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2026

RULE BOOK

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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) 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 1,000 individuals annually. The Senior Olympics are a reflection of its Motto:

LIVING HEALTHY LONGER

GENERAL RULES

Eligibility, Registration, and Team Competitions

- 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, Handball, Miniature Golf, Pickleball, Racquetball, Rowing, Softball Hit, Softball Throw, Swimming, and 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:
 - Badminton, Basketball Free Throw and Basketball Field Goal Shooting (5-year age groups may apply depending on the number of participants), Bocce, Crossword Puzzle, Disc Golf, Golf - 9 hole, Horseshoes, Jigsaw Puzzle, Orienteering, Pickleball, Pool – Nine Ball, Pool -

Eight Ball, Table Tennis, Tennis, and Standard Sudoku.

- 3) The following event will be held in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) with no gender categories:
 - Advanced Sudoku and Pentathlon Sudoku.
- 4) The following events will be held in age groups 50-69 and 70+ for Men and Women:
 - Darts, Poker-Texas Hold'em.
- 5) The following event will be held in 5-year age groups (age groups may be condensed depending on the number of participants) for Men and Women:
 - Weightlifting (Power Lifting)
- 6) The following events do not have age groups or gender categories:
 - Bunco, Canasta, Cornhole Game, Cribbage, Croquet-Nine Wicket, Bridge-Duplicate, Dominoes- Mexican Train, Line Dancing, Mah Jongg, Rummikub, Scrabble, and Synchronized Diving.

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 the 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.

BADMINTON

Competition will be held in Men's singles, Women's singles, Men's doubles, Women's doubles and Mixed doubles with 10-year age groups (50-59, 60-69, 70- 79, 80-89, 90+) All competitions will be single elimination. Honor system will be used for fault and out calls.

A) General Rules

- 1) The Event host or NVSO will provide natural-feather shuttlecocks. Players provide their own badminton racquets.
- 2) This event will be governed by the rule of USA Badminton Federation www.usabadminton.org., except as modified herein.
- 3) Format, age bracket distribution and schedules will be posted at www.nvso.us 48 hours before the tournament.
- 4) Single elimination matches are 21-point games with deuce rule applied at 20-20 up to 28-all. The player who scores 29 points wins the game.
- 5) Single elimination matches will be broken into two brackets, One and Two. The Event director will fill out brackets.
- 6) Match winners will advance in their bracket. The winner of Bracket One will play the winner of Bracket Two in the championship game for the Gold medal. The loser of the championship game will be awarded the Silver medal.
- 7) Losers of the final bracket matches will play each other, with the winner awarded the Bronze medal.
- 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.

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.

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.

A) Format

- 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.

B) 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 average from the book or any league, 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 a wall-mounted monitor and initiates "bowling" with the motion monitor.

- 4) 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 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 or 2/1 (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, Stayman, 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 Bridge Director.
- 6) Whenever there is an irregularity, the Bridge 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. 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.

B) Awards

- 1) In a Howell movement, medals will be awarded to the first, second and third place winning partnerships. In a Mitchell movement, medals will be awarded to first, second and third place winning partnerships for both 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.

BUNCO

Bunco is played among partners with 4 people per table and two people per team. There are no age groups or gender divisions. The Event host will supply the equipment.

A) General Rules

- 1) 2-3 rounds of 6 sets each.
- 2) Each set begins with a specific die number to be rolled (1-6). Rolling of the dice continues until one team at the head table reaches 21 points (or above).
- 3) Once the set is over:
 - a) Head table's team winners (first to score 21 points) STAY at head table
 - b) Head table's losers move to the next table
 - c) Other table's winners move to the next table.
 - d) One of the remaining players at each table moves to a different chair to partner with a new arrival to the table.

B) Playing Bunco

- 1) Head table starts game (set) by ringing bell
- 2) Each player takes turn rolling three dice.
- 3) Points are earned for rolling matching numbers to the set number (first set 1, roll 1's; second set 2, roll 2's; etc. through 6 sets).
- 4) If at least one die matches the number of the set, player continues rolling.
- 5) BABY BUNCO – if three of a number other than the set number are rolled, scorer gives that person 5 points for the team. Player continues rolling until no more of the set are rolled.
- 6) BUNCO – if three of a set number are rolled, score 21 points and mark on the tally sheet. Player continues rolling until no more of the set are rolled.
- 7) Player's turn ends when no more of the set number is rolled.
- 8) When a team at the Head table reaches 21 points ring bell and end set. Players rolling at other tables can finish turns. If both teams are tied at a table at the end of a set, each player gets one more turn to try to win the set, or more if still tied.

C) Bunco Scoring

- 1) 1 point for each die landing on the set number.
- 2) 5 points if a player rolls three of a kind other than the set number (BABY BUNCO).
- 3) 21 points if a player rolls three of a kind that matches the set number (BUNCO). The BUNCO points are awarded to the team, but only the player rolling the BUNCO is credited with BUNCO.
- 4) At Head table, first team to score 21 points wins; at other tables, team with highest score wins.

D) Scoring Tally Sheet and Individual Tally Sheets

- 1) Before play begins, a player at each table is designated to keep a tally of all points rolled each round.
- 2) Each player has a score sheet to record his/her wins/losses and BUNCOS. Players will keep their individual tally sheet with them as rounds are finished and tables are changed. Everyone will accurately keep track of their wins and losses and also how many BUNCOS they roll during the entire game.
- 3) At the end of the game, the Event Director will collect and review the individual tally sheets and

determine the winners for each medal.

E) Awarding Medals

- 1) First place and the Gold Medal goes to the player with the most BUNCOS.
- 2) Second place and the Silver Medal goes to the player with the most wins.
- 3) Third place and the Bronze Medal goes to the player with the most losses.
- 4) No player can be awarded more than one place medal. For example: if a player has the most BUNCOS and most wins at the end of the game, the Gold medal will be awarded to that player for the most BUNCOS, and the Silver medal will be awarded to the player with the next highest number of wins.
- 5) If there is a tie for any place, either additional medals can be awarded or the players who are tied can have a roll-off to determine the place winner(s). The players shall vote on which option they prefer. If players cannot decide, the Event Director shall decide the tie break process.

CANASTA

Competition will be in teams of two players with no age groups or gender divisions. The Eleventh Edition (2024) of the Canasta League of America LLC canastaleagueofamerica.com Rules apply with exceptions set forth below. NVSO will supply the playing cards (only 2 jokers per deck), the shuffling equipment, and the score sheets. This is a single elimination tournament. The information below is a summary taken from Standard Rules and Instructions for Playing Modern Canasta, Sue Silberstein and Susan Zilberman, 2024.

A) Game Strategy

The two partners work to put points on the table through melds until one team goes 'out' or the 'stock' of cards has run out. Hands are continually played until one team reaches 8,500 points, which wins the game.

B) Game Rules

- 1) There will be 3 games of 50 minutes each.
- 2) Each game consists of 3 hands starting with a meld of 125, followed by a meld of 155, and ending with the last hand of 180.
- 3) There will be a 10-minute warning to alert players of the end of the game.
- 4) Positions of the teams (North-South or East-West) will be determined by a high card draw between the teams. The team with the high card chooses the position they want to play.
- 5) There will be multiple tables. The East-West team will move to the next higher numbered table. The team with the highest numbered table moves to Table 1.
- 6) Once seated at a new table the team may shuffle, deal and sort but not start until given the go ahead.
- 7) Score sheets will be handed to the Event Director at the end of each game.

C) Point Values and Starting Play

- 1) Cards have the following point values in scoring:

- 4,5,6,7 = 5 points each
 - 8,9,10, J, Q, K = 10 points each
 - Aces = 20 points each
 - Deuces(2's) = 20 points each - WILD CARD, also known as small or little jokers.
 - Jokers = 50 points each - WILD CARD, also known as Big Jokers.
- 2) 3's have variable values depending on how many the team has placed on the table. They are separated by color. If 4 red threes are played, and the team has completed 2 Canastas, the 4 threes will have a value of 1,000 points. 3-threes = 500 points / 2- threes = 300 points / 1-three = 100 points.

If a team places 3 black threes on the table and 2 red threes and they have completed 2 Canastas they receive 500 points for the three black 3's and 300 points for the two red threes. Should a team placing threes on the table only complete one Canasta they get no credit for the points generated by 3's.

If a team does not complete any Canastas, then the points generated by the threes are deducted from the team's score. If a 3 is picked as the last card in the tray, the 3 is played and no further discard is permissible.

- 3) Partners must sit opposite each other.
- 4) Each player picks a card and the player with the highest card becomes the dealer.
- 5) Once teams have been seated the shuffled cards are cut by the player to the right of the dealer. The player who cuts takes 8 cards from the bottom of the deck and turns the 9th card thus causing it to stick out from the pile. This is called the "turn" card and indicates to all players that the bottom of the deck is only 8 cards away.
- 6) The balance of the cards is now placed in the tray on top of the turn card. With this method, if a team goes down late in the hand and the turn card is approached, cards for the talon may only be picked up to and including the turn card. Once the turn card is passed, no cards may be taken for a talon.
- 7) Simultaneously, the dealer who has the rest of the deck is making 4 piles of 13 cards, creating the piles from left to right. These cards are then distributed to the players beginning with the player on the dealer's left. The balance of the cards is placed on top of the cards in the tray and play is ready to begin. The player to the left of the dealer goes first. The first thing a player does is immediately place any threes received in the deal on the table in front of themselves. The player then picks one card for each three placed on the table, plus one card more, which is the player's draw card. For example, if 2 threes are placed on the table the player draws 3 cards, 2 to replace the 3's and one card for the actual draw. A card is then discarded into the discard section of the tray, leaving the player with 13 cards and that player's turn ends.

D) Melding

- 1) To accumulate points each team needs to get "on the board" by melding groups of cards. At the beginning of the game each team must meld a minimum of 125 points. As the game progresses the meld requirement increases based on each team's score. When a team reaches 3,000 points, the meld requirement is 155 points. Over 5,000 points the requirement is 180 points. Each team's meld requirement can be different based on their score. Each grouping in a meld must contain at least 3 cards, 2 of which are natural, meaning not wilds. At least one of the groupings must contain at least 3 natural cards (no wilds). The following is an example of a proper 125-point meld:

- 10, 10, 10 = 30 pts / Q, Q, Big Joker = 70 pts / 9,9,9 = 30 pts

- 2) This same meld could also have had the two nines and a wild to equal 140 points if that was necessary to accomplish the meld. Again, one of the 3 groupings must be pure - without wilds - for the meld to be valid. Valid groupings are as above and the game does not utilize straights (6,7,8 etc.) other than in a "special" hand, which will be described under F) Special Hands. Once a team melds, their partner can no longer get a special hand.
- 3) The above meld has a point total as follows: 10's = 30 points, Q, Q Joker = 70 points (50 points for the joker and 10 points each for the queens, and 30 points for the 3 nines). This meld equals 130 points which is 5 points more than necessary for the initial meld. All 3's played by either partner are combined in front of the melding player. The player then discards a card and as the first person to meld, takes what is called a talon, consisting of 4 cards from the deck. The second team to meld takes 3 cards as their talon. When you meld you must have a card to throw. If after you discard you do not have a card left in your hand, as long as the deck is at or before the turn card, you can meld, but only take up to and including the turn card. However, if the turn card is gone, and you have a card to throw but none to hold, you cannot meld. There is an exception to needing 125, 155 or 180 points to meld, namely a full natural canasta. Should you have 7-sixes in your hand (for example) which would only total 35 points you can get on the board with this regardless, as it is a full natural canasta. Players continue taking turns clockwise until one team goes out, or, the stock of cards is depleted, or, a special hand is played thus stopping play. Cards left in players hands at the end of the round are counted and deducted from the points earned in the hand. Special hands will be addressed under F) Special Hands.

E) Canastas

- 1) To accumulate as many points as possible a team wants to create as many canastas as possible. A canasta contains 7 of a particular card and may include up to 2 wild cards. A canasta containing no wild cards - say, 7 natural 8's, is considered pure and has a value of 500 points. A canasta containing one or two wilds has a value of 300 points. As play progresses each of the 2 partners will try to build on their team's initial meld placed on the table to create canastas. The goal is to create at least 2 canastas. Once a team completes 2 canastas all 3's placed on their side of the table will count toward their score and that team is eligible to "go out" by one of the partners playing all remaining cards held in the hand and discarding the last card held. Using the earlier example:
 - 10, 10, 10 / Q, Q, Joker / 9, 9, 9
- 2) This is the initial meld shown earlier. Each of the partners will now try to build on these groupings in an effort to get 7 of each. Therefore, if one of the partners has 3 queens and a deuce in their hand, they can play them to complete the Queens canasta. This canasta is then put to the side, next to the 3's played on the table with a black queen on top face up, signifying it is not a natural or pure canasta since it contains wilds. If the team completes the nines (9) canasta, without any wilds, a red nine is placed on top to close that canasta and it has a value of 500 points.
- 3) At the same time each of the partners may add to new groupings from their hand. Should one of the partners have 4 - 6's in their hand, they may be played next to the other groupings thus providing another potential canasta opportunity.
- 4) Although pure canastas are worth more points, finishing canastas, even with wilds, is more important in trying to win the game and making sure your threes count toward your score.

F) Special Hands

- 1) There are a number of what are called special hands that end the play of the round immediately. The hands and their associated point levels are as follows:
 - Pairs: A pairs hand is exactly that - 7 distinct pairs, which do not require a discard, thus totaling

14 cards. This hand is shown immediately and ends the round, thus subjecting the opposing team to significant minus points. If a pairs hand contains wilds (little jokers or big jokers) they must be the same - thus 2-2 or J-J and the hand must contain A's and 7's. = 2,000 points. A pairs hand made without any wilds is worth 2,500 points

- Garbage: This hand contains 4 of a kind, 4 of a kind, 3 of a kind, 3 of a kind. The hand is shown immediately and play ends. This hand may not have any jokers = 2,000 points.
- Straight: A, 2, Big Joker, 4, 5, 6, 7, 8, 9, 10, J, Q, K - no 3's = 3,000 points.

G) 7's and Aces

- 1) 7's and Aces have special rules and different values attached to them. 7's may only be played as a canasta without any wilds. Failure to get the full 7 has a penalty of 2,500 points.
- 2) Aces may be melded with wild cards, only on the initial meld. Should one choose to meld aces subsequent to this they must be pure and also carry a penalty of 2,500 points for failure to complete the canasta.
- 3) Getting stuck with more than two 7's or two Aces in your hand at the end of the round earns a penalty of 1,500 points. If you get stuck with more than 2 aces and 2 sevens in your hand, it's a penalty of 3,000 points. Two or less of either has no penalty.
- 4) If a player picks up the entire discard pile which may include unwanted additional 7's or Aces, a 7 or an ace may not be discarded into an empty tray. The player must wait one turn for cards to be in the discard side of the tray to discard a 7 or an ace.

H) Wilds Canasta

- 1) A canasta of particular note is a "wilds canasta" As the name suggests it is comprised of 7 wild cards (2's and jokers). It carries a bonus as follows:
 - All 2's = 3,000 points
 - 4 Jokers + 3-2's = 2,500 points
 - 1, 2 or 3 jokers + balance of 2's = 2,000 points.
- 2) However, starting a wilds canasta and not complete with 7 wild cards results in a penalty of 2,000 points. If a player has 4 big jokers on the table and does not complete the wilds canasta, the penalty is 2,500 points. Since there are 12 wilds, (8 deuces and 4 jokers) the risk is lower than trying to make aces or 7's of which there are only 8 of each.

I) Failure to Play "3's"

- 1) Should a player fail to play a 3 in his/her hand during a turn, the player must put it on the table on his/her next turn, but he/she cannot take a card for it.

J) Taking the "Discard Pack"

- 1) The entire discard pack may be taken and the cards may be used to finish or create additional canastas in the following circumstances:
- 2) In the second scenario, neither team has melded to open. A player discards a card that his opponent, who is next to play, has 2 of. This opponent also has enough points in meld in the hand to open WITHOUT using the discard card and the two he or she has in the hand. In this case the player does NOT draw from the draw pile. Instead, the player lays down the meld equaling or exceeding the point threshold necessary. Then the player picks up the pack, immediately placing the 2 same cards, with the top card from the discard pile on the table as a

new meld, or adding to an existing meld. The player may then integrate the balance of the pack into the hand. If the player picks up the pack at the point of melding, he/she DOES NOT get a Talon.

K) Counting Points

- 1) A round ends when a team 'goes out' or the draw cards are all taken. Going out means that the player is able to place remaining cards in the hand on the table, adding to existing melds, or creating a new one and has one card left to discard. The 'going out' card may be any card and can be discarded face down. Prior to going out it is permitted for the player planning on going out, to ask his or her partner if it is ok to do so. This can only be asked once. Should the partner have "toxic" cards in the hand – i.e., more than 2 sevens or aces, then the partner will say NO - thus giving an opportunity to discard unwanted cards. Going out is worth an additional 100 points. Even if the partner goes out the player still must deduct the points left in his/her hand.
- 2) The scorekeeper is the person in the North position. At the end of the round each team will tally its points with the scorekeeper making note and tracking each teams' points on the score sheet. If a team has 3's on the table, but no canastas, everything is a minus. Otherwise, each player counts the points left in their hand and deducts the points from what is on the table.
- 3) The remaining cards are then counted as follows:

Base Points are counted first. They are comprised of the threes and canastas. If NO canasta was made by a particular team, the value of the threes is deducted from the point total. If one canasta was made by the team, then the threes don't count for or against. If 2 canastas are made, the threes total value are counted toward the total points of the round. Threes are counted as follows:

Separate the black threes from the red threes and count them:

- 1 of a particular color = 100 points
 - 2 of a particular color = 300 points
 - 3 of a particular color = 500 points
 - 4 of a particular color = 1000 points
- 4) 3 red threes and 2 black threes = 800 base points for threes. After the threes are counted the canastas are added up. Pure canastas (no wild cards) are worth 500 points each (except for 7s, pure aces and jokers which have a separate point value.) Canastas with wilds = 300 points each. 2 pure canastas and 1 impure = 1,300 points. In this example it is assumed that this team also "went out". Therefore, our total base points including 100 for going out would total 2,200 points as follows:
 - 3's = 800 points / Canastas = 1,300 points / Going out = 100 points
 - 5) The "count" is done by removing the threes, as they have already been counted and totaling all the points left on the board. Using the values given before:
 - 4,5,6,7 = 5 points each
 - 8,9,10, J, Q, K = 10 points each
 - Aces = 20 points each
 - 2's = 20 points each - WILD CARD
 - Jokers = 50 points each - WILD CARD
 - 6) The value of all the cards on the table are added up and piles of 100 points for easy tracking are made. Assuming the results is 3 piles of 100 points each and 35 more points, the count would be 335 points. The count is added to the base and they are totaled for the team's score for the round. The score sheet would look like this:

	We	They
Base	2,200	1,800
Count	325	275
Total	2,525	2,075

- 7) In the example above both teams would still need 125 in meld to go down as they are both below 3,000 total points. Assuming after the next hand “We” had 3,330 points and “They” has 2,900 points then “We” would need 155 points to open and “They” would still need 125 points. If in a subsequent hand a team loses points and the loss of points brings the team below one of the thresholds, the amount needed is reduced to the appropriate level. As stated earlier 8,500 points is necessary to win the game, which will require several rounds.

L) Scoring Summary

1) Base Points

- Canasta-Pure = 500 points
- Canasta-up to 2 wilds = 300 points
- 3's (assuming 2 canastas are closed):
- One 3 = 100 points
- Two 3's (same color) = 300 points
- Three 3's (same color) = 500 points
- Four 3's (same color) = 1,000 points

If one canasta is closed then 3's played don't count for or against.

If no canasta is closed the above point schedule is deducted from the team score.

- Going out = 100points

2) Count

- 4,5,6,7 = 5points each
- 8,9,10, J, Q, K = 10 points each
- Aces = 20 points each
- Deuces(2's) = 20 points each - WILD CARD, also known as small jokers
- Jokers = 50 points each - WILD CARD, also known as Big Jokers

3) Special Hands

- Pairs = 2,000 points
- Pairs-no wilds = 2,500 points
- Garbage = 2,000 points
- Straight = 3,000 points

M) Penalty Summary

- More than two 7's or A's in hand at end of round =1,500 points
- Failure to complete A's or 7's Canasta = 2,500 points
- Failure to complete wilds canasta = 2,500 points
- No completed canastas-all points in hand and 3's are deducted

CORNHOLE TOSS

Competition is open for Men's Singles, 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 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 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 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

No separate age groups or gender divisions. However, if there are 12 or more participants, the Event Director, at his discretion, may separate participants into smaller groups. To avoid byes, the Event Director will play if there are an odd number of participants. However, the Event Director will not be eligible for medals. NVSO will supply boards and cards. Gold, Silver and Bronze medals will be awarded for first, second and third place, respectively. Medals will be awarded in each group if more than one is established by the Event Director for play.

A) General 2-Player Rules

- 1) A full deck of 52 cards will be used. King is high, Ace is always low.
- 2) Four games will be played in a round robin format.
- 3) A game consists of being the first to reach ‘121’ points, with two ‘game’ points awarded for a winning margin of 1-30 pegged points, three ‘game’ points awarded for a ‘Skunk’ (winning margin of 31 or more pegged points, no added bonus for a ‘Double Skunk’), and zero ‘game’ points for a loss.
- 4) The loser of each game records as a negative the number of pegged points they were still short of 121, and the winner records the same number as a positive. These tie-breaking points determine who receives the higher medal if two or more players end up with the same number of ‘game’ points.
- 5) Cut for deal—low card deals first, with deal alternating thereafter. Each player may shuffle the deck, Dealer shuffling last, and the Dealer’s opponent ‘Pone’ having the option of cutting the deck.
- 6) Six Cards are dealt to each player, one at a time, face down. The remaining deck is placed face down off to the side. After examining their ‘Hands,’ both players discard two cards face down into the ‘Crib,’ which remains beside the Dealer until after the Play of Hands is completed.
- 7) Pone cuts the remaining deck and Dealer turns up the top card of the lower portion and places it face up on the reunited deck as the Starter. This card is not used during the Play of Hands, but is used as a common card with each player’s Hand and Crib during the Final Count afterward. If the Starter is a Jack, the Dealer immediately scores (pegs) 2 points for ‘His Nibs.’

B) The Play

- 1) Pone starts by selecting any card from their Hand and placing it face up in front of them while announcing its numerical value. All Face cards are tens, and all Aces are ones. Dealer then plays a card from their Hand face up and announces both its value and the combined total of the cards.
- 2) Play proceeds back and forth in this manner, with the value of each new card added to the running total of all previously played face up cards, but not to exceed ‘31.’ If a player cannot play a card that would keep the total to ‘31’ or under, they must say ‘Go’ and allow their opponent to continue playing. Players must continue to play all cards they are able to without going over ‘31.’
- 3) The player who brought the card total closest to ‘31’ scores one point for the ‘Go,’ or two points if they reached ‘31’ exactly. Both players then turn their played cards face down, and starting with

the player that did NOT score the 'Go' or '31,' continues a new round of play until both players have played all four cards in their Hand. The final card played earns that player one extra point for 'Last Card,' or two extra points if it brings the running total to precisely '31.'

- 4) During the Play of Hands, players score points for various sequential combination involving both players' cards (suits irrelevant, no points awarded for Flushes, Runs may be in any order) as follows:

Points	Action/Combination
2	Jack on Deck Starter—Dealer only
1	'Go' or 'Last Card'
2	Bringing running total to '15' or '31' (can be in addition to other combinations formed)
2	Any Pair of same value
3	Any Run of Three cards (e.g., J-9-10)
4	Any Run of Four cards (e.g., 6-9-7-8)
5	Any Run of Five cards (e.g., 2-6-3-4-5)
6	Any Run of Six cards (e.g., 7-4-2-6-3-5)
7	Any Run of Seven cards (e.g., 2-7-6-3-A-5-4)
6	Any Three-of-a-Kind of same value
12	Any Four-of-a-Kind of same value

C) The Final Count

- 1) Both players, starting with Pone after the Play of Hands is completed, now examine their respective Hands, together with the Starter card, to see how many scoring combinations they can form as follows:

Points	Combination
1	Jack of same suit as Starter
2	Any group of two or more cards adding up to '15' (e.g., Q-5, 7-6-2, or 5-4-3-2-1)
2	Any Pair of same value
3	Any Run of Three cards (e.g., J-10-9)
4	Any Run of Four cards (e.g., 9-8-7-6)
4	Any Four card Flush of same suit (must all be in player's Hand, excludes Starter and Crib)
5	Any Five card Flush of same suit (must match Starter's suit, only Flush allowed in Crib)
5	Any Run of Five cards (e.g., 6-5-4-3-2)
6	Any Three-of-a-Kind of same value
8	Any Double Run of Three cards (e.g., K-Q-J-J)
10	Any Double Run of Four cards (e.g., 4-3-3-2-A)
12	Any Four-of-a-Kind of same value
15	Any Triple Run of Three cards (e.g., J-10-10-10-9)
16	Any Double Double Run of Three cards (e.g., 4-4-3-3-2)
20	Four FIVES, no Face Card or TEN (12 for Four-of-a-Kind, plus 8 for four different 5-5-5 '15' combinations)
28	Four FIVES and a Face Card or TEN (12 for Four-of-a-Kind, plus 8 more for four additional 10-5 '15' combinations)

- 2) The same cards can be part of several different scoring combinations. For example, a Four card Flush of Q-6-5-4 combined with a Starter 5 of a different suit would score 20 points in total (8 for four '15s,' plus 8 for a Double Run of Three, and 4 for a Four card Flush), while a Five card Flush of 9-8-7-6-A would score 15 points (6 for three '15s,' plus 5 for the Flush and 4 for the Four card run).

- 3) Players can only peg the points they claim, and while 'Muggins' (stealing unclaimed or unpegged points) are not allowed, players are never required to point out any unclaimed or unpegged points.

After all points have been pegged, including from the Dealer's Crib, all cards are returned to the deck for reshuffling and a new hand of six cards each is dealt, with the previous Pone the new Dealer.

- 4) Play continues until one player reaches the 121st hole, ending the game immediately. If Pone 'goes out' during their final count, Dealer does NOT peg any points for their Hand or Crib.

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

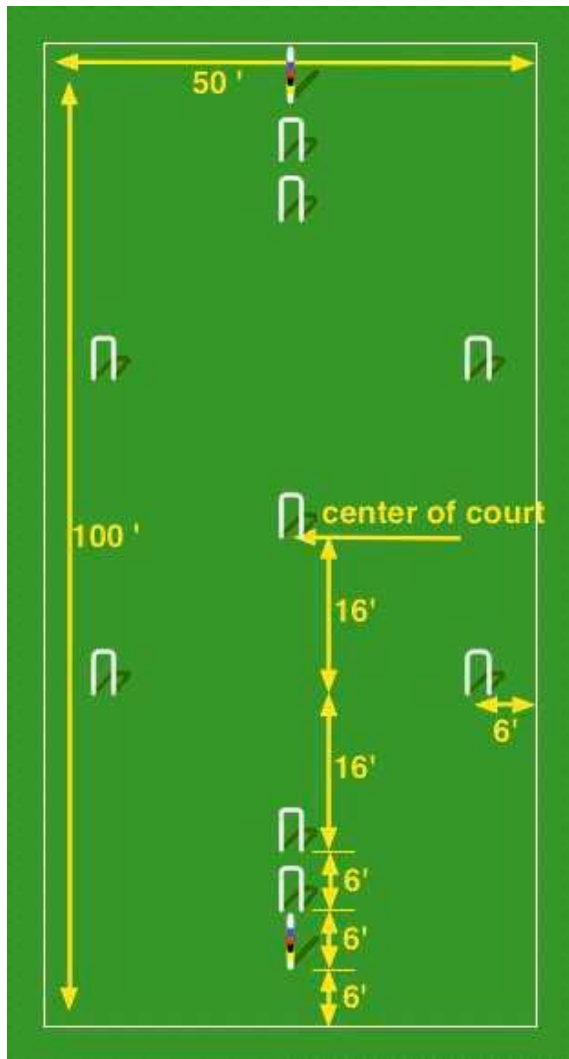
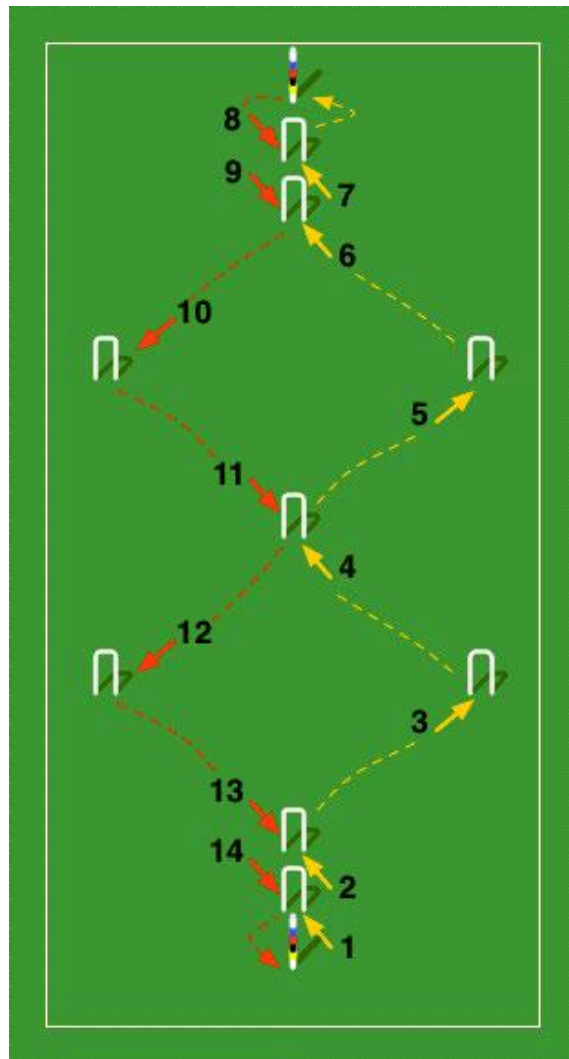


Figure 2: Course of Wickets



B) Game Outline

- 1) There will be up to six players per round. Player matchup 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

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 puzzles, each of 30 minutes, to solve:
- 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.
- 4) Notations and guessing are allowed as long as it remains clear which letter goes with each cell.
- 5) 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.
- 6) 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.

DARTS – NEW EVENT THIS YEAR

Competition is open in age groups 50-69 and 70+ for Men and Women.

A) Event Format

- 1) Each participant throws a total of 25 Darts.
 - (7 rounds of 3 Darts)
 - (1 round of 4 Darts)
- 2) 2 Dart Boards will be available for the competition.

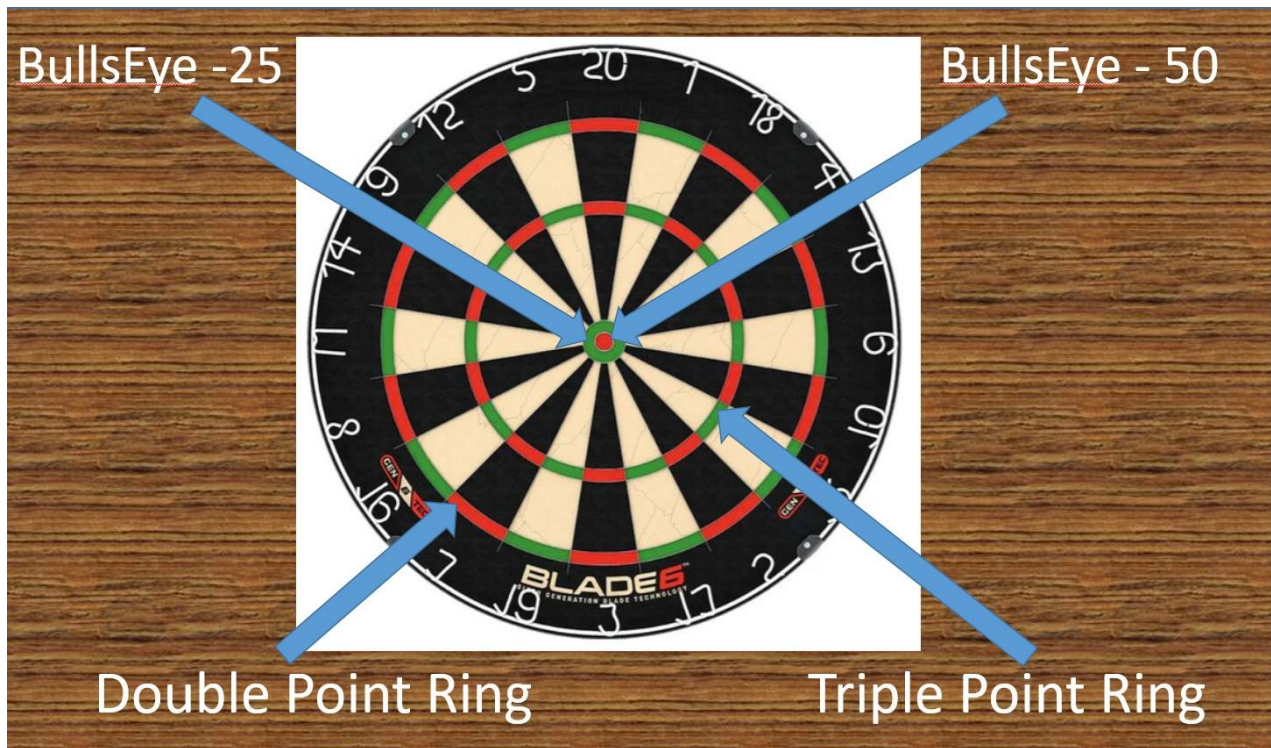
- 3) The Event Director will determine the order (queue) for Dart throws by Participants for each round.

B) Rules

- 1) All Participants MUST use NVSO-provided Darts.
- 2) Only one person throws Darts at a time on each Dart Board.
- 3) Participant's feet must be behind the throwing line (marked on the floor) when throwing Darts.
- 4) Each participant may throw up to 6 practice Darts before the FIRST ROUND begins.
- 5) If a Dart hits a metal band in the scoring area and falls to the floor, the Dart can be rethrown.
- 6) If a Dart sticks into another Dart, the Dart scores the same point value as the struck Dart.
- 7) Mulligan. A Participant can choose to forfeit his/her first Score (total value of scoring Darts from the 8 rounds). This option can only be used once. If choosing this option, Participant must re-enter the overall throwing queue. The first Score is discarded and Participant's official Score will be the total value of the scoring Darts of the replayed 8 rounds.

C) Scoring

- 1) Each Dart landing on the board will be assigned the point value associated with the target hit on the Dart Board.
- 2) Point values will include multipliers if applicable (Double or Triple score, see illustration).
- 3) Darts landing in the outer bullseye will be assigned 25 points.
- 4) Darts landing in the inner bullseye will be assigned 50 points.
- 5) Misses (Darts not landing in the scoring area) will be assigned zero points.
- 6) Point totals will be recorded for each of the eight rounds.
- 7) The totals of the eight rounds will be added to determine the Participant's TOTAL SCORE for the competition.



D) Awards

- 1) The top three TOTAL SCORES in each event age/gender group will be declared medal winners. First, second and third top TOTAL SCORES will be awarded a Gold, Silver and Bronze medal, respectively.
- 2) In the event of a TIE between multiple participants' TOTAL SCORES, the tie-breaker will be the Participant's Highest Score for the 4 Dart round. If a tie remains, the Participant's Highest Score of the seven 3 Dart rounds will be the tie-breaker.

DISC GOLF

Competition will be in men's and women's divisions in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90-99, 100+). The participants may use their own discs and some will be available to borrow.

A) General

- The tournament will consist of one 18-hole round, with the lowest scores determining the winners. The tournament will use the same 9 Tees but will use 18 different Baskets (holes). The disc golf rules will be followed (see below).
- The course will be played in foursomes, whenever possible.
- Individual score cards will be kept by a member of the foursome or group other than by each individual player.
- Once the score card is recorded after each hole, it must be initialed by the player, not the scorer.
- Lowest scores will determine the winners.

- Tiebreakers will be determined by a putting challenge, located near the first hole.
- Spectators are not permitted on the course during play.

B) Basic Rules of Disc Golf

- **Safety First**

Never throw when other players or people are within range. Always give non-players the right of way. Be aware of your surroundings and environment.

- **Tee Throws**

Each hole begins with a tee throw. Tee throws must be completed within or behind the designated tee area (concrete pads at Bluemont).

- **Throwing Order**

The player with the least number of strokes on the previous hole is the first to tee off on the next hole. After teeing off, the player whose disc is farthest from the hole always throws first.

- **Fairway Throws**

Fairway throws must be made from directly behind the lie. A run-up and normal follow-through, after release, is allowed, unless the lie is within 10 meters of the target. Any shot within 10 meters of the target requires that the player not move past the lie until the disc is at rest.

- **Unplayable Lie**

Any disc that comes to rest above the ground is considered an unplayable lie. The disc must be thrown from the lie on the ground, directly underneath the unplayable lie, relocated to avoid damage to the vegetation.

- **Out Of Bounds**

If any area of O.B. is visible between the disc and O.B. line, then the disc is considered O.B. A throw that lands out of bounds, must be played from a point 1 meter in bounds from where the disc went out of bounds. At Bluemont, water hazards and the hiking trail are considered out of bounds.

- **Completion Of Hole**

A disc that comes to rest in the basket or chains constitutes successful completion of that hole. On top of the basket is not in the hole.

- **Illegal Discs**

Frisbees and damaged or altered discs cannot be used for the tournament.

- **Course Courtesy**

- 1) Remain quiet and avoid unnecessary movements while others are throwing.
- 2) Stand behind the player who is throwing until throw is complete.

- 3) Help new players learn the rules.
- 4) Do not alter the course (trees, bushes, etc.) in any way

DIVING (1- and 3-METER, AND SYNCHRONIZED DIVING)

There will be separate competitions on one and three-meter springboards 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+). Synchronized competition will have no age groups or gender divisions, and dives may be done from one- or three-meter boards.

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
 - All ages synchro: 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).
- 5) Synchro teams shall consist of two divers of same or different genders. A diver may compete on only one team. The two teammates may perform either the same dive or different dives during their turn, so long as both team members dive simultaneously. Only one degree of difficulty (DD) shall be listed on the sheet for each paired dive to be performed by the team. When different dives are performed by the teammates, their DD shall be averaged (and rounded up .05 of a point when necessary). No dive/skill or paired dive/skill combination shall be repeated by a team during the contest unless the dive or skill is performed in a different 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. For synchro, two judges will judge execution for only one diver each and three judges will judge only synchronization.
- 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 and 14 feet for 3-meter competitions.
- 2) The board(s) should be 16ft. Maxi B Duraflex boards with properly working adjustable fulcrums

and safety rails. For synchro, there should be two side-by-side one-meter boards and two side-by-side three-meter boards.

- 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 with no age groups 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. There will be an Event Director who will resolve any questions about the rules.

- **Object of the Game**

In each round, be the first to play all of your dominoes, or at least as many high-point dominoes as possible. The players with the **lowest** cumulative scores after 60 minutes of play in their respective **qualifying** games will each advance to a 60-minute **final** game, along with those other players who came closest their game’s winning score needed to fill out the 5-player final game. The player with the lowest cumulative score in the final game will win the gold medal, the player with the next lowest score will win the silver medal, and the player with the third lowest score will win the bronze medal.

- **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 in a four-person game, 14 tiles in a five-person game, and 12 tiles in a six-person game, or 10 tiles in a seven-person game. The remaining tiles are gathered into one or more “train yards” or “bone piles” that are used for draws as necessary 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/her 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.”

- **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 — even if a player has not started his/her own train yet. Other play options are covered in the next section.

- **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 if at all possible.

- 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) 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 is (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 plays a wrong domino on a train (such as a 10 domino on a 6 domino), any other player may point out the error and require that player to take back the wrongly placed domino back into his/her hand and replace it with a legal domino if possible, or draw from the bone pile if not). No other penalty will be imposed for an infraction if corrected before the next player completes his/her hand turn. For each uncorrected error discovered at a later point, the tiles that have been misplayed on a train will be returned face-down to the boneyard.
- **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. Failure to do so will result in the player drawing an extra tile from the bone pile.
 - 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.
 - **Scoring**

The player who “dominoed” scores zero “0” for that round, while other players add up all the pips on their unplayed tiles to determine their respective scores (blanks, including the double blank count as “0”).

- **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.

- **Qualifying for the Final**

The player with the lowest cumulative score after the last round is completed (4 rounds minimum) is the winner of that qualifying game, with each other player subtracting the winner’s score from their own to yield a relative score used to determine advancement to the final. Each qualifying game winner automatically advances to the final game, along with the best relative 2nd place score among the non-winners to round out the final field of five. Note that if there are only 8-11 participants, there will be only two qualifying games – in which case both the 1st and 2nd place finishers automatically advance to the final (along with the best relative 3rd place finisher). If there are **less than eight** participants, there will be no qualifying games – everyone will compete in single, 2-hour game.

- **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 his/her 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.

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 – NINE HOLE, PAR 3

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 apply to all play unless shown otherwise. **Balls and clubs are provided by Oakmont. Players may use their own clubs, but must use Oakmont balls.** USGA rules govern all play, except when modified by local rules. Special rules and etiquette in effect at Oakmont course are listed on the scorecard or included in the rules below.

A) General Rules

- 1) The tournament will be 9 holes. Red tees are to be used by all women and men 85 and older. Blue tees are to be used by all men under 85 years old. Handicaps do not apply.
- 2) No 'mulligans'. All putts should be holed, no 'gimme putts'. Maximum score per hole is 8.

- 3) Winter rules in effect. Players may 'lift, clean and place' their fairway balls within a club head length of its original location as long as it is no closer to the hole (this does not apply to balls in sand traps unless there is excessive water in the trap). In that instance, move the ball to a playable surface outside the trap, without penalty, no closer to the hole, and continue play.
- 4) Balls hit into water hazard on Hole 3 (marked by red stakes: One stroke penalty. Go to drop area directly in front of the red tree box for your next shot. If a ball struck from the drop area enters the water hazard, hit again from the drop box area and add one more penalty stroke.
- 5) Balls hit into water or water hazard on Hole 8 (marked by red stakes): one stroke penalty. The green at Hole 8 is fronted by water with a bulkhead of massive rocks that has a narrow grassy, but rocky area. This is to officially announce that the water is a water hazard, and the bulkhead area is a lateral water hazard and has been identified by red stakes. A 'later water hazard' is a water hazard or that part a of a water hazard so situated that it is not possible, or is deemed to be impracticable, to drop a ball behind the water hazard in accordance with Rule 26-1b. All ground and water within the margin of a lateral water hazard are part of the lateral water hazard. Golfers are not permitted to enter these areas for any reason, including playing or retrieving their golf balls. If you hit a ball into either water hazard or the lateral water hazard, you should proceed with the option available under Rule 26-1b (which basically at Oakmont is to go to the drop area (mat) in front of, and to the left of the red tees while incurring a one stroke penalty.
- 6) 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.
- 7) On the putting surface, the player who is furthest from the hole shall putt first until all balls are in the hole.
- 8) Help your group look for a ball, but "Ready Golf" means all players should go straight to their balls and get ready to play their shots. While waiting to hit, players should survey their shot, select their clubs and be ready to go when it is their turn. Be mindful of the pace of play!

B) Handicap and Scoring Rules

- 1) Handicap Rules do not apply.
- 2) If a golfer reaches seven (7) strokes on any hole, and is still not in the hole, pick up your ball and record a score of 8 on that hole.
- 3) Gross (total) scores shall be entered on the scorecard for each player.
- 4) Two players from each pairing should keep score and submit both cards to the Event Director/Scorekeeper at the end of each round.

C) Awards

Gold, Silver and Bronze Medals will be awarded for the low gross score in each age group at the conclusion of the last pairing, estimated to be 1pm, Ties will be broken by lowest score by handicapped hole, beginning with Hole #3, Hole #7, Hole #4, continuing until the tie is broken. The awards ceremony will take place near the Clubhouse at the conclusion of all golf. The Event Director may award medals early to winner who have time constraints. Participants are asked to notify the Event Director if they are affected by a time constraint before golfing begins.

HANDBALL

Men and Women compete separately in singles and doubles in five-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

www.ushandball.org 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 sent to participants by email or by phone posted 48 hours before the tournament.
- 2) Type of game: This is four wall “singles” handball played by two players and four players for doubles.
- 3) Description: This is a competitive game in which a properly gloved hand can be used by each player to hit the ball.
- 4) 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.
- 5) 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.
- 6) 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 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.
- 7) 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.
- 8) Match: A match is won by the player who first wins two games.
In the event each player wins one game, the match will be decided by an 11-point tie- breaker.
- 9) 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, 90-99, 100+) with Men and Women's divisions as shown below. The Event Host will supply the horseshoes.

A) General Rules

- 1) The competition is double 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) scores 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 (SINGLES & DOUBLES)

Singles and Doubles events will be run concurrently with each other. Participants must choose one or the other and may not register for both, though a doubles player may switch to the singles event if their partner is unable to participate and they do not wish to pair up with any other unattached doubles players.

A. SINGLES

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 300-350-piece jigsaw puzzles, which will be identical within the same age group.

General Rules

- 1) Participants will have 2.5 hours (150 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 time 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.

B. DOUBLES

Competition will be as teams of two in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) with no gender divisions, based on the age of the younger team member. NVSO will provide the 500-piece jigsaw puzzles, which will be identical within the same age group.

General Rules

- 1) Participants will have 2.5 hours (150 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 teams in each age group who successfully complete their puzzles in the shortest amount of time. If fewer than three teams in the same age group complete their puzzles within the time 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 a team believes they have successfully completed their puzzle, 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.

LINE DANCING

Competition will have no age groups. Teams may include men and women. There must be a minimum of five (5) teams registered for the event to proceed.

A) General Rules

- 1) Teams must have a minimum of four (4) and a maximum of eight (8) dancers per team. A participant may dance on only one team.
- 2) Dance routine may be original choreography or a known standard.
- 3) Performance shall have a minimum length of two (2) minutes and a maximum of three and 1/2 (3.5) minutes. Any music to enter or exit the dance floor must be included in the three and 1/2 minutes limit. A time keeper will time each performance and a penalty will be assessed for any team exceeding the limit.
- 4) Music must be provided by each team to the DJ on a CD with group name and performance song written on it.
- 5) Lyrics in music must be clean and considered "family friendly."
- 6) Uniformity in attire is required. Feet must be clearly visible.

B) Officials and Judging

- 1) There shall be five (5) judges, a chair judge who will tabulate scores, and a timekeeper.
- 2) Judging will be by points awarded in the following areas:
 - a) Overall execution of dance
 - b) Overall style, including coordination of hand moves and use of attire or props
 - c) Uniformity of attire
 - d) Enthusiasm/attitude
 - e) Complexity of dance steps
- 3) Gold, silver and bronze medals will be awarded to teams based on the highest total points.
- 4) In the event of a tie for any medal, the team with the highest score in "overall execution of dance" will be determined the winner of that medal. If there is still a tie, the highest score in "overall style" will break the tie.

MAH JONGG

Competition will be in no age groups or gender divisions. The National Mah Jongg League, Inc. (www.nationalmahjonggleague.org) rules will be used. Each player must bring his/her own 2025 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.
- 5) 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 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.
- 7) Spectators are not permitted on the course during play.

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 intervals of two minutes or more.
- 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.

D) 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.

POKER – TEXAS HOLD'EM

Competition is open to all ages and gender. The tournament is a single elimination format.

A) General Rules

- 1) The value ranking of each card in Texas Hold'em is (in descending order): Ace King, Queen, Jack, 10,9,8,7,6,5,4,3,2 (Ace may be used as low card for purposes of making a straight)
- 2) Each player will be given the same number of chips to begin play and will be assigned a table by the Event Director.
- 3) The tournament is a no-limit event. That is, there is no limit on the amount a player may bet on any given betting opportunity. However, a bet after first round (flop, turn and river rounds as described below) must be more than big blind amount for game in progress.
- 4) Two to ten players will be seated per table. The Event director shall determine the number of players at each at the start of play depending on the number of participants. As participants are eliminated, the Event director shall, from time to time, move remaining players to other tables to maintain the full complement of players at each table.
- 5) The Event director shall establish the time period for play.
- 6) Position at the table: A flat round chip or "disk" will be used to represent the position of the dealer. The disk will be place in front of the dealer. After the completion of each game, the dealer disk will be moved to the player to the left for the next game
- 7) The player sitting to the left of the dealer is designated the small blind. The player sitting to the left of the small blind is the big blind.
- 8) The Event Director shall establish the level of ante, small blind bet and big blind bet players must contribute at the beginning of each game to the "pot" (pool of chips that will be awarded to the winner of the game). The Event Director shall indicate before play commences if the level of payment are to rise in subsequent games, and if so, when and to what amounts. For example, each player other than the small bling or big blind must ante 1 chip to the pot; the small blind must ante 5 chips to the pot; and the big blind must ante 10 chips to the pot. After five rounds of play, the ante is raised to 2 chips, the small blind to 10 chips and the big blind to 20 chips. And the amounts will increase by the same increment (1, 5 and 10 respectively) after every completed five rounds. If a player remains in the tournament, but is away from the
- 9) table when a new game begins, the required contribution for the game will be withdrawn from

the player's chip stack. If a player does not have a chip stack to make the required game contribution, the player's remaining chips are contributed to the pot and the player is eliminated from the competition.

- 10) The Event Director may set time limits for action, and will be arbiter of any dispute that may arise regarding rules of play, including requests for action by a player from others at the table.
- 11) The Event Director shall announce before the start of the tournament whether any general No Limit Texas Hold'em convention is applicable to play (e.g., the dealer is prohibited from winning a side bet pot; opening bets must be greater than the amount of the Big Blind in effect for the game).

B) Play

- 1) To begin play, the designated ante, small blind bet and big blind bet must be contributed to the pot before any cards are dealt. (If not present, a player's designated amount will be taken from the player's chip stack and contributed to the pot).
- 2) The dealer will give each player starting with the player to the left of the dealer a card face down and then a second card face down (**pocket cards**). The remaining cards form a deck known as the community deck, from which the dealer deals the **flop**.
- 3) Once the dealer deals all players their initial two cards, the remaining players can choose to fold, call, or raise. Opportunity to bid starts with the player to the left of the big blind. The small and the big blind can fold, call or raise before the first round of betting ends. If either of them chooses to fold, they will lose the blind bet they initially placed.
- 4) **SECOND BETTING ROUND: THE FLOP.** After the first round of betting ends, the dealer will deal three (3) cards face up from the community deck on the table. Once the dealer deals the flop, players will assess the strength of their hands. The player to the left of the dealer is first to act.

Since there is no compulsory bet on the table, the first player can check, call, raise or fold. To check, a player taps his hand twice on the table; this allows the player to pass the option to make the first bet to the player to the left.

All players may check until a player places a bet on the table. Once a player places a bet, you must fold, call, or raise. The player that opens the bet closes the bet after all other players have chosen to fold, raise, or call. The dealer will add the bets during the round to the existing pot.

- 5) **THIRD BETTING ROUND: THE TURN.** After the second round of betting, the dealer will deal a fourth card up from the community deck on the table. Once the dealer turns up the Turn card, players will assess the strength of their hands. The player to the left of the dealer is first to act. Third round betting follows the same rules as the previous round. The dealer will add the bets during the round to the existing pot.
- 6) **FOURTH BETTING ROUND THE RIVER.** After the third round of betting, the dealer will deal a fifth and final community card face up from the community deck on the table. Once the dealer turns up the River card, players will assess the strength of their hands. The player to the left of the dealer is first to act. The players can check, fold, call or raise for the final betting round.
- 7) **SHOWDOWN.** If during the betting during the final round, one or more players do not call the highest bet made during the round (all players except the player with the highest bid or raise fold), the player receives the full pot, and a new game begins. If two or more players have not folded (each player has called the highest bet in the round) or if all players not folding check, a showdown follows. Players reveal their hands and claim their best five card hand from their two pocket cards and the five community cards. The player with the highest ranked hand is the winner

and receives the full pot. If there is a tie, the pot is split among the players with that highest ranked hand. Once the winner(s) are determined a new game unless all players but one have exhausted their chip stack. In such instance the tournament over and the winner is awarded the Gold medal. The player whose chip stack is exhausted last is awarded second place and the Silver medal. The player whose chip stack is eliminated next to last is awarded third place and the Bronze medal. If two players are eliminated at the same time the winner is determined, both players will receive a Silver medal. No Bronze medal will be awarded in this circumstance.

- 8) **ALL-IN BETS AND SIDE BETS/SIDE POTS.** During a game, any time after pocket cards are dealt, a player can go all-in (by placing all of the player's chip stack into the pot). If the all-in bet is not greater than any bets made at the time of the all-in, the all-in player will be eligible to win only the all-in bet times the number of players betting during the round when the all-in is made. This amount become the main pot. If an ante is required to be made by all players, such amounts shall be part of the main pot. Any bet amounts in excess of the all-in bet are placed into a side bet pot, which the all-in player is ineligible to win. If no all-in is made during the betting round, no side bet pot is created, and the pot amount at the end of the round remains in the main pot to be awarded at the end of the game. Example, before the flop, the all-in player bets his remaining chip stack. Two other players call the all-in. All these chips go into the main pot. Both of the players calling the all-in have larger chip stacks than the all-in player. These two players can continue to bet the flop through the river. Any further bets (side bets) made by these players will go into a side bet pot. At showdown, all three players show their hands. If the all-in player has the best hand, the main pot is awarded to that player. The best hand of the two other players will be awarded the side pot. If a player other than the all-in player has the best hand, the main pot and the side pot is awarded to that player and the all-in player is eliminated from the tournament.

C) Breaking Ties and Value of Hands

- (1) If there is a tie between players' hand the tie-breaker is as follows:
- a) Pairs- if players tie for the highest pairs, a "kicker" or the next highest-ranking card determines the winner. You continue until one player has a higher-ranking card or both players are determined to have the same hand. If this happens, the pot is split.
 - b) Two Pairs- In this tie, the higher ranked pairs wins the pot; if top pairs are equal in rank, you move to the next pair, then move to kickers if necessary. If both players have the same hand, the pot is split.
 - c) Three of a kind- higher ranking card wins the pot.
 - d) Straights- The straight with the highest-ranking card wins the pot. If both straights are the same, the pot is split.
 - e) Flush- The flush with the highest-ranking card wins the pot. If the highest-ranking card is the same, you move to the next card until you find a winner or the hand are the same. If hands are the same, the pot is split.
 - f) Full House- The hand with the higher ranking three cards wins the pot.
 - g) Four of a Kind- The higher-ranking set of four wins the pot.
 - h) Straight Flush- Ties are broken in the same way as a regular straight.
- (2) Royal Flush – The pot is split.
- (3) The ranking of Texas Hold'em hands from lowest to highest is:
- a) High Card – Ace being the highest (e.g., A, 9, 7, 5, 3)

- b) Pair – Two of the same card (e.g., 9, 9, 6, 4, 7)
- c) Two Pairs – Two pairs of the same card (e.g., (K, K, 9, 9, 3)
- d) Three of a Kind – Three of the same card (e.g., 7, 7, 7, 10, 2)
- e) Straight – Five card in order (e.g., 8, 9, 10, J, Q)
- f) Flush – Five cards of the same suit
- g) Full House – Three of the same card and two of the same card of different value (e.g., A, A, A, 5, 5)
- h) Four of a Kind – Four of the same card (e.g., J, J, J, J, 7)
- i) Straight Flush – Five card in order of the same suit (e.g., 4,5,6,7,8 - same suit)
- j) Royal Flush – Five of card in order of the same suit (A, K, Q, J, 10)

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

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 cannot 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. 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

- 6) The goal is to legally pocket the 9 ball, thereby winning the set.
- 7) The balls are played in ascending numerical order, although balls do not need to be pocketed in numerical order.
- 8) 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.
- 9) Whoever makes the 9 ball on a legal shot, at any point of the game, wins the set.
- 10) Players do not have to identify the pockets into which they are shooting.

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).

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).
 - The served ball hits the front wall and then the ground before passing the service zone – (short serve).
 - The served ball hits the front wall and then two sidewalls before the ground – (3-wall serve).
 - 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.

ROCK CLIMBING – NEW EVENT THIS YEAR

Competition is open in skill groups (Novice and Experienced) and 5-year age groups for Men and Women. Event Director may adjust age groups based on number of participants. All attendees must have an up-to-date Sportrock Participant Agreement. Agreement can be completed/updated when entering the Sportrock facility. All competitors and spectators must check in at the SportRock front desk when entering the gym outside the NVSO check-in time. Event Director will notify competitors of their check-in time.

A) Skill Groups

- 1) **Novice** climbers have little or no experience. If the competitor has never climbed before, the climber is a novice. For those who have knowledge of the grading system, novices climb an average 5.9 or lower rated walls.
- 2) **Experienced** climbers have more experience in climbing. Their average climbing grades are 5.10 and higher rated walls.

B) Event Format

- 1) 6 Routes (+2 tiebreakers) - 3 Novice Routes and 3 Experienced Routes
- 2) Routes will be spread throughout facility Bay 3 (1 slab, 1 vertical, 1 overhand)
- 3) Progressive sets:
 - Novice: 5.6 up to 5.9
 - Experienced 5.10 up to 5.12
- 4) Each Route will have one belayer and one judge

- 5) Competitors will compete at the same time as other categories, but will be scored separately.
- 6) The Event Director will determine the order (queue) for climbers for each round.

C) Rules

- 1) Competitors can attempt each of their three route climbs up to three times.
- 2) Climbs do not have to be completed in order.
- 3) Competitors must complete one attempt on each climb before starting second attempts.
- 4) If the competitor falls, the competitor must come down.
- 5) Competitors are welcome to use their own equipment. Safety equipment, such as harnesses, must be CE- or UIA-certified.
- 6) All competitors must have paid the participation fee. (Fee payable when registering on-line for event.)
- 7) All competitors must abide by the NVSO general rules and regulations.
- 8) Warming up can be completed before and after the competition check in.

D) Scoring

- 1) Each competitor will be given a Scorecard to record points earned on each climb attempt.
- 2) When approaching a climb, competitors will hand their Scorecard to the judge. The judge will fill in the score for the climb and return the Scorecard to the competitor.
- 3) As the competitor climbs, point are earned.
 - a) Each climb hold counts as 1 point.
 - b) The score on each climb is the **sum of how many holds the competitor successfully climbed past.**
 - The point accrual stops at the last handhold where the competitor had control (the last hand hold competitor was able to hold and move off the hold).
 - Competitors do not have to use every hold to earn points.
 - c) The TOTAL score equals the sum of the best attempts for each climb.
- 4) Scorecards are due at the end of the climb period. Competitors are responsible for turning in Scorecards to the officials compiling results.
- 5) Participants can submit their Scorecards before the end of the climbing period if they have exhausted their attempts or if they are satisfied with their score.

E) Awards

- 1) The three highest TOTAL scores in each event skill/age/gender group will be declared medal winners. First, second and third highest TOTAL Scores will be awarded a Gold, Silver and Bronze medal, respectively.

- 2) In the event of a TIE between participants' TOTAL Scores, the competitors will climb the tie-breaker route. The highest point value on the first attempt will be the winner.

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 below. 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-meter 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

Competition will be in no age groups or gender divisions, except if there are more than 16 players, there will be two age groups; and if there are more than 32 players, there will be three age groups. Standard Pressman Rules will be used, except for a revised Joker recycling rule and the scorekeeping. *Player time limits have been reduced from 2 minutes to 1 minute per turn, and players must wait until the turn **after** their initial meld to play on or with other sets.* NVSO will provide the tiles, racks and 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 who will resolve any questions about rules.

B) Set Up

- 1) After placing all tiles in an opaque pouch, or face-down and randomly mixed on the table as a "bone yard," each player picks a starter tile 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*. A "1" is always low number in a run. It can never follow a 13.
- 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.

D) Subsequent Plays

- 1) On turns **after** a player has made his/her initial meld, that player may use tiles from his/her rack to build on or with other sets already on the table in any or all of the following ways:
 - Add the fourth color from his/her rack to a group of three on the table;

- Add one or more consecutive tiles of the same color from his/her rack to extend a run;
 - Remove a tile from a group of four to form a new set with other tiles from his/her rack;
 - Remove an end tile from a run of four or more to form a new set with other tiles from his/her rack;
 - Add a fourth tile to a set and remove a different tile to form a new set with other tiles from his/her rack;
 - Remove tiles from overlapping runs to form one longer run and a new set with tiles from his/her rack;
 - Split a run and add other tiles from his/her rack to form two new runs; and/or;
 - 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 the 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, the player 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 non-Joker 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 group of four can become either of two colors if it ends up in group of three instead. Within the above constraints, there is no limit to the number of times a Joker can be replaced.
- 3) If both Jokers are retrieved from the table in the same turn by the same player, they must each be combined with at least two tiles from that player's rack (i.e., at least four total), and while two Jokers can end up in a set of four or more, they may never be part of a set of three together.

F) Time Limits

- 1) Players have 1 minute 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) Each player's 1-minute time limit should be kept track of with a stopwatch by the previous player, who should provide a single warning when 10 seconds are left.

G) Penalties

- 1) A player going over the 1-minute limit may complete the set he/she is 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 take

back onto his/her rack any tiles he/she was unable to play or incorporate and restore a legal position (though not necessarily the starting position), and draw three tiles from the pouch.

- 3) Unintentional errors are not penalized if corrected within the 1-minute limit; and if a player discovers at the start of their turn that not all the tiles on the table are actually in legal sets, any “orphans” so noted should be returned to the pouch without penalty.

H) Scoring

- 1) Play continues until one player empties his/her rack of all tiles, at which point the other players total up the value of all the tiles remaining on their racks, with Jokers counting 30. These are their scores for the round, while the winner records a score of “0.”
- 2) If all tiles are drawn and no one is able to empty his/her rack, there is no winner and each player totals up the value of all tiles remaining on his/her rack.
- 3) After scoring the round, players place all tiles back in the pouch and start the next round anew as above – with the first player rotating to the left (clockwise).

I) Winning

- 1) After all rounds are completed in a qualifying game, each player with the lowest cumulative overall score advances automatically to the final 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 1st, 2nd and 3rd 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.
- 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, Fifth 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, 95-99, 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 (STANDARD, ADVANCED & PENTATHALON)

A) General Rules

- 1) Sudoku puzzles consist of a 9x9 grid of 81 cells subdivided into nine 3x3 boxes of 9 cells each (Standard and Advanced Sections) or 9 irregular but contiguous areas of 9 cells each (Jigsaw versions of Sudoku Pentathlon Section) with some of these cells prefilled by 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 (or other defined areas in Pentathlon variants), and to do so in the shortest time possible. NVSO will supply the puzzles and pencils.
- 2) Contestants may only use a pencil for notations and their own brainpower to solve the puzzles. Computer/smart phone analysis or cribbing from other contestants is prohibited. However, notations and guessing are allowed as long as it remains clear which single number goes with each cell.
- 3) Once an individual puzzle is completed, a contestant must raise his/her hand and a proctor will collect the puzzle for grading. Once all puzzles are finished and if submitted before the end of the allotted time period, an elapsed time for the contestant will be recorded by the proctor. Note that contestants may work on their puzzles in any order desired, but their total elapsed time will only be recorded on the last puzzle in that series – which must be the final one submitted.

- 4) At the end of the allotted time for a puzzle round any remaining unfinished puzzles will be collected for grading and recording of a final elapsed time for that Section.

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

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

Standard Sudoku

Competition will be in 10-year age groups (50-59, 60-69, 70-79, 80-89, 90+) with no gender divisions. Standard Sudoku consists of a series of **four** fairly easy-to-solve puzzles with a maximum time limit of **40 minutes to complete all four** – none of which should require any advanced analytical methods to solve

Advanced Sudoku

Competition will be in two age groups (50-74, 75+) with no gender divisions. Advanced Sudoku consists of a series of **three** very difficult puzzles with a time limit of **60 minutes to complete all three** -- each of which will require sophisticated analytical techniques (and/or a lot of lucky guessing) to solve.

Pentathlon Sudoku

Competition will be in two age groups (50-75, 75+) with no gender divisions. The Sudoku Pentathlon consists of a series of **five** fairly easy-to-solve Sudoku variants with a maximum time limit of **80 minutes to complete all five puzzles**.

P-1 = Jigsaw Sudoku, where the standard 9x9 boxes are replaced by nine irregularly-shaped areas, each of which are composed of 9 contiguous cells.

P-2 = X Sudoku, where both long diagonals (shaded cells) must also obey the rule about no number being repeated.

P-3 = Hyper Sudoku, where four additional 9x9 boxes (shaded cells) must also obey the rule about no number being repeated.

P-4 = Percent Sudoku, where a combination of one long diagonal and two additional 9x9 boxes (shaded cells) must also obey the rule about no number being repeated.

P-5 = Jigsaw Percent Sudoku, which is Percent Sudoku on a Jigsaw layout.

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, 50-yard butterfly, 100-yard individual medley (IM), and a nominal ½ mile or 900 yards (any style).
- 2) All 50-yard competitions are twice the length of the pool.
 - a) For the 50-yard freestyle and 50-yard breaststroke, swimmers shall start in the water with at least one hand on the side of the pool or starting platform.
 - b) For the 50-yard backstroke, swimmers shall start in the water with two hands on the gutter or on the backstroke starting grips or bar.
 - c) For the 50-yard butterfly, swimmers may start from the starting blocks, the edge of the pool, or in the water with at least one hand on the side of the pool or starting platform.
- 3) All 100-yard competitions are four times the length of the pool.
 - a) For the 100-yard freestyle and 100-yard breaststroke, 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 or starting platform.
 - b) For the 100-yard backstroke, swimmers shall start in the water with two hands on the gutter or on the backstroke starting grips or bar.
- 4) The 900-yard (nominal ½ mile) competition is 36 times the length of the pool. Swimmers shall start in the water with at least one hand on the side of the pool or starting platform. Any stroke or combination of strokes is permitted.
- 5) The kicks allowed are the frog, whip, scissors, or breaststroke. Only the Dolphin kick is allowed on butterfly leg of 100-yard IM and the 50-yard butterfly.
- 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 the number of entries, but may be combined.
- 8) 900-yard (½ mile) competitors may be assigned 2 swimmers per lane depending on the number of entrants.

B) Backstroke

Backstrokers must swim face-up with alternate or simultaneous arm strokes (swimmer's choice)

C) Freestyle and Backstroke

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. In any event designated freestyle, the swimmer may swim any style, except that in the individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.

D) Breaststroke and Butterfly

A 'two-hands' touch at turns and the finish is required. Breaststroke competitors must do an arm stroke that is an in-water recovery. Butterfly arm stroke must be simultaneous with both arms over the water, and movement of legs and feet must be simultaneous (i.e., no flutter kicking or scissor kicking).

E) Individual Medley

The swimmer shall swim the prescribed distance in the following order: 25 yards each butterfly, backstroke, breaststroke, freestyle. In this event, freestyle means any style other than butterfly, breaststroke, or backstroke (i.e., front crawl, trudgen crawl).

F) 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 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); 5K trail race.**

5K trail race (outdoors): Men and women in all age groups will start at the same time. The course is on the W&OD Trail in Bluemont Park in Arlington. Runners do not share the competition course with bicycle or automobile traffic.

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. 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.
- e) Three (3) successive failures, not necessarily at the same height, disqualifies the athlete from competing further.
- f) Even after all other competitors have failed, a competitor is entitled to continue until he/she has failed three subsequent attempts at any height.
- g) If a competitor attempts a new record, he/she may raise the bar by not less than 1 inch or 2 cm.
- h) 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) Competitors will get three throws. All throws will be marked and the best throw will be measured. If other throws appear to be close, they will be measured also.
- e) Distance will be measured from the inner edge of the ring to where the discus first touches the ground.

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) Competitors will get three throws. All throws will be marked and the best throw will be measured. If other throws appear to be close, they will be measured also.
- d) NVSO supplies the javelins.

WEIGHTLIFTING – RETURNING EVENT THIS YEAR

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+). Weight Divisions begin at 125 lbs. in 10 lb. increments. This event will be governed by the rules of CrossFit Weightlifting.

A) The Lifts

- 1) Dead Lift (<https://www.youtube.com/watch?v=1ZXobu7JvvE>)
- 2) Press (<https://www.youtube.com/watch?v=5yWaNOvgFCM>)
- 3) Back Squat (<https://www.youtube.com/watch?v=ultWZbUMPL8>)

B) Equipment

- 1) Bars, weights and rig stations will be provided by CrossFit Lorton.
- 2) Weight is in pounds (lbs.).
- 3) Participants are responsible for wearing appropriate sports clothes. Lifting shoes are permitted for back squat, but are not required. Knee pads, weight belts, wrist wraps are permitted, but not required.
- 4) Participants must provide their own chalk.
- 5) Lifting straps are not permitted.

C) 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 2 table workers and 1 announcer.

D) General Rules

- 1) Participants must successfully complete each lift in front of a judge for the lift weight to qualify.
- 2) Competitors can start at any time after they have notified the Event Director.

E) Categories

- 1) The amount of weight to be attempted by the athlete for each lift is solely determined by the participant.
- 2) The weight lifting will be held by divisions (women and men) with each age category beginning with the youngest age group. Age groups may be combined depending upon number of participants. The Event Director reserves the right, when necessary, to reorganize the competition.
- 3) `

F) Facility

- 1) The facility shall have adequate rig stations.
- 2) The Event Host will accommodate and provide a PA system, tables and chairs for a scoring table and chairs for the judges and referee.

G) Declaring Winners

Winners will be declared according to highest total weight of the three lifts in each age/weight class.