

INTRODUCTION

The National Veterans Golden Age Games are designed for veterans 55 years of age and older who are currently receiving care through the Department of Veterans Affairs (VA). The concept underlying the Games, as a form of preventive medicine, is to promote optimal involvement of senior veterans enhancing their mental, social, physical, and emotional well being, and improve their quality of life. All veterans will be encouraged to participate in the Games to the best of their ability.

All medical centers are encouraged to hold local competitions. The Games represent the combined efforts of VA staff, volunteer service organizations, and concerned citizens working to provide a memorable experience for everyone involved.

We wish all of you good luck, good times, and warm memories as you meet together in the National Veterans Golden Age Games.

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GOLDEN AGE GAMES GENERAL RULES

This book states the rules of the National Veterans Golden Age Games. These rules will be used at all National and Local Golden Age Games competitions. Modifications and variances of these rules and regulations may be made as outlined in the rules or by the National Veterans Golden Age Games Program Director.

I. PARTICIPANT ELIGIBILITY:

To be eligible, participants must be 55 years of age or over and currently receiving care through the Department of Veterans Affairs. Participants may be inpatients of a VA facility or receiving services on an outpatient basis.

II. REGISTRATION FOR EVENTS:

General Information:

Participants must register prior to the start of the events. Each participant may be entered in up to a maximum of four (4) and a minimum of two (2) Golden Age Games events. There are thirty-two (32) events and categories from which individuals may choose to enter. Participants may enter no more than two (2) swimming events.

Bicycle 1/4 Mile Dash	Shuffleboard
Bicycle 1/2 Mile Dash	Visually Impaired
Bowling	Shuffleboard
Adaptive Bowling	Wheelchair Shuffleboard
(Wheelchair, Wheelchair	Swimming Free-Style
Adaptive, and Visually	(25, 50, 100 yards)
Impaired)	Swimming Backstroke
Checkers	(25, 50 yards)
Croquet	Wheelchair Swimming
Dominoes	Free-Style
Nineball	(25, 50, 100 yards)
Wheelchair Nineball	Wheelchair Swimming
Pentathlon	Backstroke
Wheelchair Pentathlon	(25, 50 yards)
Golf	Visually Impaired Horseshoes
Horseshoes	Wheelchair Horseshoes

Each event will have six (6) age categories for participation:

55-59	70-74
60-64	75-79
65-69	80-uP

Competitors may request assignment to a younger age category in order to compete. At the discretion of the Meet Director, age

categories with one entry may be assigned to participate in a younger age category, but will be awarded medals in their original age category.

In most events, men and women will compete together; but in others, they will compete in separate categories. Events in which men and women will compete in separate categories include:

Bicycle 1/4 Mile Dash	Swimming Events
Bicycle 1/2 Mile Dash	Wheelchair Pentathlon
Pentathlon	Wheelchair Bowling
Bowling	Wheelchair Horseshoes
Horseshoes	

III. AWARDS:

- A. National Games - the Local Site Coordinator will select the medals to be awarded at the national level. Medals for 1st, 2nd, and 3rd place will be awarded in each event (age/sex category). The National Games will also award to each participant certificates or similar awards in recognition of their involvement in the National Veterans Golden Age Games.
- B. The George Gangi Inspirational Award - will be determined by vote of the National Program Director, National Public Affairs Representative, and Sponsoring Organization Representative (if appropriate).

IV. MODIFICATION OF RULES AND ADAPTING OF EVENTS:

Events in which rules modification and special adaptations may be made are outlined within the rules printed in this Rule Book. The National Golden Age Games Program Advisor may modify and adapt event rules with concurrence of the Local Site Coordinator.

Event Officials may modify and adapt rules regarding facilities and equipment when modification is necessary because of the availability of facilities or weather factors with the concurrence of the National Golden Age Games Advisor and the Local Site Coordinator.

Event Officials will allow participants to become familiar with the event areas and equipment to be used. The opportunity to warm up prior to event will be given at the discretion of the Event Officials.

Event Officials may make adaptations and modifications for a competitors disability. The only time this may occur is when the adaptation or modification would not give a competitor an unfair

advantage over other participants. (Examples: If a competitor who has had a stroke and is playing in the Table Tennis event needs to move closer to the table to serve. Or in Checkers, if a competitor with a hand disability needed someone to move the playing pieces for him/her).

In 1996, the National Veterans Golden Age Games incorporated a separate category for visually impaired veterans. These veterans will compete in separate divisions for bowling, horseshoes and shuffleboard.

NOTE: Veteran participants with a corrected vision of 20/200 or less will be allowed to enter the Visually Impaired events. This must be verified and documented at the time of registration.

V. SPECTATOR COACHING:

Coaches and spectators on the sidelines should not be allowed to advise or coach any player during competition. If, after asking a coach/spectator not to coach a player and he or she continues to do so, the official will ask the coach/spectator to leave the tournament area.

VI. DISQUALIFICATIONS:

The Official has the right to disqualify any player from competition and the player forfeits the right to any awards for unsportsmanlike conduct OR tactics detrimental to the competition.

VII. APPEALS:

All appeals of event rules must be made at the time the action being appealed occurs. The appeal will be made to the event Official, and in all cases, the Official's decision shall be final.

VIII. PROTESTS:

All official protests must be received in writing on the appropriate form, and will be reviewed by the Meet Director and attending officials and a final decision will be rendered.

IX. TIE RULE:

Ties during the Bicycling, Swimming, Bowling, Golf and Pentathlon will not be broken. Competitors who tie during these events will be awarded the same number of points or awarded duplicate medals.

GOLDEN AGE GAMES

EVENT 1

BICYCLE - 1/4 MILE DASH

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Two wheel bicycles of similar style and condition will be provided by the Golden Age Games host. Contestants must use the bicycles which are provided. Bicycle safety helmets will be provided by the host or each participant may use approved helmets that they provide for themselves. Other equipment: starter gun or other starting device, stop watches or other timing device, bicycle repair kit including tire pump, first aid kit, and scorer/timer sheets.

FACILITY:

The 1/4 mile dash will be laid out over a course marked with start and finish line. The course surface will be of concrete, asphalt or similarly appropriate material.

COMPETITION:

This competition will be based on best time. Each participant will be given an opportunity to become familiar with the track and warm up on the bicycle they will use in the event. Only one participant will be allowed on the course at a time. Places will be awarded based on best time: 1st Place, fastest time; 2nd Place, next fastest time; and 3rd Place, next fastest time.

GOLDEN AGE GAMES

EVENT 2

BICYCLE - 1/2 MILE DASH

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Two wheel bicycles of similar style and condition will be provided by the Golden Age Games host. Contestants must use the bicycles which are provided. Bicycle safety helmets will be provided by the host or each participant may use approved helmets that they provide for themselves. Other Equipment: starter gun or other starting device, stop watches or other timing device, bicycle repair kit including tire pump, first aid kit, and scorer/timer sheets.

FACILITY:

The 1/2 mile dash will be laid out over a course marked with start and finish line. The course surface will be of concrete, asphalt, or similarly appropriate material.

COMPETITION:

This competition will be based on best time. Each participant will be given an opportunity to become familiar with the track and warm up on the bicycle they will use in the event. Only one (1) participant will be allowed on the course at a time. Places will be awarded based on best time: 1st Place, fastest time; 2nd Place, next fastest time; and 3rd Place, next fastest time.

GOLDEN AGE GAMES

EVENT 3 BOWLING

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Bowling balls and bowling shoes will be provided by the Golden Age Games host. Competitors may elect to use their own bowling ball and shoes. All bowling balls must conform to the size and weight outlined by the American Bowling Congress. Other equipment: scoring sheets, first aid kit. **Use of adaptive equipment must be medically documented at the time of registration!**

FACILITY:

Bowling lanes for the competition will be selected by the Golden Age Games host and shall be in good repair. The number of lanes to be used will be determined by the host.

COMPETITION:

This competition will be based on the total score for 2 lines bowled in open competition. There is **NO HANDICAP** in this event. Bowlers will be given the opportunity to warm up on the lanes prior to bowling their 2 lines in the competition. Places will be awarded based on total pin score: 1st Place, highest score; 2nd Place, next highest score; and 3rd Place, next highest score.

RULES:

The bowling competition will be held in accordance with American Bowling Congress and World International Bowling Congress rules (except as otherwise noted within these Golden Age Games rules). Players will alternate lanes after each game. Ten frames will be bowled straight through at one time.

GOLDEN AGE GAMES

EVENTS 3A-3C ADAPTIVE BOWLING CATEGORY EVENT 3-A WHEELCHAIR EVENT 3-B WHEELCHAIR ADAPTIVE EVENT 3-C VISUALLY IMPAIRED

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Bowling balls, handrails, adapted bowling balls, ball pushers, bowling shoes, and ramps for use by participants will be provided by the Golden Age Games host. Participants may use their own bowling ball and adaptive equipment after being inspected and approved by the attending Officials. Use of adaptive equipment must be medically documented at the time of registration!

Other Equipment: scoring sheets, first aid kit.

FACILITY:

Bowling lanes for the competition will be selected by the Golden Age Games host and shall be in good repair. The number of lanes to be used will be determined by the host.

COMPETITION:

This competition will be based on the total score for the 2 lines bowled in open competition. There is NO HANDICAP in this event. Bowlers will be given the opportunity to warm-up on the lanes prior to bowling their 2 lines in the competition. **There will be three separate categories of competition held based on the type of adaptive equipment used. The three types are wheelchair, wheelchair adaptive (i.e., ramp, push and handle ball), and visually impaired. Each category will have separate age and gen-**

der breakdowns. Competitors will be allowed to select only one adaptive bowling category to compete in. Places will be awarded based on total pin score: 1st Place, highest score; 2nd Place, next highest score; and 3rd place, next highest score.

RULES:

The bowling competition will be held in accordance with National Wheelchair Bowling Association and World International Bowling Congress rules (except as otherwise noted within these Golden Age Games rules). Ramps, pushers, and handle balls must be used with wheelchairs. Bowlers will adjust their own ramps with no assistance from officials. There will be no switching of lanes. Ten frames will be bowled straight through at one time. Handrails may be used for those participants visually impaired.

GOLDEN AGE GAMES

EVENT 4 CHECKERS

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Standard and adaptive checker board and checkers.
Other Equipment: tables and chairs, scoring sheets, and first aid kit.

FACILITY:

Any appropriate area designated for the event by the Golden Age Games host. Adequate lighting should be a consideration.

COMPETITION:

The competition will be set up in a single elimination tournament format. Whenever possible, contestants from the same medical center will not be matched against each other in first round matches. All matches will be played as a best 2 out of 3 games. Third place game will match the two losers of the two semi-final games against each other.

RULES:

RULE 1:00 The Piece

Each player commences with 12 pieces, which are arranged on the three ranks nearest himself. All the pieces are alike in physical structure and bestowed powers; they are single men.

RULE 2:00 Object of Play

A player wins when his/her opponent can make no move. This can happen in either of two ways:

Section 1: The player has lost all his/her men to capture.

Section 2: All his/her remaining pieces are immobilized.

RULE 3:00 The Play

Section 1: The two players move alternately, black invariably moving first to begin the game. There are two kinds of moves, capturing and non-capturing.

Section 2: The non-capturing move is to an adjacent, vacant square (along a diagonal, since the pieces move wholly on black squares). A single man may move only forward; therefore, has a choice of no more than two simple moves.

Section 3: The capturing move is a jump. If a piece (say black) stands adjacent to an enemy (say red) and the square just beyond this enemy on the same line is vacant, then black may jump over the enemy to the vacant square. The man so jumped (red) is then removed from the board. If the jumping piece lands on a square from which it can jump another enemy, it must do so in the same turn, continuing to make capture until it runs out of victims. In any such series, the jumping piece may zig-zag at will, changing directions in successive captures. A single man captures only forward.

Section 4: The event judge will issue the in-turn player a twenty-five (25) second warning that he/she must make a move. If the in-turn player has not moved within thirty (30) seconds, the opposing player will have the opportunity to select a checker to be removed from the board. The checker will be physically removed by the event judge.

Section 4-VI: The thirty (30) second time limit will be suspended for games with the visually impaired; however, if stalling occurs, the player will be warned and a checker will be removed if it continues.

Section 5: All games will have a ten (10) minute time limit. At the end of ten (10) minutes, the player with the most checkers remaining will be declared the winner of that game.

Section 5-VI: Games with visually impaired will have a fifteen (15) minute time limit. At the end of fifteen (15) minutes, the player with the most checkers remaining will be declared the winner of that game.

Section 6: If able to make a jump, the player must do so in preference to a simple move. All jumps must be completed: a simple move, when the player can jump, is illegal and must be retracted. A king may capture forward or backward.

Section 7: The player may make his/her choice, where alternatives exist as to what piece to move in jumping and what direction to go in a series of jumps.

Section 8: On reaching the last rank, farthest away from the owner, a single man is crowned, thereby becoming king. Its promotion is marked by placing another checker on top of it, the two then being moved as a unit. A player is required by rule to crown the enemy man reaching his/her side of the board.

Section 9: A king may move in any diagonal direction forward or backward. As to simple moves and jumps, the same rules apply to it as to a single man. If a single man reached the king row by a jump, it must stop to be crowned; it may not continue capturing (as a king) in the same turn. The crown is the end of the move.

RULE 4:00 Definitions:

Section 1: Touch and move. If the in-turn player touches one of his/her own playable pieces, he/she must move it. If any part of a playable piece is moved over an angle of the square on which it is stationed, the play must be completed in that direction.

Section 1-VI: The touch and move rule will be liberally interpreted for the visually impaired. Once a checker is deliberately moved, it can not be moved back.

Section 2: Adjusting. Touching an unplayable piece does not constitute a move, and such pieces, if displaced, must be put back. A player may touch his/her own piece, for purpose of arranging, if he/she gives verbal notice of his/her intention and may request the opponent to adjust his/her (opponent's) pieces, but should not touch the adverse pieces for any purpose except capture.

Section 3: Leaving the table. After the first move (or selection of the opening by coin flip), neither player may leave the table without permission of the judge, and he/she then must be accompanied either by his/her opponent or by a person appointed by the judge. The purpose of this rule is to prevent a player from consulting books during the course of the game.

Section 4: Drawn/Tie games. A game is declared drawn when neither player can force a win. At this point, a new game will be started.

Section 5: Matches. A match between two players always comprises an odd number of games. Choice of black side is

determined at the beginning of the match by a coin flip.
Thereafter, the black side rotates between players.

All matches will be played best 2 out of 3 games.

GOLDEN AGE GAMES

EVENT 5 CROQUET

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Standard mallets, balls, stakes, and wickets will be provided by the Golden Age Games host. Participants must use the equipment provided by the host during the competition. Other Equipment: boundary markers and lining materials, hammer for driving stakes, scoring sheets, bracket sheets, bullhorn, chairs, drinking water, first aid kit.

FACILITY:

A standard American 9 wicket, 2 stake croquet court will be used. If facility does not permit a standard court size, the court may be adjusted by the host as needed. (See attached court information.)

COMPETITION:

Each participant will compete individually in a single elimination format. Up to 6 players can compete in each game with the winner of each game moving on to the next competition round.

GAME WINNER is normally the player who completes the tour of the croquet court first. However, if more than one player completes the course on the same round, the winner is determined by the stroke count. (ROUND: begins with the top color of the starting stake and ends with the last color. Players with colors that follow the first finishing player are considered on that same round and are entitled to finish their turn. A player is finished playing when he/she takes his/her turn and does not reach the finish stake.) The player using the fewest strokes to complete the course is declared the winner of that game. If there is a tie for low score, a playoff game will be conducted between the tied players.

RULES

RULE 1:00 Order of Play

Is determined by the sequence of colors of the starting stake (top to bottom). The top color is the first to play.

RULE 2:00 Color of the Ball

Played will be determined by the order in which the players are bracketed (i.e., first name plays the top color, second name plays the next color, etc.).

RULE 3:00 Mallet

A player may hold any part of the mallet with one or both hands and may use any stance (i.e., center, golf or side). The ball must be struck, not pushed, with the striking ends of the mallet tip.

RULE 4:00 A stroke

Is counted if the mallet strikes the ball, however slightly the ball is moved. **No stroke** is counted if the ball is missed entirely. The player may attempt a strike again.

RULE 5:00 THE STRIKER MAY NOT:

Section 1: Place another mallet against a ball and then hit that mallet with his/her own.

Section 2: Strike a ball by hitting a wicket or stake that is between the player and that ball. The mallet must have clean contact with the ball.

Section 3: Touch or strike any other ball with his/her mallet.

Section 4: Touch another ball with his/her mallet or foot in attempting to strike his/her ball. His/her turn ends and both balls are returned to their original position.

RULE 6:00 Start of Play: Ball placement

Section 1: One half the distance between the starting stake and wicket #1.

Section 2: In a direct line between the starting stake and wicket #1.

Section 3: In starting, each player attempts to pass through wickets 1 and 2 with one shot.

Section 4: An extra shot is earned for each successive wicket passed through.

RULE 7:00 Tour of the Ball

Section 1: Is counterclockwise from the starting stake through wickets 1, 2, 3, 4, 5, 6, 7 to the turning stake; from the turning stake through wickets 8, 9, 10, 11, 12, 13, 14 to the finishing stake.

Section 2: Players receive a single stroke after striking the turning stake. The ball is then similarly placed as described in drawing.

Section 3: Balls hitting the turning stake clears any prior deadness.

RULE 8:00 Making a Wicket

Section 1: An **EXTRA SHOT** is allowed for each successive wicket passed through. A ball is considered **through the wicket** when a straight edge placed against the approach side of the wicket does not touch the ball. A ball stopping in or rolling back into a wicket has not made the wicket and an extra shot is not awarded. A player continues his/her turn as long as his/her ball passes through a wicket or wickets.

Section 2: A ball which is in the direct path through a wicket is considered to be a **BLOCK**. A player may **BLOCK A WICKET** for two successive turns with a ball upon which the opponent is dead, but on the opponent's third turn must leave the wicket clear or be lifted and replaced after that turn.

RULE 9:00 Dead or Alive

Section 1: A player is **dead** on another player's ball when his/her ball hits another player's ball. He/she becomes **alive** again on that ball when his/her ball clears the next wicket.

Section 2: If a player's ball hits more than one ball upon which he/she is alive he/she plays off the first ball hit, and replaces the second ball to its original position. The second ball is still alive.

Section 3: A player who hits a ball which is alive receives **TWO** extra strokes.

Section 4: A player who hits a ball which is alive and caroms through a wicket on the same play receives ONE extra shot from where the ball then lies.

Section 5: A player who makes the wicket and hits a ball on the same play must hit that ball again in order to receive two extra shots. The player, however, may choose to continue play using the one extra shot for the wicket and will not be dead on the ball hit.

Section 6: If a player hits a ball on which it is dead, the player's turn ends and both balls remain where they are.

Section 7: A ball hitting the turning stake clears any prior deadness.

RULE 10:00 Striking (Roqueting) an Opponent's Ball

Section 1: **A player's ball** that hits an opponent's ball on which he/she is still **alive** is entitled to TWO EXTRA SHOTS. He/she then has 3 choices:

Use one shot by placing his/her ball in contact with the roqueted ball and in striking (croquet) his/her ball causes both balls to move. He/she then can take his/her second shot;

...or

Use one shot by placing his/her ball in contact with the roqueted ball and holding his/her ball by foot or hand, strike (croquet) his/her ball causing the opponent's ball to move. He/she can then take his/her second shot;

...or

Place his/her ball 1 mallet's head length away from the opponent's ball and take his/her two extra shots.

RULE 11:00 Out of Bounds

Section 1: The boundary lines are part of the playing field. A ball whose vertical axis is resting on a boundary line is considered in bounds.

Section 2: If a player's ball rolls out of bounds after being struck, it is brought back to the exit point and placed one mallet-head length inside the boundary line. The player's turn is ended.

Section 3: If a player's ball passes through a wicket and travels out of bounds, the turn ends and the ball is placed one mallet-head length inside the point of exit.

Section 4: If, in a roquet or croquet, any ball(s), EXCEPT FOR THE STRIKER'S BALL go out of bounds, the striker's turn ends and the ball(s) are placed one mallet-head length inside the exit point.

Section 5: If in a roquet, the striker's ball goes out of bounds it is brought back into play and play continues as in RULE 10.

RULE 12:00 Playing Out of Turn or Wrong Call

Section 1: If a ball is PLAYED OUT OF TURN, all balls are replaced as at the beginning of that sequence of play, and play is resumed in proper sequence with the offending ball losing its next turn.

Section 2: If a player plays the WRONG BALL, his/her turn ends and all balls are replaced where they were before the error occurred.

SPECIAL NOTE: Players will be limited to 4 participants to a game if there is only one official present.

There will be a judge and scorekeeper for every game with 6 participants.

SCORE KEEPERS

One scorekeeper and one judge per court.

Each scorekeeper should have a score sheet for each competition round that contains each player's name and his/her ball color (SEE RULES 1 AND 2).

At the start of play and during play the scorekeeper should announce the color whose turn it is to play (e.g., "Red's turn", "Blue's turn", etc.). This should eliminate playing out of turn.

Every time a player strikes his/her ball the scorekeeper makes a slash mark next to that player's name/color on his/her card.

If there is a tie at the end of the game (See COMPETITION section), the stroke count will be used to determine the winner of that game.

GLOSSARY OF TERMS

ALIVE - a word for a ball that has cleared a wicket, and thus is said to be alive - able to play - on all other balls.

BALL-IN-HAND - a ball that, after hitting another ball or going out of bounds, must be picked up and moved.

CLEARING (OR CLEANING) - becoming alive by running a wicket.

CROQUET STROKE (OR SHOT) - the stroke in which, after a player roquets another ball, he/she places his/her ball next to the roqueted ball, and by striking his/her ball, moves both balls.

DEADNESS - describing a player who has roqueted another ball. He/she is said to be "dead" on that ball - that is, he/she cannot play off that ball again - until his/her ball clears its next wicket.

DEADNESS BOARD - a board placed on the sidelines to aid the players and spectators in keeping track of which balls are "dead" on other balls.

DOUBLE TAP - a fault in which the striker's ball is accidentally hit twice in one stroke.

FAULT - an unacceptable stroke, or an action resulting in a penalty.

FOOT SHOT - a croquet shot taken with the striker's foot on the ball.

JAWS - entrance to the upright of a wicket.

JUMP SHOT - a shot in which the ball is struck so that it leaves the ground, thus avoiding an obstructing ball, wicket or stake.

LEAVE - the positions on the court where a player leaves his/her and the opponent's balls at the end of his/her turn.

LIMIT OF CLAIMS - the time during which a fault may be called.

OUT- OF - BOUNDS - describing a ball whose vertical axis has crossed the boundary lines.

PASS - to waive or pass up a turn.

PENULTIMATE - the next-to-last wicket.

STAKE - a round wooden stake painted with colored stripes corresponding to the ball colors indicating sequence of play. In

the nine wicket game there are two: 1) the starting/finishing stake and 2) the upper or turning stake.

STRIKER - the player whose turn it is to play, and having played has struck his/her ball.

STROKE - a movement of the mallet in the process of striking a ball, whether the ball is successfully struck or not.

STYMIE - a ball blocking the intended path of the striker's ball when the striker's ball is "dead" on it.

TIME-LIMIT - in tournament play, usually 1 1/2 to 2 hours, but may vary depending on the number of courts and entrants. Also may be introduced between shots (i.e., 45 seconds) to speed play. The time limit is set by the event judge.

WAIVE - to pass up a turn. The ball is then considered to have been played where it lies.

WICKET - a straight or curved-topped arch, through which a ball must be driven.

GOLDEN AGE GAMES

EVENT 6 DOMINOES

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Adaptive and standard set of "Double-Six" dominoes, score pads, pencils, and timing devices.
Other equipment: tables and chairs, scoring sheet, first aid kit.

FACILITY:

Any appropriate area designated for the event by the Golden Age Games host. Adequate lighting should be a consideration.

COMPETITION:

The competition will be set up in a single elimination tournament format. Whenever possible contestants from the same medical center will not be matched against each other in first round matches. All matches when possible will have 4 contestants. All preliminary matches will be played to a score of 200 points. The winner will advance to the next round; and when necessary to have 4 contestants in the next match, the players with the next highest scores may advance (this will be decided by the event judge). The championship match will be played to 300 points. Once a player has reached 300 points or more, the game will end and that player awarded 1st Place, the player with the next highest score will be 2nd Place, and the player with the next highest score will be awarded 3rd Place.

RULES:

RULE 1:00 The Pieces

Section 1: A standard or adapted "Double-Six" set of dominoes will be used.

RULE 2:00 Starting and playing the game.

Section 1: All playing pieces are turned face down and shuffled (mixing them by moving and intermingling them together). Each player draws 1 tile. The player with the highest tile will make the first move. After the draw for first play, all dominoes will be reshuffled by the individual to the left of the person with first play. First play will then move to the left after each winning hand or domino. Each player draws 7 tiles. Any dominoes left after everyone draws will be left face down and form the draw pile.

Section 2: Play begins by the player with the highest draw placing a domino on the table. It does not have to be a double and the player can score on the first play. Play then moves to the left.

Section 3: Each player must play a tile if he/she can. A play is made by matching a tile in his/her hand to the end of one of the tiles that has been played. The first double played (the spinner) may be played off of in each of the four sides. However, all other tiles must be played end to end matching the number of spots. Other doubles which are played are laid crosswise to the end on which they are being played, the next tile played off of it must be on the opposite side only.

Section 4: Each player may only play 1 domino (tile) during their turn. If a player cannot match an end, they may draw 1 tile at a time from the draw pile until able to play. If there are no tiles in the drawpile, the player passes his/her turn.

Section 5: Each player is required to move within 30 seconds or player will have to pass.

Section 5-VI: The time limit will be rescinded for the games involving visually impaired.

RULE 3:00 Scoring

Section 1: The event official will assign a scorekeeper at each game and this will be considered the official score. Scoring is made during the game in multiples of five (5, 10, 15, 20, etc.), based on the total number of spots on the ends of all playing

pieces on the outside playing tiles of the arrangement. (See example on drawing.) Each participant must call his/her score to the event judge.

Section 2: Scoring is also made if a player is able to play his/her last tile while his/her opponents still hold their tiles, he/she calls "Domino" and wins the hand and scores the number of spots his/her opponents hold (rounded to the nearest multiple of five [5]).

Section 3: A blocked game is when no player is able to play a tile. The spots are counted on the tiles each player still holds. The player with the lowest number of spots adds to his/her score the total spots held by each of his/her opponents minus his/her own count rounded to the nearest multiple of five (5). If there are two players with the same number of spots lower than their opponents, there is no score and the next hand is begun with the shuffle of the dominoes.

Section 4: All preliminary round games will be played to a score of 200. The championship game will be played to 300 (see Competition Section above).

GOLDEN AGE GAMES

EVENT 7 NINE-BALL

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Pool tables, pool balls (nine numbered and one cue ball), diamond shaped ball racks, cues, and cue chalk will be provided by the Golden Age Games host. Participants may use their own pool cues after inspection and approval by the event judge. Other equipment: coin or other device to determine the break, scoring sheets, first aid kit and stop watches.

FACILITY:

Any appropriate area designated for the event by the Golden Age Games host. Adequate lighting should be a consideration.

COMPETITION:

The competition will be set-up in a single elimination tournament format. Whenever possible contestants from the same medical center will not be matched against each other in first round matches. All matches will be best 2 out of 3 games. Third place game will match the two losers of the two semi-final games against each other.

9-Ball is a rotation game, meaning the balls are shot in numerical order. The shooter must strike the lowest numbered ball on the table first. The game is over when the 9-ball is pocketed. A player retains his/her turn at the table as long as he/she strikes the lowest numbered ball first and legally pockets a ball. He/she need not pocket the lowest numbered ball to continue shooting. He/she may, for example, shoot the 1-ball into the 4-ball thus pocketing the 4. He/she will continue shooting but must, once again, strike the 1-ball first. If the shooter shoots the 1-ball into the 9-ball and the 9 is pocketed, the game is over.

Racking - Nine balls are used and are racked in a diamond shape. The 1-ball is at the front of the rack and on the foot spot. The 9-ball is in the center and the rest of the object balls can be placed in any numerical order. All balls should be frozen (touching) as tightly as possible. The breaking player may request and receive a rerack.

Games must be completed within ten (10) minutes.

NOTE: Delay of game penalty may be called at the official's discretion if a player appears to be stalling. Delay of game will cost the player his/her turn at the table.

RULES:

RULE 1:00 Determining Break

Determine break by flip of coin with winner of toss having choice of break, then the turns alternate for the 2nd and 3rd games.

RULE 2:00 Breaking

The game begins with cue ball in hand behind the headstring. Players must break from behind the head string. To be a legal break, the 1-ball must be struck first and at least four numbered balls must be driven to the rail or a ball must be pocketed. The cue ball may not be shot into a rail before the rack. An attempt to break does not count unless the rack is broken as above. Otherwise, the balls are reracked and rebroken by the same player. A game not legally broken, but resulting in a scratch or a foul, will be reracked and broken by the opposite player. The rack must be struck before a foul can occur. Breaking "safe" or "soft" is not allowed. The event judge may make judgments and issue penalties to a player who is not breaking hard. Breaking just hard enough to comply with this rule is not a guarantee against penalties. Players must break as hard as they can with control.

RULE 3:00 After the Break

Various circumstances can occur upon completion of the break. They are:

- a. A foul on the break will result in ball-in-hand anywhere on the table for the breaker's opponent. Pocketed balls, if any, stay down (are not spotted), except the 9-ball. (*Ball-in-hand means you are allowed*

to place the cue ball anywhere on the table and shoot the lowest numbered ball on the table).

- b. No balls are pocketed and it is the other player's turn.
- c. The 9-ball is made. This is a winner unless the player scratches, in which case the 9-ball (any other available high numbered ball is adequate) is spotted and the turn passes to the opponent.
- d. One ball or a number of balls are made. It is still the breaker's turn and he/she shoots at the lowest numbered ball on the table.
- e. The table official will remind players of the "ball to shoot" or correct order of play at the beginning of each turn. Officials will determine and call all fouls.

RULE 4:00 Combination Shots

Combination shots are legal and extremely common in 9-Ball. The lowest numbered ball on the table must be hit first.

RULE 5:00 Balls on Floor

Knocking the cue ball off the playing surface is covered under fouls. Object balls that get knocked off the playing surface will be immediately spotted on the foot spot. If the foot spot is taken, the ball will be placed on a line directly behind the foot spot as close to the foot spot as possible. If two balls are knocked on the floor, they are placed in numerical order with the lowest numbered ball closest to the foot spot. Spotted balls will be frozen to one another. Knocking an object ball on the floor is not a foul. It might occur that a player legally pockets a ball while simultaneously knocking some other ball(s) on the floor. In this situation, the ball(s) is spotted and the player continues shooting until he/she misses.

RULE 6:00 Pocketed Balls

Balls must remain in a pocket to be legal. If a ball goes in a pocket but bounces back onto the playing surface, it is not considered pocketed.

RULE 7:00 Spotting Balls

Other than the circumstances described in "Balls on Floor" the only ball that will ever be spotted will be the 9-ball when the

shooter has pocketed the 9-ball and scratched or otherwise fouled. If the shooter makes the 9-ball on the break and foul or scratches, the 9-ball and only the 9-ball is spotted. If the shooter is shooting at the object ball and plays it into the 9-ball and pockets the 9-ball, but scratches or otherwise fouls in the process, the 9-ball is spotted. The incoming player has ball-in-hand and will be shooting at the lowest numbered ball on the table.

Note 1: If a ball which has been hanging in a pocket for more than a few seconds suddenly falls in, it is to be placed back on the table where it was originally.

Note 2: It occasionally happens on tables with small pockets that two balls become jammed in a pocket and are leaning over the edge of the slate to some degree. They are off the playing surface and are pocketed. Drop them in and resume playing the game unless the pocketing ends the game.

RULE 8:00 Fouls

If any of the following fouls are committed, the penalty is ball-in-hand for the incoming player. Make certain you have ball-in-hand before you touch the cue ball by confirming with your opponent. Ball-in-hand means you are allowed to place the cue ball anywhere on the table and shoot the lowest numbered ball on the table. Even after having addressed the cue ball, a player may, if not satisfied with the placement, make further adjustments with the hand, cue stick or any other reasonable piece of equipment. A foul may be called only if the player fouls while actually striking the cue ball, meaning a double hit of the cue ball (sometimes called double clutching). The ball-in-hand rule penalizes a player for an error. Without this rule, a player could benefit by accidentally or purposely scratching or fouling. Three consecutive fouls results in loss of game. (A warning must be given between the second and third fouls).

ONLY THE EVENT JUDGE MAY OFFICIALLY CALL A FOUL.

THESE ARE THE ONLY FOULS RESULTING IN BALL-IN-HAND:

- a. Anytime the cue ball goes in a pocket.
- b. Failure to hit the correct ball first. (The correct ball is always the lowest numbered ball on the table). The table official will determine "good or bad" hits.
- c. Failure to hit a rail after contact. A sentence that should answer many questions is: "Any ball (including

the cue ball) must go to a rail AFTER LEGAL contact."
A pocketed ball counts as a rail.

- d. The object ball is frozen to a rail and the player is contemplating playing a "safety." In order for the "frozen ball" rule to be in effect, the opponent must declare the ball frozen and the player should verify. Once it is agreed the ball is frozen the player must drive the object ball to another rail (of course, it could hit another ball, which in turn hits a rail) or drive the cue ball to a rail after it touches the object ball. If the latter method of safety is chosen the player should be sure to obviously strike the object ball first. If the cue ball strikes the rail first or appears to hit both the rail and ball simultaneously, it is a foul unless either the cue ball or object ball went to some other rail.
- e. It is a foul to jump a cue ball over another ball by purposely miscuing it up in the air. Accidental miscuing is not a foul unless other rules in this section are violated.
- f. Anytime the cue ball goes on the floor, or otherwise leaves the playing surface.
- g. Receiving illegal aid (coaching from another person) during your turn at the table.
- h. Causing movement of the cue ball, even accidentally, is a foul. It is not a foul to accidentally move any other balls unless, while shooting, a player moves a ball and it in turn strikes the cue ball. Even dropping the chalk on the cue ball is a foul. Any balls moved accidentally during a shot must be replaced by the opponent after the shot is over and all balls have stopped rolling. If it occurs before the shot, it must be replaced before the shot is taken.
- i. If, during the course of a shot, the cue ball does not touch anything.
- j. Only the player may place the cue ball in a ball-in-hand situation.
- k. Use caution when placing the cue ball on the table. The cue ball is always alive and if it, or the hand holding it, touches another ball, it is a cue ball foul and your opponent has ball-in-hand. Be especially careful when placing the cue ball in a tight spot.

RULE 9:00 End of Game

A game starts as soon as the cue ball crosses over the head on the opening break. The 1-ball must be legally contacted on the break. Players are not required to call any shots.

The game ends at the end of a legal shot which pockets the 9-ball, or when a player forfeits the game as the result of a foul, or after the 10 minute time limit. If after the ten minute time limit a winner has not been determined, a "shoot-out" will determine the winner. Each player will have 3 shots at a ball placed $\frac{1}{2}$ of the way between the side and corner pockets. The table judge will place this ball. The cue ball will be placed at any point behind the headstring by the incoming player. Winner of the shoot-out wins the game.

GOLDEN AGE GAMES
EVENT 7A
WHEELCHAIR NINE-BALL

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Pool tables, pool balls (nine numbered and one cue ball), diamond shaped ball racks, cues, and cue chalk will be provided by the Golden Age Games host. Participants may use their own pool cues after inspection and approval by the event judge. Other equipment: coin or other device to determine the break, scoring sheets, first aid kit and stop watches.

FACILITY:

Any appropriate area designated for the event by the Golden Age Games host. Adequate lighting should be a consideration as should adequate area around the pool tables for easy movement of wheelchairs.

COMPETITION:

The competition will be set-up in a single elimination tournament format. Whenever possible contestants from the same medical center will not be matched against each other in first round matches. All matches will be best 2 out of 3 games. Third place game will match the two losers of the two semi-final games against each other.

9-Ball is a rotation game, meaning the balls are shot in numerical order. The shooter must strike the lowest numbered ball on the table first. The game is over when the 9-ball is pocketed. A player retains his/her turn at the table as long as he/she strikes the lowest numbered ball first and legally pockets a ball. He/she need not pocket the lowest numbered ball to continue shooting. He/she may, for example, shoot the 1-ball into the 4-ball thus pocketing the 4. He/she will continue shooting but must, once again, strike the 1-ball first. If the shooter shoots

the 1-ball into the 9-ball and the 9 is pocketed, the game is over.

Wheelchair competitors must remain seated while shooting.

Racking - Nine balls are used and are racked in a diamond shape. The 1-ball is at the front of the rack and on the foot spot. The 9-ball is in the center and the rest of the object balls can be placed in any numerical order. All balls should be frozen (touching) as tightly as possible. The breaking player may request and receive a rerack.

Games must be completed within fifteen (15) minutes.

NOTE: Delay of game penalty may be called at the official's discretion if a player appears to be stalling. Delay of game will cost the player his/her turn at the table.

RULES:

RULE 1:00 Determining Break

Determine break by flip of coin with winner of toss having choice of break, then the turns alternate for the 2nd and 3rd games.

RULE 2:00 Breaking

The game begins with cue ball in hand behind the headstring. Players must break from behind the head string. To be a legal break, the 1-ball must be struck first and at least four numbered balls must be driven to the rail or a ball must be pocketed. The cue ball may not be shot into a rail before the rack. An attempt to break does not count unless the rack is broken as above. Otherwise, the balls are reracked and rebroken by the same player. A game not legally broken, but resulting in a scratch or a foul, will be reracked and broken by the opposite player. The rack must be struck before a foul can occur. Breaking "safe" or "soft" is not allowed. The event judge may make judgments and issue penalties to a player who is not breaking hard. Breaking just hard enough to comply with this rule is not a guarantee against penalties. Remember, break as hard as you can with control.

RULE 3:00 After the Break

Various circumstances can occur upon completion of the break. They are:

- f. A foul on the break will result in ball-in-hand anywhere on the table for the breaker's opponent. Pocketed balls, if any, stay down (are not spotted),

except the 9-ball. (*Ball-in-hand means you are allowed to place the cue ball anywhere on the table and shoot the lowest numbered ball on the table*).

- g. No balls are pocketed and it is the other player's turn.
- h. The 9-ball is made. This is a winner unless the player scratches, in which case the 9-ball (any other available high numbered ball is adequate) is spotted and the turn passes to the opponent.
- i. One ball or a number of balls are made. It is still the breaker's turn and he/she shoots at the lowest numbered ball on the table.
- j. The table official will remind players of the "ball to shoot" or correct order of play at the beginning of each turn. Officials will determine and call all fouls.

RULE 4:00 Combination Shots

Combination shots are legal and extremely common in 9-Ball. The lowest numbered ball on the table must be hit first.

RULE 5:00 Balls on Floor

Knocking the cue ball off the playing surface is covered under fouls. Object balls that get knocked off the playing surface will be immediately spotted on the foot spot. If the foot spot is taken, the ball will be placed on a line directly behind the foot spot as close to the foot spot as possible. If two balls are knocked on the floor, they are placed in numerical order with the lowest numbered ball closest to the foot spot. Spotted balls will be frozen to one another. Knocking an object ball on the floor is not a foul. It might occur that a player legally pockets a ball while simultaneously knocking some other ball(s) on the floor. In this situation, the ball(s) is spotted and the player continues shooting until he/she misses.

RULE 6:00 Pocketed Balls

Balls must remain in a pocket to be legal. If a ball goes in a pocket but bounces back onto the playing surface, it is not considered pocketed.

RULE 7:00 Spotting Balls

Other than the circumstances described in "Balls on Floor" the only ball that will ever be spotted will be the 9-ball when the shooter has pocketed the 9-ball and scratched or otherwise fouled. If the shooter makes the 9-ball on the break and fouls or scratches, the 9-ball and only the 9-ball is spotted. If the shooter is shooting at the object ball and plays it into the 9-ball and pockets the 9-ball, but scratches or otherwise fouls in the process, the 9-ball is spotted. The incoming player has ball-in-hand and will be shooting at the lowest numbered ball on the table.

Note 1: If a ball which has been hanging in a pocket for more than a few seconds suddenly falls in, it is to be placed back on the table where it was originally.

Note 2: It occasionally happens on tables with small pockets that two balls become jammed in a pocket and are leaning over the edge of the slate to some degree. They are off the playing surface and are pocketed. Drop them in and resume playing the game unless the pocketing ends the game.

RULE 8:00 Fouls

If any of the following fouls are committed, the penalty is ball-in-hand for the incoming player. Make certain you have ball-in-hand before you touch the cue ball by confirming with your opponent. Ball-in-hand means you are allowed to place the cue ball anywhere on the table and shoot the lowest numbered ball on the table. Even after having addressed the cue ball, a player may, if not satisfied with the placement, make further adjustments with the hand, cue stick or any other reasonable piece of equipment. A foul may be called only if the player fouls while actually striking the cue ball, meaning a double hit of the cue ball (sometimes called double clutching). The ball-in-hand rule penalizes a player for an error. Without this rule, a player could benefit by accidentally or purposely scratching or fouling. Three consecutive fouls results in loss of game. (A warning must be given between the second and third fouls).

ONLY THE EVENT/TABLE JUDGE MAY OFFICIALLY CALL A FOUL.

THESE ARE THE ONLY FOULS RESULTING IN BALL-IN-HAND:

- a. Anytime the cue ball goes in a pocket.
- b. Failure to hit the correct ball first. (The correct ball is always the lowest numbered ball on the table). The table official will determine "good or bad" hits.

- c. Failure to hit a rail after contact. Any ball (including the cue ball) must go to a rail AFTER LEGAL contact. A pocketed ball counts as a rail.
- d. The object ball is frozen to a rail and the player is contemplating playing a "safety." In order for the "frozen ball" rule to be in effect, the opponent must declare the ball frozen and the player should verify. Once it is agreed the ball is frozen the player must drive the object ball to another rail (of course, it could hit another ball, which in turn hits a rail) or drive the cue ball to a rail after it touches the object ball. If the latter method of safety is chosen the player should be sure to obviously strike the object ball first. If the cue ball strikes the rail first or appears to hit both the rail and ball simultaneously, it is a foul unless either the cue ball or object ball went to some other rail.
- e. It is a foul to jump a cue ball over another ball by purposely miscuing it up in the air. Accidental miscuing is not a foul unless other rules in this section are violated.
- f. Anytime the cue ball goes on the floor, or otherwise leaves the playing surface.
- g. Receiving illegal aid (coaching from another person) during your turn at the table.
- h. Causing movement of the cue ball, even accidentally, is a foul. It is not a foul to accidentally move any other balls unless, while shooting, a player moves a ball and it in turn strikes the cue ball. Even dropping the chalk on the cue ball is a foul. Any balls moved accidentally during a shot must be replaced by the opponent after the shot is over and all balls have stopped rolling. If it occurs before the shot, it must be replaced before the shot is taken.
- i. If, during the course of a shot, the cue ball does not touch anything.
- j. Only the player may place the cue ball in a ball-in-hand situation.
- k. Use caution when placing the cue ball on the table. The cue ball is always alive and if it, or the hand holding it, touches another ball, it is a cue ball

foul and your opponent has ball-in-hand. Be especially careful when placing the cue ball in a tight spot.

RULE 9:00 End of Game

A game starts as soon as the cue ball crosses over the head on the opening break. The 1-ball must be legally contacted on the break. Players are not required to call any shots.

The game ends at the end of a legal shot which pockets the 9-ball, when a player forfeits the game as the result of a foul, or after the 15 minute time limit. If after the fifteen minute time limit a winner has not been determined, a "shoot-out" will determine the winner. Each player will have 3 shots at a ball placed $\frac{1}{2}$ of the way between the side and corner pockets. The table judge will place this ball. The incoming player will place the cue ball at any point behind the headstring. Winner of the shoot-out wins the game.

GOLDEN AGE GAMES

**EVENT 8
HORSESHOES**

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

A standard set of pitching horseshoes will be provided by the Golden Age Games host. Participants may not use their own horseshoes. In the event weather conditions do not allow for outdoor competition, the Event Official may hold the contest indoors using adapted equipment (rubber or similar composition horseshoes and stakes).

Other equipment: rake, score sheets, available water, first aid kit.

FACILITY:

Any appropriate area designated by the Golden Age Games host. The area should conform as closely as possible to that outlined in the rules section. If there are differences these should be explained to the competitors prior to their match. Indoor play should be in an area which allows room for a court as close to regulation as possible and which has a ceiling high enough not to interfere with the shoes in flight.

COMPETITION:

The competition will be set up in a single elimination tournament format. Tournament brackets will be determined by a draw, and whenever possible contestants from the same medical center will not be matched against each other in first round matches. All preliminary matches will be played for 10 innings each player throwing 2 shoes per inning. If conditions warrant, the Event Official may decrease the number of innings pitched in the match. The winner of the match will advance in the tournament. The final two matches (to determine 1st, 2nd and 3rd Places) shall also be 10 innings. Third place game will match the two losers of the two semi-final games against each other.

RULES:

RULE 1:00 Playing Facility

Section 1: The Pitcher's Box

- a. Each pitcher's box shall be six (6) feet square with the stake in the exact center and will consist of an area of clay, dirt or sand into which the players throw their shoes, and the box will be flanked by two pitching platforms or areas from which the players throw their shoes.
- b. The two (2) pitching platforms or areas will be three (3) feet wide and six (6) feet long flanking the clay, dirt or sand area of the pitcher's box.

Section 2: Stakes shall be 1" in diameter. The top of each stake shall extend twelve (12) inches above the level of the pitcher's platform, with a 1" decline towards each other.

RULE 2:00 Pitching Distance

Section 1: The pitching distance for men, age 55-69, shall be 40 feet between the bottoms of the stakes where they emerge from the ground with a foul line 3 feet in front of each stake. The pitching distance for men, age 70 and up, shall be 30 feet with a foul line 3 feet in front of each stake.

Section 2: Pitching distance for women shall be 30 feet with a foul line 3 feet in front of each stake. When women play on a court constructed for men, foul lines shall be marked 10 feet in front of the men's foul lines with an imaginary stake marked on the ground in back of each of these foul lines. Women may throw their shoes from any place back of these foul lines.

Section 3: Physically impaired persons (participants using walking devices) will be given the option of a 30 foot or 40 foot foul line. The choice of foul line must be made prior to the beginning of the match.

RULE 3:00 Equipment

A shoe shall not exceed 7 1/4 inches in width, 5 5/8 inches in length, and shall not weigh more than 2 pounds, 10 ounces. The points of the open end of a shoe, shall not exceed 3 1/2 inches (inside measurement).

RULE 4:00 The Game

Section 1: In pitching the shoe, the pitcher shall stand on the pitcher's platform (area) at one side or the other of the stake.

Section 2: In delivering a shoe, the pitcher must remain behind the foul line until the shoe has left his/her hand.

Section 3: Choice of first pitch, or follow, shall be determined by the toss of a coin. Players will rotate first pitch and follow (i.e., blue pitches, silver follows; blue pitches his/her 2nd shoe, silver pitches his/her 2nd shoe, which completes an inning). Players shall alternate first pitch, one player having first pitch in the odd number innings and the other player in the even number innings.

Section 4: Broken Shoes: when a shoe lands in fair territory and is broken in separate parts, it shall be removed, and the contestant will be allowed to pitch another shoe in its stead.

Section 5: Foul Shoes: any shoe pitched by a contestant which lands outside of or on the sides or back of the opposite pitching box, is a foul shoe. Foul shoes shall be removed from the opposite pitcher's box at the request of the opponent. A foul shoe shall not be scored or credited except under the score sheet column heading "shoes pitched."

RULE 5:00 Conduct and Penalties

Section 1: No contestants, while opponent is in pitching position, shall make any remark nor utter any sounds within the hearing of opponent, nor make any movement that does or might interfere with the opponent playing. Penalty: both shoes of the offender shall be declared foul in the inning about which complaint is made.

Section 2: No contestant shall touch his/her own or opponent's shoe or shoes until a decision is rendered by the event judge. The event judge shall declare foul shoes thrown by a contestant failing to comply with this rule, and award points to the opponent, according to the position of his or her shoes.

Section 3: No contestant shall walk to the opposite stake, or be informed of the position of shoes prior to the completion of an inning.

Section 4: A player, while not pitching, must remain on the opposite side of the stake to the player who is pitching and on the rear one-fourth of the pitcher's platform.

Section 5: Any player repeatedly violating rules, or guilty of unsportsmanlike conduct, may be barred from further competition in the contest.

Section 6: Any shoes pitched while the pitcher's foot extends on or over the foul line shall be declared foul and removed from counting.

RULE 6:00 Scoring

Section 1: The "count all" method will be used for this tournament. Each game will be played for ten (10) innings, each player throwing 2 shoes each inning. The player with the highest score at the end of the 10 innings advances in the single elimination tournament.

Section 2: Each player shall receive credit for all points according to the position of the shoes at the end of each inning, regardless of what his/her opponent throws. Thus, it is possible for each player to score up to 6 points in any one inning. Ringers count 3 points and shoes within 6 inches of the stake count 1 point each. Shoes touching or leaning on stake but not a ringer count 1 point. All points of each contestant are counted in each inning.

Section 3: Definition of Ringer: a ringer is declared when a shoe encircles the stake far enough to allow the touching of both heel caulks simultaneously with a straight edge, and permit a clearance of the stake.

Section 4: Ties shall be broken by pitching an extra inning, or as many extra innings as are necessary to break the tie.

GOLDEN AGE GAMES

EVENT 8-A WHEELCHAIR HORSESHOES

EVENT 8-B VISUALLY IMPAIRED HORSESHOES

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

A standard or adaptive set of pitching horseshoes will be provided by the Golden Age Games host. Participants may not use their own horseshoes. In the event weather conditions do not allow for outdoor competition, the Event Official may hold the contest indoors using adapted equipment (rubber or similar composition horseshoes and stakes).

Other equipment: rake, score sheets, available water, first aid kit.

FACILITY:

Any appropriate area designated by the Golden Age Games host. The area should conform as closely as possible to that outlined in the rules section. If there are differences, these should be explained to the competitors prior to their match. Indoor play should be in an area which allows room for a court as close to regulation as possible and which has a ceiling high enough not to interfere with the shoes in flight.

COMPETITION:

Veterans who need the use of a walking device such as a cane or walker may opt to participate in the wheelchair horseshoes competition instead of the open horseshoe competition. The competition will be set up in a single elimination tournament format. Tournament brackets will be determined by a draw and whenever possible contestants from the same medical center will not be matched against each other in first round matches. All preliminary matches will be played for 10 innings, each player throwing 2 shoes per inning. If conditions warrant, the event

judge may decrease the number of innings pitched in the match. The winner of the match will advance in the tournament. The final two matches (to determine 1st, 2nd and 3rd Places) shall be 10 innings. Third place game will match the two losers of the two semi-final games against each other.

RULES:

RULE 1:00 Playing Facility

Section 1: The Pitcher's Box: Each pitcher's box shall be 6 feet square with the stake in the exact center and will consist of an area of clay, dirt or sand into which the players throw their shoes, and the box will be flanked by 2 pitching platforms or areas from which the players throw their shoes.

Section 2: Stakes shall be 1 inch in diameter. The top of each stake shall extend 12 inches above the level of the pitcher's platform, with a 1 inch decline towards each other.

Section 2-VI: Beeper devices will be used for the visually impaired.

RULE 2:00 Pitching Distance

Section 1: The pitching distance for men shall be 20 feet between the bottoms of the stakes where they emerge from the ground with a foul line 3 feet in front of each stake.

Section 2: Pitching distance for women shall be 15 feet with a foul line 3 feet in front of each stake. When women play on a court constructed for men, foul lines shall be marked 5 feet in front of the men's foul lines with an imaginary stake marked on the ground in back of each of these foul lines. Women may throw their shoes from any place back of these foul lines.

RULE 3:00 Equipment

A shoe shall not exceed 7 1/4 inches in width, 5 5/8 inches in length, and shall not weigh more than 2 pounds, 10 ounces. The points of the open end of a shoe shall not exceed 3 1/2 inches (inside measurement).

RULE 4:00 The Game

Section 1: In pitching the shoe, the pitcher shall stand/sit on the pitcher's platform (area) at one side or the other of the stake.

Section 2: In delivering a shoe, the pitcher must

remain behind the foul line until the shoe has left his/her hand.

Section 3: Choice of first pitch, or follow, shall be determined by the toss of a coin. Players will pitch both shoes, then alternate. Players shall alternate first pitch, one player having first pitch in the odd number innings and the other player in the even number innings.

Section 4: Broken shoes: when a shoe lands in fair territory and is broken in separate parts, it shall be removed, and the contestant will be allowed to pitch another shoe in its stead.

Section 5: Foul shoes: any shoe pitched by a contestant which lands outside of or on the sides or back of the opposite pitching box, is a foul shoe. Foul shoes shall be removed from the opposite pitcher's box at the request of the opponent. A foul shoe shall not be scored or credited except under the score sheet column head "shoes pitched."

RULE 5:00 Conduct and Penalties

Section 1: No contestants, while opponent is in pitching position, shall make any remark, nor utter any sounds within the hearing of opponent, nor make any movement that does or might interfere with the opponent playing. Penalty: both shoes of the offender shall be declared foul in the inning about which complaint is made.

Section 2: No contestant shall touch his/her own or opponent's shoe or shoes until a decision is rendered by the event judge. The event judge shall declare foul shoes thrown by a contestant failing to comply with this rule, and award points to the opponent, according to the position of his or her shoes.

Section 3: No contestant shall walk to the opposite stake, or be informed of the position of shoes prior to the completion of an inning.

Section 4: A player, while not pitching, must remain on the opposite side of the stake to the player who is pitching and on the rear one-fourth of the pitcher's platform.

Section 5: Any player repeatedly violating rules, or guilty of unsportsmanlike conduct, may be barred from further competition in the contest.

Section 6: Any shoes pitched while the pitcher's foot extends on or over the foul line shall be declared foul and removed from counting distance.

RULE 6:00 Scoring

Section 1: The "count all" method will be used for this tournament. Each game will be played for 10 innings, each player throwing 2 shoes each inning. The player with the highest score at the end of the 10 innings advances in the single elimination tournament.

Section 2: Each player shall receive credit for all points according to the position of the shoes at the end of each inning, regardless of what his/her opponent throws. Thus, it is possible for each player to score 6 points in any one inning. Ringers count 3 points and shoes within 6 inches of the stake count 1 point each. Shoes touching or leaning on stake but not a ringer count 1 point. All points of each contestant are counted in each inning.

Section 3: Definition of ringer: a ringer is declared when a shoe encircles the stake far enough to allow the touching of both heel caulks simultaneously with a straight edge, and permit a clearance of the stake.

Section 4: Ties shall be broken by pitching an extra inning, or as many extra innings as are necessary to break the tie.

VISUALLY IMPAIRED AND WHEELCHAIR HORSESHOES

Visually Impaired and Wheelchair Horseshoes uses standard court but pitching distance will be adjusted in accordance with rules by event judge.

GOLDEN AGE GAMES

EVENT 9 PENTATHLON

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

PENTATHLON OVERVIEW OF THE EVENT

The Pentathlon event is composed of 5 separate event activities-- shot put, softball hit, 10 meter air gun, discus and basketball free throw. Participants compete in as many as 5 event phases, and earn points to be totaled to determine the Pentathlon Event winner (1st, 2nd and 3rd Place).

Points are earned in each of the 5 event activities as follows:

- 1st--7 points
- 2nd--5 points
- 3rd--3 points

Each participant will have their points recorded from each activity event. In case of a tie, each contestant will be awarded the point value for their finish in that event activity.

If after the competition of all 5 activity events, there is a tie in points for 1st, 2nd or 3rd Place, there will not be a play off. Each competitor will be awarded the appropriate medal/award.

SHOT PUT

EQUIPMENT:

Official shot puts will be provided by the Golden Age Games host. Participants must use shot puts that are provided. Other equipment: tape measure, score sheets, available water, first aid kit.

FACILITY:

An appropriate outdoor area as designated by the Golden Age Games host. The area should be large enough to allow for spectators to be safely away from the area in which the shot put is being thrown. A circle shall be marked from which competitors must throw the shot put.

COMPETITION:

Each competitor will have the opportunity to throw an official shot put 3 times. Only the longest of each competitor's 3 throws will be counted. The 3 longest throws will be awarded points toward the overall Pentathlon competition as follows: 1st--7 points, 2nd--5 points, 3rd--3 points.

RULES:

RULE 1:00 Equipment

Official shot puts will be used. Construction to be of iron, weight will vary by age/sex categories:

- Women age groups will utilize 3 kilo shot put
- Men age 55 to 59 will utilize 6 kilo shot put
- Men age 60 to 79 will utilize 5 kilo shot put
- Men age 70 and Up will utilize 4 kilo shot put

The brand/type of shot put is to be determined by the event judge, who shall provide the shot for the contestants.

RULE 2:00 The Throw

Section 1: Each contestant will have 3 attempts. If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: Once the putter enters the circle to start the put, an attempt must be made before leaving. It is considered to be a foul if he/she:

1. puts the shot on or outside of the legal sector lines,

2. touches with any part of the body anything but the area within the painted circle,
3. false starts more than once, or
4. leaves the circle from its front half.

Section 3: A foul put counts as one of the three permitted attempts, and the judge will mark an "F" next to the competitor's name on the entry sheet. The judge is responsible for viewing the legality of a competitor's movements, and he/she stands at the circle to the open side of the shot putter.

Section 4: All puts are marked at the nearest edge of the point of landing. Measurement is made directly after each put and extends to the inside edge of the circle nearest the mark and is measured along an extended radius of the circle.

Section 5: The measuring tape is kept at its extended length during the whole competition for speed of measurement. One measurer stays on the border of the sector with the zero end of the tape and is responsible for moving into the sector and marking the shot **imprint**. After the zero end of the tape is secured, it is extended by the other measurer to the middle point of the shot-put circle. The judge makes sure the tape is fully extended, then reads the measurement to the lower quarter-inch at the marked edge of circle. In the meantime, the shot retriever runs the shot back to the circle.

Section 6: In the event of a tie, participants will be awarded like points.

Section 7: Competitors will be expected to use Olympic style form.

RULE 3:00 Scoring

Section 1: Scoring will be based on length of throw excluding the roll. Longest throw, 1st--7 points; next longest throw, 2nd--5 points; and next longest throw, 3rd--3 points.

Section 2: The points received in the shot put will be totaled with those of the other four activities for each competitor to determine the Pentathlon championship.

SOFTBALL HIT

EQUIPMENT:

Official softball bats and softballs will be provided by the Golden Age Games host. Participants may use their own softball bat if it conforms to the official softball bat standards described in the rules section, and with the approval of the event judge. All balls used must be provided by the event judge and each shall be the same brand/type. An adjustable hitting "T" will be provided by the host. Other equipment: tape measure, score sheets, available water, first aid kit.

FACILITY:

Any appropriate outdoor area designated by the Golden Age Games host. The area should be large enough to allow for spectators to be safely away from the area in which the softball is being hit.

COMPETITION:

Each competitor will have the opportunity to hit an official softball from a "T" 3 times, using an official softball bat. Each attempt will be judged from the spot at which the ball comes to rest after being hit (the roll is counted). Only the longest of each competitor's hits will be measured to count toward the standings of this phase of the event. The three (3) longest hits will be awarded points toward the overall Pentathlon competition as follows: 1st--7 points, 2nd--5 points, 3rd--3 points.

RULES:

RULE 1:00 Equipment

Section 1: Softball bats must be official. Any softball bat made of wood, metal or fiberglass with a manufacturer's "official softball" imprinted designation may be used. The general size--no longer than 34" in length and 2 1/4" in diameter.

Section 2: Batting "T" shall be adjustable to match each competitor's swing. The Batting "T" shall be adjusted by the contestant only, with instructions from the event judge. The competitor must remain in a "batter's box" area designated by the event judge when hitting the ball.

Section 3: The softball used shall be "official" -12" in circumference. Construction to be of leather, horsehide, or synthetics with sewn cover weight to be not less than 6 1/2 oz. and not more than 7 oz. The brand/type of softball is to be determined by the event judge, who shall provide the balls for

the contest and all contestants shall use softballs that are alike.

RULE 2:00 The Hit

Section 1: Each contestant will have three (3) attempts at hitting the softball from the hitting "T." If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: The distance of the longest hit for each competitor will be measured from the batting "T" to where the softball has come to rest, (the roll is counted).

Section 3: In the event of a tie, there will be a one (1) hit tie breaker between the contestants who are tied.

RULE 3:00 Scoring

Section 1: Scoring will be based on the length of the hit including the roll. Longest hit, 1st--7 points; next longest, 2nd--5 points; and next longest, 3rd--3 points.

Section 2: The points received in the softball hit will be totaled with those of the other four activities for each competitor to determine the Pentathlon championship.

TEN (10) METER AIR GUN

EQUIPMENT:

.177 Air Guns, .177 Pelets, 10 meter targets, target boxes, protective eyewear, score sheets, available water, first aid kit, tables and chairs.

FACILITY:

An indoor area that allows a 10 Meter (33 yard) shooting course with a minimum of 8 firing lanes. It must be adequately lighted with a limited entrance and exit area (for safety reasons).

COMPETITION:

The winner will be based on the highest shooting score over the 10 Meter (33 yard) course. Each participant will fire 5 rounds at the approved target.

RULES:

RULE 1:00 Scoring

Section 1: Scoring will be based on the highest number of points scored on the target.

Section 2: Each participant will be allowed to shoot 5 rounds at a designated target.

Section 3: Each participant's total score will be tabulated after all 5 rounds are fired. Points will be awarded to the top 3 totals. (1st, 2nd, and 3rd)

RULE 2:00 Firing Position

Section 1: Each competitor must support the rifle with both elbows resting on the stationary firing table. The chest and/or abdomen may also rest on the table.

RULE 3:00 Safety

Section 1: All competitors, assistants, and accompanying personnel who will be in the immediate vicinity of the range complex are required to wear shatterproof shooting glasses or similar eye protection while shooting is in progress. Clear lenses are best, but amber, yellow, or gray are acceptable. **EYE PROTECTION WILL BE PROVIDED AND MUST BE WORN!**

DISCUS

EQUIPMENT:

Discus will be provided by the Golden Age Games host. The body of the discus shall be made of wood, or other suitable material with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the center of the sides. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement corresponds to the specifications. Each side of the discus shall be identical and shall be made without indentations, projections, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius 25mm (min), 28.5mm (max) from the center of the discus. Participants must use the discus which are provided. Other equipment: tape measure, score sheets, available water, first aid kit.

FACILITY:

An area of adequate size designated by the Golden Age Games host. The area should be large enough to allow for spectators to be safely away from the area in which the discus is being thrown. A circle shall be marked from which competitors must throw the discus.

COMPETITION:

Each competitor will have the opportunity to throw an official discus 3 times. Only the longest of each competitor's three (3) throws will be counted. The competitor with the longest throw will be awarded 1st--7 points in that phase, next furthest 2nd--5 points, and next furthest 3rd--3 points towards the overall Pentathlon championship.

NOTE: Competitors must throw in an Olympic style.

RULES:

RULE 1:00 Equipment

Official discus will be used. The brand/type of discus is to be determined by the event judge, who shall provide the discus for the contestants. The discus will weigh no less than one kilogram.

RULE 2:00 The Throw

Section 1: Each contestant will have 3 attempts. If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: Once the competitor enters the circle to start the throw, an attempt must be made before leaving. It is considered to be a foul if:

1. competitor steps on or outside of the legal sector lines,
2. false starts more than once, or
3. leaves the circle from its front half.

Section 3: A foul counts as one of the three permitted attempts, and the event judge will mark an "F" next to the competitor's name on the entry sheet. The judge is responsible for viewing the legality of a competitor's movements.

Section 4: All throws are marked at the nearest edge of the point of landing. Measurement is made directly after each throw

and extends to the inside edge of the circle nearest the mark, and is measured along an extended radius of the circle.

Section 5: The measuring tape is kept at its extended length during the whole competition for speed of measurement. One measurer stays on the border of the sector with the zero end of the tape and is responsible for moving into the sector and marking the discus imprint. After the zero end of the tape is secured, it is extended by the other measurer to the middle point of the discus circle. The judge makes sure the tape is fully extended, then reads the measurement to the lower quarter-inch at the circle's edge.

Section 6: In the event of a tie, participants will be awarded like points.

RULE 3:00 Scoring

Section 1: The competitor with the longest throw shall be the winner and receive points toward the overall Pentathlon championship. 1st--7 points, next furthest 2nd--5 points, and next furthest 3rd--3 points.

BASKETBALL FREE THROW

EQUIPMENT:

Regulation size basketballs will be provided by the Golden Age Games host. Participants must use basketballs provided. Other equipment: score sheets, available water, first aid kit.

FACILITY:

Any appropriate facility with a regulation basketball goal and free throw line may be designated by the Golden Age Games host. The goal height will be the regulation height of 10 feet. Free throw line will be 15 feet from goal.

COMPETITION:

Each competitor will shoot 10 free throws from the foul line. The player will receive one point for each successful attempt. The winner will be the competitor earning the most points. The winner will receive 7 points toward the overall Pentathlon total, next highest, 2nd--5 points, and next highest, 3rd--3 points.

RULES:

RULE 1:00 Equipment

Section 1: Regulation size basketballs will be used and only those provided by Golden Age Games host will be used in the competition.

Section 2: Regulation goal height of 10 feet high and a regulation free throw line 15 feet from the goal shall be used.

RULE 2:00 Free Throws

Section 1: Each competitor will shoot 10 free throws from the foul line. The player will receive one point for each free throw made.

Section 2: If any part of the contestant's body touches or crosses the free throw line prior to the ball making contact with the basket or backboard, the basket is disallowed and he/she loses that shot attempt.

RULE 3:00 Scoring

Section 1: The competitor with the highest number of points (free throws made) shall be the winner and receive 7 points toward the overall Pentathlon championship, next highest number, 2nd--5 points; and next highest, 3rd--3 points.

Section 2: The points received in the basketball free throw will be totaled with those of the other four activities for each competitor to determine the Pentathlon championship.

GOLDEN AGE GAMES

EVENT 9-A WHEELCHAIR PENTATHLON

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

WHEELCHAIR PENTATHLON OVERVIEW OF THE EVENT

The Wheelchair Pentathlon event is composed of 5 separate event activities--shot put, softball hit, 10 meter air gun, discus, and basketball free throw. Participants may compete in each of the 5 event phases, and earn points to be totaled to determine the Wheelchair Pentathlon event winner (1st, 2nd and 3rd place). Motorized wheelchair participants must compete in all events in the motorized wheelchair.

Points are earned in each of the 5 event activities as follows:

- 1st--7 points
- 2nd--5 points
- 3rd--3 points

Each participant will have their points recorded from each event activity. In case of a tie, each contestant will be awarded the point value for their finish in that event activity.

If, after the competition of all 5 activity events, there is a tie in points for 1st, 2nd or 3rd place, there will NOT be a play off. Each competitor will be awarded the appropriate medal/award.

SHOT PUT

EQUIPMENT:

Official shot puts will be provided by the Golden Age Games host. Participants must use shot puts that are provided. Other equipment: tape measure, score sheets, available water, first aid kit.

FACILITY:

An appropriate outdoor area as designated by the Golden Age Games host. The area should be large enough to allow for spectators to be safely away from the area in which the shot put is being thrown. A circle shall be marked from which competitors must throw the shot put.

COMPETITION:

Each competitor will have the opportunity to throw an official shot put 3 times. Only the longest throw of each competitor's 3 throws will be counted. The 3 longest putts will be awarded points toward the overall Wheelchair Pentathlon championship as follows: 1st--7 points, 2nd--5 points, 3rd--3 points.

RULES:

RULE 1:00 Equipment

Official shot puts will be used. Construction to be of iron, weight will vary by sex category.

- All women will utilize 3 kilo shot put
- All men will utilize 4 kilo shot put

The brand/type of shot put is to be determined by the event judge who shall provide the shots for the contestants.

RULE 2:00 The Throw

Section 1: Each contestant will have 3 attempts. If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: Once the putter enters the circle to start the put, an attempt must be made before leaving. It is considered to be a foul if he/she:

1. puts the shot on or outside of the legal sector lines,
2. false starts more than once, or
3. leaves the circle from its front half.

Section 3: A foul put counts as one of the three permitted attempts, and the judge will mark an "F" next to the competitor's name on the entry sheet. The judge is responsible for viewing the legality of a competitor's movements, and he/she stands at the circle to the open side of the shot putter.

Section 4: All puts are marked at the nearest edge of the point of landing. Measurement is made directly after each put and extends to the inside edge of the stopboard nearest the mark and is measured along an extended radius of the circle.

Section 5: The measuring tape is kept at its extended length during the whole competition for speed of measurement. One measurer stays on the border of the sector with the zero end of the tape and is responsible for moving into the sector and marking the shot imprint. After the zero end of the tape is secured, it is extended by the other measurer to the middle point of the shot-put circle. The judge makes sure the tape is fully extended, then reads the measurement to the lower quarter-inch at the front of circle. In the meantime, the shot retriever runs the shot back to the circle.

Section 6: In the event of a tie, participants will be awarded like points.

RULE 3:00 Scoring

Section 1: Scoring will be based on length of throw excluding the roll. Longest throw, 1st--7 points, 2nd--5 points, 3rd--3 points.

Section 2: The points received in the shot put will be totaled with those of the other four activities for each competitor to determine the Wheelchair Pentathlon championship.

SOFTBALL HIT

EQUIPMENT:

Official softball bats and softballs will be provided by the Golden Age Games host. Participants may use their own softball bat if it conforms to the official softball bat standards described in the rules section, and with the approval of the event judge. All balls used must be provided by the event judge and each shall be the same brand/type. An adjustable hitting "T" will be provided by the host.

Other equipment: tape measure, score sheets, available water, first aid kit.

FACILITY:

Any appropriate outdoor area designated by the Golden Age Games host. The area should be large enough to allow for spectators to be safely away from the area in which the softball is being hit.

COMPETITION:

Each competitor will have the opportunity to hit an official softball from a "T" 3 times, using an official softball bat. Each attempt will be judged from the spot at which the ball comes to rest after being hit (the roll is counted). Only the longest of each competitor's hits will be measured to count toward the standings of this phase of the event. The 3 longest hits will be awarded points toward the overall Wheelchair Pentathlon championship as follows: 1st--7 points, 2nd--5 points, 3rd--3 points.

RULES:

RULE 1:00 Equipment

Section 1: Softball bats must be official. Any softball bat made of wood, metal or fiberglass with a manufacturer's "official softball" imprinted designation may be used. The general size - no longer than thirty-four inches (34") in length and 2-1/4" in diameter.

Section 2: Batting "T" shall be adjustable to match each competitor's swing. The batting "T" shall be adjusted by the contestant only with instructions from the event judge in its use. The competitor must remain in the "batter's box" area designated by the event judge when hitting the ball.

Section 3: The softball used shall be "official" - 12 inches in circumference. Construction shall be of leather, horsehide, or synthetics with sewn cover, weight to be not less than 6-1/2 oz. and not more than 7 oz. The brand/type of softball is to be determined by the event judge, who shall provide the balls for the contest and all contestants shall use softballs that are alike.

RULE 2:00 The Hit

Section 1: Each contestant will have 3 attempts at hitting the softball from the hitting "T". If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: The distance of the longest hit for each competitor will be measured from the batting "T" to where the softball has come to rest (the roll is counted).

RULE 3:00 Scoring

Section 1: Scoring will be based on the length of the hit including the roll. Longest hit, 1st--7 points, next longest, 2nd--5 points, and next longest, 3rd--3 points.

Section 2: The points received in the softball hit will be totaled with those of the other four activities for each competitor to determine the Wheelchair Pentathlon championship.

TEN (10) METER AIR GUN**EQUIPMENT:**

.177 Air Guns, .177 Pelets, 10 meter targets, target boxes, protective eyewear, score sheets, available water, first aid kit, tables and chairs.

FACILITY:

An indoor area that allows a 10 Meter (33 yard) shooting course with a minimum of 8 firing lanes. It must be adequately lighted with a limited entrance and exit area (for safety reasons).

COMPETITION:

The winner will be based on the highest shooting score over the 10 Meter (33 yard) course. Each participant will fire five (5) rounds at the approved target.

RULES:**RULE 1:00 Scoring**

Section 1: Scoring will be based on the highest number of points scored on the target.

Section 2: Each participant will be allowed to shoot 5 rounds at a designated target.

Section 3: Each participant's total score will be tabulated after all 5 rounds are fired. Points will be awarded to the top 3 totals. (1st, 2nd, and 3rd)

RULE 2:00 Firing Position

Section 1: Each competitor must support the rifle with both elbows resting on the stationary firing table. The chest and/or abdomen may also rest on the table.

RULE 3:00 Safety

Section 1: All competitors, assistants, and accompanying personnel who will be in the immediate vicinity of the range complex are required to wear shatterproof shooting glasses or similar eye protection while shooting is in progress. Clear lenses are best, but amber, yellow, or gray are acceptable. **EYE PROTECTION WILL BE PROVIDED AND MUST BE WORN!**

DISCUS

EQUIPMENT:

Discus will be provided by the Golden Age games host. The body of the discus shall be made of wood, or other suitable material with a metal rim, the edge of which shall be circular. The cross section of the edge shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the center of the sides. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement corresponds to the specifications. Each side of the discus shall be identical and shall be made without indentations, projections, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius 25mm, to 28.5mm from the center of the discus. Participants must use the discus which are provided. Other equipment: tape measure, score sheets, available water, first aid kit.

FACILITY:

An area of adequate size designated by the Golden Age Games host to allow for spectators to be safely away from the area in which the discus is being thrown. A circle shall be marked from which competitors must throw the discus.

COMPETITION:

Each competitor will throw 3 discus. Only the longest of each competitor's 3 throws will be counted. The competitor with the furthest throw, will be awarded 1st--7 points in that phase, next most, 2nd--5 points, and next most, 3rd--3 points toward the overall Wheelchair Pentathlon championship.

RULES

RULE 1:00 Equipment

Official discus will be used. The brand/type of discus is to be determined by the event judge, who shall provide the discus for the contestants. The discus will weigh no less than one (1) kilogram.

RULE 2:00 The Throw

Section 1: Each competitor shall have 3 throws. If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: Once the competitor enters the circle to start the throw, an attempt must be made before leaving. It is considered to be a foul if:

1. competitor rolls on or outside of the legal sector lines,
2. false starts more than once, or
3. leaves the circle from its front half.

Section 3: A foul counts as one of the three permitted attempts, and the event judge will mark an "F" next to the competitor's name on the entry sheet. The judge is responsible for viewing the legality of a competitor's movement.

Section 4: All throws are marked at the nearest edge of the point of landing. Measurement is made directly after each throw and extends to the inside edge of the circle nearest the mark, and is measured along an extended radius of the circle.

Section 5: The measuring tape is kept at its extended length during the whole competition for speed of measurement. One measurer stays on the border of the sector with the zero end of the tape and is responsible for moving into the sector and marking the discus imprint. After the zero end of the tape is secured, it is fully extended, by the other measurer to the middle point of the discus circle. The judge makes sure the tape is fully extended, then reads the measurement to the lower quarter-inch at the edge of the circle markings.

Section 6: In the event of a tie, participants will be awarded like points.

RULE 3:00 Scoring

Section 1: The competitor with the furthest throw shall be the winner and receive points toward the overall Wheelchair Pentathlon championship. 1st--7 points, next furthest, 2nd--5 points, and next furthest, 3rd--3 points.

BASKETBALL FREE THROW

EQUIPMENT:

Regulation size basketballs will be provided by the Golden Age Games host. Participants must use basketballs provided. Other equipment: score sheets, available water, first aid kit.

FACILITY:

Any appropriate facility with a regulation basketball goal may be designated by the Golden Age Games host. The goal height will be the regulation height of 10 feet. Free throw line will be 7 feet from the goal. All competitors will attempt free throws from the same distance.

COMPETITION:

Each competitor will shoot 10 free throws from the foul line. The player will receive 1 point for each successful attempt. The winner will be the competitor earning the most points. The winner will receive 7 points toward the overall Wheelchair Pentathlon total, next highest, 2nd--5 points, and next highest, 3rd--3 points.

RULES

RULE 1:00 Equipment

Section 1: Regulation size basketballs will be used and only those provided by the Golden Age Games host will be used in the competition.

Section 2: Regulation goal height of 10 feet high and a free throw line 7 feet from the goal shall be used. The distance of the free throw line may be closer as determined by event judge. All competitors will attempt free throws from behind the designated line.

RULE 2:00 Free Throws

Section 1: Each competitor will shoot 10 free throws from the foul line. The player will receive 1 point for each free throw made.

Section 2: If any part of the contestant's body or wheelchair touches or crosses the free throw line prior to the ball making contact with the basket or backboard, the basket is disallowed and he/she loses that shot attempt.

RULE 3:00 Scoring

Section 1: The competitor with the highest number of points (free throws made) shall be the winner and receive seven (7) points toward the overall Wheelchair Pentathlon championship, next highest number, 2nd--5 points, and next highest, 3rd--3 points.

Section 2: The points received in the basketball free throw will be totaled with those of the other four activities for each competitor to determine the Wheelchair Pentathlon championship.

GOLDEN AGE GAMES

EVENT 10 SHUFFLEBOARD

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Standard discs and cues will be provided by the Golden Age Games host. Participants may use their own cue if determined to be of regulation type by the event judge. Only discs provided by the host may be used.

FACILITY:

Any appropriate area designated for the event by the Golden Age Games host. The shuffleboard court should be laid out in a manner as close as possible to that described in the following rules.

COMPETITION:

The competition will be set up in a single elimination tournament format. Whenever possible, contestants from the same medical center will not be matched against each other in first round matches. All matches will be played in six innings. Highest point score will determine the winner. Third place game will match the two losers of the two semi-final games against each other. All matches will be played as single elimination.

RULES

RULE 1:00 Game

Section 1: The game of shuffleboard will be played by using the singles format. Two participants will compete against each other in a match. Two matches may be played on the same court if needed to speed play, with the two matches having players alternate ends of the court.

Section 2: The object of the game is to propel discs by means of a cue to a scoring diagram at opposite end of court--to score points, to prevent opponent from scoring, or both.

RULE 2:00 Court

Section 1: The court shall measure 52 feet in length (may be adapted by event judge if needed, based on availability of space), and 6 feet in width. The playing surface shall be CONCRETE OR TERRAZZO, preferably concrete, but any appropriate surface may be used as selected by the Golden Age Games host.

Section 2: The court shall be marked according to the official diagram (See drawing.) The separation triangle in the 10-Off area is 3 inches at base running to a point in the direction of the scoring area. The outline of the legs of this triangle shall be 1/4 inch in width with a clearance of 1/2 inch at the point and base of this triangle from the 10-Off area lines. The base of the triangle is not marked. The base lines of the scoring areas shall be extended to adjoining courts, or to about 18 inches beyond the side of the court.

Section 3: One end of court shall be designated as head of court; the opposite end as foot of court. All games shall start at head of court.

RULE 3:00 Equipment

Section 1: Discs shall be made of composition not less than 9/16 inch and not more than 1 inch in thickness, 6 inches in diameter, and not less than 11 1/2 ounces in weight. New discs shall weigh 15 ounces. Four discs shall be colored red, four black. These eight discs comprise a set. (Other color combinations may be used, such as white or yellow in place of red; and green in place of black.) Care should be taken that all discs in a set shall be uniform in weight and thickness.

Section 2: The cue shall not have an overall length of more than (6 feet 3 inches). No metal parts on cue shall touch playing surface of court.

Section 3: Players shall not be required to play with discs, new or old, that are not in a satisfactory condition. Defective discs will be replaced by good discs, if available. Any change of discs must be made before shooting for color choice.

RULE 4:00 Playing the Game

Section 1: Choice of color is determined by each player playing one disc to the farthest dead line. The player whose disc is

nearest this line has choice of color. If the second disc touches or moves the first disc, color choice goes to opponent.

Section 2: To start game, the red disc is shot first. Play alternates red then black until all discs are shot. Red shall always be played from the right side of the head of court, and left side of foot of court (this may be altered by event judge to play from same end and then also alternate side of court). After all discs are played, play begins again at the opposite end of the court (unless adapted by event judge) with the color lead changed to black. Play then continues alternating colors; and at the end of each round, alternating ends of the court.

RULE 5:00 Scoring

Section 1: A shuffleboard court has one 10-point area; two 8-point areas; two 7-point areas and one 10-off area. (See drawing.)

Section 2: After both players have shot their 4 discs, SCORE ALL discs that are within and NOT touching lines in the point areas of the court.

Section 3: Winner of each game will be the person scoring the highest points at the end of six innings.

Section 4: If a tie score results at game point or over, a complete inning will be played and score totaled. If score is still tied, play continues in complete innings until a winner is declared.

RULE 6:00 Fouls and Penalties

Section 1: No hesitation or hook shots allowed; forward motion of disc must be continuous. Penalty: offender's disc removed and opponent credited with score of any discs replaced.

Section 2: Players shall not stand in the way of, or have cue in the way of, or interfere with opponent while he/she is executing a play. Penalty: 5 points off.

Section 3: Players must not leave court without permission. Penalty: 5 points off.

Section 4: Players shall not touch live discs at any time. Penalty: 5 points off.

Section 5: Players must not talk or make remarks to disconcert opponent's play. Penalty: 10 points off.

Section 6: A disc or discs returning or remaining on the court after having struck any object other than a live disc shall be removed before further play. It is called a dead disc. If a dead disc moves or displaces a live disc, that half round will be played over.

Section 7: A disc which stops in the area past the dead line is dead, and shall be removed before further play.

Section 8: Players shooting before opponent's disc comes to rest will result in a 10 point penalty and the offender's disc removed, and opponent credited with any discs displaced.

GOLDEN AGE GAMES

EVENT 10-A

WHEELCHAIR SHUFFLEBOARD

EVENT 10-B

VISUALLY IMPAIRED SHUFFLEBOARD

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Standard and adaptive color discs and cues will be provided by the Golden Age Game host. Participants may use their own cue if determined to be of regulation type by the official. Only discs provided by the host may be used.

FACILITY:

Any appropriate area designated for the event by the Golden Age Games host. The shuffleboard court should be laid out in a manner as close as possible to that described in the following rules.

COMPETITION:

The competition will be set up in a single elimination tournament format. Whenever possible, contestants from the same medical center will not be matched against each other in first inning matches. All matches will be played in six innings. Highest point score will determine the winner. Third place game will match the two losers of the two semi-final games against each other. All matches will be played as single elimination.

RULES

RULE 1:00 Game

Section 1: The game of shuffleboard will be played by using the singles format. Two participants will compete against each other in a match. Two matches may be played on the same court if

needed to speed play, with the two matches having players alternate ends of the court.

Section 2: The object of the game is to propel discs by means of a cue to a scoring diagram at opposite end of court--to score points, to prevent opponent from scoring, or both.

RULE 2:00 Court

Section 1: The National Official organizing the competition has the option of moving the foul lines closer to allow wheelchair competitors a shorter court. The court will be the same for both players. The allowable distance for wheelchair foul line on a standard 52 foot court shall be 7 feet 6 inches) in front of a standard foul line or thirteen feet (13') in front of base line.

Section 2: The court shall measure 52 feet in length (may be adapted by event judge if needed, based on availability of space), and 6 feet in width. The playing surface shall be CONCRETE OR TERRAZZO, preferably concrete, but any appropriate surface may be used as selected by the Golden Age Games host.

Section 3: The court shall be marked according to the official diagram (See drawing.) The separation triangle in the 10-Off area is 3 inches at base running to a point in the direction of the scoring area. The outline of the legs of this triangle shall be 1/4 inch in width with a clearance of 1/2 inch at the point and base of this triangle from the 10-Off area lines. The base of the triangle is not marked. The base lines of the scoring areas shall be extended to adjoining courts, or to about 18 inches beyond the side of the court.

Section 4: One end of court shall be designated as head of court; the opposite end as foot of court. All games shall start at head of court.

RULE 3:00 Equipment

Section 1: Discs shall be made of composition not less than 9/16 inch and not more than 1 inch in thickness, 6 inches in diameter, and not less than 11 1/2 ounces in weight. New discs shall weigh 15 ounces. Four discs shall be colored red, four black. These eight discs comprise a set. (Other color combinations may be used, such as white or yellow, in place of red and green in place of black.) Care should be taken that all discs in a set shall be uniform in weight and thickness.

Section 1-VI: Bright colored discs will be used for the visually impaired.

Section 2: The cue shall not have an overall length of more than 6 feet 3 inches). No metal parts on cue shall touch playing surface of court.

Section 3: Players shall not be required to play with discs, new or old, that are not in a satisfactory condition. Defective discs will be replaced by good discs, if available. Any change of discs must be made before shooting for color choice.

RULE 4:00 Playing the Game

Section 1: Choice of color is determined by each player playing one disc to the farthest dead line. The player whose disc is nearest this line has choice of color. If the second disc touches or moves the first disc, color choice goes to opponent.

Section 2: To start game, the red disc is shot first. Play alternates red then black until all discs are shot. Red shall always be played from the right side of the head of court, and left side of foot of court (this may be altered by event judge to play from same end and then also alternate side of court). After all discs are played, play begins again at the opposite end of the court (unless adapted by event judge) with the color lead changed to black. Play then continues alternating colors, and at the end of each round, alternating ends of the court.

RULE 5:00 Scoring

Section 1: A shuffleboard court has one 10-point area; two 8-point areas; two 7-point areas and one 10-off area. (See drawing.)

Section 2: After both players have shot their four discs, SCORE ALL discs that are within and NOT touching lines in the point areas of the court.

Section 3: Winner of each game will be the person with the highest score after six innings.

Section 4: If a tie score results at game point or over, a complete inning will be played and score totaled. If score is still tied, play continues in complete innings until a winner is declared.

RULE 6:00 Fouls and Penalties

Section 1: No hesitation or hook shots allowed; forward motion of disc must be continuous. Penalty: offender's disc removed and opponent credited with score of any discs replaced.

Section 2: Players shall not stand in the way of, or have cue in the way of, or interfere with opponent while he/she is executing a play. Penalty: 5 points off.

Section 3: Players must not leave court without permission. Penalty: 5 points off.

Section 4: Players shall not touch live discs at any time. Penalty: 5 points off.

Section 5: Players must not talk or make remarks to disconcert opponent's play. Penalty: 10 points off.

Section 6: A disc or discs returning or remaining on the court after having struck any object other than a live disc shall be removed before further play. It is called a dead disc. If a dead disc moves or displaces a live disc, that half round will be played over.

Section 7: A disc which stops in the area past the dead line is dead, and shall be removed before further play.

Section 8: Players shooting before opponent's disc comes to rest will result in a 10-point penalty and the offender's disc removed, and opponent credited with any discs displaced.

GOLDEN AGE GAMES

EVENT 11 SWIMMING

EVENT 11A SWIMMING - FREESTYLE 25 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) without requiring the participants to make a turn, and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding, present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge based on the number of entries. In the freestyle competition, all strokes and kicks are acceptable except for the side stroke. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with "in water" starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 25 yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. In all "in-water" starts, the competitors must keep one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

GOLDEN AGE GAMES

EVENT 11B

NON-AMBULATORY SWIMMING - FREESTYLE 25 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) without requiring the participants to make a turn, and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge based on the number of entries. In the freestyle competition, all strokes and kicks are acceptable. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by the best times regardless of placement in the heats. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with "in water" starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 25 yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. In all "in-water" starts, the competitors must keep one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

SPECIAL NOTE: At least 6 to 8 strong lifters should be available to assist participants out of the pool after each event. If they are staff or volunteers, they should be trained in proper and safe lifting techniques.

GOLDEN AGE GAMES

EVENT 11C SWIMMING - BACKSTROKE 25 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, and first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) without requiring the participants to make a turn, and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding, present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool. Overhead markers or flags are necessary for the backstroke event.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge (course director) based on the number of entries. In the backstroke competition, all strokes and kicks are acceptable. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by the best times regardless of placement in the heats. If a tie occurs, there will not be a race off but each competitor will

receive a medal/award. All heats will begin with in-water starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 25 yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin an in-water start. They must keep at least one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

SPECIAL NOTE: At least 6 to 8 strong lifters should be available to assist participants out of the pool after each event. If they are staff or volunteers, they should be trained in proper and safe lifting techniques.

GOLDEN AGE GAMES

EVENT 11D NON-AMBULATORY SWIMMING - BACKSTROKE 25 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits.

Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) without requiring the participants to make a turn, and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life saving, present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool. Overhead markers or flags are necessary for the backstroke event.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge based on the number of entries. In the backstroke competition, all strokes and kicks are acceptable. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by best times regardless of placement in the heats. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with "in water" starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 25 yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. They must keep at least one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

SPECIAL NOTE: At least 6 to 8 strong lifters should be available to assist participants out of the pool after each event. If they are staff or volunteers, they should be trained in proper and safe lifting techniques.

GOLDEN AGE GAMES

EVENT 12 SWIMMING

EVENT 12A SWIMMING - FREESTYLE 50 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits.

Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible), and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life saving present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge based on the number of entries. In the freestyle competition, all strokes and kicks are acceptable except the side stroke. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with in-water starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 50 yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. In all "in-water" starts, the competitors must keep one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

Section 6: One hand must touch the wall of the pool while executing the turn at 25 yards. In respect to safety and fairness, flip turns may not be used.

SPECIAL NOTE: At least 6 to 8 strong lifters should be available to assist participants out of the pool after each event. If they are staff or volunteers, they should be trained in proper and safe lifting techniques.

GOLDEN AGE GAMES

EVENT 12B

NON-AMBULATORY SWIMMING - FREESTYLE 50 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible), and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life saving present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge (course director) based on the number of entries. In the freestyle competition, all strokes and kicks are acceptable. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with "in water" starts.

RULES:

RULE 1:00

Section 1: The race will be 50 yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. In all "in-water" starts, the competitors must keep one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

Section 6: One hand must touch the wall of the pool while executing the turn at 25 yards. In respect to safety and fairness, flip turns may not be used.

SPECIAL NOTE: At least 6 to 8 strong lifters should be available to assist participants out of the pool after each event. If they are staff or volunteers, they should be trained in proper and safe lifting techniques.

GOLDEN AGE GAMES

EVENT 12C SWIMMING - BACKSTROKE 50 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers who are certified in life guarding present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool. Overhead markers or flags are necessary for the backstroke event.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge (course director) based on the number of entries. In the backstroke competition, all strokes and kicks are acceptable. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with in-water starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be fifty (50) yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin an in-water start. They must keep at least one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

Section 6: One hand must touch the wall of the pool while executing the turn at 25 yards. In respect to safety and fairness, flip turns may not be used.

SPECIAL NOTE: At least 6 to 8 strong lifters should be available to assist participants out of the pool after each event. If they are staff or volunteers, they should be trained in proper and safe lifting techniques.

GOLDEN AGE GAMES

EVENT 12D

NON-AMBULATORY SWIMMING - BACKSTROKE 50 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers who are certified in life saving present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool. Overhead markers or flags are necessary for the backstroke event.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge based on the number of entries. In the backstroke competition, all strokes and kicks are acceptable. The participants will be given an opportunity to warm-up in the pool prior to the race. The order of finish (1st, 2nd and 3rd Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with "in water" starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 50 yards in length (as set by the event judge) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. They must keep at least one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

Section 6: One hand must touch the wall of the pool while executing the turn at 25 yards. In respect to safety and fairness, flip turns may not be used.

SPECIAL NOTE: At least 6 to 8 strong lifters should be available to assist participants out of the pool after each event. If they are staff or volunteers, they should be trained in proper and safe lifting techniques.

GOLDEN AGE GAMES

EVENT 13 TABLE TENNIS

AGE GROUPS:

MEN AND WOMEN TOGETHER:	55-59
	60-64
	65-69
	70-74
	75-79
	80-Up

EQUIPMENT:

Standard table tennis tables and nets, regulation table tennis rackets (paddles) and balls will be provided by the Golden Age Games host. Participants may use their own table tennis rackets (paddles) if they are determined to be regulation by the officials.

FACILITY:

A facility of adequate size to allow the participants to move freely and safely around the table and with a ceiling of enough height to allow for the ball to be played without interference designated by the Golden Age Games host. Adequate lighting should be a consideration. If possible a spectator area a distance away from the table tennis tables is desirable.

COMPETITION:

Participants will compete individually in singles table tennis. The competition will be set up in a single elimination tournament format. Whenever possible, contestants from the same medical center will not be matched against each other in first round matches. All matches will be played as a best 2 out of 3 games match. Third place game will match the two losers of the two semi-final games against each other.

RULES:

RULE 1:00 The Table

The table shall be in surface rectangular, 9 feet in length, 5 feet in width; it shall be 2 feet 6 inches above the floor, and shall lie in a horizontal plane. It shall be made of any material and shall yield a uniform bounce of not less than 8 inches and not more than 9 inches when a standard ball is dropped from a height of 12 inches above its surface. The upper surface of the table shall be termed the "playing surface;" it shall be non-reflecting, of a dark color and a white line $\frac{3}{4}$ inch broad along each edge. The lines at the 5 foot edges or ends of the playing surface shall be termed "end lanes." The lines at the 9 foot edges or sides of the playing surface shall be termed "side lines." Variations of table will be explained to participants prior to competition by the National Official.

RULE 2:00 The Net and Its Supports

The playing surface shall be divided into two courts of equal size by a net running parallel to the end lines and 4 feet 6 inches from each. The net and its suspension together shall be 6 feet in length; its upper part along its whole length shall be close to the playing surface. The net shall be attached at each end to an upright post 6 inches high; the outside limits of each post shall be 6 inches outside the side line on the same side.

RULE 3:00 The Ball

The ball shall be spherical. It shall be made of celluloid, pale in color; it shall not be less than 4 $\frac{1}{2}$ inches nor more than 4 $\frac{3}{4}$ inches in circumference; it shall not be less than 37 grains (2.40 grams) and not more than 39 grains (2.53 grams) in weight.

RULE 4:00 The Racket (Paddle)

The racket (paddle) may be any material, size, shape or weight. Participants may use their own racket (paddle) or those provided by the Golden Age Games host.

RULE 5:00 The Scoring of Points

A game shall be won by the player who first wins 21 points, unless both players have scored 20 points, then the winner of the game will be the first to win 2 points more than his/her opponent.

RULE 6:00 The Choice of Ends and Service

The choice of ends and the right to be server or striker-out in every match shall be decided by toss. If the winner of the toss chooses the right to be server or striker-out, the other player shall have the choice of ends and vice versa. The winner of the toss may, if he prefers, require the other player to make the first choice.

RULE 7:00 The Change of Ends and Service

After 5 points, the striker-out shall become the server, and the server the striker-out, and so on after each 5 points until the end of the game or the score 20 all. At the score 20 all, the striker-out shall become the server, and the server the striker-out, and so on until the end of match. The player who started at one end in a game shall start at the other in the immediately subsequent game and so on until the end of the match. In the deciding game of the match, the players shall change ends at the score of 10.

RULE 8:00 Out of Order of Ends or Service

If a player serves out of his/her turn, the player who ought to have served shall serve as soon as the mistake is discovered, unless a group of five services shall have been completed before such discovery, when the service in the subsequent groups of services shall continue in the same order, as if the sequence had not been discontinuous. In any circumstances, all points scored before the discovery shall be reckoned.

If the players have not changed ends when ends should have been changed, the players shall change ends as soon as the mistake is discovered, unless a game has been completed since the error, then the error shall be ignored. In any circumstances, all points scored before the discovery shall be reckoned.

RULE 9:00 The Order of Play

The server shall first make a good service, the striker-out shall then make a good return and thereafter server and striker-out shall each alternately make a good return.

RULE 10:00 A Good Service

The service shall be delivered by the server releasing the ball by open palm only, without imparting a spin. The ball must be projected from an opened palm for the service. The ball shall then be struck so that it touches first the server's court and then, passing directly over or round the net, touches the striker-out's court. At the moment of the impact of the racket on the ball in service, both players shall be behind the end line of the server's court and between an imaginary continuation of the side lines.

RULE 11:00 A Good Return

A ball having been served or returned in play shall be struck by the player so that it passes directly over the net or around the net and touches directly on the opponent's court. If the ball, having been served or returned in play, returns with its own impetus over the net or round the net, it may be struck by the player so that it touches directly on the opponent's court.

RULE 12:00 A Let

The following is a let:

- a. if the ball served touches the net or its supports, provided the service would be otherwise good or be volleyed by the striker-out.
- b. if a service is delivered when the striker-out is not ready, provided that he/she is not deemed ready by attempting to stroke at the ball.
- c. if either player is prevented by an accident, not under his/her control, from serving a good service or making a good return.

RULE 13:00 A Point

Either player shall lose a point:

- a. if he/she fails to make a good service, except as provided in Rule 12 (a let).
- b. when a good service or a good return having been made by his/her opponent, he/she fails to make a good return.

- c. if he/she or his/her racket (paddle), or anything that he/she wears or carries, touches the net or its supports while the ball is in play.
- d. if he/she or his/her racket (paddle), or anything that he/she wears or carries, moves the playing surface while the ball is in play.
- e. if his/her free hand touches the playing surface while the ball is in play.
- f. if, before the ball in play has passed over the end lines or side lines, and has not yet touched the playing surface on his/her side of the table and ball comes in contact with him or anything that he/she wears or carries.
- g. if at any time he/she volleys the ball, except in serving.

RULE 14:00 In Play

The ball is in play from the moment at which it is dropped from an open palm until:

- a. it has touched one court twice consecutively.
- b. it has, except in service, touched each court alternately without having been struck by the racket (paddle) immediately.
- c. it has been struck by either player more than once consecutively.
- d. it has touched either player or anything that he/she wears or carries, except his/her racket or his/her racket hand below the wrist.
- e. on the volley it has come in contact with the racket or the racket hand below the wrist.
- f. it has touched any object other than the net, supports, or those referred to above.

RULE 15:00 Further Definitions

The period during which the ball is in play shall be termed a rest. A rest, the result of which is scored, shall be termed a point.

The player who first strikes the ball during the rest shall be termed the striker-out.

If the ball, in passing over the net or around the net touches it or its supports, it shall, nevertheless, be considered to have passed directly, except as referred to in Rule 14b.

If the ball in play comes in contact with the racket or racket hand, not yet having touched the playing surface on one side of the net since last being struck on the other side, it shall be said to have been volleyed. The racket hand is the hand carrying the racket (paddle); the free open hand is the hand not carrying the racket (paddle).

GOLDEN AGE GAMES

EVENT 13A WHEELCHAIR TABLE TENNIS

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Standard table tennis tables and nets, regulation table tennis rackets (paddles) and balls will be provided by the Golden Age Games host. Participants may use their own table tennis rackets (paddles) if they are determined to be regulation by the officials.

FACILITY:

A facility of adequate size to allow the participants to move freely and safely around the table and with a ceiling of enough height to allow for the ball to be played without interference designated by the Golden Age Games host. Adequate lighting should be a consideration. If possible, a spectator area a distance away from the table tennis tables is desirable.

COMPETITION:

Participants will compete individually in singles table tennis. The competition will be set up in a single elimination tournament format. Whenever possible, contestants from the same medical center will not be matched against each other in first round matches. All matches will be played as a best 2 out of 3 games match. Third place game will match the two losers of the two semi-final games against each other.

RULES:

RULE 1:00 The Table

The table shall be in surface rectangular, nine feet (9') in length, five 5 feet in width; it shall be 2 feet 6 inches above the floor, and shall lie in a horizontal plane. It shall be made of any material and shall yield a uniform bounce of not less than 8 inches and not more than 9 inches when a standard ball is dropped from a height of 12 inches above its surface. The upper surface of the table shall be termed the "playing surface;" it shall be non-reflecting, of a dark color and a white line $\frac{3}{4}$ inch broad along each edge.

The lines at the 5 foot edges or ends of the playing surface shall be termed "end lines." The lines at the 9 foot edges or sides of the playing surface shall be termed "side lines." Variations of table will be explained to participants prior to competition by event judge.

RULE 2:00 The Net and Its Supports

The playing surface shall be divided into two courts of equal size by a net running parallel to the end lines and 4 feet 6 inches from each. The net and its suspension together shall be 6 feet in length; its upper part along its whole length shall be close to the playing surface. The net shall be attached at each end to an upright post 6 inches high; the outside limits of each post shall be 6 inches outside the side line on the same side.

RULE 3:00 The Ball

The ball shall be spherical. It shall be made of celluloid, pale in color; it shall not be less than 4 $\frac{1}{2}$ inches nor more than 4 $\frac{3}{4}$ inches in circumference; it shall not be less than 37 grains (2.40 grams) and no more than 39 grains (2.53 grams) in weight.

RULE 4:00 The Racket (Paddle)

The racket (paddle) may be any material, size, shape or weight. Participants may use their own racket or those provided by the Golden Age Games host.

RULE 5:00 The Scoring of Points

A game shall be won by the player who first wins 21 points, unless both players shall have scored 20 points, then the winner

of the game shall be the first player that wins 2 points more than his/her opponent.

RULE 6:00 The Choice of Ends and Service

The choice of ends and the right to be server or striker-out, in every match shall be decided by toss. If the winner of the toss chooses the right to be server or striker-out, the other player shall have the choice of ends and vice versa. The winner of the toss may, if he/she prefers, require the other player to make the first choice.

RULE 7:00 The Change of Ends and Service

After 5 points, the striker-out shall become the server, and the server the striker-out, and so on after each 5 points until the end of the game or the score 20 all.

At the score 20 all, the striker-out shall become the server, and the server the striker-out, and so on until the end of a match. The player who started at one end in a game shall start at the other in the immediately subsequent game and so on until the end of the match. In the deciding game of the match, the players shall change ends at the score of 10.

RULE 8:00 Out of Order of Ends or Service

If a player serves out of his/her turn, the player who ought to have served shall serve as soon as the mistake is discovered, unless a group of 5 services shall have been completed before such discovery, when the service in the subsequent groups of services shall continue in the same order, as if the sequence had not been discontinuous. In any circumstances, all points scored before the discovery shall be reckoned.

If the players shall not have changed ends when ends should have been changed, the players shall change ends as soon as the mistake is discovered, unless a game has been completed since the error, then the error shall be ignored. In any circumstances, all points scored before the discovery shall be reckoned.

RULE 9:00 The Order of Play

The server shall first make a good service, the striker-out shall then make a good return and thereafter server and striker-out shall each alternately make a good return.

RULE 10:00 A Good Service

The service shall be delivered by the server releasing the ball by open palm only, without imparting a spin. The ball may be dropped from an open palm for the service. The ball shall then be struck so that it touches first the server's court and then, passing directly over or round the net, touches the striker-out's court. At the moment of the impact of the racket on the ball in service, both players shall be behind the end line of the server's court and between an imaginary continuation of the side lines.

RULE 11:00 A Good Return

A ball having been served or returned in play shall be struck by the player so that it passes directly over the net or around the net and touches directly on the opponent's court. If the ball, having been served or returned in play, returns with its own impetus over the net or round the net, it may be struck by the player so that it touches directly the opponent's court.

RULE 12:00 A Let

The following is a let:

- a. if the ball served touches the net or its supports, provided the service would be otherwise good or be volleyed by the striker-out.
- b. if a service is delivered when the striker-out is not ready, provided that he/she is not deemed ready by attempting to strike at the ball.
- c. if either player is prevented by an accident, not under his/her control, from serving a good service or making a good return.

RULE 13:00 A Point

Either player shall lose a point:

- a. if he/she fails to make a good service, except as provided in Rule 12 (a let).
- b. when a good service or a good return having been made by his/her opponent, he/she fails to make a good return.

- c. if he/she or his/her racket (paddle), or anything that he/she wears or carries, touches the net or its supports while the ball is in play.
- d. if he/she or his/her racket (paddle), or anything that he/she wears or carries, moves the playing surface while the ball is in play.
- e. if his/her free hand touches the playing surface while the ball is in play.
- f. if, before the ball in play has passed over the end line or side lines, and has not yet touched the playing surface on his/her side of the table and ball comes in contact with him or anything that he/she wears or carries.
- g. if at any time he/she volleys the ball, except in serving.

The racket hand is the hand carrying the racket; the free open hand is the hand not carrying the racket.

RULE 14:00 In Play

The ball is in play from the moment at which it is dropped from an open palm until:

- a. it has touched one court twice consecutively.
- b. it has, except in service, touched each court alternately without having been struck by the racket (paddle) immediately.
- c. it has been struck by either player more than once consecutively.
- d. it has touched either player or anything that he/she wears or carries, except his/her racket or his/her racket hand below the wrist.
- e. on the volley it has come in contact with the racket or the racket hand below the wrist.
- f. it has touched any object other than the net, supports, or those referred to above.

RULE 15:00 Further Definitions

The period during which the ball is in play shall be termed a rest. A rest, the result of which is scored, shall be termed a point.

The player who first strikes the ball during the rest shall be termed the striker-out.

If the ball, in passing over the net or around the net touches it or its supports, it shall, nevertheless, be considered to have passed directly, except as referred to in Rule 14b.

If the ball in play comes in contact with the racket or racket hand, not yet having touched the playing surface on one side of the net since last being struck on the other side, it shall be said to have been volleyed. The racket hand is the hand carrying the racket (paddle); the free open hand is the hand not carrying the racket (paddle).

GOLDEN AGE GAMES

EVENT 14 SWIMMING

EVENT 14A SWIMMING - FREESTYLE 100 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whis/hertles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards without requiring participants to make a turn, and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding present and alert during the competition. Ther facility's diving blocks should be removed to allow easier access to pool.

COMPETITION:

The competition will be based on fastest time of each participant. The number of racers in each heat will be determined by the event judge based on the number of entries. In the freestyle competition, all strokes and kicks are acceptable except the side stroke. The participants will be given an opportunity to warm up in the pool prior to the race. The order of finish will be determined by best times regardless of placement in the heats. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with "in water" starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 100 meters in length and lanes will be clearly marked.

Section 2: All swimmers will begin with an in water start. In all "in water" starts, the swimmer must keep one hand in contact with the wall prior to the start.

Section 3: Swimmers will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the swimmers receiving the best times.

EVENT 14B
NON-AMBULATORY SWIMMING - FREESTYLE
100 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-Up		80-Up

EQUIPMENT:

Towels will be provided by the Golden Age Games host. Participants must use their own swimming suits. Other equipment: Appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, stop watches, whistles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards without requiring the participants to make a turn and should be selected by the Golden Age Games host. The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding present and alert during the event. The facility's diving blocks should be removed to allow easier access to pool.

COMPETITION:

The event will be based on fastest time of each swimmer. The number of racers in each heat will be determined by the event judge based on the number of entries. In the freestyle competition, all strokes except for the side stroke are permitted. The swimmers will be given an opportunity to warm up in the pool prior to the race. The order of finish will be determined by the best times regardless of placement in the heats. If a tie occurs, there will not be a race off but each swimmer will receive a medal/award. All heats begin with in water starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 100 yards in length and lanes will be clearly marked.

Section 2: All swimmers will begin with an in water start. In all "in water" starts, the swimmer must keep one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the swimmers receiving the best times.

GOLDEN AGE GAMES

EVENT 15 GOLF

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-Up

EQUIPMENT:

Golf clubs will not be provided by the Golden Age Games host. Participants must use their own personal clubs. The local host facility will not be responsible for providing lost or stolen clubs.

Golf balls, tees and scorecards will be provided by the Golden Age Games host. Participants wanting golf gloves or shoes must provide their own.

FACILITY:

The golf event will be held on a golf course selected by the Golden Age Games host. Play will consist of 9 holes.

COMPETITION:

While the Golden Age Games encourages first time participants, it is recommended that golf event participants have prior golfing experience of having played on a regular basis for at least the past 1 year.

Each participant will compete individually within his/her age group. There will be no handicapping of scores. Therefore, gross scores will determine the first three places in each age category.

All play not covered by the rules below will be governed by USGA and local club rules.

RULES:

Rule 1:00 Order of Play

Competitors will play in groups of no more than 4. Competitors will be grouped in similar age categories as much as possible although this is not totally necessary.

Nine holes will be played. Groups will be assigned a starting hole and will begin their play from that hole. A "shotgun" start will signal players to begin play.

Players will begin each hole from the following tee boxes:

RED - women

WHITE - men

Rule 2:00 A Stroke

A stroke will occur any time a player positions himself/herself to hit the ball and takes a swing at the ball. A stroke will be counted even if the ball is missed (a whiff). See below for maximum strokes on a hole.

Rule 3:00 Special Rules

Winter Rules: A ball can be moved 1 club length in any direction in the fairway or rough, but NOT toward the hole. A ball in the sandtrap must be played where it lies.

Water Hazards: (A ball in the water or inside the hazard stakes). If you cannot play your ball, drop a ball outside the hazard near the point it entered the water and begin play. Take 1 penalty stroke.

Maximum Strokes Per Hole: In order to speed up play, the maximum score on a hole will be double par. Once a player reaches double par, he/she is to pick up the ball and wait for the others in the group to finish the hole. For example, on a par 4, when a player has hit his/her 8th stroke, that player is to mark 8 on the scorecard and pick up his/her golf ball.

Out of Bounds: Usually marked by white stakes. Player takes 1 stroke penalty but no loss of distance. Drop a ball in play approximately at the point the ball went out of bounds.

Lost Balls: Take no more than 5 minutes to look for a lost ball. If not found, place a ball where you think the ball should have been found. Take 1 stroke penalty.

Putts: All putts must be putted.

Scorecards: Be sure to begin marking your group's score on the hole you begin play. For example, if your group begins on hole #5, be sure to put your first set of scores on that hole, NOT #1. Scorecards are to be turned in at the Pro Shop when you end your round of golf.

Tie Breakers: In the event there is a tie for low score at the end of the round, a score card tie breaker will be used to break that tie beginning with hole #1. This will continue until a player has shot the best score on a hole.