



www.nvso.us

2021 RULE BOOK

(REVISED July 2021)

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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 well-being 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 on competition as it is on 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 (online only in 2021) 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.

NVSO's expectation is that all participants and volunteers will have been vaccinated against COVID-19 and that all necessary COVID-19 protocols such as wearing masks and social distancing will be followed by participants, volunteers and spectators. NVSO will follow the guidelines set by the CDC, the Commonwealth of Virginia, the local jurisdiction and the venue itself, that are in place in September.

The **Northern Virginia Senior Olympics** are held in the fall (usually in the middle of September) of each year and attract over 900 individuals annually. The Senior Olympics are a reflection of its Motto:

LIVING HEALTHY LONGER

GENERAL RULES

Eligibility, Registration, and Team Competitions (revised)

- 1) Participants must be 50 years of age or older and be 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.
- 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 mail-in or onsite registration for any event.** Details about registration, including online registration, can be obtained at www.nvso.us.
- 3) 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.
- 5) Participants in all events must report to the registration area 15 minutes prior to the scheduled time of the event or risk disqualification.

Competition Level

- 1) 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, 95-99, 100+) for Men and Women:
 - Bowling -Ten Pin, Bowling-Wii, Cycling, Diving, Football Throw, Frisbee Throw, Golf, Miniature Golf, Rowing, Softball Hit, Softball Throw, Swimming, Track & Field.
- 2) The following events will be held in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+) for Men and Women:
 - Basketball Free Throw (5-year age groups may apply with the Basketball Free Throw depending on the number of participants), Basketball Field Goal Shooting, Bocce, Crossword Puzzle, Horseshoes, Jigsaw Puzzle, Orienteering, Pickleball, Pool – Nine Ball, Pool - Eight Ball, Table Tennis, Tennis, Sudoku.
- 3) The following events will be held in 20-year age groupings 20-year (50-69, 70-89, 90+) for Men and Women:
 - Yo-Yo:
- 4) The following events do not have age groups or gender categories:
 - Croquet-Nine Wicket, Cornhole Game.

Administrative Rules

- 1) 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.
- 2) 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.
- 3) 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 competition.

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.

BASKETBALL - FREE THROW

Competition will be separate for Men and Women with 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+). 5-year age groups may apply depending on the number of participants. NVSO will provide the basketballs.

A) General Rules

- 1) Each participant shoots 4 rounds of 5 free throws each, equaling a total of 20 free throw attempts.
- 2) Men will shoot from the free throw line, and women will shoot from two feet 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 with 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+). 5-year age groups may apply depending on the number of participants. 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 each player attempting a free throw. If a tie remains after each has taken three free throws, both participants receive medals. If a tie is for gold, third place will receive the bronze medal.

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, 90-99, 100+) and male and female divisions (low registration may require playing with no age groups or gender divisions). The Event Host will provide the bocce balls.

- 1) This is a single elimination tournament.
- 2) 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.
- 3) All matches are single games to 7 points.
- 4) United States Bocce Federation rules will be followed: www.usbf.us.

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 his/her 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.)
- 9) When the ball is touching the pallino and a dollar bill cannot come between them = 2 points.

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, 95-99, 100+). 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 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+). The Event Host provides the equipment.

General Rules

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

CORNHOLE GAME

Competition is open for Men's and Women's Singles, Men's Doubles, Women's Doubles, and Mixed Doubles Teams with no age groups. This is a double elimination tournament. American Cornhole Organization (ACO) Rules apply except as modified below. The Event Host supplies the Cornhole Boards and the pitching bags per ACO Specifications.

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 15 points with a 2-point spread. The first team to reach or to exceed 15 points with a 2-point spread at the conclusion of a frame is the winner. (See Section G) Scoring) If a score of 15 points is not achieved in 15 minutes, the Event Director will determine the winner based on the highest score at the end of the timeframe.
- 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.
- 7) The youngest team member determines the age group.
- 8) A registrant may only participate with one team or pair in each event, and only in the proper age group.

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 undisturbed, 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 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.

CROQUET – NINE WICKET

Competition will be single elimination individual play with no age or gender groups. United States Croquet Association (USCA) Rules croquetamerica.com/croquet/American apply with exceptions. The Event Host will supply the equipment.

A) The Court and Equipment

The standard court is 100' by 50'. Dimensions may be scaled down to fit the available space. There are nine wickets, two stakes, and up to six balls in each round. (Figure 1)

Figure 1: Court Setup

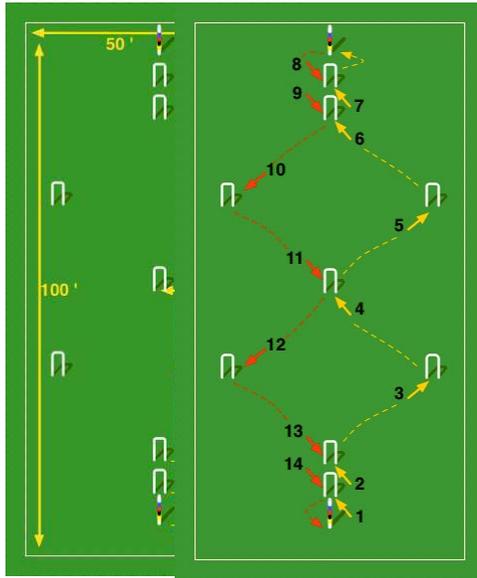


Figure 2: Course of Wickets

B) Game Outline

- 1) There will be up to six players per round. Player match up and the number of participants in early rounds to advance will be by random draw based on the number of participants.
- 2) Each player will be assigned a ball color by a random draw at the start of the game.
- 3) The object is to maneuver the balls through the course of 14 wickets and into the finishing stake, as shown in Figure 2. Play is made by striking a ball with a mallet. The player who is playing a turn is called the striker, and the ball in play for that turn is the striker ball.
- 4) Turns are played in the sequence blue, red, black, yellow, and so on throughout the game. The sequence of colors is painted on the stakes. Each turn is one stroke, but extra strokes are earned when the striker ball hits another ball or scores a wicket point as described under D) Scoring a Wicket.
- 5) The striker ball may cause other balls to move and score points. However, the striker must never strike any ball other than the striker ball. The mallet must contact the ball crisply - scooping, pushing, and hitting the ball more than once during the stroke are not allowed. Any of these violations results in a loss of turn.

C) Starting a Game

Each ball is played from a point halfway between the finishing stake and wicket #1.

D) Scoring a Wicket

A ball scores a wicket point by passing through a wicket in the correct direction and sequence (Figure 2).

E) Hitting other Balls

If the striker ball hits a live ball, it has made a roquet and the striker earns two bonus shots from the roqueted ball. The first of these two shots may be taken in any of four ways:

- 1) From a mallet-head distance or less away from the ball that was hit ("taking a mallet-head").
- 2) From a position in contact with the ball that was hit, with the striker ball held steady by the striker's foot or hand (a "foot shot" or "hand shot").
- 3) From a position in contact with the ball that was hit, with the striker ball not held by foot or hand. This is done by picking up the striker ball, placing it in contact with the hit (roqueted) ball and then striking the striker ball.
- 4) From where the striker ball stopped after the roquet. If a boundary is in use and the striker ball went out of bounds, the ball should be measured one mallet length from where it crossed the boundary.

The second bonus shot after a roquet is an ordinary shot played from where the striker ball came to rest, called a "continuation shot". All balls are live at the start of the turn. A ball hit by a striker ball is a dead ball and remains so until the striker ball scores its next wicket or stake point or until the start of the next turn.

If the striker ball hits a dead ball, it is not a roquet and no extra stroke is earned. However, if the striker is otherwise entitled to play an extra stroke, the turn continues.

F) Boundaries

- 1) Boundaries may be marked with string or chalk, or the corners may be marked with flags or other suitable markers.
- 2) Any ball that crosses the boundary is placed inside three feet (or the length of a mallet) of the point where the ball crossed the boundary.
- 3) Any ball less than three feet (or the length of a mallet) from the boundary is also placed in the full distance.

G) Wickets and Hits

The striker ball cannot both score a wicket and make a roquet on the same stroke. Whichever happens first takes precedence.

H) Turning Stake

A ball scores the turning stake by hitting it in the correct sequence.

I) Continuation Stroke

- 1) The striker earns an extra stroke (called a continuation stroke) for the striker ball by scoring

a wicket, or the turning stake, or by taking croquet. The continuation stroke is played as the balls lie. Continuation strokes are not cumulative.

- 2) If the striker ball makes a roquet while taking croquet, there is no continuation stroke and the striker immediately takes croquet from the ball that was just roqueted.
- 3) If the striker ball scores a wicket and the turning stake on the same stroke, only one continuation stroke is earned.
- 4) The one exception is that two continuation strokes are earned if the striker ball scores two wickets on one stroke.
- 5) If the striker ball scores a wicket or stake or makes a roquet with the first of these two continuation strokes, the extra stroke is forfeited.

J) Stake and Hit

The striker ball cannot both score the stake and make a roquet on the same stroke. Whichever happens first takes precedence.

K) Variations

The following variations can be used singly or in combination.

- 1) Variation 1: Out-of-bounds penalty. If any ball, other than the striker ball during a roquet stroke, goes out of bounds, the turn immediately ends.
- 2) Variation 2: Carry-over deadness. A ball that has roqueted and taken croquet from another ball may not roquet that ball again until it scores its next point. If the striker ball does hit such a dead ball, no extra stroke is earned and the balls remain where they come to rest.

CROSSWORD PUZZLE - NEW

Competition will be in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) with no gender divisions. NVSO will provide the crossword puzzles and pencils.

A) General Rules

- 1) Crossword puzzles consist of a grid of intersecting blocks, each defined as a line of adjacent cells with a clue number in either the uppermost cell for a vertical block, or the left-most cell for a horizontal block. Each clue provides a hint as to what word, phrase, acronym, or abbreviation should be placed in the corresponding block, with a single letter (A-Z) going into each cell of that block – read left to right for horizontal blocks, or top-down for vertical blocks. The object is to fill in each cell of each block with the correct letter, and to do so in the shortest time possible.
- 2) The event consists of a series of three increasingly difficult puzzles to solve:
 - One with a 20-minute limit,
 - One with a 30-minute limit,
 - One with a 40-minute limit.

- 3) Contestants may only use a pencil for notations and their own brainpower to solve the puzzles. Dictionaries, computer/smart phone analysis, or cribbing off of other contestants is prohibited. Notations and guessing are allowed as long as it remains clear which letter goes with each cell.
- 4) 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.
- 5) At the end of the allotted time for a puzzle round any remaining unfinished puzzles will be collected for grading and recording the total time (20, 30, or 40 minutes) for that round.

B) Grading

- 1) Cells with two or more letters, the wrong letter, and cells left entirely unmarked are graded as mistakes and assessed a one-minute time penalty each, which is added to the contestant's completion time for that puzzle.
- 2) The cumulative time required to complete all three puzzles, including assessed time penalties for mistakes, is the contestant's score, with the winner in each age group being the contestant with the **lowest** total score.

C) Awards

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

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, 95-99, 100+). This event will be governed by the rules of USA Cycling 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.
- 5) For security reasons the use of earphones/buds is prohibited.

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

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, 95-99, 100+).

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 older: 4 dives or skills
- 2) The Degree of Difficulty for each dive will be taken from the FINA DD Table per 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 5 other judges are not 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.

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, 95-99, 100+). This event will be judged on distance and accuracy. NVSO will supply the footballs. Men use Standard size College/NFL footballs, Women use Youth footballs.

A) General Rules

- 1) The throwing area will include a line behind which all throws must be made. Both 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 5-year age groups (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+). 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, 95-99, 100+). United States Golf Association (www.usga.org) rules will apply to all play unless shown otherwise. 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.
- 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) Handicap Rules do not apply.

C) Awards

- 1) Gold, Silver and Bronze Medals will be awarded for the low gross score in each age group.

HORSESHOES

Competition shall be in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+) with Men and Women's divisions as shown below. The Event Host will supply the horseshoes.

A) General Rules

- 1) All games are single elimination.
- 2) 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.
- 3) 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.

JIGSAW PUZZLE

Competition will be as individuals in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) with no gender divisions. NVSO will provide the 300-piece jigsaw puzzles, which will be identical within the same age group.

General Rules

- 1) Participants will have 2.5 hours (120 minutes) to complete their puzzles and may use whatever sorting devices they might bring to the contest, though none will be provided by NVSO other than the puzzle box itself.
- 2) Gold, silver and bronze medals will be awarded to the contestants in each age group who successfully complete their puzzles in the shortest amount of time. If fewer than three participants in the same age group complete their puzzles within the two-hour limit, remaining medals will be awarded based on the least number of loose pieces/groups left not locked into their correct positions, where a group of two or more pieces only connected to each other count as a single loose piece.
- 3) Participants are free to examine their neighbors' puzzles for any clues but may never take from or exchange any pieces with those other puzzles, nor may any piece be altered or forced to fit into a position where it does not belong.

- 4) When participants believe they have successfully completed their puzzles, the Event Director or an assistant will record the elapsed time providing all pieces are properly placed, or will point out any errors in need of corrections for a later submission.

MINIATURE GOLF

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, 95-99, 100+). The Event Host supplies balls; putters are available.

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.

ORIENTEERING

Events will be held in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+) with no gender divisions. US Orienteering Federation Rules will be used with modifications. The Event Host will provide equipment. For questions call (703)987-9070.

A) The Events

- 1) A Beginner Course of approximately 1 to 2.5 Kilometers straight distance.
- 2) An Advanced Course of approximately 3.2 to 5 Kilometers straight distance.
- 3) Only one orienteering course may be entered per person.

B) Equipment

- 1) The Event Host will supply orienteering maps (1:5,000 or 1:7,500 Map Scale for the Beginner Course and 1: 7,500 or 1:10,000 Map Scale for the Advanced Courses), e-punches (electronic timing devices), if used, and compasses. Competitors may use their own equipment.
- 2) GPS units with visual displays are not permitted.
- 3) Any other equipment may be carried provided it is not used for navigation or communication.

- 4) There will not be any water available to participants out on the course, so they should plan to carry the volume of water they feel they will need.
- 5) Control descriptions will be provided in English on both courses and international symbols on the Advanced Course.

C) General Rules

- 1) This is an individual event.
- 2) Competitors will be released onto the course in 2 or more minute intervals.
- 3) Competitors must visit checkpoints (controls) in sequential order. No controls may be skipped.
- 4) Any route is permissible between checkpoints, except private property and out of bounds areas shall not be entered.
- 5) Obviously following another competitor is discouraged.
- 6) There will be no overtime designation (there is no maximum time limit for completing the course). However, for security reasons, every competitor must finish by 3:00PM even if he/she has not finished the course.

C1) Declaring Winners

- 1) Medals will be awarded and competitors will be ranked according to best times in each age group and course category.
- 2) In the event that not all controls are visited, winners will be based on the number of sequential controls from the start.
- 3) Medals will be awarded following the competition.

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, 90-99, 100+). 5-year age groups may be used depending on the number of competitors. 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 bring their own paddles. NVSO provides balls.

A) General Rule

- 1) Format, age bracket distribution and schedules will be sent to participants via email or telephone 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. Service lets have been removed. If a player stops play because of a service let being called, that player/team will have committed a fault. Drop Serve: In addition to the standard serve sequence, players may opt to use an alternate "drop serve" method. You may drop the ball from your hand or paddle and hit your serve after it bounces. You are not able to toss the ball up and hit it off the bounce or throw the ball down and hit it after the bounce. If you choose to use the "drop serve," you will not have the restrictions of a regular serve, i.e., contact below the navel, swinging upwards at contact, etc.
- 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 player must win 2 out of 3 games.
- 10) All games (except for Bronze Medal) are played to 11 points. Games must be won by 2 points.
- 11) The Bronze Medal game will be one game played to 15 points.
- 12) The youngest team member determines the age group.
- 13) A registrant may only participate with one team or pair in each event, and only in the proper age group.

POOL – EIGHT BALL

Participants in Men's and Women's divisions will compete in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+). 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.

POOL – NINE BALL

Competition is open for Men and Women in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+). 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.

ROWING – ERG (Ergonomic)

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, 95-99, 100+). The event will be governed by the rules outlined in the following. Concept3/Model-PM3 or PM4 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.

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, 95-99, 100+). 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, 95-99, 100+). This event will be judged on distance and accuracy. NVSO will supply the softballs. Men use 12-inch circumference softballs and women use 11-inch circumference fast 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.

SUDOKU

Competition will be in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) with no gender divisions. NVSO will provide the Logic Puzzles and pencils.

A) General Rules

- 1) Logic Puzzles will be a 9x9 grid of 81 cells subdivided into nine 3x3 boxes with between 24 and 34 of these cells prefilled with a number from 1 to 9 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.
- 2) The event consists of a series of four increasingly difficult puzzles to solve:
 - One with a 15 minute time limit,
 - Two with 20 minute time limits,
 - One with a 30 minute time limit.
- 3) Contestants may only use a pencil for notations and their own brainpower to solve the puzzles. Computer/smart phone analysis or cribbing off of another contestant is prohibited. However, notations and guessing are allowed as long as it remains clear which single number goes with each cell.
- 4) 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.
- 5) At the end of the allotted time for a puzzle round any remaining unfinished puzzles will be collected for grading and recording the total time (15, 20, or 30 minutes) for that round.

B) Grading

- 1) Cells with two or more numbers, the wrong number, and cells left entirely unmarked *are* graded as mistakes and assessed a 1 minute time penalty each, which is added to the contestant's completion time for that puzzle
- 2) The cumulative time required to complete all four puzzles, including assessed time penalties for mistakes, is the contestant's score, with the winner in each age group being the contestant with the **lowest** total score.

C) Awards

- 1) 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, 95-99, 100+). USMS Masters Rules apply with exceptions.

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 length 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 length 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 length of the pool. Swimmers may start from the starting blocks, from the edge of the pool, or in the water with at least one 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.
- 7) Women and Men will swim separately if warranted by entry levels, but may be combined.
- 8) ½ mile competitors may be assigned 2 swimmers per lane depending on the number of entrants.

B) Backstroke

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

C) Freestyle

In the freestyle, ½ 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 – NEW DOUBLES

Competition will be in Men's and Women's Divisions singles, doubles and mixed doubles in 10-year age groups (50-59, 60- 69, 70-79, 80-89, 90-99, 100+). Games will be played in accordance with United States Table Tennis Association Rules (www.usatt.org). This is a round robin tournament. Players supply their own paddles, not backed with sandpaper. NVSO supplies regulation tables, nets, and balls.

A) General Rules

- 1) Best 2 out of 3 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 5.
- 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 and Doubles

- 1) A game is won by the player or players who first win 11 points, unless both players or doubles teams 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 and Men's and Women's Doubles, in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+). 5-year age groups may apply depending on the number of competitors. All games are played in accordance with United States Tennis Association rules (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, time permitting.
- 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 will be forfeited.
- 8) The youngest team member determines the age group.
- 9) A registrant may only participate with one team or pair in each event, and only in the proper age group.

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, 95-99, 100+). No spikes allowed.

A) General Rules

All events are governed by the Amateur Athletic Union of the United States, Inc. (www.aausports.org) and the USA Track & Field Association (USATF) (www.usatf.org), except as noted otherwise below.

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) Within each age group and gender division, the person with the best recorded time is declared the winner.
- 4) False Starts
 - False starts will be called in the 60m, 200m and 400m runs.
 - A false start is called on a competitor if he/she moves her body before the starting gun has sounded.
 - If a competitor false starts a second time, he/she will be disqualified.
- 5) **Running Events: 60 meters, 200 meters, 400 meters, 800 meters, 1600 meters (staggered starts on all but 60 meters)**
- 6) **Walking Events: 800 meters, 1600 meters, 3-mile Power Walk**
 - a) In all events walkers must walk, not jog or run. The heel must touch the ground first.
 - b) **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.
 - c) Walkers will be given one caution before being disqualified. A disqualified racer must leave the track immediately.
 - d) Walkers that need assistance because of limited eye sight may be accompanied by a trained personal guide during the race. However, the walker and the guide may not touch each other at any time during the race and the guide's presence must not interfere with other walkers except in case of an emergency. Walkers may use 'walkers' as long as they do not interfere with other competitors.

- e) 3 Mile Power Walk (OUTDOORS): Participants will walk twelve times around the track (12 laps). One heat with the right to split into separate heats if needed. If there is a split, we will send out an email in advance to all registrants.
- 1) Modified Rules from the U.S. Power Walking Association.
 - 2) Just like Race Walking, Power Walking is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.
 - 3) One foot must be on the ground at all times. Loss of contact with the ground may result in a red card issued by a course monitor. Continued violation can result in disqualification.
 - 4) Running or jogging mode is forbidden. Continued violation can result in disqualification.
 - a) Each advancing foot-strike must be heel-to-toe at all times. Striking with the toe or ball of the advancing foot is considered running. Likewise, creeping, where the advancing leg is stretched forward beyond a normal walk form, and the knee is bent into a running form can result in disqualification.
 - b) A slightly bent knee is the accepted form; however, a bent knee in a running or jogging form may result in a red card issued by a course monitor.
 - c) The advancing leg as it moves forward, and when the heel strikes the ground, does not have to be completely locked as it passes under the body, as it does in Race Walking. A soft knee is acceptable; however, an overly-excessive bent knee that is deemed to be in a creeping or running shuffle is not acceptable.
 - 5) Unsportsmanlike conduct can result in disqualification.
 - 6) Red cards are not required to be shown. Verbal warnings or the showing of paddles to the athlete is encouraged.
 - 7) Competitors should have bare knees or form fitting pants/leggings.

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) 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 break the tie.

2) 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 at or 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) Breaking 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.

3) 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 1kg discus. NVSO supplies the 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 past the halfway point of the ring.
- 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) The second best throw will determine the winner in a tie. Third best throw may then be used as tiebreaker.

4) 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 70-79 will use a 4 kg shot, Men 80+ will use 3 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 past the midway point of the ring.
- 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.

5) Mini Javelin Throw

- a) Women, 50-74 use 500 gram "Long Toms"; 75+ 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 javelins.

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

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.

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.

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.