



Georgia Golden Olympics



2019 **OFFICIAL RULE BOOK**

Georgia Golden Olympics
P.O. Box 958
Winder, Georgia 30680

(Georgia Golden Games, Inc.)

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Georgia Golden Olympics
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City of Warner Robins

Hosted by
The Warner Robins Recreation Department
Jarred Reneau, Director

FOUNDING ORGANIZATIONS:

GEORGIA DEPARTMENT OF HUMAN RESOURCES
DIVISION OF PUBLIC HEALTH

ROBINS AIR FORCE BASE
SERVICES DIVISION

GEORGIA RECREATION AND PARK ASSOCIATION
SENIOR CITIZENS SECTION

GEORGIA HEALTH CARE ASSOCIATION, INC

GEORGIA DEPARTMENT OF NATURAL RESOURCES

THE FANNING INSTITUTE FOR LEADERSHIP AND COMMUNITY
DEVELOPMENT – UNIVERSITY OF GEORGIA

A sincere thank you to:
Jarred Reneau, Recreation Director
Warner Robins Recreation Department Staff
And the
City of Warner Robins

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GEORGIA GOLDEN OLYMPICS INTRODUCTION

The Georgia Golden Olympics is a statewide event, held this year in the City of Warner Robins, Georgia, for adults 50 years of age or older. The event provides an opportunity to participate in amateur sports competition, to learn new leisure skills, to discover that physical activity is for all ages, to meet new friends and to share good times. More specifically it is an opportunity to have fun!

A variety of activities are held to make it possible for participation regardless of an individual's age or physical ability. Different age divisions and several levels of ability spread the competition out so there is truly something for everyone. (See Page 6: Age/Category)

For participating, individuals receive a certificate of participation, lunch, dinner and a Golden Olympic T-shirt. Medals are awarded for 1st, 2nd and 3rd place in each event and age category.

This manual is provided to assist you in training for this opportunity and to help you coordinate a local program in your community. We look forward to the day when this will be a year-round program. The Georgia Golden Olympics Committee appreciates your interest and support.

GOALS

1. To promote a social, competitive, athletic and recreational experience for older adults;
2. To maintain and improve the health and wellness of Georgia's adults;
3. To promote and create an interest in lifetime sports, recreation and physical activity as a means of enhancing one's quality of life; and,
4. To create an awareness of the abilities and capabilities of older Georgians.

GEORGIA GOLDEN OLYMPICS GENERAL RULES AND REGULATIONS

1. A person must be 50 years of age or older to participate. A participant's age as of December 31, 2019 determines the age category in which he/she will compete. Proof of age is required with registration. (Acceptable proof: Birth Certificate, a valid Driver's License issued by a government agency, a Georgia Identification Card, School or Bible record, Baptism record, Passport or Military record.) (See page 6: Age/Category).
2. All participants must participate in their own age group unless otherwise designated by the event manager.
Exceptions: All doubles competition – age determined by the youngest partner; team competition – age determined by youngest player.
3. Olympic officials reserve the right to combine age divisions or cancel events if insufficient entries are received.
4. Registration fee entitles participant to enter 3 events of their choice. A \$7.00 fee per event is charged for each additional event over three. Archery, bowling, cycling, golf, racewalk, softball tournaments and tennis tournaments have additional fees.
5. Due to the number of events, there are many time slots when more than one event is scheduled. Participants will only be able to participate in one event per time slot unless otherwise noted. Participants are encouraged to choose events in which they will be the most competitive.
PLAY WILL NOT BE HELD UP DUE TO TIME CONFLICTS.
6. The rules of each event are in accordance with the National Governing Board rules for each sport, **except** where noted in the Georgia Golden Olympics rulebook, and will be followed and interpreted by the Event Managers/Directors. Web links for each sport's NGB is listed at the bottom of each sport's page, and on pages 45-46.
7. Protests or disagreements with the official interpretation of the rules should be made within 15 minutes to the Event Director for the specific event. If the Event Director needs assistance or a controversy occurs, appeals may be made to the Rules/Events Committee who will render a final decision within thirty minutes of receiving the appeal.
8. In order to participate, all participants must be present at event **15 minutes prior to starting time for roll call**. Participants will be scratched from list if not present at roll call.
9. In case of inclement weather, Olympic officials reserve the right to cancel or to postpone events to a different time of day than originally scheduled. In each event, the safety of the participant is of paramount concern.
10. Spectators, family and cheerleaders are welcomed but must follow rules of decorum and etiquette for each sport, and refrain from interfering with or assisting participants while competing. Event Director will ask the spectator to leave after one (1) warning.
11. Appropriate attire (shirts, shorts, shoes) shall be required according to sport and left to the discretion of the event manager.

GEORGIA GOLDEN OLYMPICS AGE/CATEGORIES

CATEGORIES:

Female

Male

Standing

Sitting in following events:

Basketball Throw, Clock Golf, Football Throw, Frisbee Throw, Horseshoe Toss and Softball Throw.

(Note: Sitting category is designed for those participants whose physical mobility is dependent upon supportive devices such as wheelchairs or walkers.)

AGE DIVISIONS OF COMPETITION:

All events are offered in 5-year age divisions beginning with 50 and ending with 100+ except for team sports: (See team sports ages below.)

Team sports are offered in the following age divisions: 50+, 55+, 60+, 65+, 70+ and 75+.

Basketball will include an 80+ and **an 85+ age division.**

AGE OF COMPETITION AT STATE EVENT:

Age division for all singles competition at the state events will be determined by the athlete's age as of December 31, 2019. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2019.

Age division for all team competition at the state events will be determined by the age of the youngest team player as of December 31, 2019. For example, a team consisting of eight players ages 65 or older and one player age 63 will compete in the 60+ age division.

ARCHERY

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

DESCRIPTION: Participants shoot arrows at a circular target from three distances outdoors.

EVENTS: (Competitors are limited to one (1) Archery style)

- Recurve – with sights (NAA)*
- Compound Fingers – with sights (NFAA) **
- Compound Release (NFAA) **
- Barebow Recurve – no sights (NAA)*
- Barebow Compound – no sights (NFAA) **

RULES

1. The “900” American Round will be used for all competition. Inspections will be done prior of official practice.
2. Competition will consist of 90 arrows shot as follows: 30 arrows from 60 yards (5ends of 6 arrows); 30 arrows from 50 yards; and 30 arrows from 40 yards. Arrows will normally be shot in six arrow ends, but may be shot in three arrow ends when field and equipment conditions require more than four archers to be grouped on a target butt.
3. Each END (6 arrows) will consist of 1 set of 6 arrows with a time limit of 5 minutes allowed for each arrow to be shot. When three arrow ends are necessary, each end will consist of one set of three arrows with 2-1/2 minutes allowed for each end to be shot. Shooters will rotate with target mates after each end.
4. Four practice ENDS for sighting in begins at listed time, followed immediately by official ENDS for score.
5. **Recurve** archery events will be conducted in accordance with the National Archery Association (NAA)* target rules except as modified herein.
6. **Compound** archery events will be conducted in accordance with the National Field Archery Association (NFAA) ** rules except as modified herein.

EQUIPMENT:

1. Archers must provide their own bow and a minimum of six (6) arrows, plus extras in case of loss or breakage.
2. NAA equipment rules will apply to the conventional bow shooter.
3. NFAA* equipment rules will apply to the compound bow shooter.
4. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line.
5. A maximum of two ends may be made up at the discretion of the Director of Shooting.
6. Field glasses or scopes are permitted for spotting arrow hits only.
7. No broad heads will be permitted.

SCORING:

1. A regulation 122cm (48”) 5 color target face will be used.
2. Scoring values are: Gold (10-9); Red (8-7); Blue (6-5); Black (4-3); White (2-1); -10 ring scoring.
3. Each color is divided into two scoring areas by a thin black line. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.
4. Arrows which hit the target but bounce out will be scored as hits if confirmed by the official according to NFAA** rules.
5. The winner shall be the archer(s) scoring the highest number of points in a single round.

TIES:

‘X’ ring hits will be kept on the scorecard by all competitors and will be used as a tie-breaker. If still tied, the number of ‘10’ ring hits will be used, then ‘9’ ring hits and so on until the tie is broken

NOTE: COMPETITOR SHOULD BE ABLE TO KEEP ARROWS ON TARGET AT 60 YARDS.

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

**National Field Archery Association (NFAA)
800 Archery Lane
Yankton, SD 57078
(605) 260-9279 www.nfaa-archery.org

BADMINTON

NUMBER OF COMPETITORS: OPEN

(See page 6: Age/Category)

EVENTS:

Singles

Doubles

Mixed Doubles

RULES:

1. All matches will be conducted in accordance with United States Badminton Association (USBA)* rules, except as modified herein.
2. Warm ups will be limited to 10 minutes.
3. All players must present to the coordinator 15 minutes before starting time and be ready to play at time scheduled; there will be no grace period.

EQUIPMENT:

1. Competitors must provide their own racquets.
2. Shuttlecocks will be provided.

FORMAT:

Type of tournament will be determined by the number of entries.

SCORING:

Scoring is based on USBA Rules.

***United States Badminton Association**

One Olympic Plaza

Colorado Springs, CO 80909-5778

(719) 866-4808

www.usabadminton.org

BASKETBALL FREE THROW

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. A referee will be at each basket.
2. The **STANDING DIVISION**, age categories 50-69, will shoot from the free throw line at a distance of 15 feet. Age Divisions 70+ will shoot from a distance of 12 feet. The basket will be 10 feet in height.
3. The **SITTING DIVISION** will shoot from the free throw line at a distance of 6 feet. The basket will be 8 feet in height.
4. The referee will call one age group category at a time. **REMEMBER STARTING TIME IS FORFEIT TIME!**
5. The shooter will get up to 5 practice shots and 25 official free throws. The shooter must inform the referee how many practice shoots he/she will take before taking first shot.
6. The referee will record score each time a shot is made or missed and will call out the score after each free throw attempt is made.
7. The free throw shooter must have both feet behind the free throw line (no part of his/her feet can touch the line from the time the ball leaves his/her hand to the point it touches the basket – otherwise it will be counted as a missed shot).
8. Each free throw shooter gets only one chance to shoot his/her 25 free throws.

EQUIPMENT:

1. Leather basketballs will be provided (personal balls **WILL NOT** be allowed).
Men: 29.5 inch; Women: 28.5

SCORING:

1. Each basket made scores 1 point.
2. To break a tie, shooters will shoot 2 baskets each until tie is broken.

BASKETBALL 3 POINT SHOOTING

NUMBER OF COMPETITORS: OPEN

(See page 6: Age/Category)

RULES:

1. Competitors will have 10 minutes to warm up as a group.
2. There will be 5 marked locations behind the 3 point arc on the court: right and left baselines, right and left free-throw line extended, and the top of the key. \
3. Each competitor will take 5 shots from each of the 5 locations, for a total of 25 shots. Competitors will start in a corner and will work their way around the arc.
4. Competitors will have 2 minutes to complete all of their shots. No shots taken after 2 minutes will be counted.
5. The balls will either be on a rack positioned at each location, or will be handed to the shooter by a volunteer.
6. The competitor's feet must be completely behind the three-point line at the time of the shot. The competitor is allowed to jump from outside the line and land inside, as long as the ball is released in mid-air.
7. Men 75+ may use the women's ball.

Scoring:

1. Each shot made counts as 3 points for a possible total of 75 points.
2. In the event of a tie, competitors will compete in a sudden death competition from the top of the key. The last competitor standing will win in their age category.

Equipment:

1. Leather basketballs will be provided (personal balls **WILL NOT** be allowed).
Men: 29.5 inch; Women: 28.5
2. 5 ball racks

BASKETBALL

3-ON-3 HALF COURT

NUMBER OF TEAMS: OPEN

Male / Female

Age Category: 50+, 55+, 60+, 65+, 70+, 75+ and 80+

FORMAT:

1. Tournament format will be a single round robin (pool play) with reseeding into a single elimination tournament.
2. Every effort will be made to provide teams a minimum of 3 games.
3. The Director/Manager reserve the right to change the tournament format for any age division based on entry numbers, space restrictions or other circumstances.
4. Ties for seeding will be broken in the following manner:
 - A. Overall Record
 - B. Head-to-Head competition
 - C. Point differential (max of 21) - A maximum of 21 points will be awarded towards point differential, regardless of final score.
 - D. Coin toss
5. Forfeits shall be recorded 21-0
6. Default during competition: Rule R of the NSGA rules (Page 12 of NSGA Rules) will be strictly enforced.

RULES:

1. This tournament will be conducted in accordance with NCAA* rules except as modified herein.
2. Team rosters shall be limited to ten (10) persons, including the coach, captains and bench personnel. Teams are no longer limited to the number of out-of-state players on their roster, however roster changes shall be allowed only as permitted under Rule F of the NSGA rules. (Rule "C" in Georgia Rule book, page 50). It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
3. Athletes may be on only one basketball team.
4. Teams must have a minimum of three (3) players on the floor to start a game. Teams may continue/finish with a minimum of two (2) players on the floor.
5. Game is played on half court by two teams of three players each, including a maximum of seven (7) substitutes.
6. Playing time shall be two (2) halves of fifteen (15) minutes for age groups 50-74 and 12 minutes for age 75+. There shall be a continuously running clock with an intermission of five (5) minutes. In the last two (2) minutes of each half, the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of the second half.
7. Two (2) time-outs are permitted per team per half. Time outs do not carry over from one period to the next. If a game proceeds to overtime, each team shall receive no more than 1 additional time-out, regardless of the number of overtimes. Time outs will be sixty (60) seconds of duration. The clock will not run during time outs.
8. Substitutions may be made after a basket, a foul shot, stoppage of play or any other time an official beckons the player on the court:
 - Players must be beckoned on the court by the referee. Entering the court without being beckoned will result in a warning from the official; all subsequent violations will result in a technical foul and loss of possession.
 - Both the offensive and defensive team may substitute after the first free throw or a two shot foul and after the second free throw of a three shot foul. The defensive team can only substitute on a made basket or free throw (when it is the final free throw taken) if the offense is substituting at that time). Violating this rule will result in a warning from the official; all subsequent violations will result in a technical foul and loss of possession.
 - On all stoppage of play (i.e., violations such as traveling, double dribble, three seconds, or out of bounds, etc) either team can substitute as long as they request to sub prior to the in bouncer having the ball in the throw-in area.
9. The winner of the coin toss shall take first ball possession. The possession arrow shall determine possession at the start of the second half. Ball possession changes hands after each basket unless a technical or personal foul is awarded.
10. Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of possession. The deliberate stalling rule is in effect during the entire first half and the first 12 minutes for age groups 50-74 and the first 10

- minutes for age 75+ of the second half. Once the 20 second shot clock comes into effect (final two minutes of the game and in over time periods), the deliberate stalling rule will no longer be in effect. When the offensive team rebounds a missed shot attempt, the ball must touch the rim for the clock to reset. If the ball does not touch the rim, the 20 second clock will not be reset. A warning shall be given by official prior to enactment. During the last two (2) minutes of the game, teams shall attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.
11. The game shall be played using the three-point line as the “check line”. The ball shall be returned to a point behind the check line after each change of possession as follows:
 - a. After a made basket and in all dead ball situations, the ball must be placed in play from the top of the key (throw in area). The ball must be advanced into play by means of a pass to a teammate. Violation of the throw-in by the offense results in loss of possession. The inbound team players are prohibited from entering the three second lane (the key) until the inbound team mate actually takes possession of the ball at the throw-in area.
 - b. After a turn over or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line, only the player’s feet. The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
 12. Following a made basket or dead ball, the ball must be put into play within five (5) seconds from the time the ball is in the “throw-in area”, regardless of whether or not the in bouncer has taken possession of the ball
 13. Player limitations during inbounding the ball:
 - a. The inbouncer must be within 3 feet of the three-point line and must stay within the free throw lane extended area (12 feet wide). An area referred to as the “throw-in area”.
 - b. The defense may defend anywhere on the court, however no player (offensive or defensive) may enter the throw-in area to defend the in bouncer.
 - c. The in bouncer may not hand-off the ball to a teammate.
 - d. The in-bouncer’s teammates may not enter the three-second lane to receive a pass or set a screen until the inbounding teammate actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbounds pass.
 - e. The 3 second lane count and the 5 second closely guarded count should not begin until the defensive team (now the new offensive team) takes the ball behind the three-point arc.
 - f. Violations of the throw-in area by the offense result in a loss of possession.
 - g. Violations of the throw-in area by the defense result in a warning followed by a technical foul (2 shots) and loss of possession.
 14. A player is disqualified after five (5) fouls. Technical fouls will be assessed in accordance with NCAA rule.
 15. All personal and technical fouls shall count against the team total. Beginning with the seventh team foul, a bonus shall be awarded for the remainder of the game. Team fouls carry over into the second half and overtime periods.
 16. Prior to the seventh foul:
 - a) any foul shall result in loss of possession for the offending team;
 - b) any player control foul shall result in disallowing a converted basket and loss of possession;
 - c) any shooting foul with a missed basket shall result in two free throws (three for a three-point shot) along with retained possession; and;
 - d) any shooting foul with a converted basket shall result in the basket being awarded along with one (1) free throw and retained possession.

If a shooting foul occurs during the running time part of the game: All players will remain behind the arc and the offense will regain possession of the ball, even if the clock goes to the two-minute mark. At the time, the clock will stop until the ball is put in play again from the throw-in area. All the players behind the arc may cross the arc once the shooter releases the ball. The shooter may cross the free throw line after the ball strikes the rim, flange or backboard or retrieve the ball upon completion of the last free throw.

During the stopped time portion of the game: The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the ring, flange or backboard or until the free throw ends. No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-thrower has released the ball.
 17. Beginning with the seventh (7) team foul: a) any common foul shall result in a single foul shot plus a bonus free throw if a player makes the first free throw along with retained possession for the offended team; b) any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession. c) any shooting foul with a missed basket shall result in two (2) free throws (3 for a three-point attempt), and the offended team will retain possession; and d) any shooting foul with a converted basket shall result in the basket being awarded along with one free throw and the offended team will retain possession.
 18. Beginning with the tenth foul: a) any common foul shall result in two free throws along with retained possession for the offended team; b) any player control foul shall result in disallowing a converted basket, recording the foul and a change of possession; c) any shooting foul with a missed basket shall result in two free throws (three for a three-point

- attempt), and the offended team will retain possession; and d) any shooting foul with a converted basket shall result in the basket being awarded along with one free throw and retained possession.
19. During the last two (2) minutes of each half and any overtime period, automatic possession after free throws does not apply. (Live rebounding will be in effect)
 - a) During live rebounding all players on both teams are allowed to line-up along the free throw lane when the free throws are shot.
 - b) If a shooter makes the last awarded free throw, the opposing team will inbound the ball.
 20. Officials do not put the ball in play, except after the start of each half. The referee will handle the rebound of the first free throw (first and second free throw if three shots are being taken) and then will not handle the ball after the last free throw.
 21. Any player ejected from a game for unsportsmanlike conduct must sit out the remainder of the game in progress and sit out his/her team's next scheduled game. In addition, the ejected player will not be allowed in the gym during his/her suspended time. Second offence, the player is ejected for remainder of tournament. This will include gym attendance. Depending on the flagrancy of the foul, a person can be ejected for remainder of tournament on the first offense.
 22. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing team personnel.

TIE BREAKER:

A tie score at the end of regulation time will result in a three (3) minute stop clock overtime period with ball possession determined by the flip of a coin. If still tied, subsequent three (3) minute periods are to ensue until tie is broken. After the first overtime period, all additional overtime periods will have a running clock except for the last in which the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of all overtime periods. There will be a one-minute intermission before each overtime period. All individual and team fouls carry over into overtime.

EQUIPMENT:

1. Leather balls will be provided. Men: 29.5 inches; Women: 28.5 inches.
2. NO black-soled shoes permitted on gym floor.
3. Team clothing must be of like design and color with shirts numbered.

SCORING:

Three point shots are allowed.

The three-point line distance for both men and women will be 19 feet 9 inches.

NCAA

700 W. Washington Street

PO Box 6222

Indianapolis, IN 46206-6222

(317) 917-6222

www.ncaa.org

BILLIARDS – EIGHT BALL

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

Eight ball is played with fifteen numbered object balls and the cue ball. The shooter's group of seven balls (one through seven or nine through fifteen) must all be off the table before he attempts to pocket the eight ball to win. Shots are called.

RULES:

1. World Pool-Billiards Association shall govern tournament play. (see website address below)
2. Break Shot - The following rules apply to the break shot:
 - (a) the cue ball begins in hand behind the head string.
 - (b) No ball is called, and the cue ball is not required to hit any particular object ball first.
 - (c) If the breaker pockets a ball and does not foul, he continues at the table, and the table remains open.
 - (d) If no object ball is pocketed, at least four object balls must be driven to one or more rails, or the shot results in an illegal break, and the incoming player has the option of:
 - (1) accepting the table in position, or
 - (2) re-racking and breaking, or
 - (3) re-racking and allowing the offending player to break again.
 - (e) Pocketing the eight ball on a legal break shot is not a foul. If the eight ball is pocketed, the breaker has the option of:
 - (1) re-spotting the eight ball and accepting the balls in position, or
 - (2) re-breaking.
 - (f) If the breaker pockets the eight ball and scratches, the opponent has the option of:
 - (1) re-spotting the eight ball and shooting with cue ball in hand behind the head string; or
 - (2) re-breaking.
 - (g) If any object ball is driven off the table on a break shot, it is a foul; such balls remain out of play (except the eight ball which is re-spotted); and the incoming player has the option of:
 - (1) accepting the table in position, or
 - (2) taking cue ball in hand behind the head string.
 - (h) If the breaker fouls in any manner not listed above, the following player has the option of:
 - (1) accepting the balls in position, or
 - (2) taking cue ball in hand behind the head string
3. The shooter loses if he
 - (a) fouls when pocketing the eight ball;
 - (b) pockets the eight ball before his group is cleared;
 - (c) pockets the eight ball in an uncalled pocket; or
 - (d) drives the eight ball off the table.These do not apply to the break shot.

EQUIPMENT:

1. Regulation table of 9' x 4 ½'.
2. Cue must weigh 25 oz. or less
3. A complete set of pool balls consists of one white cue ball and fifteen color-coded, numbered object balls. The object balls are clearly and highly visibly numbered 1 through 15. The object balls numbered 1 through 8 have solid colors as follows: 1=yellow, 2=blue, 3=red, 4=purple, 5=orange, 6=green, 7=maroon and 8=black. The object balls numbered 9 through 15 are white with a centered band of color as follows: 9=yellow, 10=blue, 11=red, 12=purple, 13=orange, 14=green and 15=maroon. The two printed numbers 6 and 9 are underscored.

SCORING:

DOUBLE ELIMINATION TOURNAMENT: First Round play will consist of the best 3 out of 5 games played. Second Round play will consist of the best 2 out of 3 games played.

(No smoking by participants while tournament is being played)

World Pool-Billiards Association

www.wpa-pool.com

BOWLING

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

EVENTS:

Singles
Doubles
Mixed Doubles
Team Bowling

RULES:

1. All formats will be scratch.
2. Tournament will consist of 3 games; each game will consist of 10 frames for each competitor.
3. No handicap will be awarded.
4. Each player bowls two balls in each frame unless a strike is made on the first ball, and then the second ball is not rolled, except in the tenth frame.

DOUBLES, MIXED DOUBLES

1. Players must designate a partner and partner's age as required on Registration Form.
2. Each player must register individually for GGO.

TEAM BOWLING:

1. Team consists of 4 persons, including captain, and is composed of all men, women or mixed gender.
2. Each person must register individually for GGO.
3. Team captain must be designated, and is required to submit a team roster as part of the registration process.
4. **Team Bowling is not a national qualifying event.**

EQUIPMENT:

United States Bowling Congress (USBC)* approved equipment only.

SCORING:

1. The highest score will be determined for each competitor and/or team by totaling score from all three games.
2. Ties will be broken by taking the highest score thrown in the 9th frame of the 3rd game; if the tie still exists, by taking the highest score thrown in the 8th frame of the 3rd game, and so on until the tie is broken.

NOTE: THERE IS AN ADDITIONAL FEE FOR BOWLING.

* United States Bowling Congress (USBC)

621 Six Flags Drive
Arlington, TX 76011
(800) 514-BOWL (2695)
www.bowl.com

CHECKERS

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. **Single elimination tournament.**
2. Play will consist of best 2 out of 3 games with same partner.
3. **THE GAME:** Checkers is a game played on a checkerboard by two persons. The board has 64 alternating red and black squares. Each player has 12 round flat pieces called checkers. One set is black, the other red. The players sit opposite each other and each arranges his checkers on the first three rows of black squares. Two rows in the center remain open.
The player with the black checkers starts by moving one of his/her checkers one space diagonally forward toward the red checkers. Then the other player moves a red checker toward the black. The checkers can only move forward on the black squares. The object of the game is to capture all of the checkers of the opponent, or to block their progress. If a red checker moves next to a black checker, the black checker can jump over the red checker if a space is behind the red. The red is removed from the board as the black goes deeper into enemy territory. More than one checker may be captured at a time. If a checker reaches the back line on the enemy's side, it is crowned and becomes king. A second checker is placed on top of the king to distinguish it from the other checkers on the board. A king can move backward and forward one square at a time, except when it jumps over one or more checkers.
4. **EACH PLAYER MUST TAKE HIS/HER JUMPS.**
5. **PLAYERS MUST MOVE WITHIN 30 SECONDS.** If a player does not move within 30 seconds, his/her turn is forfeited.
6. If a player is at a standstill and cannot move, he/she forfeits his/her turn until an opening for a move is available.
7. Time will be called at the end of three games or thirty minutes whichever comes first. The player having captured the most checkers is named the winner. In a case where both players have captured the same number of checkers at the end of the time limit, play will continue for an additional 3 minutes.

EQUIPMENT:

1. Checker board and checkers will be provided.
2. Time clock will be provided.

CLOCK GOLF

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. Putting area is a 20-foot circle with a hole in the center.
2. Putting positions will be numbered around the circle like the face of a clock.
3. Each competitor will draw two numbers from a hat, which will determine from where on the clock he/she will putt.
4. Competitors will have 3 tries from each of the two numbered points he/she drew. For example, number 3 and 7 are drawn; a putt is made from the #3 position on the circle. If the ball does not go into the hole, the person can try again; if this shot fails one last putt is given. The person then moves to the #7 position and does the same thing – up to 3 shots.
5. The golf ball is placed on the line of the circle for the players putt.
6. The player may straddle the line or stand behind the line of the circle for the putt.

EQUIPMENT:

1. Putters will be available or athletes may bring his/her own.

SCORING:

1. Scoring will be as follows: hole-in-one = 5 points; two putts = 3 points; three putts = 1 point.
2. If no person scores, no medals will be awarded.
3. For tie-breakers, Event Director will draw a number. There will be one (1) put. The putt closest to the hole wins.

CYCLING

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

EVENTS:

5K (3.1 miles) / 10K (6.2 miles) – Time Trials

20K (12.4 miles) / 40K (24.8 miles) – Road Races (mass starts by age groups)

Cyclists may enter any or all events

RULES:

1. **All cyclists should be present 15 minutes prior to event start time or forfeit the right to compete.**
2. Cycling events will be conducted in accordance with the USA Cycling (USCF)* rules except as modified herein.
3. Helmets are mandatory and must conform to USA Triathlon regulations. Violators will be disqualified.
4. All bicycles must be safety inspected by race officials at least 15 minutes prior to appointed time.
5. The rider shall be held by an official at the start of timed trials, but shall be neither restrained nor pushed.
6. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification. (Turn around will be explained prior to race).
7. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed violating pace shall receive a time penalty.
8. Timed Trials starting times will be equal intervals (one minute or less) and will be available for viewing at least one (1) hour prior to competition.
9. Starting order will be by random selection.
10. Road races will be mass start at approximately 10-minute intervals by age division and gender with combinations when needed.
11. No restarts are permitted.

EQUIPMENT:

1. Participants must provide their own bicycles and equipment. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories), which has the effect of reducing air resistance, except those allowed by the USCF.
2. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aerobars) are permitted **ONLY** in time trial events, **NOT** in road race events.
3. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.

SCORING:

1. The best times in each event will determine winners by age and sex.

*USA Cycling

210 USA Cycling Point, Suite 100

Colorado Springs, CO 80919-2215

(719) 434-4200

www.usacycling.org

FIELD EVENT

* * * * *

DISCUS

NUMBER OF COMPETITORS: OPEN

(See page 6: Age/Category)

RULES:

1. Each competitor will have a total of three throws. FORMAT; One (1) throw per round for three (3) rounds.
2. The throw must be made from the circle. The competitor, after stepping into the circle, must wait for the official's signal before starting his/her throw and must not touch the circle or the ground outside the circle with any part of the body before the throw is marked.
3. Competitors must leave the circle from the back half.
4. Participants must use the discus provided; **personal equipment must remain outside the competition area.**

EQUIPMENT:

- | | | | |
|------------|-----------|---|-------|
| 1. Discus: | Men 50+ | - | 1.5kg |
| | Men 60+ | - | 1.0kg |
| | Women 50+ | - | 1.0kg |
| | Women 75+ | - | .75kg |

SCORING:

1. The discus will be judged for distance only and the longest distance of the three (3) official throws will be recorded.
2. Second best throws are tiebreakers. In the event that there is still a tie, the third best throws break ties. (No additional throws.)

USA Track & Field (USATF)
132 East Washington Street, Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

FIELD EVENT

* * * * *

HAMMER THROW

NUMBER OF COMPETITORS: OPEN

(See page 6: Age/Category)

RULES:

1. Each competitor will have a total of three throws. FORMAT; One (1) throw per round for three (3) rounds.
2. The throw must be made from the circle. The competitor, after stepping into the circle, must wait for the Official's signal before starting his/her throw and must not touch the circle or the ground outside the circle with any part of the body before the throw is marked.
3. Competitors must leave the circle from the back half.

EQUIPMENT:

1. Participants must provide their own equipment.

2. Hammer:	Men 50+	-	6kg
	Men 60+	-	5kg
	Men 70+	-	4kg
	Men 80+	-	3kg
	Women 50+	-	3kg
	Women 75+	-	2kg

SCORING:

1. The hammer will be judged for distance only and the longest distance of the three (3) official throws will be recorded.
2. Second best throws are tiebreakers. In the event that there is still a tie, the third best throws break ties. (No additional throws.)

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FIELD EVENT

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HIGH JUMP

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES

1. The order of trials shall be determined by lot by the Games Committee.
2. The initial height of the crossbar and the subsequent heights to which the crossbar shall be raised shall be determined by the games committee, and shall be announced to the competitors before the commencement of the competition.
3. Each competitor shall have one attempt in the order drawn, and then those who have failed, if any, shall have a second trial in their regular order, and those who have failed a second time, if any, shall have a third trial in their regular order.
4. Unless there is only one competitor remaining, who has won the competition the bar should never be raised by less than 2cm.
5. The uprights or posts shall not be moved during the competition unless the Referee considers that the take-off or landing pit has become unsuitable. In such a case the change shall be made only after a round has been completed.
6. The competitor must take off from one foot.
7. A competitor fails if:
 - a. after the jump, the bar does not remain on the supports because of the action of the competitor while jumping, or
 - b. the competitor touches the ground, including the landing area beyond the vertical plane through the edge of the crossbar nearest to the take-off area, either between or outside the uprights, with any part of the body, without first clearing the bar. If the jumper's foot touches beyond the plane of the uprights while completing a jump, the jump should not be ruled a failure for this reason if no advantage was thereby gained (e.g., the jumper did not use the landing area as a spring device).
 - c. during or after the jump, the competitor deliberately steadies or replaces the bar.
8. The apron is a 15m semicircle surrounding the standards.
9. The minimum length suggested for runways is 20m.
10. Markers may be placed in the runway apron.
11. When it is clear that the bar has been displaced by a force not associated with the competitor (e.g., a gust of wind)
 - a. if such displacement occurs after the competitor has cleared the bar without touching it, the attempt shall be considered successful, and
 - b. if such displacement occurs under any other circumstances, a new attempt will be awarded.

EQUIPMENT

1. If footwear is going to be used by the competitor it must comply with USA Track and Field regulations.
2. Competitors may compete in bare feet.

SCORING

1. The height resulting from the best performance of the final high jump trials shall be recorded.
2. Tie breaker: a) the competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place; b) if the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place; c) if the tie still remains: if it concerns first place, the competitors tying shall have one more jump at the next height, after the height last cleared by the competitors, and if no decision is reached, the bar shall be lowered (if all have failed) or raised by 2cm (if two or more have cleared). The tying competitors shall then attempt one jump at each height until the tie is decided. The tying competitors must jump on each occasion when deciding the tie.

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(317) 261-0500
www.usatf.org

FIELD EVENT

* * * * *

JAVELIN THROW

NUMBER OF COMPETITORS: OPEN

(See page 6: Age/Category)

RULES:

1. Each competitor will have a total of three throws. FORMAT; One (1) throw per round for three (3) rounds.
2. The competitor must wait for the Official's signal before starting his/her throw.
3. The competitor must throw near the end of the runway, but must not cross the arc line at the end of the runway at any time or the throw is subject to disqualification. Competitor must face the throwing area at all times.
4. The javelin must be thrown over the shoulder or upper part of the throwing arc.
5. If the javelin breaks at any time in the course of the throw, or the competitor loses his/her balance, it shall not be counted as a foul throw and may be given a new trial.
6. For the throw to be legal, it must land on its point first, but does not have to stick into the ground. Throws not landing tip first are fouls, rendering a score of -0- for that attempt.
7. The competitor must not leave the runway until the javelin has touched the landing surface, and must leave from behind the arc line.
8. Each throw is measured from where the metal head first struck the ground to the inside edge of the center mark of the throwing arc.

EQUIPMENT:

1. Participants must provide their own javelin, as required according to age and gender.
2. Javelin: Men 50+ - 700g
Men 60+ - 600g
Men 70+ - 500g
Men 80+ - 400g
Women 50+ - 500g
Women 75+ - 400g

SCORING:

1. The javelin will be judged for distance only and the longest distance of the three (3) official throws will be recorded.
2. Second best throws are tiebreakers. In the event that there is still a tie, the third best throws break ties. (No additional-throws.)

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www.usatf.org

FIELD EVENT

* * * * *

LONG JUMP

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. Each competitor will have three (3) jumps. FORMAT: One (1) jump per round for three (3) rounds.
2. The competitor must not touch past the take-off line.
3. The measurement of each legal jump shall be made at right angles from the take-off line, or the take off line extended, to the nearest break in the landing area made by any part of the body of the competitor (including shoes or uniform).

Note: *In order to insure correct measurement of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled to be level with the take-off board.*

EQUIPMENT:

1. Track shoes or running shoes only will be allowed and must be provided by the athlete.

SCORING:

1. The distance resulting from the best performance of the three (3) official jumps will be recorded.
2. Second best jumps are tiebreakers. In the event that there is still a tie, the third best jumps break ties. (No additional jumps.)

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FIELD EVENT

* * * * *

SHOT PUT

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. Each Competitor will have three (3) puts. FORMAT: One (1) put per round for three (3) rounds.
2. The shot must be put from the shoulder with one hand only and the competitor must not allow the shot to pass behind or below the shoulder during the attempt.
3. The put must be made from within the circle. The competitor, after stepping into the circle, must wait for the official's signal before starting his/her put and must not touch the circle, or the ground outside the circle or on top of the step board with any portion of the body before the put is marked.
4. Competitors must leave the circle from the back half.
5. Participants must use the shot provided; **personal equipment must remain outside the competition area.**

EQUIPMENT

- | | | | |
|---------------|-----------|---|-----|
| 1. Shot puts: | Men 50+ | - | 6kg |
| | Men 60+ | - | 5kg |
| | Men 70+ | - | 4kg |
| | Men 80+ | - | 3kg |
| | Women 50+ | - | 3kg |
| | Women 75+ | - | 2kg |

SCORING:

1. The shot put will be judged for distance and the longest distance of the three (3) official puts will be recorded.
2. Second best puts are tiebreakers. In the event that there is still a tie, the third best puts break ties. (No additional puts.)

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FIELD EVENT

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TRIPLE JUMP

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. Each competitor will have three (3) jumps. FORMAT: One (1) jump per round for three (3) rounds.
2. The competitor shall first land upon the same foot as that from which he/she has taken off. The other foot shall be used for the second landing, and either or both feet shall be used for the third landing. It shall not be considered a failure or a foul if the competitor, while jumping, touches the ground with the “sleeping” leg.
3. The measurement of each legal jump shall be made at right angles from the take-off line, or the take off line extended, to the nearest break in the landing area made by any part of the body of the competitor (including shoes or uniform).
Note: *In order to insure correct measurement of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled to be level with the take-off board.*
4. The placement of the take-off board for men should be at least 13m from the landing area and 10m for women.
5. The distance between the take-off board and the landing area should be at least 21m.
6. The competitor must not touch past the take-off area.

EQUIPMENT:

1. Track shoes or running shoes only will be allowed and must be provided by the athlete.

SCORING:

1. The distance resulting from the best performance of the three (3) official jumps will be recorded.
2. Second best jumps are tiebreakers. In the event that there is still a tie, the third best jumps break ties. (No additional jumps.)

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FOOTBALL THROW

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. The object of the game is to get the ball through the hula-hoop suspended 5 feet off the ground.
2. Each participant will have three (3) throws from five (5) yards on first try and three (3) throws from ten (10) yards on second try.
3. 80+ age groups will throw from three (3) yards on first try and from eight (8) yards on second try.
4. Football must go through the hoop directly in front of participant for points to be scored.
5. Sitting participant's chair will be placed with the back of the chair wheel on the five (5) and ten (10) yard lines.
6. 80+ age group sitting participant's distance will be three (3) yards and eight (8) yards.

EQUIPMENT:

1. Target will be a hula-hoop suspended five (5) feet off the ground. The measurement is from the ground to the bottom of the hula-hoop.
2. A mid-sized football will be used.

SCORING:

1. Each ball through the target from five (5) yards or from three (3) yards for 80+, will score five (5) points.
2. Each ball through the target from ten (10) yards or from eight (8) yards for 80+, will score ten (10) points.
3. If no individual scores, medals will not be awarded.
4. For tie Breakers: There will be two (2) throws from ten (10) yards each; two (2) throws at eight (8) yards for 80+.

FRISBEE THROW

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. The objective of the game is to get the Frisbee through a hula-hoop suspended 5 feet off the ground.
2. Each participant will have three (3) throws from 4 yards on first try and three (3) throws from 8 yards on second try.
3. 80+ age groups will have three (3) throws from 3 yards on first try and three (3) throws from 6 yards on second try.
4. Participant must call the hoop they are aiming for prior to each throw and the Frisbee must go through the called hoop for points to be scored.
5. Sitting participant's chair will be placed with the back of the chair wheel on the four (4) and eight (8) yard lines.
6. Sitting participant's (80+ age group) chair will be placed with the back of the chair wheel on the three (3) and eight (8) yard lines.

EQUIPMENT:

1. Target will be a hula-hoop suspended 5 feet off the ground. The measurement is from the ground to the bottom of the hula-hoop.
2. A standard Frisbee will be provided.

SCORING:

1. Five points will be given for each throw that goes through the hoop from four (4) yards or from three (3) yards for 80+.
2. Ten points will be given for each throw that goes through the hoop from eight (8) yards or from six (6) yards for 80+.
3. A score is 5 points or greater.
4. If no individual scores, medals will not be awarded.
5. Tie breakers: Each participant will make two (2) throws from eight (8) yards or two (2) throws from six (6) yards for 80+.

GOLF TOURNAMENT

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. Tournament will consist of one round of 18 holes.
2. All rules of golf as specified by local course will apply.
3. Each foursome will be assigned a specific hole from which to begin and a **SHOTGUN START** will begin tournament play.
4. To expedite play, all players are required to use an electric cart.
5. Score cards will be validated by an official scorer at the end of the 18 holes of play.

EQUIPMENT:

1. Each competitor must furnish his/her own clubs
2. Range finders of any type are permitted.

SCORING:

1. Scoring will be for the best low gross score (no handicap).

TIE BREAKER:

2. In the event of a tie between 1st, 2nd, and 3rd place the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and finally the 18th hole.

***To qualify for National Competition participant must win first place or meet the NSGA (National Senior Games Assn.) minimum performance standards (see pages 48 and 51).**

**NSA (National Senior Games Association) qualifiers will be determined by 18-hole gross score played on a course with a minimum par of 70 and a USGA slope rating between 119 and 126 for men and between 113 and 120 for women. Nine-hole gross scores are permitted ONLY for those 90 and older.

United States Golf Association (USGA)

P.O. Box 708

Far Hills, NJ 07931

(908) 234-2300

www.usga.org

HORSESHOE TOSS

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. STANDING CATEGORY:

- A. Competitors pitch metal horseshoes at a stake from
 - 30 feet men (50-69)
 - 20 feet men (70+)
 - 20 feet women (50-69)
 - 15 feet women (70+)

B. The pitcher must stand behind the foul line; feet are not to touch or cross line until horseshoe has left his/her hand.

C. Each competitor gets 3 throws.

2. SITTING CATEGORY:

A. Competitors pitch metal horseshoes at a stake placed 10 feet away for men and women.

B. The sitting pitcher's chair will be just behind the foul line. Neither feet nor front of chair should cross foul line until horseshoe has left his/her hand.

EQUIPMENT:

1. Metal horseshoes will be provided.
2. Stakes will be placed in the center of a 36-inch diameter circle.
3. Competitors must wear closed toe shoes in the competition area,

SCORING:

1. Shoe inside circle will score 1 point.
2. Leaner against stake will score 2 points.
3. Ringers will score 3 points.
4. If no individual scores, no medals will be awarded.
5. For tiebreaker, there will be one (1) toss each; closest shoe wins

NOTE: Participants cannot compete in both Horseshoe Toss and Horseshoe Tournament. Participants must choose one event.

HORSESHOE TOURNAMENT

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES

1. All matches will be conducted in accordance with official rules of NHPA*, except as modified herein.
2. A match will consist of one (1) game.
3. Non-handicap tournament.
4. Double elimination tournament.
5. Pitching distances: 40 feet men (50-69)
30 feet men (70+)
30 feet women (50-74)
20 feet women (75+)
6. Players may pitch anywhere behind the designated pitching distance for individual's age group.
7. Feet must stay behind the foul line and within the platform limits until the shoe has left the pitcher's hand.
8. Event starting time is forfeit time after roll call.
9. All players must play at times scheduled.
10. Players will match shoes to determine who pitches first.
11. NHPA medical waiver is not allowed in GGO.
- 12. Competitors are encouraged to provide their own horseshoes. (Required at Nationals).**
- 13. Competitors must wear closed toe shoes at the competition venue.**

SCORING:

1. 30 pitch count all.
2. All shoes shall be within 6 inches of stake to score.
3. Ringer – 3 points
4. Leaner or closest shoe – 1 point.
5. If shoe hits outside of pit area, including backboard, before entering pit area, it is considered a dead shoe and must be removed from pit.
6. 5 bonus points will be added to each match won during the preliminary rounds.
7. In the championship rounds, the win/loss records are recorded without bonus points.
8. In the event of a tie, each player shall pitch 4 additional shoes until a winner is declared.

NOTE: Participants cannot participate in both Horseshoe Toss and Horseshoe Tournament. Participants must choose one event.

Mr. Stuart Sipma

President

***National Horseshoe Pitcher's Association (NHPA)**

2826 Domino Drive

Bismark, ND 58503-0831

(701) 258-5686

www.horseshoepitching.com

PICKLEBALL

NUMBER OF COMPETITORS: OPEN

(See page 6: Age/Category)

EVENTS:

Singles
Doubles
Mixed Doubles

RULES:

1. All matches will be conducted in accordance with United States Pickleball Association (USAPA)* rules, except as modified herein.
2. Warm ups will be limited to 10 minutes.
3. All players must present to the director/manager 15 minutes before starting time and be ready to play at time scheduled; there will be no grace period.
4. Matches may be played on indoor or outdoor courts depending on facility accommodations. The location of the matches is determined by the hosting entity.
5. All serves must be hit underhanded.
6. The hand is considered to be an extension of the paddle. A player loses the rally if the ball hits any other part of the body or clothing.

EQUIPMENT:

1. Competitors must provide their own paddles.
2. Balls will be provided and will be appropriate for the indoor or outdoor setting.
3. Matches may be played using tennis nets adjusted to the appropriate height or portable pickleball nets.
4. Athletes must wear closed toe court shoes – no black sole shoes or sandals allowed.

FORMAT:

1. Tournament format will be double elimination play with the first person/team to win 2 out of 3 proceeding to winner's bracket.
2. GGO reserves the right to change the tournament format depending on entry numbers, space restrictions or other circumstances.

SCORING

1. Matches are played to 11 and are won by 2 points.
2. Losers play one game to 15.

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

RACE WALKS

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

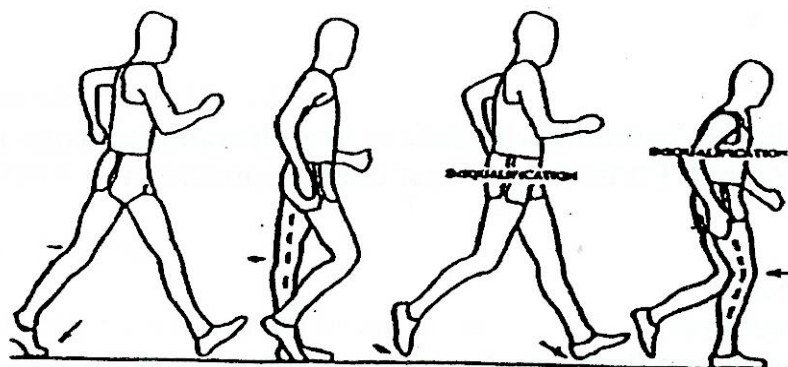
EVENTS:

1500 Meter (Track)

5000 Meter (Track)

RULES:

1. Race walking is a progression of steps so taken that unbroken contact with the ground is maintained.
2. These steps must adhere to the rules of race walking, which are:
 - A. During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.
 - B. The supporting leg must be straightened (i.e., not bent at the knee) momentarily when in the vertical upright position.
 - C. Failure to adhere to the above definition of race walking will result in disqualification.
3. Competitors may be warned by any judge when, by the mode of their progression, they are in danger of ceasing to comply with the definition of race walking. This warning is given by a judge who displays a white paddle to the competitor inscribed with the symbol of the potential violation (> for "bent knee" and ^^ for "loss of contact").
4. When, in the opinion of **three judges**, a competitor fails to comply with the definition of race walking, the competitor shall be disqualified and so informed by the Chief Judge.
5. Knees must be visible at all times.



The drawing above shows an example of the proper technique (legal walking) and examples of improper techniques (illegal walking) which will result in disqualification.

NOTE: Race Walkers cannot enter Walking Events but may enter Running Events.

USA Track & Field (USATF)
132 East Washington Street, Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

RACQUETBALL

NUMBER OF COMPETITORS: OPEN

(See page 6: Age/Category)

EVENTS:

Singles

Doubles

Mixed Doubles

RULES:

1. All matches will be conducted in accordance with the United States Racquetball Association (USRA)* Rules except as modified herein.
2. Play will consist of best 2 out of 3 games.
3. Event starting time is forfeit time after roll call.
4. All players must play at times scheduled.

EQUIPMENT:

1. No black-sole shoes.
2. Player must furnish own USRA approved rackets.
3. Eye guards are required and must be proved by player.
4. Balls will be furnished for tournament.

SCORING:

1. The first two games to 15 points.
2. Third game tiebreaker will be played to 11.

United States Racquetball Association (USRA)

1685 West Uintah St.

Colorado Springs, CO 80904-2906

(719) 635-5396

www.usra.org

SHUFFLEBOARD

NUMBER OF COMPETITORS: LIMITED

(See Page 6: Age/Category)

EVENTS:

Singles
Doubles

RULES:

1. Shuffleboard matches will be conducted in accordance with official rules of the National Shuffleboard Association, Inc. (NSA)* except as modified herein.
2. Doubles partners may be of mixed gender.
3. Single or Double elimination tournament will be based on number of registered athletes.
4. Practice – each participant is allowed a MINIMUM of 4 discs of each color before each match.
5. A frame consists of four discs for an individual and four discs for both competitors in a game. Example: a game of 10 frames gives each player 10 turns of 4 discs each.
6. Beads may only be added to the court prior to the start of each match. No beads can be added once play has begun.
7. If players cannot see the color of the discs at the other end, the court referee will call the color, score and position.
8. Spectators and other participants must be respectful and follow appropriate rules of decorum so as not to be a distraction to those competing. Event Directors can disqualify/eject anyone causing distractions with one (1) warning.

EQUIPMENT:

1. Equipment will be provided for matches.
2. Players may bring their own cues.
3. The cue shall not have an overall length of more than six feet, three inches (6'3"). No metal part of cue shall touch playing surface of court.

SCORING:

1. **SINGLES:** Matches will consist of eight (8), frames. The winner will be the participant with the highest number of points after the specified number of frames. Two matches will be played simultaneously on one court. Players will remain at their designated head or foot end of the court during the entire match. Players will not change sides (left and right) after each frame; Players will remain in their starting position during the entire match. Yellow and black will alternate who shoots first in each frame; Yellow shoots first in frame 1 and last in frame 8
2. **DOUBLES:** Matches will consist of twelve (12) frames. One half (1/2) of the number of frames will be played by each partner. The team or pair with the highest point score at the end of the specified number of frames will be the winner. Players will remain at their designated head or foot end of the court during the entire match. Players will not change sides (left and right) after each frame; Players will remain in their starting position during the entire match. Yellow and black will alternate who shoots first in each frame; Yellow shoots first in frame 1 and last in frame 12
3. **TIES:** In case of a tie, two (2) extra frames will be played until the tie is broken.

National Shuffleboard Association (NSA)
N.S.A. President Rob Robinson
111 S. Greenfield Road, Space 304
Mesa, AZ 85206
shufflingrob@outlook.com
(360) 581-0669
www.national-shuffleboard-association.us

SOFTBALL THROW

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

RULES:

1. Each competitor will have a total of three (3) throws. **FORMAT:** One (1) throw per round for three rounds.
2. The competitor must stand behind the foul line, and his/her feet may not touch nor cross the line until the ball is thrown.

EQUIPMENT:

1. A 12-inch slow pitch; restricted flight softball will be used for men.
2. An 11-inch slow pitch; restricted flight softball will be used for women.

SCORING:

1. The softball throw will be judged for distance only.
2. The longest distance of the three (3) recorded throws will be used.
3. For tiebreakers, second best throw determines winner. In the event there is still a tie, the third best throw determines winner.

SOFTBALL TOURNAMENT

NUMBER OF COMPETITORS: OPEN

Male / Female

Age Categories: 50+, 55+, 60+, 65+, 70+ and 75+

ENTRY REGULATIONS:

1. All players will only be allowed to play in one (1) division.
2. Teams must be all one gender.
3. Athletes may compete with only one team per sport.
4. Teams must provide their own bats, gloves and practice balls.
5. Team rosters shall be limited to twenty-two (22) persons, including non-playing coaches, non-playing captains and non-playing bench personnel. No more than 20 of these persons may be players. Teams are no longer limited to the number of out-of-state players on their roster, however roster changes shall be allowed only as permitted under Rule F of the NSGA rules (Rule C in Georgia Rule book, page 50). It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
6. The roster shall be submitted on the official roster form designated for the tournament. The rosters shall be turned in and checked for eligibility by the tournament director by August 1. No change will be allowed on a team roster after August 15. A copy of an individual's birth certificate, passport, military record or other valid I.D. must be submitted with roster to verify age and residency. If an illegal player is found on the roster, he/she will be banned from play in the tournament. Players may only participate in one (1) age division at the Georgia Golden Olympics Tournament.
7. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
8. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2019.

FORMAT:

1. Tournament format will be pool play (round robin), with as many teams as possible advancing to a double elimination championship bracket. Every effort will be made to provide teams a minimum of 5 games.
2. Awards will be presented for 1st through 3rd place within each age/skill division.
3. Seeding for double elimination play will be determined based on pool play results in the following order:
 - i. Won/loss Record
 - ii. Head-to-Head results – only when all teams play each other
 - iii. Total runs allowed
 - iv. Run differential
 - v. Total runs scored
 - vi. Coin Toss
4. The GGO reserves the right to change the tournament format for any age division based on entry numbers, space restrictions, skill levels or other circumstance.

RULES:

1. This tournament is conducted in accordance with the Amateur Softball Association (ASA) except as modified herein.
2. The choice of first or last at bat (home-visitor designation) shall be determined immediately prior to a game by a coin toss supervised by the tournament director or his/her appointed representative.
3. Warm-up Time: Infield practice will only be granted under the following conditions:
4. When sufficient time exists between the previous game and the starting time as noted on the official tournament schedule. (Sufficient time should include the exchange between teams on the line-up card, completed in full, and given to the umpire.)

5. A minimum of ten (10) minutes must exist; otherwise warm-ups will be confined to the sidelines, off the playing field. **NOTE:** Do not interfere with the game in progress.
6. Grace periods will not be allowed for any game.
7. The score of a forfeited game shall be recorded as 7-0.
8. Strike Zone Mat: A Strike Zone Mat will be used in all games to determine balls, strikes, and outs at home plate. The top of the mat will be placed at the top of home plate. The mat will measure twenty-one (21) inches wide and thirty-five (35) inches long with a white home plate centered at the front of the mat measuring seventeen (17) inches across the front, 8 1/2 inches down each side, and 12 inches diagonally to a point nearest the catcher. A legal pitch not swung at that strikes any part of the strike zone mat or home plate shall be called a strike by the umpire
9. Pitcher's Plate/Box: A pitcher's box consisting of the area from the front of the pitcher's plate, 50 feet from home plate, and extending back six feet (6ft) and twenty-four (24) inches wide perpendicular to the pitcher's plate shall be used. The pitcher must release the ball after coming to a complete stop with one foot or both feet in contact with the pitcher's plate or within the pitcher's box. One foot must remain in contact with the plate/box when the pitch is released with an underhand motion. A step simultaneous with the release of the ball may be taken in any direction with the free foot. The pitcher must be facing the batter when delivering the pitch. The catcher must remain within the lines of the catcher's box until the pitched ball is batted, touches the ground or home plate, or reaches the catcher's box. This area should be chalked off.
10. Double base: The double base is approved for use at first base. This base is 15 by 30 inches and made of canvas or other suitable material. Half the base is white (over the fair territory) and half is orange or green (over foul territory). It should not be more than 5 inches in thickness.
11. Players and substitutes: ASA rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at any time does not exceed the total allowed for that age division.
12. Men in age divisions 50+, 55+, and 60+: Ten defensive players shall constitute a team
13. Men in age divisions 65+, 70+ and 75+ AND WOMEN IN AGE DIVISIONS 50+, 55+, 60+, 65+, 70+ and 75+: Eleven defensive players shall constitute a team.
14. Women in age divisions 50+, 55+, 60+, 65+, 70+ and 75+: Eleven (11) defensive players shall constitute a team.
15. Line-up cards: Official line-up cards must be presented to the opposing manager and scorekeeper 10 minutes prior to game time. Tournament line up game cards will be furnished to all team managers. Name of player, number and position must be indicated on lineup card.
16. Batting Line Up: A team can bat up to 20 players, but all players must be listed on the roster and lineup card. The team captain has the option of batting all defensive players and 1 or 2 EP's or entire roster. This must be declared prior to the beginning of the game and indicated on the line card.
17. Runs per inning: For all games, there shall be a seven run per inning rule, with unlimited runs allowed in the seventh or final inning.
18. Mercy rule: A mercy rule will be in effect for all games. The rule shall be 20 runs after four innings and 15 runs after five innings, ending the game.
19. Home run rule: Teams will play under the 1 home run +1 up single rule. The first ball over the fence will count as a home run. Subsequent balls over the fence by the same team will count as singles until the opposing team has hit a ball over the fence (home run). Base runners may only advance one base per single over the fence. This rule shall continue throughout the entire game.
20. Time limit: The length of a game will be seven innings or one hour and fifteen minutes. After one hour the umpire shall announce that teams will finish the current inning and play one more. This last inning shall be played with unlimited runs. Tie games after seven innings or at the end of regulation time will continue until one team is ahead after the completion of any subsequent inning using the International tie-breaker rule. There will be no time limit for championship games.
21. Women age divisions 70+ and 75+ can run through 2nd and 3rd base without the possibility of being tagged out unless an attempt is made or a turn toward the next base is indicated.
22. Courtesy runner: An unlimited number of courtesy runners may be used per inning. A player may only be used as a courtesy runner once per inning (except Women 70+ and 75+ which may have a courtesy runner as many times as needed per inning). A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently

from the game. A courtesy runner on base when it is his/her turn at bat will be declared out as the runner. Another courtesy runner may not be used to circumvent this rule.

23. Legal pitching height: The ball must be delivered with perceptible arc and reach a height of at least 6” (feet) from the ground, while not exceeding a maximum height of 12’ (feet) from the ground.
24. No smoking of any kind is permitted on the playing field prior, during, or immediately after the game. Enforcement of this rule shall be the responsibility of each team’s manager and the tournament director who shall have the authority to have a player disqualified from the game for not complying with this rule.

EQUIPMENT:

1. Shoes are mandatory for play in softball games. Rubber-molded, cleated shoes are approved for use. **Steel spikes or metal cleats are expressly prohibited and shall be treated as illegal equipment.** Smooth and soft-soled athletic shoes including tennis or basketball shoes are acceptable.
2. The men’s division will play 12” slow pitch (.44 core and .375 compression). The women’s division will play 11” slow pitch (.47 core and .500 compression).
3. Gloves may be worn by any player, but mitts may only be used by the catcher and first baseman.
4. All bats with a BP of 1.21 or less will be legal for play. All bats used in play must be stamped with a BPF of 1.21 or less and must have either a manufacture installed non-slip grip surface, or a minimum of one wrap of tape. Bats without BPF stamped on the bat will be considered illegal. A bat is not required to bear an ASSA certification mark. Note: This rule is an approve exception to the ASA bat policy and will be utilized in state qualifying games and the National Senior Games. All bats models approved for senior play by ISA, ISSA, SPA and SS-USA will be allowed for tournament play in NSGA. The catcher will be required to wear a mask, which he/she must provide.
5. Teams must provide their own bats, gloves and practice balls.

UNIFORMS:

1. Team uniforms will consist of matching or like colored jerseys with a factory type non-duplicating number on the back at least six (6) inches in height. The basic body color determines matching jerseys. It is strongly recommended that all team coaches be attired alike.

FIELD SPECIFICATIONS: The following field specifications are required for all games:

1. Distance between bases shall be sixty-five (65) feet.
2. Pitching distance shall be fifty (50) feet.
3. A double first base, a second home plate, 20’ commitment line between 3rd base and home plate and a 6’ pitching box will be used. A field diagram with dimensions is included in the ASA rulebook (with the exception of the 6’ pitching box and strike zone mat).
4. Minimum outfield distance from home plate shall be in accordance with ASA rules.
5. The batter’s box, coaches’ boxes, and three-foot line halfway from home plate to first base shall be in accordance with current ASA rules.

GAMES AND AWARDS:

1. A minimum of two officials must be used in tournament games. Whenever possible, ASA umpires should be used.
2. Pairing for the State Tournament will be determined by the Tournament Director. Byes – if byes are necessary in drawing brackets, the following guidelines must be used: A) 1st bye issued to defending state champion if they are playing. B) Other necessary byes will be allotted to the team(s) with the greatest distance to travel.
3. Awards will be distributed using the following guidelines: Gold, silver and bronze medals will be given to each member of the top three teams in each category. Team trophies **MAY** be given for the first-place team in each category.

USA Softball
2801 NE 50th Street
Oklahoma City, OK 73111-7203
(405) 424-5266
www.usasoftball.org

SWIMMING

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

EVENTS: (Competitors are limited to five (5) Swimming events)

Backstroke: 50, 100, 200 Yard

Breaststroke: 50, 100, 200 Yard

Butterfly: 50, 100, 200 Yard

Freestyle: 50, 100, 200, 500 Yard

Individual Medley: 100, 200, 400 Yard (Four Strokes)

RULES:

1. All events will be run in accordance with the U.S. Masters Swimming (USMS)* rules except as modified herein.
2. The major points of the rules include:
 - a. Starts: The forward start may be taken from the starting blocks*, the pool deck or a push from the wall. The Backstroke start is taken from the wall.
 - b. Turns: The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously. The Backstroke and Freestyle events require some part of the body to touch the wall.
 - c. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
 - d. Breaststroke: Proper stroke is required as described in the US Masters Swimming Rules.
 - e. Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly stroke at any time during the race.
 - f. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
 - g. Medley: The order of strokes in the Individual Medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns.
 - h. General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from the event.
3. A false start will result in a disqualification.
4.
 - a) Warm-ups will be held 45 minutes prior to start of competition.
 - b) Warm up periods will be held according to the schedule. Those swimmers participating in the upcoming event(s) may enter the pool for warm up laps. Swimmers are not allowed in the pool for warm-ups during heats.
5. Swimmers may enter any event that is not in conflict with another event.
6. Swimmers must remain in the water until everyone has completed the heat.

SCORING:

1. The best time from all heats will determine a winner.

*Starting blocks will be used.

*U.S. Masters Swimming, Inc. (USMS)

1751 Mound Street, Suite 201

Sarasota, FL 34236

Phone: (941) 256-USMS (8767) or (800) 550-SWIM (7946)

www.usms.org

TABLE TENNIS

NUMBER OF COMPETITORS: 32

(See Page 6: Age/Category)

EVENTS:

Singles
Doubles
Mixed Doubles

RULES:

1. All table tennis matches will be conducted in accordance with USA Table Tennis, Inc (USATT)* rules except as modified herein.
2. If numbers are conducive, athletes will be divided into pools within their age divisions. With each pool a single round-robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single elimination tournament. If numbers are not conducive, a double elimination tournament will be played within the age division.
3. The Georgia Golden Olympics committee reserves the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstances.
4. Play shall consist of a five (5) game match. The winner shall be the first player to win three (3) games.
5. Play shall be continuous throughout the match with a two-minute break between games.

EQUIPMENT:

1. Balls (standard color) will be provided.
2. Competitors must furnish his/her own USATT* regulation paddle.

Note: Participants shirts may not be the same color as the balls used or the participant will not be allowed to play.

***USA Table Tennis, Inc. (USATT)**

One Olympic Plaza

Colorado Springs, CO 80909-5778

(719) 866-4583

www.usatt.org

TENNIS TOURNAMENT

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

EVENTS: (Competitors are limited to two (2) Tennis events.)

Singles

Doubles

Mixed Doubles

RULES:

1. All matches will be conducted according to United States Tennis Association (USTA)* rules except as modified herein.
2. Tournament format will be single elimination with a consolation bracket to determine 3rd place.
3. Warm-ups will be limited to 10 minutes.
4. **All players must present to the coordinator 15 minutes before their starting time and be ready to play at time scheduled; there will be no grace period.**
5. Situations may arise wherein players will have to play more than two matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between tennis events.
6. If there are not enough players registered for a particular age group, those players registered may be moved to another age group. However, for the purpose of qualifying for Nationals, they will be judged as if in their correct age group.
7. If a participant qualifies for finals and does not show up to compete, he/she will forfeit right to a medal and will be subject to a one-year suspension.
8. The Georgia Golden Olympic Committee reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

EQUIPMENT:

1. Players must furnish their own rackets.
2. Tennis balls will be provided.
3. USTA* approved equipment will be used by all players.

SCORING:

1. All preliminary and semi-final matches will be decided by a 2-set format with no ad scoring. A tiebreak will be used to decide the match if opposing players win 1 set each.
2. All final matches will be decided by a 2-set format (with ad scoring). A tiebreak will be used to decide the match if opposing players win 1 set each.

TIE BREAKER:

1. A 12-point tiebreaker will be played if a set reaches 6 all. (USTA rules)

***United States Tennis Association (USTA)**

Publications Department

70 West Red Oak Lane

White Plains, NY 10604-3602

(914) 696-7000

www.usta.com

TRACK & ROAD RACE EVENTS

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

EVENTS:

½ Mile Walk (Road Race)

*50M, *100M, *200M, *400M, *800M & *1500M Races (Track)

1500 Meter Power Walk (Track)

*5K Power Walk & *5K Run (Road Races)

(* indicates National Qualifying Events. Others are Non-National Qualifying Events.)

GENERAL RULES:

1. All track events will be timed heats by age category.
2. False starts are not permitted and will result in disqualification.
3. Any participant receiving physical assistance from someone else will be disqualified.
4. Any runner/walker making physical contact with another will be disqualified.
5. Any runner/walker will be disqualified if he/she crosses into another lane or in front of another runner causing the other runner to change his/her pace.
6. Any runner/walker will be disqualified if he/she waves, yells or makes body motions not normally a part of track events.
7. Starting commands for walking events will be: "On your mark", "Set", then a whistle will be blown or a gun fired.
8. Starting commands for running will be: "Runners take your mark." "Set"; then a whistle will be blown or a gun fired.

POWER WALK RULES:

1. Power Walk is a monitored event in which athletes can be disqualified.
2. Rules:
 - a. One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
 - b. Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running. Creeping, where the lead foot toe strikes prior to the heel and knees bent into a running form is forbidden.
 - c. A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
 - d. Running or jogging mode is forbidden.
 - e. Any violation in the last 100 meters as determined by a single monitor is reason for an immediate disqualification.
 - f. The advancing leg as it moves forward (and when the heel strikes the ground) does not have to be completely locked as it passes under the body. Soft knee is acceptable; however, overly excessive bent knee that is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
 - f. Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials/monitors/or race director during the course of the competition.

EQUIPMENT:

1. Track shoes with rubber spikes or running shoes are allowed for track events.
2. Metal spikes or other sports cleats (football, baseball, etc.) are not allowed.

SCORING:

1. The best times from all heats in each category will determine winners.
2. To break a tie, there will be a runoff.

NOTES:

1. **Race Walking/running is not allowed in the walking/Power Walking events. If a participant is determined to be race walking/running he/she will be disqualified.**
2. **Participants in walking events cannot enter race walking events and vice versa.**
3. **If a participant enters the 1500M or 5K Power Walk, race walk or any of the running events he/she cannot enter the ½ mile walk.**

USA Track & Field (USATF)
132 East Washington Street, Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

United States Power Walking Association
Doug & Marianne Hamilton, Administrators
unitedstatespwa@gmail.com
(408) 205-9641

VOLLEYBALL TOURNAMENT

NUMBER OF TEAMS: OPEN

Male / Female

Age Categories: 50+, 55+, 60+, 65+, 70+ and 75+

ENTRY REGULATIONS:

1. Teams must be of one gender.
2. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains, and non-playing bench personnel. Roster changes shall be allowed only as permitted by Rule F of the NSGA rules.
3. Teams are no longer limited to the number of out-of-state players on their roster, however roster changes shall be allowed only as permitted under Rule F of the NSGA rules (Rule C in GGO Rule book, page 50). It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
4. All registration and team rules apply to non-playing coaches, non-playing team captains and non-playing bench personnel.
5. Athletes may compete with only one team per sport.

FORMAT:

1. Format will be pool play with teams advancing to single elimination tournament brackets. Officials reserve the right to change format if sufficient number of teams are not registered.

RULES:

1. All matches will be conducted in accordance with USA Volleyball rules, except as modified herein.
2. Team clothing should be of like design and color. Teams must have shirts numbered both front and back.
3. A team must have at least five players to start a game; otherwise, the game is forfeited. The sixth player may enter upon arrival. In the event of an injury, a team may continue/finish with a minimum of four players on the floor.
4. Teams competing with only five players must always have three players on the front row. No service rotation penalty will be assessed for not having six players.
5. To win the match a team must win two out of three games.
6. USA Volleyball rules governing tie breakers will be used.

USA Volleyball

4065 Sinton Road

Colorado Springs, CO 80910

(719) 228-6800

www.usavolleyball.org

WHEELCHAIR RACE

NUMBER OF COMPETITORS: OPEN

(See Page 6: Age/Category)

TO QUALIFY:

1. The wheelchair must be the competitor's primary means of mobility.
2. Participants in this event should practice prior to the Georgia Golden Olympics Event.

RULES:

1. Distance will be 50 yards.
2. Competitors will race in heats.

EQUIPMENT:

1. Only a standard wheelchair may be used; no sports or modified chairs will be allowed.
2. Paved roadway will be used as track.

SCORING:

1. Fastest three competitors will win.
2. To break a tie, a runoff of the same distance will be run.

Wii BOWLING TOURNAMENT

NUMBER OF COMPETITORS: Limited to 48

(See Page 6: Age/Category)

RULES:

1. Participants may stand or sit to play.
2. Each participant must be 3 feet away from the console during each turn.
3. The event manager will place participants into groups of 4 based on age divisions. However, mixed genders and age divisions may play at the same time.
4. Each will be assigned a game figure by the event leaders/volunteers. Due to the length of the event, participants may not pick their game figure. They will be assigned.
5. A frame consists of two throws unless a strike is registered on the first throw.
6. Each player has up to 20 seconds to make each throw.
7. There are 10 frames per game. Each participant plays 1 game per round.
8. Each participant will play 2 rounds.
9. If a power failure occurs during play or before the final scores can be recorded, that game is lost and the participants must repeat the round in order to have a score recorded.
10. If a participant is not available for their turn at either the beginning of a game or during a game, then that participant is disqualified from that game and will receive a score of 0.

EQUIPMENT (Supplied):

1. Wii console
2. Wii bowling game
3. 4 Wii controllers per console
4. 1 TV per console (prefer large screen)

SCORING:

1. Scoring is kept automatically on the game. Scoring is based on regular bowling points including pin counts, spares and strikes.
2. Event leaders record each participant's score at the end of the 10-frame game.
3. The scores from both games will be added together to determine a final score for each participant.
4. If a tie occurs on the final score, the player with the highest individual game score will be determined to be the winner. If a tie is still in place, then a one game playoff determines the winner.

NATIONAL GOVERNING BOARDS ADDRESSES

The Georgia Golden Olympics (GGO) will be governed by the national governing board rules for each event in conjunction with the rules of NSGA (also governed by these same national governing boards), except as modified in this GGO Rulebook. If you would like a copy of the complete rules for individual sports, you can reference www.nsga.com/sports, as well as contacting the following organizations:

ARCHERY	National Archery Association (NAA) 4065 Sinton Road, Suite 110 Colorado Springs, CO 80903 (719) 866-4576 www.usarchery.org	National Field Archery Association (NFAA) 800 Archery Lane Yankton, SD 57078 (605) 260-9279 www.nfaa-archery.org
BADMINTON	United States Badminton Association (USA Badminton) One Olympic Plaza Colorado Springs, CO 80909-5778 (719) 866-4808 www.usabadminton.org	
BASKETBALL 3-on-3 half court	National Collegiate Athletic Association (NCAA) 700 W. Washington Street PO Box 6222 Indianapolis, IN 46206-6222 (317) 917-6222 www.ncaa.org	
BILLIARDS	World Pool-Billiards Association www.wpa-pool.com	
BOWLING	United States Bowling Congress (USBC) 621 Six Flags Drive Arlington, TX 76011 (800) 514-BOWL (2695) www.bowl.com	
CYCLING	USA Cycling 210 USA Cycling Point, Suite 100 Colorado Springs, CO 80919-2215 (719) 434-4200 www.usacycling.org	
GOLF	United States Golf Association (USGA) PO Box 708 Far Hills, NJ 07931 (908) 234-2300 www.usga.org	
HORSESHOES	Mr. Stuart Simpa, President National Horseshoe Pitcher's Association (NHPA) 2826 Domino Drive Bismarck, ND 58503-0831 (701) 258-5686 www.horseshoepitching.com	
PICKLEBALL	USA Pickleball Association PO Box 7354 Surprise, AZ 85374 www.usapa.org	
RACEWALK	USA Track & Field (USATF) 132 East Washington Street, Suite 800 Indianapolis, IN 46204 (317) 261-0500 www.usatf.org	

RACQUETBALL

United States Racquetball Association (USRA)
1685 W. Uintah Street
Colorado Springs, CO 80904-2906
(719) 635-5396
www.usra.org

ROAD RACES

USA Track & Field (USATF) United States Power Walking Association
132 East Washington Street, Suite 800 Doug & Marianne Hamilton, Administrators
Indianapolis, IN 46204 unitedstatespwa@gmail.com
(317) 261-0500 (408) 205-9641
www.usatf.org

SHUFFLEBOARD

National Shuffleboard Association (NSA)
N.S.A. President Rob Robinson
111 S. Greenfield Road, Space 304
Mesa, AZ 85206
shufflingrob@outlook.com
www.national-shuffleboard-association.us

SOFTBALL

USA Softball
2801 NE 50th Street
Oklahoma, City, OK 73111-7203
(405) 424-5266
www.usasoftball.org

SWIMMING

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

TABLE TENNIS

USA Table Tennis (USATT)
One Olympic Plaza
Colorado Springs, CO 80909-5778
(719) 866-4583
www.usatt.org

TENNIS

United States Tennis Association (USTA)
Publications Department
70 West Red Oak Lane
White Plains, NY 10604-3602
(914) 696-7000
www.usta.com

TRACK AND FIELD

USA Track & Field (USATF) United States Power Walking Association
132 East Washington Street, Suite 800 Doug & Marianne Hamilton, Administrators
Indianapolis, IN 46204 unitedstatespwa@gmail.com
(317) 261-0500 (408)205-9641
www.usatf.org

VOLLEYBALL

USA Volleyball
4065 Sinton Road
Colorado Springs, CO 80907
(719) 228-6800
www.usavolleyball.org

NATIONAL SENIOR GAMES ASSOCIATION INFORMATION

2019 NATIONAL SENIOR GAMES will be held June 14-25, 2019 in Albuquerque, NM. All qualified athletes have been notified and will be contacted by NSGA for registration and other instructions. **GOOD LUCK TO ALL!** Compete to the best of your ability, but above all, **ENJOY THE EXPERIENCE!**

The qualifying period for the 2019 National Games will be from January 1, 2018 to December 31, 2018.

DETERMINATION OF WHO QUALIFIES: NSGA qualifying sites (Georgia Golden Olympics for Georgia) are responsible for determining qualifiers at their games and for advising the NSGA who has qualified. Georgia is an "OPEN" site, which means we permit participation from out-of-state residents. Each event calls for a certain number of qualifiers. If out-of-state residents qualify, they will not take a qualifying spot away from a Georgia resident. "OPEN" games may qualify the number of state residents specified for each event in addition to the out-of-state qualifiers. **AGE FOR COMPETITION IN 2019 NATIONAL GAMES:** Age for singles competition will be determined by the athlete's age as of December 31, 2019.

QUALIFYING RULES FOR SPECIFIC SPORTS:

ARCHERY: All first, second, third and fourth place winners as well as athletes meeting NSGA-900 round minimum performance standards in competition at 2018 NSGA state qualifying games will qualify. An archer may enter only the event in which he/she has qualified and may only compete in one event.

BADMINTON: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify. Athletes must qualify in each badminton event (singles, doubles, mixed doubles) in which they wish to compete at the 2019 National Senior Games. Athletes provide their own racquets.

BASKETBALL 3-ON-3 HALF COURT: All first, second and third place teams at a 2018 qualifying site will qualify for the 2019 National Senior Games. All teams that compete in the 80+ division may qualify. Teams must be all one gender. Team roster shall be limited to ten (10) persons, including non-playing coaches, non-playing captains, and non-playing personnel. Teams are no longer limited to the number of out-of-state players on their roster; however, Roster changes shall be allowed only as permitted under Rule F of the NSGA rule book. (See "C" -TEAMS on page 50 of the GGO Rule Book). All registration and team rules apply to non-playing coaches, non-playing captains, and non-playing bench personnel. At the National Senior Games, athletes may play on up to two teams, provided that the teams are in different age divisions that are scheduled to play in completely separate sessions. Age divisions will be determined by the age of the youngest member as of December 31, 2019.

BILLIARDS: Not offered at Nationals.

BOWLING: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify. Athletes must qualify in each bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2019 National Games except when Rule E of the National Senior Games Rules applies. Athletes may enter all three bowling events if they qualify in the event. Athletes may compete with only one partner per sport/event. Competitors are encouraged to bring their own shoes and their own balls which must meet the United States Bowling Congress specifications. Age division for doubles is determined by the age of the younger of the two partners as of December 31, 2019. Doubles partners who qualify together are not required to play together. See Rule E of the NSGA Official Rule book. (See "B"-DOUBLES PARTNERS on page 50 of the GGO Rule Book). **Team Bowling is not offered at Nationals.**

CHECKERS / CLOCK GOLF: Not offered at Nationals.

CYCLING: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify for the 2019 National Senior Games. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events. Cyclist qualifying in either the 20K or 40K road races may enter both road race events. Cyclists must provide their own bicycles and helmets.

FOOTBALL THROW / FRISBEE THROW: Not offered at Nationals.

GOLF: Athletes qualifying 1st and those meeting this sport's NSGA minimum performance standards in competition in 2018 NSGA state qualifying games will qualify. Qualifiers will be determined by 18-hole gross scores played on a course with a minimum par of 70 and a minimum USGA slope rating between 119 and 126 for men and between 113 and 120 for women. Golfers provide their own clubs. Handicap scores are not acceptable for qualifying. Nine-hole gross scores are permitted only for those 90 and older. In competitions with more than an 18-hole competition, any single 18-hole score meeting the golf minimum performance standard will qualify a competitor for the NSGA tournament. For open states Rule H of the NSGA rule book applies. One caddie per golfer will be allowed and must be registered with the Competition Manager prior to taking the course. Caddies are required to walk. If not walking penalties and disqualifications will be applied to the golfer.

HORSESHOE TOSS: Not offered at Nationals.

HORSESHOES: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify.

Competitors must provide own horseshoes.

PICKLEBALL: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify. Athletes must qualify in each pickleball event in which they wish to compete at the 2019 National Senior Games. Competitors must provide own paddles. Athletes may not compete in more than one age division.

POWER WALK: For 2019 only, Power Walk will be classified as an open event and athletes do not need to qualify at a state qualifying event. The minimum distance shall be 1500M. Athletes may compete in 1500M and 5K. This is an open event at National Games for 2019 only.

RACE WALK: All first, second, third and fourth place winners as well as athletes meeting NSGA minimum performance standards at 2018 state qualifying games will qualify. The minimum distance acceptable for qualification is 1500 meters. Race walkers qualified in either 1500 meter or 5000-meter race walk may compete in both events.

RACQUETBALL: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify. Athletes must qualify in each racquetball event (singles/doubles/mixed doubles) in which they wish to compete at the 2019 National Summer Senior Games, except when Rule E of the NSGA rules applies. Age division for doubles is determined age of younger partner as of December 31, 2019. Eyewear with lens designed for racquet sports is mandatory, provided by athletes. Also, athletes must provide own racquets. Balls will be provided.

ROAD RACES: All first, second, third and fourth place winners as well as athletes meeting the NSGA minimum performance standards at 2018 NSGA qualifying games will qualify. Athletes qualified in either the 5K or 10K may compete in both.

SHUFFLEBOARD: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify. Athletes must qualify in each Shuffleboard event (singles/doubles) in which they wish to compete at the National Games. Doubles partners may be of mixed gender. Doubles partners who qualify together are not required to play together. See Rule E of the NSGA Official Rule Book. (See "B"-DOUBLES PARTNERS on page 50 of the GGO Rule Book). Athletes must provide own cues. Disks will be provided.

SOFTBALL THROW: Not offered at Nationals.

SOFTBALL TOURNAMENT: All first, second and third place winners at the 2018 NSGA state qualifying games will qualify for the 2019 National Summer Senior Games. Teams must be all one gender. Teams must provide their own bats, gloves and practice balls. Teams must supply current team rating and all other names used or played under during the period of one year. Team roster shall be limited to twenty (22) persons, including non-playing coaches, non-playing captains, and non-playing personnel. No more than 20 of these persons may be players. Teams are no

longer limited to the number of out-of-state players on their rosters; however, roster changes shall be allowed only as permitted in Rule F of the NSGA official rulebook. (See “C”-Teams, on page 50 of the GGO Rule Book). All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. Teams age division determined by youngest player as of December 31, 2019. Athletes may compete on up to two teams provided that the teams are in different age divisions that are scheduled to play in completely separate sessions.

SWIMMING: All first, second, third and fourth place winners as well as athletes meeting the specific event NSGA minimum performance standards in competition at a 2018 NSGA state qualifying games will qualify. Swimmers will be eligible to swim bonus events. Bonus events may be only in the same stroke an athlete qualified in and can only be of lesser distance, not greater. Athletes must provide seed times, achieved in the last twelve months from yards competition, for their selected bonus events. Athletes who qualify in the 400 yard and 200-yard Individual Medley may select the 200 yard and the 100-yard IM as a bonus event. Swimmers may enter a maximum of 6 events, including bonus events. The 500-yard Freestyle, the 200Y Butterfly and the 400-yard IM are not available as bonus events; swimmers must qualify in these events to enter them. Swimmers must provide own suit, caps, goggles, towels, etc. Mixed relays will be offered at the National Games. Information is available in National Games Rule Book on page 38-Swimming.

TABLE TENNIS: All first, second, third and fourth place winners at 2018 NSGA state qualifying games will qualify. Athletes must qualify in each table tennis event in which they wish to compete at the 2018 National Games except when Rule E of the NSGA rules applies. Players must provide their own paddle. Balls will be provided. White shirts or jackets are now permitted for competition, per USA Table Tennis Rules.

TENNIS: All first, second and third place winners at 2018 NSGA state qualifying games will qualify. Athletes must qualify in each tennis event in which they wish to compete at the 2019 National Games, except when Rule E of the NSGA rules applies. (See “B”-DOUBLES PARTNERS on page 50 of the GGO Rule Book). Athletes may compete with only one partner per event. Athletes may enter a maximum of two tennis events in which they qualify. Athletes must provide their own racquets and practice balls.

TRACK and FIELD EVENTS: All first, second, third and fourth place winners as well as athletes meeting the NSGA minimum performance standards in competition at 2018 NSGA state qualifying games will qualify. All athletes who compete in hammer throw at a 2018 NSGA qualifying site will qualify for the 2019 National Senior Games. Athletes who reside in a state, which does not offer the hammer throw, pole vault event may qualify for those events by meeting the “Limited” Event qualifying criteria in Rule D of the NSGA Official Rule Book. (See “A”-LIMITED EVENTS on page 50 of the GGO Rule Book). Athletes that compete in the 100, 200, 400 or 800-meter events will be eligible to compete in the 4x100 meter relay. Shoes must comply with USATF Rule 143, 3(a)-(f). **The pole vault is not offered in GA.**

TRIATHLON: Not offered in Georgia; however, an athlete may qualify by competing in a 2018 NSGA state qualifying games or by meeting the “**Limited**” Event criteria in Rule D of the NSGA Official Rule Book. (See “A”-LIMITED EVENTS on page 50 of the GGO Rule Book.)

VOLLEYBALL: All first, second and third place winners at 2018 NSGA state qualifying games will qualify for the 2019 National Senior Games. Teams must be all one gender. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Roster changes shall be allowed only as permitted under Rule F of the NSGA rules: see “C”- Teams on page 50 of the GGO Rule Book). Teams are no longer limited to the number of out-of-state players on their roster. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. Athletes may compete on up to 2 teams provided that the teams are in different age divisions that are scheduled to play in completely separate sessions. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2019.

WHEELCHAIR RACE / Wii BOWLING: Not offered at Nationals.

A. QUALIFICATION FOR “LIMITED” EVENTS:

The NSGA defines a “LIMITED” event as one in which an athlete can qualify in ways other than by participating in a NSGA state qualifying games. The 20K and 40K cycling, the hammer throw, pole vault, 5K/10K road race and the triathlon are considered “LIMITED” events. (Georgia offers 20K, 40K cycling, hammer throw and the 5K road race) . The rules for qualifying for these events are as follows:

1. If a “LIMITED” event (except triathlon) is offered at the state qualifying games in an athlete’s home state, the athlete must qualify for that event by participating in a state competition and by satisfying the qualifying requirements for that sport for athletes who compete in a NSGA state qualifying games.
2. If a “LIMITED” event is NOT offered at the state qualifying games in an athlete’s home state, the athlete may qualify for that event by meeting the following criteria:
 - a. POLE VAULT: an athlete must submit verification of having met the NSGA minimum performance standards for pole vault in any USA Track and Field sanctioned competition between January 1, 2018 and December 31, 2018.
 - b. Triathlon: an athlete must submit verification of having completed one triathlons between January 1 and December 31 2018. 31, 2018.
 - c. Athletes must submit to the NSGA office by no later than March 15, 2019, a Limited Event Verification form, available from the NSGA office, along with a copy of the official results or other public document illustrating the results.
 - d. The road race events are reciprocal. If you compete in a 5K or 10K road race event, you will qualify for both.

B. DOUBLES PARTNERS

Doubles partners who qualify together are not required to play together at the 2019 National Senior Games. All participants must have qualified for the sport in which they intend to participate, with one partner having qualified in the event in which they intend to participate. The NSGA and LOC **WILL NOT** assign partners at the Games. Badminton, bowling, pickleball, racquetball, table tennis and tennis doubles partners must be of the same gender. Note: Badminton, bowling, pickleball, racquetball, table tennis and tennis also have a separate mixed doubles event. Shuffleboard doubles may be of mixed gender. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2019. Athletes may compete with only one partner per event. You cannot compete in an age division younger than the youngest partner. All doubles teams made up of one in-state and one-out-of-state athlete will be designated as an out-of-state team.

C. TEAMS

4. A maximum number of players may be added to team rosters following qualification in accordance with the chart below:

Basketball:	3
Volleyball:	4
Softball:	5
5. Any player or any player/coach must have been listed on the roster of a team as a player that participated in a NSGA state qualifying games in that sport to be eligible for addition to a roster. Documentation of player registration must be provided must be provided by the State Coordinator to the NSGA. All other team and qualifying rules apply. Non-player(s) added to a roster are not subject to player addition limits but the total number of team members may not exceed the roster limit for the sport. The captain will declare the state represented for teams with players from multiple states. If the captain does not declare, the captain’s state of residence will be used as the represented state.
6. Team rosters participants who are unable to compete may be replaced after the official registration deadline for valid medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline. The new team member or partner must have participated in the sport they wish to enter at a qualifying state game.
7. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel with the following exceptions:
 - a. Non-playing coaches, non-playing captains or non-playing bench personnel may represent more than one team in the same sport, each of which must be in different age divisions.
 - b. Non-playing coaches, non-playing captains or non-playing bench personnel are not subject to age and gender requirements.
8. Athletes may compete on up to two teams provided that the teams are in different age divisions that are scheduled to play in completely different sessions. Athletes who compete in a team sport may serve as a non-playing coach, non-playing captain or non-playing bench representative for additional teams in the same sport, provided the teams are in different age divisions.

9. Non-playing coaches, non-playing captains or non-playing bench personnel are not required to meet qualifying standards for their sport. However, they must be registered and on the roster at the state level and register at the national level.
10. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2019

D. DETERMINING WHO QUALIFIES

Each event allows for a specific number of qualifiers. If out-of-state residents qualify at “Open” state qualifying games, they will not take away a qualifying spot from a state resident. “Open” games may qualify the number of state residents specified for each event in addition to the out-of-state qualifiers. The NSGA definition of an athlete’s state of residence is that state in which the person resides for at least six months out of the year.

1. All Doubles teams made up of one in-state and one out-of-state athlete will be designated as an out-of-state team.
2. Competition must take place to determine qualifiers. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to be given the gold medal and to qualify for the National Senior Games. Athletes should be placed in the age division nearest their own in order to compete. Competition for the athletes in this “closest age division” shall be considered exhibition. If there is no other age division, athletes will be allowed to play exhibition with registered event leaders or volunteers.
3. If there is only one team entered in an age division, that team should be given exhibition opportunities with the closest age division. No team shall be qualified without participating in a qualifying game.

E. NATIONAL GOVERNING BODY RULES

1. All sports/events shall be governed by the rules of the NGB for that sport. The Georgia Golden Olympics has modified some of these rules in the best interest of the participants. All rules shall apply as stated in the NGB and GGO rulebooks. GGO rulebooks in effect the opening day of the Georgia Golden Olympics, shall govern the 2019 Georgia Golden Olympics, unless otherwise noted.
2. In case of conflict between NGB and GGO rules, GGO rules shall govern.

National Senior Games Association
2019 National Senior Games
MINIMUM PERFORMANCE STANDARDS
(MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS)

ARCHERY
MINIMUM PERFORMANCE STANDARDS
MINIMUMS ARE BASED ON SINGLE-DAY COMPETITION

900 ROUND

900 round consists of shooting 30 arrows
at each distance of 60, 50 and 40 yards.

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	425	600	700
Women	400	575	675

* compound finger, recurve

** compound release

GOLF MINIMUM PERFORMANCE STANDARDS (MPS)

NOTE:	This array shows the score which must be shot based on the slope of qualifying course relative to the NSGA starting slope of 113 for women and 119 for men. MPSs are adjusted up and down based on slope. Qualifying Game Coordinators must advise their golfers of the MPS for the golf course being used for the qualifying before play Begins. Use the chart below to determine the MPS. <i>The NSGA reserves the right to use judgment based on experience when setting the standard, therefore, a standard may not always match the formula if applied to the results of the most recent games.</i>																								
MENS SLOPE	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132
AGE DIVISION																									
50-54	72	72	73	73	74	74	75	75	76	76	77	77	77	78	78	79	79	80	80	81	81	82	82	83	83
55-59	73	73	74	74	75	75	76	76	77	77	78	78	78	79	79	80	80	81	81	82	82	83	83	84	84
60-64	74	74	75	75	76	76	77	77	78	78	79	79	79	80	80	81	81	82	82	83	83	84	84	85	85
65-69	75	75	76	76	77	77	78	78	79	79	80	80	80	81	81	82	82	83	83	84	84	85	85	86	86
70-74	78	78	79	79	80	80	81	81	82	82	83	83	83	84	84	85	85	86	86	87	87	88	88	89	89
75-79	82	82	83	83	84	84	85	85	86	86	87	87	87	88	88	89	89	90	90	91	91	92	92	93	93
80-84	82	82	83	83	84	84	85	85	86	86	87	87	87	88	88	89	89	90	90	91	91	92	92	93	93
85-89	87	85	86	86	87	87	88	88	89	89	90	90	90	91	91	92	92	93	90	94	94	95	95	96	96
90-94*	46	46	47	47	48	48	49	49	50	50	51	51	51	52	52	53	53	54	54	55	55	56	56	57	57
95+*																									
*90+ scores are 9-hole																									
MPS ADJUST MENT	-5	-5	-4	-4	-3	-3	-2	-2	-1	-1	N/C		N/C	1	1	2	2	3	3	4	4	5	5	6	6
WOMENS SLOPE	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130		
AGE DIVISION																									
50-54	86	86	87	87	88	88	88	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96		
55-59	87	87	88	88	89	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97		
60-64	88	88	89	89	90	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97	98	98		
65-69	91	91	92	92	93	93	93	94	94	95	95	96	96	97	97	98	98	99	99	100	100	101	101		
70-74	91	91	92	92	93	93	93	94	94	95	95	96	96	97	97	98	98	99	99	100	100	101	101		
75-79	94	94	95	95	96	96	96	97	97	98	98	99	99	100	100	101	101	102	102	103	103	104	104		
80-84	95	95	96	96	97	97	97	98	98	99	99	100	100	101	101	102	102	103	103	104	104	105	105		
85-89	109	109	110	110	111	111	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119		
90-94*	54	54	55	55	56	56	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64		
95+*	54	54	55	55	56	56	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64		
MPS ADJUST MENT	-2	-2	-1	-1	N/C		N/C	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8		

RACE WALK MINIMUM PERFORMANCE STANDARDS

Men		1500M		5K		Women		1500M5K	
50-54	8:25	30:30	50-54	9:55	35:35				
55-59	8:43	31:21	55-59	10:12	36:13				
60-64	9:00	32:15	60-64	10:21	37:05				
65-69	9:34	34:14	65-69	10:51	37:56				
70-74	10:06	36:48	70-74	11:26	42:26				
75-79	11:12	39:10	75-79	12:43	43:00				
80-84	13:04	46:39	80-84	14:08	48:44				
85-89	16:21	53:10	85-89	18:16	55:30				
90+	17:19	53:10	90+	18:16	55:30				

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

(Shaded items indicate revised standards from the 2017 National Senior Games)

ROAD RACE MINIMUM PERFORMANCE STANDARDS MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

Men	5K	10K	Women	5K	10K
50-54	19:10	43:30	50-54	24:25	50:35
55-59	19:23	45:06	55-59	26:50	56:13
60-64	20:02	46:29	60-64	27:15	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	32:15	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:21:00
80-84	35:55	1:23:16	80-84	46:58	1:39:00
85-89	43:30	1:40:20	85-89	53:50	1:50:00
90+	43:30	1:45:20	90+	57:30	1:50:00

SWIMMING MINIMUM PERFORMANCE STANDARDS

Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500 yard time by 1.15526 to get 400 meter MPS.

50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:36.33	55-59	:41.40
60-64	:36.33	60-64	:42.42
65-69	:42.30	65-69	:48.18
70-74	:45.20	70-74	:49.82
75-79	:50.10	75-79	:59.81
80-84	53.16	80-84	1:04.26
85-89	1:21.95	85-89	1:34.90
90+	1:50.80	90+	2:25.20

100- Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:33.00
55-59	1:20.03	55-59	1:33.00
60-64	1:23.80	60-64	1:39.98
65-69	1:26.33	65-69	1:46.40
70-74	1:33.46	70-74	1:46.40
75-79	1:54.44	75-79	2:16.10
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	4:17.20
90+	4:25.20	90+	5:45.90

200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	3:09.90	55-59	3:07.60
60-64	3:09.90	60-64	3:37.38
65-69	3:28.95	65-69	3:57.69
70-74	3:52.17	70-74	3:57.69
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90+	10:35.90	90+	10:44.80

50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:47.40
60-64	:37.80	60-64	:47.61
65-69	:40.11	65-69	:49.59
70-74	:41.73	70-74	:57.42
75-79	:50.24	75-79	1:08.11
80-84	:58.60	80-84	1:19.70
85-89	1:26.80	85-89	2:28.70
90+	1:36.20	90+	3:29.90

100-Yard Breaststroke

Men		Women	
50-54	1:22.70	50-54	1:43.30
55-59	1:22.70	55-59	1:43.30
60-64	1:26.70	60-64	1:45.70
65-69	1:27.42	65-69	2:01.20
70-74	1:36.22	70-74	2:12.20
75-79	1:51.23	75-79	2:39.00
80-84	2:21.20	80-84	2:45.00
85-89	4:56.60	85-89	5:45.90
90+	5:29.50	90+	5:45.90

200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:32.18
70-74	3:50.19	70-74	4:32.18
75-79	4:18.58	75-79	5:43.59
80-84	6:05.62	80-84	7:34.20
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:18.32	60-64	1:34.14
65-69	1:18.32	65-69	1:52.30
70-74	1:38.02	70-74	2:00.10
75-79	1:48.90	75-79	2:25.40
80-84	2:17.30	80-84	2:54.50
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:58.28	60-64	3:38.91
65-69	3:15.15	65-69	4:26.41
70-74	3:39.79	70-74	4:34.47
75-79	4:10.90	75-79	5:15.30
80-84	7:57.00	80-84	8:52.60
85-89	9:30.10	85-89	12:02.80
90+	9:30.10	90+	12:02.80

400-Yard Individual Medley

Men	Women
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(No MPS Available – 2019)

50-54	7:22.08	50-54	No MPS
55-59	7:22.08	55-59	No MPS
60-64	8:28.96	60-64	No MPS
65-69	8:28.96	65-69	No MPS
70-74	9:57.74	70-74	No MPS
75-79	11:23.13	75-79	No MPS
80-84	11:58.67	80-84	No MPS
85-89	12:12.24	85-89	No MPS
90+	12:12.24	90+	No MPS

50 Yard Butterfly

Men		Women	
50-54	:30.07	50-54	:37.65
55-59	:32.40	55-59	:38.41
60-64	:33.70	60-64	:42.75
65-69	:34.95	65-69	:52.57
70-74	:38.97	70-74	:58.60
75-79	:49.80	75-79	1:13.60
80-84	1:35.40	80-84	1:30.00
85-89	2:03.77	85-89	3:18.20
90+	2:18.90	90+	3:18.20

100-Yard Butterfly

Men		Women	
50-54	1:23.70	50-54	1:27.05
55-59	1:25.68	55-59	1:37.60
60-64	1:25.68	60-64	2:05.24
65-69	1:33.18	65-69	2:55.90
70-74	1:51.33	70-74	2:55.90
75-79	3:02.03	75-79	4:33.80
80-84	5:18.00	80-84	5:18.00
85-89	6:11.00	85-89	6:11.00
90+	6:11.00	90+	6:11.00

**200-Yard Butterfly
(No MPS Available – 2019)**

Men	Women		
50-54	No MPS	50-54	No MPS
55-59	No MPS	55-59	No MPS
60-64	No MPS	60-64	No MPS
65-69	No MPS	65-69	No MPS
70-74	No MPS	70-74	No MPS
75-79	No MPS	75-79	No MPS
80-84	No MPS	80-84	No MPS
85-89	No MPS	85-89	No MPS
90+	No MPS	90+	No MPS

50-Yard Freestyle

Men		Women	
50-54	:27.51	50-54	:33.08
55-59	:28.80	55-59	:34.39
60-64	:29.08	60-64	:34.39
65-69	:30.43	65-69	:37.05
70-74	:34.35	70-74	:41.40
75-79	:36.80	75-79	:47.49
80-84	:41.40	80-84	:56.16
85-89	1:13.08	85-89	1:08.67
90+	1:34.95	90+	2:30.20

100-Yard Freestyle

Men		Women	
50-54	1:03.00	50-54	1:13.70
55-59	1:03.43	55-59	1:16.40
60-64	1:06.00	60-64	1:17.85
65-69	1:09.95	65-69	1:30.87
70-74	1:17.30	70-74	1:36.60
75-79	1:26.30	75-79	1:50.00
80-84	1:35.70	80-84	2:07.48
85-89	2:59.50	85-89	2:48.60
90+	3:43.50	90+	4:39.10

200-Yard Freestyle				500-Yard Freestyle			
Men		Women		Men		Women	
50-54	2:26.01	50-54	2:46.10	50-54	6:57.40	50-54	7:32.20
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:57.70
60-64	2:30.23	60-64	3:01.70	60-64	7:15.30	60-64	8:07.23
65-69	2:45.02	65-69	3:26.63	65-69	7:15.30	65-69	9:36.00
70-74	3:06.39	70-74	3:30.74	70-74	8:18.70	70-74	9:54.39
75-79	3:18.25	75-79	4:15.78	75-79	9:50.50	75-79	10:59.80
80-84	3:52.68	80-84	4:53.31	80-84	11:50.90	80-84	14:52.08
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

Bonus Events

QUALIFIED STROKE	BONUS STROKES
Bonus events must be of same stroke and lesser distance	
Backstroke 200	Backstroke 50, 100
Backstroke 100	Backstroke 50
Breaststroke 200	Breaststroke 50, 100
Breaststroke 100	Breaststroke 50
Butterfly 100	Butterfly 50
Butterfly 200	Butterfly 50, 100
Freestyle 500	Freestyle 50, 100, 200
Freestyle 200	Freestyle 50, 100
Freestyle 100	Freestyle 50
Individual Medley 200	Individual Medley 100
Individual Medley 400	Individual Medley 100, 200

TRACK MINIMUM PERFORMANCE STANDARDS (Metric)

(Shaded items indicate revised standards from the 2017 National Senior Games)

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

MEN'S DIVISION						
Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.61	:13.89	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.72	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.89	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:8.15	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:53.90
75-79	:9.27	:16.54	:36.90	1:27.60	3:35.44	7:48.49
80-84	:10.54	:18.94	:39.79	1:43.80	4:18.28	9:40.00
85-89	:11.79	:21.59	:56.86	2:34.17	6:07.02	14:28.50
90-94	:14.87	:46.71	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

WOMEN'S DIVISION						
Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.66	:16.56	:35.52	1:22.98	3:18.64	7:03.00
60-64	:9.24	:17.38	:36.19	1:34.50	3:39.72	7:17.00
65-69	:10.12	:18.05	:37.42	1:38.77	3:50.00	7:55.00
70-74	:10.34	:19.73	:43.67	1:48.20	4:29.80	9:10.00
75-79	:11.76	:21.99	:46.84	2:08.00	5:02.30	10:55.47
80-84	:14.89	:26.80	1:07.30	3:06.74	6:11.80	13:44.30
85-89	:23.83	:35.82	1:46.70	4:17.00	9:30.00	16:30.00
90+		:44.20	1:46.70	4:21.80	9:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.24	1.28	8.27	11.28	35.91	38.61	2.48	27.20
65-69	4.01	1.22	7.70	10.55	34.52	34.49	2.21	25.10
70-74	3.50	1.17	7.43	10.49	31.29	31.03	2.21	25.10
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	20.70
80-84	2.90	.99	4.72	9.06	22.73	21.29	1.10	20.70
85-89	1.57	.81	2.94	7.07	16.28	15.76	.86	16.00
90-94	1.19	.66	2.00	4.41	11.58	8.24	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.37	1.07	6.60	8.72	22.40	21.15	1.22	19.30
55-59	3.20	.99	4.73	8.52	21.05	20.48	1.22	19.00
60-64	3.05	.99	4.71	7.79	18.62	20.48	1.22	18.34
65-69	2.77	.95	4.45	6.83	17.45	17.73	1.22	13.44
70-74	2.43	.82	3.83	6.40	16.99	15.37	1.22	11.11
75-79	2.22	.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	.66	3.52	5.56	12.28	10.26	.91	7.00
85-89	.84	.56	2.50	3.97	6.93	5.95	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00

FIELD MINIMUM PERFORMANCE STANDARDS (English)

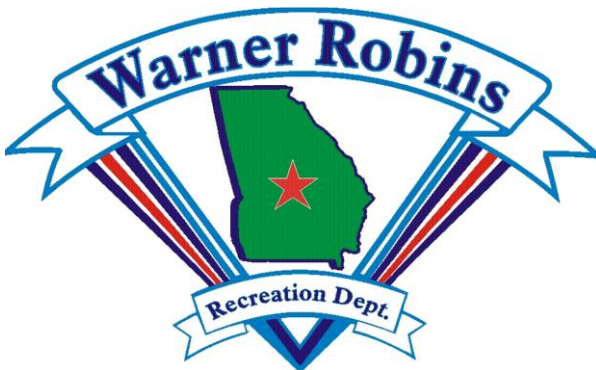
MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	14' 11"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 9.25"	4' 6"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 3"
60-64	13' 11"	4' 2.5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 1.75"	89' 3"
65-69	13' 2"	4' 0"	25' 3.25"	34' 7.5"	113' 3"	113' 1.75"	7' 3"	82' 4.25"
70-74	11' 5.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	82' 4.25"
75-79	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	67' 11"
80-84	9' 6"	3' 3"	15' 5.75"	29' 8.75"	74' 6.75"	69' 10.25"	3' 7.25"	67' 11"
85-89	5' 1.75"	2' 8"	9' 7.75"	23' 2.25"	53' 5"	51' 8.5"	2' 10"	52' 6"
90-94	3' 10.75"	2' 2"	6' 6.75"	14' 1.75"	37' 11.75"	27' 0.25"	2' 10"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 5"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 10"	16' 5"

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	11' 0.75"	3' 6"	21' 7.75"	28' 7.25"	73' 6"	67' 11.25"	4' 0"	63' 4"
55-59	10' 6"	3' 3"	15' 6.25"	27' 11.5"	69' 0.75"	67' 2.25"	4' 0"	62' 4"
60-64	10' 0"	3' 3"	15' 5.50"	25' 6.5"	61' 1"	65' 3"	4' 0"	54' 8.5"
65-69	9' 1"	3' 1.25"	14' 7.2"	22' 5"	57' 3"	58' 2"	4' 0"	40' 1"
70-74	7' 11.5"	2' 8.25"	12' 6.75"	21' 0"	55' 9"	50' 5.25"	4' 0"	33' 1.75"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 8"	4' 0"	33' 1.75"
80-84	5' 2"	2' 2"	11' 6.5"	18' 2.75"	40' 3.5"	33' 8"	2' 11.75"	22' 11.5"
85-89	2' 9"	1' 10"	8' 2.5"	13' 0.25"	22' 8.75"	19' 6.25"	2' 10"	19' 8.25"
90+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"

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