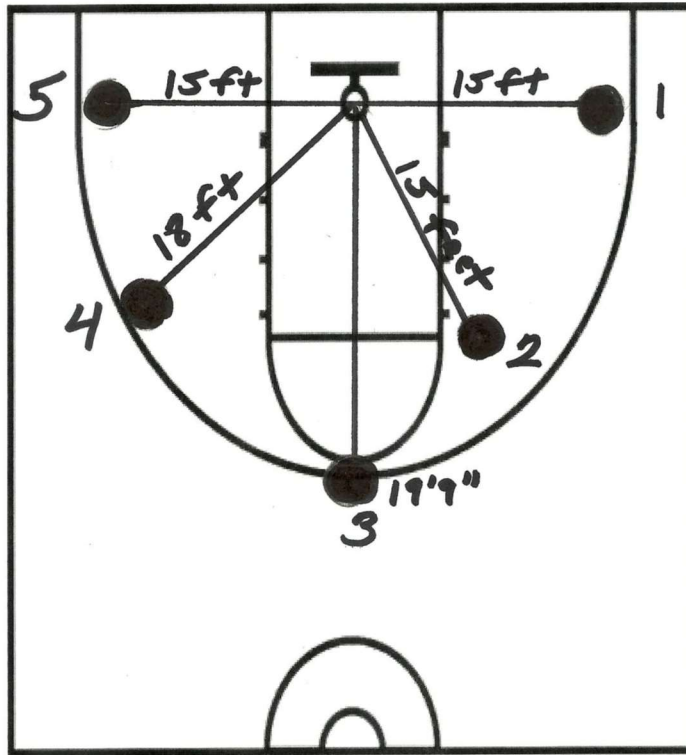
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**Left and right viewpoints are taken from mid-court as facing the basket.**

**Measurements are taken from the center of the basket.**

- In the event of a tie, the tie will be broken by the player who has the most points from spot 3, the top of the key. If still tied, multiple medals or ribbons may be awarded.
- 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.

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 most consecutive 3-point shots made. If still tied, multiple medals or ribbons will be awarded.

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](http://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 or shoot from regulation 15 feet. **This item does not require a Captain's agreement before the game.**
- 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 overtimes**, 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 **and the last minute of the first and second overtime.**

- b) A tie score at the end of regulation time will result in overtime periods as follows. **The first overtime period will be 5 minutes. If needed, the Second overtime will be 3 minutes.** For both, the clock will stop in accordance with normal basketball rules during the last 2

minutes. Clock will also stop following made goals in the last minute. If the game is still tied at the end of the **Second** 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. If the First OT ends in a tie, the team who has AP arrow shall call the coin flip. If the Second OT ends in a tie, the team who has AP arrow shall call the Sudden Death coin flip.** There will be a one-minute intermission before each overtime period. All individual and team fouls carry over into overtime.

c) Two time-outs are permitted per team, per half. Timeouts do not carry over from one period to the next. Time-outs shall be 60 seconds in duration **during regulation**. If a game proceeds to overtime, each team shall receive **one additional 30-second timeout per overtime period**. 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. **It is highly encouraged that teammates and Captain's address and**

manage frustrated players in heated moments during the game before the game officials must. There will be very limited tolerance with regard to the above items to include no warnings prior to a technical being issued.

f) Flagrant 1 Intentional Foul will be assessed when there is not a legitimate attempt to make a direct play on the ball, contact away from the ball against an opponent clearly not involved in the play and designed to stop clock or prevent it from starting, contacting an opponent making a throw-in, excessive, hard or unnecessary contact and illegal contact by swinging of an elbow deemed excessive or unnecessary with opponent. The penalty shall be two free throws and awarded possession.

g. Flagrant 2 Foul will be assessed and player ejected when the contact foul is judged to be violent and/or severe. If deemed a noncontact foul, the unacceptable conduct of the individual is judged to be persistent, extreme, vulgar and/or abusive. The penalty shall be two free throws and awarded possession.



# Billiards Rules



## **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 Rules



## 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](http://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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places will be decided by bowling a one- game playoff.



# Cornhole Rules



## **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](http://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

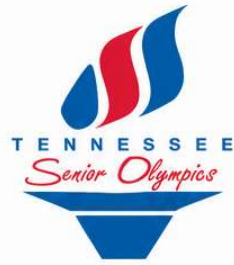
- a) Each player or team is allowed two 1-minute time outs per game.
- b) A player may only call a time out when it is his/her turn to pitch.
- c) Both players may walk to the other boards to examine bag position during the time out.
- d) Players may not touch the cornhole bags or boards during a timeout.

### 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 Rules



## **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](http://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 Rules



## 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 Rules



## GOLF

### **EVENTS**

1. The district and local tournaments will be 18 holes.
2. The State Golf Championship will be 18 or 36- hole medal play. Scratch.

### **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](http://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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 18<sup>th</sup> 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. Organizers may combine age groups into 50-64 and 65+ for awards if age groups only have one team.

## 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](http://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 Rules



## **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](mailto: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 Rules



## 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.
3. Awards will be presented for:
  - a. 1st through 3rd place within each age and weight division for those competing in Full Power (squat, bench press, and deadlift) based on total points/pounds lifted.
  - b. 1st through 3rd place within each age and weight division for all other competitions outside of Full Power (Bench Only or Push/Pull) based on total/pounds lifted.

### 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. Basic Rules:

There are 3 events within the sport of Powerlifting:

- Full Power (which consists of Squat, Bench Press, and Deadlift)
- Push/Pull (which consists of Bench Press and Deadlift)
- Bench Press Only

As for awards, athletes can **only enter one of the events listed above, therefore they can only medal in one event.** They cannot use their bench press attempt from a Full Power entry to also medal in the Bench Press Only category.

The flow of competition will be in the following order:

1. Squat
2. Bench Press
3. Deadlift

"Bench Only athletes" and "Push/Pull athletes" will just jump into the Full Power cycle when their lifts are going on. When you start with squat, you will only have Full Power athletes competing since that is the only event that includes Squat as one of the required

lifts. Once everyone has finished squat, the entire group moves on to bench press, so you

will now be adding Push/Pull athletes and Bench Press Only athletes into the mix. Once everyone has completed bench press, the entire group moves on to deadlift, and those Bench Press Only athletes will no longer be in the mix since they have already completed

their required lift.

Note: For both Bench Press and Deadlift, there might be athletes in the same flight who are

competing in different events – For example, a Full Power athlete completing their 2nd and

3rd of 3 lifts, and Push/Pull athletes completing their 1st and 2nd of 2 lifts. For Bench Press

specifically, there might be Bench Press Only athletes completing their 1-of-1 lift.

Everyone who is competing in the squat competition will perform that lift 3 times within the

flight they are assigned to, and the TSO will run through all of the Squat flights consecutively. Once squat is complete, we will not go back to squat for the rest of the competition, and everyone will move on together to the bench press competition. Once that lift is complete, everyone will move on together to the final competition (Deadlift).

Athletes are put into flights based on their weight class, and will compete in order of weight

class - lowest (first) to highest (last).

Competition takes place between lifters in categories defined by sex, bodyweight, and age. **NOTE: Some categories may be combined depending on participation numbers.**

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.

Each competitor is allowed three attempts on each lift. The lifter’s best successful attempt on each lift counts.

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:

<b>USA Powerlifting Female Weight Classes and Ranges</b>				
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:

<b>USA Powerlifting Male Weight Classes and Ranges</b>				
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



# ShuffleBoard Rules



## 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.

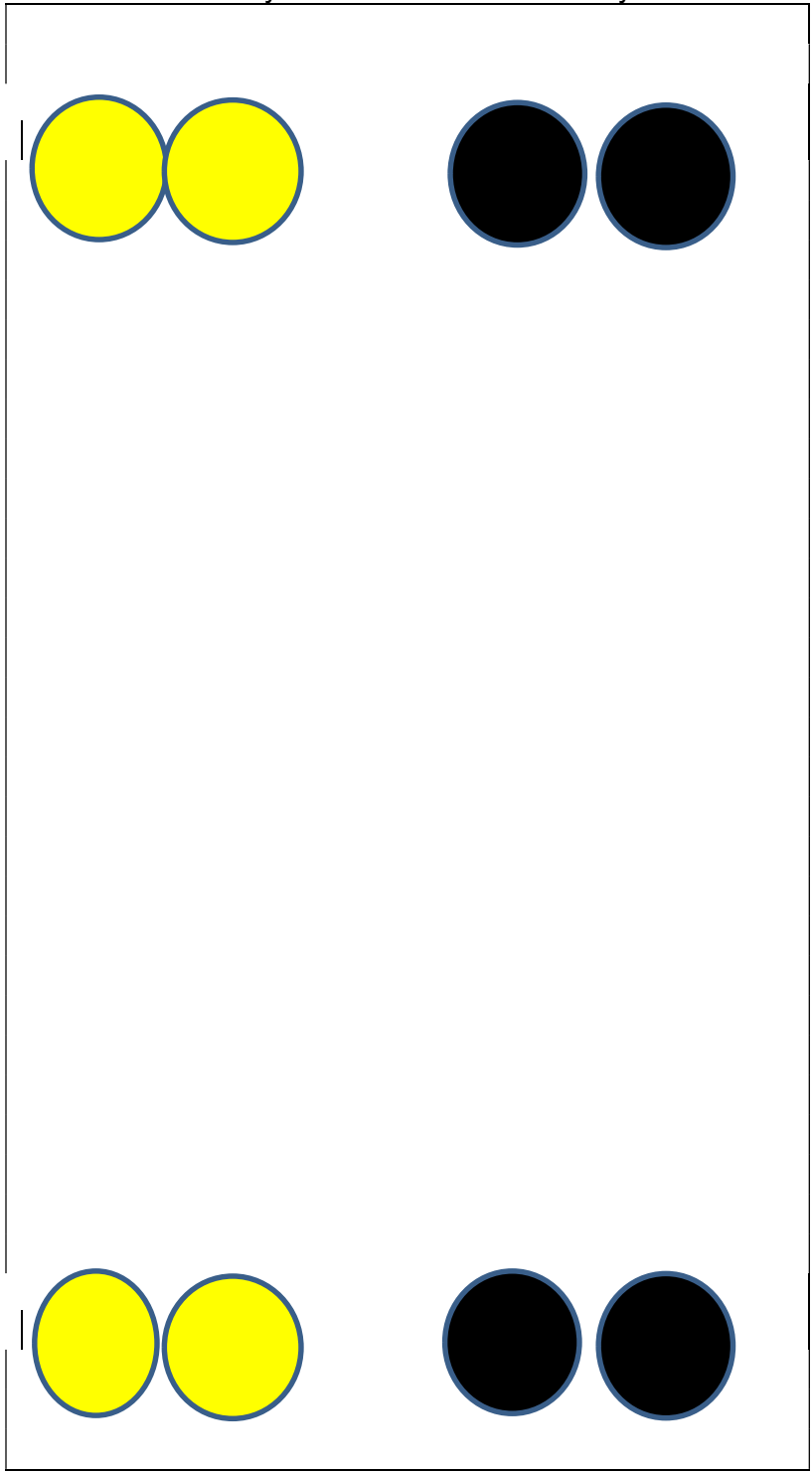
10. The following penalties need not be enforced unless the offender gains an advantage:

- \*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 2026

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



# Swimming Rules



## 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](http://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 Rules



## 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](http://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 Rules



## TENNIS

### **EVENTS**

Singles, Doubles, and Mixed

### **Playing Rules**

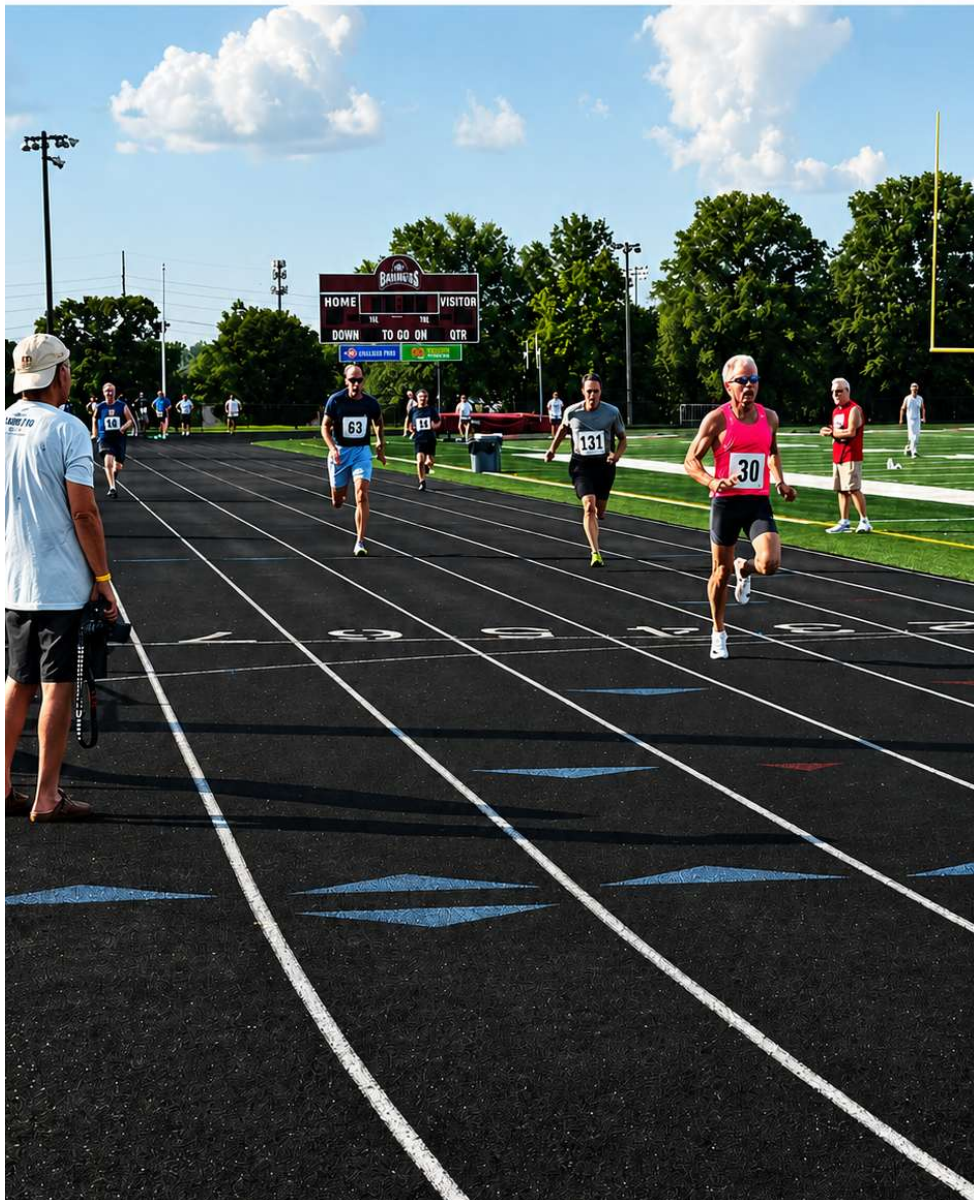
1. All tennis matches will be conducted in accordance with U.S.T.A. rules except as noted below. For a copy, please write or call:

USTA Publications Department  
70 West Red Oak Lane  
White Plains, NY 10604  
(914) 696-7000  
[www.usta.com](http://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 3<sup>rd</sup> sets.
6. At the state level, tennis players may only choose two events (singles, doubles, or mixed doubles).



# TRACK AND FIELD/ ROAD RACE RULES



## **TRACK AND FIELD/ROAD RACES**

**50, 100, 200, 400, 800, 1500 Meter, 4 x 100- Meter Relay  
Discus; High Jump; Javelin;  
Long Jump; Pole Vault; Shot Put; Triple Jump**

**Road Races: 1 mile, 5K, 10K**

### **Rules:**

The meet and road races 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](http://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.

For the road races, all age groups will run simultaneously.

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.

## **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.



# Volleyball Rules



## 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](http://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.



# Power Walk and 5K Walk Rules



## **WALKS**

1 Mile Power Walk, 5K Walk.

### **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](mailto: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.
  - b) Each advancing foot strike must land on the heel and when the foot leaves the ground it must push off through the toe.
  - c) Your knee may be straightened or bent at heel strike.
  - d) An athlete is disqualified when three separate judges determine the athlete is in violation of the definition of Power Walking.
  - e) Any violation in the last 100 meters, as determined by a single judge, results in immediate disqualification.

### **5K Walk**

1. The 5K Walk will be conducted during the 5K Road Race.
2. Participants will be on the honor system. One foot must be on the ground at all times.

## 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.