

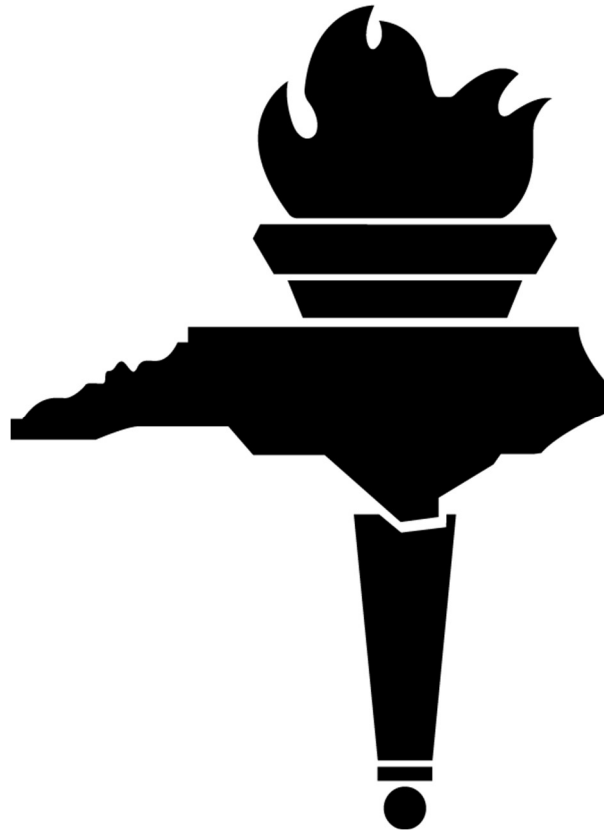
N o r t h C a r o l i n a

S e n i o r G a m e s

2025

Official

Rules Book



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www.ncseniorgames.org

N.C. SENIOR GAMES OFFICIAL RULES BOOK

TABLE OF CONTENTS

Summary of 2025 Senior Games Rules Book Changes & Additions.....	3
Introduction.....	6
General Rules and Regulations	7
Official Sports:	
5k and 10K Run	11
Badminton.....	12
Basketball Shooting	14
Basketball Tournament	16
Billiards.....	19
Bocce.....	22
Bowling.....	25
Cornhole.....	26
Cycling	28
Disc Golf.....	30
Field Events (Discus, Shot Put, Running Long Jump, Standing Long Jump)	32
Football Throw.....	34
Golf	35
Horseshoes	36
Mini Golf.....	39
Pickleball.....	40
Power Walking.....	43
Shuffleboard.....	44
Softball Throw	47
Softball Tournament.....	48
Swimming	52
Table Tennis.....	54
Tennis.....	57
Track Events.....	59
Appendix A: National Governing Bodies	60
Appendix B: NCSG Appeals Policy	62

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Summary of 2025 Senior Games Rules Book Changes & Additions

(Changes are underlined and highlighted).

(Rules and/or sections added and clarifications are highlighted, but not underlined. Deletions are highlighted and have a ~~strike through~~)

Introduction: *Added the NCSG Anti-Discrimination Policy:*

Anti-Discrimination Policy

North Carolina Senior Games, Inc. does not and shall not discriminate on the basis of race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity or expression, veteran status, marital status, family status or other items protected by law. This policy applies to all employees, volunteers, participants and spectators and any other individuals involved with a North Carolina Senior Games program.

General Rules and Regulations: Qualification for State Finals: Changed top 6 places qualify to top 3 places qualify for State Finals in Bowling.

Local Games participants should be informed of qualification requirements before they compete in Local Games. The top three male and female qualifiers in each official NCSG Local Games individual sport/event in each age category submitted to NCSG will be eligible to participate in State Finals except:

- a. ~~The top 6 males and females in Bowling Singles and the top 6 teams in Bowling Doubles and Bowling Mixed Doubles in each category will be eligible to participate at State Finals.~~
-

Archery, Croquet and Race Walk: *Removed from NCSG Rules Book. No longer State Finals sanctioned activities.*

Basketball Tournament: The Game: *Changed Rule 8 to comply with NCAA substitution rules where “after a made basket” is removed.*

8. ~~Substitutions may be made after a basket, a foul shot or any stoppage of play.~~ Substitutions may be made by either team after a made foul shot or any stoppage of play (an official’s whistle).

Basketball Tournament: The Game: Rule 16 and 17: *Changed foul and free throws rules. Eliminated 1-and-1 free throws. Revised rules comply current NCAA Women’s Official Rules and will be used for women and men.*

16. **Prior to the 5th team foul in each half:** a) any common foul shall result in loss of possession for the offending team; b) any offensive foul shall result in loss of possession; c) any shooting foul with a missed basket shall result in a two shot foul along with retained possession (three for a three-point attempt); d) any shooting foul with a converted basket shall result in the basket being awarded along with a one shot foul and retained possession; and e) a player control foul shall result in disallowing a converted basket.

17. **After the 4th team foul in each half:** a) any common foul shall result in two foul shots along with retained possession for the offending team; b) any shooting foul with a missed basket shall result in a two shot foul along with retained possession (three for a three-point attempt); c) any shooting foul with a converted basket shall result in the basket being awarded along with a one shot foul and retained possession; and d) a player control foul shall result in disallowing a converted basket.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Basketball: The Game: Rule 19. *Changed legal uniform numbers to current NCAA legal uniform numbers.*

Legal Numbers for Shirts – The following numbers are legal: 0-99. Team rosters can include 0 or 00, but not both. Numbers should be at least 6 inches high on the back and at least 4 inches high on the front and should not be less than 3/4 inch in width. If the referee determines that the numbers are not readable, then the team must wear pinnies.

Cornhole: The Game: *Changed the number of frames from 7 to 8 so both partners in doubles will have the same number of tosses, unless 21 points is achieved first. Singles will also be to 8 frames to be consistent for all 3 cornhole events.*

- Each game is divided into a maximum of 8 7 frames **OR** first person/team to score 21 points, whichever comes first. If the score is tied after 8 7 frames, one additional frame will be played to determine game winner.

Cornhole: The Game: *Specified first game in Rule 3 so not to be confused with “match”.*

- The choice of throwing side, choice of who throws first and choice of bag at the start of the first game will be determined by a single coin toss and is considered Player/Team A. Player/Team B obtains side choice, choice of who throws first and choice of bag at the start of the second game. If the match goes to a third game, throwing side choice, choice of who throws first and choice of bag, will be determined by another single coin flip. The person who wins the game will have honors and throw in the subsequent game.
-

Cycling: Events: *Added Recumbent “Trike” events.*

1 Mile	Recumbent – 1 Mile	Recumbent Trike – 1 Mile
5K	Recumbent – 5K	Recumbent Trike – 5K
10K	Recumbent – 10K	Recumbent Trike – 10K

Equipment

- Participants shall provide their own bicycles. The bicycles will be non-motorized, with no device to reduce resistance, except that spoke covers may be used. Bicycles commonly known as **recumbent (2 wheel)** and **recumbent trike (3 wheel)** will be timed as separate categories but can compete concurrently with traditional
-

Field Events: Discus Throw and Shot Put: Added Rule f, edited from USATF Official Rules Book.

- It shall be a failure if the implement in the Shot Put and Discus Throw in contacting the ground when it first lands touches the sector line or the ground or any object outside the sector line.
-

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Horseshoes: Match Play: *Added the State Finals inclement weather scoring format.*

1. A match may consist of one game, the best of three games, or the best of five games. At State Finals, all matches will be best of 2 out of 3 games unless inclement weather requires a change in tournament format **where matches will be 1 game to 21.**
-

Mini Golf: *Clarified language in rule 9.*

9. If the ball comes to rest against a rail or other object, it is moved 5 inches from the **wall object/rail.** That does not count as a penalty stroke. A device may be attached to a scorecard/clipboard that will help measure distance away from the **wall object/rail.**
-

Pickleball: Appeals: *Clarified the appeals policy to include all appeals.*

Appeals

All appeals including, but not limited to, officiating decisions, court monitor decisions and/or rule interpretations during a match **must may** be appealed to the Event Managers before the next serve **or the right to appeal will be forfeited.** After appeal, decisions of the Event Managers are final. Excessive or unnecessary appeals that slow down a match will not be tolerated, and a Technical Foul may be issued.

Pickleball: Scoring: *Clarified the third tiebreaker in Rule 12.C.3.*

12.C.3. All players (in singles) or teams will play each other. All matches will be played with the same number of games for each match. i.e. 1 game to 15 win by 1, or 1 game to 21 win by 1. If two or more players/teams are tied for a medal or advancing to the single elimination play, First tie-breaker: head-to-head. Second tie-breaker: point differential of all games played. Third tie-breaker: head-to-head **between the remaining tied players/teams after the first two tiebreakers have been applied.** Fourth tie-breaker: point differential against next-highest team. (Example: If the teams are tied for second, use point differentials against the first-place team.)

Table Tennis: Equipment: *Changed equipment specifications where one side of the paddle is no longer required to be bright red on one side per USATT Rules. Review the following rule for new specifications.*

U.S.A. Table Tennis (USATT) approved equipment must be used by participants. Sandpaper paddles are **not** legal and the covering material of the racket faces shall be **a bright color clearly distinguishable from black and from the color of the ball on one side** and black on the other. The ball shall be 40mm in diameter. At State Finals, participants are required to provide their own paddle.

Table Tennis: The Game: Rule a: *Updated the service rule per current USATT rules where the word “flat” is removed from “open palm”.*

- a. Service shall start with the ball resting freely on the **flat** open palm of the server's stationary free hand.
-

N.C. SENIOR GAMES OFFICIAL RULES BOOK

INTRODUCTION

Your interest in Senior Games is appreciated! The North Carolina Senior Games Rules Book is the official rules book of Senior Games in this state. Local Games must offer at least one-half (50%) of the official sports to be sanctioned as a North Carolina Senior Games program. The rules and regulations in the North Carolina Senior Games Rules Book must be adhered to so that quality and consistency can be assured statewide. The selection of a Coordinator and Event Director with the expertise to ensure compliance with rules, facilities, and equipment is of utmost importance for each Local Game.

The North Carolina Senior Games Sports Management & Procedures Manual is a companion publication that provides information on organizing and developing Senior Games sports. It is available from a Local Senior Games Coordinator via the Password Protected Area of the NCSG web site. The Senior Games Planning Guide is a publication about the total Games program and discusses all committees and their responsibilities. **The NCSG Official Rules Book is available (for reference or download) on the "State Finals / Sports" section of the NCSG web site.**

Anti-Discrimination Policy

North Carolina Senior Games, Inc. does not and shall not discriminate on the basis of race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity or expression, veteran status, marital status, family status or other items protected by law. This policy applies to all employees, volunteers, participants and spectators and any other individuals involved with a North Carolina Senior Games program.

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In Appreciation

The content and design of the North Carolina Senior Games Rules Book is the result of much hard work and many long hours invested by the following individuals:

State Finals Event Managers

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Rita Roy, NCSG Sports Management Team, Pitt County Community Schools and Recreation (Retired), Greenville

Alice Keene, Pitt County Community Schools and Recreation, Greenville

Margot Raynor, NCSG, (Retired), Wilmington

Beth Wilson, NCSU Dept. of Parks, Recreation & Tourism Management (Emeritus), Wilmington

Cindy Trumbower, Raleigh Parks and Recreation (Retired), Myrtle Beach

Hugh Autry, Sports and IT Coordinator, NCSG, Inc., Raleigh

Melody Wiggins, Graham Parks & Recreation Dept (Retired)., Graham

Brad Allen, President and Executive Director, NCSG, Inc., Raleigh

Lynn Harrell, Associate Director, NCSG, Inc., Raleigh

N.C. SENIOR GAMES OFFICIAL RULES BOOK

GENERAL RULES AND REGULATIONS

Eligibility

1. A person must be 50 years of age or better as of December 31, 2025 to participate. A participant's age on December 31, 2025 determines the age category in which they will compete at the Local Game and State Finals. Local programs will have the responsibility for verifying age and gender based on a photo ID. A Photo I.D. is required at registration to verify eligibility and shall be checked at each activity every day.
2. A participant must be a N.C. resident for a minimum of three consecutive months of the calendar year.
3. There is a registration fee that entitles participants to enter the activities of their choice.

Qualification for State Finals

Local Games participants should be informed of qualification requirements before they compete. The top three male and female qualifiers in each official NCSG Local Games individual sport/event in each age category submitted to NCSG will be eligible to participate in State Finals except:

- b. Golfers must meet a minimum performance score (MPS) and finish 1,2 or 3 to qualify.
- c. All participants who complete a Local Games Fun Walk will qualify.
- d. All participants who complete and score in Basketball Shooting, Football Throw and Softball Throw will qualify for State Finals.
- d. In SilverArts, each Local Games may qualify:
 - One entry in Performing Arts and the Cheerleader Showcase.
 - First and second place in each Literary Arts sub-category, provided the places are not won by the same artist.
 - First, second and third place entry in each Visual Arts and Heritage Arts sub-category, provided the places are not won by the same artist (i.e. only one entry by the same artist per sub-category).

Competition

1. Age Groups:

Individual Sports: participants will compete in age groups based on 5-year increments. (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+).

Doubles Sports: the age of the **youngest** player will determine the doubles team age group. Players may play down to a younger age group. Doubles age groups are (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+). A player may compete in only one age group in each event i.e. can't play mixed doubles with two different people, etc. **Doubles Partners** – If an individual's partner cannot come to State Finals, that person may select another partner who qualified in **that** Sport at a Local Games. For example, a participant that qualified in Bowling Doubles may select another partner who qualified in Bowling Singles, Doubles or Mixed Doubles. **All changes must be made in writing and meet the published deadline stated in the Entry Packet.**

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Team Sports:

- a) **Team Player Pickup** – All additions must be made in writing and meet the published deadline stated in the Entry Packet. Player may be added to team rosters following qualification if they meet one of the following two requirements:
- b) **Requirement #1:** A player may have participated in that event on a team at a Local Game in North Carolina in the same qualifying year. A player may change teams if the team captains of both teams (the qualifying team and the adding team) approve.
Requirement #2. Participants that are practicing and playing regularly with a team after Local Qualifying games are eligible to be added to Torch 1.0 as qualified team members and may register for State Finals until the August 1st deadline.
- c) the age group of a team is determined by the age of the youngest team member. At State Finals, the team will compete in the age group in which it qualified at the Local Game, unless that team adds a player from a younger age group. If a team adds a player from a younger age group, that team will compete in the age group of the player added.
- d) a player may compete on only one team per sport per Local Game and may only compete on one team at State Finals.
- e) age groups for team sports are:
 - a. Basketball Tournament – Women 50+, 55+, 60+, 65+ 70+, 75+ & 80+; Men 50+, 55+, 60+, 65+, 70+, 75+ 80+, 85+
 - b. Softball Tournament - Women 50+, 55+, 60+, 65+ & 70+; Men 50+, 55+, 60+, 65+, 70+, 75+ & 80+.
 - c. Note: additions may be made if new, older age groups form in Local Games.

Senior Games officials reserve the right to combine age groups if fewer than three participants are registered in an age group in any sport/event.

2. A participant may not duplicate any one event in two different age groups.
3. All entries must be received before the draw is made for each event requiring a draw.
4. All match schedules will be available at the event sites.
5. The North Carolina Senior Games programs are governed by the rules in this book and those of National Governing Bodies referenced herein. Where different, NCSG rules take precedence; interpretations shall be made by the Event Manager for each individual event.
6. All starting times are forfeit times except where otherwise noted.
7. The safety and sportsmanlike conduct of *everyone* is of paramount concern. Senior Games Officials have the authority to disqualify, and/or remove, from current and future NCSG programs, *anyone* who exhibits inappropriate behavior or a condition of medical concern. Falsifying information in the registration process will not be permitted and may result in disqualification from current and future Senior Games activities.
8. North Carolina Senior Games is committed to creating a healthy and safe environment for all participants, staff and spectators. Appropriate footwear is required for all activities (none is appropriate for swimming). All activities will be held in a smoke/vape free environment.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

9. All appeals must be made within 30 minutes of the conclusion of the game, match, heat, or event under appeal to the Sports Management Team, or the right to appeal will be forfeited. All decisions made by a Sports Management Team are final and not subject to further appeal.
10. Several Local Games may choose to combine the operations of various activities for ease of management...i.e., road races, bike races, art shows, golf, etc. (any activity where participant numbers are usually low and the activity takes a large amount of staff/equipment/time to run correctly). It will be the responsibility of each Local Game to ensure that their qualifiers are submitted to NCSG on the proper forms via the Local Game Computer Program within ten (10) days of the conclusion of the activity.
11. All Senior Games qualifying sports/events must be promoted, registered for, and operated as a Senior Games activity. For example: a community road race promoted by another organization may not be used to qualify Senior Games participants, unless Senior Games is co-sponsor/presenter and registration is handled separately.
12. Each event must be offered as a separate event, not combined with another event in the same sport (i.e. three separate bowling events; the 1500 Meter Walk, Run and/or Fun Walk must be conducted separately from the 5K Walk or Run, not as a portion of the longer events. Times may not be taken at several points of an 800m race to get 400m and 200m times).
13. Local Games must hold all qualifying activities for State Finals between February 1 and June 15. Coordinators will receive the coming year's information by late January. These dates were chosen because June 15th ensures participants an opportunity to register by the Early Bird Deadline for State Finals.
14. In fairness to Local Games and State Finals qualifiers, the rules in this book are in effect for the calendar year.

State Finals Registration

It is the participant's responsibility to make sure they are registered for State Finals. The registration deadline is 11:59 pm on August 1. Each individual, including doubles partners and all team members, must submit a completed Entry Form with total payment to NCSG by August 1. There are no exceptions. The deadline is strictly enforced in fairness to all participants.

Awards

1. **Local Games participants must complete and score in an activity** to be eligible for an award and to qualify for State Finals (no score is necessary for tournament or team sports). **State Finals participants must complete and score in an activity to be eligible for an award and to qualify for the National Senior Games. (no score is necessary for tournament or team sports).** Awards will be presented by age group / gender to the first three places (or more).
2. At Local Games, the top three places must be determined in each event in each age group (i.e. ties must be decided), except for cycling, swimming and track events. In these events, when two or more competitors tie for any place, duplicate awards shall be given to each of them. In such cases, no awards shall be given for the place or places immediately following the tied positions. If two tie for 1st place, no award for 2nd place; if three tie for 1st place, no award for 2nd or 3rd, and so on. State Finals may allow ties in other events as determined by the Sports Director.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Officials

A registered participant in an activity should not be in a "decision-making" role in that same activity in their gender and age category. A "decision-making" role is any role that could influence the outcome of the results. For example, a track participant could be in the 100m dash and officiate in any heat that is not his or her age/gender category for that event. Refer to the NCSG Sports Management & Procedures Manual and various National Governing Organizations Rules for specific guidelines regarding officials.

Equipment

1. Participants may use their own equipment provided the Event Manager determines it meets the official standards with the following exceptions:
 - a. Game Balls for Basketball Tournament, Billiards, Bocce, Mini Golf, Pickleball, Softball Throw, Softball Tournament, Table Tennis and Tennis.
 - b. Shuttlecocks
 - c. Shuffleboard Discs
 - d. Bags for Cornhole
2. Headphones are not allowed during competition at State Finals events.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

5K AND 10K RUN

1. USA Track & Field rules will govern these events.
2. Headphones are not allowed at State Finals during the race.
3. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to impede his or her progress shall be liable for disqualification in that event.
4. Any competitor who shall refuse to obey the directions of the Official, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition may be disqualified by the Official from future competition at the meet, and if the Official thinks the offense worthy of additional actions, he/she shall promptly make detailed statement of the offense to the appropriate Local or State Official.

BADMINTON

Events

Singles
Doubles
Mixed Doubles

Equipment

Participants must use U. S. Badminton Association or International Badminton Federation approved equipment. Shuttlecocks must be approved, tournament grade, medium weight, nylon or feather, and either white or yellow. Yellow feather shuttlecocks will be used at State Finals.

Rules

1. All badminton matches will be conducted in accordance with U.S.A. Badminton rules.
2. Serve - Only one service is allowed to put the shuttle into play. The serve must be taken from entirely within the proper service court. **The serve must be contacted at a point below the server's waist with the racket head entirely below the hand holding the racket. The server's feet must be stationary during the serve, and no feints may be used.** The shuttle may touch the net on a serve.

Scoring System

A match consists of the best of 3 games of 21 points. The side winning a rally adds a point to its score. At 20 all, the side which gains a 2 point lead first, wins that game. At 29 all, the side scoring the 30th point, wins that game. The side winning a game serves first in the next game.

Intervals and Change of Ends

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

Points - Singles

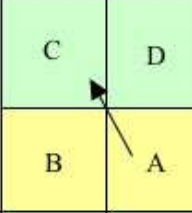
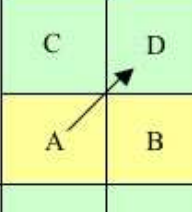
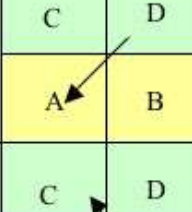
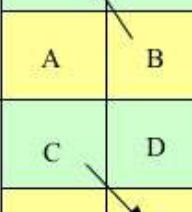
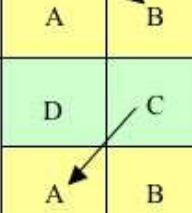
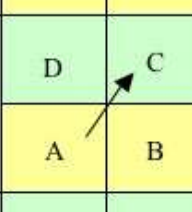
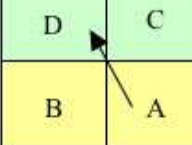
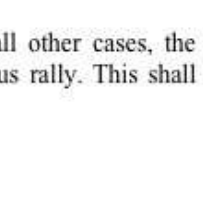
At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left service court. If the server wins a rally, the server scores a point and then serves again from alternate service court. If the receiver wins a rally,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

Points - Doubles

There is only one serve in doubles. The service passes consecutively to the players as shown in the attached diagram. At the beginning of the game and when the score is even, the server serves from the right court. When it is odd, the server serves from the left court. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side. The player of the receiving side who served last stays in the same service court from where he served last. The reverse pattern applies to the receivers partner. The players do not change their respective service courts until they win a point when their side is serving. If players commit an error in the service court, the error is corrected when the mistake is discovered. *Diagram on page 10.*

N.C. SENIOR GAMES OFFICIAL RULES BOOK

In a Doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

Course of action / Explanation	Score	Service from Service Court	Server & Receiver	Winner of the rally		
	Love All	Right Service Court. Being the score of the serving side is even.	A serves to C A and C are the initial server and receiver.	A & B.		
A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts.	1-0	Left Service Court. Being the score of the serving side is odd.	A serves to D	C & D.		
C & D win a point and also right to serve. Nobody will change their respective service courts.	1-1	Left Service Court. Being the score of the serving side is odd.	D serves to A.	A & B.		
A & B win a point and also right to serve. Nobody will change their respective service courts.	2-1	Right Service Court. Being the score of the serving side is even.	B serves to C	C & D		
C & D win a point and also right to serve. Nobody will change their respective service courts.	2-2	Right Service Court. Being the score of the serving side is even.	C serves to B	C & D		
C & D win a point. C & D will change service courts. C serves from Left service court. A & B will stay in the same service courts.	3-2	Left Service Court. Being the score of the serving side is odd.	C serves to A	A & B		
A & B win a point and also right to serve. Nobody will change their respective service courts.	3-3	Left Service Court. Being the score of the serving side is odd.	A serves to C	A & B		
A & B win a point. A & B will change service courts. A serves again from Right service court. C & D will stay in the same service courts.	4-3	Right Service Court. Being the score of the serving side is even.	A serves to D	C & D		

Note that this means

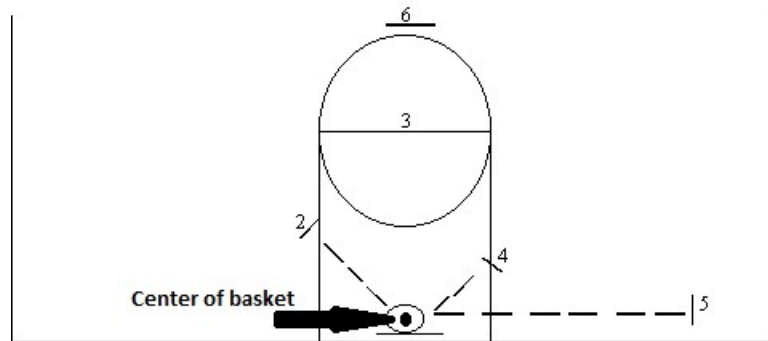
- the order of server depends on the score odd or even same as in singles.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from where they played previous rally. This shall guarantee alternate server.

BASKETBALL SHOOTING

Court

1. The basket will be 10 feet in height.
2. The court will be designed, as in the diagram given, to accurately reflect distances from the basket to the shooting lines.
3. Measurements made for the free throw made from the backboard. All other measurements are made from the center of the basket (use a plumb line or pole to locate that point on the floor) to the inside edge of the **2-inch** tape lines.

Court Diagram



Shots

- #1 Lay up (either side)
- #2 9' shot (from the center of the basket)
- #3 free throw (15' from the backboard)
- #4 6' shot (from the center of the basket)
- #5 10' shot (from the center of the basket)
- #6 Top of Circle (19' 9" from the center of the basket)

Equipment

All participants may use either the men or women's regulation basketball. Participants may use their own properly inflated basketballs.

The Game

1. The players will shoot 3 shots from each of 6 designated areas of the court for a total of 18 shots (see diagram).
2. Each shooter will be allowed 6 practice shots and 18 official shots. Participants may elect to "pass" any practice or official shot(s). Each shooter may use their first 6 shots as practice shot(s) or "pass on practice shot(s). Participants must clearly state that they are "passing" on practice shot(s) or the first 6 shot(s) will be considered practice shot(s).
3. The referee will have the score sheet of the designated shooter and will mark it each time a shot is made or missed. The score will be totaled on the sheet to reflect the number of shots made out of the 18 official shots. The referee will announce the score after each attempt is made.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

4. The shooter must be behind the designated line (no part of his/her feet can touch on or beyond the line until the ball leaves his/her hands). Shoes are required.
5. The lay-up may be taken from **EITHER** side of the basket (the only fault on the lay-up is a miss, and the participant may shoot from a stationary position OR moving). All other shots must be from the designated lines.

Scoring

1. The participant will receive one point for each shot that is made.
2. In case of a tie for a medal, the better score will break the tie first from line 6, then line 3, then line 5, then line 2. If the tie remains, State Finals will award tied places, but Local Games must conduct a shoot-off of a round of 6 or more shots (one from each of the 6 lines) until all ties are broken.

BASKETBALL TOURNAMENT

The Game

Rules not covered below will be in accordance with NCAA rules.

1. Teams must be of all one gender.
2. Athletes may play on only one basketball team.
3. Played on half court by two teams of three players each, with no maximum number of substitutes. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish a game with a minimum of one player on the floor if they have a chance to win the game.
4. Length of halves
 - Female 50-69 and Male 50-79: Playing time shall be two halves of twelve (12) minutes, running time, with an intermission of five (5) minutes. **Exception:** Halves will be ten (10) minutes for divisions with 5 teams in one pool.
 - Female 70+ and Male 80+: Playing time shall be two halves of ten (10) minutes, running time, with an intermission of five (5) minutes. **Exception:** Halves will be eight (8) minutes for divisions with 5 teams in one pool.
5. Clocks: In the last two minutes of the game, the clock will not be a running clock, but will stop in accordance with normal basketball rules. At State Finals, a 25 second shot clock will be used. A 25 second shot clock should be used, where available, at Local Games.
6. A tie score at the end of regulation time will result in a two (2) minute stop clock overtime period with ball possession determined by a coin flip. If still tied, subsequent one (1) minute stop clock overtime periods will be played until tie is broken.
7. Timeouts do not carry over from half to half or to overtime. Timeouts are thirty (30) seconds in duration.
Timeouts per team:
 - 2 total timeouts in the first half (0 carry over to 2nd half)
 - 2 total timeouts in the second half (0 carry over to a first overtime period)
 - 1 timeout in a first overtime period (0 carry over to subsequent overtimes)
 - 0 timeouts after the first overtime period
8. **Substitutions may be made by either team after a made foul shot or any stoppage of play (an official's whistle).**
9. The winner of the coin toss shall take first ball possession. Possession at the start of the second half will be determined by the possession arrow. Ball possession changes hands after each basket unless a foul is awarded.
10. The imaginary check line shall be the three-point line, free throw lane extended. For Males and Females, the three-point line may be 19'9" or 20'9", depending on the facility. The 20' 9" line will be used at State Finals. To start each half, after a score or after a foul is awarded, a player must put the ball in play from the check line. On defensive rebounds or stalls, the ball must be returned to the check line and the player in possession of the ball may maintain control and attempt to score.
11. The game shall be played using the three-point line as the "check line". The ball shall be returned to a point behind the check line after each change of possession as follows:
 - a) After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key. The ball must be advanced into play by means of a pass to a teammate. The teammate receiving the pass may be in front of or behind the check line.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

- b) After a turnover or defensive rebound, the ball can be re-entered anywhere behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.
 - c) The inbounder's teammates may not enter the three-second lane to receive a pass or set a screen until the inbounder actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbound pass.
12. Following a made basket or dead ball, the ball shall be put in play within five seconds. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
13. A player is disqualified on his/her 5th foul. Technical fouls will be assessed in accordance with NCAA rules. The penalty for an unsportsmanlike technical foul is two free throw attempts and ball possession. Any player receiving two technical fouls in one game will be disqualified for the remainder of the game.
14. All common personal and technical fouls shall be counted against a team total. Any player control foul on offense, will be considered a common foul and no shots awarded, even if the offended team is in the bonus. After the seventh team foul, a bonus shall be awarded for the remainder of the game, as set forth in #17(a) and #17(b) below.
15. Players occupying the two inside lane spaces during foul shots will be permitted to position themselves to the farthest edge of the block nearest the end line. The first lane space is eliminated.
- 16. Prior to the 5th team foul in each half:** a) any common foul shall result in loss of possession for the offending team; b) any offensive foul shall result in loss of possession; c) any shooting foul with a missed basket shall result in a two shot foul along with retained possession (three for a three-point attempt); d) any shooting foul with a converted basket shall result in the basket being awarded along with a one shot foul and retained possession; and e) a player control foul shall result in disallowing a converted basket.
- 17. After the 4th team foul in each half:** a) any common foul shall result in two foul shots along with retained possession for the offended team; b) any shooting foul with a missed basket shall result in a two shot foul along with retained possession (three for a three-point attempt); c) any shooting foul with a converted basket shall result in the basket being awarded along with a one shot foul and retained possession; and d) a player control foul shall result in disallowing a converted basket.
18. During the last two (2) minutes of the second half, and any overtime period, automatic possession after foul shots does not apply (the bonus free throw rules will apply).
19. Team clothing must be of like design and color. Shirts must be numbered on front & back. If the referee determines that uniforms of two teams are too similar, one of the two teams must wear "pinnies" or vests as determined by tournament officials.

Legal Numbers for Shirts – The following numbers are legal: 0-99. Team rosters can include 0 or 00, but not both.

Numbers should be *at least 6 inches high* on the back and *at least 4 inches high* on the front and *should not be less than 3/4 inch in width*. If the referee determines that the numbers are not readable, then the team must wear pinnies.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Eligibility and Team Conduct

1. Each team must designate an eligible member of the roster to serve as the Team Captain. The Team Captain is responsible for sharing **all** information with **all** team members. The Team Captain is responsible for submitting the team roster card prior to each game to the scorer. At State Finals, the Team Captain must also attend a required Team Captain's Meeting.
2. Only bench personnel (players and a maximum of two coaches as denoted on the State Finals Team Roster Card) may occupy the "team bench" during a game. NCAA rules will govern conduct of bench personnel.
3. Penalty for playing an ineligible player: Any team playing an ineligible player will forfeit all games played with the ineligible player. If the same team plays an ineligible player a second time in the same tournament, that team will be ejected from the remainder of the tournament and may be subject to future tournament restrictions. The ineligible player will not be allowed to participate in any other games for any team for remainder of the tournament. Ineligible players include, but are not limited to, individuals that are not registered, individuals registered on a different team or individuals that have provided false age group determination information.
4. Unsportsmanlike Conduct: Any player, coach, captain, non-bench personnel or team that displays unsportsmanlike conduct on or off the playing court, including but not limited to abusive/foul language, harassment of tournament officials/umpires, interference during the seeding process may be ejected from the facility and eliminated from competition.
5. Individuals must enter at least one game on the local level to be eligible to participate in State Finals.
6. Teams must complete a minimum of three (3) games at the local level to qualify for State Finals. Two or more Local Games may combine for competition.

Rule Clarifications for Officiating

1. The official will *not* administer the ball after a basket is made. The team receiving the ball is responsible for taking it behind the check line.
2. After any violation or timeout (anytime a whistle is blown), the ball should be given to the official.
3. When passing the ball in from behind the check line after a made basket, the player has the flexibility to move from side to side to pass the ball inbounds. After a violation or timeout (anytime a whistle is blown), the player may not move when inbounding the ball.
4. The player inbounding the ball has 5 seconds to advance the ball.
5. The court boundaries will be the sidelines, the baselines, and the half court line.
6. When shooting a free throw, all players except the shooter must be behind the three-point line and behind the foul line extended, except in the live rebounding situation.
7. NCAA rules will be enforced for intentional, flagrant, and hard fouls.

BILLIARDS

Equipment

Play will take place on regulation tables, 9' x 4 1/2'; the cue may weigh a minimum of 10 oz. to a maximum weight of 25 oz.; and balls will be Regulation Billiard Balls #1 - #15 with cue ball. Players may use their personal or borrowed legal cue sticks.

Match

A match shall consist of the best 2 of 3 games, or 3 of 5 games, announced by the Event Manager prior to play. At State Finals, a match shall consist of the best 2 of 3 games.

The Game

1. Object of the Game - The game is played with a cue ball and fifteen object balls, numbered 1 through 15. One player must pocket balls of the group numbered 1 through 7 (solid colors), while the other player has 9 through 15 (stripes). The player pocketing his or her group first, and then legally pocketing the 8-ball, wins the game.
2. The Rack - The balls are racked as shown in the illustration at the end of the Billiards Rules. Except as shown, all other balls may be placed entirely at random.
3. Lag for Break-The following procedure is used for the lag for the opening break. Each player should use balls of equal size and weight (non-striped object balls). With the balls in hand behind the head string, one player to the left and one to the right of the head spot, the balls are shot simultaneously to the foot cushion and back to the head end of the table. The player whose ball is the closest to the innermost edge of the head cushion wins the lag. The lagged ball must contact the foot cushion at least once. Other cushion contacts are immaterial, except as prohibited below. It is an automatic loss of the lag if:
 - (a) The ball crosses into the opponent's half of the table;
 - (b) The ball fails to contact the foot cushion;
 - (c) The ball drops into a pocket;
 - (d) The ball jumps off the table;
 - (e) The ball touches the long cushion;
 - (f) The ball rests within the corner pocket and past the nose of the head cushion, or;
 - (g) The ball contacts the foot rail more than once. If both players violate automatic-loss lag rules, or if the referee is unable to determine which ball is closer, the lag is a tie and is replayed.
4. Opening Break Shot-The opening break shot is determined by lag. The player winning the lag has the choice of performing the opening break shot or assigning it to the opponent. If both players agree, an official may be allowed to break.
5. During individual competition, on each subsequent game, the winner of the previous game gets to break. If both players agree, an official may be allowed to break. If a ball is pocketed on the break, the player who won the toss would then shoot. If no ball is pocketed, the other player would then shoot.
6. Legal Break Shot (Defined) - To execute a legal break, the shooter must shoot the cue ball from behind the head string, the head ball must be struck first and at least 4 object balls must be driven to rails or a ball must be pocketed. The choice of group is determined when a player legally pockets an object ball **AFTER** a break shot. Pocketing a ball on the break does not determine choice of group. While the table is Open, a ball of one group may be legally contacted first to pocket a ball of the other group and successfully pocketing a ball using a combination in an open table constitutes choice of ball. The 8-ball may be part of such a combination if it is not the first ball

N.C. SENIOR GAMES OFFICIAL RULES BOOK

contacted by the cue ball. When a player fails to make a legal break and the incoming player has the option of (1) accepting the table in position and shooting, OR (2) having the balls re-racked and having the option of shooting the opening break, OR (3) allowing the opponent to re-rack and break again, OR (4) taking the cue ball in hand and placing it anywhere on the table.

Note: When a player makes a ball(s) on the break without committing a foul, table remains open and the player continues to shoot.

7. 8-Ball Pocketed on Break - In individual competition, pocketing the 8-ball constitutes a win unless there is also a scratch. Scratching on the break and pocketing the 8-ball constitutes a loss.
8. If a player jumps an object ball or cue ball off the table on the break shot, it is a foul. A foul on a legal break will result in ball-in-hand anywhere on the table for the breaker's opponent. Pocketed balls stay down, except the 8-ball.
9. Legal Shot (Defined) - On all shots, the shooter must hit one of his/her object balls first and, (1) pocket an object ball, or (2) cause the cue ball or any object ball to contact a rail.

Note: It is legal for the shooter to bank the cue ball off a rail before contacting his object ball; however, after contact with his object ball, an object ball must be pocketed, OR the cue ball or any object ball must contact a rail. If a player scratches on a legal shot, the opponent's ball(s) and shooter's ball(s) will remain pocketed. Anytime a ball other than the cue ball is moved by a player's body or his cue stick while shooting, it is a foul, the official will put ball back at original spot.

10. Scoring - A player is entitled to continue shooting until he fails to legally pocket a ball of his group. After a player has legally pocketed all of his group of balls, he shoots to pocket the 8-ball.
11. Fouls - The following infractions result in fouls:
 - a. Failure to execute a legal shot as defined above.
 - b. A scratch shot (shooting the cue ball into a pocket) or shooting the cue ball off the table.
 - c. Shooting without at least one foot touching the floor.
 - d. Shooting a jump shot over another ball by scooping the cue stick under the cue ball is illegal.

Penalty - Cue ball in hand and placing it anywhere on the table.

10. Combination Shots - Combination shots are allowed if you hit your ball first; however, the 8-ball may not be used as a first ball in the combination. The 8-ball is not neutral.
11. It is a foul when you hit your opponent's ball first and then your ball goes in a pocket; your ball will be spotted.
12. Object Balls Jumped Off Table - If any object ball is jumped off the table, it is a miss or loss of turn, not a foul. The shooter's object ball(s) is spotted on the footspot and any of the opponent's jumped balls will be pocketed. The cue ball remains in same spot.
13. Spotting Balls - Whenever an object ball is to be spotted, the object ball is spotted on a line directly behind the spot as close to the foot spot as possible.
14. Playing the 8-Ball - When playing the 8-ball, the shooter is to call and point to the designated pocket. Shooter is responsible for making sure that the table official and opponent are aware of what pocket is being designated. Designation of the pocket that the 8 ball is to be pocketed will then be announced by the official to the

N.C. SENIOR GAMES OFFICIAL RULES BOOK

competitors. If the official neglects to ask for a pocket designation, the shot will be replayed from the original positions of the balls on the table.

15. Loss of Game - A player loses the game if he/she commits any of the following infractions:

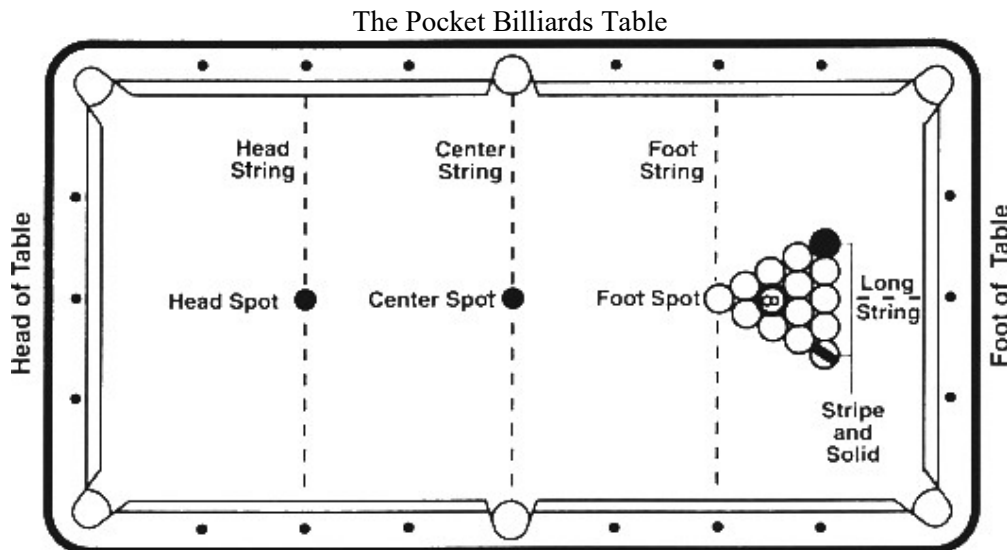
- a. Pockets the 8-ball when it is not his/her legal object ball.
- b. Pockets the 8-ball on the same stroke as the last of his/her group of balls.
- c. Scratches when the 8-ball is his/her legal object ball.
- d. Pockets the 8-ball out of turn or jumps the 8-ball off the table at any time.
- e. Pockets the 8-ball in a pocket other than the one designated.
- f. Fouls the cue ball and then pockets the 8-ball.

16. Time Limit - The Event Manager may impose the Time Limit Rule PRIOR to the beginning of play. This is not required. If the Event Manager chooses to impose the Time Limit Rule, games will not last over 15 minutes, **except for medal matches**. The Time Limit Rule will extend to 25 minutes in medal matches. The player with the most balls pocketed at the end of the Time Limit will be declared the winner. In non-medal matches tied at the end of 15 minutes, all balls will be removed except the 8-ball. In medal matches tied at the end of 25 minutes, all balls will be removed except the 8-ball. The 8-ball is spotted and the cue ball is shot from behind the headstring. First shot will be determined by a coin toss. The winner of the coin toss may then choose to shoot at the 8 ball or have the opponent shoot. The game will then be completed as detailed in Rule 14.

17. No Coaching - Spectators on the sidelines are not allowed to advise or coach a player during competition. If after asking a spectator not to coach, and he/she continues to do so, the referee should have the spectator leave the tournament area.

18. The use of electric headgear, other than hearing aids, are not permitted. Use of cell phones or headphones is prohibited. Cell phones may be on the belt or in a pocket, but may not be accessed for conversation or messages during a match. All ringers and audible notification tones must be turned off while in the facility. Emergency communication is permitted at any time.

19. A player shall not physically or verbally interfere with the play of an opponent. Such interference may result in a warning or disqualification by the official, and the player will be allowed to take the shot over as determined by the official. The balls will be placed as close to the original position as possible.



BOCCE

Event

Singles

Equipment

A set of bocce balls consists of eight large bocce balls, four balls each of two different colors, and a smaller pallino. Ball sizes may be from 107 mm (4.20”) to 110 mm (4.33”) and the pallino may be from 48 mm (1.875”) to 63 mm (2.5”).

Playing Surface

The playing surface shall be reasonably flat and level and may consist of packed dirt, fine gravel, artificial surface or short grass.

Court Dimensions

Court dimensions may range from 60’ to 95’ long and 12’ to 15’ wide. The recommended size is 60’ long and 12’ wide. The foul line range is 4’ to 10’, relative to the total length of the court.

Rules

The following rules will apply, revised from the Bocce Standards Association.

Coaching

Spectators on the sidelines are not allowed to advise or coach a player during competition. Only participants of the match in progress and officials are allowed on the courts. If the referee requests a spectator not to coach or to stay off the courts, the spectator shall leave the match area if he/she does not comply. Someone may pick up balls for a competitor, but not provide advice or instruction.

Coin Toss

1. Begin the match with the flip of a coin between the two players. The winner of the coin flip has the first toss of the pallino and chooses the color of the balls he/she will play.
2. In subsequent games, the winner of the last game throws the pallino to start the next game.

Pallino Throw

1. The pallino is the first ball put into play and is thrown underhand from behind the foul line. The pallino may be bounced off the sideboards. The pallino may not cross the center line in the air.
2. The pallino must end up on or across the center line and at least 12 inches away from the sideboards or backboard without hitting the backboard. If a thrower fails to do this, the throw goes to the other player. Pallino toss attempts will then alternate until a legal pallino toss is made.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

3. If a player throws the pallino and/or the first ball out of turn, the balls are returned and the frame starts over.
4. Once the pallino is in play, the pallino may be knocked anywhere on the court except back over the center line or out of the court (If this happens, the frame ends, play resumes at opposite end, and the same player throws the pallino).

Bocce Ball Throws

1. The pallino thrower with a legal throw always throws the first bocce ball. All balls are thrown underhand. If the first ball hits the backboard without hitting the pallino first, the ball is removed and the player throws again until a ball is in play.
2. All bocce balls are thrown from behind the foul line. Foul Line rules apply (see below).
3. Each subsequent ball is thrown by the player who does NOT have a ball closest to the pallino. If a player's ball ties the opponent's closest ball, he/she must throw again. The "IN" player (player with the closest ball to the pallino) only throws if the opponent has thrown all 4 balls, and may then throw all remaining balls. Note: Participants may not leave the throwing area to look at balls during an inning.
4. Balls may be bounced off or played against the sideboards.
5. A ball hitting the backboard without first touching the pallino or another bocce ball is a dead ball and is removed from play. Standard Penalties apply. (see below).
6. If a player throws the wrong color ball, it is replaced with a correct color ball after the ball comes to rest (see below).
7. If a player's legally thrown ball is interfered with while moving by someone or something not on the playing surface before the throw, the ball is returned to be thrown again. If possible, any balls moved by the throw are reset to their approximate original position.
8. If a player's legally thrown ball is moved (accidentally or intentionally) from its resting position by an opposing player or referee before the points are determined and the end of the frame is declared, it is reset to its approximate original position. If the ball is sufficiently moved that the approximate original position can not be determined, the offended player has the option to leave the balls as they lay or replay the frame.
9. If a player moves his or her own ball from its resting position (accidentally or intentionally), the ball is removed from play. Standard Penalties apply (see below).
10. The referee, when making measurements, should press and rotate balls and the pallino before measuring to mark their original position on the court surface. If a ball or pallino is accidentally moved while measuring, it is replaced to its original marked position.
11. A bocce ball that goes out of the court, for any reason, is a dead ball and is removed from play for that frame.
12. Volo shooting (lofting the ball in the air beyond center line of the court) is not permitted.
13. If a player throws out of turn, all balls are placed back in their original position. If not possible, the inning starts over.

Foul Lines:

N.C. SENIOR GAMES OFFICIAL RULES BOOK

1. Foul lines must be clearly indicated by marks or posts at the sideboard or a chalk line for foul line violations to be officially called and penalties applied.
2. Players may step ON but NOT OVER the foul line before releasing the pallino or a bocce ball. The toe of the foot may not exceed the width of the foul line.
3. If a player steps beyond the foul line before releasing a ball (bocce or pallino), one warning will be given per game. Subsequent fouls will result in nullifying the pallino throw or removal of the thrown bocce ball from play. Standard Penalties apply.

Standard Penalties:

1. For the violation of any rule that requires the removal of a bocce ball from play, that ball is immediately removed from play until that frame has been completed. The violation must be called and the ball removed before the next ball is thrown. If the ball is not removed before the next ball is played, the ball remains in play for the rest of the frame.
2. If possible, any balls moved because of the action of the violation ball are reset to their approximate original position.

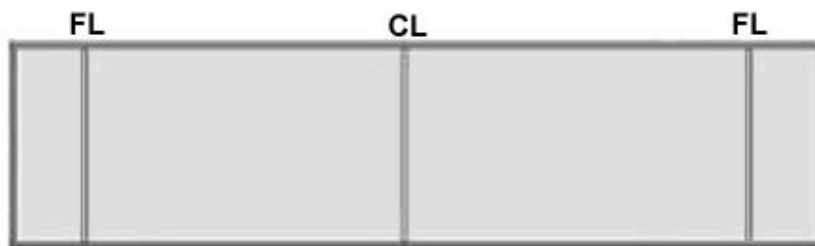
Scoring:

1. Matches may consist of a single game or 2 out of 3 games.
2. Each game is divided into a maximum of 5 frames **OR** first person to score 7 points, whichever comes first. If the score is tied after 5 frames, one additional frame will be played.
3. The official score for a frame is determined after all 8 balls have been played and measured to the players' satisfaction. One point is awarded for each ball of the closest player that is closer to the pallino than the opponent's closest ball (1 to 4 points).
4. The player who scores in the last frame throws the pallino in the next frame and play continues as above.
5. If each player's closest balls are tied, no score is made and play continues at the opposite end with the player scoring the point(s) in the previous frame delivering the pallino.

Local Rules

1. Specific local "ground rules" may be added for local conditions relative to safety, behaviors, equipment use, court grooming, noise, footwear, attire, etc. These rules should be announced or posted.

Diagram:



CL = Center Line FL = Foul Line
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BOWLING

Events

Singles
Doubles
Mixed Doubles

Equipment

United State Bowling Congress approved equipment must be used by participants.

Officials

A scorer may be used for each pair of lanes. The Tournament Director will make rulings when needed. When using automatic scoring, officials should be provided to monitor scoring, one for every 6-8 lanes.

The Game

1. United State Bowling Congress rules will govern this event. Best total pinfall will determine the winners in all events (except in Doubles where both persons must score to win). Three games will be scheduled per event.
2. Doubles: Same gender pairs may compete in Doubles. Opposite-gender pairs may compete in Mixed Doubles. In both events, both bowlers' scores are combined for a team score for three games. Total pins determine the winners.

Tied Scores

For the first three (3) places must be broken. When ties occur in Singles, the bowler with the highest single game score wins the higher place. In Doubles, the team with the highest combined game score wins the higher place. If the tie still remains, the bowler/team with the highest final game score wins the higher place. If the tie still remains, the bowler/team with the highest game two score wins the higher place. If the tie still remains, the bowler/team with the most strikes wins the higher place. If the tie still remains, the bowler/team with the most spares wins the higher place. If the tie still stands, three frames are bowled to break the tie (and additional frames as necessary in a "sudden-death" manner with each bowler completing each frame).

Note:

Handicap competition may also be conducted and awards presented in Local Games. However, qualification for State Finals must be based upon *scratch score* medal winners only.

CORNHOLE

Events:

Singles, Doubles and Mixed Doubles

Equipment:

Boards shall be 24" x 48". The hole shall be 6" in diameter, centered 9" from the top of the board and 12" from each side edge. The front of the board is 3"-4" from bottom to top. The back of the board is 12" from bottom to top. The angle of the back legs of the board to the board should be approximately 109 degrees. The playing surface should be finish-sanded to a smooth texture. There should be no blemishes in the surface that might disrupt or distort play. The playing surface can be painted with a high gloss latex paint or varnish. The surface should allow bags to slide when thrown, but not so slippery that bags slide back down the platform. There shall be 8 bags; 4 each of two different colors. The bags shall be 6" x 6" square and weigh 1 pound each and the preferred (not required) filling is corn. A canvas like durable material is recommended. Participants may not use their own personal cornhole bags.

Board Distances

Singles & Doubles (determined by the age of the younger player):

For Women 85+, the boards shall be measured to be 15' apart (front of board to front of board).

For Men 70+ and Women 50-84, the boards shall be measured to be 20' apart (front of board to front of board).

For Men 50-69, the boards shall be measured to be 24' apart (front of board to front of board).

Mixed Doubles:

For all age categories, boards shall be measured to be 20' apart (front of board to front of board).

The Game

1. Matches will be best 2 out of 3 games.
2. Each game is divided into a maximum of 8 frames OR first person/team to score 21 points, whichever comes first. If the score is tied after 8 frames, one additional frame will be played to determine game winner.
3. The choice of throwing side, choice of who throws first and choice of bag **at the start of the first game** will be determined by a single coin toss and is considered Player/Team A. Player/Team B obtains side choice, choice of who throws first and choice of bag at the start of the second game. If the match goes to a third game, throwing side choice, choice of who throws first and choice of bag, will be determined by another single coin flip. The person who wins the game will have honors and throw in the subsequent game.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Scoring

1 point per bag on board

3 points per bag in hole

Note: Bag cancellation method will apply. Example: If both players have 1 bag each in the hole, zero points are awarded for those 2 bags. If one player has 1 bag in the hole and the other individual has 1 bag on the board, 2 point will be awarded to the player with the bag in the hole.

A bag that comes into contact with the ground before the board is not a legal throw and will be removed from play and point consideration. A bag that is touching the ground while also sitting on the board will also be removed from play and point consideration. A bag must completely clear the hole to be in the hole. A bag hanging partially in the hole is a bag on board, not in the hole.

Doubles and Mixed Doubles:

- a) Team A competes against Team B-each team is comprised of two players.
- b) Each team will stay in their designated lane for the whole game.
- c) Players at the headboard will alternate pitching bags until each player has pitched all (four) of his/her bags.
- d) Players at the footboard will take score and resume pitching back to the other cornhole board.
- e) Age division is determined by the age of the younger player.

Fouls

1. Thrower stepping over the plane of the front of the board extended.
2. Thrower throwing out of turn.
3. When alternating turns, a player tosses his/her bag before the previously thrown bag comes to rest on the board.

Penalty for Fouls

One Foul: Warning and opponent chooses to have a re-throw or not.

Fouls after warning: Loss of turn, bag is removed from round.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

CYCLING

Events

1 Mile	Recumbent – 1 Mile	Recumbent Trike – 1 Mile
5K	Recumbent – 5K	Recumbent Trike – 5K
10K	Recumbent – 10K	Recumbent Trike – 10K

Equipment

1. Participants shall provide their own bicycles. The bicycles will be non-motorized, with no device to reduce resistance, except that spoke covers may be used. Bicycles commonly known as **recumbent (2 wheel) and recumbent trike (3 wheel)** will be timed as separate categories but can compete concurrently with traditional bicycles.
2. Spare tires and/or parts may be used; however, spare bicycles will not be used during a race.
3. All riders must wear a protective helmet that is properly secured and approved by race officials.
4. Shirts or jerseys must be worn in all races and shall cover the shoulders.
5. All cyclists are responsible for the operation and mechanical safety of their bicycles.
6. There may be no protective shield, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used. Wheels may be made with spokes or solid construction.

Rules

Rules not covered below will be in accordance with USA Cycling.

1. Depending upon the number of participants and quality of competition, the races may be either conducted on a track, or comparable area, where all participants can be monitored by the officials at all times, or on a specifically designated and measured loop course, with careful consideration given to all safety concerns.
2. Individual Time Trial
 - a. Courses may be out-and-back, around a circuit, or one way.
 - b. Starting order may be chosen by random selection, by numeric order, or by seeding (normally fastest last).
 - c. Starting times shall be equal intervals, normally one minute.
 - d. Each rider shall report to the starter at least three minutes before his or her scheduled starting time and shall start at the scheduled time.
 - e. When holders are available to all cyclists in an individual time trial, each rider may choose whether or not to have a holder. The holder shall hold and release only and is not allowed to advance the forward progress of each rider.
 - f. On an out-and-back course, riders shall stay to the right of the centerline at all times.
 - g. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

3. Track Racing

- a. The rider shall report to the starter at least three minutes before his or her scheduled starting time and shall start at the scheduled time.
- b. Leaders must occupy the inside area of the track
- c. A competitor overtaking another must pass on the outside unless the rider ahead is NOT on the inside lanes of the track. A rider who passes another must not in any way impede the progress of the passed rider.
- d. In the homestretch on the last lap, the leader(s) must ride a straight line parallel to the edge of the track.
- e. When a rider has a crash that does not present a danger to the other riders, the race will not be neutralized. In case of a crash that causes a hazard to the other riders, the race may be neutralized by the starter. While the race is neutralized, all riders must ride slowly around the outside lanes of the track, maintaining their relative positions. Resumption of racing will be signaled by the starter when it becomes safe.

Scoring

1. One Mile Race

- a. Winners will be determined by the order in which they cross the finish line in each age/gender group for track races, or by fastest recorded time for individual time trials.
- b. Should heats be necessary for events run on the track, times will be taken to determine winners by age groups.

2. 5K and 10K Races

- a. Maximum safe allowable numbers per heat will be determined by the Event Manager (depending on size of track or raceway).
- b. For races run on the track, participants will be grouped in men's and women's divisions by age when possible. However, it is acceptable to combine genders and/or age groups.
- c. Winners will be determined by the order in which they cross the finish lines in each age/gender group for track races, or by fastest recorded time for individual time trials.

3. Appropriate ground rules may be imposed, with specific time penalties, for course infractions (cutting inside designated course markings, drafting when not allowed, etc.). These penalties must be determined and made known to participants prior to the start of the race.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

DISC GOLF

North Carolina Senior Games Disc Golf is to be conducted in accordance with the Professional Disc Golf Association (PDGA) Rules and Local Course Rules when not addressed below.

Coaching or advising is not allowed during the progress of the tournament. At State Finals, spectators are not allowed on the course and must stay in designated areas. It is recommended that Local Games not allow spectators on the course during the tournament.

Events: Singles

Description: The object of the game of disc golf is to complete a course in the fewest throws of the disc. State Finals course play will be 18 holes. Competition may be conducted on 9-hole courses at Local Games. When there are only 9 holes on a course, all 9 holes will be played twice. All Males and Females 90+ can choose to play 9 holes instead of 18. When there is difference in 9 vs. 18 holes played in the 90+ age groups, score on the first nine holes played will determine winners.

Equipment: Discs used for play must meet the technical standards set forth by the Professional Disc Golf Association (PDGA). Players must provide their own discs. Range Finders of any type are permitted.

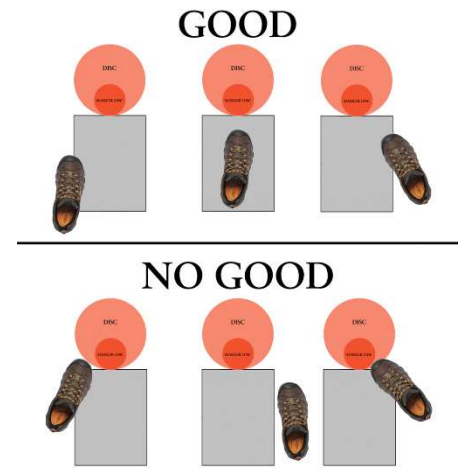
Rules:

1. Players must play the course as they find it and play the disc where it lies unless otherwise addressed by these rules.
2. Players are assigned to play holes together in a group with a minimum of 2 and a maximum of 5 players per group.
3. The group is responsible for verifying scores on scorecards and ensuring play is in accordance with the rules.
4. A player in the group may call or confirm a rules violation on any player in the group by notifying all players in the group. A *warning* is the initial advisement a player is given for violating a certain rule. A subsequent violation will result in a penalty throw to be added to the player's score for that hole. When a group cannot reach an agreed upon decision regarding a rule, a set of provisional throws should be taken to complete a hole as part of an appeal when a player in the group disagrees with a group decision and an Event Manager is not readily available, or if a player in the group wishes to appeal the decision of an Event Manager. The scores from both sets of throws are recorded. Once the appeal has been resolved by the Event Managers, only the score from the correct set of throws is counted.
5. A *Tournament Official* or *Official* is a person who is authorized by the Event Managers to make judgments regarding the proper application of the rules during play.
6. The *Event Managers* are the team in charge of the tournament or event and will make all on-site final rulings. To appeal an Event Manager ruling, see the NCSG Appeals Policy on the last page of this Rules Book.
7. The Event Managers will determine which set of tees will be used for each age group (on courses that have multiple sets of tees).
8. Play on each hole begins at the tee. After the player has thrown from the tee, each successive throw is made from where the previous throw came to rest.
9. After all players have thrown from the tee, the player whose disc is farthest away from the basket is the next thrower.
10. A hole is complete when the disc comes to rest inside the basket or within the chains.
11. When throwing from 10 meters or closer (putting), once the disc leaves the hand, the player must demonstrate full control of balance behind the marked disc prior to advancing toward the target.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

The Lie and Stance

- a. Players may use a mini disc or regular size disc to mark their lie. Players may flip the most recently played disc toward the basket to mark the lie. The lie is a rectangle 20cm x 30cm located behind the disc on the line of play.
- b. While throwing, one supporting point must be within the lie and no other supporting point may be closer to the target than the marker disc.



12. A player must choose the stance that results in the least movement of any obstacle that is a permanent or integral part of the course. Once a stance has been taken, the player may not move an obstacle in order to make room for a throwing motion. It is legal for a player's throwing motion to cause incidental movement of an obstacle. Players are not allowed to move obstacles on the course unless they are deemed *casual obstacles* such as stones, leaves, twigs, or unconnected branches.
13. If an obstacle physically prevents the player from taking a legal stance behind the marker disc, the player may mark a new lie on the line of play immediately behind that obstacle.
14. A *mandatory route* ("Mando") may be marked in certain circumstances. If a disc fails to travel the mandatory path, the player receives one penalty throw and must re-throw from the previous lie or play from the drop zone (if available).
15. If a disc is lost, the player receives one penalty throw and re-throws from the previous lie.
16. Out of bounds:
 - a. Player receives one penalty throw and plays from the previous lie, or:
 - b. Player receives one penalty throw and establishes a new lie up to 1 meter away from the point where the disc was last in bounds.
17. It is the responsibility of the Event Managers to inform players of areas such as out of bounds, mandatories, and casual obstacles prior to tournament play.
18. State Finals Tiebreaker:
 - a. Total score on holes 10-18
 - b. If tie still remains: Total Score on holes 13-18
 - c. If tie still remains: Total score on holes 16-18
 - d. If tie still remains: Total score on hole 18
 - e. If tie still remains: Sudden death playoff beginning at hole 1 until the tie is broken unless otherwise determined by the Event Managers.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

FIELD EVENTS

Events

Discus Throw
Shot Put
Running Long Jump
Standing Long Jump

Facilities

USA Track and Field specifications are required for the *Discus Throw* and *Shot Put* circles. The *Standing Long Jump* should be taken from behind a two-inch line at the end of a Long Jump runway and land in the pit. The *Running Long Jump* requires a runway and a white take-off board 20 cm (8 inches) wide. For safety, the take-off board may be marked with white adhesive tape or paint within a meter of the landing pit (avoid enamel paint or any other slick surface). The landing pit must be level with the runway and consist of soft sand.

Equipment

<u>Gender/Age Group</u>	<u>Shot*</u>	<u>Discus</u>
Male 50-59	6 Kg	1.5 Kg**
Male 60-69	5 Kg	1.0 Kg
Male 70+	4 Kg	1.0 Kg
Male 80+ & Female 50-74	3 Kg	1.0 Kg
Female 75-79	2 Kg	.75 Kg

The maximum diameter for all shots shall be 130mm for men and 110mm for women.

** Local Games may use the 1.6 Kg discus for Male 50-59, but must use the same weight for all competitors in the age group.

Rules

1. Each participant shall be given three attempts. However, a participant may choose to waive that right and stand on one or two performances.
2. An infraction or scratch disqualifies that attempt only.
3. **Discus Throw and Shot Put:**
 - a) The competitor may touch the inside of the iron band or stop-board, but may NOT touch the top of the circle or stop-board or the ground outside the circle until the discus or shot has landed.
 - b) The competitor may interrupt a trial once started, if no foul has been committed, and leave the circle from the rear half.
 - c) The competitor may not leave the circle until the shot or discus has LANDED, and then must leave from the rear half of the circle.
 - d) The shot must be put from the shoulder with one hand only; in preparation the shot must touch or be in close proximity to the neck or chin and SHALL NOT drop below this position in putting. The shot may not at any time be brought BEHIND the line of the SHOULDERS.
 - e) Gloves are allowed at Discus.

f) It shall be a failure if the implement in the Shot Put and Discus Throw in contacting the ground when it first lands **touches** the sector line or the ground or any object outside the sector line.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

4. Running Long Jump

- a. The following are fouls and count as trials:
 1. Touching the ground or runway beyond the take-off board or take-off board extended with any part of the body, during an approach, whether jumping or not.
 2. Taking off from either side of the take-off board.
 3. Touching the ground outside the landing area nearer the take-off board than the nearest break in the sand.
 4. When leaving the landing area, making first contact with the ground outside the pit closer to the take-off board than the nearest break made in the sand.
 5. Employing any form of somersaulting prior to contact in the landing area.

5. Standing Long Jump

- a. The jumper must take a two-foot take-off from behind the restraining line.
- b. No run or approach is allowed.

Note: Shoes are required to participate in Running Long Jump and Standing Long Jump.

Measurement

1. Shot and Discus - from the nearest mark made by the object to the inside circumference of the circle along a line from the mark to the center of the circle.
2. Standing Long Jump - from the edge of the restraining line farthest from the landing pit, perpendicular to the line, to the nearest break in the sand caused by ANY PART of the jumper's body.
3. Running Long Jump - from the edge of the take-off board nearest the landing pit or that line extended, perpendicular to the nearest break in the sand caused by any part of the jumper's body.
4. All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

Scoring

Winners will be determined by best distances performed. In case of ties, the second-best performance, then third best will be used to break the tie.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

FOOTBALL THROW

Equipment

1. The target will be a circular opening, 30 inches in diameter, in a plywood board or ring with the **center** 6 feet off the ground. The plane of the target shall be perpendicular or near perpendicular to the ground.
2. Intermediate-size or high school footballs may be used.
Intermediate = 12-14 oz., 10-11 in. long, 19-20 in. short circumference.
High school = 14-15 oz., 10 7/8 - 11 7/16 in. long, 20 3/4 - 21 1/4 in. short circumference.

The Game

1. The objective of the game is to get the football through a round target 30-inches in diameter.
2. Two warm-up or practice throws will be allowed at each distance.
3. Each participant will make five throws from the following distances:

Male 50-69	10 yds. and 15 yds.
Male 70 and over	5 yds. and 10 yds.
Females	5 yds. and 7.5 yds.
4. There must be at least 10 feet of space behind the restraining line for the thrower's approach. It is a scratch on a throw if the participant touches the ground on or beyond the restraining line during the throw or follow-through. The follow-through is considered completed when, in the judgement of the official, the participant has regained balance and stopped all forward momentum. A scratch counts as a throw and scores no points.
5. The objective of the event is to score the highest possible number of points.
6. Participants must be provided an opportunity to practice prior to competition.

Scoring

1. TWENTY points will be awarded for each successful throw from the GREATER distance, and TEN points for each from the LESSER distance.
2. In case of a tie, the higher score at the greater distance will be used first to break the tie. If the tie remains, the 10th and final shot will determine the winner. If the tie remains, the last shot made of the remaining 9 shots will determine the winner. If the tie remains, State Finals will award the tie. Local Games MUST conduct a tiebreaker of five additional throws from the farthest distance to break the tie.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

GOLF

Equipment

United States Golf Association (USGA) approved equipment must be used.

Range Finders of any type are permitted.

The Game

Rules not covered below will be in accordance with United States Golf Association and local course rules.

Only participants are allowed to ride on the golf carts. Coaching or advising is not allowed during the progress of the tournament. At State Finals, spectators are not allowed on the course.

Scoring

Winners will be determined by low gross scores. Ties must be broken. Lowest score on holes 10-18 will determine the winner. If the tie remains, lowest score on holes 13-18 will determine the winner. If the tie remains, the lowest score on holes 16-18 will determine the winner. If the tie remains, lowest score on 18 will determine the winner. If the tie still remains, the winner is the low scorer on the #1 handicap hole. If the tie remains, the low scorer on the #2 handicap hole, then #3, etc., will be used to break the tie. All Males and Females 90+ can choose to play 9 holes instead of 18. When there is difference in 9 vs. 18 holes played in the 90+ age groups, score on the first nine holes played will determine winners.

Maximum score will be utilized for both men and women. A player's maximum score for each hole shall be related to par and set at triple bogey. A player who does not complete a hole in the given number of strokes up to triple bogey, must pick up their ball and forgo any further play for that hole. This player will **not** be disqualified, but will simply receive the maximum score for that hole equal to triple bogey.

Tees

All females and males 80+ will play from the forward tees. Males 50-79 will play from senior tees. State Finals tees will be provided in State Finals information.

Pace of Play

USGA Rules regarding pace of play will be observed.

State Finals Qualification:

In Local Games, Handicap competition may also be conducted with additional awards presented in Local Games. However, a participant must finish 1, 2 or 3 in Gross Scoring **and** meet the following minimum performance standards to qualify in Golf for State Finals: Qualifiers will be determined by 18-hole for golfers ages 89 and under. Qualifiers for ages 90 and above will be determined by 9-hole score.

Golf Minimum Performance Standards for 18 Hole Round

Male: 50-54 (88)	Female: 50-54 (97)
55-59 (88)	55-59 (97)
60-64 (91)	60-64 (99)
65-69 (93)	65-69 (102)
70-74 (95)	70-74 (105)
75-79 (99)	75-79 (109)
80-84 (103)	80-84 (113)
85-89 (108)	85-89 (118)
90+ (9 hole)(57)	90+ (9 hole)(61)

HORSESHOES

All matches are to be conducted in accordance with the National Horseshoe Pitchers Association Rules except where NCSG rules differ.

Court

1. Two stakes made of cold rolled steel thirty inches long and one inch in diameter should be placed forty feet apart (thirty feet apart for courts for women and men 70 and over). The stakes should protrude fifteen inches above the ground (pit surface) and have a three (3) inch incline toward each other.
2. Each stake should be placed in the center of an area 6 feet square call the "pitcher's box." In the center of the pitcher's box is the "pit" which is the area 31 to 36 inches wide and 43 to 72 inches long filled with clay, sand, dirt or a synthetic composition. This surface shall be a minimum of four inches deep; 8 inches deep is recommended. Note: surfaces in pit should deter bouncing or rolling.
3. The two hard-surfaced areas flanking the pit and occupying the remainder of the pitcher's box are the "pitching platforms." Each platform is eighteen 18 to 20½ inches wide and a minimum of six (6') feet long, extending three feet in front of the stake and may extend farther to accommodate shorter pitching distances.
4. There should be a two (2) inch foul line chalked or painted three feet in front of each stake. On forty (40') feet courts, foul lines for women 50-74 and men 70 and over should be marked ten (10') feet from the men's foul line. Women 75+ will pitch from behind a twenty (20') foot line.

For the construction of courts, please refer to the National Horseshoe Pitchers Association of America web page: www.horseshoepitching.com and click on "Court Construction."

Equipment

Official Shoe: Where measurements are maximum, there is no minimum. A shoe shall be made of metal and not exceed 7 1/4 inches in width, 7 5/8 inches in length, and shall not weigh more than two pounds ten ounces. On a parallel line 3/4 of an inch from a straight edge touching the points of the open end of a shoe, the opening shall not exceed 3 1/2 inches. At State Finals, horseshoe pick up hooks are not permitted in the playing area.

The Game

1. All matches are to be conducted in accordance with the National Horseshoe Pitchers Association Rules except where NCSG rules differ.
2. The pitching distance for men 50-69 is 40 feet from the bottom of the stakes where they merge from the ground, with the foul line 3 feet in front of the stake. Pitching distance for men 70 and over and women 50-74 is 30 feet, with the foul line 3 feet in front of each stake. When men 70 and over and women 50-74 play on a 40' court, foul lines shall be marked 10 feet in front of the men's foul line. Men 70 and over and women 50-74 may pitch from either distance or anywhere between the two lines. Women 75 and over may pitch 20 feet from the 40' court foul line.
3. In pitching the shoe, the pitcher must stand on the pitcher's platform on either side of the stake. Participants pitching from the shorter distance should also stand in what would be the pitching platform extended area if the platform surfaces are not available.
4. In delivering a shoe, the pitcher must not touch or exceed the foul line before the shoe has left the hand. This offense is considered a "foul shoe" by the referee and the shoe is to be removed from counting distance.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

5. Foul Shoes

- a. Any shoe pitched by a participant which lands outside the pit area of the opposite pitching box is a foul shoe. Any shoe that lands in foul territory but hits the backstop or any other object that deflects the shoe back into the pit shall be declared a foul shoe.
- b. Foul shoes shall be removed at the request of the opponent with the exception of a foot fault (covered in item 4 above).
- c. If a shoe lands in fair territory and breaks then it shall be removed and another pitch will be allowed for that player.
- d. A foul shoe is not scored, but is counted.

6. All measurements to determine points shall be made by the referee with a straight edge.

7. Choice of Pitch:

- a. Choice of first pitch is determined by a coin toss or a flipped-up shoe. In successive games, the loser shall have the choice.
 - b. During match play, the player who scores begins the next inning. In case of a tie, the player who pitched last, pitches first the next inning.
 - c. A coin toss or flipped-up shoe decides who goes first in extra innings.
8. Participants are not to talk or move or do anything that may distract the opponent while in pitching position. Such an offense results in loss of scoring for the offender in that inning.
 9. Participants are not to touch the shoes until a decision is made and points awarded by the referee. Such an offense results in the loss of points for the offender in that inning.
 10. Participants shall not walk to the opposite stake or be informed of the position of shoes prior to the completion of an inning. Result: Loss of score for the offender.
 11. A player, while not pitching, must remain on the opposite side of the stake from the player who is pitching and to the rear quarter of the pitcher's platform. If standing in back of the pitching platform, the toes of one foot must be touching that platform.

Scoring

1. The official scoring method will be the cancellation system.
2. A shoe must be within six inches of the stake to score.
3. Closest shoe to the stake scores 1 point.
4. Two shoes closer than the opponents scores 2 points.
5. One ringer scores 3 points.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

6. Two ringers score 6 points.
7. One ringer and closest shoe of the same player scores 4 points.
8. A player having two ringers to opponent's one ringer scores 3 points.
9. All equals count as ties. If each player has a shoe touching the stake or equal distance from the stake, then the closer of the other two shoes will be scored as one point, if within six inches from the stake.
10. If each player has a ringer, then the next closest shoe will score one point, if within six inches of the stake.
11. A leaning shoe has no value over one touching the stake.
12. Points will be awarded according to the position of the shoes at the completion of an inning.
13. Definition of a ringer: A ringer is declared when a shoe encircles the stake enough to allow the touching of both heel caulks with a straight edge, and permit a clearance of the stake.
14. When calling the score to the visual scorer, the referee should first call the name of the player scoring and then the score. In case of a tie, the referee should call "no score."
15. Score calling method:
 - No score 4 shoes - called as no score
 - 1 point - called as one point
 - 2 points - called as two points
 - 1 ringer - called as one ringer three points
 - 1 ringer, 1 point - called as one ringer four points
 - 2 ringers, 6 points - called as two ringers six points
 - 1 ringer each, no score - called as one ringer each no score
 - 1 ringer each, 1 point - called as one ringer each one point
 - 3 ringers, 3 points - called as three ringers three points
 - 2 ringers each, no score - called as two ringers each no score
16. Ringers should be recorded so that a player's ringer percentage may be tallied even if it was cancelled by an opponent.

Match Play

1. A match may consist of one game, the best of three games, or the best of five games. At State Finals, all matches will be best of 2 out of 3 games unless inclement weather requires a change in tournament format where matches will be 1 game to 21.
2. Each game is divided into 10 innings and each inning constitutes the pitching of two shoes by each player.
3. Each game consists of 20 shoes (10 innings) or the first player to reach 21 points, whichever comes first. Example: If a player reaches 21 points after 10 shoes (5 innings) then the game is officially completed.
4. In case of a tie after each player has pitched 20 horseshoes: a two inning tie-breaker shall be played, using the same method of play that was used in the game. In the event of another tie, the same process shall be repeated and this procedure shall continue until the tie is broken.
5. Two matches may be conducted on the same court with one match played at each end. Players at the same end are competitors. Players should switch ends of the court after 10 shoes (5 innings) but should otherwise remain at the same end with their opponent throughout the game/match.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

MINI GOLF

Scoring: Each participant will attempt to put the ball into the respective hole. The score will be the number of attempts it takes for the ball to go into the hole. The maximum score will be 5.

Equipment: Putters will be provided, but participants may bring their own putter if they desire. Required Mini Golf balls are provided.

Rules:

1. The ball can be placed anywhere on the tee mat to begin play. Once the ball is secured on the mat and the player is ready to address the ball, then play begins.
2. The participant will stroke the ball from the tee mat for their first shot. They must wait until the ball stops completely before attempting their next shot. **PENALTY:** Hitting a moving ball results in your score for that hole being recorded as a 5. Once the ball stops, the player continues to stroke until the ball is put in the hole or the score reaches 5.
3. Each player must completely finish their turn by putting the ball in the hole or picking the ball up after 5 strokes before the next player begins.
4. Only the player with an active ball is permitted on the hole.
5. No spectators are permitted on the course.
6. If a participant reaches 5 strokes then the score for that hole is 5 and the ball is picked up and moved to the next hole.
7. If a ball is hit and it leaves the playing surface, it is picked up and put back on the playing surface at the nearest spot from where it left the surface. A one shot penalty is added to your score at the end of that hole. The maximum score is still 5 (if the 4th shot leaves the surface, the ball will be picked up and the score for that hole will be 5).
8. All players play as a group and must finish a hole before moving to the next hole.
9. If the ball comes to rest against a rail or other object, it is moved 5 inches from the **object/rail**. That does not count as a penalty stroke. A device may be attached to a scorecard/clipboard that will help measure distance away from the **object/rail**.
10. First person listed on the scorecard goes first. After the first hole, the player with the lowest score on the previous hole goes first, and so on until everyone has completed the hole.
11. Tiebreaker – in case of a tie, the scorecard will be used to determine a winner. The lower score will break the tie first from Hole 1, then Hole 2, then Hole 3 and so forth in ascending order through all holes.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

PICKLEBALL

Rules will be in accordance with USA Pickleball rules when not addressed below. (International Federation of Pickleball Official Tournament Rulebook)

Events:

Singles
Doubles
Mixed Doubles

The Game

Pickleball is a simple paddle game played using a special perforated, slow-moving ball over a tennis-type net on a badminton-sized court.

The Ball is served underhand and is served diagonally to the opponent's service court. Service lets have been discontinued. The serve is either good or bad if it hits the net, depending on where lands. For all serve details and requirements, **see all USA Pickleball Rules under 4.A.** As referenced under Rule 4.A.8, participants may opt to use the *Drop Serve*.

Calling the Score (required)

The total score (all three numbers) must be called before striking the ball or it is a fault. One partner can call the score the whole game. That means a partner with low voice could allow partner to call score to better be heard. But it has to be the whole game, no back and forth.

Asking questions:

Before the serve occurs, any player may ask the referee for the score, correct server or receiver, correct player position, and may challenge/confirm the called score. Any player may ask any one or more of these questions. Anytime a question is asked about score, position, etc. the score will be restated, and the 10-second rule starts again.

Wrong Score Called:

If the server or referee calls the wrong score, once the serve is made, play shall continue to the end of the rally and the correction will be made before the next serve. After the serve is made, a player who stops play based solely on an incorrect score call, will have committed a fault and shall lose the rally.

Coaching: USA Pickleball Rules on coaching will be observed.

Equipment: Wearing of Headphones or Earbuds is not allowed except for prescribed hearing aids.

Appeals

All appeals including, but not limited to, officiating decisions, court monitor decisions and/or rule interpretations during a match must may be appealed to the Event Managers before the next serve or the right to appeal will be forfeited. After appeal, decisions of the Event Managers are final. Excessive or unnecessary appeals that slow down a match will not be tolerated, and a Technical Foul may be issued.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Unique Pickleball Features

Double Bounce Rule. Following serve, each side must make at least one groundstroke, prior to volleying the ball (hitting it before it has bounces).

No-Volley Zone. A player cannot volley a ball while standing within the no-volley zone.

Adapted from USA Pickleball Association Rules (International Federation of Pickleball).

Service/Side Selection and Rotation

A coin flip or any other fair method will determine first choice of service or side. If the winner chooses to serve or receive, the loser picks starting side. If the winner chooses starting side, the loser chooses to serve or receive.

In best 2 of 3 games to 11, sides and initial service will be switched upon completion of each game.

Sides will be switched in a third game (if the match is 2 out of 3 to 11) after the first player/team reaches a score of 6 points.

In games to 15, sides will be switched after the first team reaches a score of 8 points. Serve remains with the player holding serve.

In games to 21, sides will be switched after the first team reaches a score of 11 points. Serve remains with the player holding serve.

Non-Referee Matches

Adapted from USA Pickleball:

13.D. Player Line and Fault Call Responsibilities.

13.D.1. Non-Officiated Play.

13.D.1.a. Players call all lines on their side of the court, including non-volley zone and service foot faults.

13.D.1.b. Players may call non-volley zone faults and service foot faults on the opponent's side of the court. If there is any disagreement among players about the called fault, a replay shall occur.

13.D.1.c. In the spirit of good sportsmanship, players are expected to call faults on themselves as soon as the fault is committed or detected. The fault call must happen before the next serve occurs. For non-officiated matches, if a player believes the opponent(s) have committed a fault, they may mention the specific fault to the player(s) but have no authority to enforce them. The final decision on fault resolution belongs to the player that allegedly committed the fault. The exception to which player has enforcement authority is provided in Rule 13.D.1.b.

Scoring

Adapted from Section 10 and 12 in the USA Pickleball Association Rules (International Federation of Pickleball).

10.A. Scoring. Only the serving team can score points.

10.B. Points are scored by legally serving a ball that is not touched by the opponent (an ace) or by winning the rally (faulting by the opponent).

10.D. **Standard Tournament Format.** Best 2 of 3 games to 11 points, win by 2 points. Time limits may be imposed.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

10.E.1. **Alternate Tournament Formats.** A tournament director may choose to have some or all matches (except for Round Robin) consist of one game to 15 or one game to 21 points, win by 2. This applies to a single or double elimination bracket. For Round Robin events, a winning margin of 1 point is required. Time limits may be imposed.

10.E.2. A tournament director may choose to have Round Robin or Round Robin Pool Play feeding into a medal bracket. For any Round Robin event, games must be “win by 1 point” (not 2 points).

Adapted from Section 13 in the USA Pickleball Association Rules (International Federation of Pickleball).

10.F. Time Limits. Time Limits may be imposed in all tournament formats when considered necessary by the Event Director.

12.C.3. All players (in singles) or teams will play each other. All matches will be played with the same number of games for each match. i.e. 1 game to 15 win by 1, or 1 game to 21 win by 1. If two or more players/teams are tied for a medal or advancing to the single elimination play, First tie-breaker: head-to-head. Second tie-breaker: point differential of all games played. Third tie-breaker: head-to-head **between the remaining tied players/teams after the first two tiebreakers have been applied.** Fourth tie-breaker: point differential against next-highest team. (Example: If the teams are tied for second, use point differentials against the first-place team.)

13.A.6 Pool Play. The participants/teams are divided into two or more pools. Each pool plays a round-robin to determine the qualifiers that get into a single-elimination playoff. Tie breaker rules from 12.C.3. above will apply.

Note: The tournament scoring format for State Finals will be determined based on the number of registered participants.

POWER WALKING

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein.
2. Power Walking is a monitored event in which an athlete can be disqualified.
3. Major points of the rules include:
 - a) One foot must be on the ground at all times. Loss of contact with the ground by both feet simultaneously is forbidden.
 - b) Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
 - c) Creeping, where the lead toe strikes prior to the heel is forbidden.
 - d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
 - e) Running or jogging is forbidden.
 - f) The advancing leg does not have to be completely locked as it passes under the body and moves forward (and when the heel strikes). Soft knee is acceptable however; excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
 - g) Disqualification will result when an athlete is judged to be in violation of any of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition. Exception: last 100 meters (see rule 3.h)
 - h) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
4. No headphones or cell phones allowed during the event.

SHUFFLEBOARD

Equipment

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

Rules

Rules not covered below will be in accordance with National Shuffleboard Association rules.

1. Practice: four discs of each color are allowed for each player before play.
2. In shooting for color choice, players must shoot from the head of the court. To determine the color choice, two opposing players each shoot four discs to the far deadline. The players shoot alternately, first yellow (or substitute color), then black, then yellow, etc. The first three discs of each player are for practice and are removed progressively; the last disc of each player is left on the court. As between these two last discs, the disc nearer to the line determines who shall have color choice. The players then remain on the same color for the entire match. The measurement is from center of disc to center of line. If the last black disc shot touches or moves the last yellow disc, the color choice goes to the player of yellow.
3. To start a game, the YELLOW disc is shot first. Play alternates-yellow, then black-until all discs are shot. Yellow shall always be played from the right side of Head of court, and left side of Foot of court.

ERROR IN COLOR LEAD: Error in color lead shall be corrected if discovered before half-round play is completed; otherwise, play continues in the order started at the beginning of the game.

Correction means-half round played over with correct color lead.

IN SINGLES after all discs are played, constituting a HALF ROUND, the players walk to opposite end of court, or foot of court, and start play, with color lead changing to BLACK.

OR

After all discs are played at Head of court, players may remain in place and continue with BLACK shooting first, and alternating color lead each half-round, as well as alternating colors from right and left sides. The second game is started by the BLACK at the Head of the Court. The third game is started by the YELLOW at the Head of the Court.

4. Game is considered on 50, 75, or 100-point basis or specific number of frames (8, 10, 12, 16, or 20). Match play shall be on the basis of best two out of three games or 1 game. The 1 game format will be used at State Finals
5. Players shall place their four (4) discs within and not touching lines of their respective half of 10-Off area. PENALTY-5 off. Penalty not applied to a player until he/she has played a disc.

Discs must be played from the clear from within the respective half of 10-off area.

If disc played touches sideline, or triangle-PENALTY-10 off, offender's disc is removed, and opponent is credited with any of his/her discs displaced.

DISC TOUCHING LINES: It is common practice with players to jockey or slide the playing disc backward and forward to see if there is sand which might interfere with disc sliding evenly. NO PENALTY is to be called on this practice if lines are touched or crossed while jockeying. Disc in

N.C. SENIOR GAMES OFFICIAL RULES BOOK

motion may cross outside diagonal line. No penalty inflicted if disc being played STARTED in clear should touch or cross separation triangle.

All displaced discs shall be removed from the court immediately after scoring of opponent's displaced discs.

6. No Hesitation shot allowed. Forward motion of cue and disc must be continuous. PENALTY-10 off, offender's disc removed and opponent credited with score of any of his/her discs displaced. All displaced discs shall be removed from the court immediately after scoring of opponent's displaced disc.
7. No Hook shot allowed. The shot must be delivered in a straight line with continuous forward motion of the cue and disc. PENALTY-10 off, offender's disc removed and opponent credited with score of any of his/her discs displaced. All displaced discs shall be removed from the court immediately after scoring of opponent's displaced discs.
8. Players shall not step on or over baseline of court, or extension of baseline, except to gather and place their discs. PENALTY - 5 off for this offense when not in the act of executing a shot.
9. Players must not touch a foot, hand, knee, or any other part of their body to the court on or over the baseline or extension of the baseline at any time while executing a shot. PENALTY-10 off.
10. Players may stand behind baseline extension in the alley between courts, before or while shooting, but not on adjoining court. PENALTY - 5 off.
11. In Singles, player must not cross the baseline to proceed to the other end of the court until Official has called "Play," or signaled, or otherwise authorized them to do so. PENALTY-5 off.
12. Players must not leave court without permission. PENALTY-10 off. A player or players leaving the court between games without permission, a 10 off penalty shall be applied to the player's score at the beginning of the next game.
13. Players shall not stand in the way of, or have a cue in the way of, or interfere with opponent while he is executing a play. PENALTY - 5 off.
14. Players shall not touch live discs at any time. PENALTY-10 off plus any 10-offs the offender has; opponent's good discs are credited, and that half round played over. An additional penalty may be invoked under #26 if necessary.
15. Players must not talk or make remarks to disconcert opponent's play. PENALTY-10 off.
16. Any disc that stops short of the farthest dead line is a dead disc and shall be removed before further play. If a disc is touching that line, it is in play.
17. 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.
18. If a dead disc moves or displaces a live disc, the players shall be credited with the scoring of all discs, plus or minus, that were scored before the violation occurred, and that half round played over, unless it was the result of the last disc (8th) played in the half round, then the half round will not be played over, and the

N.C. SENIOR GAMES OFFICIAL RULES BOOK

players shall be credited with all the discs scored, plus or minus, which were scored before the shooting of the last disc of the half round. This rule applies only to a disc which has been shot on the player's own court. The player shooting the offending disc is also given a 10 off penalty.

19. If a dead disc coming from another court moves or displaces a live disc, that half round shall be played over, with no score credited to any player.
20. A disc which stops in area between farthest deadline and starting area is dead, and shall be removed before further play.
21. A disc which stops just beyond farthest baseline shall be removed at least eight (8) inches back from baseline.
22. A disc which is more than halfway over side of court, or which rests or leans on edge, shall be immediately removed.
23. Player shooting before opponent's disc comes to rest: PENALTY-10 off, offender's disc removed, and opponent credited with any of his/her discs displaced. All displaced discs shall be removed from the court immediately after scoring of opponent's displaced discs.
24. For intentional delay or stalling: PENALTY-5 off.
25. A cue slipping from a player's hand which touches or displaces any live disc, the player is penalized 10 off and opponent credited with any of his/her discs displaced and that half round shall be played over unless game point has been reached by offender's opponent. If cue does not touch or displace any live discs, no penalty.
26. In case of improper action of a player not specifically covered by the rules, or in a match to which a court referee has not been assigned, the Tournament Director will ascertain the facts and may assess a penalty. He/she will also insure that the offender gains no advantage from his/her improper action and, in addition, imposes a 10-off penalty.

SCORING

1. After both players have shot their four (4) discs, SCORE ALL discs on court within and not touching lines; separation triangle in 10-off area is not considered. If a disc is touching any THICK lines, which are around the edges, it does not count. The THIN lines in the middle are only there to separate the two sides when shooting from a particular end and do not exist when shooting toward them.

JUDGING A DISC: When judging a disc in relation to lines, the official shall sight DIRECTLY DOWN.

A MOUNTED DISC, or disc resting on top of disc, happens sometimes when players use excessive force in shooting. Each disc shall be judged separately according to scoring rules.

2. Play continues until all discs have been shot in the half round, even if game point has been reached.
3. If a tie game results, play is continued in regular rotation of play, until one full round (8 discs each) is completed. At that time, the side with the higher score wins, even if it has less than 75 points or the number of points specified as game points. If the score is tied again, play continues again as above outlined.
4. If an error occurs in the recording of a score on the scoreboard at the end of a half round and it is discovered before the next round is completed, the error must be corrected. Otherwise the score as scored on the shown must stand, unless both sides are agreed in the correction.

SOFTBALL THROW

Field Markings

1. Lines shall be 2 inches wide.
2. There must be at least 10 feet of space behind the restraining line for the thrower's approach.
3. The target line shall be a straight line perpendicular to the restraining line.

Equipment

Males will throw a twelve-inch regulation American Softball Association (ASA) softball. Females will throw an eleven-inch regulation American Softball Association (ASA) softball.

The Game

1. The objective is for men to throw a 12" softball for distance and accuracy and women to throw an 11" softball for distance and accuracy.
2. Each participant will be given two (2) warm-up throws followed by a maximum of three (3) consecutive throws.
3. The longest net distance (distance of throw less deviation) will determine the winner.
4. It is a scratch on a throw if the participant touches the ground on or beyond the restraining line during the throw or follow-through. The follow-through is considered completed when, in the judgement of the official, the participant has regained balance and stopped all forward momentum. A scratch counts as a throw and is not measured.
5. It is a scratch, if in attempting a throw, the ball is dropped or travels backwards.

Scoring

The scoring for each throw will be determined by subtracting the deviation (distance perpendicular from the line) from the length of each throw. For example: a ninety foot throw that first makes contact with the ground/floor eight feet off the line results in a score of 82'. Scores should be recorded to the nearest 1/4" below the distance covered. Measurements should be taken from the outside edge of the target line.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

SOFTBALL TOURNAMENT

Rules not covered below will be in accordance with Amateur Softball Association rules.

1. **Commitment Line:** A three foot commitment line shall be marked perpendicular to the foul line and placed thirty-two (32') feet and six (6") inches from third base. Once a runner's foot touches the ground on or past the **Commitment Line**, the runner may **not** re-cross it in the direction of third base, i.e., the runner **must** continue on toward the **Scoring Plate**. Violations will result in an out.
2. **Scoring Plate:** A scoring plate shall be placed eight feet from the back tip of home plate on an extended line from the first base. A line shall be drawn from third base to the **Scoring Plate**. The **Scoring Plate** is for use by the **Offensive Player Only**. A runner attempting to score by touching anything other than the scoring plate shall be called out and is subject to ejection. Likewise, if a defensive player tries to tag a runner who has crossed the commitment line, the runner will be safe.
3. **Base Distances:** Base distance is 65 feet and the pitching distance is 50 feet from the back of home plate. Pitchers can pitch from up to 6 feet from the back of the rubber back.
4. **Strike Zone Mat:** A strike zone mat will be used.
5. **Double 1st Base:** A double 1st base of equal size shall be used at 1st base, the double portion of the bag or mat being in foul territory abutting 1st base.
6. **Runners Line:** A runners line (three-foot line) measuring three (3") inches wide and thirty (30') feet long shall be marked parallel to the first base foul line in foul territory, extending from 1st base back toward home plate. Runners shall stay between this line and the foul line while running to first base. Failure to do so will result in the runner being declared out, unless he/she was trying to avoid contact with the fielder.
7. **Metal Cleats:** Metal cleats will not be permitted. Players found wearing metal cleats in a game will be ejected from the game and, if on base, a "dead ball out" will be called; any players on base at the time the ejected player came to bat must return to the base occupied at that time if there are less than three (3) outs.
8. **Players and Substitutes:** ASA rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at one time does not exceed the total allowed for that age group.

American Disability Act Rule Summary:

As a result of a player's disability, that player can play offense or defense. When a team uses a physically challenged player on offense, the team will follow the EP rule as written. When a physically challenged player plays defense only, that player will be listed as the FLEX and placed last in the line-up. If a team starts the game with the FLEX option, the FLEX player can never play offense. When using the FLEX, it must be made known prior to the start of the game. Team captains are responsible for determining whether or not a player on their team is physically challenged and, if so, must indicate that the player is a FLEX player on the line-up card.

Men 50+, 55+ & 60+: Ten defensive players shall constitute a team. A team must have minimum of nine players at the beginning and end of the game. For any team playing with nine players, an out will be recorded for what would be the **first** at bat for the tenth position in the batting order (not the whole game). A tenth offensive player may be added as he/she shows up for play; however, he/she must be listed as the tenth offensive player and bat after the other nine players. In addition, for teams using an EP, 10 players must play defense.

In addition to the minimum number of players required per age group, all gender/age groups will have the option of batting any number of players up to the total number of roster players present. NCSG shorthand rules apply (see below).

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Men 65+, 70+, 75+, 80+ & all Women: Eleven defensive players constitute a team. A team must have a minimum of 10 players at the beginning and end of a game. For any team playing with ten players, an out will be recorded for what would be the **first** at bat for the 11th position in the batting order (not the whole game). An eleventh player may be added as he/she shows up to play; however, he/she must be listed as the eleventh offensive player and bat after the other 10 players. In addition, for teams using EPs, 11 players must play defense.

In addition to the minimum number of players required per age group, all gender/age groups will have the option of batting any number of players up to the total number of roster players present. NCSG shorthand rules apply (see below).

NCSG Shorthand Rule:

A team may play with one less player than they started with:

- Team starts a game with 9 or 10 players must complete the game with a minimum of 9 players.
- Team starts a game with 12 players must complete the game with at least 11 players.
- Team start a game with 11 players must complete the game with a minimum of 10 players.

Players leaving the game:

- Ejection: an out declared for each turn at bat. Ejected players must leave the field area for the remainder of the game.
- Not ejection: an out shall be recorded on the player's first subsequent at bat. That player is not eligible for re-entry unless they leave temporarily due to the blood rule.

9. The Team must be of all of one gender. Athletes may play on only one softball team.
10. **Line Up Cards:** Official line up cards must be presented to the opposing captain and scorekeeper ten (10) minutes prior to game time. Tournament line up cards will be furnished to all team captains.
11. **Illegal Pitch:** The pitch must reach an arc of at least 6 feet in height but must not arc higher than 12 feet or it will be called an illegal pitch. An illegal pitch is not a strike regardless of the hitting the strike zone mat. If the batter makes contact with the ball, the outcome will be the result of the play.
12. **Pitch Count:** Batters will start each at bat with a 0-0 count. This rule may be adjusted if inclement weather requires a change in tournament format.
13. **Home Runs:** In the event a ball is hit out of the park or a four base award is granted, the batter and any runners on base will return to the dugout. No penalty if a player mistakenly runs the bases.
14. **Runs per inning:** For all games, there will be a five run per inning rule. Unlimited runs are allowed after the 7th or new innings after sixty minutes of play (1:00:00).
15. **Mercy Rule:** A **fifteen (15)** run mercy rule will be in effect after five (5) innings (4 1/2 innings if home team is ahead) thus ending the game. A **twenty (20)** run mercy rule will be in effect after four (4) innings (3 1/2 innings if home team is ahead) thus ending the game.
16. **Time Limit:** The length of a game will be seven (7) innings or one hour and fifteen minutes (1:15:00). All new innings begun after sixty minutes (1:00:00), will be played with no run limit. No inning may be started after one hour and fifteen minutes **except:**
 - a. Tie games after seven (7) innings will continue until one team is ahead after the completion of any subsequent inning.
 - b. Seven (7) innings is a complete game if one team is ahead regardless of the score or time.
 - c. There will be no time limit on Medal games.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

17. **Courtesy Runner:** A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently from the game. A courtesy runner on base when it is his/her turn at bat will be declared out as the runner. Another courtesy runner may not be used to circumvent this rule.

Men 50+, 55+, 60+, 65+ & Women 50+, 55+, 60+, 65+: A courtesy runner may be used for a runner at any time from first base through third base. The same courtesy runner may not be used more than once in the same inning. Any courtesy runner found running more than once per inning will be called out.

Men 70+, 75+, 80+ & Women 70+: A courtesy runner may be used for a runner at any time from first base through third base. There is no limit on the number of times a player may be a courtesy runner in any inning.

Men 80+ and Women 70+ are allowed courtesy runners from any base including home to first base. There is no limit on the number of times a player may be a courtesy runner in any inning.

18. **Overrunning:** A "run by" rule shall be in effect at 1st, 2nd, and 3rd base, e.g., a player may run past any base at any time. The runner shall be considered "safe" so long as he/she turns to the right after passing the base. Any attempt to advance, or to decoy the fielder, cancels the "run by" rule and the runner can be tagged out. **Sliding or Diving:** Sliding or diving into 1st base or into home plate when scoring is not permitted and such players will be called out; however, a player may slide or dive into 2nd or 3rd base and when returning to any base. Runners shall be called out for contact with a defensive player IF, in the umpire's judgement, the contact was deliberate OR the runner could reasonably have been expected to minimize or avoid contact under the circumstances and failed to do so.
19. **Runner Hit by Fair Ball:** A runner is not out when he/she is hit with a fair, untouched batted ball that has passed an infielder, excluding the pitcher, and, in the judgement of the umpire, no other infielder had a chance to make an out.
20. **Team clothing** must be of like design and color. Shirts must have numbers on the back, a minimum of six (6") inches in height, with no players on the same team having identical numbers. Hats are not required.
21. NCSG highly recommends that catchers provide and wear a protective mask, but it is not required.
22. **Softballs:** The Men's divisions will play twelve (12") inch slow-pitch. The Women's divisions will play eleven (11") inch slow-pitch. Only restricted flight softballs with a Ball COR of .44, and a Ball Compression of 375, shall be used. White or optic yellow balls may be used. Optic yellow balls will be used at State Finals.

20. **Bats:**

All bats must have either a manufacturer installed non-slip grip surface, or a minimum of one wrap of tape. Altered bats may not be used.

In addition, bats must meet **one of the following two criteria**, not both, to be considered legal for play.

Criteria 1: Bats stamped with a BPF of 1.21 or less will be legal for play.

Criteria 2: Bats stamped with a 2000, 2004 or 2013 ASA Certification Mark and do **not** appear on the most recent ASA Banned Bat List will be legal for play.

Officials should check bats prior to each game. If a team suspects a batter is using an illegal or altered bat during a game, the captain should protest while the batter is at the plate. If the Protest Committee determines the bat to be illegal or altered, an out is recorded and that player is ejected from the game. The illegal or altered bat will then be kept in the possession of tournament officials for the remainder of the offending team's participation in the tournament.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

23. **Protests:** Any protest based on umpire interpretations should be made to the home plate umpire prior to the next pitch to a batter. Decisions on protest made by the Protest Committee are final. Eligibility protests will be decided by the protest committee.

Eligibility and Team Conduct

1. Each team must designate an eligible member of the roster to serve as the Team Captain. The Team Captain is responsible for sharing **all** information with **all** team members. The Team Captain is responsible for submitting the team roster card prior to each game to the scorer. At State Finals, the Team Captain must also attend a required Team Captain's Meeting.
2. Only bench personnel (players and a maximum of 2 coaches as denoted on the State Finals Team Roster Card) may occupy the "team bench" during a game. ASA rules will govern conduct of bench personnel.
3. **Penalty for playing an ineligible player:** Any team playing an ineligible player will forfeit all games played with the ineligible player. If the same team plays an ineligible player a second time in the same tournament, that team will be ejected from the remainder of the tournament and may be subject to future tournament restrictions. The ineligible player will not be allowed to participate in any other games for any team for remainder of the tournament. Ineligible players include, but are not limited to, individuals that are not registered, individuals registered on a different team or individuals that have provided false age group determination information.
4. Individuals must enter at least one game on the local level to be eligible to participate in State Finals.
5. Teams must complete a minimum of three (3) games at the local level to qualify for State Finals. Two or more Local Games may combine for competition.

SWIMMING

Events

The following events will be available at State Finals:

50, 100, 200, 500 yd. Freestyle
50, 100, 200 yd. Backstroke
50, 100, 200 yd. Breaststroke
50, 100, 200 yd. Butterfly
100, 200, 400 yd. Individual Medley

Entry Limit

No participant shall swim more than six events in a day.

Rules

Rules not covered here will be in accordance with USA Swimming rules, including the U.S. Masters Swimming Section.

1. The competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees. Swimwear exemptions related to physical limitations or religious beliefs may be approved but should be requested 2 weeks prior to the swim meet.
2. Swimwear shall include only one swimsuit, no more than two caps, and goggles (a nose clip and ear plugs are allowed). Armbands or legbands shall not be regarded as parts of the swimsuit and are not allowed.
3. The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the athlete and may not be utilized to effect pace or tempo. The device(s) may be worn in any fashion, including on the wrist.
4. All swimming events will be timed heats by age/gender division. When more than one heat is necessary, times shall be used to determine places (no preliminaries).
5. State Finals may seed heats based on entry times.
6. All races shall be started with a gun or sharp audible signal.
7. Each swimmer will be allowed one false start. A second false start in a heat will result in disqualification.
8. In all events, except backstroke, swimmers have their choice of an "in-water start" or "diving start" from the blocks or deck.
9. All backstroke swimmers must start in the water. Regardless of stroke, all in-water starts must keep one hand on the wall or block prior to the start, except in backstroke when both hands must be on the wall or block and the feet entirely beneath the surface of the water.
10. Freestyle: The swimmer may swim ANY style, except in a medley event, where freestyle means any stroke OTHER than backstroke, breaststroke or butterfly.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

11. Backstroke: The swimmer must push off and continue swimming on the back throughout the race. During the turn, the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position on the back upon leaving the wall.
12. Breaststroke: All movements of the legs shall be simultaneous. The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water. A part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, except at the start and each turn, the swimmer may take ONE arm stroke and ONE leg kick while completely submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
13. Butterfly: The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke or whip kick, except after the last such kick before the turn or finish. After the start and after each turn, if breaststroke or whip kick is used, only one kick is allowed prior to the arm pull that brings the swimmer to the surface.
14. Individual medley competition shall consist of four strokes - butterfly, backstroke, breaststroke, and freestyle. Above rules for individual strokes will prevail. The medley shall be run in the order listed above.
15. Touches at turns and at finish for breaststroke and butterfly must be two hands simultaneously with the shoulder in line with the water surface.

Scoring

All competition will be judged by visual finish and/or best time in each age/gender group.

Team Scoring will be used at State Finals and will follow USA Swimming Rule 102.24 and US Masters Swimming 103.19 for 8-Lane Pool. Team Scoring will be 9-7-6-5-4-3-2-1 1 for first through eighth places respectively.

TABLE TENNIS

Events

Singles
Doubles
Mixed Doubles

Equipment

U.S.A. Table Tennis (USATT) approved equipment must be used by participants. Sandpaper paddles are **not** legal and the covering material of the racket faces shall be a **bright color clearly distinguishable from black and from the color of the ball on one side** and black on the other. The ball shall be 40mm in diameter. At State Finals, participants are required to provide their own paddle.

The Point

Unless the rally is a let, a player shall score a point.

A point is scored:

- if an opponent fails to make a correct service.
- if an opponent fails to make a correct return.
- if, after he or she has made a service or return, the ball touches anything other than the net assembly before being struck by an opponent.
- if the ball passes over his or her court or beyond his or her end line without touching his or her court, after being struck by an opponent.
- If the ball, after being struck by an opponent, passes through the net or between the net and the net post or between the net and playing surface.
- if an opponent obstructs the ball.
- if an opponent deliberately strikes the ball twice in succession.
- if an opponent strikes the ball with a side of the racket blade whose surface does not comply with the requirements.
- if an opponent, or anything an opponent wears or carries, moves the playing surface;
- if an opponent, or anything an opponent wears or carries, touches the net assembly;
- if an opponent's free hand touches the playing surface;
- if a doubles opponent strikes the ball out of the sequence established by the first server and first receiver;
- if both players or pairs are in a wheelchair due to a physical disability and his or her opponent does not maintain a minimum contact with the seat or cushion(s), with the back of the thigh, when the ball is struck;
- if both players or pairs are in a wheelchair due to a physical disability and his or her opponent touches the table with either hand before striking the ball;
- if both players or pairs are in a wheelchair due to a physical disability and his or her opponent's footrest or foot touches the floor during play.

In doubles, when at least one player of a pair is in a wheelchair due to a physical disability, the server shall first make a service, the receiver shall then make a return but thereafter either player of the disabled pair may make returns. no part of a player's wheelchair nor a foot of a standing player of this pair shall protrude beyond the imaginary extension of the center line of the table. If it does, the umpire shall award the point to the opposing pair.

The Game

1. A match shall consist of the best two of three or three of five games. Game score is 11 points.
2. Rules not covered below will be in accordance with U.S.A. Table Tennis (USATT) rules.
3. Clothing: The official may require a change of attire if one's clothing is deemed a hindrance to the opponent. The main color of the shirt, skirts, pants or shorts, other than the sleeves or collar of a shirt and trimming along side seams or near the edges, shall be clearly different from that of the ball in use.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

4. Obstructions: A player *obstructs* the ball if he or she, or anything he or she wears or carries, touches it in play when it is above or travelling towards the playing surface, not having touched his or her court since last being struck by his or her opponent.
5. Selected USATT rules governing the SERVE:
 - a. Service shall start with the ball resting freely on the **open** palm of the server's stationary free hand.
 - b. The server shall then project the ball near vertically upwards without imparting spin so that it rises at least 6 inches after leaving the palm of the hand and then falls without touching anything before being struck.
 - c. As the ball is falling, the server shall strike it so that it touches first his court and then, passing directly over or around the net assembly touches the receiver's court. In Doubles, the ball shall touch successively the right half court of the server and receiver.
 - d. From the start of service until it is struck, the ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by any part of the body or clothing of the server or his/her Doubles partner.
 - e. It is the responsibility of the player to serve so that the umpire or assistant umpire can see that he complies with the requirements for a good service.
 - f. If the umpire is doubtful about the correctness of a player's service, he may on the first occasion in a match interrupt play and warn the server without awarding a point.
 - g. If subsequently in a match a service by that player or his Doubles partner is of doubtful legality, for the same or any other reason, the receiver shall score a point.
 - h. Whenever there is a clear failure to comply with the requirements for a good service, no warning should be given and the receiver shall score, on the first as on any occasion.
 - i. Exceptionally, the umpire may relax the requirements for a good service where he is satisfied that compliance is prevented by physical disability.
 - j. If, in attempting to serve, a player fails to strike the ball while it is in play, his opponent will be awarded a point.
6. In game two, the side that did not serve first in game one has first serve. If a third game is played, the side that served first in game one has first serve.

Scoring and Serves

1. A game shall be won by the first side to reach 11 points if ahead by two points. If tied at 10-10, play continues until one side goes ahead by two points.
2. After each 2 points have been scored, the receiving player or pair shall become the serving player or pair and so on until the end of the game unless both players or pairs have scored 10 points, when the sequence for serving and receiving shall be the same but each player shall serve for 1 point in turn.

Obstruction

A player *obstructs* the ball if he or she, or anything he or she wears or carries, touches it in play when it is above or travelling towards the playing surface, not having touched his or her court since last being struck by his or her opponent.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Doubles

1. **Order of Play:** In Doubles, the server shall first make a good service, the receiver shall then make a good return, the partner of the server shall then make a good return, the partner of the receiver shall then make a good return, and thereafter, each player alternately in that sequence shall make a good return. Striking the ball out of sequence results in loss of the point.
2. **Service:**
 - a. The ball shall contact the table in the server's right-hand court and the receiver's right hand court. The centerline is a part of each court. Failure to serve in the correct court results in loss of the point. After the serve, the full table is in play.
 - b. In the first game of a match, the pair who has the right to serve first shall decide which of them shall do so and in the first game of a match, the opposing pair shall then decide which partner will receive first. In subsequent games of a match, the first server having been chosen, the first receiver shall be the player who served to him in the preceding game.
 - c. In Doubles, at each change of service the previous receiver shall become the server and the partner of the previous server shall become the receiver.
 - d. The player or pair serving first in a game shall receive first in the next game of the match. In the last possible game of a Doubles match the pair due to receive next shall change their order of receiving when first one pair scores 5 points. At odd numbered total score, the server remains for his/her second serve AND the receivers change sides. At even numbered total score, the server changes as do the receivers.
 - e. The player or pair starting at one end in a game shall start at the other end in the next game of the match. In the last possible game of a Doubles match the players or pairs shall change ends when first one player or pair scores 5 points.
3. **Out of Order Play:** If by mistake a player serves or receives out of order, play shall be interrupted and the proper order at the score reached shall be re-established. All points scored before discovery of the error shall stand.
4. **Ties in Match Record for Round Robin and Pool Play:**
 - a) In a round robin or pool play competition, each member of the group shall play every other member. 2 match points shall be awarded for a win, 1 for a loss, and 0 for a loss in an unplayed or unfinished match. The ranking order within the group shall be determined primarily by the number of match points gained.
 - b) If two or more members of a pool have won the same number of match points, their relative positions shall be determined by the results only of the matches involving those tied. Compare those tied first for match points, then successively the ratio of games won to games lost; and points won to points lost, as far as necessary to resolve the order of finish. If the tie cannot be resolved, positions are determined by lot.
 - c) Only the results of matches between players tied shall be taken into account. In a two way tie, the winner of the match between the tied players is the winner of the group (or of the higher position for which tied).
 - d) At each stage of computations (ratio of matches, games, points), all tied positions shall be determined if possible.
 - e) If all positions cannot be determined at one stage, those positions that can be clearly determined are assigned their proper positions and excluded from further computation. The remaining positions shall be determined by using the procedure beginning at paragraph 4.b, above.

TENNIS

Events

Singles
Doubles
Mixed Doubles

Equipment

1. United States Tennis Association (USTA) approved equipment shall be used by all participants.
2. The provision of balls should be determined in advance and players informed before the day of the tournament.
3. Net measurements shall be checked before all matches.

The Game

1. Rules not covered below will be in accordance with USTA rules.
2. Warm-up may be limited to a maximum of 10 minutes.

Scoring

1. All matches will be decided by an 8-game pro set or the best two (2) out of three (3) sets (as determined by the Events Director). If players split sets, a Champions tiebreaker (first one to 10, win by 2) will be played.
2. When a set reaches 6-6 (8-8 pro set), a 12 point traditional tiebreaker (not Coman) will be played according to USTA rules for such a tiebreaker. The rules are as follows:
 - Follow the same serving pattern with partners preserving the sequence of their serving turns. This means they may serve from the opposite end from which they normally served in the set.
 - The following sequence of play begins: A and C vs. B and D.
 - Player A serves 1st point from right court.
 - Player B serves points 2 and 3 from left and right courts.
 - Player C serves points 4 and 5 from left and right courts.
 - Player D serves point 6 from left court.
 - Teams change sides of court.
 - Player D serves point 7 from right court.
 - Player A serves points 8 and 9 from left and right courts.
 - Player B serves point 10 from left court.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

- Must continue until team wins 2 points.
 - Teams change sides of court.
 - Player C serves point 13 from right court.
 - Player D serves points 14 and 15 from left and right courts.
 - Continue in this sequence until one team reaches at least seven (7) points and has a margin of at least two (2) points.
 - At end of tiebreaker, teams change ends for one game to start the next set with team of players B and D to serve first. The team who served second in the tiebreaker set serves first in the next set.
3. When using no-ad scoring in Mixed Doubles, when the score is 3-all (deuce), the serve must be made to the court played by the receiver who is of the same gender as the server.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

TRACK

Events

50 Meter Dash	800 Meter Run
100 Meter Dash	1500 Meter Run
200 Meter Dash	
400 Meter Dash	

Rules

1. USA Track & Field rules will govern these events.
2. Places are determined at the finish in the order in which any part of the participants' bodies (i.e. the "torso" as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line.
3. All running events will be timed heats by age/gender division.
4. When more than one heat is necessary in an age/gender division, and runners in different heats are in contention for medals, the times recorded will be used to decide places for those competitors. Place judging within a heat (#2 above) remains the determinant of order of finish within a heat. If a tie results in this situation, the tie stands. State Finals may use entry times to seed heats. Local Games may use past records to seed heats.
5. Each participant will be allowed one false start and will be disqualified on a second false start. Starting command for dashes will be "On your marks," - "Set" - and firing of the starting gun. For the other running events, the command will be "Runners Set" and the firing of the starting gun.
6. If any participant is physically aided by another person during an event, he/she will be automatically disqualified immediately.
7. A participant who does not stay in the assigned lane in races contested in lanes will be disqualified, unless there is no advantage gained (i.e. on a straightaway, outside the outer line on a curve).
8. No competitor, after leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor.
9. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to impede his or her progress shall be liable for disqualification in that event.
10. Any competitor who shall refuse to obey the directions of the Official, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition may be disqualified by the Official from future competition at the meet, and if the Official thinks the offense worthy of additional actions, he/she shall promptly make detailed statement of the offense to the appropriate Local or State Official.
11. The State Finals Track has a red latex rubber granular surface, and competitors are required wear regular athletic shoes or ¼ inch pyramid spikes or smaller spiked shoes. Needle spikes are not allowed. Starting blocks can be used and will be available or participants can provide their own.

Scoring

All competition will be judged by camera or visual finish and best time in each age/gender group.

N.C. SENIOR GAMES OFFICIAL RULES BOOK

APPENDIX A – NATIONAL GOVERNING BODIES

BADMINTON	USA Badminton One Olympic Plaza Colorado Springs, CO 80909 (719) 866-4808 http://www.usabadminton.org/
BASKETBALL TOURNAMENT	National Collegiate Athletic Association P. O. Box 6222 Indianapolis, IN 46206-6222 (317) 917-6222 http://www.ncaa.org
BILLIARDS	American Poolplayers Association 1000 Lake Saint Louis Blvd., Suite 325 Lake Saint Louis, MO 63367 (636) 625-8611 http://www.poolplayers.com
BOCCE	Bocce Standards Association Coming soon, organizational change in process.
BOWLING	US Bowling Congress 621 Six Flags Dr. Arlington, Texas 76011 (800) 514-2695 http://www.bowl.com/
CORNHOLE	The American Cornhole Organization 208 Locust St. Milford, OH 45150 1-888-563-2002 http://www.americancornhole.com/
CYCLING	USA Cycling 210 USA Cycling Point, Ste. #100 Colorado Springs, Co 80919 (719) 866-4581 http://www.usacycling.org/
DISC GOLF	Professional Disc Golf Association International Disc Golf Center 3828 Dogwood Lane Appling, GA 30802 Phone Numbers Phone: +1-706-261-6342 Fax: +1-706-261-6347 https://www.pdga.com/
GOLF	United States Golf Association P.O. Box 708 Far Hills, NJ 07931 (908) 234-2300 http://www.usga.org/
HORSESHOES	National Horseshoe Pitchers Association 3085 76 th Street Franksville, WI 53126 (262) 835-9108

N.C. SENIOR GAMES OFFICIAL RULES BOOK

<http://www.horseshoepitching.com>

PICKLEBALL	USA Pickleball Association (International Federation of Pickleball) P.O. Box 7354 Surprise AZ 85374 http://www.usapa.org/ http://www.usapa.org/rules-summary/
POWER WALKING	http://www.uspwa.org/
SHUFFLEBOARD	National Shuffleboard Association 6595 Seminole Blvd. Seminole, FL 33772 (800) 260-3834 http://www.national-shuffleboard-association.us/
SWIMMING	USA Swimming One Olympic Plaza Colorado Springs, CO 80909 (719) 866-4578 http://www.usaswimming.org
SOFTBALL TOURNAMENT	Amateur Softball Association 2801 N.E. 50th Street Oklahoma City, OK 73111 (405) 424-5266 http://www.teamusa.org/USA-Softball
TABLE TENNIS	USA Table Tennis 4065 Sinton Road, Suite 120 Colorado Springs, CO 80907 (719) 866-4583 http://www.teamusa.org/USA-Table-Tennis
TENNIS	United States Tennis Association 70 West Red Oak Lane White Plains, NY 10604 (914) 696-7000 http://www.usta.com
TRACK & FIELD	USA Track & Field 132 East Washington Street, Suite 800 Indianapolis, IN 46204 (317) 261-0500 http://www.usatf.org/

N.C. SENIOR GAMES OFFICIAL RULES BOOK

Appendix B

NCSG STATE FINALS APPEAL PROCESS

The NCSG State Finals are conducted in accordance with the current North Carolina Senior Games Rules Book (under General Rules and Regulations) and SilverArts Manual.

Appeals must be made in accordance with procedures outlined for each activity or within 30 minutes of the conclusion of the game, match, heat, or event, whichever is sooner. If the appeal is not made within the designated time limit, the right to appeal will be forfeited. All decisions made by the Sports Management Team are final and not subject to further appeal".

If you have a question or concern regarding the Final Results for an activity, please follow these steps:

If the activity is still in progress, please return to the event site and discuss the matter with the Event Manager or SilverArts Chair.

If the activity has concluded, please go to the Information Area and inform them of your appeal. The State Finals Sports Management Team or SilverArts Director will be contacted and will meet or talk with you (pending their location at the time of your request).

Please be patient and wait for the Games Officials to respond to your request/concerns. The staff at the Information Area and Awards Area will not have any information or details that will help you. Your cooperation and patience as they carry on with their tasks is appreciated. Thank you.

REVISED 12-15

NCSG Sports Management Team