



Tennessee Senior Olympics, Inc. Rules and Regulations

2021

TENNESSEE SENIOR OLYMPICS

RULES AND REGULATIONS

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***Denotes event not offered at Nationals**

Preface

SPORT RULES GOVERNING THE TENNESSEE SENIOR OLYMPICS

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

The sport rules for each event are based on the rules of the recognized governing body for the sport, when appropriate. However, for the state, district and local Olympics there may be a need for 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.

NOTE: Highlighted sections are new for 2021

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

Denotes events **NOT offered at Nationals*

ARCHERY	Compound Fingers, Compound Release, Recurve, Barebow Compound, Barebow Recurve
BADMINTON	Singles, Doubles and Mixed Doubles
BASKETBALL	Three on Three Half Court
BASKETBALL SKILLS*	Free throw, 3- Point, Hot Shot
BOWLING	Singles, Doubles and Mixed Doubles/ Scratch
CORN HOLE	Singles/Doubles/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	36-hole Scratch Play
PICKLEBALL	Singles, Doubles and Mixed Doubles
POWER WALK	1500 Meter
RACE WALK	1500 Meter
WALK, 5K	Race walk or power walk technique allowed
RACQUETBALL	Singles, Doubles, Mixed Doubles
ROAD RACE	5K, 10K
SHUFFLEBOARD	Singles, Doubles
SWIMMING	Freestyle: 50, 100, 200, 500 yards Backstroke: 50, 100, 200 yards Breaststroke: 50, 100, 200 yards Butterfly: 50, 100 yards, 200 yards Ind. Medley: 100 yards, 200 yards, 400 yards (4 strokes)
TABLE TENNIS	Singles, Doubles, Mixed Doubles
TENNIS	Singles, Doubles and Mixed Doubles
TRACK	50, 100, 200, 400, 800, 1500 Meter, 4 x 100m relay
VOLLEYBALL	Team Volleyball

GENERAL INFORMATION

ELIGIBILITY 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 prior to the summer state finals.

RESIDENCY

- Open to Tennessee residents or those who reside within 30 miles of the Tennessee border.
- **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).
- Exception: Softball teams may be composed of out-of-state players.
- 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.
- **Missing the first round of any sport will constitute a forfeit. This includes pool play, round robin, and single or double elimination formats.**
- 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.

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

NOTE: For 2021 all qualifying rules have been waived as 2020 districts were not held. Everyone is welcome.

DISTRICT PARTICIPATION

- Qualifying for the state finals in most sports requires that an athlete **participate** in a District Senior Olympics event the **fall 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, and the Triple Jump.
 - Any event not offered at an individual's home district will also be considered an open event.
 - 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.
- After district competition, the following number of changes or additions may be made to each roster before registering for the state finals: basketball - three (3), and volleyball four. Two of these additions or changes may be players who **did not compete in district competition**.
- All registered team players from a district roster are eligible to advance to the state finals if their team qualifies. Participation in the district tournament is not required of every player on the roster.
- 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 must be signed or checked online.
- **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 \$10 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 tournament 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.
- 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.
8. Two archers at each target will keep the double set of scorecards. Scores shall be compared after each end. If the scorecards do not agree after arrows have been removed from the target, then the lower score shall be the official score.
9. Winner shall be the archer(s) scoring the highest number of points in the double "900" round.
10. Archers must provide their own bows and target arrows.
11. Archers will not be required to wear white or blue attire; however, they will be expected to wear clothing appropriate for state finals.
12. Barebow Recurve Equipment: Any recurve bow or longbow may be used. Bow sights are not allowed. Archers may string-walk and or face-walk in sighting. **Both USA Archery and NFAA Barebow Recurve Rules will be allowed.** Arrows must all be the same length and weight.
13. Barebow Compound Equipment: Any compound bow may be used. Bow sights are not allowed. Archers may string-walk or face-walk in sighting. No levels are allowed. Archers may use a stabilizer and may use a draw check that is either on the bow limbs or under the arrow in the bow window. Arrows must be all the same length and weight.
14. Compound Bow Equipment: The maximum peak draw weight allowed shall be 80 pounds. Maximum arrow speed shall be **300** feet per second with a variance of 3%. Lighted sights may be used.

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

BADMINTON

EVENTS

Singles, Doubles, Mixed Doubles

Event Format: A match is best 2 out of 3 games. Event format subject to change depending on number of entries.

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

Playing Rules

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

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

BASKETBALL HOT SHOT

- In one minute, a competitor attempts to score as many points as possible. Starting at half court, the competitor dribbles into shooting range and shoots lay-ups or shoots from one of the designated hot spots. The competitor may shoot in any sequence he or she prefers.
- Two lay-up scores are allowed but all other shots must be taken from any or all five hot spots marked on the court. Each spot has a separate point value.
- Bonus points are awarded if players choose to shoot from all five hot spots.
- Competitors must dribble the ball when proceeding from spot to spot. Shooters must rebound their own shots.
- Hot Shot scoring is as follows:

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

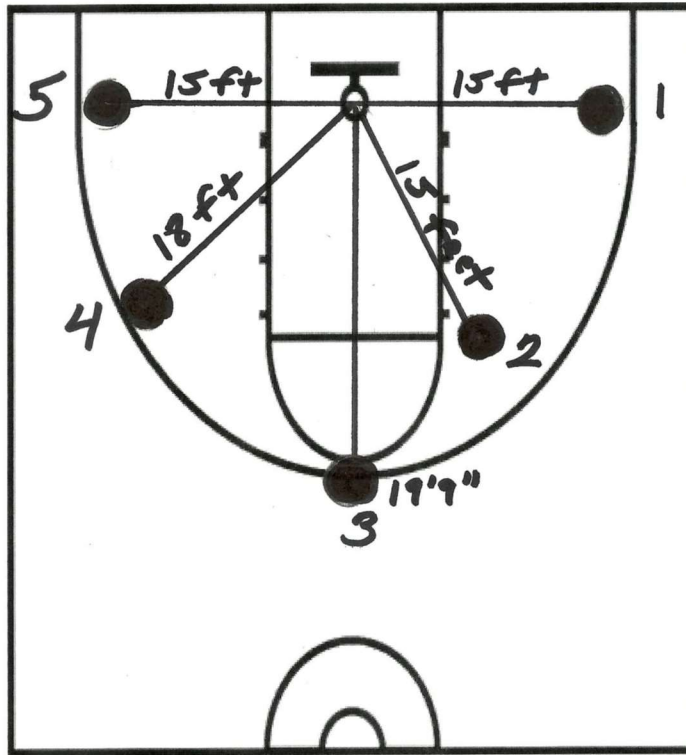
Notes:

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

Measurements are taken from the center of the basket.

- In the event of a tie, the competitors will shoot again for an additional 30 seconds.
- Players **MUST** use the official basketball provided. Players **may not** use their own ball. Female participants will use a women's or junior basketball.

HOT SHOT DIAGRAM



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

Notes:

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

Measurements are taken from the center of the basket.

BASKETBALL 3-POINT SHOT

Playing Rules

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

3 ON 3 BASKETBALL

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

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

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

Playing Rules

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

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

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

- 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. There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.
- c) Two time-outs are permitted per team, per half. Timeouts do not carryover from one period to the next. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 60 seconds in duration. The clock will not run during time-outs.
 - d) Three point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.
 - e) A five-second closely guarded violation may be called against an offensive player with the ball when that player is closely guarded for five seconds or more, and does not pass, shoot, or dribble within that time. To be considered "closely guarded", a defender must be in a defensive position and located within six feet of the player. The count applies to any player who is holding or dribbling the ball.

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

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

7. **Player Restrictions When Inbounding Ball:**

- a) Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the "throw-in area", regardless of whether or not the inbounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
- b) The inbounder must stay within 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 three-point line.

- c) The defense may defend anywhere on the court, however, no player (offensive or defensive) may enter the "throw-in area", which is considered out-of-bounds.
 - d) The inbounder may not hand-off the ball to a teammate.
 - e) The inbounder's teammates may not enter the three-second lane to receive a pass or set a screen until the inbounding teammate actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbound pass.
 - f) The 3 second lane count and the 5 second **throw-in count** closely guarded count shall not begin until the defensive team (now the new offensive team) takes the ball behind the three point arc.
 - g) Violations of the throw-in area by the offense result in loss of possession.
 - h) Violations of the throw-in area by the defense result in a warning followed by a technical foul and loss of possession.
8. **Substitutions:**
- a) Substitutions may be made after a basket, foul shot, stoppage of play, and any time an official beckons the player onto the court.
 - b) Players **MUST** be beckoned onto the court by the referee. Entering the court without being beckoned will result in a warning from the official; all subsequent violations will result in a technical foul and loss of possession.
 - c) Both the offensive and defensive team may substitute after the first free throw of a two shot foul, and after the second free throw of a three shot foul.
 - d) The defensive team can only substitute after a made basket or free throw, (when it is the final free throw taken) and **ONLY** if the offense is substituting at that time. Violating this rule will result in a warning from the official; all subsequent violations will result in a technical foul loss of possession.
 - e) On all stoppage of play (i.e., violations such as traveling, double dribble, three seconds, or out of bounds, etc.) either team can substitute as long as they request to sub prior to the inbounder having the ball in the throw-in area.
9. **Fouls and Penalties:**
- a) A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.
 - b) Team fouls carry over into the second half and overtime periods.
 - c) Any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession.
 - d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.
 - e) Any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession.
 - f) Prior to the seventh team foul, any common foul shall result in loss of possession for the offending team.
 - g) All personal and technical fouls shall be counted against a team total (except for unsporting technical infractions-see below). On the seventh team foul, a bonus shall be awarded for the remainder of the game.
10. **Bonus Situations:**

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

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

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

During the stopped time portion of the game:

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

11. Unsporting and Administrative Technical Infractions:

- a) An unsporting technical infraction shall be when a player, substitute, coach or any bench personnel commit or display any unsportsmanlike behavior as set forth and defined by NCAA guidelines. Penalty for unsporting technical infractions shall be two free throws attempted by any player from the offended team and possession of the ball. Additionally, this technical counts towards the team foul total. Any player receiving two unsporting technical shall be removed from the game. Any unsporting technical called on bench personnel are assessed to the coach as well. Combination of two direct or indirect unsporting technical to the coach will require their removal from the game. Examples of unsporting behavior include taunting and baiting, use of profanity, continuous questioning of official's judgement, defense breaking the plane of the throw-in area, making contact with the ball or the thrower, just to name a few. 18 as of 02.11.2021

b) Administrative technical infractions are issued for the following with a penalty of two free throws by any player from the offended team and possession of the ball but does not count towards team foul total or disqualification or ejection:

1. 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 the ball and not allowing it to be readily available and huddling on the court or prior to free throws. Stalling or not running an offense is a delay of game, except during the last 2 minutes of 2nd half or any overtime.

Administrative technical will be issued when any events occur following the warning.

2. Other administrative technical infractions include wrong number in the score book, player not listed or needing to be added after the game starts.

12. Uniforms:

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

13. The three second rule for women 70+ is 5 seconds.

BOWLING

EVENTS

- Singles
- Doubles
- Mixed Doubles

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

Playing Rules

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

United States Bowling Congress
621 Six Flags Drive
Arlington, TX 76011
(800) 514-2695
www.bowl.com

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

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

CORNHOLE

EVENTS

SINGLES/DOUBLES/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.

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.

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.

CYCLING

EVENTS

5K Time Trial, 20K Road Race

Playing Rules

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

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

2. Cyclists must provide their own equipment which must include helmets (conforming to USA Cycling regulations). Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed gear bicycles and recumbent bicycles are not permitted.

3. There may be no protective shield, faring, or other device in any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) which has the effect of reducing air resistance, except those allowed by the USCF.

4. In time trial events, the rider shall be held by an official at the start, but shall not be restrained or pushed. In the 20K road race, the start will be a mass start.

5. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.

6. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.

7. No restarts are permitted.

8. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aerobars) are permitted only in time trial events, not in road race events.

DISC GOLF

EVENTS

1. The tournament will be 18 holes.

Playing Rules

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

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

Equipment:

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

Object:

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

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

GOLF

EVENTS

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

Playing Rules

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

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

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

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:

International Federation of Pickleball
<https://ifpickleball.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 number of entrants, age groups may be divided into as many as three skill levels.
6. Age/Skill doubles and mixed doubles will be determined by the higher skill player and the lower aged player as of 12/31/2021.

RACQUETBALL

EVENT

Singles, Doubles, Mixed Doubles

Playing Rules

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

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

2. Lensed eyewear designed for racquet sports is mandatory.

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

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

SHUFFLEBOARD

EVENT

Singles, Doubles

Doubles partners may be of same or mixed gender.

Format: To be determined by number of players

Playing Rules

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

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

3. **Non-Walking Singles:** At times, there will be two (2) opposing players who will remain at the other end of the court competing against each other. In these instances of non-walking singles, one end of the court will be considered the head and the other the foot. The yellow disks will be lined up on the right at the head of the court and on the left side at the foot of the court. See diagram on next page for clarification.

4. Doubles matches will consist of eight (8) frames of which four (4) will be played by each partner who will remain at their respective end of the court during the entire match. The team or pair with the highest point score at the end of eight (8) total frames will be the winner.

5. In case of a tie, two extra frames will be played until tie is broken.

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

a) Before practice begins, each player may shoot two (2) discs to check speed of court. Two full rounds of practice on assigned color are allowed before the first game. If a third game is necessary, no practice is allowed before the third game.

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

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

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

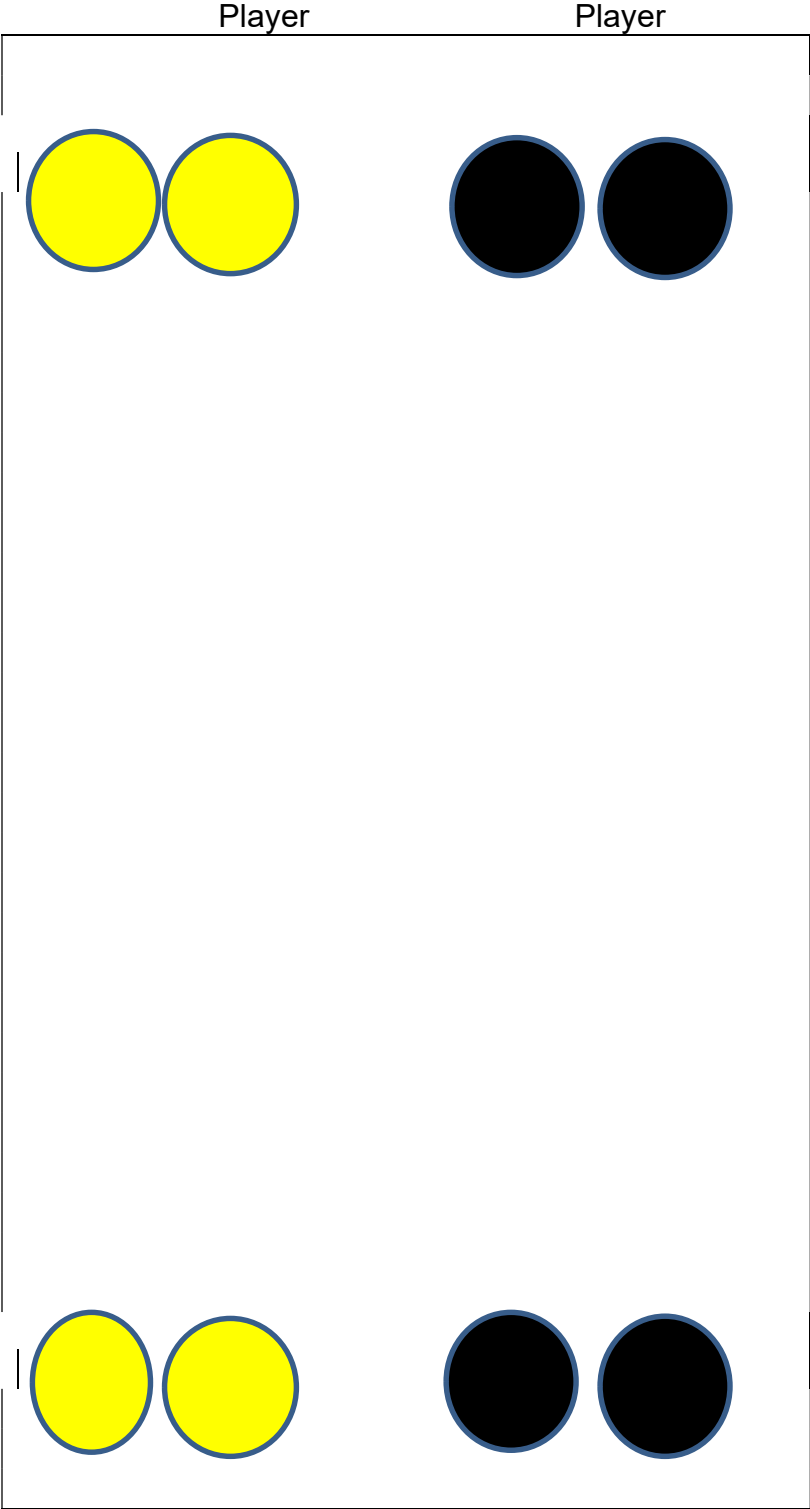
8. Players may bring own cues.

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

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

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

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



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

Player
Foot- yellow on left with players facing the court

Player

SOFTBALL THROW

Playing Rules

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

SWIMMING

EVENTS- may be in yards or meters depending on venue

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

Rules

1. A maximum of 6 events may be selected. All swimming events will be timed finals.
2. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call:

United States Masters Swimming, Inc.
1751 Mound Street, Suite 201
Sarasota, FL 34236
(941) 256-8767 or (800) 550-7946
www.usms.org/rules

- a. **Starts/Finish:** the forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. Each competitor will be allowed one false start. A second false start will result in disqualification. Swimmers must touch the wall at each turn and at the finish.
- b. **Turns:** The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
- c. **Backstroke:** There are no rules pertaining to arm or leg movements, however, swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
- d. **Breaststroke:** Appropriate stroke is required.
- e. **Butterfly:** The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly stroke at any time during the race.
- f. **Freestyle:** Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except in the individual medley event where freestyle means any stroke other than backstroke, breaststroke, or butterfly.
- g. **Medley:** The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern turns and strokes.

TABLE TENNIS

EVENT

Singles, Doubles, Mixed Doubles

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

Playing Rules

All matches will be conducted in accordance with USA Table Tennis (USATT) rules.

For a copy of these rules please contact:

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

1. White 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.

ROAD RACES

EVENTS

5K, 10K

Rules:

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

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

www.usatf.org

2. All age divisions will run simultaneously.

VOLLEYBALL

EVENT:

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

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

Event Format:

Format dependent on number of teams and other considerations.

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

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

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

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

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

Playing Rules:

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

USA Volleyball
4065 Sinton Road
Colorado Springs, CO 80910
(719) 228-6800
www.usavolleyball.org

2. Athletes may play on only one volleyball team.

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

4. A team's roster shall be limited to fifteen (15) players.

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

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

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

8. Two liberos are permitted and may be changed from set to set and not have to be designated for their match.

WALKS

1500 M 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.

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.