

Event-Specific Instructions



Accuracy Plug Casting

Open-faced or closed-faced reels. A limited number of eye guards and spin casting reels will be available for loan.

Art Competition

Participants in the Art Competition will receive a copy of the Art Competition Rules containing updated requirements, show information and drop-off/pick-up times after registration.

Billiards

Billiards rules will be in accordance with the B.C.A. (Billiards Congress of America).

Bowling

Bowling balls and shoes available at Tropicana Lanes if not provided by participant. Participants must wear bowling shoes. Bowling will follow USBC rules but is a non-USBC sanctioned event. If there is no average, last years Senior Olympics average will be used. If you do not have a Senior Olympics average, one will be assigned as follows: Men, 140; women, 125; handicap will be 80% from 200. It shall be the bowler's responsibility to verify the average in the handicap portion of the tournament. Failure to use proper average will result in disqualification. Correction of average can be made at "Check-in" at the bowling lanes. Awards will be given for both scratch and handicap events but a participant can only win one of these awards per event. The award will be made first to the top three scratch places, then to the top three handicap places, then to the 4th, 5th and 6th scratch places, then the 4th, 5th and 6th handicap places.

Bridge

ACBL Sanctioned Duplicate Bridge. Please register with a partner. If you do not have a partner, you may show up and will be paired with another player if possible. Event takes place at St. Louis Bridge Center. For more information on Bridge, visit stlouisbridge.org.

Cycling

ANSI approved helmets are required. Non-motorized multi-speed (or less) bicycles with no reduction resistance devices. Fixed gear bicycles must have brakes. **The 2017 Missouri State Time Trial Championship will be held on Saturday, August 5 in Centralia, MO.**

Doubles/Partner Events

Both partners must register and pay fees. Participants may not duplicate entry in any one event with more than one partner. No assignments will be made by the St. Louis Senior Olympics office.

Golf

Participant must provide clubs and balls for play for the 9-Hole and 18-Hole Tournaments. (Also See Facility Fees). The golf handicap competition is limited to those who bring a current USGA handicap card to the event. The scratch competition is open to all. Both the SCRATCH and a HANDICAP tournament will be played simultaneously. Golfers may ONLY participate in one of the two formats - SCRATCH OR HANDICAP – and must pre-determine which one they are entering. Medals will be presented to age group place winners in both tournaments.

9-Hole: All Women and Men 70+ will tee off on front (red) tees. Men 50-69 will tee off on back (blue) tees.

18-Hole: All Women and Men 80+ will tee off on front (silver) tees. Men 65-79 will tee off on middle (blue) tees. Men 50-64 will tee off on back (yellow) tees. Dogwood and Hawthorne courses will be used for 18-Hole Tournament.

Racquetball

Racquets, gloves, eye guards with impact resistant polycarbonate lenses or shatterproof glasses are mandatory.

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. Please visit usapa.org for more information.

Rules

Rules for all events can be found on stlouisseniorolympics.org

Swimming

2017 USMS rules will be followed. Pool available for warm-ups ½ hour prior to the first scheduled event. The 2017 swimming events will take place at the Jewish Community Center Marilyn Fox Building in Chesterfield.

Tap Dance

The Tap Master's Classes will be held on Thursday, May 4 from 9am – 1pm. The Tap Exhibition will be held on Thursday, May 25 at 1:30pm.

All tap programming will be held at the J in Creve Coeur.

Team Events

All players on a team roster MUST complete the Waiver and include the team event participant fee of \$32/\$42. Any team player interested in participating in other events must pay the full General Registration Fee of \$47 or \$57, and complete Official Entry Form. Team captains are responsible for completing the Team Entry Form and Roster. (Pages 13-14)

Tennis

Tennis will follow USTA rules. Participants may enter both singles and doubles tournaments, but must be available to play multiple matches per day. Failure to show up for a scheduled match will result in disqualification for 2017 and lose your right to play in the following year's tournament.

Track & Field

Track and Field is governed by USATF rules.

1k = 1 kilogram = 2.2 pounds; 100g = 100 grams = 3.5 ounces

Discus: .75k for women 75+, 1k for women 50-74 and men 60+, 1.5k for men 50-59

Javelin: 400g for women 75+ and men 80+, 500g for women 50-74 and men 70-79, 600g for men 60-69, 700g for men 50-59

Shot Put: 2k for women 75+, 3k for women 50-74 and men 80+, 4k for men 70-79, 5k for men 60-69, 6k for men 50-59

Pole Vault: Participants need to be in good physical condition and will need to supply their own pole

Volleyball/Water Volleyball

Co-ed Volleyball team rules require minimum of three (3) women on court or four (4) in pool at all times.

Weightlifting

Places will be determined by a ratio of body weight to weight lifted. The weight of the equipment will be added to the total weight lifted. The curl bar is 25 lbs, bench press bar is 45 lbs and the leg sled is 120 lbs. The leg press is a "Hammer Strength" Linear Leg Press. The lifter must break the weight and then lower it until the knees are at or below 90 degrees and then must lock the weight out at the top. The leg press does not have a pivot system, so it will move straight up and down with no shift or pivot. Weight will be added on the lower pegs first and then the top pegs if needed. The seat has two adjustments and the user can use whichever they are comfortable with. It also has a built in safety spot at the bottom of the slide to prevent people from getting stuck but will not at all limit the range of motion.