

St. Louis Senior Olympics

Accuracy Plug Casting Rules

There are two casting events:

The 5/8-Ounce Plug & The 3/8 Ounce Plug.

For both events:

Rod: Unrestricted (see note)

Reel: Unrestricted (see note)

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

Trace: No shock or bumper lines allowed.

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

Casting Technique: Single-handed

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

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

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

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

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

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

St. Louis Senior Olympics

Art Competition Rules

CATEGORIES:

Ceramics, Collage, Drawing, Glass, Jewelry, Painting, Photography, and Textiles.

RULES:

- Artist may submit only one work of art.
- Work must not have been previously entered in the Senior Adult Art Competition.
- Work must be original and completed within the last three years and after the age of 50.
- Work must be framed for exhibition and ready to hang.
- Framed pictures or hanging fabric entries should be no larger than 36" X 36".
- Entries must be labeled on the back with Artist's Name, Address, Phone Number, Title of Work, Medium and Division.
- Art pieces should weigh 50 lbs or less

DROP OFF WORKS:

All works must be dropped off at the JCC Arts & Education building on Wednesday, May 25, 2011 between 10:00 am – 6:00pm.

JCC
Staenberg Family Complex
#2 Millstone Campus Drive
St. Louis, MO 63146

PICK UP WORKS:

All works must be picked up at the JCC Fitness & Wellness building on Tuesday, May 31, 2011 between 10:00 am – 4:00 pm

AWARDS:

Certificates of Participation will be awarded to all participating artists.
First, Second and Third Place Ribbons in each category.

St. Louis Senior Olympics

Badminton Rules

SCHEDULE OF MATCHES

1. Each player will be sent a card indicating the time of his or her first match. After the first match, it is the players' responsibility to know their next match time. A schedule of first round play will be available at the information desk prior to the opening of play.
2. During playing hours, match schedules will be available at the courts.
3. Matches will be decided by the first individual/team to win 2 games.

SCORING SYSTEM

The side winning a rally adds a point to its score.

A game consists of 21 points.

If the game reaches 20 all, the side which gains a 2 point lead first, wins that game.

If the game reaches 29 all, the side scoring the 30th point, wins that game.

The side winning a game serves first in the next game.

INTERVALS AND CHANGE OF ENDS

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

SINGLES

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

DOUBLES

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

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

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

TIE BREAKER

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

St. Louis Senior Olympics

Baseball Homerun Derby Rules

GENERAL INFORMATION

1. Contestants must use official ball furnished by Senior Olympics.
2. Participants are encouraged to bring their own bats, but senior Olympics will provide a few bats.
3. Helmets are required. You can use your own helmet or the one provided by Senior Olympics.

PLAYING RULES

1. Participants will have 3 practice swings. Each player will then have 10 official swings.
2. In order for the home run to count, the ball must be in the air when it crosses the distance line for your age. Any ball that rolls or bounces over the line will be disqualified.
3. The distance required to hit a homerun will be as follows:

Men

50-59 ~ 210 feet
60-69 ~ 200 feet
70-79 ~ 120 feet
80+ ~ 45 feet

Women

50-59 ~ 120 feet
60-69 ~ 90 feet
70+ ~ 30 feet

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

St. Louis Senior Olympics

3 on 3 Basketball Rules

GENERAL RULES

1. Team roster shall be limited to 9 players.
2. Athletes may participate on only one basketball team.
3. The tournament will be conducted in accordance with NCAA rules, with amendments.
4. It will be the team captain's responsibility to notify their team of all rules and amendments.
5. Teams must all be the same sex.

SPORTS RULES

1. Played on half court by two teams of three players each. Teams must have three players on the floor to start a game. Teams may continue/finish a game with a minimum of two players on the floor.
2. Playing time shall be two halves of 12 minutes of a continuously running clock with an intermission of five minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules.
3. A tie score at the end of regulation time will result in a one minute running clock overtime period with ball possession determined by a coin flip. If still tied, subsequent one minute periods shall be played until tie is broken. Alternate possession will continue.
4. Two time-outs permitted per team per half. One additional time-out for overtime, regardless of the number of overtimes. Time-outs to be 30 seconds in duration. The clock will not run during time-outs.
5. Substitutions may be made after a basket, foul shot, stoppage of play or any other time an official beckons the player onto the court.
6. To begin the game, the winner of the coin toss shall take the first ball possession. There will be alternate possessions from that point in all jump ball situations. Ball possession changes hands after each basket unless a foul is called.
7. The officials only put the ball in play at the start of each half & overtime.
8. Deliberate stalling or attempts to freeze the ball shall result in loss of ball possession. A warning shall be given by official prior to enactment. During the last two minutes of the game and overtime periods, teams must attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.
9. The "check line" shall be the three-point line. The ball must be must be returned to a point behind the check line after each change of possession as follows:
 - a. after a made basket and dead ball situations, the ball must be placed in play from the top of the key. The ball must be advanced into play by a pass to a teammate. The teammate receiving the pass may be in front or behind the check line. Defenders may not cross the check line to guard the player throwing the ball in until after that player has made the first pass.
 - b. after a turnover or defensive rebound, the ball must be returned to any point behind the check line. The player returning the ball behind the check line must be in possession of the ball with both feet behind the line. The penalty for not taking the ball back properly on change of possession shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.

10. The ball must be put in play within five seconds following a made basket or dead ball. If not put in play it will be a violation and possession awarded to the defense with no change in the possession arrow. Dribbling will result in a replay.
11. All personal and technical fouls shall be counted against a team total. After the seventh team foul, a bonus shall be awarded for the remainder of the game.
12. For the first six team fouls:
 - a. any common foul shall result in possession to the offended team;
 - b. any offensive foul shall result in disallowing a converted basket and loss of possession;
 - c. any shooting foul with a missed basket shall result in two free throws (except for a three point attempt which will be three free throws) along with retained possession;
 - d. any shooting foul with a converted basket shall result in the basket counting and one free throw and retained possession.
13. For team fouls seven through nine:
 - a. any common foul shall result in one free throw along with possession to the offended team;
 - b. any offensive foul shall result in disallowing a converted basket and loss of possession and one free throw to the offended team, which if made entitles the shooter to a second free throw;
 - c. any shooting foul with a missed basket shall result in a two free throws (except for a three point attempt which will be three free throws) along with retained possession;
 - d. any shooting foul with a converted basket shall result in the basket counting along with one free throw and retained possession.
14. For team fouls ten and more:
 - a. any common foul shall result in two free throws along with possession to the offended team;
 - b. any offensive foul shall result in disallowing a converted basket and loss of possession and two free throws to the offended team;
 - c. any shooting foul with a missed basket shall result in two free throws (except for a three point attempt which will be three free throws) along with retained possession;
 - d. any shooting foul with a converted basket shall result in the basket counting along with one free throw and retained possession.
15. During the last the last two minutes of each half, and any overtime periods, automatic ball possession after foul shots does not apply; live rebounding will be in effect.
16. A player charged with five fouls is out of the game. Also, a player may be ejected by the official for cause.
17. The officials shall penalize any player, substitute or coach for unsportsmanlike conduct by immediate ejection and banishment from the area.
18. Format of the tournament shall be determined by the Event Director and explained at a mandatory meeting of the captains prior to competition.
19. NCAA rules shall prevail except for the above changes.
20. In the event that three women's teams enter, tournament play will be structured accordingly.

The same rules apply for men or women.

St. Louis Senior Olympics

Basketball Around the World Rules

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

St. Louis Senior Olympics

Basketball Free Throw Rules

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

St. Louis Senior Olympics

Billiards – 8 Ball Rules

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

Eight Ball

Eight ball is played with fifteen numbered object balls and the cue ball. The shooter's group of seven balls (one through seven or nine through fifteen) must all be off the table before he attempts to pocket the eight ball to win. Shots are called.

Determining First Break

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

Eight Ball Rack

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

Break Shot

The following rules apply to the break shot: (a) The cue ball begins in hand behind the head string.

(b) No ball is called, and the cue ball is not required to hit any particular object ball first.

(c) If the breaker pockets a ball and does not foul, he continues at the table, and the table remains open. (See 3.4 Open Table / Choosing Groups.)

(d) If no object ball is pocketed, at least four object balls must be driven to one or more rails, or the shot results in an illegal break, and the incoming player has the option of

(1) accepting the table in position, or

(2) re-racking and breaking, or

(3) re-racking and allowing the offending player to break again.

- (e) Pocketing the eight ball on a legal break shot is not a foul. If the eight ball is pocketed, the breaker has the option of (1) re-spotting the eight ball and accepting the balls in position, or (2) re-breaking.
- (f) If the breaker pockets the eight ball and scratches (see definition 8.6 Scratch), the opponent has the option of (1) re-spotting the eight ball and shooting with cue ball in hand behind the head string; or (2) re-breaking.
- (g) If any object ball is driven off the table on a break shot, it is a foul; such balls remain out of play (except the eight ball which is re-spotted); and the incoming player has the option of (1) accepting the table in position, or (2) taking cue ball in hand behind the head string.
- (h) If the breaker fouls in any manner not listed above, the following player has the option of (1) accepting the balls in position, or (2) taking cue ball in hand behind the head string.

Open Table / Choosing Groups

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

Continuing Play

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

Shots Required to Be Called

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

Spotting Balls If the eight ball is pocketed or driven off the table on the break, it will be spotted or the balls will be re-racked. (See 3.3 Break Shot and 1.4 Spotting Balls.) No other object ball is ever spotted. **3.8 Losing the Rack** The shooter loses if he (a) fouls when pocketing the eight ball; (b) pockets the eight ball before his group is cleared; (c) pockets the eight ball in an uncalled pocket; or (d) drives the eight ball off the table. These do not apply to the break shot. (See 3.3 Break Shot.) Version 21/12/2007 – The Rules of Play Page 2 of 3 Version 21.12.2007 Version 21/12/2007 – The Rules of Play Page 3 of 3

Standard Fouls

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

- 6.1 Cue Ball Scratch or off the Table
- 6.2 Wrong Ball First; The first ball contacted by the cue ball on each shot must belong to the shooter's group, except when the table is open. (See 3.4 Open Table / Choosing Groups.)
- 6.3 No Rail after Contact
- 6.4 No Foot on Floor
- 6.5 Ball Driven off the Table (See 3.7 Spotting Balls.)
- 6.6 Touched Ball
- 6.7 Double Hit / Frozen Balls
- 6.8 Push Shot
- 6.9 Balls Still Moving
- 6.10 Bad Cue Ball Placement
- 6.11 Bad Play from Behind the Head String
- 6.12 Cue Stick on the Table
- 6.13 Playing out of Turn
- 6.15 Slow Play

Serious Fouls

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

Stalemate

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

St. Louis Senior Olympics

Bocce Rules

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

TIE BREAKER

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

St. Louis Senior Olympics

Bowling Rules

THIS TOURNAMENT IS SANCTIONED BY USBC AND WILL BE GOVERNED BY THEIR RULES.

GAME RULES

1. This is a singles, doubles and mixed doubles, and team-scratch/handicap tournament.
2. Bowlers, with the highest score, in each age group, can win only one award per event in scratch or handicap, in case of ties, duplicate awards will be given.
3. **The awards will be made to the first three scratch scores then to the top three handicap. Next fourth to sixth scratch, then fourth to sixth handicap.**
4. Entering averages. USBC rules will apply except as follows: If there is no average, last years Senior Olympics average will be used. If you do not have a Senior Olympics average, one will be assigned as follows: Men, 140; women, 125; handicap will be 80% from 200. It shall be the bowler's responsibility to verify the average in the handicap portion of the tournament. Failure to use proper average will result in disqualification. Correction of average can be made at "Check-in" at the bowling lanes.
5. Lane Assignments:
 - a. Lanes will be assigned by average, 125-140, 141-164, 165 and up.
 - b. People who wish to bowl together must submit a list of their names (4 per lane) and their entries should be sent in together.
6. The age division of competition in doubles and team events will be determined by age of the youngest member.
7. Rule 301B & 302: shall apply.
8. Present your USBC card when checking in at the JCC for membership verification.
9. Bowling team: shall consist of three (3) members.

Example, For Baker: two men-one woman, one man-two woman, three men, or three women. Four member teams can have 4 men- 4 women or a combination of each. The team will bowl in the age group of the youngest member.

Medals of Gold, Silver and Bronze will be awarded to the first three positions in scratch then handicap. Ribbons will be awarded fourth thru six place in scratch-handicap. Handicap will be 80% of difference of team average from 600 for Baker team, and 800 for regular team.

BOWLING FORMAT

The baker system will be used.

This will be a three game tournament.

THE FIRST GAME:

No 1st person bowls the 1st, 4th, 7th, 10th frame.

No 2nd person bowls the 2nd, 5th, 8th frame.
No 3rd person bowls the 3rd, 6th, 9th frame.

THE SECOND GAME:

No 2nd person bowls the 1st, 4th, 7th, 10th frame.
No 3rd person bowls the 2nd, 5th, 8th frame.
No 1st person bowls the 3rd, 6th, 9th frame.

THE THIRD GAME:

No 3rd person bowls the 1st, 4th, 7th, 10th frame.
No 1st person bowls the 2nd, 5th, 8th frame.
No 2nd person bowls the 3rd, 6th, 9th frame.

TEAM ROSTER WILL BE SENT WITH ENTRY.

Cost will be \$6.00 per team.

St. Louis Senior Olympics

Cycling Rules

GENERAL RULES

1. Races will be 1/4 mile, 1 mile, 5K and 5 miles *.
2. Officials: (a) The Chief Referee will be the final authority; (b) Timers; each rider shall have two timers whose responsibilities will be to notify the rider of each lap (displaying lap cards "L" on the last lap), and to officially time the rider. Rider must complete race by exiting via finish line chute.

* Information on the *Missouri State Time Trial Championship* will be mailed to registered participants.

CYCLING RACING RULES

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

St. Louis Senior Olympics

Darts Rules

COMPETITION DIVISIONS: Men's and Women's divided. 50-59, 60-69, 70-79, 80+

TOURNAMENT: Darts is an individual medal competition.

SCORING: The game starts with zero points. Each player throws three darts in one round. Scores are totaled after each round. The player with the highest score after 7 rounds (21 darts) wins. In an event of a tie, ties will stand. Each contestant will get one practice round (3 darts) before he or she begins. Awards will be given for 6 places.

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

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

St. Louis Senior Olympics

Football Throw for Accuracy Rules

Mid-size Football - Men

Junior League size Football - Women

Short throws shall be first.

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

St. Louis Senior Olympics

Football Throw for Distance Rules

Mid-size Football - Men

Junior League size Football - Women

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

St. Louis Senior Olympics

Golf – 9 Hole Tournament

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

St. Louis Senior Olympics

Golf – 9 Hole Tournament

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

St. Louis Senior Olympics Golf – 18 Hole Tournament

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

1. USGA rules apply.
2. Please adhere to Forest Park Golf Courses' local rules on scorecard.
3. Golfers may improve their lie through the green six (6) inches with their hand no closer to the hole. This translates into the fairway, rough, foreign fairways and not in a hazard.
4. Golfers must putt out. No gimmes.
5. Slow play:
 - A. It is the responsibility of each group to maintain the pace and keep up with the group ahead of them. If they have lost their position, they may be asked to pick-up their ball and move to the next hole; their score for that hole will be a '10'.
 - B. 10 shot maximum.
6. Scoring: Scratch and Handicap. Golfers must bring a current USGA handicap card to course to compete in handicap division.
7. Awards: Three (3) lowest scores will be awarded medals; 4th, 5th, 6th will receive ribbons.

Awards will be given for both scratch and handicap events but a participant can only win one of these awards. The awards will be first to the top three scratch places, then to the top three handicap places, then to fourth, fifth, and sixth scratch places, and then forth, fifth, and sixth handicap places.

In case of a tie, a scorecard playoff will be continued. It will be sudden death starting with hole #1.
8. Tee Off:

All women and Men 80+ will tee off on Front/ Silver tees.
Men 65 - 79 will tee off on Middle/ Blue tees.
Men 50 – 64 will tee off on Back/ Yellow tees.

St. Louis Senior Olympics Golf – 18 Hole Tournament

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

1. USGA rules apply.
2. Please adhere to Forest Park Golf Courses' local rules on scorecard.
3. Golfers may improve their lie through the green six (6) inches with their hand no closer to the hole. This translates into the fairway, rough, foreign fairways and not in a hazard.
4. Golfers must putt out. No gimmes.
5. Slow play:
 - A. It is the responsibility of each group to maintain the pace and keep up with the group ahead of them. If they have lost their position, they may be asked to pick-up their ball and move to the next hole; their score for that hole will be a '10'.
 - B. 10 shot maximum.
6. Scoring: Scratch and Handicap. Golfers must bring a current USGA handicap card to course to compete in handicap division.
7. Awards: Three (3) lowest scores will be awarded medals; 4th, 5th, 6th will receive ribbons.

Awards will be given for both scratch and handicap events but a participant can only win one of these awards. The awards will be first to the top three scratch places, then to the top three handicap places, then to fourth, fifth, and sixth scratch places, and then forth, fifth, and sixth handicap places.

In case of a tie, a scorecard playoff will be continued. It will be sudden death starting with hole #1.
8. Tee Off:

All women and Men 80+ will tee off on Front/ Silver tees.
Men 65 - 79 will tee off on Middle/ Blue tees.
Men 50 – 64 will tee off on Back/ Yellow tees.

St. Louis Senior Olympics

Handball Rules

ENTRIES

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

EQUIPMENT AND SCHEDULES OF MATCHES

1. Full eye guards with impact resistant polycarbonate lenses or shatterproof glasses are mandatory.
2. A schedule of first round play will be available at the information desk prior to opening of play.
3. During playing hours, match schedules will be available at the courts.
4. Players must expect to play AT LEAST one match per event day.

PLAYING RULES

1. All handball matches will be conducted in accordance with USHA Rules.
2. A 15-minute default time will be strictly enforced.
3. Warm-up will be limited to a maximum of 10 minutes.
4. All matches will be decided by the best two out of three matches.
5. The first two games of each match will be to 21 points. If a third game is required to break a tie, it will be played to 11 points. The person to serve first will be the one who has earned the most points in the first two games.
6. All participants will be required to be referees for the matches in another age group.

TIE BREAKER

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

St. Louis Senior Olympics

Horseshoes Rules

EQUIPMENT

1. Horseshoes are available or contestants may use their own shoes.

PLAYING RULES

1. All rules of the National Horseshoe Pitchers Association shall be followed.
2. MEN 50 thru 69: Players shall pitch from a 40-foot distance from the pin. The game will be first player to reach 30 points.
3. MEN 70 and over and ALL WOMEN: Players shall pitch from a 30-foot distance. Game will be 30 shoes pitched regardless of points scored. Score after 30 shoes will determine winner. In case of a tie, players will pitch sets of four additional shoes each until tie is broken.
4. Start of play shall be decided by the flip of a coin.
5. Contestants will observe foul lines at all times.
6. Player pitching first shall step to rear of opponent after delivering shoes so as not to disturb other opponents' concentration. Both players will walk to opposite end of the court together after delivering their shoes to tally their scores.

SCORING

1. Scoring will be on the cancellation method.
2. A shoe must be within 6 inches of a stake to count as a point.
3. A ringer is a shoe that encircles the stake and whereby a straight edge will touch both points of the shoe without touching the stake and shall be scored as 3 points.
4. In women's competition, a shoe will count for score if it is inside the box without hitting or touching the wood.

TIE BREAKER

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

St. Louis Senior Olympics

Racquetball Rules

ENTRIES

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

EQUIPMENT AND SCHEDULES OF MATCHES

1. Full eye guards with impact resistant polycarbonate lenses or shatterproof glasses are mandatory.
2. A schedule of first round play will be available at the information desk prior to opening of play.
3. During playing hours, match schedules will be available at the courts.
4. Players must expect to play AT LEAST one match per event day.

PLAYING RULES

1. All racquetball matches will be conducted in accordance with USRA Rules.
2. A 15-minute default time will be strictly enforced.
3. Warm-up will be limited to a maximum of 10 minutes.
4. All matches will be decided by the best two out of three matches.
5. The first two games of each match will be to 15 points. If a third game is required to break a tie, it will be played to 11 points. The person to serve first will be the one who has earned the most points in the first two games.
6. All participants will be required to be referees for the matches in another age group.

TIE BREAKER

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

total frames will be the winner.

2. Yellow will lead out in frames 1 and 2, Black in frames 3 and 4, and so on. Yellow will have the final shot of the last frame.

3. In case of a tie, 2 extra frames will be played until the tie is broken.

EQUIPMENT

1. Players may bring own cues. The cue shall not have an overall length of more than six feet, three inches (6'3"). No metal part of cue shall touch playing surface of court.

RULES FOR COURT REFEREES

1. DO NOT walk on playing area of court.

2. DO NOT touch or move discs in play.

3. DO NOT collect discs for players, except when a disc is dead (one that struck any object outside playing area and returned and remained on playing area or one that landed in area between lag lines). Then you may remove it or call for a player to remove it.

4. Tell players to take 3 practices shots and on 4th shot lag for color choice. Player lagging disc closest to far lag line get color choice.

5. Remind players that they must keep their feet behind the base line when shooting and their disc must not touch the front line of the "TEN OFF" area until it leaves their cue. Watch this as they shoot.

6. Tell players to set discs in place in "TEN OFF" area at HEAD OF COURT. Yellow plays from right side and shoots first in singles and doubles.

7. After each disc is played, show a good disc by pointing to it with wand and call point value. If disc is on a line, which means no point value, wave hand over disc. If disc is in "TEN OFF" area, wave wand in a circle over disc and call "minus ten".

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

8. After all eight discs have been played, call out scores with color first ("Yellow seven, black minus 3") and check to see the score is recorded correctly.

9. Call for play to start.

10. In case of rain delay while play is in progress, partial score will stand if more than 50% of game has been played. Entire game may be replayed if less than 50% has been played. Event director may make special determination if necessary.

St. Louis Senior Olympics

Shuffleboard Rules

ENTRIES

1. There will be a women's bracket and a men's bracket in singles.
2. Any mixture of men and women will be allowed for doubles, i.e., 2 men, 2 women or 1 man and 1 woman.

SCHEDULE OF MATCHES

1. Each player will be sent a card indicating the time of his/her first match.
2. A schedule of first round play will be available at the information desk prior to the opening of play.
3. During playing hours, match schedules will be available at the court.

PLAYING RULES: LAG

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

PLAYING RULES: SINGLES

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

PLAYING RULES: DOUBLES

1. Doubles matches will consist of 12 frames of which 6 will be played by each partner who will remain at their respective end of the court during the entire match. The team with the highest score at the end of 12

St. Louis Senior Olympics

7 v 7 Soccer Tournament Rules

Rules:

1. Players will be required to provide a driver's license (with photo ID) as proof of age when they check-in.
2. USSF rules will be in effect.
3. Teams will play 7 on a side with a maximum roster of 12. A player must be rostered to be eligible to play in the competition.
4. All games will be 20-minute halves.
5. Games will be played on a field 65 yards by 50 yards.
6. There will be NO overtime except for semi-final and championship games. These games will have two 5 minute overtime periods. If still tied, the game will be determined through kicks from the penalty spot.
7. The St. Louis Senior Olympics may call for two 5-minute water breaks midway through each half if advised by medical personnel that the heat index warrants additional breaks.
8. Point system: 3 points for a win, 1 points for a tie. Teams must be present with at least 5 players for their games, even if they know the opposing team will be forfeiting.
9. When bracket winners for final berths, medal winners (after round-robin play) or bronze medal winners after semi-final play cannot be determined by point totals (all games will be used), the following rules will be used (in the order listed) to break ties: a. Head to head competition (skipped if teams did not play one another), b. Highest goal differential, c. Most goals scored, d. Fewest goals allowed, e. Most shutouts, f. Shootout/Penalty kicks (held 30 minutes before the next scheduled game).
10. Forfeit will be declared if a team fails to have 5 players on the field seven minutes after the scheduled time or at any time during the game. Deliberate forfeiture of a match may be cause for disqualification from the Games. A team may be disqualified after two forfeits. If a team is disqualified for any reason, all of its scheduled games will be recorded as forfeits regardless of whether these games have already been played. If both teams fail to show up for a game, it will be declared a double forfeit and neither team receives points.
11. Unlimited substitutions will be allowed on possession throw-in, any goal kick, after a goal is scored, at half-time, and substitution when the referee stops the game for injury.
12. Players ejected from a match are ineligible to compete in the next scheduled game; this includes semifinal and final matches.
13. Players may be ejected for the remainder of the tournament for extremely violent or vulgar behavior.
14. The home will be team is listed first on the schedule. It is the responsibility of the home team to change uniforms in the case of conflict if asked by a game official. Each team should bring two sets of numbered shirts (each set a different color).
15. No protests allowed.
16. A player may not enter or play on more than one soccer team.
17. A maximum of 12 players and one coach are eligible to receive medals. Actual awards will be based on official roster received at check-in for the medal presentation.

St. Louis Senior Olympics

Soccer Kick Rules

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

St. Louis Senior Olympics

Softball Homerun Derby Rules

GENERAL INFORMATION

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

PLAYING RULES

1. Participants will have 3 practice swings.
2. The distance required to hit a homerun will be as follows:

Men

50-59 ~ 210 feet

60-69 ~ 200 feet

70-79 ~ 120 feet

80+ ~ 45 feet

Women

50-59 ~ 120 feet

60-69 ~ 90 feet

70+ ~ 30 feet

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

St. Louis Senior Olympics

Softball Throw for Accuracy Rules

(12-INCH SOFTBALL)

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

St. Louis Senior Olympics

Softball Throw for Distance Rules

(12-INCH SOFTBALL)

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

St. Louis Senior Olympics

Squash Rules

PLAYING RULES

1. All squash matches will be conducted in accordance with United States Squash Racquets Association rules.
2. A 15-minute default time will be strictly enforced.
3. Warm-up will be limited to a maximum of 10 minutes.
4. A player must win 3 best of five games to win match.
5. Point score is on every rally, first player to reach 11 wins the game. In case of a tie at 10 all, winner must win by two pints. (Ex: 12-10, 13-11, 14-12...)
6. All participants will be encouraged to referee for the matches in another age group. In the absence of a referee players will referee their own matches.
7. All event director decisions are final.

St. Louis Senior Olympics

Swimming Rules

GENERAL INFORMATION

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

EVENTS

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

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

TECHNICAL RULES GOVERNING EVENTS

1. Starts: Swimmers have their choice of an "in water" or "diving start" for all events except the backstroke. The forward start may be taken from the starting blocks, the pool deck, or a push from the wall. The backstroke start is taken from in the water with both hands in contact with the wall or starting block grips. Regardless of the stroke, for all in-water starts the competitor must keep at least one hand in contact with the wall prior to the start. A False start will result in disqualification.
2. Turns and finishes: The breaststroke and butterfly turns and finishes must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall. The swimmer must touch the wall with some part of the body while on the back at the finish of backstroke events and at the end of the backstroke portion of the individual medley.
3. Breaststroke: Competitors must do an arm stroke that is an in-water recovery. Elbows must be under the water except at the turns and finish. Both arms must be in the same horizontal plane and move simultaneously. The swimmer must remain on the breast. The hands may not pass the hip line, except on the first pull after the start

and turns. The sequence is one arm pull, followed by a kick. Either the whip kick or the breaststroke kick is allowable, but must be simultaneous and on the same horizontal plane. Scissors kick, dolphin kick or flutter kick is not permitted, except that one dolphin kick is permitted at the start and each turn, followed by a breaststroke kick, during the first arm pull. Some part of the head must break the surface of the water before the hands turn in on the second arm stroke and at least once during every stroke cycle.

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

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

6. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish. In freestyle only, a swimmer may stand on the bottom of the pool as long as he/she does not push off from the bottom of the pool.

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

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

St. Louis Senior Olympics

Table Tennis Rules

SCHEDULE OF MATCHES

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

PLAYING RULES

1. All table tennis matches will be conducted in accordance with the USA Table Tennis Association rules.
2. A game shall be won by the player or pair scoring 11 points unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.
3. The choice of ends and the right to serve or receive first in a match shall be decided by lot and the winner may choose to serve or receive first or start at a particular end. After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs score 10 points, when the sequence of serving and receiving shall be the same but each player shall serve for only 1 point in turn.
4. The player or pair serving first in a game shall receive first in the next game of the match, and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when the first one pair scores 5 points.
5. The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when the first one player or pair scores 5 points.
6. All matches shall consist of best of three out of five games.
7. Events are single elimination, with medals for first, second, and third, and a ribbon for fourth.
8. Play shall be continuous throughout.
9. Players should not wear white or light colored clothing. Clothing preferred should be dark, solid colors.
10. Players are encouraged to use their own rackets. They must have rubber on each side. No wood or sandpaper surfaces are allowed. A limited supply of rackets will be made available at the event site.
11. Service - The ball shall be placed in the palm of the free hand, which must be open and flat, with the fingers together and the thumb free. The free hand (serving hand) must remain above and behind the end of the table. Service shall begin by the server tossing the ball vertically upwards without spinning the ball. As the ball descends from the height of the toss, it is struck by the server so that the ball bounces once in the server's court, goes over the net and bounces in the receiver's court. If the ball is tossed, struck and missed, the point goes to the receiver.
12. The ball will be ITTF/USATT approved and 40mm in diameter.

TIE BREAKER

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

St. Louis Senior Olympics

Tap Dance Rules

Tap Masters Class will be held approximately one month prior to the St. Louis Senior Olympics. Classes will be divided into the following levels:

Beginner: 2 years or less of tap training

Intermediate: 2-5 years of tap training

Advanced: more than 5 years or taught classes professionally

Tap Exhibition will coincide with the Opening Ceremonies of the Senior Olympics.

All participants must wear Tap shoes.

All participants and/or groups must provide their own music.

Groups should be dressed uniformly.

No vocalizing or props.

St. Louis Senior Olympics

Tennis Rules

ENTRIES

1. A contestant may enter only two of the three events and may not duplicate any one event in two different age groups.
2. Participants must find their own partners for doubles. The Senior Olympics office will make no assignments.

SCHEDULE OF MATCHES

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

PLAYING RULES

1. All matches will be conducted in accordance with USTA rules.
2. A 15-minute default time will be strictly enforced.
3. Warm-up will be limited to a maximum of 10 minutes.
4. All matches will be decided by the best 2 out of 3 sets. No add scoring will be used.
5. When a set reaches 6-6 in games, a 7-point tiebreaker will be played according to USTA rules for such a tiebreaker. The rules are as follows:

Player A serves one point from the right side. Player B serves 2 points on the left and right sides. Players continue serving 2 points on the left and right sides throughout the tiebreak. Players switch ends every 6 points. This continues until one player has won at least 7 points with a 2 point margin. The team that served second in the tiebreak, serves the first game of the next set.

TIE BREAKER

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

St. Louis Senior Olympics

Track & Field Rules

GENERAL INFORMATION

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

FIELD EVENTS

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

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

- 3k for women and men 80+
- 4k for men 70-79
- 5k for men 60-69
- 6k for men 50-59

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

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

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

- 400g for women 60+ and men 80+
- 500g for women 50-59 and men 70-79

- 600g for men 60-69
- 700g for men 50-59
- If javelin point does not stick in the ground, the throw will be measured from the handle.

Running Long Jump/Standing Long Jump:

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

Triple Jump

- Foul: Any part of takeoff foot/feet extending beyond scratch line.
- Measure each trial.
- In case of a tie, the second best jump will determine the winner as per USA Track & Field Rules.

TRACK EVENTS

RELAY (4x100M)

- Senior Olympic track officials will assemble teams. 100m times, when available, will be used to assemble teams.
- Teams may consist of any combination of age groups.
- Teams may consist of any combination of men and women.
- Baton exchanges will be judged, USATF rules apply.

RACE WALKING:

No electronic devices (headphones) can be worn. Race walking is a progression of rapid steps. These rapid steps must meet the following rules.

- One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground, both feet off the ground at the same time, this is called lifting.
- Each leg must be straightened at least momentarily when the body passes over the supporting leg during each stride taken by the race walker. If a race walker fails to straighten his/her leg momentarily on each stride, this is called creeping.
- If a race walker fails to abide by one of these rules, then he or she may be given a caution by one of the judges. Upon the second caution during the race, the athlete will be disqualified and must leave the competition. Disqualification can also occur after the competition if assembled judges agree. Flagrant violations will result in disqualification without any cautions.

POWER WALKING:

No electronic devices (headphones) can be worn. Power walking is a progression of rapid steps. These rapidsteps must meet the following rule:

One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground, both feet off the ground at the same time, this is called lifting and can disqualify a walker.

St. Louis Senior Olympics

Volleyball Rules

GENERAL INFORMATION

1. In men's competition, the height of the net will be 7'9 5/8". In co-ed competition, the height of the net will be 7'9 5/8". In woman's competition, the height of the net will be 7'2 1/8"
2. Total of 6 players maximum on the court at all times.
3. Teams must rotate clockwise. Substituting or rotation (not both) any time, any position.

PLAYING RULES

The following rules will be in effect:

1. A team must have 4 players present to start a game, otherwise the game is forfeited. A 5-minute grace period for the first game will be allowed to assemble a minimum of 4 players. A 10-minute grace period for the second game and 15 minutes for the third game will be allowed to assemble a minimum of 4 players. There will be a 55-minute limit per set.
2. The referee will flip a coin in the presence of 2 captains to determine which team serves the first game. Teams will then alternate serves. If a third game is played, there will be a coin toss.
3. Games are rally scoring to 21 points with a 23 point cap. Third games will rally to 15 with a 17 point cap.
4. A team must win 2 out of 3 games to win the match.
5. Server must wait for the referee's whistle to put the ball into play.
6. Server must have one foot behind the serving line.
7. Net serves are good. If ball touches the net or goes beyond the boundary lines, it is a serve out. Ball is in bounds if it touches any part of the court or boundary lines.
8. The serve cannot be attacked above the height of the net.
9. A legal block occurs when the hands are above the height of the net, contacted by the opposing player, or when the ball is blocked over the net.
10. A hitter cannot hold the ball against the net and hit it again.
11. A legal block is not a hit and the blocking player can contact the ball again.
12. Back row players cannot attack the ball above the height of the net, on or in front of the 10 ft. line. Jumping is not the determining factor for a back row attack. \

13. If the ball hits the basketball rims and changes direction away from the player under the rim, a re-serve will be issued.

The following will be a serve out or a point and the referee will blow the whistle if:

- *A ball is touched more than 3 times by consecutive players on one side of the court.
- *The same person touches the ball consecutively.
- *A ball is held (referee's discretion).
- *A player touches the net during play.
- *A player touches his/her foot completely over the centerline during play.

Must start match with a full team: Men & Women - 6 Players on Court. Co-Ed - Minimum of 3 Women on Court

In Case of Injury:

- 1) May substitute injured player, women for women, man for man from players on team roster.
- 2) If no substitutes, men and women can continue with five players, there are no ghost rules.
- 3) For Co-Ed teams, the men on the court cannot exceed the women by one. Co-Ed teams can play with; 3 women/ 2 men or 4 women/ 2 men or 5 women/ 1 man.

TIE BREAKER

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

St. Louis Senior Olympics

Washer Toss Rules

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

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

St. Louis Senior Olympics

Water Volleyball Rules

Players	9 per team, co-ed
Age ranges	50-64, 65+
Court Size	41'8" x 20'10"
Pool Depth	4 ft.
Ball Size	24" inflatable beach ball
Net height	4 ft. from deck
Water temp.	85-86 degrees
Boundaries	A ball that hits the net is considered still in play (this includes serving) A ball that hits the back line is considered out A ball that hits the side of the pool is considered out A ball that hits the ceiling is considered out A ball that hits the net pole is considered out Players cannot touch or cross under the net at any time
Time Limit	Event Staff may adjust game times to ensure participation of all teams.
Serving	Server may move up to a line within 10 feet from the net while serving A serve is defined as any strike made with the hand. Throws/pushes are not allowed. A serve must make it over the net. Net serves are considered still in play.
Returning	A team may employ an unlimited number of hits when returning a volley. The same player may make multiple consecutive hits on the ball. No catching, lifting, holding or throwing allowed (at the ref's discretion)
Scoring	Rally score. Play to 15 points. Win by 2 points.
Spiking	From the front row only. No reaching over the net
Rotation	Server goes to the front line, then zig-zags back in an S-pattern. A minimum of four women must be in rotation for each team at all times. If a player rotates out, he must be replaced by a player of the same gender.
Substitution	Server exits, substitute enters rotation in his/her place
Tie Breaker	In case of a tie in Round Robin tournament, most wins declares the winner. If a tie persists, most points score in all Games.

St. Louis Senior Olympics

Weightlifting Rules

RULES AND REGULATIONS

All competition will be conducted by the following 5 year age categories.

The following are the Weight Class Divisions within an Age Group:

<u>MEN</u>	<u>WOMEN</u>
0 – 165	0 – 130
166 - 195	131 - 160
196 – 225	161 & Over
226 & Over	

In all events bench press, leg press and curls competitors will pick an opening weight, the opening weight is a competitor's first attempt. If the opening weight is a scratch meaning the competitor missed his/hers first lift, they will be disqualified for that particular event. If a competitor misses the second attempt they must stay at attempted weight or move up in weight for the third attempt. You may not drop down in weight for any attempt.

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

Three judges will be at all events. Judge will call "lifter ready" and then "lift."

BENCH PRESS

1. Equipment: Olympic Bar plates and Olympic flat bench
2. The competitor will lie flat on his/her back; feet must be flat on the floor. The lifter must start with arms fully extended in a locked position. If requested by competitor a lift off can be given on a three count. Competitor must touch chest with bar and push back to the locked out position. Competitor must **touch** not bounce the bar to their chest at which point the judge will say "press" the competitor will then push back to the locked out position. (No Bouncing) touch and go.
3. Shoulders, buttocks and feet must be flat on bench and floor at all times.
4. If spotter has to touch bar during the course of a lift the lift will be no good.
5. Wrist wraps and any other medically required adds will be allowed for the bench press
6. NO lifting shirts or tanks of any kind will be allowed
7. Lifts will be increased in 10lb increments (i.e., 100 to 110 or 120, not 100 to 105).

LEG PRESS

1. Equipment: Nautilus XPLoad™ Incline Leg Press and Olympics Plates(sled weighs 140lbs
2. The competitor will begin in a reclined position with both feet on the platform and lift the weight to a locked out position/legs fully extended. The competitor will lower the weight until the thigh/upper leg and shin/lower leg form a 90 degree position or less. The competitor will then push the weight back to the locked out position for a complete lift.
3. No knee wraps will be allowed for leg press, unless it is for a medical condition (i.e. torn ACL)
4. Lifts will be increased in 20lb increments (i.e., 100 to 120 or 140, not 100 to 115).

ARM CURLS

1. Equipment Required: Olympic curl bar and Olympic weights.
2. Form Required: The competitor must be in a standing position. He/She will hold the bar in the fully extended position (against thighs). The lift begins in a still position against the thighs with a significant pause. The competitor cannot lift the bar from the ground to thighs and curl bar in a continuous motion. The lift is completed when the competitor lifts the bar upright to a position in front of the chest and shoulders.
3. During the lift cycle, the upper arms may be bent only at the elbows. The upper arms may not be brought forward.
4. The bar may not bounce off the thighs at the beginning of the lift.

5. During the lift cycle, no back sway or leaning backward is allowed. The lift must be virtually level during the lift cycle.
6. Lifts will be increased in 10lb increments (i.e., 100 to 110 or 120, not 100 to 105).