



[www.nvso.us](http://www.nvso.us)

# **2016 RULE BOOK**

(REVISED April 5, 2016)

## CONTENTS

Introduction .....	2
General Rules (REVISED).....	2
Badminton .....	4
Basketball - 3 on 3 (Men) .....	4
Basketball - Free Throw Shooting.....	7
Basketball - Field Goal Shooting.....	7
Bocce .....	8
Bowling - Ten Pin .....	8
Bowling – Wii.....	9
Bridge – Duplicate.....	9
Bunco .....	10
Cornhole Game .....	11
Cribbage.....	14
Cycling .....	16
Diving .....	17
Dominoes – Mexican Train .....	18
Eight Ball Pool .....	21
Football Throw (REVISED) .....	21
Frisbee Throw.....	22
Golf .....	22
Handball .....	23
Horseshoes .....	25
Mah Jong .....	26
Miniature Golf.....	27
Nine Ball Pool .....	27
Orienteering (Trial Event - New for 2016) .....	28
Pickleball .....	28
Racquetball .....	29
Rowing – ERG (Ergonomic) .....	30
Rummikub (Trial Event - New for 2016) .....	31
Scrabble .....	35
Softball Hit (REVISED).....	35
Softball Throw (REVISED) .....	36
Spelling Bee (Trial Event - New for 2016) .....	36
Sudoku (Trial Event - New for 2016) .....	37
Swimming .....	37
Table Tennis .....	39
Tennis .....	41
Track & Field .....	42
Volleyball .....	45
Yo-Yo.....	47

## INTRODUCTION

The **Northern Virginia Senior Olympics (NVSO)** are open to residents of Northern Virginia 50 years of age or older. The NVSO program promotes health, fitness and psychological wellbeing for senior adults by providing opportunities for participation, competition, self-improvement and fellowship through various athletic and recreational events.

The emphasis is not so much competition as it is fellowship and socialization.

To be eligible to enter any event, a participant must be a resident of Arlington County, Fairfax County, Fauquier County, Loudoun County, Prince William County or the cities of Alexandria, Fairfax and Falls Church. Participants must be 50 years of age or older, complete a registration form and a standard release form, and submit the necessary registration fees. Individuals and teams will participate in predetermined age categories, except where circumstances dictate change.

The **Northern Virginia Senior Olympics** are held in the fall (usually in the middle of September) of each year and attract over 800 individuals annually. The Senior Olympics are a reflection of its Motto:

## LIVING HEALTHY LONGER

### GENERAL RULES

#### Eligibility and Registration

- 1) Participants must be 50 years of age or older within the calendar year of competition and a resident of a Northern Virginia Region sponsoring jurisdiction. **The age of a competitor on December 31 in the year the competition is held determines the age group. In team competitions the youngest team member determines the age group.**
- 2) In order to compete in an event, each participant must register and sign the Waiver and Release of Liability form prior to the start of the event. **There will be no onsite registration for any event.** Details about registration, including on-line registration, can be obtained at [www.nvso.us](http://www.nvso.us).
- 3) Each team captain/manager must submit a signed registration form for each team member and send all forms, and payments, in one envelope by the final registration deadline. A team or pair will compete in the age group of its youngest player.
- 4) A registrant may only participate with one team or pair, in each event, and only in the proper age group.

#### Competition Level

- 1) There will be separate competition for Men and Women in all events except for Bunco, Cribbage, Dominoes - Mexican Train, Duplicate Bridge, Scrabble, and Team Line Dancing.
- 2) The following events will be held in 5-year age groups (50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95 +) for Men and Women:
  - Bowling -Ten Pin, Cycling, Diving, Football Throw, Golf, Handball, Racquetball, Rowing, Softball Hit, Softball Throw, Swimming, Track & Field, Volleyball.

- 3) The following events will be held in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) Men and Women:
  - Badminton, Basketball 3 on 3 (Men only), Basketball Free Throw, Basketball Field Goal Shooting, Bocce, Eight Ball Pool, Frisbee Throw, Horseshoes, Miniature Golf, Pickleball, Table Tennis, Tennis, Wii Bowling, Nine Ball Pool, Cornhole Game, **Sudoku, Orienteering.**
- 4) The following events will be held in other age groupings:
  - Yo-Yo: 20-year (50-69, 70-89, 90+) Men and Women,
- 5) The following events do not have age groups or men/women categories, **except Rummikub may have varying age groups depending on the number of participants:**
  - Bridge-Duplicate, Bunco, Cribbage, Dominoes-Mexican Train, Mah Jongg , Scrabble, Cribbage, **Spelling Bee, Rummikub.**
- 6) Participants must report to the registration area 15 minutes prior to the scheduled time of the event or risk disqualification.
- 7) Northern Virginia Senior Olympic Officials reserve the right to:
  - Resolve rule disputes, postpone, and/or cancel any event at their scheduled time due to time and cost effectiveness, safety, or other extenuating circumstances.
  - Cancel an event, change age divisions and/or combine genders due to insufficient registration.
  - Cancel or reschedule any or all events due to heavy rain, bad air quality or extreme heat.
- 8) Any breach of ethics or improprieties must be brought to the attention of the Director of the specific event. The Event Director shall interpret the rules and decide all disputes and may consult with Northern Virginia Senior Olympic Committee members for clarification of the rules.
- 9) The Event Director has the authority to establish certain criteria before his/her event begins to ensure the best interest of the players and the tournament.

### **Awards System**

- 1) Medals will be awarded to the first, second and third place winners in each event, and in each age group immediately after the conclusion of each event.
- 2) If there are ties in any event, the rules governing ties shown in the respective disciplines determine the medal distribution.

## BADMINTON

Competition will be in men's singles, women's singles, men's doubles, women's doubles and mixed doubles in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90 (Double elimination [4 participants or more] and/or round robin).

### General Rules

- 1) The Event Host will provide natural-feathered shuttlecocks. Players provide their own badminton racquets.
- 2) This event will be governed by the rules of USA Badminton Federation [www.usabadminton.org](http://www.usabadminton.org), except as modified herein.
- 3) Format, age bracket distribution and schedules will be posted at [www.nvso.us](http://www.nvso.us) 48 hours before the tournament.
- 4) Double elimination matches are best 2 out of 3, 21 point games with deuce rule applied at 20-20 up to 29. The player who scores point 29 wins the game.
- 5) Round-robin matches are best 2 out of 3, 21 point games WITHOUT deuce. Winner is determined by most matches won. In case of a tie, most games wins, and if there is still a tie, most points wins.
- 6) A double elimination is broken into two brackets, Winners and Losers. After the first round the winner stays in the bracket and losers go to the Losers Bracket. While both brackets continue the single-elimination process, the losers in the Winners Bracket only go to the Losers bracket, while the losers of the Losers Bracket are eliminated.
- 7) This tournament adopts the "third-place challenge" variation of the double elimination format. The winner of the Losers Bracket gets a bronze medal. However, this player may challenge the loser of the finals in the Winners Bracket for a silver medal finish if, and only if, the two players have not played against each other previously in the tournament.

## BASKETBALL - 3 ON 3 (MEN)

Men **only** will compete in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) depending on the number of teams. The youngest player on the team determines the age bracket. This event will be governed by the rules of the National Collegiate Athletic Association (NCAA), [www.ncaa.org](http://www.ncaa.org) with amendments as shown below. NVSO will provide the basketballs.

### A) General Rules

- 1) A team's roster shall be limited to ten (10) players. Athletes may play on only one basketball team. There may be a maximum of one (1) out-of-area resident per team.
- 2) Played on half court by two teams of three (3) players each, including a maximum of seven (7) substitutes.

## **B) Ball Play**

- 1) The winner of the coin toss shall take first ball possession and the possession arrow determines possession at start of the second half. Ball possession changes hands after each basket, unless a foul is awarded.
- 2) Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of ball possession. Officials prior to enactment shall give a warning. During the last 2 minutes of the game, and in any overtime, teams shall attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.
- 3) The imaginary 'check line' shall be the 3-point line. To start each half, after a score or after a foul is awarded, a player must put the ball in play from the check line with a pass to a teammate. On defense rebounds or turnovers, the ball must be returned to the check line and the player in possession of the ball may maintain control and attempt to score.
- 4) Following a made basket or dead ball, the ball shall be put in play within five seconds. If it is not, 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.
- 5) Defenders may not cross the check line to guard the player throwing in the ball until after that player has made the first pass.
- 6) On every change of possession, the ball must be taken back behind the check line, with both feet of the player behind the check line. The penalty for not taking the ball back behind the check line with both feet will result in loss of possession.
- 7) After a successful field goal, a violation, or a free throw situation that results in automatic change of possession, the ball must always be placed inbounds from behind the check line with both feet behind the check line, and cannot be advanced into play without a pass from behind the check line to a team mate.
- 8) Playing time shall be two (2) halves of twelve (12) minutes running time with an intermission of five (5) minutes. In the last two minutes of each half, the clock will not be a running clock, but will stop according to normal basketball rules.
- 9) Two (2) time outs permitted per team per half [one (1) additional time-out for entire overtime]. Time outs to be thirty (30) seconds in duration.
- 10) Substitutions may be made after a basket, foul shot or any stoppage of play.
- 11) Players foul out on their 5th foul but can also be ejected for excess fouling that represents poor sportsmanship play. Technical fouls will be assessed in accordance with NCAA rules.
- 12) All common personal and technical fouls shall be counted against a team total. After the seventh team total, a bonus shall be awarded for the remainder of
- 13) Prior to the 7th team foul:
  - a) Any common foul shall result in a loss of possession for the offending team;

- b) Any offense 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 and retained possession; and
- d) Any shooting foul with a converted basket shall result in the basket's being awarded, one free throw and retaining of possession.

14) Beginning with the 7th foul:

- a) Any common foul shall result in a single foul shot along with retained possession for the offended team;
- b) Any offense foul shall result in disallowing a converted basket and a single foul shot, which, if made, shall entitle the shooter to a second free throw along with retained possession for the offended team;
- c) Any shooting foul with a missed basket shall result in a two foul shots along with retained 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.

15) Beginning with the 10th team foul:

- a) Any common foul shall result in two free throws, and the offended team shall retain possession;
- b) Any player control foul shall result in disallowing a converted basket and two free throws, and the offended team retains possession;
- c) Any shooting foul with a missed basket shall result in two free throws and the offended team retaining possession;
- d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team retaining possession.

- 16) During the last two (2) minutes of each half, and any overtime period, automatic possession after foul shots does not apply (rebounding will be in effect).

### **C) Scoring**

- 1) A tied score at the end of regulation time will result in a three (3) minute running clock overtime period with ball possession determined by coin toss. If still tied, subsequent three (3) minute periods are to ensue until tie is broken.
- 2) Three-point shots will be allowed.
- 3) The event will be single elimination with consolation bracket for third place, if necessary.

#### **D) Other Rules**

- 1) All players are required to wear shorts and jerseys, numbered front and back.

### **BASKETBALL - FREE THROW**

Competition will be separate for men and women within 10-year age groups (50-59, 60-69, 70-79- 80-89, 90+). NVSO will provide basketballs.

#### **A) General Rules**

- 1) Each participant shoots 5 rounds of 5 free throws each, equaling a total of 25 free throw attempts.
- 2) Men will shoot from the free throw line, and women will shoot from the dotted line half circle forward of the free throw line.
- 3) Crossing these lines while shooting will be recorded as a forfeited attempt and not be counted.
- 4) In the event of a tie, each participant will attempt 3 additional free throws. If the tie remains, both participants receive medals. If the tie is for gold, the third place will receive the bronze medal, etc.

### **BASKETBALL - FIELD GOAL SHOOTING**

Competition will be separate for men and women within 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+). NVSO will provide the basketballs.

#### **A) General Rules**

- 1) Practice shots will not be permitted once competition begins.
- 2) Four shots are taken from each of five locations on the court, totaling 20 shots.
- 3) If any part of the foot is over the line, the shot counts as a missed shot.
- 4) Each successful shot counts for one point. Most successful shots will determine the winner.
- 5) In case of ties, the ties will be broken by sudden death free throws. The player with the first missed shot loses.

#### **B) Layout and Playing Sequence**

- 1) There will be five 2-foot lengths of masking tape at five locations:
  - a) Two in each corner left and right, 12 feet from the basket;
  - b) Two on the wings at 45 degrees and 15 feet from the basket;
  - c) One at the top of the key.



- 2) Player starts in a corner of his/her choice and proceeds either clockwise or counter clockwise, taking four shots from each location.

## **BOCCE**

Competition will be held with 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) and male and female divisions (low registration may require playing with no age groups or gender divisions). The Event Host will provide the balls.

- 1) Singles (one on one) competition will be held (unless the event director determines that pairs will be formed due to number registered and time constraints).
- 2) Matches are 2 out of 3 games to 12 points. Bronze medal match is one game to 12 points (Single elimination tournament).
- 3) United States Bocce Federation rules will be followed: [www.usbf.us](http://www.usbf.us).

### **A) General Rules**

- 1) Winner of the coin toss chooses 4 balls of same color and throws the pallino ("jack") past the center line but not touching the back wall at the opposite end.
- 2) Singles are played with each person throwing 4 balls. Players alternate the use of each end of the court.
- 3) Players may step on, but not have their foot completely over the foul line before releasing the pallino or the bocce ball.
- 4) The bocce ball is rolled or tossed to try to get as close to the pallino as possible without hitting the backboard (dead ball removed).
- 5) Once the point is established, the opposing player must shoot until they make a new (closer) point.
- 6) Players may use side boards at any time.
- 7) A player may hit the pallino or another player's ball when throwing their ball.
- 8) Once all the balls have been thrown, a point is awarded to the person with the ball closest to the pallino. (No points are awarded in the event of a tie)

## **BOWLING – TEN PIN**

Men and women will compete in separate divisions in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). The Event Host will provide the bowling balls.

### **A) General Rules**

- 1) Each contestant will bowl three games. Winners will be determined by total pin fall in the three games plus handicap.

- 2) The handicap for each game will be 90 percent of the difference between bowler's average and 200. In case of a tie for any medal spot, there will be a two-frame roll-off (9th and 10th).
- 3) A bowler who arrives late to the event will be assigned 0 pins for every frame missed to that point.

**B) Bowler's Average To Determine Handicap Will Be Assigned As Follows:**

- 1) Highest Washington, DC Area Association book average for the prior season.
- 2) If no book average exists, a verifiable average for the prior season in any unsanctioned league with a minimum of 21 games bowled may be used.
- 3) If there is no book or verifiable league average, then use Bowl America's prior season (minimum of 9 games) Senior's monthly tournament average.
- 4) If there is no average from the book, any league, or Bowl America, then an average of 150 will be assigned for men and 135 for women.

**BOWLING - Wii**

Men and women compete in separate divisions in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+). The Event Host provides the equipment.

**General Rules**

- 2) Nintendo's video interactive game is used with video monitors and individual Wii remotes.
- 3) Played and scored like a regular 10 pin bowling game (without a ball).
- 4) Each person stands in assigned rectangular area in front of wall-mounted monitor and "bowls" with the motion monitor.
- 5) Three games will be bowled by each contestant. Total pinfall determines winners.

**BRIDGE - DUPLICATE**

Competition will be in no age groups or gender divisions. The latest version of the Laws of Duplicate Contract Bridge by the American Contract Bridge League [www.acbl.org](http://www.acbl.org) will apply. NVSO will supply the playing cards and scoring cards.

**A) General Rules**

- 1) Late arrivals will not be seated once the game is underway.
- 2) Any partnership using a system other than the Standard American System (i.e. Precision, Schenken, ACOL), must advise opponents at the beginning of each round. Players must alert opponents during the auction as to the meaning of every specialized bid.
- 3) Regardless of the system used, all 'personal' partnership understandings must be made known to opponents during the auction. All conventions (other than

Blackwood, Stay-man, Gerber and the Unusual No-Trump) must be alerted. Failure to alert, when required, could result in an adjusted score in favor of the non-offending side.

- 4) Every player must have a convention card completed and made available for all opponents to see.
- 5) During each round a maximum of seven minutes per board will be allowed. Habitual slow play by the same individuals could result in a penalty, at the discretion of the Event Director.
- 6) Whenever there is an irregularity, the Event Director must be called. No player is allowed to make a ruling whenever an irregularity occurs.
- 7) Whether the movement is Mitchell or Howell, the minimum and maximum number of boards played will be 24 and 28, respectively:
  - Four cards same suit 4
  - Five cards same suit 5
- 8) When a hand is passed out during the first round, it cannot be re-dealt. After the first round, no hand can ever be re-dealt. It is the responsibility of the North player to keep score and to assure that the correct boards and opponents are at his/her table. The North player must show the recorded score on the traveling score sheet to one of the opponents who shall total the score sheet in the extreme left column.

#### **B) Awards**

- 1) Medals will be awarded to the first, second and third place winning partnerships, N-S & E-W.
- 2) All participants must be experienced and know the mechanics of Duplicate Bridge. The Director will provide no assistance or guidance.
- 3) Anyone who does not have a partner is welcome to participate if the Event Director is able to pair him/her with another person who is alone, registered and present. The Event Director is prohibited from playing.

#### **BUNCO**

Bunco is played among partners with 4 people per table. No age groups or gender divisions. The Event Host will supply the equipment.

##### **A) General Rules**

- 1) Table 1 is the controlling table. A bell is rung to begin play. Rolling for 1's starts the game. Roll the dice, if a 1 appears, roll again and continue until no more 1's appear. Mark down the number of 1's you rolled on the score pad, and pass the dice to the person on your left.

##### **B) Continued Play**

- 1) Continue to roll and pass the dice until one partnership at Table 1 reaches 21, and then ring the bell for all play to stop. The winning partners will remain at

Table 1 and remain partners while the other partners will move on to Table 2 and change partners.

- 2) If there are 3 tables, losers from Table 1 will move to Table 3 and change partners. Winners from Table 3 will move to Table 2 and change partners. Winners from Table 2 will move to Table 1 and remain partners.
- 3) The bell is rung to begin play again and everyone is rolling for 2's. Then 3's, then 4's, and so on.

### **C) Scoring**

- 1) A BUNCO (valued at 6 points) is three of a kind of the number being rolled, for example, three 4's when everyone is rolling for 4's.
- 2) A partnership gets credit for the 6 points, but only the roller is credited with the BUNCO.
- 3) When rolling for a certain number and three of a different number are rolled, that is an "over" and the player rolls again.

### **D) Scoring Sheet**

- 1) Listed are the names of the players, number of games won and number of BUNCO's won. At the end of every game, the master score keeper marks the games and BUNCO's won at each table. The bell will not be rung to begin play again until all of the scores have been recorded. If a tie results, the dice is rolled, the spots are added, and the highest number rolled wins.

## **CORNHOLE GAME**

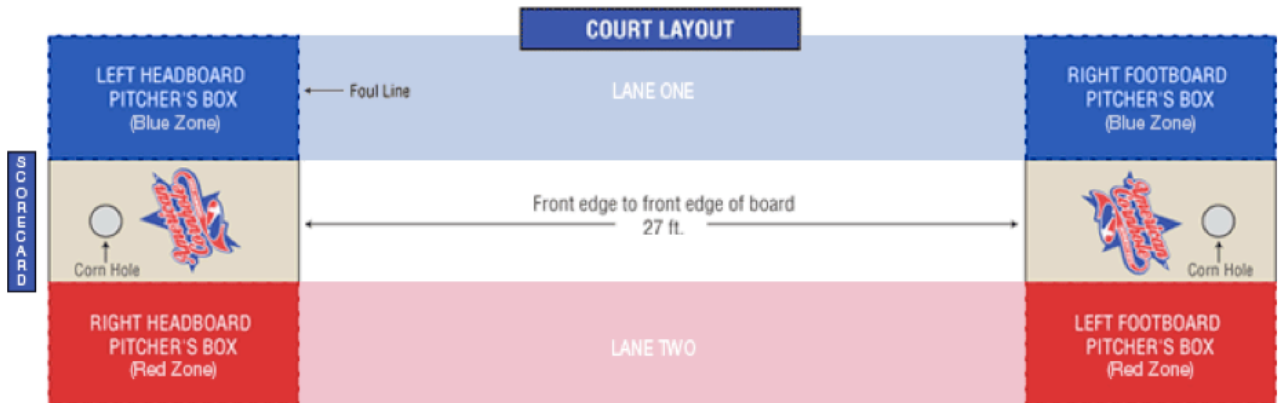
Competition is open for Mens and Womens Singles, Mens Doubles, Womens Doubles, and Mixed Doubles Teams in 10 year age groups (50-59, 60-69, 70-79, 80-89, 90+). This is a single elimination tournament. Current American Cornhole Organization (ACO) Rules apply except as modified below. The Event Host supplies the Cornhole Boards and the pitching bags per ACO Specifications. NVSO will supply the cornhole boards and the cornhole bags.

### **A) General Rules**

- 1) Boards are positioned 27 feet from the front edge of the two boards. The front edge of each cornhole board marks the foul line.
- 2) There will be a 2' x 4' pitcher box on each side of the two Cornhole Boards.
- 3) A random drawing will be held to determine opposing teams before the event is started.
- 4) Each game will be played to 21 points. The first team to reach or exceed 21 points at the conclusion of a frame is the winner. (See *Section G) Scoring*)
- 5) The opening shot will be determined by a coin toss.

- 6) The team who wins the most matches against all the other teams in the designated age group wins the gold medal, the runner up wins the silver medal and the third place winner is awarded the bronze medal. There will be one loser's frame from the semifinal to determine 3rd place.

## B) Court Layout



## C) Playing Rules

- 1) Woody: A woody is a cornhole bag that has been pitched and remains on the cornhole board playing surface at the conclusion of the frame. Each woody counts for one point.
- 2) Cornhole: A cornhole is a cornhole bag that has been pitched and passes through the cornhole board hole at any time within the frame. Each cornhole counts for 3 points.
- 3) Players alternate pitching bags (one player at a time) until each player has pitched all (4) of his/her bags.
- 4) A player must pitch all (4) bags from their designated cornhole pitchers box.
- 5) Players must deliver the bag with an under-hand release.
- 6) One foot must be completely within the pitcher's box at the time of releasing the bag and players must not cross the foul line with their feet before the bag has landed.

## D) Pitching the Next Frame

- 1) The team who scored in the preceding frame shall pitch first in the next frame.

- 2) If neither team scores, the team who pitched first in the preceding frame shall retain first pitch in the next frame.

### **E) Raking Cornhole Bags**

- 1) If bags become piled inside the cornhole board hole and may interfere or obstruct with the next pitch or if there is question whether a cornhole bag would have naturally fallen through the hole, a player may request to “rake” the cornhole bags that have fallen inside the hole.
- 2) **Note:** During raking, all efforts should be made to leave bags on the playing surface undisrupted, in their natural state, and to leave bags that may hang on the rim of the hole from falling inside the hole unnaturally. If a bag is resting on a piled bag, and unavoidably falls into the hole as a result of raking, then it shall be counted as a “cornhole.”

### **F) Playing the Game**

#### Singles Play

- 1) Player A competes against Player B. Both players stay in their designated lane for the whole game.
- 2) Players start the game at the headboard and will alternate pitching bags until each player has pitched all (4) of his/her bags.
- 3) Players then walk to the end of their lane to the other court, take score, and resume pitching back to the other cornhole board.

#### Doubles Play

- 1) Team A competes against Team B – each team is comprised of two (2) people.
- 2) Each team will stay in their designated lane for the whole game.
- 3) Players at the headboard will alternate pitching bags until each player has pitched all (4) of his/her bags.
- 4) Players at the footboard will take score and resume pitching back to the other cornhole board.

### **G) Scoring:**

- 1) Cancellation Scoring: The approved method of scoring for the sport of cornhole is “cancellation” scoring. In cancellation scoring, the points of one

player cancel out the points of their opponent. Using this method, only one player/team can score in each frame.

Example: Red achieves one (1) woody and two (2) cornholes. Blue achieves two (2) woodies and zero (0) cornholes. 7 points – 2 points = Red scores 5 points for that frame.

- 2) *Foul Bags* – Refers to any cornhole bag that has not been determined as a “woody” or “cornhole”, or was designated a foul bag as the result of rules violation.
- 3) *Designated Foul Bags* – Refers to any cornhole bag that has not been determined as a “woody” or “cornhole”, or was designated a foul bag as the result of rules violation. Bags contacting the ground before reaching the playing surface and bags pitched when a player has crossed the foul line are Foul Bags. If a foul bag lands on the playing surface or comes to rest touching the ground and the board, it must be removed immediately.

## **CRIBBAGE**

There will be no separate age group or gender division. NVSO will supply boards and cards.

### **A) General Rules**

- 1) A full deck of 52 cards will be used. King is high, Ace is always low.
- 2) A ‘game’ consists of 121 pegged points. 5 games will be played.
- 3) ‘Game’ points are assigned as follows:
  - a) Two ‘game’ points for a win; 0 ‘game’ points for a loss; 3 “game’ points for a ‘Skunk.’
  - b) Cut for deal: Low card deals first with deal alternating thereafter. Each player may shuffle the deck, dealer shuffling last, and the deck being cut by dealer’s opponent ‘Pone’.

### **B) Two-Handed Cribbage**

Cards are dealt to each player, one at a time, face down. The remaining deck is placed face down to one side. Each player discards 2 cards face down into the ‘CRIB.’

#### **1) The Crib**

This is an extra hand scored by the Dealer after the hands have been played out. It is formed by each player discarding two cards and placing them face down beside the dealer.

**2) The Starter**

After the discards, the 'Pone' cuts the deck, the dealer turns up the top card of the lower portion of the deck and places this card face up on the reunited deck. This card is called the Starter and is not used during the play of the hands. It is counted, however, with each hand and the 'Crib' on the final count. If the Starter (S) is a Jack, called "His Nibs", the dealer immediately scores "Pegs" two points.

**3) The Play**

- a) Players attempt to form various counting combinations, such as pairs, triplets, fours, sequences and 'fifteens' to peg points. Combinations can be formed by the cards played, or in the hands and crib using the Starter as a fifth card in each.
- b) The 'Pone' plays any card from his hand placing it face up on the table in front of him, at the same time announcing the numerical (pp) value of the same. All Face cards are valued as tens, and all others according to numbers of spots, Aces being ones. Dealer then plays a card, places it face up in front of him, and announces the value, which is the sum of his card and the one already played by the Pone.
- c) The game proceeds in this manner, the value of each card being added to all cards previously played in this round. The total sum of these cards must not exceed '31'. If a player cannot play a card within the sum of '31', he says 'Go.' This entitles opponents to play and continue to play until he reaches '31' or can play no further without exceeding the sum of '31'.

**4) The 'Go'**

The player closest to '31' scores one point. If he makes '31' exactly, he scores two points. When '31' has been reached or a 'Go' declared and pegged, each player turns the cards he has played face down in front of him. The next player begins with the remaining cards in his hand and proceeds from '0' until all cards are played or '31' is reached again. The last card that can be played

scores one point for 'Last Card.'

**5) Points in Hand**

'15'	2
Pair	2
Three of a Kind	6
Four of a Kind	12
Run of 3	3
Run of 4	4
Run of 5	5
Double Run of 3	8
Double Run of 4	10
Triple Run of 3	15

**Points in Play**

'15'	2
Pair	2
Three of a Kind	6
Four of a Kind	12
Run of 3	3
Run of 4	4
Run of 5	5
Run of 6	6
Run of 7	7
'31'	2



2 Double Runs of 3 16  
His Nibs in Hand 1  
(S-matching Jack)  
4 Cards of Same S 4

'GO' 1  
Jack on deck-Starter (S) 2  
(Dealer pegs)  
Note: In Crib must be 5 same -5

## CYCLING

Competition is open to men and women in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). This event will be governed by the rules of USA Cycling [www.usacycling.org](http://www.usacycling.org), except as modified herein.

### A) The Races

- 10 k Individual Time Trial
- 20 k Individual Time Trial

### B) Equipment

- 1) Participants will be required to furnish their own multi-gear (free wheel) bikes. Front and rear brakes are required. Fixed gear bicycles are not permitted. Recumbent bikes that meet USCF rules are permitted.
- 2) All riders must provide and wear protective helmets (Ansi or Snell) with approved sticker affixed.
- 3) All handle bars must be securely capped.
- 4) There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to the frame, wheels, handlebars, chain wheel, or accessories) that has the effect of reducing wind resistance.

### C) General Rules

- 1) Participants may use holders for the start if desired. No push of any kind from the holder is permitted.
- 2) A rider must stay to the right except when overtaking another rider. Failure to do so may result in disqualification.
- 3) A rider overtaking another rider must pass in a safe manner and not impede the progress of the rider being passed. At least a 2-bicycle length distance should be maintained when "cutting in".
- 4) Drafting will not be allowed during time trial events and may result in disqualification.

### D) Categories

- 1) The number of participants in categories and/or the event will determine the starting procedure for the race. The Event Director reserves the right, when necessary, to reorganize the competition.

- 2) The races will be held by divisions (women and men) with each age category starting with one-minute intervals, beginning with the youngest age group.
- 3) The start sheet with starting order and appointed starting times should be available for riders' perusal at least one hour before the start.
- 4) Each rider shall report to the starter at least three minutes before his or her scheduled starting time. If a rider appears later than the appointed starting time, the start will be allowed only if it does not interfere with the riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed time shall be used in computing the results.

### **E) Declaring Winners**

- 1) Winners will be declared according to best times in each age group.

## **DIVING**

There will be separate competitions for men and women in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+).

### **A) The Dives**

- 1) The number of dives or skills required in each age group is as follows:
  - Ages 50-54 and 55-59: 6 dives or skills
  - Ages 60-64 and 65-69: 5 dives or skills
  - Ages 70-74 and up: 4 dives or skills
- 2) The Degree of Difficulty for each dive will be taken from the FINA DD Table per [www.usadiver.com](http://www.usadiver.com) with skills being awarded 1.0. Forward dives or skills may be done with a running or standing take-off.
- 3) The diver may choose any dives from any groups listed in the FINA Dive Handbook as well as from the following group of skills:
  - 100 A, B, C (front jump straight, pike or tuck)
  - 200 A, B, C (back jump straight, pike or tuck)
  - 5301, 5102, 5303, 5104, 5201, 5203, 5205 A, B, C (jumps with degrees of twist)
  - 001 ANY (front head first entry)
  - 002 ANY (back head first entry)
- 4) The diver may repeat a dive with the same dive number if it is performed in a different position (i.e., straight, pike, tuck or free position).

### **B) Meet Officials**

- 1) The Judging panel will consist of 5 judges and a referee. The referee may also be a judge if there are not 5 other judges available.
- 2) There will be at least 4 table workers and 1 announcer.

### **C) Facility**

- 1) The venue for the meet should have minimum depth of 12 feet for 1 meter competitions.
- 2) The board(s) should be 16ft. Maxi B Duraflex boards with properly working adjustable fulcrums and safety rails.
- 3) The Event Host will accommodate and provide a PA system, tables and chairs for a scoring table and chairs for the judges and referee.

## **DOMINOES – MEXICAN TRAIN**

Competition is open to men and women with no age group or gender divisions. The rules are based on the original, "official" rules by Roy & Katie Parsons ©1994 and copyrighted by Puremco, Inc. in 2005. NVSO will provide the dominoes.

### **A) Object of the Game**

Be the first to play all of your dominoes, or at least as many high-point dominoes as possible, in each round. The winners of the first game (limited to 60 minutes) will play each other for another 60 minutes. The winner of the final game (lowest score) will win the gold medal, the next lowest score the silver, the third lowest score the bronze medal.

### **B) Preparation**

Begin play by turning up the double twelve domino. Turn the other dominoes face down and shuffle them. Each player then draws 15 tiles. The remaining tiles are gathered into one or more "train yards" or "bone piles" that are used for draws during play. Place the starting double on the table, centered between the players in a centerpiece or hub designed for holding the double and starting the trains, if you have one.

Next, each player uses his drawn tiles—hidden from view by the other players—to form a *personal train*. Do this by matching the denominations, beginning, if possible, with a domino that matches the double domino in the center, called the *engine*. (If there is no tile in the hand that matches the engine, formation of the train may have to wait.) Dominoes that do not fit in the personal train remain in the player's hand as "extras."

### **C) Starting**

A player will be designated to start the game. Thereafter, rotate the starter of each round in clockwise order. If you're the starter and you have a domino that matches

the denomination of the engine tile, you have two play choices: either start your personal train or start *the Mexican train*—a line of end-matching dominoes that must begin with the same denomination as the engine tile. Once the Mexican train has been started, it is an eligible train for all players. (If you are unable to play, see the section below.)

After you have played a tile, play moves clockwise to the next player. The subsequent players start their play in a similar manner. If the Mexican train hasn't been started, any player can start it during their turn. Other play options are covered in the next section.

## D) Play

With the exception of playing doubles (covered below), you are allowed to play *one* playable (end-matching) tile during each turn, if you can. Assuming you have one or more playable tiles, the usual “eligible” trains you can play on are: your personal train, the Mexican train, or any train with a “marker” (explained below). If you do not have a playable tile, draw a tile from the bone pile and play it if possible. *If you have a playable tile, you must play*, even if the playable tile has to be taken out of your personal train line-up in your hand. It is not an option to not play for any reason.

**1) Unable to Play & The Marker.** If you are still unable to play after drawing a tile, place a marker (e.g. a penny or small train marker, if included in your domino set) on your personal train near the end or where the train will begin, if it hasn't yet been started. Your turn then ends and play goes to the next player. A marker on a train signifies the train is eligible to be played on by the other players. While there is a marker on your train, you can still play on any eligible train during your subsequent turns.

**2) The End of Play.** Once the player's hand has been removed from the played tile, the turn is over and the play cannot be changed.

**3) Removing a Marker.** A marker on your train remains there until you play on your personal train during a subsequent turn. Once you have played, you are obligated to remove your marker, making your train ineligible to the other players.

### 4) Double Dominoes.

- A double tile is placed sideways on the train.
- **Playing a Double.** When you play a double, you must also play an additional tile that is not a double, therefore “closing” the double (unless the double is your last domino, in which case the round ends). If you do not have an additional tile to play, draw a tile and play it if you can. If you can't play the additional tile, place your marker on your personal train. Play then passes to the next player.
- **An Open Double.** If, after a player's turn is completed, the double is open (not played on), all other trains become ineligible for all players until a player can play on the open double, which is to say the double must first be *satisfied* or *closed* before any other trains—marked or unmarked—can be played on. If subsequent players cannot play on the double after drawing, they must place a marker on their personal trains. Once a player has “closed” (played on) the double, all players are then free to play on any eligible train.

- 5) Errors in Play.** If a player errs in the rules, e.g., plays a wrong domino on the train (plays a 10 domino on an 11 domino), excuse the first infraction. But if continued errors occur, the player must draw a domino from the bone yard as a penalty for each infraction.

### **E) Ending a Round**

- 1) When there are no more tiles in the bone pile, a player must pass if he/she does not hold a playable tile, and then place a marker on her/his train.
- 2) When a player has only one tile left, she/he must notify the other players by tapping it on the table.
- 3) A round ends when a player has “dominoed” (played her/his last tile, even if it is a double), or when the bone pile is depleted and no one can play and the game is completely stalled.

### **F) Subsequent Rounds**

Each new round begins with the double that is one number lower than the engine in the last round (e.g. 12, then 11, then 10, etc.). Find and set aside the double before shuffling the dominoes. All trains, including the Mexican Train, must begin by matching that double. The blank double is the engine in the last round.

### **G) Scoring and Ties**

Each player counts the number of pips (dots) on his/her unplayed tiles and gives the number to the scorekeeper, who at the end of the final round totals each player's points. The player with the lowest total score wins. In the event of a tie in the final play for first place (gold medal), second and third place will be a one-round play off for third place (bronze medal). There will be no silver medal.

### **H) Summary of the Rules of Play**

#### 1) Playing Non-Double Tiles:

- During your turn you may play one tile. (Playing doubles is an exception covered below.)
- Any player may start the Mexican Train during their turn.
- If you have a playable tile, you must play.
- If you cannot play, you must draw a tile from the bone pile and play it if you can.
- If you are unable to play, you must place a marker on your train. A marked train is eligible for play by all players. The marker remains on your train until *you* play on it.
- When there are no unsatisfied doubles, the trains eligible for play are your personal train, the Mexican Train, and any marked trains.

#### 2) Playing Double Tiles:

- During your turn, you may play one double. This double must be satisfied (closed) before play can continue.
- If you can't play the matching non-double, draw, play it if you can, or mark your train.

- The next player must satisfy the double by playing a domino from her/his hand or drawing from the bone pile. If they cannot play, a marker must be placed on their train. This follows until the double is satisfied. If a player shows the other players that all the non-doubles needed to satisfy a double have already been played, then at that point, there is no obligation to satisfy it, and **that train is no longer playable**. Tiles that were drawn in a prior attempt to satisfy the double cannot be returned to the bone pile. Play continues as usual.

## **EIGHT BALL POOL**

Participants in men's and women's divisions will compete in 10- year age groups (50-59, 60-69, 70-79, 80-89, 90+). This is a single elimination tournament. Current Billiard Congress of America (BCA) Rules apply except as modified below. Players may bring their own pool cue. The Event Host supplies the pool tables and balls.

### **A) General Rules – Men & Women**

- 1) A random drawing may be held to determine opponents before the event is started.
- 2) Each match will consist of the best two out of three games.
- 3) There will be one loser's bracket from the semifinal to determine 3rd place.
- 4) The opening shot will be determined by a lag, unless both participants agree on a coin toss. The person to break will rack his or her own balls. Then after the opening break, the break will alternate.

### **B) Women's Division**

- 1) Shooter does not have to call pockets or combinations, except when shooting at the eight ball. However, a clean shot must be made, i.e. the eight ball can not touch another ball before dropping into the designated pocket. Additionally, a break shot will be considered legal when at least two balls are driven to the rail.

## **FOOTBALL THROW**

Competition will be in men's and women's divisions in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). This event will be judged on distance and accuracy. NVSO will supply the footballs. **Men use Standard size College/NFL footballs, Women use #9 Youth footballs.**

### **A) General Rules**

- 1) The throwing area will include a line behind which all throws must be made. Feet must remain behind the line during the throw and the follow through. An accuracy measuring tape will extend from the throwing line to a distance of 200 feet.
- 2) Each throw will be recorded as the total distance thrown, minus the distance from the accuracy measuring tape on either side of the tape.

- 3) Each participant will be given 3 throws, all of which will be recorded. A competitor may skip attempts and the best attempt will count.
- 4) In the event of a tie, the second best throw will determine the winner.

## **FRISBEE THROW**

Competition will be in men's and women's divisions and 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+). The best of three (3) throws will be judged on distance and accuracy. NVSO officials will determine the order of throws. NVSO will supply the Frisbee discs.

### **A) General Rules**

- 1) Each participant will be allowed practice throws, if time permits, prior to starting.
- 2) Each participant gets three competition throws at a straight line laid out in the throwing area for measuring distance and accuracy. A competitor may skip attempts and the best attempt will count.
- 3) The throwing area will be marked by foul lines, similar to softball throw, except they will form an angle of 60 degrees instead of 90 degrees.
- 4) Thrower must release disc from behind the approach line or it will be considered a foul.

### **B) Awards**

- 1) The longest adjusted throw will be measured by the total distance thrown, minus the distance the Frisbee lands from the accuracy line, measured in feet and inches.
- 2) Winners will be determined by the longest adjusted throw. In case of a tie, the second longest throws will be compared. A tie will be broken with one additional throw.

## **GOLF**

Men and women will compete in separate divisions in 5 year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). United States Golf Association ([www.usga.org](http://www.usga.org)) rules will apply to all play unless shown otherwise. The Calloway Handicap System will be used. Players must provide their own clubs and balls.

### **A) General Rules**

- 1) The play will be for 18 holes only.
- 2) Winter rules will be in effect. The ball may be moved in the fairway only for the purpose of improving the 'lie.'

- 3) A ball which is declared lost, or a ball which is discovered out-of-bounds, shall be played from the nearest in-bounds spot, no nearer the hole, with a one-stroke penalty.
- 4) On the putting surface, the player who is the farthest from the hole shall putt first until all balls are in the hole. 'Gimmies' are allowed.
- 5) A ball, which is declared unplayable or is unplayable in a water hazard, shall be played out two club lengths from the hazard no nearer the hole, with a one-stroke penalty.
- 6) Player will be given one club length relief without penalty from a lie that is declared dangerous to the player or his clubs by his playing partner(s).

#### **B) Handicap Rules**

- 1) The established verifiable handicap score for each player will be used.
- 2) For players who do not have a verifiable handicap score, "0" will be used.

#### **C) Tie Breaker**

- 1) The lowest handicap hole determines the tie breaker.

#### **D) Awards**

- 1) Low Gross Score: Gold, Silver and Bronze Medals will be awarded for the low gross score in each age group.
- 2) Low Handicap Score: Gold, Silver and Bronze Medals will be awarded based on the handicap system.

## **HANDBALL**

Men and women compete separately in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). Official Rules of the US Handball Association will be used. Competitors must provide their own gloves and must wear eye guards. NVSO will provide the balls.

#### **A) General Rules**

- 1) Format, age bracket distribution and schedules will be posted at [www.nvso.us](http://www.nvso.us) 48 hours before the tournament.
- 2) Type of game: This is four wall "singles" handball played by two players.
- 3) Description: This is a competitive game in which a properly gloved hand can be used by each player to hit the ball.
- 3) Objective: The objective is to win each rally or period of play by serving or returning the ball until one player fails to make a legal return. A rally is over when one player makes an error or is unable to return the ball before it touches the floor twice, or if a "hinder" is called.



- 4) Points and Outs: Points are scored only by the serving player when that player serves an ace or wins a rally. When the serving player loses a rally, that player loses the serve.
- 5) Game: A game is won by the player who first scores 21 points.
  - a) The game begins with the server in the serving zone. The server bounces the ball, and then hits it. The server cannot step across the service line during the serve or a fault is committed. The served ball must strike the front wall first and then bounce back beyond the short line into the back court. If after hitting the front wall, the served ball strikes the ceiling, the rear wall, or two walls before it reaches the back court, a fault has been committed. Two faults while serving loses the server the serve.
  - b) The server's opponent (the receiver) must return the serve to the front wall, either directly or indirectly. That is, a return can hit the side walls before it reaches the front wall, or it can hit the ceiling, or even the back wall, but it cannot touch the floor before reaching the front wall. Nor can the receiver cross the short line until the ball has crossed the short line after a serve.
- 6) Hinders: Regarding avoidable hinders which both the server and the receiver agree that the server committed, the server loses the serve.
  - a) Such avoidable hinders should be called when a player does not move sufficiently to allow 1) the opposing player a shot, (2) moves into a position that blocks the opponent's view of the ball, or (3) moves into the path of his opponent's return and is struck by the ball.
  - b) When serving, it is up to the receiver to decide whether the server's body screened the serve from the receiver's view. A screened serve is made over again.
  - c) Less controversial hinders are the ball accidentally striking an opponent before reaching the floor or a player's unintentional interference with an opponent. In each case, no point is lost on such a "dead-ball hinder" and the point is played over.
- 7) Match: A match is won by the player who first wins two games.
  - a) In the event that each player wins one game, the match will be decided by an 11 point tie-breaker.
- 8) Officiating: The game is self-officiating and the officiating must be conducted at all times in a civil and courteous manner.
  - a) Before the start of the first game, each player will stroke the ball from the back court to the front court in an attempt to place the ball closest to the short line. The player whose ball lands closest to the short line serves first.
  - b) In the second game, the player who served second in the first game will serve first.

- c) If a tiebreaker is necessary, the player with the most total points in the first two games will serve first.
- d) If each player scored the same number of points, the server will be determined as in the first game.

## **HORSESHOES**

Competition shall be in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) with men and women's divisions as shown below. A single elimination tournament shall be played Best two out of three games wins. The Event Host will supply the horseshoes.

### **A) General Rules**

- 1) A game will be played to 21 points for men and women age 50-69 or the high score after 40 shoes have been thrown (20 shoes per person), whichever occurs first. For men and women age 70+, games will be played to 21 points or the high score after 30 shoes have been thrown (15 shoes per person), whichever occurs first.
- 2) A game is played by frames consisting of a total of four shoes, two pitched by each player to a stake.

### **B) Scoring**

- 1) All points count. A Ringer is 3 points. A Leaner is 2 points. Any shoe within 6 inches of the stake (as measured with a caliper or straight edge) score 1 point. No contestant shall move his own or the opponent's shoes until the winner of points has agreed upon by the contestants or a decision rendered by the referee or the Event Director
- 2) Men 50-69 pitch from a distance of 40 feet.
- 3) Men 70+ pitch a minimum of 30 feet.
- 4) Women 50- 69+ pitch from a distance of 30 feet.
- 5) Women ages 70+ pitch from a distance of 20 feet.

### **C) Additional Information**

- 1) A foul line shall be clearly defined 3 feet in front of each stake.
- 2) Flip a shoe to determine who pitches first. Thereafter, the person making the most points pitches first. In case of a tie, the last pitcher shall pitch first.
- 3) After pitching, step behind your opponent and do not make remarks or movement that might interfere with opponent's pitching.
- 4) A legal shoe must land inside the box. Any shoe that hits the edge, backboard or outside and bounces into the box is a foul shoe and shall be removed.

- 5) In case of a tie, participants will throw 5 shoes and score combined with game score.

## **MAH JONGG**

Competition will be in no age groups or gender divisions. The National Mah Jongg League, Inc. ([www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org)) rules will be used. Each player must bring his/her own 2014 Mah Jongg card. The NVSO will provide the Mah Jongg tiles and tables.

### **A) General Rules**

- 1) Three rounds will be played consisting of four games each.
- 2) Four players will be assigned to each table.
- 3) The person designated as the "East" participant will be the scorekeeper for the table and will NOT switch tables after each round.
- 4) The scorekeeper will fill out the score sheet for each round and the score sheet will be collected for tabulation at the Head Scorekeeper's table.
- 5) The Head Score Keeper will announce when the round is over and when players should change tables.
- 6) After each round new players will come to the table.

### **B) Completing The Score Sheets**

- 1) Enter the table number and round number.
- 2) The score keeper enters the players' name under the East column.
- 3) Enter other players' names under South, North and West.
- 4) At the conclusion of each game of the round, enter the score for each player.
- 4) At the conclusion of the round, determine the total of all games for each player and have the players enter their initials indicating that the score is accurate.

### **C) Scoring Rules**

- 1) The winner of the game receives the point value shown on the card, i.e. 25, 30, etc.
- 2) If the winner selected his/her own winning tile, the point value is doubled.
- 3) If the game is won without jokers, the point value is doubled.
- 4) If the winner selected his/her own winning tile and the game is won without jokers, the point value is quadrupled.

- 5) If the game ends with no one winning (a wall game), everyone at the table gets 10 points.
- 6) If time is up before the last game is completed, everyone at the table gets 5 points.

## **MINIATURE GOLF**

Competition will be in men's and women's divisions in 10- year age groups (50-59, 60-69, 70-79, 80-89, 90+). The Event Host will supply the clubs and balls.

### **A) General Rules**

- 1) The tournament will consist of one 18-hole round, with the lowest scores determining the winners. The course rules will be followed.
- 2) The course will be played in foursomes, whenever possible.
- 3) Individual score cards will be kept by a member of the foursome or group other than by each individual player.
- 4) Once the score card is recorded after each hole, it must be initialed by the player, not the scorer.
- 5) Lowest scores will determine the winners.
- 6) Tiebreakers will be determined by using score cards, starting with the first hole and continue until a winner is declared.

## **NINE BALL POOL**

Competition is open for Men and Women in 10 year age groups (50-59, 60-69, 70-79, 80-89, 90+). This is a single elimination tournament. Current Billiard Congress of America (BCA) Rules apply except as modified below. The Event Host supplies the pool tables and balls. Players may use their own pool cue.

### **A) General Rules**

- 1) A random drawing may be held to determine opponents before the event is started.
- 2) Each match will consist of the best three out of five games.
- 3) There will be one loser's bracket from the semifinal to determine 3rd place.
- 4) The opening shot will be determined by a lag, unless both players agree on a coin toss. The person to break will rack his/her own balls. Then after the opening break, the break will alternate.

- 5) The player who wins the most matches against all the other players in the designated age group wins the gold medal, the runner up wins the silver medal and the third place winner is awarded the bronze medal.

## **B) Playing Rules**

- 1) The goal is to legally pocket the 9 ball, thereby winning the set.
- 2) The balls are played in ascending numerical order, although balls do not need to be pocketed in numerical order.
- 3) If the lowest ball is hit by the cue ball, and any other numbered ball goes into any pocket, the shooter gets to continue to shoot.
- 4) Whoever makes the 9 ball on a legal shot, at any point of the game, wins the set.
- 5) Players do not have to identify the pockets into which they are shooting.

## **ORIENTEERING (Trial Event - New for 2016)**

### **PICKLEBALL**

Events will be held in men's and women's singles and doubles, and mixed doubles in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+). In all doubles play, partners covering two age groups will play in the age group of the younger partner. USA Pickle Association Rules will be used unless noted otherwise. Players must bring their own paddles. NVSO will provide the balls.

#### **A) General Rule**

- 1) Format, age bracket distribution and schedules will be posted at [www.nvso.us](http://www.nvso.us) 48 hours before the tournament.
- 2) A five-minute warm up period will be allowed before all matches.
- 3) The serve must be made with an underhand stroke so that contact with the ball is made below waist level. The arm must be moving in an upward arc and the paddle head must be below the wrist when it strikes the ball.
- 4) Points will be scored only when served. A player/team continues serving until there is a fault.
- 5) Faults consist of the following:
  - a) Hitting the ball out of bounds. A ball landing on any line is considered good.
  - b) Player hitting the net.
  - c) Volleying the ball before it has bounced on each side of the net (the double bounce rule).

- d) Not clearing the net, e.g. Volleying - hitting without a bounce while a foot is in the “non-volley” zone.
- e) Volleying – hitting without a bounce while a foot is in the “non-volley” zone.
- 6) For a serve to be good, it must be served diagonally to the receiver, while clearing the 7-foot non volley zone. If the ball contacts the net on a serve and still lands beyond the 7-foot non-volley cross-court, it is called a “let” and the serve is played over.
- 7) Double bounce rule is in effect for singles and doubles play.
- 8) There will be a single elimination tournament for each of the three groups: Mixed Doubles, Men’s Doubles and Women’s Doubles, Men’s Singles and Women’s Singles.
- 9) To win a match you must win 2 out of 3 games.
- 10) All games (except for Bronze Medal) are played to 11 points. You must win by 2 points.
- 11) The Bronze Medal game will be one game played to 15 points.

## **RACQUETBALL**

Competition will be in men’s and women’s divisions in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). Lensed eyewear designed for racket sports is mandatory. Athletes must provide their own rackets. NVSO will provide the balls.

### **A) General Rules**

All matches will be governed by the USA Racquetball Association rules ([www.usra.org](http://www.usra.org)).

### **B) Scoring**

- 1) Only the server can score points.
- 2) Server scores one point for winning a rally.
- 3) The receiver gets a ‘side out’ for winning a rally and serves the net rally.
- 4) First person to score 15 points wins the game. No need to win by two points.
- 5) A match is best 2 out of 3 games. Third game, if necessary is played to 11.
- 6) The consolidation match will be one game to 15 points.

### **C) Serving**

- 1) The server must begin the service motion in the service zone.

- 2) The server drops the ball, allows it to bounce on the ground once, and hits it towards the front wall.
- 3) The serve must hit the front wall, may hit one sidewall, and must land on the ground between the service zone and the back wall.
  - a) Any of the following will result in a 'double fault' or loss of serve:
    - The server swings and misses the ball.
    - The served ball does not hit the front wall first.
    - The served ball hits the server on the way back.
    - Two consecutive single faults.
  - b) Any of the following will result in a 'single fault':
    - The served ball hits the front wall and then the ceiling.
    - The served ball hits the front wall and then the back wall before the ground – long serve.
- 4) The served ball hits the front wall and then the ground before passing the service zone – short serve.
- 5) The served ball hits the front wall and then two sidewalls before the ground – 3 wall serve.
- 6) The served ball passes so close to the server that the receiver could not see it on the way back – screen serve.

#### **D) Rallying**

- 1) Players alternate hits. The player who is hitting the ball must hit the ball before it bounces twice on the ground. The ball may hit any wall and/or the ceiling, as long as the ball reaches the front wall before hitting the ground.
- 2) If a player hits the other player with the ball, the rally is replayed.
- 3) If a player touches the ball while it is the other player's turn, the "toucher" loses the rally.

#### **ROWING – ERG (Ergonomic)**

Men and women compete separately in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 76-80, 81-84, 85-89, 90-94, 95+). The event will be governed by the rules outlined in the following. Concept3/Model-PM3 rowing machines will be supplied by the Event Host.

#### **A) General Rules**

- 1) The object is to "cover" 2000 meters in the shortest time.
- 2) This is an individual time trial. There will be several rowing machines, however, there will be no head to head competition with another competitor.

- 3) In each age group competitors with the three best times will earn gold, silver and bronze medals, respectively.
- 4) Competitors can start at any time after they have notified the Event Director and a rowing machine becomes available.
- 5) The Event Director will assign a rowing machine and notify competitors when they may start.
- 6) There will be a judge at every rowing machine to assist the competitors and to supervise the time keeping.

#### **B) Setting up the Rowing Machine**

- 1) Participants set up the rowing machine and the screen display as follows:
  - a) Set the footrests and the foot straps for comfort.
  - b) Set the resistance (or machine drag) from 1 = lowest resistance to 10 = highest resistance. The resistance cannot be changed once the competitor has started to row. (The resistance setting will not have an impact on the timing).
  - c) Press MENU button
  - d) Press SELECT WORKOUT button
  - e) Press STANDARD LIST
  - f) Press 2000 m
- 2) The screen should display the following:
  - a) First line: 2000 m. This number will count down as the competitor rows.
  - b) Second line: Shows average time to row 500 m. This will vary as time goes on.
  - c) Third line: Shows the ELAPSED TIME once rowing has started.
  - d) Fourth line: Shows the number of strokes per minute. This will vary as time goes on. If this is not displayed, press the "Change Units" button to change the display to what is described above.
- 3) The clock will stop when the 2000 m mark has been reached. The display showing the elapsed time will remain for only about one minute before it resets to zero.
- 4) Upon reaching 2000 meters the judge will record on the score sheet the elapsed time and the average time to row 500 meters, and submit the results to the event director.
- 5) The judge will reset the screen for the next competitor.

#### **RUMMIKUB (Trial Event - New for 2016)**

Competition will be in no age groups or gender divisions, except if there are more than 16 players, there will be two age groups age 50-74 and age 75+. If there are more than 32 players, there will be three age groups age 50-64, 65-79, and 80+.



Standard Pressman Rules will be used. NVSO will provide the tiles and the stop watches.

### A) General Rules

- 1) This is a Rummy based game for 3-4 players, each trying to be the first to empty their rack of tiles by melding them into sets of runs and groups.
- 2) The 104 playing tiles consist of 2 each of the numbers 1 to 13 in four colors (Blue, Red, Green/Black, or Orange/Yellow) and 2 Jokers.
- 3) A complete game consists of 3 or more separately scored rounds within a 1 hour time limit.
- 4) There will be an Event Director and Timers as needed.

### B) Set Up

- 1) After placing all tiles in an opaque pouch, each player picks a starter tile from that pouch, with the highest number going first.
- 2) Starter tiles are returned to the pouch and each player in turn draws 14 tiles for their rack.
- 3) Play proceeds in a clockwise direction around the table.

### C) Initial Melds

- 1) In order to move tiles from their rack to the table, each player must first form one or more sets totaling at least 30 points exclusively from their own tiles, with tiles worth their own face value.
- 2) There are two kinds of sets:
  - a) A **group** is a set of either three or four tiles of the *same* number in *different colors*.
  - b) A **run** is a set of three or more tiles of the *same color* with *consecutive numbers*.
- 3) Players may not use any tiles already on the table to form part of their initial melds. A Joker in a player's rack may be used as any tile, and its point value is that of the tile it represents.
- 4) If a player cannot make an initial meld of at least 30 points, or chooses not to for any reason, he/she must draw a tile from the pouch and end his/her turn. A "1" is always low number in a run. It can never follow a 13.

#### D) Subsequent Plays

- 1) Once a player has made an initial meld, he/she may use tiles from his/her rack to build on or with other sets on the table in any or all of the following ways, including his/her initial meld turn:
  - a) Add the fourth color from his/her rack to a group of three on the table;
  - b) Add one or more consecutive tiles of the same color from his/her rack to extend a run;
  - c) Remove a tile from a group of four to form a new set with other tiles from his/her rack;
  - d) Remove an end tile from a run of four or more to form a new set with other tiles from his/her rack;
  - e) Add a fourth tile to a set and remove a different tile to form a new set with other tiles from his/her rack;
  - f) Remove tiles from overlapping runs to form one longer run and a new set with tiles from his/her rack;
  - g) Split a run and add other tiles from his/her rack to form two new runs; and/or
  - h) Lay down an entirely new set formed only with tiles from his/her own rack.
- 2) Multiple sets on the table can be rearranged, split, and/or combined as desired, so long as at least one new tile from the player's rack is added to the mix, and all tiles on the table end up in legitimate sets of three or more (i.e. no leftover tiles of any kind, either singles or pairs). Once played on the table, sets no longer belong to any player, and his/her tiles may be freely used by anyone.
- 3) If a player cannot (or chooses not to) add at least one new tile from his/her rack to the table during his/her turn, he/she must draw a tile from the pouch and end his/her turn. A drawn tile can never be played in the same turn it was drawn, since the act of drawing it immediately ends that player's turn.

#### E) Jokers

- 1) There are two Jokers that can be used as *any* other tile in a set, even if both

those tiles have already been played. A Joker can be retrieved from a set by a player who replaces it during his/her turn with a tile of the *same* number and color from his/her own rack, but *only* if he/she has already laid down his/her initial meld, and *only* if he/she can immediately combine it with two or more tiles from his/her own rack to form a new set, in which case it can represent any other tile again.

- 2) A Joker can never be replaced by a tile already on the table, but if it is part of a group of three, it can be replaced by either of the missing colors. A set containing a Joker can be added to, split up, combined, or rearranged freely, as long as the Joker retains its original value/color designation, although a Joker in a run or group of four can become either of two colors if it ends up in a group of three instead. Within the above constraints, there is no limit to the number of times a Joker can be replaced.

#### **F) Time Limits**

- 1) Players have 2 *minutes* to complete all of their plays each turn, and players should “knock” the table to indicate when they are finished, so the next player may proceed.
- 2) A non-playing volunteer Table Timer will keep track of each player’s 2 minute limit with a stop watch, and provide a first warning when 30 seconds are left and a final warning when 10 seconds are left.

#### **G) Penalties**

- 1) A player going over the 2 minute limit may complete the set they are working on, but must then draw *one* tile from the pouch and end his/her turn.
- 2) A player who unsuccessfully attempts to build on or rearrange other sets on the table must replace the tiles in their original sets, take back the tiles he/she was unable to play legally, and draw *three* tiles from the pouch.
- 3) Unintentional errors are not penalized if corrected within the 2 minute limit.
- 4) The Table Timer will ensure that all sets on the table are legally constructed, with no leftover “orphan” tiles and assess.

#### **H) Scoring**

- 1) Play continues until one player empties his/her rack of all tiles, at which point the losers total up the value of all the tiles remaining on their racks, with Jokers counting 30. These are all entered as *negative* numbers for the round, while the winner receives the grand total as a *positive* score.
- 2) If all tiles are drawn and no one is able to empty his/her rack, the player

who has the least points left is the winner of the round, with losers subtracting their winners for their net negative scores, and the winner receiving the summed total as a positive score.

- 3) After scoring the round, players place all tiles back in the pouch and start the next round anew as above.

### **I) Winning**

- 1) After all rounds are completed in a qualifying game, each player with the highest overall score advances automatically to the championship game, along with those in second place who finished with the fewest points behind their respective winners and who may be needed to bring the number of players in the championship game up to 4.
- 2) Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers of the championship game.

## **SCRABBLE**

There will be no age groups or gender divisions. The Event Host will supply the equipment.

### **A) General Rules**

- 1) Official rules are found inside the cover of the Scrabble box.
- 2) Clocks will be used to enforce the time limit of 50 minutes per game (25 minutes per player – each word should take less than 2 minutes).
- 3) The games will be played by two players per board.
- 4) Three games will be played. Third game, final round, is King of the Hill.
- 5) Winners determined by win-loss ratio. Ties are broken by cumulative point spread.
- 6) The dictionary used to determine which words are permitted is the Scrabble Players Dictionary, Fourth Edition.

**Note:** “All words labeled as a part of speech (including those listed of foreign origin, and as archaic, obsolete, colloquial, slang, etc.) are permitted with the exception of the following: words always capitalized, abbreviations, prefixes and suffixes standing alone, words requiring a hyphen or an apostrophe.”

## **SOFTBALL HIT**

Competition will be in men’s and women’s divisions in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). This event will be judged on distance.

NVSO will supply the tee, bats and softballs. **Men and women use 12 inch circumference softballs.**

#### **A) General Rules**

- 1) Women and men will have a choice to use either a tee or hitting Fungo style (the participant will toss the ball in the air and then hit it to the best of his/her ability.)
- 2) Each competitor will be allowed three hits, each of which will be recorded. A competitor may skip attempts, and the best attempt will be recorded.
- 3) Second best hits will break a tie.

### **SOFTBALL THROW**

Competition will be in men's and women's divisions in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). This event will be judged on distance and accuracy. NVSO will supply the softballs. **Men use 12 inch circumference softballs, women use 11 inch circumference slow-pitch balls.**

#### **A) General Rules**

- 1) The throwing area will include a line behind which all throws must be made. Feet must remain behind the line during the throw and the follow through. An accuracy measuring tape will extend from the throwing line to a distance of 200 feet.
- 2) Each throw will be recorded as the total distance thrown in feet and inches, minus the distance to the left or to the right from the accuracy measuring tape.
- 3) Each participant will be given three throws, all of which will be recorded. A competitor may skip attempts and the best attempt will count.
- 4) Second best throws will break a tie.

### **SPELLING BEE (Trial Event - New for 2016)**

Competition will be in no age groups or gender divisions. Every year 800–900 new spelling words, developed and checked using [www.dictionary.com](http://www.dictionary.com), are used in four levels of difficulty. The spelling words can be pre-viewed at \_\_\_\_\_ . The event director will provide paper and pencils for the competitors.

#### **A) General Rules**

- 1) The Event Director arranges and coordinates staff. Staff includes a Pronouncer, Scorekeeper, Timer and Tech Support person. Any questions or protests must be referred to the Event Director whose decision is final in all matters.

- a) The Pronouncer calls on contestants and provides and reads the words to spell.
- b) The Scorekeeper keeps track of the number of words each contestant misspells. After 45 minutes of competition, the contestant with the fewest misspelled words is declared the gold medal winner. Silver and bronze medals are awarded to contestants in order of the next fewest misspellings.
- c) The Timer uses a stopwatch to time each contestant's turn and to time the initial 45 minute limit.
- d) The Tech Support person uses [www.dictionary.com](http://www.dictionary.com) as a reference.

## **B) Playing Rules**

- 1) Contestants may sit in any order at the spellers' table. The Pronouncer calls on contestants in order, providing one word to spell in that round. The Pronouncer says each word twice and, at the request of the contestant, provides its part of speech, language of origin, definition and usage in a sentence and pronounces the word a third time. The contestant has one minute to say the word, spell it and say it again. The contestants may write the words before orally spelling them, if they so choose. After the contestant repeats the word after spelling it, no further changes may be made. If the contestant asks for definitions, part of speech, language of origin, and usage in a sentence, timing commences after that information is provided.
- 2) Rounds begin with Level 1 words, and progress to Levels 2 and 3. The Event Director determines how many rounds are distributed among the three levels depending on the number of competitors, mindful of the 45 minute time limit.
- 3) After the initial 45 minute time period, if two or more competitors are tied with the same number of misspelled words, tie breaker rounds determine the winner. Words are presented in the same order as the competition. Elimination in the championship round occurs when a word is misspelled.
  - a) There are two rounds of Level 3 words. If Level 3 words were not used in the initial competition, the Pronouncer provides words beginning with the first words on the Level 3 list. If Level 3 words were used in the initial competition, the Pronouncer will begin with the next word on the Level 3 list. If necessary, Level 4 words will be used in order on the list.
  - b) If all Level 4 words are exhausted and no words are misspelled, the Event Director provides his/her list of Level 5 words. This list will not be made available to the contestants in advance. The list will be used in order.

## **B) Awards**

Gold, Silver and Bronze Medals will be awarded for first, second and third place. In case of a tie or ties, duplicate medals will be awarded and subsequent places will be downgraded accordingly..

## **SUDOKU (Trial Event - New for 2016)**

Competition will be in 10-year age groups without gender divisions. NVSO will provide the

## Logic Puzzles.

**A) General Rules**

- a) Logic Puzzles will be a 9x9 grid of 81 cells subdivided into nine 3x3 boxes with 23 of 32 cells prefilled with a number as initial clues. The object is to place a single number (1-9) in each empty cell such that the completed puzzle **does not repeat** any number in any of the nine rows, columns or boxes, and to do so in the shortest time possible.
- b) The event consists of a series of five increasingly difficult puzzles to solve:
  - Two with 15 minute limits,
  - Two with 20 minute limits,
  - One with a 30 minute limit.
- c) Contestants may only use a pencil for notations and their own brainpower to solve the puzzles. Computer/smart phone analysis or cribbing off of other contestant are prohibited.
- d) Once a puzzle is completed, a contestant will raise his/her hand and a proctor will record his/her elapsed time and collect the puzzle for grading.

**B) Grading**

- a) Cells with two or more numbers, the wrong number, and cells left entirely unmarked are graded as mistakes.
- b) Grading is based, in order of priority, on:
  - 1) The total number of mistakes made in all puzzles, and
  - 2) The cumulative time for solving all puzzles.

If more than one competitor made the same number of mistakes (0 or more), the competitors are graded in each group having made the same number of mistakes by the least cumulative time used to solve all puzzles.

**C) Awards**

Gold, Silver and Bronze medals are awarded to the contestants in each age group.

**SWIMMING**

Competition will be in men's and women's divisions in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+).

**A) General Rules**

- 1) Events will consist of the 50 yard and 100 yard freestyle, 50 yard and 100 yard backstroke, 50 yard and 100 yard breaststroke, and a nominal ½ mile or 900 yards (any style).

- 2) All 50 yard competitions are twice the width of the pool. Swimmers will start in the water with at least one hand on the side of the pool.
- 3) The 900 yard (nominal ½ mile) competition is 36 times the width of the pool. Swimmers will start in the water with at least one hand on the side of the pool. Any stroke or combination of strokes are permitted.
- 4) All 100 yard competitions are four times the width of the pool. Swimmers may start from the starting blocks, from the edge of the pool, or in the water with at least on hand on the side of the pool.
- 5) The kicks allowed are the frog, whip, scissors, or breaststroke.
- 6) Best times will be recorded. In case of a tie, duplicate medals will be awarded and medals for subsequent lowest times will be downgraded.

### **B) Backstroke**

Two hands must hold the side of the pool for the start. Backstrokes must swim face-up with alternate or simultaneous arm strokes (swimmer's choice).

### **C) Freestyle**

In the freestyle, 1/2 mile, and backstroke, at least a one-hand touch finish is required. Turns for these events shall be a wall touch with any part of the body.

### **D) Breast Stroke**

A 'two-hands' touch at turns and the finish is required. Breaststroke competitors must do an arm stroke that is an in-water recovery.

### **E) Equipment**

No swimmer may use equipment which gives him/her an unfair advantage such as swim fins, flotation devices, breathing apparatus such as a snorkel, or similar devices.

## **TABLE TENNIS**

Competition will be in separate divisions for men and women in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+). Games will be played in accordance with United States Table Tennis Association Rules ([www.usatt.org](http://www.usatt.org)). Players supply their own paddles, not backed with sandpaper. NVSO supplies regulation tables, nets, and balls.

### **A) General Rules**

- 1) Best 3 out of 5 games wins.



- 2) After a total of 2 points have been played, the receiver becomes the server, and the server the receiver, and so on until the end of the game or the score 10-all. At the score 10-all, the receiver becomes the server, and the server the receiver, and so on after each point until the end of the game.
- 3) First server is determined by coin flip. Two-minute warm-up and breaks between games.
- 4) Either player may stop play if a ball or player from another table interferes, hinders, or distracts play. The point will be re-played.
- 5) White shirts or jackets are not permitted for competition, per USA Table Tennis Association Rules.

### **B) Singles**

- 1) A game is won by the player who first wins 11 points, unless both players have scored 10 points. Then the winner of the game is the one who first wins 2 points more than he opponent.

### **C) Serving**

- 1) The server releasing the ball from an open hand only, without imparting spin, delivers the serve.
- 2) The ball is then struck so that it touches first the server's court, passes directly over the net, and touches the receiver's court.
- 3) At the moment of the impact of the paddle on the ball in service, both players must be behind the end line of the server's court and between an imaginary continuation of the sidelines.

### **D) Let Service**

- 1) The ball is served again without loss or gain of point if the ball served, in passing over the net, touches it or its supports, provided the service is otherwise good.

### **E) Loss of Points**

- 1) Either player loses a point:
  - a) If the player's free hand touches the playing surface while the ball is in play;
  - b) If the player, his/her paddle, or anything that he/she wears or carries, touches the net or its support while the ball is in play;
  - c) If the player, his/her paddle, or anything that he/she wears or carries, moves the playing surface while the ball is in place.

## TENNIS

Competition will be in men's and women's singles, men's and women's doubles and mixed doubles in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+). All games are played in accordance with United States Tennis Association rules ([www.usta.com](http://www.usta.com)). This is a single elimination tournament. Each player must supply a can of new balls for each event entered and supply his/her own racquet.

### A) General Rules

- 1) In men's and women's doubles, partners covering two age groups will play in the age group of the younger partner.
- 2) If you plan to participate in more than one Tennis event, you must be prepared to play more than one match per day.
- 3) Each player is required to bring one new, unopened can of balls for each event. Winner keeps new balls and loser keeps used balls.
- 4) Players must furnish their own rackets.
- 5) Warm up time is limited to 10 minutes, if time permits.
- 6) At the end of the first and every odd-numbered game, the players switch ends of the court.
- 7) No breaks are allowed during a game. An emergency break between games may be granted by the Event Director. It may last no more than 10 minutes, or the game may be forfeited.

### B) Scoring

- 1) Pro-set scoring will be used.
- 2) All games will be no-add games. The player with four points wins the game. If the score becomes 3-3, i.e., 40-40, the receiver may select deuce or add court for play of the final point.
- 3) The first player to win eight games will win. (You do not have to win by 2 games.) When the score is tied at 7 all, a seven-point tiebreaker will decide the winner, with the first player scoring seven points, with a margin of 2 points, winning the match.
- 4) The original order of serving will continue as if there were no tie match and there will be no ball changes.
- 5) Regular scoring will be used but this could be changed to NO-AD in the case of any factors that may prevent the completion of the schedule.

## TRACK & FIELD

Competition will be in separate divisions for men and women in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+).

### A) General Rules

All events are governed by the Amateur Athletic Union of the United States, Inc. ([www.aausports.org](http://www.aausports.org)) and the USA Track & Field Association (USATF ) ([www.usatf.org](http://www.usatf.org) )

### I) Track Events

- 1) Participants must be ready to compete in all track events at times scheduled. Late participants may be disqualified.
- 2) Track events will be timed and recorded. The line judge's decision is final.
- 3) No spikes are allowed in any track event held indoors.
- 4) Within each age group and gender division, the person with the best recorded time is declared the winner.

#### a) Running Events

- 60 Meter Dash Indoors:  
Finish line in front of grandstand.
- 200 Meter Dash Indoors:  
Competitors will run 1 lap with staggered starts.
- 400 Meter Run Indoors:  
Competitors will run 2 laps with staggered starts.
- 800 Meter Run Indoors:  
Competitors will run 4 laps.
- 1600 Meter Run Indoors:  
Competitors will run 8 laps.
- 5K Run Road Race Outdoors:  
Men and Women in all age groups will start at the same time.  
This is a road course in Reston's walkway system. Runners do not share the competition course with bicycle or automobile traffic.

#### b) Walking Events

- 1) In all events walkers must walk, not jog or run. The heel must touch the ground first.
- 2) Walkers must maintain unbroken contact with the ground. Thus the

rear foot must not leave the ground until the advancing foot has made contact. Judges will be spaced around the track to enforce this rule.

- 3) Walkers will be given one caution before being disqualified. disqualified racer must leave the track immediately.
  - 400 Meter Walk Indoors:  
Participants will walk two times around the track (2 laps).
  - 800 Meter Walk Indoors:  
Participants will walk four times around the track (4 laps).
  - 1600 Meter Walk Indoors:  
Participants will walk eight times around the track (8 laps).
  - 3 Mile Walk Indoors: (Nominal distance)  
Participants will walk twenty-four times around the track (24 laps).

## **II) Field Events**

All distances will be measured from the white 'foul' line where applicable. Crossing the foul line constitutes a miss. A competitor may skip attempts and the best attempt will count.

### **1) Standing Long Jump**

- a) Each competitor will be given three tries. In execution, feet must be parallel and leave the ground at the same time.
- b) Distance is measured from the front of the take-off board to the closest impression in the pit sand. All three distances will be recorded.
- c) Checking the second longest jump will break a tie. In case of another tie, the competitors' third best jumps will determine the appropriate award.

### **2) Running Long Jump**

- a) Each competitor is given three tries. Take-off foot must not be over the foul line (or the front edge of the take-off board).
- b) Distance is measured from front of take-off board to the closest impression in the pit sand. All three distances will be recorded.
- c) The second longest jump will break a tie. In case of another tie, the competitors' third best jumps will determine the appropriate award.

### **3) High Jump**

- a) At the commencement the Event Director will place the crossbar at the starting height agreed upon by the competitors. The Event Director will announce to the competitors the starting height and the subsequent heights to which the bar has been raised at the commencement of each round. After competition has started, the bar will not be lowered.

- b) The bar will be raised in 2 inch or 5 cm increments after each round.
- c) A competitor may commence jumping at any height above the minimum height and may skip a subsequent height at his/her own discretion.
- d) A competitor must take off from one foot.
- e) Knocking the bar off the supports or touching the landing area beyond the plane of the bar shall count as a failure. If the bar falls off without having been knocked by the competitor (e.g. due to strong wind), the competitor is not penalized.
- f) Three (3) successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
- g) Even after all other competitors have failed, a competitor is entitled to continue until he/she has failed three subsequent attempts at any height.
- h) If a competitor attempts a new record, he/she may raise the bar by not less than 1 inch or 2 cm.
- i) Braking Ties: In case of a tie, the competitor with the fewest misses at the previous height or heights is declared the winner. If there still is a tie, the competitor with the fewest attempts below the last tie is declared the winner. If there still is a tie, the first place is awarded to all competitors who share the fewest number of attempts. Subsequent places are downgraded depending on the number of first places, etc. awarded. The same rule applies in determining second, third and subsequent places.

#### **4) Discus**

- a) Women 50-74 will use a 1 kg discus, Women 75+ will use a 3/4 kg discus, Men 50-59 will use 1.5 kg discus, Men 60+ will use a 1 kg discus. NVSO supplies discus.
- b) The discus is to be held with the throwing hand over the top of the discus. The discus is to be released by swinging the arm forward in an upward motion. Spinning (rotating the body) to throw the discus is only permitted if an operational safety cage is installed at the venue. This rule has been adopted as a safety measure.
- c) In the execution of the throw, the participant must not step on or touch the top of the toe board. Upon completing each throw, the contestant must leave the ring towards the rear.
- d) Participants are given three throws. The three throws will be recorded.
- e) Distance will be measured from the inner edge of the ring to where the discus first touches the ground.
- f) Second best throw will determine winner in a tie. Third best throw may then be used as tiebreaker.

## 5) Shot Put

- a) Women 50-74 will use a 3 kg shot, Women 75+ will use a 2 kg shot, Men 50-59 will use a 6 kg shot; Men 60-69 will use a 5 kg shot, Men 70+ will use a 4 kg shot. NVSO supplies the shots.
- b) The shot will be held behind but close to the ear, and back toward the shoulder. The delivery must be a forward thrust in an upward motion (classic slide shot put). The hand must be over the top of the shot in the delivery. Throwing motions and underhand delivery of the shot is prohibited. Spinning (rotating the body) to put the shot is only allowed if an operational safety cage is installed at the venue. This rule has been adopted as a safety measure.
- c) Participants must not step on or over the toe board while 'putting' the shot. Upon completing a 'put,' the contestant must leave the ring to the rear.
- d) Distance will be measured from the inner edge of the "ring" to where the shot first touches the ground.
- e) Three throws will be recorded.
- f) In case of a tie, the second best 'put' will be the tiebreaker. Third throw may then be used.

## 6) Mini Javelin Throw

- a) Women, 50-59 use 500 gram "Long Toms"; 60 + use 400 gram "Turbojavelin"
- b) Men, 50-59 use 700 gram "Long Toms"; 60-69 use 600 gram "Long Toms"; 70-79 use 500 gram "Long Toms", and 80+ use 400 gram "Turbojavelin".
- c) Three throws are recorded. Best throw determines winner (second best throw may break tie).
- d) NVSO supplies the equipment.

# VOLLEYBALL

## A) General Rules

**No onsite registration!** Competition is open for Men's and Women's Teams in 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+). The event will be governed by the United States Volleyball Association ([www.usavolleyball.org](http://www.usavolleyball.org)) except as modified herein. Teams may provide their own balls.

- 1) A team may have more than 6 players on the roster, but may not have less than 5 or more than 6 players on the court.

- 2) The youngest player in the team determines the age group.
- 3) A team may have no more than one member from outside the NVSO jurisdiction.
- 4) Rotation will be clockwise after the first service of the game. After the server loses his/her serve, the next server will initiate the clockwise rotation moving out of the second position to the first.
- 5) Net Height: 7'-11 5/8" feet for Men and 7'-2 1/8" for Women.
- 6) All team members must register separately indicating the name of the team captain on the Registration Form. It is the responsibility of the team captain to send to the Northern Virginia Senior Olympics (NVSO) a roster of all team members by the final registration deadline.
- 7) The game format will depend on the number of teams, most likely a match of 3 games with a 1 hour limit per match.

#### **B) Substitutions**

- 1) Starting players may be replaced by a substitute and may re-enter the game a total of three more times.
- 2) Players re-entering the game must assume the original position in the serving order in relation to the other teammates. The player re-enters for the player who substitutes for him or her.
- 3) A substitution or a time-out may only be called by the team captain when the ball is dead.
- 4) Substituting a player may not result in more than the allowed "out of area" players.
- 5) In case of injury substitutions may be made at the discretion of the officials.

#### **C) General Playing Rules**

- 1) If a team is not present at the start of a match, the team forfeits the match.
- 2) If a team does not have at least five players on the court at the start of the game, two separate five-minute periods will be allowed to add the fifth player. If at the conclusion of the first five-minute grace period the team does not have five players on the court, the team loses the first game. If at the conclusion of the second five-minute period the team still does not have five players, the team forfeits the match. Time elapsed by using the five minute grace period(s) will not be added to the one hour maximum for a game. The sixth player may enter upon arrival.
- 3) If a Male or Female team plays with only five players, it will not lose serve at the ghost player position (sixth player).
- 4) The winner of the coin toss will choose between serving or the side of the

court.

- 5) A team must win 2 out of 3 games to win the match.
- 6) The first two games are played to 25 points and each game must be won by two points. The third game is played to 15 points but the match may not exceed the one hour time limit.
- 7) Server must wait for the referee's whistle to put the ball in play.
- 8) Server must have both feet behind the serving line.
- 9) The ball must go over the net on a fly. If the ball lands beyond the boundary lines, it is a serve out. The ball is "in bounds" if it touches any part of the court or boundary lines even if it touches the net and falls on the receiver's side within the boundaries.
- 10) The following will be a serve-out or a point if:
  - a) A ball is touched more than 3 times on one side of the court with any part of the player's body before being hit over the net to the other side. A ball cannot be touched consecutively by the same person. Exception: A blocked ball that falls on the blocker's side may be touched by the blocker again, and be considered as the first hit.
  - b) A ball is caught, lifted, or thrown (referee's discretion). Every touch of the ball must be "clean". A bump-pass receive of serve is not necessary, but this too must be a clean hit as judged by the referee.
  - c) A player touches the top tape of the net during play. (Contact with the net by a player is not a fault unless it interferes with play)
  - d) A player touches his/her foot completely over the centerline during play.
- 11) Each team is allowed two time outs per game. Time outs are not carried over.

## **YO-YO**

Competition will be in separate divisions for men and women in 20-year age groups (50-69, 70-89, 90+). The event will be governed by the American Yo-Yo Association (AYYA, 2002 Tricks and Rules. Players use their own yo-yos.

### **A) General Rules**

- 1) All tricks performed on first attempt receive 5 points. A successful second attempt, if necessary, receives 3 points.
- 2) The yo-yo must be caught with one hand and not trapped against the body.
- 3) If more than five inches of string remains outside the yo-yo when caught, it is considered a miss.



- 4) Any throw made while in the trick circle (or box) counts as a try.
- 5) Only the following tricks may be done while the contestant is on deck (on stage but outside the trick ring) Throw-Down, Spanner, Forward pass, a Single Loop the Loop, or string adjustments. Practicing a contest trick outside the circle or box once the contest starts shall count as a miss.
- 6) Loop the Loops must be done with feet fixed in one position within the trick circle or box.
- 7) The judge(s) decision is final and not subject to appeal.

## **B) Divisions**

### **1) Beginner Division**

- Gravity Pull (dropped from hand in a palm down position)
- Throw-Down (thrown down from a palm up position)
- Forward Pass (palm up catch)
- One Outside Loop
- One Hop the Fence

Tiebreaker Sudden Death Style: Dribble contest. All tied contestants dribble, while the judge instructs them to do something else with their other hand, while keeping the dribble going with the yo-yo hand. 1) Pat your head, 2) Rub your belly and 3) Hop on one foot, etc.

### **2) Novice Division**

- Sleeper (spin of at least 5 seconds)
- Forward Pass
- Over the Falls
- Breakaway
- Walk the Dog (minimum of 6 inches)
- Rock the Baby (1 full rock, back and forth)
- Around the World
- Inside Loop the Loop (5 repetitions)

Tiebreaker Sudden Death Style: Man on the Trapeze (flip-overs allowed) Loop off.

### **3) Advanced Division**

- Walk the Dog (12 inches or more)
- Around the Corner (pluck string with yo-yo hand)
- Reach for the Moon (2 repetitions)
- Three Leaf Clovers
- Hop the Fence (10 repetitions)
- Tidal Wave (Skin the Cat)
- Brain Twister with 1 somersault

- Fling Saucer (Sleeping Beauty)
- Man on the Trapeze (flip-overs allowed)
- Inside Loop the Loop (15 repetitions)

Tiebreaker Sudden death style: Man on the Trapeze with 1 somersault (no Flip-overs) Loop off.