



**Georgia  
Golden  
Olympics**



**2012**  
**OFFICIAL RULE BOOK**

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

**(Georgia Golden Games, Inc.)**

Cost: \$6.00

**2012**  
**Georgia Golden Olympics**  
**September 19 – September 22, 2012**  
City of Warner Robins

**Hosted by**  
**The Warner Robins Recreation Department**  
**James R. Dodson, 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

\*\*\*\*\*

To our host, thank you:  
James R. Dodson, Recreation Director  
Warner Robins Recreation Department Staff and the  
City of Warner Robins

## TABLE OF CONTENTS

	PAGE
<b>INTRODUCTION.....</b>	<b>4</b>
<b>GENERAL RULES AND REGULATIONS.....</b>	<b>5</b>
<b>AGE DIVISION, CATEGORIES AND EXCEPTIONS.....</b>	<b>6</b>
<b>EVENTS:</b>	
<b>ARCHERY.....</b>	<b>7</b>
<b>BADMINTON.....</b>	<b>8</b>
<b>BASKETBALL FREE THROW.....</b>	<b>9</b>
<b>BASKETBALL 3 ON 3.....</b>	<b>10-11</b>
<b>BILLIARDS.....</b>	<b>12</b>
<b>BOWLING.....</b>	<b>13</b>
<b>CHECKERS.....</b>	<b>14</b>
<b>CLOCK GOLF.....</b>	<b>15</b>
<b>CYCLING.....</b>	<b>16</b>
<b>FIELD EVENTS</b>	
<b>Discus.....</b>	<b>17</b>
<b>Hammer Throw.....</b>	<b>18</b>
<b>High Jump.....</b>	<b>19</b>
<b>Running Long Jump.....</b>	<b>20</b>
<b>Shot Put.....</b>	<b>21</b>
<b>Triple Jump.....</b>	<b>22</b>
<b>FOOTBALL THROW.....</b>	<b>23</b>
<b>FRISBEE THROW.....</b>	<b>24</b>
<b>GOLF TOURNAMENT.....</b>	<b>25</b>
<b>HORSESHOE TOSS.....</b>	<b>26</b>
<b>HORSESHOE TOURNAMENT.....</b>	<b>27</b>
<b>RACE WALKS.....</b>	<b>28</b>
<b>RACQUETBALL.....</b>	<b>29</b>
<b>SHUFFLEBOARD.....</b>	<b>30</b>
<b>SOFTBALL THROW.....</b>	<b>31</b>
<b>SOFTBALL TOURNAMENT.....</b>	<b>32-34</b>
<b>SWIMMING.....</b>	<b>35</b>
<b>TABLE TENNIS.....</b>	<b>36</b>
<b>TENNIS.....</b>	<b>37</b>
<b>TRACK &amp; ROAD RACE.....</b>	<b>38</b>
<b>VOLLEYBALL.....</b>	<b>39</b>
<b>WHEELCHAIR RACE.....</b>	<b>40</b>
<b>Wii BOWLING.....</b>	<b>41</b>
<b>NATIONAL ORGANIZATIONS ADDRESSES.....</b>	<b>42-43</b>
<b>NATIONAL SENIOR GAMES ASSOCIATION INFORMATION.....</b>	<b>44-48</b>
<b>USNSO MINIMUM PERFORMANCE STANDARDS.....</b>	<b>48-52</b>
<b>CONTRIBUTORS.....</b>	<b>53-54</b>

Shaded text in this document indicates rules and regulations that have been revised for 2012

## **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 4: Age/Category)

For participating, individuals receive a certificate of participation, lunch, dinner and a Golden Olympic T-shirt. Medals are awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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, 2012 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 4 for age categories.
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 \$6.00 fee per event is charged for each additional event over three. Bowling, golf, archery, tennis tournaments and cycling 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 slots 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.
7. All appeals for official interpretation shall be made to the Event Director for the specific event. If the Event Director needs assistance or a controversy occurs, the Rules Committee will render a decision. Appeals must be filed immediately or the right to appeal will be forfeited.
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 are welcomed but must refrain from interfering with or assisting participants while competing. Event Director will ask the spectator to leave after one (1) warning.
11. Olympics officials reserve the right to cancel events without sufficient entries.

## **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 national qualifying and recreational 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+ age division.

(Removed Recreational events age divisions.)

### **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, 2012. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2012.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2012. 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 4: Age/Category)

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

### EVENTS: (FIVE)

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

### RULES

1. The “900” American Round will be used for all competition.
2. Competition will consist of 90 arrows shot as follows: 30 arrows from 60 yards (5 ends 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. Two 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 NAA\*\* 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.  
THERE IS AN ADDITIONAL FEE FOR ARCHERY.**

**\*National Archery Association (NAA)**  
711 North Tejon Street  
Colorado Springs, CO 80903  
(719) 866-4576 [www.usarchery.org](http://www.usarchery.org)

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

## **BADMINTON**

### **NUMBER OF COMPETITORS: OPEN**

(See page 4: 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](http://www.usabadminton.org)

## **BASKETBALL FREE THROW**

### **NUMBER OF COMPETITORS: OPEN**

(See Page 4: Age/Category)

### **RULES:**

1. A referee will be at each basket.
2. The **STANDING DIVISION**, age categories 50-54 through 65-69, 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 10 official free throws. The shooter must inform the referee how many practice shots 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 10 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-ON-3 HALF COURT**

### **NUMBER OF TEAMS: OPEN**

**Age Category:** 50+, 55+, 60+, 65+, 70+, 75+ and 80+  
(See Page 4: Age/Category)

### **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 13)
  - D. Coin toss
5. Forfeits shall be recorded 7-0.

### **RULES:**

1. Aside from the special rules below, all other rules will be played 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 48) 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 twelve (12) minutes of 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.
7. Two (2) time-outs are permitted per team per half. 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 thirty (30) seconds of duration. The clock will stop 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.
  - Only the offensive (inbounding) team can initiate a substitution after a made basket or free throw. The defensive team can only substitute on a made basket or free throw if the offense is substituting at that time.
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. Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of possession. 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.
10. 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. The ball must be advanced into play by means of a pass to a teammate. The inbounding team players are prohibited from entering the three second lane (the key) until the inbounding 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 failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.
11. Following a made basket or dead ball, the ball must be put into play within five (5) seconds. If the ball is not put in play within five (5) seconds, it shall be a violation and possession shall be awarded to the defense with no change in the possession arrow. Dribbling will result in a replay.
  12. Player limitations during inbounding the ball:
    - a. The inbounder 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 may enter the throw-in area to defend the in bounder.
    - c. The in bounder's teammates may not receive the inbounds pass within the "out-of-bounds-area", which is the area behind the three-point line, free throw lane extended.
  13. A player is disqualified after five (5) fouls. Technical fouls will be assessed in accordance with NCAA rule.
  14. 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.
  15. 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 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.
  16. Beginning with the seventh (7) team foul: a) any common foul shall result in a single foul shot along with retained possession for the offended team; b) any player control foul shall result in 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.
  17. 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 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.
  18. 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)
  19. Officials do not put the ball in play, except after the start of each half.
  20. 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.
  21. All registration and team rules apply ton non-laying 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.

#### **EQUIPMENT:**

1. Leather balls with 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**

**P.O. Box 6222**

**Indianapolis, IN 46206-6222**

**(317) 917-6222**

[www.ncaa.org](http://www.ncaa.org)

## BILLIARDS – EIGHT BALL

### NUMBER OF COMPETITORS: OPEN

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

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 4: Age/Category)

### **DIVISIONS:**

Singles  
Doubles  
Mixed Doubles

### **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.

### **EQUIPMENT:**

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

### **SCORING:**

1. The highest score will be determined for each competitor by totaling score from all three games.
2. Ties will be broken by taking the highest score thrown in the 9<sup>th</sup> frame of the 3<sup>rd</sup> game; if the tie still exists, by taking the highest score thrown in the 8<sup>th</sup> frame of the 3<sup>rd</sup> 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](http://www.bowl.com)

## CHECKERS

### NUMBER OF COMPETITORS: 50

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

### 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**

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

### **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.

### **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 4: 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, chainwheel 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.

**NOTE: THERE IS AN ADDITIONAL FEE FOR CYCLING EVENT.**

USA Cycling  
210 USA Cycling Point, Suite100  
Colorado Springs, CO 80919-2215  
(719) 434-4200  
[www.usacycling.org](http://www.usacycling.org)

## FIELD EVENT

\* \* \* \* \*

## DISCUS

### NUMBER OF COMPETITORS: OPEN

(See page 4: 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+   | - | 1kg   |
|            | Women 50+ | - | 1kg   |
|            | Women 80+ | - | .75   |

### SCORING:

1. The discus will be judged for distance only and the longest distance of the three (3) official throws will be recorded.
2. For tiebreakers, competitors will get three (3) additional throws.

**USA Track & Field (USATF)**  
**132 East Washington Street, Suite 800**  
**Indianapolis, IN 46204**  
**(317) 261-500**  
[www.usatf.org](http://www.usatf.org)

## FIELD EVENT

\* \* \* \* \*

### Hammer Throw

#### NUMBER OF COMPETITORS: OPEN

(See page 4: 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. For tiebreakers, competitors will get three (3) additional throws.

**USA Track & Field (USATF)**  
**132 East Washington Street, Suite 800**  
**Indianapolis, IN 46204**  
**(317) 261-500**  
[www.usatf.org](http://www.usatf.org)

## FIELD EVENT

\* \* \* \* \*

### HIGH JUMP

#### NUMBER OF COMPETITORS: OPEN

(See Page 4: 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.

#### USA Track & Field (USATF)

132 East Washington Street, Suite 800

Indianapolis, IN 46204

(317) 261-500

[www.usatf.org](http://www.usatf.org)

## FIELD EVENT

\* \* \* \* \*

### LONG JUMP

#### NUMBER OF COMPETITORS: OPEN

(See Page 4: 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. Up to ¼ inch spikes 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. For tiebreakers, competitors will get three (3) additional jumps.

**USA Track & Field (USATF)**  
**132 East Washington Street, Suite 800**  
**Indianapolis, IN 46204**  
**(317) 261-500**  
[www.usatf.org](http://www.usatf.org)

## FIELD EVENT

\* \* \* \* \*

### SHOT PUT

#### NUMBER OF COMPETITORS: OPEN

(See Page 4: 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 |

#### SCORING:

1. The shot put will be judged for distance and the longest distance of the three (3) official puts will be recorded.
2. For tiebreakers, competitors will get three (3) additional puts.

**USA Track & Field (USATF)**  
**132 East Washington Street, Suite 800**  
**Indianapolis, IN 46204**  
**(317) 261-500**  
[www.usatf.org](http://www.usatf.org)

## FIELD EVENT

\* \* \* \* \*

## TRIPLE JUMP

### NUMBER OF COMPETITORS: OPEN

(See Page 4: 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. Up to ¼ inch spikes 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. For tiebreakers, competitors will get three (3) additional jumps.

**USA Track & Field (USATF)**  
**132 East Washington Street, Suite 800**  
**Indianapolis, IN 46204**  
**(317) 261-500**  
[www.usatf.org](http://www.usatf.org)

## **FOOTBALL THROW**

### **NUMBER OF COMPETITORS: OPEN**

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

### **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 5 and 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 5 feet off the ground.
2. A mid-sized football will be used.

### **SCORING:**

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

## **FRISBEE THROW**

### **NUMBER OF COMPETITORS: OPEN**

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

### **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 5 and 10-yard lines.
6. 80+ age groups sitting participants distance will be three (3) yards and eight (8) yards.

### **EQUIPMENT:**

1. Hula-hoop suspended 5 feet off the ground.
2. A standard Frisbee will be provided.

### **SCORING:**

1. Five points will be given for each throw that goes through the hoop from 5 yards.
2. Ten points will be given for each throw that goes through the hoop from 10 yards.
3. A score is 5 points or greater.
4. If no individual scores, medals will not be awarded.
5. Tie breakers: There will be 2 throws from 8 yards each; 2 throws from 8 yards for 80 and over.

## **GOLF TOURNAMENT**

### **NUMBER OF COMPETITORS: 120**

(See Page 4: 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and finally the 18<sup>th</sup> hole.

**NOTE: THERE IS AN ADDITIONAL FEE FOR GOLF TOURNAMENT.**

**\*To qualify for National Competition participant must meet the NSGA (National Senior Games Assn.) minimum performance standards.**

\*\*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/ (800) 336-9687**

[www.usga.org](http://www.usga.org)

## **HORSESHOE TOSS**

### **NUMBER OF COMPETITORS: OPEN**

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

### **RULES:**

#### **1. STANDING CATEGORY:**

- A. Competitors pitch metal horseshoes at a stake from
  - 40 feet men (50-69)
  - 30 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.

### **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 participate in both Horseshoe Toss and Horseshoe Tournament. Participants must choose one event.**

## HORSESHOE TOURNAMENT

### NUMBER OF COMPETITORS: 40 MEN & 40 WOMEN

(See Page 4: 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. Competitors must provide their own horseshoes.

#### 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 awarded for each match won.
7. 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. Dick Hansen**

**Secretary/Treasurer**

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

**3085 South 76<sup>th</sup> Street**

**Franksville, WI 53126**

**(262) 835-1321**

**[www.horseshoepitching.com](http://www.horseshoepitching.com)**

## RACE WALKS

### NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

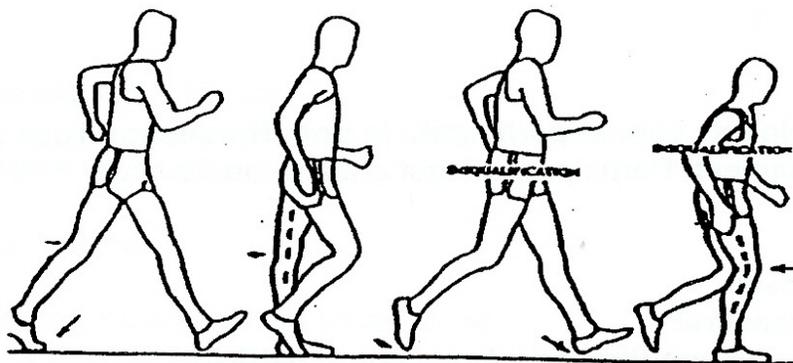
### EVENTS:

1500 Meter (Track)

5K (Road Race)

### 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) 261-500  
[www.usatf.org](http://www.usatf.org)

## **RACQUETBALL**

### **NUMBER OF COMPETITORS: OPEN**

(See page 4: Age/Category)

### **DIVISION:**

Singles and 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](http://www.usra.org)**

## SHUFFLEBOARD

### NUMBER OF COMPETITORS: LIMITED

(See Page 4: Age/Category)

### DIVISIONS:

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. Single or Double elimination tournament will be based on number of registered athletes.
3. Practice – each participant is allowed a MINIMUM of 4 discs of each color before each match.
4. 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.
5. If players cannot see the color of the discs at the other end, the court referee will call the color, score and position.
6. Doubles partners may be of mixed gender.

### 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), ten (10), or twelve (12) frames, based on number of athletes registered for the sport. 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. The opposing players will remain at the same end of the court during the entire match.
2. DOUBLES: Matches will consist of eight (8), ten (10), or twelve (12) frames, based on the number registered for the sport. One half (1/2) of the number of frames will be played by each partner who will remain at their respective ends of the court during the entire match. The team or pair with the highest point score at the end of the specified number of frames will be the winner.
3. In case of a tie, two (2) extra frames will be played until the tie is broken.

### Gus Bondi, President

#### \*National Shuffleboard Association (NSA)

Winter - 6634 North Lake Drive  
Zephyrhills, FL 33542  
813-395-6343  
[lovetoshuffle@hotmail.com](mailto:lovetoshuffle@hotmail.com)

Summer - 42 Shore Road  
Ogunquit, ME 03907  
207-646-0240

[www.national-shuffleboard-association.us](http://www.national-shuffleboard-association.us)

## **SOFTBALL THROW**

### **NUMBER OF COMPETITORS: OPEN**

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

### **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, competitors will get one (1) additional throw.

## SOFTBALL TOURNAMENT

### NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

#### RULES:

1. This tournament is conducted in accordance with the Amateur Softball Association (ASA) except as modified herein.
2. All players will only be allowed to play in one (1) division.
3. All division play will be double elimination format.
4. 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 48). It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.  
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. Athletes may compete with only one team per sport.
5. 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.
6. Warm-up Time: Infield practice will only be granted under the following conditions:
  1. 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.)
  2. 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.
7. Grace periods will not be allowed for any game.
8. The score of a forfeited game shall be recorded as 7-0.
9. Commitment line: A 6 foot line drawn perpendicular to the 3<sup>rd</sup> base line, beginning at the base line and extending into foul territory. This line is located 20 feet from point of home plate, measured along the 3<sup>rd</sup> base line. Once a runner's foot touches the ground on or past the commitment line, the runner may not return to third base; the runner must continue toward the scoring plate. Violations will result in an out.
10. Scoring plate: A scoring plate shall be placed 8 feet from the back tip of home plate on an extended line from first base. A line shall be drawn from third base to the scoring plate. The scoring plate is for use by the offensive player only.
11. Strike zone mat: A strike zone mat will be used. 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 ½ 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.
12. 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.
14. 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.
15. Runner's line: A runner's line measuring 3-inches wide and 30-feet long shall be marked parallel to, and 3 feet away from, the first-base foul line in foul territory, extending from first base back toward home plate. Runners shall stay between this line and the foul line while running to first base. Failure to do so will result in the runner being declared out.

16. 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.
  - Men in age divisions 50+, 55+, and 60+: Ten defensive players shall constitute a team
  - 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.
  - Women in age divisions 50+, 55+, 60+, 65+, 70+ and 75+: Eleven (11) defensive players shall constitute a team.
17. Line-up cards: Official line-up cards must be presented to the opposing manager and scorekeeper 10 minute 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 line up card.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. Women age divisions 70+ and 75+ can run through 2<sup>nd</sup> and 3<sup>rd</sup> base without the possibility of being tagged out unless an attempt is made or a turn toward the next base is indicated.
24. 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.
25. 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.
26. 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 BPF of 1.21 or less will be legal for play. All bats used in play must be stamped with a BPF of 1.21 or less and must have either a 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 Summer 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.
2. Team caps are not mandatory. If caps or visors are worn, they must be baseball/softball caps and no vulgar wording or obscenities will be allowed. Tournament director will make final decision. The logos, numbers, trim, etc. does not have to match if the basic color is the same.
3. Illegal uniforms will be treated as illegal equipment.

**FIELD SPECIFICATIONS:**

1. The following field specifications are required for all games:
  - a. Distance between bases shall be sixty-five (65) feet.
  - b. Pitching distance shall be fifty (50) feet.
  - c. Minimum outfield distance from home plate shall be in accordance with ASA rules.
  - d. 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.

**Amateur Softball Association (ASA)**

2801 NE 50<sup>th</sup> Street

Oklahoma City, OK 73111-7203

(405) 4245266

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

## SWIMMING

### NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

### EVENTS:

Backstroke: 50, 100, 200 Yard

Breaststroke: 50, 100, 200 Yard

Freestyle: 50, 100, 200, 500 Yard

Butterfly: 50, 100 Yard

Individual Medley: 100, 200 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. Warm-ups will be held 45 minutes prior to start of competition. No one will be allowed in the pool for warm-ups after competition begins.
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)

655 North Tamiami Trail

Sarasota, FL 34236

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

[www.usms.org](http://www.usms.org)

## TABLE TENNIS

### NUMBER OF COMPETITORS: 32

(See Page 4: Age/Category)

### DIVISIONS:

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](http://www.usatt.org)**

## TENNIS TOURNAMENT

### NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

**NOTE: Competitors limited to two (2) tennis events.**

### 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 3<sup>rd</sup> 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 the best 2 out of 3 sets with no add scoring.
2. All final matches will be decided by the best 2 out of 3 sets with regular scoring. Top two finishers in singles, and top two teams in doubles/mixed doubles will receive awards.

### TIE BREAKER:

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

**NOTE: THERE IS AN ADDITIONAL FEE FOR TENNIS.**

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

**Publications Department**

**70 West Red Oak Lane**

**White Plains, NY 10604-3602**

**(914) 696-7000**

**[www.usta.com](http://www.usta.com)**

## TRACK & ROAD RACE EVENTS

### NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

### EVENTS:

½ Mile Walk (Track)

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

1500 Meter Walk (Track)

5k Walk & 5K Run (Road Races)

### 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. In all **WALKING EVENTS**, one foot must maintain contact with the ground at all times; or immediate disqualification will result.
5. Any runner making physical contact with another will be disqualified.
6. Any runner 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.
7. Any runner will be disqualified if he/she waves, yells or makes body motions not normally a part of track events.
8. Starting commands for walking events will be: "On your mark", "Set", then a whistle will be blown or a gun fired.
9. Starting commands for running will be: "Runners Set"; then a whistle will be blown or a gun fired.

### EQUIPMENT:

1. Track shoes with rubber spikes or running shoes are allowed.
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.

**\*Race Walking/running is not allowed in the walking events. If a participant is determined to be race walking/running he/she will be disqualified.**

**\*Participants in walking events cannot enter race walking events and vice versa.**

**\*If a participant enters the 1500M or 5K 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) 261-500  
[www.usatf.org](http://www.usatf.org)

## **VOLLEYBALL TEAM VOLLEYBALL**

### **NUMBER OF TEAMS: OPEN**

(See Page 4: Age/Category)

### **EVENTS:**

Men

Women

### **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 Georgia Rule book, page 47.) 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**  
**715 South Circle Drive**  
**Colorado Springs, CO 80910**  
**(719) 228-6800**  
[www.usavolleyball.org](http://www.usavolleyball.org)

## **WHEELCHAIR RACE**

### **NUMBER OF COMPETITORS: OPEN**

Age Divisions: 5-year age divisions (50-54, 55-59, etc. and ending with 100+)

### **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**

### **NUMBER OF COMPETITORS: Limited to 48**

(See Page 4: 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. 1 game equals 1 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 score from each round will be added together to determine a final score for each participant.
4. If a tie occurs on the final totaled 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 is untaken until the tie is broken.

## NATIONAL ORGANIZATION ADDRESSES

The Georgia Golden Olympics (GGO) will be governed by the national governing board rules for each event, except as modified in this GGO rulebook. If you would like a copy of the complete rules for individual sports, you can contact the following organizations:

<b>ARCHERY</b>	National Archery Association (NAA) 711 North Tejon Street Colorado Springs, CO 80903 (719) 866-4576 <a href="http://www.usarchery.org">www.usarchery.org</a>	National Field Archery Association (NFAA) 800 Archery Lane Yankton, SD 57078 (605) 260-9279 <a href="http://www.nfaa-archery.org">www.nfaa-archery.org</a>
<b>BADMINTON</b>		United States Badminton Association (USA Badminton) One Olympic Plaza Colorado Springs, CO 80909-5778 (719) 866-4808 <a href="http://www.usabadminton.org">www.usabadminton.org</a>
<b>BASKETBALL 3-on-3 half court</b>		National Collegiate Athletic Association (NCAA) PO Box 6222 Indianapolis, IN 46206-6222 (317) 917-6222 <a href="http://www.ncaa.org">www.ncaa.org</a>
<b>BILLIARDS</b>		World Pool-Billiards Association <a href="http://www.wpa-pool.com">www.wpa-pool.com</a>
<b>BOWLING</b>		United States Bowling Congress (USBC) 621 Six Flags Drive Arlington, TX 76011 (800) 514-BOWL (2695) <a href="http://www.bowl.com">www.bowl.com</a>
<b>CYCLING</b>		USA Cycling 210 USA Cycling Point, Suite 100 Colorado Springs, CO 80919-2215 (719) 434-4200 <a href="http://www.usacycling.org">www.usacycling.org</a>
<b>GOLF</b>		United States Golf Association (USGA) PO Box 708 Far Hills, NJ 07931 (908) 234-2300 <a href="http://www.usga.org">www.usga.org</a>
<b>HORSESHOES</b>		Dick Hansen, Secretary/Treasurer National Horseshoe Pitcher's Association (NHPA) 3085 76 <sup>th</sup> Street Franksville, WI 53126 (414) 835-1321 <a href="http://www.horseshoepitching.com">www.horseshoepitching.com</a>
<b>RACEWALK</b>		USA Track & Field (USATF) 132 East Washington Street, Suite 800 Indianapolis, IN 46204 317) 261-500 <a href="http://www.usatf.org">www.usatf.org</a>

## ***NATIONAL ORGANIZATION ADDRESSES***

<b>RACQUETBALL</b>	United States Racquetball Association (USRA) 1685 W. Uintah Colorado Springs, CO 80904-2906 (719) 635-5396 <a href="http://www.usra.org">www.usra.org</a>
<b>ROAD RACES</b>	USA Track & Field (USATF) 132 East Washington Street, Suite 800 Indianapolis, IN 46204 (317) 261-500 <a href="http://www.usatf.org">www.usatf.org</a>
<b>SHUFFLEBOARD</b>	National Shuffleboard Association (NSA) Gus Bondi, President Winter - 6634 North Lake Drive Zephyrhills, FL 33542 813-395-6343 <a href="mailto:lovetoshuffle@hotmail.com">lovetoshuffle@hotmail.com</a>  Summer - 42 Shore Road Ogunquit, ME 03907 207-646-0240 <a href="http://www.national-shuffleboard-association.us">www.national-shuffleboard-association.us</a>
<b>SOFTBALL</b>	Amateur Softball Association 2801 NE 50 <sup>th</sup> Street Oklahoma, City, OK 73111-7203 (405) 424-5266 <a href="http://www.asasoftball.com">www.asasoftball.com</a>
<b>SWIMMING</b>	United States Masters Swimming, Inc. (USMS) 655 North Tamiami Trail Sarasota, FL 34236 Phone: 941-256-USMS (8767) or 800-550-SWIM (7946) toll free <a href="http://www.usms.org">www.usms.org</a>
<b>TABLE TENNIS</b>	USA Table Tennis (USATT) One Olympic Plaza Colorado Springs, CO 80909-5778 (719) 866-4583 <a href="http://www.usatt.org">www.usatt.org</a>
<b>TENNIS</b>	United States Tennis Association (USTA) Publications Department 70 West Red Oak Lane White Plains, NY 10604-3602 (914) 696-7000 <a href="http://www.usta.com">www.usta.com</a>
<b>TRACK</b>	USA Track & Field (USATF) 132 East Washington Street, Suite 800 Indianapolis, IN 46204 (317) 261-500 <a href="http://www.usatf.org">www.usatf.org</a>
<b>VOLLEYBALL</b>	USA Volleyball 715 South Circle Drive Colorado Springs, CO 80910 (719) 228-6800 <a href="http://www.usavolleyball.org">www.usavolleyball.org</a>

## NATIONAL SENIOR GAMES ASSOCIATION INFORMATION

### 2013 NATIONAL SENIOR GAMES:

The Games will be held July 21 – August 5, 2013 in Cleveland, Ohio.

**QUALIFYING DATES:** The qualifying period for the 2013 National Games is from January 1, 2012 to December 31, 2012.

**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 NATIONAL GAMES: Age for singles competition will be determined by the athlete's age as of December 31, 2013.**

### QUALIFYING RULES FOR SPECIFIC SPORTS:

#### ARCHERY:

All first, second, third and fourth place winners as well as athletes meeting NSGA minimum performance standards in competition at 2012 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 2012 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 2013 National Senior Games. Athletes provide their own racquets.

**BASKETBALL 3-ON-3 HALF COURT:** All first, second and third place teams at a 2012 qualifying site will qualify for the 2013 Summer National 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 47 of the GGO Rule Book) All registration and team rules apply to non-playing coaches, non-playing captains, and non-playing bench personnel. Athletes may play on only one basketball team. Age divisions for all team competition will be determined by the age of the youngest member as of December 31, 2013.

#### BILLIARDS:

Not offered at Nationals.

#### BOWLING:

All first, second, third and fourth place winners at 2012 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 2013 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 must compete with only one partner per sport/event. Competitors are encouraged to bring own balls and shoes. House balls may be available at competitor's expense. Age division for doubles is determined by the age of the younger of the two partners as of December 31, 2013. 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 47 of the GGO Rule Book).

#### CHECKERS:

Not offered at Nationals.

#### CLOCK GOLF:

Not offered at Nationals.

#### CYCLING:

All first, second, third and fourth place winners at 2012 NSGA State Qualifying Games will qualify for the 2013 Summer 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 1<sup>st</sup> and those meeting this sport's NSGA minimum performance standards in competition in 2012 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.

**HORSESHOE TOSS:** Not offered at Nationals.

**HORSESHOES:** All first, second, third and fourth place winners at 2012 NSGA Qualifying Games will qualify. Competitors must provide own horseshoes.

**RACE WALK:** All first, second, third and fourth place winners as well as athletes meeting NSGA minimum performance standards at 2012 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 2012 NSGA Qualifying Games will qualify. Athletes must qualify in each racquetball even (singles/doubles) in which they wish to compete at the 2013 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, 2013. Eyewear with lens designed for racquet sports is mandatory. 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 2012 NSGA Qualifying Games will qualify. Athletes may enter only the event(s) in which he/she qualifies.

**SHUFFLEBOARD:** All first, second, third and fourth place winners at 2012 NSGA Qualifying Games will qualify. Athletes must qualify in Shuffleboard doubles in order to enter this event. 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 47 of the GGO Rule Book). Athletes must provide own cues. Disks will be provided.

**SOFTBALL THROW/FOOTBALL THROW:** Not offered at Nationals.

**SOFTBALL TOURNAMENT:** All first, second and third place winners at the 2012 NSGA qualifying games will qualify for the 2012 National Summer Senior Games. Teams must be all one gender. Teams must provide their own bats, gloves and practice balls. 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 47 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, 2013. Athletes may compete with only one team per sport.

- 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 2012 NSGA qualifying Games will qualify. Swimmers will be eligible to swim two (2) bonus events. Bonus events may be only be in the same stroke an athlete qualified in and can only be of lesser distance, not greater. Athletes must provide times from the last twelve months for their selected bonus events. Athletes who qualify in the 200-yard Individual Medley may select only the 100-yard IM as a bonus event. Swimmers must swim in his/her qualified event at the 2013 Games in order to pick a bonus event in that stroke. Swimmers may enter a maximum of 6 events, including bonus events. The 500-yard Freestyle and the 200-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.
- TABLE TENNIS:** All first, second, third and fourth place winners at 2012 NSGA Qualifying Games will qualify. Athletes must qualify in each table tennis event in which they wish to compete at the 2013 National Games except when Rule E of the NSGA rules applies. Players must provide their own paddle. Balls will be provided.
- TENNIS:** All first, second and third place winners at 2012 NSGA Qualifying Games will qualify. Athletes must qualify in each tennis event in which they wish to compete at the 2013 National Games, except when Rule E of the NSGA rules applies. (See “B”-DOUBLES PARTNERS on page 47 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 2012 NSGA State Qualifying Games will qualify. All athletes who compete in hammer throw or triple jump at a 2012 NSGA qualifying site will qualify for the 2013 National Summer Senior Games. Athletes who reside in a state, which does not offer the hammer throw, pole vault or triple jump 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 47 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. **The pole vault is not offered in Georgia.**
- TRIATHLON:** Not offered in Georgia; however, an athlete may qualify by competing in a 2012 NSGA Qualifying games or by meeting the “**Limited**” Event criteria in Rule D of the NSGA Official Rule Book. (See “A”-LIMITED EVENTS on page 47 of the GGO Rule Book.
- VOLLEYBALL:** All first, second and third place winners at 2012 NSGA qualifying games will qualify for the 2013 Summer 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. 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 by Rule F of the National Rule Book. (See “C” – Teams, on page 47 of the GGO Rule Book). All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. Athletes may compete with only one team per sport. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2013.
- WHEELCHAIR RACE:** Not offered at Nationals.
- 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 State Qualifying Competition. The 20K and 40K cycling, the hammer throw, pole vault, triple jump and the triathlon are considered “LIMITED” events. (Georgia offers 20K, 40K cycling, hammer throw and the triple jump). The rules for qualifying for these events are as follows:

1. If a “LIMITED” event is offered at the State Qualifying Competition 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 State Qualifying Games.
2. If a “LIMITED” event is NOT offered at the State Qualifying Competition 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 administered competition between January 1, 2012 and December 31, 2012.
  - c. Triathlon: an athlete must submit verification of having completed two triathlons between Jan 1 and Dec. 31, 2012.
  - d. Athletes must submit to the NSGA office by no later than April 15, 2013, 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.

**B. DOUBLES PARTNERS**

Doubles partners who qualify together are not required to play together at the 2013 Summer 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, racquetball, table tennis and tennis doubles partners must be of the same gender. Note: Badminton, bowling, table tennis and tennis also have a separate mixed doubles event. Racquetball does not have a 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, 2013. Athletes may compete with only one partner per event.

**C. TEAMS**

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

Any player or any player/coach must have been listed on the roster and registered to compete on a team that participated in a NSGA 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 NSA. All other team and qualifying rules apply.

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.

All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel with the following exceptions:

1. Non-playing coaches, non-playing captains or non-playing bench personnel may represent no more than two teams in the same sport, each of which must be in different age divisions.
2. Non-playing coaches, non-playing captains or non-playing bench personnel are not subject to age and gender requirements.
3. Athletes may compete with only one team per sport. 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.
4. 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.

Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2013.

**National Senior Games Association**  
**2013 SUMMER 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

**600 ROUND**

600 round consists of shooting 20 arrows  
at each distance of 60, 50 and 40 yards.

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	280	400	470
Women	280	400	470

**300 INDOOR ROUND**

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	180	200	250
Women	180	200	250

**NATIONAL FIELD ARCHERY ASSOCIATION**

28 Target Field round

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	300	400	450
Women	275	375	425

\* compound finger, recurve

\*\* compound release

**GOLF MINIMUM PERFORMANCE STANDARDS**

Men					Women				
Age Div.	Slope 119-120	Slope 121-122	Slope 123-124	Slope 125-126	Age Div.	Slope 113-114	Slope 115-116	Slope 117-118	Slope 119-120
50-54	77	78	79	80	50-54	88	89	90	91
55-59	78	79	80	81	55-59	89	90	91	92
60-64	79	80	81	82	60-64	90	91	92	93
65-69	81	82	83	84	65-69	93	94	95	96
70-74	84	85	86	87	70-74	96	97	98	99
75-79	87	88	89	90	75-79	102	103	104	105
80-84	90	91	92	93	80-84	106	107	108	109
85-89	100	101	102	103	85-89	111	112	113	114
90+	105 51 (9-hole)	106 52 (9-hole)	107 53 (9-hole)	108 54 (9-hole)	90+	115 56 (9-hole)	116 57 (9-hole)	117 58 (9-hole)	118 59 (9-hole)

**RACE WALK MINIMUM PERFORMANCE STANDARDS**

Men 1500m		5K		Women 1500m		5K	
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	13:06	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**

**ROAD RACE MINIMUM PERFORMANCE STANDARDS**

Men	5K	Women	5K
50-54	19:10	50-54	24:25
55-59	19:23	55-59	26:50
60-64	20:02	60-64	27:21
65-69	22:07	65-69	28:09
70-74	23:42	70-74	33:20
75-79	29:10	75-79	37:50
80-84	35:58	80-84	46:58
85-89	43:30	85-89	53:50
90+	43:30	90+	57:30

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS**

## SWIMMING MINIMUM PERFORMANCE STANDARDS

(Shaded items indicate revised standards from the 2011 Summer National Senior Games)

Based on Short Course Yards - Conversion

Metric Times: Multiply by 0.893 to get yardage times.

Yardage Times: Multiply by 1.118 to get metric times.

### 50- Yard Backstroke

Men		Women	
50-54	:36.20	50-54	:41.40
55-59	:36.33	55-59	:43.30
60-64	:37.30	60-64	:49.41
65-69	:42.30	65-69	:49.41
70-74	:45.20	70-74	:55.20
75-79	:50.10	75-79	1:00.10
80-84	53.16	80-84	1:08.85
85-89	1:31.40	85-89	1:34.90
90+	1:50.80	90+	2:25.20

### 100- Yard Backstroke

Men		Women	
50-54	1:27.20	50-54	1:33.00
55-59	1:27.20**	55-59	1:33.00
60-64	1:27.20**	60-64	1:49.24
65-69	1:31.70	65-69	1:49.24
70-74	1:43.85	70-74	2:05.80
75-79	1:54.44	75-79	2:16.10
80-84	2:01.77	80-84	2:35.13
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	3:09.90	50-54	3:07.60
55-59	3:09.90	55-59	3:21.40
60-64	3:09.90	60-64	3:59.20
65-69	3:26.30	65-69	4:21.20
70-74	3:52.17	70-74	4:46.20
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:31.20
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	:47.40
55-59	:37.70	55-59	:47.40
60-64	:37.80	60-64	:51.10
65-69	:44.20	65-69	:55.10
70-74	:46.10	70-74	1:00.00
75-79	:51.80	75-79	1:09.80
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	1:28.60	60-64	1:58.70
65-69	1:37.20	65-69	2:01.20
70-74	1:44.20	70-74	2:12.20
75-79	1:57.90	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	3:59.70
55-59	3:09.80	55-59	3:59.70
60-64	3:17.60	60-64	4:31.47
65-69	3:39.40	65-69	4:32.90
70-74	3:55.30	70-74	4:44.41
75-79	4:18.58	75-79	5:43.59
80-84	6:13.00	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	1:16.00	50-54	1:26.70
55-59	1:16.00	55-59	1:34.20
60-64	1:21.80	60-64	1:44.60
65-69	1:24.80	65-69	1:52.30
70-74	1:39.10	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	2:57.70	55-59	3:33.50
60-64	3:02.30	60-64	4:12.40
65-69	3:36.83	65-69	4:27.00
70-74	3:42.80	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

**SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)**

<b>50-Yard Butterfly</b>				<b>100-Yard Butterfly</b>			
<b>Men</b>		<b>Women</b>		<b>Men</b>		<b>Women</b>	
50-54	:30.90	50-54	:37.65	50-54	1:33.00	50-54	1:27.05
55-59	:32.40	55-59	:39.10	55-59	1:35.20	55-59	1:42.49
60-64	:34.20	60-64	:47.50	60-64	1:35.20	60-64	2:38.30
65-69	:37.00	65-69	:53.92	65-69	1:51.33	65-69	2:55.90
70-74	:42.20	70-74	:58.60	70-74	1:51.33	70-74	2:55.90
75-79	:49.80	75-79	1:13.60	75-79	3:22.20	75-79	4:33.80
80-84	1:35.40	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

<b>50-Yard Freestyle</b>				<b>100-Yard Freestyle</b>			
<b>Men</b>		<b>Women</b>		<b>Men</b>		<b>Women</b>	
50-54	:28.50	50-54	:34.20	50-54	1:04.20	50-54	1:13.70
55-59	:28.80	55-59	:34.80	55-59	1:06.00	55-59	1:16.90
60-64	:29.50	60-64	:36.90	60-64	1:06.00	60-64	1:26.50
65-69	:31.80	65-69	:40.60	65-69	1:12.10	65-69	1:33.30
70-74	:34.40	70-74	:41.40	70-74	1:17.30	70-74	1:36.60
75-79	:36.80	75-79	:48.10	75-79	1:26.30	75-79	1:50.00
80-84	:41.40	80-84	59.90	80-84	1:35.70	80-84	2:23.10
85-89	1:21.20	85-89	1:16.30	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

<b>200-Yard Freestyle</b>				<b>500-Yard Freestyle</b>			
<b>Men</b>		<b>Women</b>		<b>Men</b>		<b>Women</b>	
50-54	2:27.20	50-54	2:46.10	50-54	7:15.30	50-54	7:32.20
55-59	2:27.20	55-59	2:59.40	55-59	7:15.30	55-59	7:57.70
60-64	2:33.60	60-64	3:08.21	60-64	7:15.30	60-64	8:24.50
65-69	2:57.30	65-69	3:30.00	65-69	8:09.30	65-69	9:47.50
70-74	3:11.59	70-74	3:48.90	70-74	8:18.70	70-74	10:48.10
75-79	3:36.20	75-79	4:15.78	75-79	9:50.50	75-79	11:03.30
80-84	3:52.68	80-84	5:25.90	80-84	11:50.90	80-84	15:05.10
85-89	6:27.40	85-89	8:08.70	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

**TRACK AND FIELD MINIMUM PERFORMANCE STANDARDS**  
 (Shaded items indicate revised standards from the 2011 Summer National Senior Games)

<b>MEN'S DIVISION</b>					
<b>Age</b>	<b>100 M</b>	<b>200 M</b>	<b>400 M</b>	<b>800 M</b>	<b>1500 M</b>
50-54	:14.00	:28.70	1:06.20	2:32.10	5:19.00
55-59	:14.00	:29.10	1:06.40	2:36.40	5:24.20
60-64	:14.30	:29.80	1:07.80	2:40.20	5:35.10
65-69	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:16.00	:32.40	1:15.13	3:05.20	6:55.62
75-79	:16.90	:36.90	1:27.60	3:35.44	7:48.49
80-84	:18.94	:39.79	1:43.80	4:35.40	9:21.24
85-89	:23.99	:58.90	2:51.30	6:44.80	16:05.00
90-94	:51.90	1:03.00	3:30.00	7:00.20	16:05.00
95+	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

<b>WOMEN'S DIVISION</b>					
<b>Age</b>	<b>100 M</b>	<b>200 M</b>	<b>400 M</b>	<b>800 M</b>	<b>1500 M</b>
50-54	:17.20	:35.20	1:21.60	3:10.40	6:35.10
55-59	:17.20	:36.60	1:28.70	3:25.01	7:03.00
60-64	:18.00	:38.80	1:35.10	3:40.80	7:17.00
65-69	:18.40	:41.50	1:42.00	3:50.00	7:55.00
70-74	:20.60	:44.20	1:48.20	4:29.80	9:10.00
75-79	:21.99	:46.84	2:13.90	5:02.30	13:00.98
80-84	:26.80	1:07.30	3:48.70	6:11.80	14:24.85
85-89	:39.80	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**

<b>MEN'S DIVISIONS</b>								
<b>Age</b>	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>	<b>Hammer</b>
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.51	11.28	35.91	40.39	2.60	27.20
60-64	4.24	1.26	7.52	11.25	35.48	38.49	2.43	25.10
65-69	4.01	1.22	7.52	10.52	34.52	34.34	2.21	25.00
70-74	3.50	1.14	7.43	10.49	31.29	30.23	2.12	22.60
75-79	3.04	1.04	5.10	8.94	26.42	26.96	1.53	20.70
80-84	2.90	.95	3.94	8.72	22.73	21.29	.91	20.00
85-89	1.37	.73	2.94	6.38	16.05	14.33	.86	16.00
90+	1.19	.66	2.00	3.92	11.58	6.81	.86	14.00

<b>WOMEN'S DIVISIONS</b>								
<b>Age</b>	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>	<b>Hammer</b>
50-54	3.25	1.07	6.60	8.33	20.98	20.42	1.22	19.30
55-59	3.20	.99	4.30	7.87	18.72	19.89	1.22	19.00
60-64	3.05	.99	4.30	7.32	18.54	19.89	1.22	14.28
65-69	2.74	.86	3.90	6.83	17.45	17.73	1.22	10.10
70-74	2.43	.82	3.30	6.40	16.99	15.37	1.22	10.10
75-79	2.10	.78	3.20	5.92	13.84	13.67	1.22	9.50
80-84	1.55	.66	2.70	4.45	11.53	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

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS**

**Thank you to:  
Georgia Golden Olympics  
Platinum Contributors**

**Flint Energies  
Foundation**



**Gold Contributors**

**STORAWAY**  
**MINI-WAREHOUSES**  
*Where Customers Are The Key!*

**First Christian Church  
(Disciples of Christ)  
Winder, Georgia**

**The Miles Group  
Snellville, Georgia**

# Hurt to walk *Let's talk.*

**Do simple tasks like,**  
walking the dog, grocery shopping,  
gardening, or even walking up a  
flight of stairs hurt?

If so, call 404.501.TALK or email  
[letstalk@dekalbmedical.org](mailto:letstalk@dekalbmedical.org) to:

- Speak with a Joint Solutions Center specialist
- Talk to a hip or knee replacement patient who has been through the Joint Solutions Center
- Register for a **FREE** physician-led hip or knee seminar



**DeKalb Medical**  
Joint Solutions Center

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



Georgia Department  
of Public Health  
Breast and Cervical  
Cancer Program



**HOUSTON HEALTHCARE**

**THIS RULE BOOK IS TO ASSIST YOU IN TRAINING FOR COMPETITION IN GEORGIA GOLDEN OLYMPICS EVENTS. IF YOU HAVE QUESTIONS, PLEASE CALL OR WRITE:**

**GEORGIA GOLDEN OLYMPICS**  
PO BOX 958  
WINDER, GA 30680  
(770) 867-3603-PHONE  
(770) 867-3640-FAX

[www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org)

**WE LOOK FORWARD TO SEEING YOU IN WARNER ROBINS.**