

2013 National Veterans Golden Age Games Rulebook

General Rules

These pages state the rules of the National Veterans Golden Age Games and will be utilized during all National and Local Veterans Golden Age Games competitions. Modifications and variances of these rules and regulations are permitted as outlined in the rules or by the [National Veterans Golden Age Games Program Director](#).

I. Athlete Eligibility

To be eligible, athletes must be 55 years of age or older and currently receiving care through the Department of Veterans Affairs. Athletes must be either inpatients of a VA Medical Center or receiving care/services on an outpatient basis. Veterans who receive healthcare at a Department of Veterans Affairs Medical Center will have first priority.

II. Registration for Events

Athletes must register prior to the start of each event. Athletes may register in a maximum of four and a minimum of two National Veterans Golden Age Games events. Athletes may enter no more than two Swimming events which will count toward two of the maximum of four events that an athlete may enter.

A listing of events can be found on the following page. By highlighting the blue [RULES](#) icon in the right hand column, a hyperlink will take you directly to the respective rules for each competitive event.

Name of Event	Breakout	Event Rules
Air Rifle	Age	RULES
Cycling ¼ Mile & ½ Mile Dash	Age & Gender	RULES
Bowling- Ambulatory	Age & Gender	RULES
Bowling-Wheelchair		
Bowling- Wheelchair Adaptive		
Bowling-Visually Impaired		
Checkers	Age	RULES
Croquet	Age	RULES
Discus	Age & Gender	RULES
Discus- Wheelchair		
Dominoes	Age	RULES
Golf Golf-Visually Impaired	Age	RULES
Horseshoes- Ambulatory	Age & Gender	RULES
Horseshoes- Wheelchair		
Horseshoes- Visually Impaired		
Javelin	Age & Gender	RULES
Nine-Ball- Ambulatory	Age	RULES
Nine-Ball- Wheelchair		
Shot Put	Age & Gender	RULES
Shot Put- Wheelchair		
Shuffleboard	Age	RULES
Shuffleboard- Wheelchair		
Shuffleboard- Visually Impaired		
Swimming-25 Yards or Meters: Free-Style- Ambulatory & Non-Ambulatory	Age & Gender	RULES
Swimming-25 Yards or Meters: Backstroke- Ambulatory & Non-Ambulatory		RULES

Swimming-50 Yards or Meters: Free-Style- Ambulatory & Non-Ambulatory		RULES
Swimming-50 Yards or Meters: Backstroke- Ambulatory & Non-Ambulatory		RULES
Table Tennis	Age	RULES
Wheelchair Table Tennis		

Each event will have seven age divisions for participation:

- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-UP

Athletes may request to compete in a younger age division. At the discretion of the National Meet Director, an age division with only one entry may be assigned to compete with athletes in another age division however medals will be awarded in original age division entered. In most events, men and women will compete in the same divisions. There are designated events which men and women will be assigned separate categories, these events are identified below:

- **Cycling**
- Bowling
- Shot Put
- Discus
- Javelin
- Horseshoes
- Swimming Events

III. AWARDS:

- A. The National Veterans Golden Age Games Meet Director will select all medals to be awarded at the national level. Medals for First, Second, and Third Place will be awarded in each event and age/gender divisions. In addition, the NVGAG host committee will award certificates to each athlete in recognition of their involvement in the National Veterans Golden Age Games.
- B. The George Gangi Inspirational Award will be determined by vote of the National Program Director, National Meet Director, National Public Affairs Coordinator, and Sponsoring Organization Representative (if appropriate).

IV. MODIFICATION OF RULES AND ADAPTING OF EVENTS:

Events which permit rule modifications and special adaptations are outlined within the rules printed in this rulebook. The National Veterans Golden Age Games Meet Director may modify event rules with concurrence of the National Veterans Golden Age Games Program Director and Local Site Coordinator.

National Officials may modify rules if necessary due to facility and/or equipment availability including weather factors. This modification will involve concurrence of the rule change with both the National Veterans Golden Age Games Meet Director and National Veterans Golden Age Games Program Director.

When possible, National Officials will allow athletes to become familiar with the event areas and equipment. The opportunity to warm up prior to the event may be given at the discretion of the National Officials.

National Officials may make adaptations for an athlete's disability. The only time this may occur is when the adaptation would not give an athlete an unfair advantage over other athletes. (Examples: In Table Tennis, a competitor who has had a stroke may need to move closer to the table to complete his/her serve; or in Checkers, a competitor with a hand disability may need assistance in moving the playing piece).

Visually Impaired veteran athletes with a corrected vision of 20/200 or less will be allowed to enter the Visually Impaired

events. This must be verified and documented at the time of registration by a qualified VA Visual Impairment Service Team Coordinator. These veterans will compete in separate divisions for Bowling, Horseshoes, Golf and Shuffleboard.

V. SPECTATOR COACHING:

Coaches and spectators on the sidelines will not be allowed to advise or coach any athlete during competition. If, after asking a coach/spectator not to coach a competitor and he or she continues to do so, the official will ask the coach/spectator to leave the tournament area.

VI. DISQUALIFICATIONS:

National Officials have the right to disqualify any athlete from competition. The competitor will forfeit the right to any awards for unsportsmanlike conduct or tactics detrimental to the competition.

VII. APPEALS:

All appeals of event rules must be made at the time the action being appealed occurs. The appeal will be made to the National Official, and in all cases, the Official's decision shall be final.

VIII. PROTESTS:

All official protests must be received in writing on the appropriate form, and will be reviewed by the National Meet Director and attending National Officials and a final decision will be rendered.

IX. TIE RULE:

Ties during the Cycling, Swimming, Bowling, Shot Put, Discus, Javelin and Air Rifle will not be broken. Competitors who tie during these events will be awarded duplicate medals.

National Veterans Golden Age Games Program Director: Dewayne Vaughan
National Veterans Golden Age Games Meet Director: Amy Will

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 1

10 METER AIR RIFLE

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-84
85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide .177 Air Guns, .177 Pellets, 10 meter targets, target boxes, protective eyewear, and score sheets.

Other Equipment: drinking water, first aid kit, tables and chairs.

FACILITY:

An indoor/outdoor area that allows a 10 Meter (33 feet) shooting course with a minimum of 14 firing lanes. The targets will be positioned in such a manner that they are at least 4 feet off of the ground/floor. The targets shall be 14 inches square. The course must be adequately lighted with a limited entrance and exit area (for safety reasons).

COMPETITION:

The winner will be based on the best shooting score over the 10-Meter (33 feet) course. Each competitor will fire a total of six rounds at the approved target.

RULES:

RULE 1:00 Scoring

Section 1: Scoring will be based on the highest number of points scored on the target.

Section 2: Each competitor will be allowed to shoot six rounds at a designated target. The first shot will be a practice shot.

Section 3: Each competitor's total score will be tabulated after the remaining five rounds are fired. The five best scores out of the six shots will be tabulated for a total possible score of 50.

RULE 2:00 Firing Position

Section 1: Each competitor must support the rifle with both elbows resting on the stationary-firing table. The chest and/or abdomen may also rest on the table.

RULE 3:00 Safety

Section 1: All competitors, assistants, and accompanying personnel who will be in the immediate vicinity of the range complex are required to wear shatterproof shooting glasses or similar eye protection while shooting is in progress. Clear lenses are best, but amber, yellow, or gray is acceptable. **EYE PROTECTION WILL BE PROVIDED AND MUST BE WORN!**

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 2 CYCLING- ¼ MILE DASH

EVENT 2A CYCLING- ½ MILE DASH

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide two wheel bicycles of similar style and condition. Competitors must use these bicycles. The host will provide bicycle safety helmets or each competitor may use approved helmets that they provide for themselves. Competitors will be required to furnish and wear their own **athletic shoes** for this competition.

Other Equipment: starter gun or other starting device, stop watches or other timing device, bicycle repair kit including tire pump, first aid kit, drinking water and scorer/timer sheets.

FACILITY:

The ¼ Mile Dash and ½ Mile Dash will be laid out over a course marked with start and finish lines. The course surface will be of concrete, asphalt or similarly appropriate material.

COMPETITION:

The cycling competitions are limited to ambulatory competitors only and will be based on best time. Each competitor will be given an opportunity to become familiar with the track. Warm-up prior to the cycling event will be accomplished on stationary bicycles. Only one competitor will be allowed on the course at a time during the competition. **Off-season preparation for the Cycling Competition must include "on-the-road" riding/training.** Places will be awarded based on best time: First Place, fastest

time; Second Place, next fastest time; and Third Place, next fastest time.

NATIONAL VETERANS GOLDEN AGE GAMES

**EVENT 3
BOWLING- AMBULATORY**

**EVENT 3-A
BOWLING- WHEELCHAIR**

**EVENT 3-B
BOWLING- WHEELCHAIR ADAPTIVE**

**EVENT 3-C
BOWLING- VISUALLY IMPAIRED**

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide bowling balls and bowling shoes. Competitors may elect to use their own bowling ball and shoes. All bowling balls must conform to the size and weight outlined by the American Bowling Congress.

Other Equipment: drinking water, scoring sheets and first aid kit.

FACILITY:

Bowling lanes for the competition will be selected by the National Veterans Golden Age Games host and shall be in good repair. The number of lanes to be used will be determined by the host. If possible, two lanes separate from the competition, should be set aside for photographs.

COMPETITION:

This competition will be based on the total score for two lines bowled in open competition. There is **NO HANDICAP** in this event.

Bowlers will **not** be given the opportunity to warm up on the lanes prior to bowling their two lines in the competition. Places will be awarded based on total pin score: First Place, highest score; Second Place, next highest score; and Third Place, next highest score.

RULES:

The bowling competition will be held in accordance with American Bowling Congress and World International Bowling Congress rules (except as otherwise noted within these National Veterans Golden Age Games rules). Ten frames will be bowled straight through at one time. Competitors will bowl both lines on the same lane.

There will be three separate "adaptive" categories of competition held based on the type of adaptive equipment used. The three categories include wheelchair, wheelchair adaptive (i.e., ramp, stick or handle ball), and visually impaired. Each category will have separate age and gender breakdowns. Competitors will be allowed to select only one adaptive bowling category to compete in. Places will be awarded based on total pin score: First Place, highest score; Second Place, next highest score; and Third place, next highest score.

Ramps, sticks, and handle balls must be used by those competitors participating in the wheelchair adaptive category which must be declared at registration. Bowlers will adjust their own ramps with no assistance from volunteers or officials. There will be no switching of lanes. Ten frames will be bowled straight through at one time. Handrails may be used for those competitors with visual impairments.

The checker board will be set up with the black/dark square at the bottom left.

RULE 2:00 Object of Play

A competitor wins when his/her opponent can make no move. This can happen in either of two ways:

Section 1: The competitor has lost all his/her playing pieces to capture.

Section 2: All his/her remaining pieces are immobilized.

RULE 3:00 The Play

Section 1: The two competitors move alternately, black invariably moving first to begin the game. There are two kinds of moves, capturing and non-capturing.

Section 2: The non-capturing move is to an adjacent, vacant square (along a diagonal, since the pieces move wholly on black squares). A single piece may move only forward; therefore, has a choice of no more than two simple moves.

Section 3: The capturing move is a jump. If a piece (say black) stands adjacent to an enemy (say red) and the square just beyond this enemy on the same line is vacant, then black may jump over the enemy to the vacant square. The piece so jumped (red) is then removed from the board. If the jumping piece lands on a square from which it can jump another enemy, it must do so in the same turn, continuing to make capture until it runs out of victims. In any such series, the jumping piece may zigzag at will, changing directions in successive captures. A single playing piece captures only forward.

Section 4: The event official will issue the in-turn competitor a 25 second warning that he/she must make a move. If the in-turn competitor has not moved within 30 seconds, the opposing competitor will have the opportunity to select a checker to be removed from the board. The event official will physically remove the checker.

Section 4-VI: The 30 second time limit will be suspended for games with the visually impaired; however, if stalling occurs, the competitor will be warned and a checker will be removed if it continues.

Section 5: All games will have a 10-minute time limit. At the end of 10 minutes, the competitor with the most checkers remaining will be declared the winner of that game. Single pieces have a value of one and a "king" has a value of two. If each player has the same value, same number of pieces, the game is considered a drawn/tie game.

Section 5-VI: Games with visually impaired will have a 15 minute time limit. At the end of 15 minutes, the competitor with the most checkers remaining will be declared the winner of that game.

Section 6: If able to make a jump, the competitor must do so in preference to a simple move. All jumps must be completed: a simple move, when the competitor can jump, is illegal and must be retracted. A king may capture forward or backward.

Section 6A: If a competitor makes an illegal move, (i.e., a simple move in lieu of a jump, the piece (checker) illegally moved will be replaced and the legal move (jump) must be made. The player, opponent, official or timer may alert the table to the illegal move.

Section 6B: At no time may a player remove an opponent's piece (checker) for making an illegal move. All illegally moved checkers will be replaced and a legal move must be made (i.e., a simple move in lieu of a jump).

Section 7: The competitor may make his/her choice, where alternatives exist as to what piece to move in jumping and what direction to go in a series of jumps.

Section 8: On reaching the last rank, farthest away from the owner, a single piece is crowned, thereby becoming king. Placing another checker on top of it marks its promotion, the two then being moved as a unit. A competitor is required by rule to crown the enemy piece reaching his/her side of the board.

Section 9: A king may move in any diagonal direction forward or backward. As to simple moves and jumps, the same rules apply to it as to a single piece. If a single piece reached the king row by a jump, it must stop to be crowned; it may not continue capturing (as a king) in the same turn. The crown is the end of the move.

RULE 4:00 Definitions:

Section 1: Touch and move. If the in-turn competitor touches one of his/her own playable pieces, he/she must move it. If any part of a playable piece is moved over an angle of the square on which it is stationed, the play must be completed in that direction.

Section 1-VI: The touch and move rule will be liberally interpreted for the visually impaired. Once a checker is deliberately moved, it can not be moved back.

Section 2: Adjusting. Touching an unplayable piece does not constitute a move, and such pieces, if displaced, must be put back. A competitor may touch his/her own piece, for purpose of arranging, if he/she gives verbal notice of his/her intention and may request the opponent to adjust his/her (opponent's) pieces, but should not touch the adverse pieces for any purpose except capture.

Section 3: Leaving the table. After the first move (or selection of the opening by coin flip), neither competitor may leave the table without permission of the official, and he/she then must be accompanied either by his/her opponent or by a person appointed by the official. The purpose of this rule is to prevent a competitor from consulting books during the course of the game.

Section 4: Drawn/Tie games. A game is declared drawn when neither competitor can force a win. At this point, a new game will be started. The game following the drawn game will be played to the designated time limit. If a winner is declared after the time limit, then so be it. If the winner is not declared, then the game must be finished.

Section 5: Matches. A match between two competitors always comprises an odd number of games. Choice of black side is determined at the beginning of the match by a coin flip. Thereafter, the black side rotates between competitors.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 5 CROQUET

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-84
85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide standard croquet mallets, balls, stakes, and wickets. Competitors must use the equipment provided by the host during the competition.

Other Equipment: boundary markers and lining materials, hammer for driving stakes, scoring sheets, bracket sheets, bullhorn, tables, chairs, drinking water and first aid kit.

FACILITY:

A standard American nine wicket, two stake croquet court will be used. If the facility does not permit a standard court size, the host may adjust the court size if needed. The host will provide a minimum of four courts and maximum of six for this event. The croquet court must be located on a flat grassy surface.

COMPETITION:

Each competitor will compete individually in a single elimination format. **This competition is limited to ambulatory competitors only.** Up to six competitors can compete in each game with the winner of each game moving on to the next competition round.

The GAME WINNER is normally the competitor who completes the tour of the croquet court first. However, if more than one competitor completes the course on the same round, the winner is

determined by the stroke count. (ROUND: begins with the top color of the starting stake and ends with the last color. Competitors with colors that follow the first finishing competitor are considered on that same round and are entitled to finish their turn. A competitor is finished playing when he/she takes his/her turn and does not reach the finish stake.) Of the players finishing on the same round, the competitor using the fewest strokes to complete the course is declared the winner of that game. If there is a tie for low score, a playoff game will be conducted between the tied competitors.

RULES

RULE 1:00 Order of Play

To be determined by the sequence of colors of the starting stake (top to bottom). The top color is the first to play.

RULE 2:00 Color of the Ball

Play will be determined by the order in which the competitors are bracketed (i.e., first name plays the top color; second name plays the next color, etc.).

RULE 3:00 Mallet

A competitor may hold any part of the mallet with one or both hands and may use any stance (i.e., center, golf or side). The ball must be struck, not pushed, with the striking ends of the mallet tip.

RULE 4:00 Stroke

A stroke is counted if the mallet strikes the ball, however slightly the ball is moved. **No stroke** is counted if the ball is missed entirely. The competitor may attempt a strike again.

RULE 5:00 THE STRIKER MAY NOT:

Section 1: Place another mallet against a ball and then hit that mallet with his/her mallet.

Section 2: Strike a ball with the mallet by hitting a wicket or stake that is between the competitor and his/her ball. The mallet must have clean contact with the ball.

Section 3: Touch or strike any other ball with his/her mallet.

Section 4: Touch another ball with his/her mallet or foot in attempting to strike his/her ball. His/her turn ends and both balls are returned to their original position.

RULE 6:00 Start of Play: Ball placement

Section 1: One half of the distance between the starting stake and wicket #1.

Section 2: In a direct line between the starting stake and wicket #1.

Section 3: In starting, each competitor attempts to pass through wickets 1 and 2 with one shot.

Section 4: An extra shot is earned for each successive wicket successfully passed through. Extra shots can be cumulative.

Section 5: At the START STAKE, all players are dead on each other. That deadness is not cleared until a player passes through wicket number 1. When passing through a wicket an extra shot is earned and that person is live on all other players.

Section 6: If a player hits a ball on which the player is dead, all balls remain as they lie and it is the next player's turn.

RULE 7:00 Tour of the Ball

Section 1: Is counterclockwise from the starting stake through wickets 1, 2, 3, 4, 5, 6, 7 to the turning stake; from the turning stake through wickets 8, 9, 10, 11, 12, 13, 14 to the finishing stake.

Section 2: A player who does not follow wickets in their proper order will NOT be notified until that player passes through an incorrect wicket. He/she will then be told there are no extra strokes earned and why.

Section 3: Competitors receive a single additional stroke after striking the turning stake. The ball is then similarly placed as described in Rule 6, Section 1.

Section 4: Balls hitting the turning stake clears any prior deadness.

RULE 8:00 Making a Wicket

Section 1: An **EXTRA SHOT** is allowed for each successive wicket passed through. A player must hit his/her ball through a wicket. It cannot be hit through a wicket by another player (for example, as in a croquet). A ball is considered **through the wicket** when a straight edge placed against the approach side of the wicket does not touch the ball. A ball stopping in or rolling back into a wicket has not made the wicket and an extra shot is not awarded. A competitor continues his/her turn as long as his/her ball passes through a wicket or wickets. Extra shots can be cumulative.

Section 2: A ball, which is in the direct path through a wicket, is considered to be a **BLOCK**. A competitor may **BLOCK A WICKET** for two successive turns with a ball upon which the opponent is dead, but on the opponent's third turn must leave the wicket clear or be lifted and replaced after that turn.

RULE 9:00 Dead or Alive

Section 1: A player is **dead** on another player's ball when his/her ball hits another player's ball. He/she becomes **alive** again on that ball when his/her ball clears the next wicket.

Section 2: If a player's ball hits more than one ball upon which he/she is alive he/she **plays off the first ball hit**, and replaces the second ball to its original position. The second ball is still alive.

Section 3: A player who hits a ball that is alive receives **TWO** extra strokes. Extra shots can be cumulative.

Section 4: A player who hits a ball which is alive and caroms through a wicket on the same play receives **ONE** extra shot (for the wicket) from where the ball then lies. The wicket takes precedence over the roquet.

Section 5: A player who makes the wicket and then hits a ball on the same play must hit (roquet) that ball again in order to receive two extra shots. The player, however, may choose to continue play using the one extra shot for the wicket and will not be dead on the ball hit.

Section 6: If a player hits a ball on which it is dead, the player's turn ends, any extra earned shots are lost, and both balls remain where they are.

Section 7: A ball hitting the turning stake clears any prior deadness. It does not clear accumulated or earned strokes. After a ball hits the turning stake the player must take the mallet's length away from the turning stake and return back through the wickets, or if the player does not do this the player's turn ends.

RULE 10:00 Striking (Roqueting) an Opponent's Ball

Section 1: A player's ball that hits an opponent's ball on which he/she is still **alive** is entitled to TWO EXTRA SHOTS. He/she then has 3 choices:

Use one shot by placing his/her ball in contact with the roqueted ball and in striking (croquet) his/her ball causes both balls to move. He/she then can take his/her second shot;

...or

Use one shot by placing his/her ball in contact with the roqueted ball and holding his/her ball by foot or hand, strike (croquet) his/her ball causing the opponent's ball to move. He/she can then take his/her second shot;

...or

Place his/her ball one mallet's head length away in any direction, but not through a wicket, from the opponent's ball and take his/her two extra shots.

Section 2: If a player does not perform one of the three choices upon roqueting a ball, the player's turn is over and the ball remains where it was hit.

RULE 11:00 Out of Bounds

Section 1: The boundary lines are part of the playing field. Any part of the ball that is resting **over** the line is considered in play.

Section 2: If a player's ball rolls out of bounds after being struck, it is brought back to the exit point and placed one mallet-head length inside the boundary line. The player's turn is ended.

Section 3: If a player's ball passes through a wicket and travels out of bounds, the turn ends and the ball is placed one mallet-head length inside the point of exit. No extra shot is earned.

Section 4: If, in a roquet or croquet, any ball(s), EXCEPT FOR THE STRIKER'S BALL go out of bounds, the striker's turn ends and the ball(s) are placed one mallet-head length inside the exit point.

Section 5: If in a roquet, the striker's ball goes out of bounds it is brought back into play and play continues as in RULE 10.

RULE 12:00 Playing Out of Turn or Wrong Call

Section 1: If a ball is PLAYED OUT OF TURN, all balls are replaced as at the beginning of that sequence of play, and play is resumed in proper sequence with the offending ball losing its **NEXT** turn.

Section 2: If a player plays the WRONG BALL, his/her turn ends and all balls are replaced where they were before the error occurred.

SCORE KEEPERS

One scorekeeper and one official per court.

Each scorekeeper should have a score sheet for each competition round that contains each player's name and his/her ball color (SEE RULES 1 AND 2).

At the start of play and during play the scorekeeper or official should announce the color whose turn it is to play (e.g., "Red's turn", "Blue's turn", etc.). This should eliminate playing out of turn.

Every time a player strikes his/her ball the scorekeeper makes a slash mark next to that player's name/color on his/her card.

If there is a tie at the end of the game, and on the same round (See COMPETITION section), the stroke count will be used to determine the winner of that game.

GLOSSARY OF TERMS

ALIVE - a word for a ball that has cleared a wicket, and thus is said to be alive - able to play - on all other balls.

BALL-IN-HAND - a ball that, after hitting another ball or going out of bounds, must be picked up and moved.

CLEARING (OR CLEANING) - becoming alive by running a wicket.

CROQUET STROKE (OR SHOT) - the stroke in which, after a player roquets another ball, he/she places his/her ball next to the roqueted ball, and by striking his/her ball, moves both balls.

DEADNESS - describing a player who has roqueted another ball. He/she is said to be "dead" on that ball - that is, he/she cannot play off that ball again - until his/her ball clears its next wicket.

DOUBLE TAP - a fault in which the striker's ball is accidentally hit twice in one stroke. Only one stroke is counted.

FAULT - an unacceptable stroke or an action resulting in a penalty.

FOOT SHOT - a croquet shot taken with the striker's foot on the ball.

JAWS - entrance to the upright of a wicket.

JUMP SHOT - a shot in which the ball is struck so that it leaves the ground, thus avoiding an obstructing ball, wicket or stake.

LEAVE - the positions on the court where a player leaves his/her and the opponent's balls at the end of his/her turn.

OUT- OF - BOUNDS - describing a ball that has no part resting over the boundary lines.

PASS - to waive or pass up a turn.

STAKE - a round wooden stake painted with colored stripes corresponding to the ball colors indicating sequence of play. In the nine wicket game there are two: 1) the starting/finishing stake and 2) the upper or turning stake.

STRIKER - the player whose turn it is to play and having played has struck his/her ball.

STROKE -A stroke is counted if the mallet strikes the ball, however slightly the ball is moved. No stroke is counted if the ball is missed entirely. The player may attempt a strike again.

STYMIE - a ball blocking the intended path of the striker's ball when the striker's ball is "dead" on it.

WAIVE - to pass up a turn. The ball is then considered to have been played where it lies.

WICKET - a straight or curved-topped arch, through which a ball must be driven.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 6 DISCUS

EVENT 6-A DISCUS (WHEELCHAIR)

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide discus. The body of the discus shall be made of wood or other suitable material with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the center of the sides. Alternatively, the discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement corresponds to the specifications. Each side of the discus shall be identical and shall be made without indentations, projections, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius 25mm (min), 28.5mm (max) from the center of the discus. Competitors must use the discus, which are provided.

Other Equipment: tape measure, score sheets, drinking water, non-ambulatory throwing chair, and first aid kit.

FACILITY:

An area of adequate size designated by the National Veterans Golden Age Games host. The area should be large enough to allow for spectators to be safely away from the area in which the discus is being thrown. A circle shall be marked from which competitors must throw the discus. The host will provide a minimum of two discus throwing competition areas.

Wheelchair Division- Throwing chairs, provided by the Games, will be utilized for all competitors in the wheelchair division. The host will provide a minimum of one shot put throwing area with a throwing chair.

COMPETITION:

Each competitor will have the opportunity to throw an official discus 3 times. Only the longest of each competitor's 3 throws will be counted. **NOTE: Competitors must throw in an Olympic style.**

RULES:

RULE 1:00 Equipment

Official discus will be used.

Ambulatory Division:

- Women age 55-79 will utilize 1.0kg discus
- Women age 80 and up will utilize .75kg discus
- Men age 55 to 59 will utilize 1.5kg discus
- Men age 60 and up will utilize 1.0kg discus

Wheelchair Division:

- All men and women age 55-79 will utilize 1.0kg discus
- Women age 80 and up will utilize .75kg discus

The brand/type of discus is to be determined by the event official, who shall provide the discus for the competitors.

RULE 2:00 The Throw

Section 1: Each competitor will have 3 attempts. If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: Once the competitor enters the circle to start the throw, an attempt must be made before leaving. It is considered to be a foul if:

1. competitor steps on or outside of the legal sector lines,
2. false starts more than once, or

3. leaves the circle from its front half.

Section 3: A foul counts as one of the three permitted attempts, and the event official will mark an "F" next to the competitor's name on the entry sheet. The official is responsible for viewing the legality of a competitor's movements.

Section 4: All throws are marked at the nearest edge of the point of landing. Measurement is made directly after each throw and extends to the inside edge of the circle nearest the mark, and is measured along an extended radius of the circle.

Section 5: The measuring tape is kept at its extended length during the whole competition for speed of measurement. One measurer stays on the border of the sector with the zero end of the tape and is responsible for moving into the sector and marking the discus imprint. After the zero end of the tape is secured, it is extended by the other measurer to the middle point of the discus circle. The official makes sure the tape is fully extended, and then reads the measurement to the lower quarter-inch at the circle's edge.

Section 6: There will be no tie-breakers in the event of a tie.

RULE 3:00 Scoring

Section 1: Scoring for First, Second and Third Place will be based on length of the three longest throws.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 7 DOMINOES

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-84
85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide adaptive and standard sets of "Double-Six" dominoes, score pads, pencils, and timing devices.

Other Equipment: drinking water, tables, chairs and first aid kit.

FACILITY:

Any appropriate area designated for the event by the National Veterans Golden Age Games host. Adequate lighting should be a consideration. The host will provide a minimum of 12 and maximum of 20 four-foot square tables for this competition. If possible, one table, separate from the competition, should be set aside for photographs.

COMPETITION:

The competition will be set up in a single elimination tournament format. Whenever possible competitors from the same medical center will not be matched against each other in first round matches. All matches when possible will have 4 competitors. All preliminary matches will be played to a score of 200 points. The winner will advance to the next round; and when necessary to have 4 competitors in the next match, the players with the next highest scores may advance (this will be decided by the event official). The championship match will be played to 300 points. Once a player has reached 300 points or

more, the game will end and that player awarded First Place, the player with the next highest score will be Second Place, and the player with the next highest score will be awarded Third Place.

RULES:

RULE 1:00 The Pieces

Section 1: Standard or adapted "Double-Six" sets of dominoes will be used.

RULE 2:00 Starting and playing the game.

Section 1: All playing pieces are turned face down and shuffled (mixing them by moving and intermingling them together). Each player draws one tile. The player with the highest tile will make the first move. After the draw for first play, all dominoes will be reshuffled by the individual to the left of the person with first play. First play will then move to the left after each winning hand or domino. Each player draws 7 tiles. Any dominoes left after everyone draws will be left face down and form the draw pile.

Section 2: Play begins by the player with the highest draw placing a domino on the table. It does not have to be a double and the player can score on the first play. Play then moves to the left.

Section 3: Each player must play a tile if he/she can. A play is made by matching a tile in his/her hand to the end of one of the tiles that has been played. The first double played (the spinner) may be played off of in each of the four sides. However, all other tiles must be played end to end matching the number of spots. Other doubles that are played are laid crosswise to the end on which they are being played; the next tile played off of it must be on the opposite side only.

Section 4: Each player may only play one domino (tile) during their turn. If a player cannot match an end, they may draw one tile at a time from the draw pile until able to play. If there are no tiles in the draw pile, the player passes his/her turn.

Section 5: Each player is required to move within 30 seconds or the player will have to pass. VI competitors will be given 45 seconds to move.

Section 5-VI: The time limit will be rescinded for the games involving visually impaired competitors.

Section 6: When a player plays the wrong domino, it is called a misplay. If a player misplays (for example, joins a 2 to a 3) and it is discovered before the next player makes his play, he must restore the misplayed tile to his hand and play the correct tile. If a player misplays and no one notices until after the next play has been made, the wrong tile is considered played and cannot be replaced with the correct tile. If a score is realized on the undiscovered misplay, the player is allowed to keep it.

Section 7: When a player plays out of turn, it is called a misplay. If a player plays out of turn and it is not discovered before the next play, the misplay must stand. If a score is realized on the misplay, the player is allowed to keep it.

RULE 3:00 Scoring

Section 1: The event official will assign a scorekeeper at each game and this will be considered the official score. Scoring is made during the game in multiples of five (5, 10, 15, 20, etc.), based on the total number of spots on the ends of all playing pieces on the outside playing tiles of the arrangement. Each competitor must call his/her score to the event official.

Section 2: Scoring is also made if a player is able to play his/her last tile while his/her opponents still hold their tiles, he/she calls "Domino" and wins the hand and scores the number of spots his/her opponents hold (rounded to the nearest multiple of 5).

Section 3: A blocked game is when no player is able to play a tile. The spots are counted on the tiles each player still holds. The player with the lowest number of spots adds to his/her score the total spots held by each of his/her opponents minus his/her own count rounded to the nearest multiple of five. If there are two players with the same number of spots lower than their opponents, there is no score and the next hand is begun with the shuffle of the dominoes.

Section 4: All preliminary round games will be played to a score of 200. The championship game will be played to 300 (see Competition Section above).

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 8 GOLF

EVENT 8-A GOLF - VISUALLY IMPAIRED

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-84
85-UP

EQUIPMENT:

The National Veterans Golden Age Games host **WILL NOT** provide golf clubs. Competitors must provide their own clubs. The host will not be responsible for replacing lost or stolen clubs.

The National Veterans Golden Age Games host will provide one sleeve of three golf balls, tees and scorecards. Competitors must provide their own golf gloves, golf shoes, or additional golf balls.

Other Equipment: golf carts are for competitors, and National Officials, (NOTE: golf carts are not available for scorers, support staff, family or friends of competitors.) Drinking water and first aid kit available. Extra sunscreen is recommended.

FACILITY:

The golf event will be held on a golf course selected by the National Veterans Golden Age Games host. Play will consist of nine (9) holes for VI golfers and age groups 80 and over; eighteen (18) holes for golfers ages 55 to 79. **If a competitor is unable to complete the round, a WITHDRAWAL will be necessary.**

COMPETITION:

Visually Impaired Participants: A person will be assigned to assist the VI golfer and can offer advice on the direction to

hit the golf ball and the distance needed for the shot. Club selection must be made by the VI participant.

While the National Veterans Golden Age Games encourages first time competitors, competitors must have prior golfing experience of having played on a regular basis for at least the past one year. **THIS EVENT IS NOT FOR INDIVIDUALS WHO HAVE NO PRIOR GOLFING EXPERIENCE.**

Each competitor will compete individually within his/her age group. There will be no handicapping of scores. Therefore, gross scores will determine the first three places in each age category.

A sufficient number of volunteer scorekeepers will be provided by the local host facility to insure the integrity of score keeping.

All play not covered by the rules below will be governed by USGA and local club rules.

The Golf event cannot accommodate competitors in wheelchairs.

RULES:

Rule 1:00 Order of Play

Competitors will play in groups of no more than 4. Competitors will be grouped in similar age categories as much as possible although this is not totally necessary.

Eighteen (18) holes will be played by participants 55-79. Age groups 80+ and VI golfers will play nine (9) holes. Groups will be assigned a starting hole and will begin their play from that hole. A "shotgun" start will signal players to begin play. Players in each age group will play the same holes.

Players will begin each hole from the following tee boxes:

RED - women

WHITE - men

Players 80+ will play from "senior tees" if available.

Rule 2:00 A Stroke

A stroke will occur any time a player positions himself/herself to hit the ball and takes a swing at the ball. A stroke will be counted even if the ball is missed (a whiff). See below for maximum strokes on a hole.

Rule 3:00 Special Rules

Winter Rules: A ball can be moved 1 club length in any direction in the fairway or rough, but NOT toward the hole. However, a ball in the rough must be played from the rough. It cannot be moved to the fairway. A ball in the sand trap must be played where it lies.

Water Hazards: (A ball in the water or inside the red/yellow hazard stakes). If you cannot play your ball, drop a ball outside the hazard near the point it entered the water and begin play. **Take 1 penalty stroke.**

Maximum Strokes Per Hole: In order to speed up play, the maximum score on a hole will be double bogey. Once a player reaches double bogey, he/she is to pick up the ball and wait for the others in the group to finish the hole.

Definition: A "double bogey" is a score of 2-over par on an individual [hole](#) of the [golf course](#). Golf holes are typically designed as par 3, par 4 or par 5, so making a double bogey means:

- Scoring a 5 on a par-3 hole
- Scoring a 6 on a par-4 hole
- Scoring a 7 on a par-5 hole

*****Speed of play will be strictly enforced for all competitors.**

Out of Bounds: Usually marked by white stakes. Player takes 1 stroke penalty but no loss of distance. Drop a ball in play approximately at the point the ball went out of bounds.

Lost Balls: Take no more than 5 minutes to look for a lost ball. If not found, place a ball where you think the ball should have been found. **Take 1 stroke penalty.**

Putts: All putts must be putted.

Scorecards: Be sure to begin marking your group's score on the hole you begin play. For example, if your group begins on hole #5, be sure to put your first set of scores on hole #5, NOT #1. All scorecards must be signed by all players in that group and by the scorekeeper. Turn in scorecards **before** proceeding to your

car or bus. Scorecards are to be turned in by the scorekeeper to the National Official when you complete your round of golf.

Tie Breakers: In the event there is a tie at the end of the round for low score in an age group, a score card tiebreaker will be used to break that tie:

Age groups playing 18 holes - beginning with hole #1;

Age groups playing 9 holes - the first hole of the nine they played. This will continue consecutively until a player has shot the best score on a hole.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 9
HORSESHOES (AMBULATORY)

EVENT 9A
HORSESHOES (WHEELCHAIR)

EVENT 9B

HORSESHOES (VISUALLY IMPAIRED)

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide standard or adaptive sets of pitching horseshoes. Competitors may not use their own horseshoes. In the event weather conditions do not allow for outdoor competition, the Event Official may hold the competition indoors using adapted equipment (rubber or similar composition horseshoes and stakes).

Other Equipment: two tables, six chairs, rakes, score sheets, drinking water, and first aid kit.

FACILITY:

Any appropriate area designated by the National Veterans Golden Age Games host. The area should conform as closely as possible to that outlined in the rules section. If there are differences these should be explained to the competitors prior to their match. Indoor play should be in an area which allows room for a court as close to regulation as possible and which has a ceiling high enough not to interfere with the shoes in flight. The host will provide a minimum of ten horseshoe pits for this competition. If possible, one pit, separate from the competition, should be set aside for photographs.

COMPETITION:

The competition will be set up in a single elimination tournament format. Tournament brackets will be determined by a draw, and whenever possible competitors from the same medical center will not be matched against each other in first round

matches. All matches will be played for ten innings each player throwing two shoes per inning. If conditions warrant, the Event Official may decrease the number of innings pitched in the match. The winner of the match will advance in the tournament.

RULES:

RULE 1:00 Playing Facility

Section 1: The Horseshoe Pit- Each horseshoe pit shall be six feet square with the stake in the center and will consist of an area of clay, dirt or sand into which the players throw their shoes.

Section 2: Stakes shall be one inch in diameter. The top of each stake shall extend twelve inches above the level of the horseshoe pit, with a one-inch decline towards the pitching line.

Section 2-VI: Beeper devices are available for use for the visually impaired competition.

RULE 2:00 Pitching Distance

Section 1: All pitching distances are measured from the bottom of the stake to the pitching line.

Section 2: Ambulatory Competition- The pitching distance for men, age 55-69, shall be 40 feet. The pitching distance for men, age 70 and up, shall be 30 feet.

Section 3: Ambulatory Competition- The pitching distance for women, age 55-74, shall be 30 feet. The pitching distance for women, age 75 and up, shall be 20 feet.

Section 4: Physically impaired persons (ambulatory competitors using walking devices) will be given the option of a 30 foot or 40 foot pitching line. The choice of pitching line must be made prior to the beginning of the match.

Section 5: Wheelchair and Visually Impaired Competitions (Men): The pitching distance for men shall be 20 feet.

Section 6: Wheelchair and Visually Impaired Competitions (Women): The pitching distance for women shall be 15 feet.

RULE 3:00 Equipment

A shoe shall not exceed 7 1/4 inches in width, 5 5/8 inches in length, and shall not weigh more than 2 pounds, 10 ounces. The points of the open end of a shoe shall not exceed 3 1/2 inches (inside measurement).

RULE 4:00 The Game

Section 1: Ambulatory Division- In pitching the shoe, the pitcher shall stand on or behind the pitcher's line.

Section 1A: Wheelchair or Visually Impaired Divisions- In pitching the shoe the pitcher shall stand/sit on or behind the pitcher's line.

Section 2: In delivering a shoe the pitcher may take one step over the pitcher's line.

Section 3: Choice of first pitch, or follow, shall be determined by the toss of a coin. Players will pitch both shoes, followed by his/her opponent pitching both shoes (i.e., blue pitches shoes 1 and 2, then silver pitches shoes 1 and 2, which completes an inning. Players shall alternate first pitch, one player having first pitch in the odd number innings and the other player in the even number innings.

Section 4: Broken Shoes: when a shoe lands in fair territory and is broken in separate parts, it shall be removed, and the competitor will be allowed to pitch another shoe in its stead.

Section 5: Foul Shoes: any shoe pitched by a competitor which lands outside of or on the sides or back of the opposite pitching box, is a foul shoe. Foul shoes shall be removed from the opposite pitcher's box at the request of the opponent. A foul shoe shall not be scored or credited except under the score sheet column heading "shoes pitched."

RULE 5:00 Conduct and Penalties

Section 1: No competitor, while their opponent is in pitching position, shall make any remark nor utter any sounds within the hearing of opponent, nor make any movement that does or might interfere with the opponent playing. Penalty: both shoes of the offender shall be declared foul in the inning about which complaint is made.

Section 2: No competitor shall touch his/her own or opponent's shoe or shoes until the event official renders a decision. The

event official shall declare foul shoes thrown by a competitor failing to comply with this rule, and award points to the opponent, according to the position of his or her shoes.

Section 3: No competitor shall walk to the horseshoe pit, or be informed of the position of shoes prior to the completion of an inning.

Section 4: A player, while not pitching, must remain in an area that does not interfere with his/her opponents pitching motion.

Section 5: Any player repeatedly violating rules, or guilty of unsportsmanlike conduct, may be barred from further competition.

RULE 6:00 Scoring

Section 1: The "count all" method will be used for this tournament. Each game will be played for ten innings, each player throwing two shoes each inning. The player with the highest score at the end of the 10 innings advances in the single elimination tournament. Ties shall be broken by pitching an extra inning, or as many extra innings as necessary to break the tie.

Section 2: Each player shall receive credit for all points according to the position of the shoes at the end of each inning; regardless of what his/her opponent throws. Thus, it is possible for each player to score up to 6 points in any one inning. Ringers count 3 points and shoes within 6 inches of the stake count 1 point each. Shoes touching or leaning on stake but not a ringer count 1 point. All points of each competitor are counted in each inning.

Section 3: Definition of Ringer: a ringer is declared when a shoe encircles the stake far enough to allow the touching of both heel caulks simultaneously with a straight edge, and permit a clearance of the stake.

VISUALLY IMPAIRED AND WHEELCHAIR HORSESHOES

Competitors in the Visually Impaired and Wheelchair Horseshoe competition will use a standard court but the pitching distance will be adjusted in accordance with the rules outlined in this section and/or as modified by the event official.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 10 JAVELIN

EVENT 10-A JAVELIN (WHEELCHAIR)

AGE GROUPS:	MEN:	55-59	WOMEN:	55-59
		60-64		60-64
		65-69		65-69
		70-74		70-74
		75-79		75-79
		80-84		80-84
		85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide official javelins. Competitors must use javelins that are provided.

Other Equipment: non-ambulatory "throwing chair", tape measure, score sheets, drinking water, and first aid kit.

FACILITY:

An outdoor area as designated by the National Veterans Golden Age Games host. The area will be large enough to allow for spectators to be safely away from the area in which the javelin is being thrown. All javelin throws shall be made from an arc of a circle drawn with a radius of 8m at the end of a runway 4m wide. The host will provide a minimum of two javelin throwing areas.

Wheelchair Division- Throwing chairs, provided by the Games, will be utilized by all competitors in the wheelchair division. Competitors may be permitted to throw javelin from wheelchair if approved and considered safe by National Official. The host will provide a minimum of one javelin throwing area with a throwing chair.

COMPETITION:

Each competitor will have the opportunity to throw an official javelin 3 times. Only the longest of each competitor's 3 throws

will be counted. **Note: Competitors must throw in an Olympic style.**

RULES:

RULE 1:00 Equipment

Official javelins will be used. The javelin shall consist of three main parts; a head, a shaft, and a cord grip. The shaft may be solid or hollow and shall be constructed of metal or other suitable material. The shaft shall have fixed to it a metal head terminating in a sharp point. Weight and length will vary by age/gender categories:

Ambulatory Division:

- Women age 55 to 59 will utilize 500g javelin
- Women age 60+ will utilize 400g javelin
- Men age 55 to 59 will utilize 700g javelin
- Men age 60 to 69 will utilize 600g javelin
- Men age 70 to 79 will utilize 500g javelin
- Men age 80+ will utilize 400g javelin

Wheelchair Division:

- All women will utilize 400g javelin
- Men age 55-79 will utilize 500g javelin
- Men age 80+ will utilize 400g javelin

RULE 2:00 The Throw

Section 1: Each competitor will have 3 attempts. If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: Once the competitor enters the runway to throw the javelin a valid throw is to be made. Requirements for a valid throw:

1. javelin must be held by the grip with one hand only
2. at no time after preparing to throw until the javelin is in the air may the competitor turn completely around so that his back is towards the throwing area
3. javelin shall be thrown over the shoulder
4. no throw shall be counted in which the tip of the metal head, in contacting the ground when it first lands, is

not completely within the inner edges of the lines of the sector before any other part of the javelin

5. spinning is illegal

Section 3: A foul counts as one of the three permitted attempts, and the official will mark an "F" next to the competitor's name on the entry sheet. The official is responsible for viewing the legality of a competitor's throw. A foul will be called if:

1. competitor touches with any part of the body, the arc as marked or the lines drawn which mark the runway
2. competitor leaves the runway before the javelin has touched the landing surface

Section 4: All throws are marked at the nearest point of landing. Measurement is made after all three throws are completed and extends to the inside edge of the arc.

Section 5: There will be no tie-breakers in the event of a tie.

RULE 3:00 Scoring

Section 1: Scoring for First, Second and Third Place will be based on length of longest throw.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 11

NINE-BALL- AMBULATORY

EVENT 11-A NINE-BALL- WHEELCHAIR

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-84
85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide pool tables, pool balls (nine numbered and one cue ball), diamond shaped ball racks, cues, and cue chalk. Competitors may use their own pool cues after inspection and approval by the event official.

Other Equipment: drinking water, coin or other device to determine the break, scoring sheets, first aid kit and stop watches.

FACILITY:

Any appropriate area designated for the event by the National Veterans Golden Age Games host. Adequate lighting should be a consideration, as should adequate area around the pool tables for easy movement of wheelchairs. The host will provide a minimum of 16 and maximum of 20 billiard tables for this competition. If possible, two tables, separate from the competition, should be set aside for photographs.

COMPETITION:

The competition will be set-up in a single elimination tournament format. Whenever possible competitors from the same medical center will not be matched against each other in first round matches. All matches will be best two out of three games. Third place game will match the two losers of the two semi-final games against each other.

9-Ball is a rotation game, meaning the balls are shot in numerical order. The shooter must strike the lowest numbered

ball on the table first. The game is over when the 9-ball is legally pocketed. A player retains his/her turn at the table as long as he/she strikes the lowest numbered ball first and legally pockets a ball. He/she need not pocket the lowest numbered ball to continue shooting. He/she may, for example, shoot the 1-ball into the 4-ball thus pocketing the 4. He/she will continue shooting but must, once again, strike the 1-ball first. If the shooter shoots the 1-ball into the 9-ball and the 9 is pocketed, the game is over.

COMPETITORS IN THE WHEELCHAIR DIVISION MUST REMAIN SEATED WHILE SHOOTING. No alterations may be made to wheelchairs to alter the height of the seat.

Racking - Nine balls are used and are racked in a diamond shape. The 1-ball is at the front of the rack and on the foot spot. The 9-ball is in the center and the rest of the object balls can be placed in any numerical order. All balls should touch as tightly as possible and the breaking player may request and receive a re-rack. However, if the balls cannot be totally frozen, the game must proceed at the discretion of the event judge.

Competitor's games in the Ambulatory Division must be completed within ten minutes.

Competitor's games in the Wheelchair Division must be completed within fifteen minutes.

NOTE: Delay of game penalty may be called at the official's discretion if a player appears to be stalling. Delay of game will cost the player his/her turn at the table.

RULES:

RULE 1:00 Determining Break

Break will be determined by flip of coin with the winner of the toss having choice of break, then the turn's alternate for the second and third games.

RULE 2:00 Breaking

The winner of the coin toss has the option of breaking. To execute a legal break, the breaker must place the cue ball completely behind the head-string and strike the 1-ball first and must either (1) pocket an object ball, or (2) drive at least four balls to the rail. If the shooter fails to make a legal

break, the incoming player has the option of (1) accepting the table "as is" and shooting with ball-in-hand or (2) having the balls re-racked and shooting the opening break his or herself. If upon trying to break, a player misses hitting the rack entirely, the opponent has the option to break. If a legal break is executed and a ball is made on the break, the player may continue to shoot at the lowest numbered ball. Breaking "safe" or "soft" is not allowed. The event official may make judgments and issue penalties to a player who is not breaking hard. Breaking just hard enough to comply with this rule is not a guarantee against penalties. Players must break as hard as they can with control.

RULE 3:00 After the Break

Various circumstances can occur upon completion of the break. They are:

- a. A foul on the break will result in ball-in-hand anywhere on the table for the breaker's opponent. Pocketed balls if any stay down (are not spotted), except the 9-ball. (*Ball-in-hand means you are allowed to place the cue ball anywhere on the table and shoot the lowest numbered ball on the table*).
- b. No balls are pocketed and it is the other player's turn.
- c. The 9-ball is made. This is a winner unless the player scratches or the object ball is knocked onto the floor in which case the 9-ball and only the 9-Ball is spotted. This is a foul and the turn passes to the opponent with the 9-ball-in-hand.
- d. One ball or a number of balls are made. It is still the breaker's turn and he/she shoots at the lowest numbered ball on the table.
- e. The table official may remind players of the "ball to shoot" or correct order of play at the beginning of each turn.
- f. Players will call and keep track of their opponent's fouls.

RULE 4:00 Combination Shots

Combination shots are legal and extremely common in 9-Ball. The lowest numbered ball on the table must be hit first.

RULE 5:00 Balls on Floor

An unpocketed ball is considered to be driven off the table if it comes to rest other than on the bed of the table. It is a foul to drive an object ball or the cue ball off the table. The jumped object ball(s) is not spotted (exception: if the object ball is the 9-ball, it is spotted) and the turn passes to the opponent with ball-in-hand.

RULE 6:00 Pocketed Balls

Balls must remain in a pocket to be legal. If a ball goes in a pocket but bounces back onto the playing surface, it is not considered pocketed.

RULE 7:00 Spotting Balls

Other than the circumstances described in "Balls on Floor" the only ball that will ever be spotted will be the 9-ball when the shooter has pocketed the 9-ball and scratched or otherwise fouled. If the shooter makes the 9-ball on the break and fouls or scratches, the 9-ball and only the 9-ball is spotted. If the shooter is shooting at the object ball and plays it into the 9-ball and pockets the 9-ball, but scratches or otherwise fouls in the process, the 9-ball is spotted. The incoming player has ball-in-hand and will be shooting at the lowest numbered ball on the table.

Note 1: If a ball which has been hanging in a pocket for more than a few seconds suddenly falls in, it is to be placed back on the table where it was originally.

Note 2: It occasionally happens on tables with small pockets that two balls become jammed in a pocket and are leaning over the edge of the slate to some degree. They are off the playing surface and are pocketed. Drop them in and resume playing the game unless the pocketing ends the game.

RULE 8:00 Fouls

If any of the following fouls are committed, the penalty is ball-in-hand for the incoming player. Make certain you have ball-in-hand before you touch the cue ball by confirming with the table official. Ball-in-hand means you are allowed to place the cue ball anywhere on the table and shoot the lowest numbered

ball on the table. Even after having addressed the cue ball, a player may, if not satisfied with the placement, make further adjustments with the hand, cue stick shaft (cannot use the tip of cue) or any other reasonable piece of equipment. A foul may be called only if the player fouls while actually striking the cue ball, meaning a double hit of the cue ball (sometimes called double clutching). The ball-in-hand rule penalizes a player for an error. Without this rule, a player could benefit by accidentally or purposely scratching or fouling. Three consecutive fouls result in loss of game. (A warning must be given between the second and third fouls).

ONLY THE PLAYER MAY CALL HIS/HER OPPONENT'S FOUL. FOLLOWING ARE THE ONLY FOULS RESULTING IN BALL-IN-HAND:

- a. Anytime the cue ball goes in a pocket.
- b. Failure to hit the correct ball first. (The correct ball is always the lowest numbered ball on the table). The table official will determine "good or bad" hits.
- c. Failure to hit a rail after contact. Any ball (including the cue ball) must go to a rail AFTER LEGAL contact. A pocketed ball counts as a rail.
- d. The object ball is frozen to a rail and the player is contemplating playing a "safety." In order for the "frozen ball" rule to be in effect, the table official must declare the ball frozen and the player should verify. Once it is agreed the ball is frozen the player must drive the object ball to another rail (it could hit another ball, which in turn hits a rail) or drive the cue ball to a rail after it touches the object ball. If the latter method of safety is chosen the player should be sure to obviously strike the object ball first. If the cue ball strikes the rail first or appears to hit both the rail and ball simultaneously, it is a foul unless either the cue ball or object ball went to some other rail.
- e. It is a foul to jump a cue ball over another ball by purposely miscuing it up in the air. Accidental miscuing is not a foul unless other rules in this section are violated.
- f. Anytime the cue ball goes on the floor, or otherwise leaves the playing surface.

- g. Receiving illegal aid (coaching from another person) during your turn at the table.
- h. Causing movement of the cue ball, even accidentally, is a foul. It is not a foul to accidentally move any other balls unless, while shooting, a player moves a ball and it in turn strikes the cue ball. Even dropping the chalk on the cue ball is a foul. Any balls moved accidentally during a shot must be replaced by the table official after the shot is over and all balls have stopped rolling. If it occurs before the shot, it must be replaced before the shot is taken.
- i. If, during the course of a shot, the cue ball does not touch anything.
- j. Only the player may place the cue ball in a ball-in-hand situation.
- k. Use caution when placing the cue ball on the table. The cue ball is always alive and if it, or the hand holding it, touches another ball, it is a cue ball foul and your opponent has ball-in-hand. Be especially careful when placing the cue ball in a tight spot.

RULE 9:00 End of Game

A game starts as soon as the cue ball crosses over the head-string on the opening break. The 1-ball must be legally contacted on the break. Players are not required to call shots.

The game ends at the end of a legal shot which pockets the 9-ball, or when a player forfeits the game as the result of a foul, or after the 10-minute time limit. If after the 10-minute time limit a winner has not been determined, a "shoot-out" will determine the winner. The following "shoot-out" rules will apply to determine the winner of the game:

- 1. The timer will announce when the time limit has been reached. If a player is taking his/her turn, the timer will wait until the player's turn (not his/her shot) is over before announcing the time limit has been reached.
- 2. When the time limit has been reached, each player will be given an equal number of turns (except as stated in rule 4) to determine the winner.

3. The winner will be the player who legally makes the most number of balls during his/her turn.
4. If the 9-ball is legally made at any time during the overtime period by either player the game is over and the player legally making the 9-ball is the winner.

Examples:

1. If player A is first to play in the overtime and he/she legally makes the 9-ball during his/her turn, player A wins and the game is over.
2. If player A legally makes 3 balls during his/her turn and player B makes only the 9-ball during his/her turn, player B wins.
3. If player A legally makes 2 balls during his/her turn and player B makes 1 ball, player A is the winner even if no one legally has made the 9-ball.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 12 SHOT PUT

EVENT 12-A SHOT PUT (WHEELCHAIR)

AGE GROUPS:	MEN:	55-59	WOMEN:	55-59
		60-64		60-64
		65-69		65-69
		70-74		70-74
		75-79		75-79
		80-84		80-84
		85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide official shot puts. Competitors must use shot puts that are provided.

Other Equipment: non-ambulatory "throwing chair", tape measure, score sheets, drinking water, and first aid kit.

FACILITY:

An outdoor area as designated by the National Veterans Golden Age Games host. The area will be large enough to allow for spectators to be safely away from the area in which the shot put is being thrown. A circle shall be marked from which competitors must throw the shot put. The host will provide a minimum of two Shot Put throwing areas.

Wheelchair Division- Throwing chairs, provided by the Games, will be utilized by all competitors in the wheelchair division. Competitors may be permitted to throw shot put from wheelchair if considered safe and approved by National Official. The host will provide a minimum of one shot put throwing area with a throwing chair.

COMPETITION:

Each competitor will have the opportunity to throw an official shot put 3 times. Only the longest of each competitor's 3 throws will be counted.

RULES:

RULE 1:00 Equipment

Official shot puts will be used. Construction to be of iron, weight will vary by age/gender categories:

Ambulatory Division:

- Women age groups will utilize 3-kilo (red) shot put
- Men age 55 to 59 will utilize 6-kilo (gray) shot put
- Men age 60 to 69 will utilize 5-kilo (green) shot put
- Men age 70 and up will utilize 4-kilo (blue) shot put

Wheelchair Division:

- All women will utilize 3-kilo (red) shot put
- All men will utilize 4-kilo (blue) shot put

The brand/type of shot put is to be determined by the event official, who shall provide the shot for the competitors.

RULE 2:00 The Throw

Section 1: Each competitor will have 3 attempts. If he/she elects, he/she may pass on his/her second and third attempts.

Section 2: Once the putter enters the circle to start the put, an attempt must be made before leaving. It is considered to be a foul if he/she:

6. puts the shot on or outside of the legal sector lines,
7. touches with any part of the body anything but the area within the painted circle,
8. false starts more than once, or
9. leaves the circle from its front half.

Section 3: A foul put counts as one of the three permitted attempts, and the official will mark an "F" next to the competitor's name on the entry sheet. The official is responsible for viewing the legality of a competitor's movements, and he/she stands at the circle to the open side of the shot putter.

Section 4: All puts are marked at the nearest edge of the point of landing. Measurement is made directly after each put and extends to the inside edge of the circle nearest the mark and is measured along an extended radius of the circle.

Section 5: The measuring tape is kept at its extended length during the whole competition for speed of measurement. One measurer stays on the border of the sector with the zero end of the tape and is responsible for moving into the sector and marking the shot **imprint**. After the zero end of the tape is secured, it is extended by the other measurer to the middle point of the shot-put circle. The official makes sure the tape is fully extended, and then reads the measurement to the lower quarter-inch at the marked edge of circle. In the meantime, the shot retriever runs the shot back to the circle.

Section 6: There will be no tie-breakers in the event of a tie.

Section 7: Competitors will be expected to use Olympic style form.

RULE 3:00 Scoring

Section 1: Scoring for First, Second and Third Place will be based on length of throw excluding the roll.

NATIONAL VETERANS GOLDEN AGE GAMES

**EVENT 13
SHUFFLEBOARD**

**EVENT 13-A
SHUFFLEBOARD (WHEELCHAIR)**

**EVENT 13-B
SHUFFLEBOARD (VISUALLY IMPAIRED)**

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-84
85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide standard and adaptive shuffleboard discs and cues. Competitors may use their own cue if determined to be of regulation type by the event official. Only discs provided by the host may be used.

Other Equipment: score sheets, drinking water and first aid kit.

FACILITY:

Any appropriate area designated for the event by the National Veterans Golden Age Games host. The shuffleboard court should be laid out in a manner as close as possible to that described in the following rules. The host will provide a minimum of 10 and maximum of 15 shuffleboard courts for this competition. If possible, one court, separate from the competition, should be set aside for photographs.

COMPETITION:

The competition will be set up in a single elimination tournament format. Whenever possible, competitors from the same medical center will not be matched against each other in first round matches. All matches will be played in six innings.

Highest point score will determine the winner. Third place game will match the two losers of the two semi-final games against each other.

RULES

RULE 1:00 Game

Section 1: The game of shuffleboard will be played by using the singles format. Two competitors will compete against each other in a match. Two matches may be played on the same court if needed to speed play, with the two matches having competitors' alternate sides of the court.

Section 2: The object of the game is to propel discs by means of a cue to a scoring diagram at opposite end of court--to score points, to prevent opponent from scoring, or both.

RULE 2:00 Court

Section 1: The court shall measure 52 feet in length and 6 feet in width (it may be adapted by event official if needed, based on availability of space). The playing surface shall be CONCRETE OR TERRAZZO or any appropriate surface as selected by the National Veterans Golden Age Games host.

Section 1A: Wheelchair Division- The National Official organizing the competition has the option of moving the foul lines closer to allow wheelchair competitors a shorter court. The court will be the same for both/all competitors in each age group. The allowable distance for wheelchair foul line on a standard 52 foot court shall be 7 feet 6 inches) in front of a standard foul line or 13 feet in front of base line.

Section 2: The court shall be marked according to the official Shuffleboard rules. The separation triangle in the 10-Off area is 3 inches at base running to a point in the direction of the scoring area. The outline of the legs of this triangle shall be 1/4 inch in width with a clearance of 1/2 inch at the point and base of this triangle from the 10-Off area lines. The base of the triangle is not marked. The base lines of the scoring areas shall be extended to adjoining courts, or to about 18 inches beyond the side of the court.

Section 3: One end of court shall be designated as head of court; the opposite end as foot of court. All games shall start at head of court.

RULE 3:00 Equipment

Section 1: Discs shall be made of composition not less than 9/16 inch and not more than 1 inch in thickness, 6 inches in diameter, and not less than 11 1/2 ounces in weight. New discs shall weigh 15 ounces. Four discs shall be colored yellow, four gray. These eight discs comprise a set. Care should be taken that all discs in a set shall be uniform in weight and thickness.

Section 1-VI: Bright colored discs will be used for the visually impaired. VI competitors are permitted to use their own spotting scopes however need approval by National Official.

Section 2: The cue shall not have an overall length of more than (6 feet 3 inches). No metal parts on cue shall touch playing surface of court.

Section 3: Competitors shall not be required to play with discs, new or old, that are not in a satisfactory condition. Good discs will replace defective discs, if available. Any change of discs must be made before shooting for color choice.

RULE 4:00 Playing the Game

Section 1: Competitors will be allowed three practice shots prior to determining color choice. Choice of color is determined by each competitor playing one disc to the farthest dead line. Yellow shoots first to the far dead line, then gray. The competitor whose disc is closest to the far dead line (on either side of the line) will have choice of color to begin the match. If the second disc (gray) touches or moves the first disc (yellow) then choice of color belongs to the competitor who shot the yellow disc.

Section 2: To start the game, competitors will place their disc within and not touching any lines in their respective starting area. The starting area is that section of the base of the playing area marked "10-OFF." Competitor's discs may touch the lines while they are preparing to play that disc. Yellow shall always be played from the right side of the head of court and left side of foot of court. Gray shall always be played from the left side of the court. Yellow begins the first round; competitors then alternate shots (one yellow, then

one gray) until all four discs of each competitor are played. Gray begins the second round. Play continues with the lead changing colors every round. **NOTE:** **Players must initiate the shot from their respective side of the court (yellow from the right, black from the left). In the act of shooting, it is permissible for the player to cross the center line. Players may not however, begin their shot from their opponent's side of the court- Penalty: 5 points off.**

Section 3: Competitors may stand behind the base line extension or in the alley between courts, before or while shooting, but not on an adjoining court. Competitors may not step on the playing (scoring) area of the court while executing a shot. Errors in color lead shall be corrected if discovered before one-half round is played. If an error has occurred in color lead before one-half round is played, the round will be played over. If discovered after one-half round has been played, play will continue in the order at the beginning of the round in error. Color lead to start the next round will be correct for that round. For example if yellow began the round in error and it was not discovered before one-half round was played, yellow will begin the next round.

Section 4: Wheelchair competitors will follow all guidelines in Rule 4.00 with the exception that they will shoot two discs before alternating shots with other competitor.

RULE 5:00 Scoring

Section 1: A shuffleboard court has one 10-point area; two 8-point areas; two 7-point areas and one 10-off area.

Section 2: After both competitors have shot their 4 discs, SCORE ALL discs that are within and NOT touching lines in the point areas of the court.

Section 3: Winner of each game will be the person scoring the highest points at the end of six innings.

Section 4: If a tie score results at game point or over, a complete inning will be played and score totaled. If score is still tied, play continues in complete innings until a winner is declared.

RULE 6:00 Fouls and Penalties

Section 1: No hesitation or hook shots allowed; forward motion of disc must be continuous. Penalty: offender's disc removed and opponent credited with score of any discs replaced.

Section 2: Competitors shall not stand in the way of, or have cue in the way of, or interfere with opponent while he/she is executing a play. Penalty: 5 points off.

Section 3: Competitors must not leave court without permission. Penalty: 5 points off.

Section 4: Competitors shall not touch live discs at any time. Penalty: 5 points off.

Section 5: Competitors must not talk or make remarks to disconcert opponent's play. Penalty: 10 points off.

Section 6: A disc or discs returning or remaining on the court after having struck any object other than a live disc shall be removed before further play. It is called a dead disc. If a dead disc moves or displaces a live disc, that half round will be played over.

Section 7: A disc which stops in the area between the starting area and the farthest dead line is DEAD, and shall be removed before any further play. If a disc touches the far dead line on either side, it is a LIVE disc and remains in play.

Section 8: Competitors shooting before opponent's disc comes to rest will result in a 10 point penalty and the offender's disc removed, and opponent credited with any discs displaced.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 14 - SWIMMING

**EVENT 14-A
SWIMMING - FREESTYLE (AMBULATORY)
25 YARDS OR METERS**

**EVENT 14-B
SWIMMING - FREESTYLE (WHEELCHAIR)
25 YARDS OR METERS**

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide towels. Competitors must use their own swimming suits.

Other Equipment: appropriate life guarding equipment, lane markers, drinking water, score/timer sheets, starter gun or similar device, first aid kit, stop watches, ten flags (white on one side, red on opposite side), whistles, and a portable PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) without requiring the competitors to make a turn. The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding, present and alert during the competition. If possible, the facility's diving blocks should be removed to allow easier access into the pool.

COMPETITION:

The competition will be based on fastest time of each competitor. The number of racers in each heat will be determined by the event official based on the number of entries. **In the freestyle competition, any stroke may be used and swimmers may switch strokes whenever they wish.** The opportunity to warm-up in the pool prior to the race will be given at the discretion of the National Official. The order of finish (First, Second and Third Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with "in water" starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 25 yards in length (as set by the event official) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. In all "in-water" starts, the competitors must keep one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

NATIONAL VETERANS GOLDEN AGE GAMES

**EVENT 14-C
SWIMMING - BACKSTROKE (AMBULATORY)
25 YARDS OR METERS**

**EVENT 14-D
SWIMMING - BACKSTROKE (WHEELCHAIR)
25 YARDS OR METERS**

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide towels. Competitors must use their own swimming suits.

Other Equipment: appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, drinking water, first aid kit, stop watches, whistles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible) without requiring the competitors to make a turn. The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding, present and alert during the competition. If possible, the facility's diving blocks should be removed to allow easier access to pool. Overhead markers or flags are necessary for the backstroke event.

COMPETITION:

The competition will be based on fastest time of each competitor. The number of racers in each heat will be determined by the event official based on the number of entries. **In the backstroke competition, all strokes and kicks are**

acceptable. The opportunity to warm-up in the pool prior to the race will be given at the discretion of the National Official. The order of finish (First, Second and Third Places) will be determined by the best times regardless of placement in the heats. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with in-water starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 25 yards in length (as set by the event official) and lanes will be clearly marked.

Section 2: All swimmers will begin an in-water start. They must keep at least one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 14-E
SWIMMING - FREESTYLE (AMBULATORY)
50 YARDS OR METERS

EVENT 14-F
SWIMMING - FREESTYLE (WHEELCHAIR)
50 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide towels. Competitors must use their own swimming suits.

Other Equipment: appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, drinking water, stop watches, whistles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible). The host is responsible for having an adequate number of staff or volunteers, who are certified in life guarding present and alert during the competition. If possible, the facility's diving blocks should be removed to allow easier access into the pool.

COMPETITION:

The competition will be based on fastest time of each competitor. The number of racers in each heat will be determined by the event official based on the number of entries. **In the freestyle competition, any stroke may be used and swimmers may switch whenever they wish.** The opportunity to warm-up in the pool prior to the race will be given at the

discretion of the National Official. The order of finish (First, Second and Third Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with in-water starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 50 yards in length (as set by the event official) and lanes will be clearly marked.

Section 2: All swimmers will begin with an in-water start. In all "in-water" starts, the competitors must keep one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

Section 6: One hand must touch the wall of the pool while executing the turn at 25 yards. **Flip-turns are not allowed and if used will result in disqualification.**

NATIONAL VETERANS GOLDEN AGE GAMES

EVENT 14-G
SWIMMING - BACKSTROKE (AMBULATORY)
50 YARDS OR METERS

EVENT 14-H
SWIMMING - BACKSTROKE (WHEELCHAIR)
50 YARDS OR METERS

AGE GROUPS:

MEN:	55-59	WOMEN:	55-59
	60-64		60-64
	65-69		65-69
	70-74		70-74
	75-79		75-79
	80-84		80-84
	85-UP		85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide towels. Competitors must use their own swimming suits.

Other Equipment: appropriate life guarding equipment, lane markers, score/timer sheets, starter gun or similar device, first aid kit, drinking water, stop watches, whistles, and a PA system or bull horn.

FACILITY:

The swimming pool used should allow for a course of 25 yards (or as close to 25 yards as possible). The host is responsible for having an adequate number of staff or volunteers who are certified in life guarding present and alert during the competition. The facility's diving blocks should be removed to allow easier access to pool. Overhead markers or flags are necessary for the backstroke event.

COMPETITION:

The competition will be based on fastest time of each competitor. The number of racers in each heat will be determined by the event official based on the number of entries. **In the backstroke competition, all strokes and kicks are acceptable.** The opportunity to warm-up in the pool prior to the

race will be given at the discretion of the National Official. The order of finish (First, Second and Third Places) will be determined by best times regardless of placement in the heat. If a tie occurs, there will not be a race off but each competitor will receive a medal/award. All heats will begin with in-water starts.

RULES:

RULE 1:00 The Race

Section 1: The race will be 50 yards in length (as set by the event official) and lanes will be clearly marked.

Section 2: All swimmers will begin an in-water start. They must keep at least one hand in contact with the wall prior to the start.

Section 3: Competitors will be disqualified on their second false start.

Section 4: The race is finished by a wall touch.

Section 5: Winners will be the competitors receiving the best times.

Section 6: One hand must touch the wall of the pool while executing the turn at 25 yards. **Flip-turns are not allowed and if used will result in disqualification.**

NATIONAL VETERANS GOLDEN AGE GAMES

**EVENT 15
TABLE TENNIS (AMBULATORY)**

**EVENT 15-A
TABLE TENNIS (WHEELCHAIR)**

AGE GROUPS:

MEN AND WOMEN TOGETHER: 55-59
60-64
65-69
70-74
75-79
80-84
85-UP

EQUIPMENT:

The National Veterans Golden Age Games host will provide standard table tennis tables and nets, regulation table tennis rackets (paddles) and balls. Competitors may use their own table tennis rackets if they are determined to be regulation by the officials and they are of the same type as those supplied by the host.

Other Equipment: scorecards, drinking water and first aid kit.

FACILITY:

The National Veterans Golden Age Games host shall provide a facility of adequate size to allow the competitors to move freely and safely around the table and with a ceiling of enough height to allow for the ball to be played without interference. Adequate lighting should be a consideration. A spectator area a distance away from the table tennis tables is desirable. The host will provide a minimum of ten tables for this competition. If possible, one table, separate from the competition, should be set aside for photographs.

COMPETITION:

Competitors will compete individually in singles table tennis. The competition will be set up in a single elimination tournament format. Whenever possible, competitors from the same medical center will not be matched against each other in

first round matches. All matches will be played as a best three out of five games. Third place game will match the two losers of the two semi-final games against each other. ***White shirts or jackets are not permitted for competition.***

RULES:

RULE 1:00 The Table

The surface of the table shall be rectangular, 9 feet in length and 5 feet in width; it shall be 2 feet 6 inches above the floor, and shall lie in a horizontal plane. It shall be made of any material and shall yield a uniform bounce of not less than 8 inches and not more than 9 inches when a standard ball is dropped from a height of 12 inches above its surface. The upper surface of the table shall be termed the "playing surface;" it shall be non-reflecting, of a dark color and a white line 3/4-inch broad along each edge. The lines at the 5-foot edges or ends of the playing surface shall be termed "end lanes." The lines at the 9-foot edges or sides of the playing surface shall be termed "side lines."

RULE 2:00 The Net and Its Supports

The playing surface shall be divided into two courts of equal size by a net running parallel to the end lines and 4 feet 6 inches from each. The net and its suspension together shall be 6 feet in length; its upper part along its whole length shall be close to the playing surface. The net shall be attached at each end to an upright post 6 inches high; the outside limits of each post shall be 6 inches outside the sideline on the same side.

RULE 3:00 The Ball

The ball shall be spherical. It shall be made of celluloid, pale in color and not be less than 4 1/2 inches or more than 4 3/4 inches in circumference; it shall not be less than 37 grains (2.40 grams) and not more than 39 grains (2.53 grams) in weight.

RULE 4:00 The Racket (Paddle)

The racket (paddle) may be any material, size, shape or weight. If approved by the National Official, competitors may use their own racket (paddle) or those provided by the host.

RULE 5:00 The Scoring of Points

A game shall be won by the player first scoring 11 points, unless both players have scored 10 points, when the game shall be won by the first player subsequently gaining a lead of 2 points.

RULE 6:00 The Choice of Ends and Service

The choice of ends and the right to be server or receiving player in every match shall be decided by coin toss and the winner of the toss may choose to serve or receive first, or to start at a particular end. The winner of the toss may, if he/she prefers, require the other player to make the first choice.

RULE 7:00 The Change of Ends and Service

After each 2 points have been scored, the receiving player shall become the serving player, and so on until the end of the game unless both players score 10 points, when the sequences of serving and receiving shall be the same but each player shall serve for only 1 point in turn. The player 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 shall change ends when first one player scores 5 points.

RULE 8:00 Out of Order of Ends or Service

If a player serves out of his/her turn, the player who should have served shall serve as soon as the mistake is discovered. If however, a group of five services has been completed before such discovery, the service in the subsequent groups of services shall continue in the same order, as if the sequence had not been discontinuous. In any circumstances, all points scored before the discovery shall be reckoned.

If the players have not changed ends when ends should have been changed, the players shall change ends as soon as the mistake is discovered, unless a game has been completed since the error, then the error shall be ignored. In any circumstances, all points scored before the discovery shall be reckoned.

RULE 9:00 The Order of Play

The server shall first make a good service, the receiving player shall then make a good return and thereafter server and receiving player shall each alternately make a good return.

RULE 10:00 A Good Service

The service shall be delivered by the server releasing the ball by open palm only, without imparting a spin. The ball must be projected from an opened palm for the service. The ball shall then be struck so that it touches first the server's court and then, passing directly over or round the net, touches the receiving player's court. At the moment of the impact of the racket on the ball in service, both players shall be behind the end line of the server's court and between an imaginary continuation of the sidelines. Server cannot serve outside of the end lines of the table.

RULE 11:00 A Good Return

A ball having been served or returned in play shall be struck by the player so that it passes directly over the net or around the net and touches directly on the opponent's court. If the ball, having been served or returned in play, returns with its own impetus over the net or round the net, it may be struck by the player so that it touches directly on the opponent's court.

RULE 12:00 A Let

The following is a let:

- a. If the ball served touches the net or its supports, provided the service would be otherwise good or be volleyed by the receiver.
- b. If a service is delivered when the receiver is not ready, provided that he/she is not deemed ready by attempting to stroke at the ball.
- c. If either player is prevented by an accident, not under his/her control, from serving a good service or making a good return.
- d. If the server releases the ball but does not make an attempt at the ball, he/she may attempt the serve again.

RULE 13:00 A Point

Either player shall lose a point:

- a. If he/she fails to make a good service, except as provided in Rule 12 (a let).
- b. When a good service or a good return having been made by his/her opponent, he/she fails to make a good return.
- c. If he/she or his/her racket (paddle), or anything that he/she wears or carries, touches the net or its supports while the ball is in play.
- d. If he/she or his/her racket (paddle), or anything that he/she wears or carries, moves the playing surface while the ball is in play.
- e. If his/her free hand touches the playing surface while the ball is in play.
- f. If, before the ball in play has passed over the end lines or side lines and has not yet touched the playing surface on his/her side of the table and ball comes in contact with him or anything that he/she wears or carries.
- g. If the ball in play has passed over the end lines or side lines, has not yet touched the playing surface of his/her side of the table and ball comes in contact with him/her, a point will be awarded the player that the ball came in contact with during rest. (example - line drive)
- h. If at any time he/she volleys the ball, except in serving.
- i. If the server makes an attempt on the ball and does not make contact with the ball on serve attempt, a point will be awarded to the receiver.

RULE 14:00 In Play

The ball is in play from the moment at which it is dropped from an open palm until:

- a. It has touched one court twice consecutively.
- b. It has, except in service, touched each court alternately without having been struck by the racket (paddle) immediately.

- c. It has been struck by either player more than once consecutively.
- d. It has touched either player or anything that he/she wears or carries, except his/her racket or his/her racket hand below the wrist.
- e. On the volley it has come in contact with the racket or the racket hand below the wrist.
- f. It has touched any object other than the net, supports, or those referred to above.

RULE 15:00 Further Definitions

The period during which the ball is in play shall be termed a rest. A rest, the result of which is scored, shall be termed a point.

The player who first strikes the ball during the rest shall be termed the receiver.

If the ball, in passing over the net or around the net touches it or its supports, it shall, nevertheless, be considered to have passed directly, except as referred to in Rule 14b.

If the ball in play comes in contact with the racket or racket hand, not yet having touched the playing surface on one side of the net since last being struck on the other side, it shall be said to have been volleyed. The racket hand is the hand carrying the racket (paddle); the free open hand is the hand not carrying the racket (paddle).

Note: All wheelchair competitors must stay in full contact with seat of wheelchair. The footrests or the feet touching the floor during play shall **not** result in the loss of a point providing the competitor's bottom does not leave the seat of the chair or scooter. The competitor may not use their legs in any way to gain an advantage over their opponent.