



# EVENT RULES

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## Accuracy Plug Casting

There are two casting events: The 5/8-Ounce Plug & The 3/8 Ounce Plug.

### **For both events**

Rod: Unrestricted (see note)

Reel: Unrestricted (see note)

Line: Monofilament or nylon line shall be of the same diameter from the plug to the point where it is attached to the reel.

Trace: No shock or bumper lines allowed.

Plug: The plug shall be made of plastic weighing either 5/8 or 3/8 ounce, depending on the event.

Casting Technique: Single-handed

**Note:** It is recommended that the caster use any ordinary fishing tackle for use in the two events. The reel, rod and line must be coordinated to give balance in order to cast the 5/8 ounce plug or 3/8 ounce plug accurately at all targets. The caster must be able to control the plug with each cast taken.

**COURT LAYOUT AND TARGETS:** Targets will be thirty (30) inches in diameter and five (5) targets will be placed as follows for each event.

Target #1 (Red)	30 feet distance from caster's box
Target #2 (Blue)	40 feet distance from caster's box
Target #3 (Orange)	50 feet distance from caster's box
Target #4 (Yellow)	60 feet distance from caster's box
Target #5 (White)	70 feet distance from caster's box

Target will be arranged in a straight line. All casting contestants will be given fifteen (15) minutes of warm-up prior to each event. Casting squads will be made up of two casters. The casting event will consist of two (2) rounds of five (5) targets. Each member of the casting squad will alternate making casts at each of the five targets of round one, as directed by the official judge. Upon completion of round one, the casters will use the same technique in round two. Each contestant will make a total of ten (10) casts.

**SCORING:** A perfect score of one hundred (100) points is possible for ten (10) casts. Each hit in or on the target will consist of a perfect. One demerit will result in missing the target by one (1), foot or each fraction of one foot. Two demerits will result in missing the target from 13 inches to 24 inches. A maximum of ten (10) demerits can be taken off from the score from each target.

**DETERMINING WINNER:** One hundred (100) points, less the total number of demerits, will constitute the caster's score. That caster, having made the highest score will be declared the winner. In case of a tie between contestants, the caster having made the greatest number of initial perfects shall be declared the winner. If this fails to break the tie, a round of five targets shall be cast between the tied contestants until a winner is determined. A qualified scoring judge will be used to judge each event, and his decision on the scoring will be final.



# EVENT RULES

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## Art Competition

### ENTRIES

Painting (acrylic and oil), Photography, Textiles, Watercolor, Ceramics/Sculpture/Glass/Jewelry, and Prints/Drawing/Pastel/Collage

### RULES

1. Artist may submit only one work of art.
2. Work must not have been previously entered in the art competition.
3. Work must be original and completed within the last three years and after the age of 50.
4. Work must be framed for exhibition and ready to hang.
5. Framed pictures or hanging fabric entries should be no larger than 36" x 36".
6. Entries must be labeled on the back with artist's name, address, phone number, title of work, medium and division.
7. Art pieces should weigh 50 pounds or less.

### DROP OFF & PICK UP WORK

All works must be dropped off and picked up at the J's Fitness & Wellness Building on pre-determined dates.

Jewish Community Center  
Staenberg Family Complex  
2 Millstone Campus Drive  
St. Louis, MO 63146

### AWARDS

First, second and third place medals in each category.



# EVENT RULES

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## Badminton

### SCHEDULE OF MATCHES

1. A schedule of matches will be available at the courts prior to the opening of play and during playing hours.
2. Times of matches will be determined by availability of players and courts.
3. Matches will be decided by the first individual/team to win 2 games.

### SCORING SYSTEM

1. The side winning a rally adds a point to its score.
2. A game consists of 21 points.
3. If the game reaches 20 all, the side which gains a 2 point lead first, wins that game.
4. If the game reaches 29 all, the side scoring the 30<sup>th</sup> point, wins that game.
5. The side winning a game serves first in the next game.

### INTERVALS AND CHANGE OF ENDS

When the leading score reaches 11 points, players have a 60 second interval. A 2 minute interval between each game is allowed. If there is a third game, players change ends when a side scores 11 points.

### SINGLES

At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left service court. If the server wins a rally, the server scores a point and then serves again from alternate service court. If the receiver wins a rally, the receiver scores a point and becomes the new server.

### DOUBLES

There is only one serve in doubles. The service passes consecutively to the players. At the beginning of the game and when the score is even, the server serves from the right court. When it is odd, the server serves from the left court. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.

The player of the receiving side who served last stays in the same service court from where he/she served last. The reverse pattern applies to the receiver's partner. The players do not change their prospective service courts until they win a point when their side is serving. If players commit an error in the service court, the error is corrected when the mistake is discovered.

EVENT DIRECTOR MAY MAKE ANY CHANGES in tournament play to insure play, including mixed pairings.

### TIE BREAKER

1. Head to Head Competition
2. Most Games/ Sets Won
3. Most Points Scored



# EVENT RULES

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## Baseball Homerun Derby

### GENERAL INFORMATION

Contestants must use official ball furnished by Senior Olympics.

Participants are encouraged to bring their own bats, but senior Olympics will provide a few bats.

Helmets are required. You can use your own helmet or the one provided by Senior Olympics.

### PLAYING RULES

Each player will then have 10 official swings

Participants will have 3 practice swings, and if participant chooses, may use towards competition swings.

In order for the home run to count, the ball must be in the air when it crosses the distance line for your age. Any ball that rolls or bounces over the line will be disqualified.

The distance required to hit a homerun will be as follows:

<b>Men</b>	<b>Women</b>
50-59 ~ 150 feet	50-59 ~ 90 feet
60-69 ~ 120 feet	60-69 ~ 60 feet
70-79 ~ 100 feet	70+ ~ 45 feet
80+ ~ 60 feet	

Each batter will get only one chance to hit his/her homeruns.

If the batter does not hit a homerun, one extra ball will be hit and the distance measured to ensure that each person has a score for results.

In case of a tie, the player with the most consecutive homeruns will be declared the winner. If a tie still remains, the player achieving the consecutive series earlier in 10 swings will be the winner.



# EVENT RULES

## Basketball 3-on-3

*Missouri State High School rules will apply except for the following*

### ROSTER AND PLAYERS

1. Teams must have a minimum of three (3) and a maximum of six (6) players on the roster.
2. All players must be registered for the St. Louis Senior Olympics.
3. Teams will play in the bracket of the youngest player.
4. A game can be played with a minimum of two players on a team. In such a case, the opposition may play with three players as usual.

### SCORING

1. For tournament play, it will be best-of-3 series. The first two (2) games will be played to twenty (20) and if a third game is needed will be to fifteen (15).
2. Teams play up to three (3) series.
3. After a basket has been scored, it will be the opposing team's ball at the top of the court.
4. A team must win by two (2) or more points.
5. If time runs out in the 3rd game, the game is over.
6. There are no free throws.
7. All balls must be cleared past the three (3) point line at the top of the court.
8. All out of bound balls are put into play at the top of the court.
9. Tied or jump balls shall be brought in alternatively by one team and then the other.
10. One (1) timeout will be allowed per game per team. Two (2) minutes between games.
11. In the event of a tie at the end of the time limit: Each team will select three (3) players to take one (1) shot at the top of the three (3) point line. If the tie remains after all shooters, each team of the selected three (3) will take alternating shots until a tie no longer remains. The second team to shoot always has the opportunity to shoot to tie the score.

### FOULS

1. If a foul is committed, the opposite team takes the ball out at the top of the key.
2. There is no limit on the number of fouls per players.
3. No flagrant or abusive conduct will be tolerated. Any striking or kicking will result in ejection from the tournament.

### TIME LIMIT

1. 45-minute running clock.
2. The clock starts at the designated time on the schedule.

### THE GAME

1. The team that starts with the ball will be determined by a coin flip conducted by the official. In the second and third series of a game, the possession will go to the team that lost the previous game.
2. The game will be played on a half court on the main basket.

### OTHER

1. Hanging from the rim is not permitted and will result in a technical foul. Each team will be held responsible for replacing any backboards, glass or rim broken or damaged by their players.
2. Fighting will result in a technical and immediate ejection.
3. Any one flagrant foul, resulting in technical, may result in the individual being ejected from the game.
4. Player behavior – If a player is abusive or uncontrollable, the referee shall approach the player's team captain and the captain shall attempt to calm the player down. If the player continues to be unruly, a technical foul may be assessed against that player as deemed necessary by the official.
5. The use of profanity is considered inappropriate and may result in a technical foul and/or ejection from the game.
6. Fan behavior – If fans are abusive and uncontrollable, the referee shall approach the captain whose team is allied with the fans. The captain shall attempt to calm the fans down. If the fans continue to be unruly, a technical foul may be assessed against the team for who the fans are there.
7. Forfeits- There will be a ten (10) minute grace period allowed for each team if they cannot field two (2) players. Game time will still begin at normal time. At the end of the ten (10) minute grace period, if two (2) players are not present, the game will be considered a forfeit.



# EVENT RULES

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## Basketball Around the World

1. Contestants must use the official ball furnished by Senior Olympics.
2. The basket will be 10 feet in height.
3. Each shooter will get five practice shots (one from each of the five designated zones) and 15 official shots (three consecutively at each of the five lines on the floor).
4. The shooter must stand behind the line that will be 12, 15 and 18 feet from the basket. At no time will the shooter be able to touch or go beyond the line. Lines will be marked by tape.
5. Each shooter will get only one chance to shoot their shots.
6. In case of a tie, the player with the most consecutive shots will be declared the winner. If a tie still remains, the player achieving the consecutive series earlier in the 15 throws will be the winner.
7. Men 70+ and all women will shoot two feet closer to the basket at each spot.



# EVENT RULES

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## Basketball Free Throw

1. Contestants must use the official ball furnished by Sr. Olympics.
2. The basket will be 10 feet in height.
3. Each shooter will get 5 practice shots and 25 official free throws.
4. The shooter must stand behind the line. At no time will the shooter be able to touch or go beyond the line, or it will be counted as a miss.
5. Each shooter will get only one chance to shoot their shots.
6. In case of a tie, the player with the most consecutive shots will be declared the winner. If a tie still remains, the player with the consecutive series earlier in the 25 shots will be declared the winner.



# EVENT RULES

## Billiards – 8 Ball

1. Game rules shall be in accordance with the B.C.A. (Billiard Congress of America).
2. Tournament will be divided by age groups only if there is a sufficient number of entries. Decision of the director is final.
3. Men and women will play against each other unless there are more than eight women who enter.
4. The break: by flip of coin or lag on first game only.
5. Player will be considered in default if he/she is not present 15 minutes after the scheduled start.

### Eight Ball

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.

### Determining First Break

The player winning the lag has the option to determine who has to execute the first break shot. (See 1.2 Lagging to Determine Order of Play.) The standard format is alternate break (See Regulation 15, Subsequent Break Shots.)

### Eight Ball Rack

The fifteen object balls are racked as tightly as possible in a triangle, with the apex ball on the foot spot and the eight ball as the first ball that is directly below the apex ball. One from each group of seven will be on the two lower corners of the triangle. The other balls are placed in the triangle without purposeful or intentional pattern.

### 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. (See 3.4 Open Table / Choosing Groups.)

(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.

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 (see definition 8.6 Scratch), 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.

### Open Table / Choosing Groups

Before groups are determined, the table is said to be "open," and before each shot, the shooter must call his intended ball. If the shooter legally pockets his called ball, the corresponding group becomes his, and his opponent is assigned the other group. If he fails to legally pocket his called ball, the table remains open and play passes to the other player. When the table is "open", any object ball may be struck first except the eight ball.

### Continuing Play

The shooter remains at the table as long as he continues to legally pocket called balls, or he wins the rack by pocketing the eight ball.

### Shots Required to Be Called

On each shot except the break, shots must be called as explained in 1.6 Standard Call Shot. The eight ball may be called only after the shot on which the shooter's group has been cleared from the table. The shooter may call "safety" in which case play passes to the opponent at the end of the shot and any object ball pocketed on the safety remains pocketed. (See 8.17 Safety Shot.)

**Spotting Balls** If the eight ball is pocketed or driven off the table on the break, it will be spotted or the balls will be re-racked. (See 3.3 Break Shot and 1.4 Spotting Balls.) No other object ball is ever spotted. 3.8 Losing the Rack 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. (See 3.3 Break Shot.) Version 21/12/2007 – The Rules of Play Page 2 of 3 Version 21.12.2007 Version 21/12/2007 – The Rules of Play Page 3 of 3

### Standard Fouls

If the shooter commits a foul, play passes to his opponent. The cue ball is in hand, and the incoming player may place it anywhere on the playing surface. (See 1.5 Cue Ball in Hand.) The following are standard fouls at eight ball:

6.1 Cue Ball Scratch or off the Table

6.2 Wrong Ball First; The first ball contacted by the cue ball on each shot must belong to the shooter's group, except when the table is open. (See 3.4 Open Table / Choosing Groups.)

6.3 No Rail after Contact

6.4 No Foot on Floor

6.5 Ball Driven off the Table (See 3.7 Spotting Balls.)

6.6 Touched Ball

6.7 Double Hit / Frozen Balls

6.8 Push Shot

6.9 Balls Still Moving

6.10 Bad Cue Ball Placement

6.11 Bad Play from Behind the Head String

6.12 Cue Stick on the Table

6.13 Playing out of Turn

6.15 Slow Play

### Serious Fouls

The fouls listed under 3.8 Losing the Rack are penalized by the loss of the current rack. For 6.16 Unsportsmanlike Conduct, the referee will choose a penalty appropriate given the nature of the offense.

### Stalemate

If a stalemate occurs (see 1.12 Stalemate), the original breaker of the rack will break again.



# EVENT RULES

## Bocce



no bocce in 2025

1. The game is played by two players.
2. Two sets of balls (four to a set) in different colors, 4 to each player of each team.
3. A ninth small ball called "Boccin" is used.
4. The game is played on an open field or a special court with proper enclosures. Dimensions are usually 10'x60'. (St. Louis Senior Olympics is 10'x50'.)
5. Scorekeeper throws boccin and each player throws one ball – closest person starts.
6. The initial throw (boccin) must land past the halfway mark(marked with colored tape) and no less than 5 feet away from the backboard(marked with colored tape).
7. The member tossing the boccin follows with a throw to try to get as close to the little ball as possible.
8. A member of the other team then tries to get the point by getting closer to the little ball than the competition.
9. Failure to do so require that same team to continue until point is gained, using the remaining balls.
10. The number of balls of same marking close to little ball designates points made (4) maximum game points 8.
11. The game continues from opposite end of court, the team gaining the point or points has the right to throw little ball any place on court and follows with a ball to get as close as possible.
12. Player that is ahead in points throws the boccin to start the round.
13. Procedures follow back and forth on court until the team with 8 wins.
14. Over 15 minutes late is a default.

## Dead Balls

1. Should a player's bocce ball make contact with the back board the bocce ball is considered a dead ball on impact and is removed from play until the end of the frame.
  - a. If the thrown ball comes to rest on the boccin or another ball that is touching the back wall, that thrown ball remains in play. The ball touching the back wall is removed from play. If the boccin is touching the back wall it remains in play.
  - b. If a bocce after hitting the backboard strikes a stationary bocce, that stationary bocce shall be replaced in its original position. The thrown ball is removed from play.
  - c. If a bocce hitting the backboard is not removed quickly enough and, as a result, strikes a moving ball that likely would have hit the backboard, allowing the moving ball to remain in play, that moving ball remains in play where it comes to rest.

## TIE BREAKER

1. Head to Head Competition
2. Most Games / Sets Won
3. Most Points Scored



# EVENT RULES

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## Bowling

Bowling balls and shoes are provided by bowling center if not owned by athlete. All participants must wear bowling shoes.

### GAME RULES

1. There are three bowling tournaments: Singles Scratch, Singles Handicap and Open Doubles.
2. 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. Ties receive duplicate awards.
3. Entering averages. USBC rules will apply except as follows: If there is no average, last years Senior Olympics average will be used. If you do not have a Senior Olympics average, you do not qualify for the Handicap Tournament. Proof of average can be made at check-in at the bowling center.
4. The age division of competition in doubles will be determined by age of the youngest member.
5. Rule 301B & 302 shall apply.
6. Present your USBC card when checking in before the tournament begins.
7. Doubles event roster can be comprised of any combination of gender.



# EVENT RULES

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## Cornhole

**Equipment and Distance:** Boards shall be 24" x 48". The hole shall be 6" in diameter, centered 9" from the top of the board and 12" from each side edge. The front of the board is 3"-4" from bottom to top. The back of the board is 12" from bottom to top. The angle of the back legs of the board to the board should be approximately 109 degrees. The playing surface should be finish-sanded to a smooth texture. There should be no blemishes in the surface that might disrupt or distort play. The playing surface can be painted with a high gloss latex paint or varnish. The surface should allow bags to slide when thrown, but not so slippery that bags slide back down the platform. There shall be 8 bags; 4 each of two different colors. The bags shall be 6" x 6" square and weigh 1 pound each and the preferred (not required) filling is corn. A canvas like durable material is recommended.

For Men 70+ and all Women, the boards shall be measured to be 20' apart (front of board to front of board). For Men 50-69 the boards shall be measured to be 24' apart (front of board to front of board).

**THE GAME:** Each game is divided into a maximum of 7 frames (8 frames for doubles) OR first person to score 21 points, whichever comes first. If the score is tied after 7 frames, one additional frame will be played to determine game winner.

The choice of throwing side, choice of who throws first and choice of bag will be determined by a single coin toss and is considered Player A.

**DOUBLES:** One frame (inning) in doubles is complete after all 4 players have each thrown 4 bags. Boards are 20 feet apart, regardless of age bracket or genders.

**SCORING:** 1 point per bag on board 3 points per bag in hole. Note: Bag cancellation method will apply. Example: If both players have 1 bag in the hole, zero points are awarded for those 2 bags. If one player has 1 bag in the hole and the other individual has 1 bag on the board, 2 point will be awarded to the player with the bag in the hole.

A bag that comes into contact with the ground before the board is not a legal throw and will be removed from play and point consideration. A bag that is touching the ground while also sitting on the board will also be removed from play and point consideration. A bag must completely clear the hole to be in the hole. A bag hanging partially in the hole is a bag on board, not in the hole.

### FOULS:

1. Thrower stepping over the plane of the front of the board extended (men only).
2. Thrower throwing out of turn.
3. When alternating turns, a player tosses his/her bag before the previously thrown bag comes to rest on the board.

### PENALTY FOR FOULS

One Foul: Warning and opponent chooses to have a re-throw or not.  
Fouls after warning: Loss of turn, bag is removed from round.



# EVENT RULES

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## Cycling

### GENERAL RULES

1. Races will be 1/4 mile, 1 mile, 5K and 5 mile.
2. Officials [Event Director](#)
  - a. The ~~Chief Referee~~ will be the final authority
  - b. Timers will be responsible to officially time the rider
  - c. Chip timing may be used at the discretion of race officials. Rider must complete race by exiting via finish line chute.

### CYCLING RACING RULES

1. All races will be conducted as a time trial event.
2. Equipment:
  - a. Participants will use their own bicycles. The bicycle can be multi-speed or less, will be non-motorized, with no reduction device
  - b. Unicycles, tandems and fixed gear bicycles without brakes will not be permitted
  - c. Riders must wear an ANSI approved helmet, properly secured
  - d. **Holdings are provided by athletes at their own risk. The holder will neither restrain nor push contestants.**
3. Chief referee will determine the order of riders.
4. Riders will start at 30-second intervals.
5. All riders must remain to the right of the center line at all times
6. When overtaking your minuteman riders may not draft and must pass on the left in a safe manner and not impede the progress of the passed rider.
7. Safety of "ALL" riders must be paramount rule for each rider.
8. In the "HOMESTRETCH" the leaders must ride in a straight line, parallel to the course.
9. Crashes: The effect of each crash will be decided by the Chief Referee, who will have the option of stopping the race (with subsequent restart) or allowing race to continue. In the case of a tie, duplicate medals will be awarded and the consecutive medal is skipped.
10. Anyone coming after event start cannot start that event.



# EVENT RULES

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## Darts

**TOURNAMENT:** Darts is an individual medal competition.

**SCORING:** The game starts with zero points. Each player throws three darts in one round. Scores are totaled after each round. The player with the highest score after 7 rounds (21 darts) wins. In an event of a tie, ties will stand. Each contestant will get one practice round (3 darts) before he or she begins. Awards will be given for top six places.

**RULES:** American Darters Association rules prevail. Any circumstances not covered in these rules will be ruled upon by the Event Director or J Staff Member. Throwing distance is 7' 9-1/4".

**EQUIPMENT:** Bristle dartboards will be used, scoring done manually. English steel tip darts provided.



# EVENT RULES

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## Duplicate Bridge

The Director will place pairs in Sections by ability (i.e., Newcomer, Intermediate and Advanced). The number of Sections and placement of players within them is within the sole discretion of the Game Director.

Within each Section, a Senior Olympic Gold, Silver and Bronze medal will be awarded to the top three North/South and the top three East/West pairs.

Masterpoints will be awarded as in any other sanctioned duplicate game.





# EVENT RULES

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## Football Punt and Kick Off from a Tee

Mid-size Football - Men

Junior League size Football – Women

1. Three (3) consecutive kicks will be made by each contestant.
2. A practice kick will be allowed, and if participant chooses, may use this towards competition.
3. The object is to achieve the longest distance. 
4. A foot fault called by the ~~official~~ will automatically nullify that kick.
5. If a ball lands outside the foul lines, it will be charged as a kick, but will not count for distance.
6. In case of a tie, the participant with the second longest kick will be declared the winner. If a tie still persists, the third kick will determine the winner.
7. The ball may be placed anywhere horizontally along the fault line.
8. The distance is measured where the ball first hits the ground.
9. Only athletic shoes may be worn. 



# EVENT RULES

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## Football Throw for Accuracy

Mid-size Football - Men

Junior League size Football - Women

Short throws shall be first.

1. Five (5) consecutive throws will be made by each contestant from the following distances: MEN 50-74: 10 and 12 yards, WOMEN 50-74/MEN 75+: 7 AND 10 yards and WOMEN 75+: 5 and 7 yards.
2. Each contestant will be allowed 3 practice throws. As soon as one goes in, competition will start. If all 3 are missed, competition will start on the fourth attempt. May be adjusted to each distance.
3. The target will be the opening in a 25-inch ring, the center of which will be 5 feet off the ground.
4. Eleven points will be awarded for each throw from the 5, 7 and 10-yard line that goes through the target.
5. Twenty points will be awarded for each throw from the 7, 10 and 12-yard line that goes through the target (when distance is the longer of the two).
6. The object of the event is to score the highest possible number of points.
7. A foot fault called by the official will automatically nullify that throw.
8. One practice throw will be allowed from each distance. The player must announce beforehand if they are taking a practice throw or throwing for a score.
9. In case of a tie, the participant with the most consecutive shots will be declared the winner. If a tie still remains, the player achieving the consecutive series earlier will be declared the winner.



# EVENT RULES

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## Football Throw for Distance

Mid-size Football - Men

Junior League size Football - Women

1. Three (3) consecutive throws will be made by each contestant.
2. Two warm-up throws will be allowed.
3. The object is to achieve the longest distance.
4. A foot fault called by the official will automatically nullify that throw.
5. In case of a tie, the participant with the second longest throw will be declared the winner. If a tie still persists, the third throw will determine the winner.
6. The distance of the throw will be measured perpendicular to the start line, not diagonal.





# EVENT RULES

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## Frisbee Throw for Distance

Frisbees to be used      Classic-90gms.-9" dia. Wham-O model #81118 (your choice)  
   Maxflight-160gms-8 ¾" dia. Wham-O model #51105 (your choice)

1. Three (3) consecutive throws will be made by each contestant.
2. A practice throw will be allowed, and if participant chooses, may use this towards competition.
3. The object is to achieve the longest distance.
4. A foot fault called by the official will automatically nullify that throw.
5. If a Frisbee lands outside the foul lines, it will be charged as a throw but will not count for distance.
6. In case of a tie, the participant with the second longest throw will be declared the winner. If a tie still persists, the third throw, will determine the winner.
7. The distance is measured where the Frisbee first hits the ground.





# EVENT RULES

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## Golf – 18 Hole Tournament

**Forest Park's Dogwood and Hawthorne courses will be used for the 18 Hole Tournament.**

1. USGA rules apply.
2. Please adhere to **Forest Park Golf Courses'** local rules on scorecard.
3. Golfers may improve their lie through the green six (6) inches with their hand no closer to the hole. This translates into the fairway, rough, foreign fairways and not in a hazard.
4. Golfers must putt out. No gimmes.
5. Slow play:
  - a. It is the responsibility of each group to maintain the pace and keep up with the group ahead of them. If they have lost their position, they may be asked to pick-up their ball and move to the next hole; their score for that hole will be a '10'.
  - b. 10 shot maximum.
6. Scoring: Scratch and Handicap competitions. Both the SCRATCH and HANDICAP tournament will be played simultaneously. Golfers may ONLY participate in one of the following two formats – SCRATCH OR HANDICAP – Golfers must predetermine which one they will be entering. To be in the HANDICAP competition the golfer must present at REGISTRATION a current USGA handicap card. If a golfer does not present a HANDICAP card they will be placed in the SCRATCH competition.
7. Awards: Three (3) lowest scores in each division will be awarded medals; 4th, 5th, 6th will receive ribbons.
8. In case of a tie, a scorecard playoff will be continued. It will be sudden death starting with hole #1.
9. Tee Off
  - a. All women and Men 80+ will tee off on Front/ Silver tees.
  - b. Men 65 - 79 will tee off on Middle/ Blue tees.
  - c. Men 50 – 64 will tee off on Back/ Yellow tees.



# EVENT RULES

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## Golf – 9 Hole Tournament

1. USGA rules apply.
2. Please adhere to Creve Coeur Golf Courses' local rules on scorecard.
3. Golfers may improve their lie through the green six (6) inches with their hand no closer to the hole. This translates into the fairway, rough, foreign fairways and not in a hazard.
4. Golfers must putt out. No gimmes
5. Slow play:
  - a. It is the responsibility of each group to maintain the pace and keep up with the group ahead of them. If they have lost their position, they may be asked to pick-up their ball and move to the next hole; their score for that hole will be a '10'.
  - b. 10 shot maximum.
6. Scoring: Scratch Only.  
Awards: Three (3) lowest scores will be awarded medals; 4th, 5th, 6th will receive ribbons.
7. In case of a tie, a scorecard playoff will be continued. It will be sudden death starting and hole #1.
8. Tee Off:
  - a. All women and Men 70+ will tee off on Front/ Red tees.
  - b. Men 50-69 will tee off on Back/ Blue Tees.



# EVENT RULES

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## **Golf-Closest to the Pin**

1. Three consecutive shots will be taken by each contestant.
2. The object is to be the closest to the designated hole after the ball has come to a stop.
3. The shot closest to the hole measured to the nearest inch will be the participants recorded score.
4. In case of a tie, duplicate medals will be awarded.
5. Distance 100 yards.
6. Ball must land within 50 feet of the hole to qualify.



# EVENT RULES

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## Golf – Longest Drive

The objective is to have the single longest drive on a golf simulator.

1. All clubs must conform to USGA rules of golf. Clubs cannot be longer than 48 inches and cannot have markings on the face or head that are not factory produced.
2. All balls and tees will be provided by St. Louis Senior Olympics. Clubs will be available if participants do not have their own.
3. Four consecutive shots will be taken by each participant. They will all count; there are no practice swings.
4. Qualifying drives must come to rest inside the grid. A ball that lands outside the grid and rolls or bounces in, or lands inside the grid, rolls or bounces out, and back into the grid is a qualifying drive.
5. The winner will be determined by the single longest stroke. If there is a tie, the tiebreaker will be each participants' second longest stroke, etc. If all four strokes are tied, two awards will be given.
6. SkyTrac Software is used for the golf simulator.

## Horseshoes



### EQUIPMENT

Horseshoes are available or contestants may use their own shoes.

### PLAYING RULES

1. The rules for the Senior Olympics will be a modified version of the National Horseshoe Pitchers Association rules.
  - a. MEN 50 thru 69: shall observe the thirty-seven foot foul line
  - b. MEN 70 thru 89 and WOMEN 50 thru 79 shall observe the twenty-seven foot foul line.
  - c. MEN 90 and over and Women 80 and over shall observe the 20 foot foul line.
  - d. Games will be 28 shoes pitched regardless of points scored. Score after 28 shoes will determine winner. In case of a tie, players will pitch sets of four additional shoes each until tie is broken. (Down and Back)
2. Start of play shall be decided by the flip of a coin or shoe.
3. Contestants will observe foul lines at all times.
4. Player pitching first shall step to rear of opponent after delivering shoes so as not to disturb other opponents' concentration. Both players will walk to opposite end of the court together after delivering their shoes to tally their scores.

### SCORING

1. Scoring will be on the cancellation method.
2. The horseshoe must make contact with the stake and horseshoe to count as 1 point.
3. A ringer is a shoe that encircles the stake and whereby a straight edge will touch both points of the shoe without touching the stake and shall be scored as 3 points.
4. In women's competition, a shoe will count for score if it is inside the box without hitting or touching the wood.
5. Both participants must agree on the score prior to picking up the horseshoes. A judge will be on call should there be any discrepancies for final ruling.
6. Only one person can score per pitch.

### TIE BREAKER

1. Head to Head Competition
2. Most Games / Sets Won
3. Most Points Scored

## Mah Jong



*Remember – Mah Jong is a game of courtesy, civility and harmony. Following a clear set of rules achieves the game's mission.*

### Use the 2023 National Mah Jong League card

#### 1. BEGINNING THE GAME

- EAST player serves as East for Game 1 of each round.
- EAST player begins each game with a throw of the dice to break the wall.
- EAST begins the deal.
- All players must have 13 tiles on rack during play.
- The game begins when East discards the first tile.

#### 2. CHARLESTON

- The first three passes are compulsory (Right – Across – Left)
- The next three passes commence if all players agree to continue.
- A “Blind” tile may be passed for First Left and Last Right. If a player looks at a blind tile before passing it, the player will be penalized 10 points (-10)

#### 3. PICKING and RACKING TILES

- NO PICKING AHEAD. Player is declared Dead if picking ahead or out of turn.
- Player's turn begins when touching the next tile in the wall and, once touched, that tile MUST be picked.
- A player may change his/her mind when claiming the previous discarded tile as long as he/she has not touched it. If touched, the discarded tile MUST be taken and used for an exposure.
- When the next player touches a tile in the wall, the player MUST take that tile and his/her turn is considered started. The player may not claim a discard if first touching a tile in the wall.
- Once a player picks a tile from the wall, that tile should be racked, thereby starting that player's turn and completing the previous play. Once a tile is racked, the previously discarded tile may not be called.

NOTE: It is unsporting and ungracious to pick-and-rack in one swift, fast movement, thereby not giving others players a fair and timely opportunity to claim a discarded tile. Please make an effort to pause for a moment between picking and racking.

- If a player calls a discarded tile, that tile MUST be placed on top of the rack for the exposure. A player is not allowed to place the tile IN the rack once called. The tile must “continue in line of sight.” If a player places the tile IN the rack, that player will be declared Dead.
- A player's turn ends once that player discards a tile by naming it and/or placing it on the table.

#### 4. CALLING MAH JONG

- A player may call Mah Jong by claiming a discarded tile or by picking a tile from the wall at the beginning of his/her turn.
- If two players claim a discarded tile, the player who will make Mah Jong has first right to the tile. NOTE: If neither player will claim Mah Jong with the discarded tile, the player whose next turn would come first gets the right to the discarded tile.
- A Mah Jong is self-picked if the player:
  - Picks the 14th tile from the wall that makes the Mah Jong
  - Claims a discarded tile that makes the Mah Jong hand
  - Picks a tile that can replace an exposed Joker and that Joker makes the Mah Jong hand



# EVENT RULES

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## Pickleball

### ENTRIES

Participants must find their own partners for doubles. The Senior Olympics office will make no assignments.

### SCHEDULE OF MATCHES

1. Participants will be notified by a phone call or e-mail indicating the time for their first match. It is recommended that players arrive 15 minutes before their match time for registration.
2. A schedule of first round play will be available at the information desk prior to the opening of play.
3. During playing hours, the match schedule will be available at the event site.
4. Players will be defaulted if they have not signed in within 15 minutes after the starting time for their match.

### PLAYING RULES

1. All matches will be conducted in accordance with the IFP Official Tournament Rulebook.
2. The server must keep both feet behind the baseline. The serve is made underhand with the paddle below the waist and the wrist. The serve is made diagonally cross-court and must clear the non-volley zone (kitchen).
3. The server must call out the score to the opponents before serving the ball each time. At the start of each new game, only one player on the first serving team is permitted to serve and fault before giving up the ball to the opponents. Thereafter, both members of each team will serve. When the receiving team wins the serve, **the player in the right hand court will always serve first**. When the serving team wins a point, the server moves to the other side of the serving team's court.
4. **DOUBLE BOUNCE RULE: When the ball is served, each team must play their first shot off the bounce.** After the ball has bounced once on each side, both teams can either volley the ball in the air or play it off the bounce.
5. **NON-VOLLEY ZONE (kitchen):** It is the 7-foot zone on both sides of the net. **No volleying** is permitted within the zone. It is a fault if a player, while volleying, steps on or over the line. It is a fault if a player's momentum takes them over the line into the zone.
6. **LINE CALLS:** A ball contacting any line, except the non-volley zone line on a serve, is considered in. Players call their own lines.
7. **SCORING: Points are scored only by the serving team.** Games are normally played to 11 points, win by 2. Tournament games may be to 15 points Straight up. Winner of a coin toss chooses side, serve or receive. Event Director reserves the right to adjust game scoring in the effort of time.
8. **Three numbers are shouted out on the serve.** The server's score, then the receiving team's score, and the third number is the order of the server. **Example: (5 – 4 -1)** This means the serving team has 5 points, the receiving team has 4 points, and the server is the team's first server since winning the serve.
9. **FAULTS:** a fault is any action that stops play because of a rule violation.
  - a. The ball is hit into the net on the serve or any return
  - b. The ball is volleyed before a bounce has occurred on each side
  - c. The ball is hit out of bounds
  - d. A ball is volleyed from the non-volley zone (kitchen)
  - e. A player touches the net or net post when ball is in play

### EQUIPMENT

1. Participants provide their own pickleball paddles.
2. Balls are provided by the J.

### OFFICIALS

Any circumstances not covered in these rules will be ruled upon by the Event Director.

## Push Up Competition

Athletes can choose to participate in both Push Up competitions.

### Traditional Push Up

1. Hands are to be placed on the floor, slightly wider than shoulder width. Elbows at 45 degrees.
2. Back must remain straight.
3. A completed push up is when the upper arm is parallel to the floor and elbows are bent at 90 degrees before pushing back up. Push ups that do not meet this requirement will not count.
4. Knees and stomach (not chest) may NOT touch the ground. If knees or stomach touch, the competition turn is over for that athlete. An athlete may pause in the upright position, with only hands and feet touching the floor.
5. In case of a tie, two winners will be awarded the place.

### Knee Push Up

Above rules apply except knees will be on the floor and feet cannot touch the floor.

# PROPER PUSH UPS



### Common Mistakes

- Hands too far forward
- Not going down far enough (to 90\*)
- Not locking out at top
- Tempo is too fast
- Elbows out too far





# EVENT RULES

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## Racquetball

### ENTRIES

A contestant may not duplicate any one event in two different age groups.

### EQUIPMENT AND SCHEDULES OF MATCHES

1. USA Racquetball approved eye guards must be worn at all times while on the court, including practice.
2. A schedule of first round play will be available at the information desk prior to opening of play.
3. During playing hours, match schedules will be available at the tournament desk.

### PLAYING RULES

1. All racquetball matches will be conducted in accordance with USA Racquetball Rules.
2. A 15-minute default time will be strictly enforced.
3. Warm-up will be limited to a maximum of 10 minutes.
4. All matches will be decided by the best two out of three games.
5. The first two games of each match will be to 15 points. If a third game is required to break a tie, it will be played to 11 points. The person to serve first will be the one who has earned the most points in the first two games.\*
6. All matches will be self-officiated. Good sportsmanship is expected at all times.

*\*Event Director reserves the right to make all decisions regarding racquetball play.*

### TIE BREAKER

1. Head to Head Competition
2. Most Games/Sets Won
3. Most Points Scored



# EVENT RULES

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## Shuffleboard

### ENTRIES

1. There will be a women's bracket and a men's bracket in singles.
2. Any mixture of genders will be allowed for doubles.

### PLAYING RULES: LAG

1. Opposing players will shoot a disc to the far black line (lag line). The disc can touch or cross the black line and be good.
2. The disc nearer the lag line has color choice. Measurement is from center of discs to center of line.

### PLAYING RULES: SINGLES

1. Two singles matches will take place on each court at one time (non-walking singles).
2. For each match, Yellow starts the match on the right.
3. Players alternate shooting first. Yellow will shoot first in odd frames, black in even. Yellow will have the final shot of the last frame.
4. Singles matches will consist of 8 frames. The winner will be the player who has the highest number of points after 8 frames.
5. After 4 frames, players change sides – yellow will now be on the left.
6. In case of a tie, 2 extra frames will be played until the tie is broken.

### PLAYING RULES: DOUBLES

1. Doubles matches will consist of 8 frames of which 4 will be played by each partner who will remain at their respective end of the court during the entire match. The team with the highest score at the end of 8 total frames will be the winner.
2. Yellow will shoot first in odd frames, black in even frames. Yellow will have the final shot of the last frame.
3. In case of a tie, 2 extra frames will be played until the tie is broken.

### EQUIPMENT

Players may bring own cues. 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.

### RULES FOR COURT REFEREES

1. DO NOT walk on playing area of court.
2. DO NOT touch or move discs in play.
3. DO NOT collect discs for players, except when a disc is dead (one that struck any object outside playing area and returned and remained on playing area or one that landed in area between lag lines). Then you may remove it or call for a player to remove it.
4. Tell players to take 3 practices shots and on 4th shot lag for color choice. Player lagging disc closest to far lag line get color choice.
5. Remind players that they must keep their feet behind the base line when shooting and their disc must not touch the front line of the "TEN OFF" area until it leaves their cue. Watch this as they shoot.
6. Tell players to set discs in place in "TEN OFF" area at HEAD OF COURT. Yellow plays from right side and shoots first in singles and doubles.
7. After each disc is played, show a good disc by pointing to it with wand and call point value. If disc is on a line, which means no point value, wave hand over disc. If disc is in "TEN OFF" area, wave wand in a circle over disc and call "minus ten".

*NOTE: The middle line in the "TEN OFF" area is considered nonexistent for scoring purposes (it is there solely to divide area into halves, one half to be starting area for yellow, the other for black.) Thus, if a disc lands on the middle black line in this area, it is "minus ten".*

8. After all eight discs have been played, call out scores with color first ("Yellow seven, black minus 3") and check to see the score is recorded correctly.
9. Call for play to start.
10. In case of rain delay while play is in progress, partial score will stand if more than 50% of game has been played. Entire game may be replayed if less than 50% has been played. Event director may make special determination if necessary.



# EVENT RULES

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## Soccer Kick for Distance

Women use #4 balls

Men use # 5 balls

1. Three (3) consecutive kicks will be made by each contestant.
2. A practice kick will be allowed, and if participant chooses, may use this towards competition.
3. The object is to achieve the longest distance.
4. A foot fault called by the official will automatically nullify that kick.
5. If a ball lands outside the foul lines, it will be charged as a kick but will not count for distance.
6. In case of a tie, the participant with the second longest kick will be declared the winner. If a tie still persists, the third kick will determine the winner.
7. The ball may be placed anywhere horizontally along the fault line.
8. The distance is measured where the ball first hits the ground.
9. Only athletic shoes may be worn.





# EVENT RULES

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## Soccer Kick, Accuracy

1. Each contestant will be allowed 10 shots. Women - 10 yards, Men - 12 yards. Men and women 80+ years move up 3 yards (Women, 7 yards; Men, 9 yards).
2. Each contestant will be allowed 3 practice shots. As soon as one goes in, competition will start. If all 3 are missed, competition will start on the fourth attempt.
3. Each shot must be taken with the soccer ball while it is stationary and in contact with the designated line.
4. Scoring will be as follows:
  - 1 Point - each of the lower corners
  - 3 Points - each of the upper corners
  - 2 Points - for the center circle
5. In order for a shot to be scored, the ball must pass completely over the goal line.
6. The ball: Official FIFA approved ball. Size 5 for men, size 4 for women.
7. In case of a tie, the individual with the most shots that scored points will be the winner. If a tie still persists:
  - 1) Most 3 points will be awarded a higher place
  - 2) Most 2 points made
  - 3) Most points in a row



# EVENT RULES

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## Softball Homerun Derby

### GENERAL INFORMATION

1. Contestants must use official ball furnished by Senior Olympics.
2. Participants are encouraged to bring their own bats, but Senior Olympics will provide a few bats.

### PLAYING RULES

1. Each player will then have 10 official swings
2. Participants will have 3 practice swings, and if participant chooses, may use towards competition swings.
3. The distance required to hit a homerun will be as follows:

#### Men

50-59=190 feet  
60-69=170 feet  
70-79=100 feet  
80+=60 feet

#### Women

50-59=120 feet  
60-69=90 feet  
70-79=45 feet  
80+=30 feet

4. Each batter will get only one chance to hit his/her homeruns.
5. If the batter does not hit a homerun, one extra ball will be hit and the distance measured to ensure that each person has a score for results.
6. In case of a tie, the player with the most consecutive homeruns will be declared the winner. If a tie still remains, the player achieving the consecutive series earlier in the 10 swings will be the winner.



# EVENT RULES

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## Softball Throw for Accuracy

### 12-INCH SOFTBALL

1. Five (5) consecutive throws will be made by each contestant from the following distances: MEN 50-74: 10 and 15 yards, WOMEN 50-74/MEN 75+: 8 and 12 yards, WOMEN 75+: 6 and 10 yards.
2. Each contestant will be allowed unlimited practice throws on the Practice Target. As soon as the participant is ready the competition will start.
3. The target will be the opening in a 25-inch ring, the center of which will be five feet off the ground.
4. Eleven points will be awarded for each throw from the 6 (WOMEN 75+), 8 (WOMEN 50-74/MEN 75+) and 10-yard (MEN 50-74) line that goes through the target.
5. Twenty points will be awarded for each throw from the 10 (WOMEN 75+), 12 (WOMEN 50-74/MEN 75+) and 15-yard (MEN 50-74) line that goes through the target.
6. The object of the event is to score the highest possible number of points.
7. A foot fault called by the official will automatically nullify that throw.
8. One practice throw will be allowed from each distance. The player must announce beforehand if they are taking a practice throw or throwing for a score.
9. In case of a tie, the participant with the most consecutive shots will be declared the winner. If a tie still remains, the player achieving the consecutive series earlier will be declared the winner.
10. No score; no medal/ribbon.



# EVENT RULES

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## Softball Throw for Distance

### 12-INCH SOFTBALL

1. Two (2) consecutive throws will be made by each contestant.
2. One practice throw will be allowed.
3. The object is to achieve the longest distance.
4. A foot fault called by the official will automatically nullify that throw.
5. If a ball lands outside the foul lines, it will be charged as a throw, but will not count for distance.
6. In case of a tie, the participant with the second longest throw will be declared the winner. If a tie still persists, duplicate medals will be awarded.





# EVENT RULES

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## **Straight Arm Hang**

The objective is to hang on to the bar for as long as possible.

1. Athletes are allowed one counted attempt at a time. If athletes choose to do a second attempt, their card will be placed at the back of the stack (the back of the line).
  - a. All practice attempts should be done on their own.
2. No straps are allowed. Gloves are allowed.
3. Both hands must be on the bar at all times. No switching grip position. If one hand comes off the bar, time will stop.
4. Time stops when one hand or both hands come off the bar, not when the athlete's feet hit the floor.
5. Elbows do not need to be straight or in the same position at all times.
6. When three timers are present, the middle time will be recorded.



# EVENT RULES

## Swimming

### GENERAL INFORMATION

1. Pool will open for warm-up ½ hour before first event.
2. All competition will be judged by the best time in each age group. Events will be timed finals.
3. In case of a tie, duplicate awards will be presented and the consecutive medal is skipped.
4. All decisions of Meet Director shall be final.

### EVENTS

The following events shall be available to all swimmers in the order published in the meet entry information:

1. 50 yard Freestyle
2. 100 yard Freestyle
3. 200 yard Freestyle
4. 500 yard Freestyle
5. 50 yard Backstroke
6. 100 yard Backstroke
7. 200 yard Backstroke
8. 50 yard Breaststroke
9. 100 yard Breaststroke
10. 200 yard Breaststroke
11. 50 yard Butterfly
12. 100 yard Butterfly
13. 200 yard Butterfly
14. 100 yard Individual Medley
15. 200 yard Individual Medley

### TECHNICAL RULES GOVERNING EVENTS

**Starts:** Swimmers have their choice of an “in water” or “diving start” for all events except the backstroke. 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 in the water with both hands in contact with the wall or starting block grips. Regardless of the stroke, for all in-water starts the competitor must keep at least one hand in contact with the wall prior to the start. A False start will result in disqualification.

**Turns and finishes:** The breaststroke and butterfly turns and finishes 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. The swimmer must touch the wall with some part of the body while on the back at the finish of backstroke events and at the end of the backstroke portion of the individual medley.

**Breaststroke:** Competitors must do an arm stroke that is an in-water recovery. Elbows must be under the water except at the turns and finish. Both arms must be in the same horizontal plane and move simultaneously. The swimmer must remain on the breast. The hands may not pass the hip line, except on the first pull after the start and turns. The sequence is one arm pull, followed by a kick. Either the whip kick or the breaststroke kick is allowable, but must be simultaneous and on the same horizontal plane. Scissors kick, dolphin kick or flutter kick is not permitted, except that one dolphin kick is permitted at the start and each turn, followed by a breaststroke kick, during the first arm pull. Some part of the head must break the surface of the water before the hands turn in on the second arm stroke and at least once during every stroke cycle.

**Backstroke:** There are no rules pertaining to arm or leg movements. The swimmer must remain on the back, but is allowed to turn over on his/her stomach during the turn prior to touching the wall as long as the turn is executed in a continuous motion after turning on the stomach.

**Butterfly:** All arm strokes shall be an over the water recovery with both arms moving simultaneously. The swimmer must remain on the breast. The whip kick, breaststroke kick, or the dolphin kick may be used exclusively or interchangeably while doing the butterfly. However, for every breaststroke kick or whip kick there must be an over the water arm stroke. Kicks must be simultaneous with both legs and no flutter kick is permitted.

**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. In freestyle only, a swimmer may stand on the bottom of the pool as long as he/she does not push off from the bottom of the pool. USMS swimmers who are registered as such, may hang on the wall with feet on the wall only.

**Individual Medley:** The order of strokes in the individual medley is butterfly, backstroke, breaststroke, and freestyle. The freestyle leg in the individual medley must be some other stroke besides butterfly, backstroke or breaststroke. Rules for individual strokes will govern strokes turns and finishes.

**General:** Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.



# EVENT RULES

## Table Tennis

### SCHEDULE OF MATCHES

1. Participants will receive a card in the mail that shows the starting time for their first match. It is recommended that players arrive 15 minutes before their match time for registration. Please check-in with the Event Directors.
2. A schedule of first round play will be available online prior to the opening of play.
3. During playing hours, the match schedule will be available at the event site.
4. Default-players will be defaulted if they have not signed in within 10 minutes after the starting time for their match.

### PLAYING RULES

1. All table tennis matches will be conducted in accordance with the USA Table Tennis Association rules.  
A game shall be won by the player or pair scoring 11 points unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.
2. The choice of ends and the right to serve or receive first in a match shall be decided by lot and the winner may choose to serve or receive first or start at a particular end. After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs score 10 points, when the sequence of serving and receiving shall be the same but each player shall serve for only 1 point in turn.
3. The player or pair serving first in a game shall receive first in the next game of the match, and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when the first one pair scores 5 points.
4. The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when the first one player or pair scores 5 points.
5. All matches shall consist of best of three out of five games.
6. Events are single elimination, with medals for first, second, and third, and a ribbon for fourth. A third place match will be played by the two players who lose their matches in the semi-final round.
7. Play shall be continuous throughout.
8. Players are encouraged to use their own rackets. They must have rubber on each side. No wood or sandpaper surfaces are allowed. A limited supply of rackets will be made available at the event site.
9. Service - The ball shall be placed in the palm of the free hand, which must be open and flat, with the fingers together and the thumb free. The free hand (serving hand) must remain above and behind the end of the table. Service shall begin by the server tossing the ball vertically upwards without spinning the ball. As the ball descends from the height of the toss, it is struck by the server so that the ball bounces once in the server's court, goes over the net and bounces in the receiver's court. If the ball is tossed, struck and missed, the point goes to the receiver.
10. The ball will be ITTF/USATT approved and 40mm in diameter. All balls will be provided by the St. Louis Senior Olympics.

### TIE BREAKER

1. Head to Head Competition
2. Most Games/ Sets Won
3. Most Points Scored

## Tennis



### ENTRIES

Participants must find their own partners for doubles. The Senior Olympics office will make no assignments.

### SCHEDULE OF MATCHES

1. Each player will be notified by a phone call or e-mail indicating the time of their first match.
2. During playing hours, match schedules will be available at the courts and in the J lobby.
3. Players must be prepared to play more than one match per event per day.
4. All tournaments are single elimination, unless 4 or less players are signed up; then they will play Round Robin.

### PLAYING RULES

1. All matches will be conducted in accordance with USTA rules.
2. A 15-minute default time will be strictly enforced.
3. Warm-up will be limited to a maximum of 10 minutes.
4. Matches will be 2 sets with ad scoring. If split then in lieu of a 3rd set a 10 point tiebreaker will be played.
5. When a set reaches 6-6 in games, a 7-point tiebreaker will be played according to USTA rules for such a tiebreaker.
  - a. Player A serves one point from the right side. Player B serves 2 points on the left and right sides. Players continue serving 2 points on the left and right sides throughout the tiebreak. Players switch ends every 6 points. This continues until one player has won at least 7 points with a 2 point margin. The team that served second in the tiebreak, serves the first game of the next set.
6. Event will be 5 year divisions when three or more are competing. In events with less than three competitors divisions will be combined. You will compete against all in your division, but medal within a ten year age range.



# EVENT RULES

## Track & Field

### GENERAL INFORMATION

1. USA Track & Field Rules will govern all events, except as noted below.
2. In order to set an official masters record; the participant must be a member of USATF.
3. Age divisions may be grouped for the convenience of running the meet, but award will be given for place within your own age group.
4. If any participant is physically aided by another person during an event he/she shall be disqualified.
5. All races will be run as timed finals. Those requiring heats will be run in randomly drawn heats.
6. In case of a tie, USATF rules governing ties shall apply.
7. Two false starts by an individual disqualify him/her from that competition.
8. Maximum spike length shall be 1/4".

### FIELD EVENTS

1. Each contestant gets three attempts (trials) in each event. Only one fair trial is required to place.
2. Trials shall be taken in order listed on sheet. Failure to take trial when called, results in pass (failure). Only exceptions are those who request to be excused for 10 minutes only to participate in another event.
3. Implements will be provided by the meet officials. Participants may elect to use own, however meet officials reserve the right to reject if disputed.
4. Weights: 1K= 2.2 pounds & 100 grams = 3.5 ounces
5. In case of a tie, the participant with the 2<sup>nd</sup> best result will be declared the winner. If a tie still persists, the 3<sup>rd</sup> best result will be determined the winner.

**Shot Put:** Touching ground outside of circle or top of toe board outside of circle or failure to leave by back half of circle.

- 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

**Discus:** Touching ground outside of circle or failure to leave by back half of circle.

- .75 for women 75+
- 1K for women 50-74 and men 60+
- 1.5K for men 50-59

**Javelin:** Any part of body breaks plane of scratch ring. Throwing javelin side arm or with spin.

- 400g for women 60+ and men 80+
- 500g for women 50-59 and men 70-79
- 600g for men 60-69
- 700g for men 50-59
- If javelin point does not stick in the ground, the throw will be measured from the handle.

### Running Long Jump/Standing Long Jump

- Any part of takeoff foot/feet extending beyond scratch line
- Measure each trial in running/standing long jump.

### Triple Jump

- Foul: Any part of takeoff foot/feet extending beyond scratch line.
- Measure each trial.

### TRACK EVENTS

### RACE WALKING

1. No electronic devices (headphones) can be worn. Race walking is a progression of rapid steps. These rapid steps must meet the following rules:
  - a. One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground (both feet off the ground at the same time) this is called lifting.
  - b. The leading leg must be straightened as the foot makes contact with the ground and must remain straightened until that leg passes under the body. Failure to comply with this rule is judged as a bent knee.
  - c. If a race walker fails to abide by either or both of these rules, he or she may be given a caution by one of the judges. Disqualification can occur after the competition if assembled judges agree. Flagrant violations will result in disqualification without any cautions.

### POWER WALKING

1. No electronic devices (headphones) can be worn. Power walking is a progression of rapid steps. These rapid steps must meet the following rule:
  - a. One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground (both feet off the ground at the same time) this is called lifting and can result in disqualification.



# EVENT RULES

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## Washer Toss

**Objective:** To be the first of two, three, or four opponents to accumulate 21 points by tossing four (3/4 inch) flat washers into a target 25 feet from the throw line.

1. Target box is approximately 20 inches wide and 20 inches long and four inches high, containing a cup measuring 4 inches in diameter and 4 inches high, mounted at the center of the box.
2. Targets are placed 25 feet apart.
3. Play begins with a coin toss.
4. Player who wins the coin toss begins play by tossing UNDERHAND each of the 4 colored washers at the target while standing beside the near target. Other players do the same until all are finished.
5. Players then go to the target and record their scores on the official scorecard as follows:
  - a. Each washer in the box scores 1 point.
  - b. Each washer in the cup scores 3 points.
  - c. All washers in the cup or box count towards score.
6. High scorer begins the next round.
7. Play continues until one player gets 21 points or the 10 rounds limit per game expires. The player with the highest score at the end of 10 rounds.
8. Shut out rule: If a player gets 11 points before his/her opponent gets any points, that player wins.
9. Bounce rule: No washer shall count towards score if it hits the ground and bounces in.
10. Rim rule: Any washer that lands on the rim and has not bounced on the ground, does not count towards score UNLESS it gets knocked in by another washer.
11. Style of tournament is at the discretion of the event director.
12. In case of a tie: Each player will pitch one washer. If both players miss the box the closest washer to the box wins. If one player goes in the box and bounces out and the other player misses the box, the player whose washer bounced out wins. If both players hit in the box and bounce out, the closest to the box wins. If both pitch in the box, then they will throw another washer each.

## Water Volleyball

New rules. Please see separate document

Players 9 players. Minimum 4 women at all times.  
 Court size 4' x 21'  
 Pool depth 3.5' net  
 Net Height 44" on deck  
 Ball size 1' inflatable beach ball

### Boundaries

1. A ball that hits the net is considered in play. (Including the serve)
2. A ball that hits the back line is out.
3. A ball that hits the side deck is considered out.
4. A ball that hits the ceiling is out.
5. A ball that hits the net pole is out.
6. Players cannot touch or cross over the net at any time. Players may cross under the net, but must return to their team's side quickly and not touch the net.
7. Ladder structure is out of bounds

Time Limit Event staff may adjust the game times to ensure participation of all teams.

### Serving

1. Server may move up to a line within 10 feet from the net.
2. A serve is defined as any strike made with the hand.
3. Throws and punches are not allowed.
4. Serve ball must make it over the net UNassisted.
5. Server may stop play by either catching the ball or letting the ball hit the water if unsatisfied with position or approach, however once the ball is struck, the ball stays in play and is live.

### Ball in Play

Players can hit multiple times and unlimited. Ball remains in play until the referee blows the whistle.

### Team Rosters

If a TEAM does not have 9 players within their age division, they may use 2 younger players from the age division below them. (Players can play down but not up.) Players cannot double roster in the same age division.

### In case of injury

If a player needs to leave the game, they may not re-enter that game. A substitute may take their position.

### Time Out

One 60 second time out per team per game is allowed.

### Scoring

First to score to 15 or 21 points. Need to win by 2 points.

### Rotation

Rotate in "Z": server moves to front row, substitutes may enter when server exits. Players must keep their rotation position until the ball is served. After that, players may move from position.

### Tie Breaker

In case of a tie in Round Robin tournament, most wins declares the winner. If still tied, head-to-head competition. If still tied, most points score in all Games.

## Weightlifting

### RULES AND REGULATIONS

The following are the Weight Class Divisions within each five-year Age Group (50-54, 55-59, 60-64, etc. etc.):

<u>MEN</u>	<u>WOMEN</u>
0 – 132	0 – 106
133 - 148	107 – 114
149 – 165	115 – 130
166 – 295	131 – 146
196 – 225	147 – 160
226 & More	161 & More

#### New Divisions:

Men	Women:
0-195.9	0-130.9
166-195.9	131-160.9
196-225.9	161-190.9
226 +	191+

In all events - bench press, leg press and arm curls - competitors will be given three attempts/lifts. Competitors will pick an opening weight which will be their first attempt/lift. The only time a competitor can drop down in weight is after the first attempt.

Winners with in each weight and age group will be determined by the amount of weight lifted by the competitor divided by the weight of the competitor. (John weighs 175lbs he lifts 225lbs he lifted 128.6% of his body weight)

Two judges will be at all events. Judge will call “lifter ready” and then “lift.”


### BENCH PRESS

1. Equipment: Olympic Bar plates and Olympic flat bench
2. The competitor will lie flat on his/her back; feet must be flat on the floor. The lifter must start with arms fully extended in a locked position. If requested by competitor a lift off can be given on a three count. Competitor must touch chest with bar and push back to the locked out position. Competitor must touch not bounce the bar to their chest at which point the judge will say “press” the competitor will then push back to the locked out position. (No Bouncing) touch and go.
3. Shoulders, buttocks and feet must be flat on bench and floor at all times.
4. If spotter has to touch bar during the course of a lift the lift will be no good.
5. Wrist wraps and any other medically required adds will be allowed for the bench press
6. NO lifting shirts or tanks of any kind will be allowed
7. Lifts must be increased a minimum of 5lbs (i.e., 100 to 105) with each successful lift.

### LEG PRESS

1. Equipment: Hammer Strength Linear Leg Press.
2. The competitor will begin in a reclined position with both feet on the platform and lift the weight to a locked out position/legs fully extended. The competitor will lower the weight until the thigh/upper leg and shin/lower leg form a 90 degree position or less. The competitor will then push the weight back to the locked out position for a complete lift.
3. No knee wraps will be allowed for leg press, unless it is for a medical condition (i.e. torn ACL)
4. Lifts must be increased a minimum of 10lbs (i.e., 100 to 110) with each successful lift.

### ARM CURLS

1. Equipment Required: Olympic curl bar and Olympic weights.
2. Form Required:  The competitor must be in a standing position. He/She will hold the bar in the fully extended position (against thighs). The lift begins in a still position against the thighs with a significant pause. The competitor cannot lift the bar from the ground to thighs and curl bar in a continuous motion. The lift is completed when the competitor lifts the bar upright to a position in front of the chest and shoulders.
3. During the lift cycle, the upper arms may be bent only at the elbows. The upper arms may not be brought forward.
4. The bar may not bounce off the thighs at the beginning of the lift.
5. During the lift cycle, no back sway or leaning backward is allowed. The lift must be virtually level during the lift cycle.
6. Lifts must be increased a minimum of 5lbs (i.e., 100 to 105) with each successful lift.