



# Rules Book

Baton Rouge, LA

Revised January 2010

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# **LSOG GENERAL RULES**

## **and**

# **INFORMATION**

### **MISSION**

Louisiana Senior Olympic Games, Inc. (LSOG), is a sports organization that promotes physical fitness and quality life for people age 50 and over. We plan, promote, and conduct a statewide program which includes competitions held at the local and district level, an annual state event, and participation in the biennial National Games.

### **DISTRICT GAMES**

LSOG has nine District Games located in all major geographic areas of the state. They are the LSOG sanctioned sites to qualify athletes for State Games in certain sports. They are held in the spring and are open to all age 50 and above athletes. A district may qualify the maximum number of in-district athletes for an event in addition to the out-of-district athletes that finished higher. (See next paragraph for State Games Qualification Requirements)

### **STATE CHAMPIONSHIP GAMES**

The annual State Championship Games are held in the Fall in Baton Rouge. Most events are open to out of state participants, however, athletes must qualify at one of the District Games to be eligible for the State Games in the following events: Bowling Singles, Dance Teams, Golf, Horseshoes Advanced, Shuffleboard Advanced & Doubles, Table Tennis, Discus, Hammer, Javelin, Shotput & Weight.

## LSOG GENERAL RULES (cont.)

### NATIONAL SENIOR GAMES— THE SENIOR OLYMPICS (NSGA)

The NSGA holds the national competition every two years during odd years. Athletes must qualify for these Games at an NSGA sanctioned qualifying site during the preceding year (for example, athletes qualify in 06, 08, 10 at a State Games in order to participate in the National Games in 07, 09, 11). The Annual Louisiana State Senior Olympic Games is the only Louisiana qualifying site for the biennial National Games. In those events that have advanced and recreational categories, athletes must compete in the advanced category to qualify for the National Games. In most sports up to 3<sup>rd</sup> place will qualify for the National Games. Please check the rules for each sport for the National Qualifying standards. Upon qualifying at the State Games in an even year, your name will be submitted to the National Games. You will receive an Entry Form from Nationals in January of the odd year. Please check with the State Games Office if you are in doubt.

### ELIGIBILITY

Any Louisiana resident who is at least 50 years of age DURING THE CALENDAR YEAR OF COMPETITION is eligible to participate in the games. **Competition is for amateurs as determined by NSGA rules** (Must not earn more than 49% of lively hood from the sport. Must not have played professionally for the past 20 years). An athletes age on December 31 of the competition year will be the determining age for age groups. Participants will compete according to age groups based on the following divisions: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99. Age division for doubles & teams will be determined by the age of the youngest partner or team member. There are six age divisions for team play: 50+, 55+, 60+, 65+, 70+, 75+.

LSOG will qualify out of state athletes for the biennial National Senior Games in individual sports but not in team sports The State Games are open to out-of-state athletes, and LA teams may include out-of-state players up to the numbers allowed by NSGA.

## **LSOG GENERAL RULES (cont.)**

Athletes must pre-register with the State Office for the State Games. Entry Forms will be published by July 15 each year. Current LSOG members are on automatic distribution for an Entry Form. Forms are also available at the State and LSOG District Offices, and on the LSOG web-site ( [www.lsog.net](http://www.lsog.net) ). The entry form must be postmarked no later than midnight on the **entry deadline**.

### **MASTERS ATHLETES**

The Louisiana State Championship Track & Field and Archery meet is open to Master Athletes age 40+ however athletes under age 50 are not eligible for the National Games. Some of the District Games are also open to masters athletes. Please check with the local district coordinator.

### **MEMBERSHIP**

LSOG is a not-for-profit organization supported by annual membership fees and sponsor donations. Members receive a discount on their State Games Entry fees and are automatically mailed an Entry Form for the State Championship Games.

### **EVENT CANCELLATION**

In the event of inclement weather, natural disaster or other extenuating circumstances, GAMES OFFICIALS reserve the right to cancel or postpone to a later time than originally scheduled. In the event that rescheduling is not possible, entry fees will **NOT** be refunded.

### **EVENT SELECTION**

Those events designated **advanced** events have more stringent rules than **recreational** events, and are intended for athletes with higher skill levels. Choose the event in which you will be capable of competing to allow a better game for all concerned. Participants must choose between the two events, in the following categories:  
\*Advanced or Recreational Horseshoes, \*Advanced or Recreational Shuffleboard Singles \*Racewalk (advanced) or Walkathon (recreational) and events that are run simultaneously.

## LSOG GENERAL RULES (cont.)

It is the responsibility of every entrant to carefully select their events to avoid conflicts and to be in the right category for national qualifying. Participants may not enter two events scheduled at the same time. (See sports rules for exceptions.) Not all sports offered by LSOG are offered at the national level. National qualifying sports are designated under specific sports rules.

### AWARDS

State Games: In each sex and age group, medals will be presented to the first, second, and third place winners. In the **event of ties** in those events without tie-breakers, ties for awards will **eliminate places** below that level. In sports that are open to out-of-state participants, duplicate awards may be presented (an out-of-state athlete or team will receive the award they earn. They will not take a place away from an in-state participant. In state athletes will receive awards based on in-state results – called qualifying down). Example: 1<sup>st</sup>-3<sup>rd</sup> Place finishes are “out-of-state participants”, 4<sup>th</sup>-6<sup>th</sup> Place finishes are in-state, the in-state participants will move up and share the 1<sup>st</sup>-3<sup>rd</sup> Place Awards. The same is not true for out-of-state, they do not move up or down, they receive awards based on results of their overall performance. **In the case of partners of which one lives in-district/state while the other partner lives out of district/state, the team is considered out-of-district/state.** An Awards presentation will be scheduled by the sport coordinator.

Awards not received at the event will be available at Games Headquarters after results are posted. After the close of the State Games, awards may be picked up at the State or District Office.

### PROTEST PROCEDURES

Any athlete desiring to make a protest with regard to any aspect of a sport competition at the State Games shall make such protest to the Competition Manager of the sport competition in question. Initial protests may be oral or written, If an oral protest is denied, a written protest may subsequently be submitted to the Competition Manager provided it is done within thirty (30) minutes of the conclusion of the competition. (Protest forms will be on hand at the venue). If a written protest is submitted, the Competition

## **LSOG GENERAL RULES (cont.)**

Manager will evaluate the protest and render a decision. If the Competition Manager's response to a written protest is such that a further hearing is desired, a protest may be made to the Games Director. This may be done only after the Competition Manager denies a written protest. All decisions by the Games Director are final and not subject to further appeal.

### **HEAD-TO-HEAD COMPETITION**

The following events are considered head-to-head competition: Badminton, Basketball 3 on 3, Billiards, Horseshoes, Pickleball, Racquetball, Softball, Shuffleboard, Table Tennis, Tennis, Volleyball, Washer Pitch, which is a bracketed sport.

All head-to-head competitors, with the exception of washer pitch, will play a round robin schedule.

One competitor (Individual, doubles pair, or team) in an age group will play down to the next age group. If the lone competitor or competitors are in the youngest age group, a player/team in the next higher age group will be asked to play an exhibition match/game to demonstrate the competency of the lone competitor/team. Two competitors will play a best two out of three matches/games. Three to five competitors will play a round robin. Six or more competitors will be divided into pools of a minimum of three individual competitors, partners, or teams per pool. The first and second place winners of the pools will advance to a bracketed play-off. Supplemental instructions for round robin and pool play are on file at the State & District Offices. Copies will be given to the head-to-head event coordinators.

### **POINTS OF EMPHASIS**

**ONLY PARTICIPANTS WILL BE ALLOWED ON THE FIELD OF PLAY.** No individual coaching is allowed during competition, except in team sports. Participants will be scratched from the event list if they have not reported by the published check in times or **LAST CALL**; there will be no refund of fees if such incident occurs. Recording table is **OFF-LIMITS** to participants and LSOG spectators. Event coordinators and scorers will not be allowed to give out scores of competitors.

## **LSOG GENERAL RULES (cont.)**

UNDER NO CIRCUMSTANCES shall competitors or spectators be allowed to confer with event coordinators or scorers during the running of the event or following the completion of the event. Results will be announced by OFFICIAL SCOREKEEPER on a scheduled basis. Participants cannot officiate an age/sex category in an event in which they compete. Competitors must wear appropriate attire for the sport in which they are competing.

strongly recommends participation only in those events appropriate to the athlete's physical condition. It is also **very strongly recommended** that participants consult their doctor in regard to practice, participation, and competition in the Senior Games. The LSOG Rule Book is published by the State Office. The rules are devised by the LSOG Games Committee, a group of LSOG athletes and officials. The are in compliance with the NSGA and national governing body rules when feasible. LSOG, Inc. reserves the right to differ from the National Governing Body in recreation sports.

## **SPORT: ARCHERY**

**EVENTS** *All events are national qualifying.*

- RECURVE (with sights)
- BAREBOW RECURVE
- COMPOUND FINGERS (with sights) and
- BAREBOW COMPOUND
- COMPOUND RELEASE

### **EQUIPMENT**

N.A.A. equipment rules will apply to the Conventional Bow shooter;  
N.F.A.A. equipment rules to the Compound Bow shooter.

Archers must provide their own bow and a minimum of six (6) arrows, plus extras in case of loss or breakage.

No broadheads will be permitted.

Field glasses or scopes are permitted for spotting arrow hits.

Should equipment failure occur, a 10-minute repair time is allowed the archer; then the end will be completed.

### **DESCRIPTION**

National Archery Association Target Rules of Shooting will apply.  
The "900" AMERICAN round will be used for all competition. Contestants shoot arrows at a circular target from three distances outdoors.

90 arrows will be shot as follows:

30 arrows from 60 yards (5 ends of 6 arrows);

30 arrows from 50 yards (5 ends of 6 arrows);

30 arrows from 40 yards (5 ends of 6 arrows).

Each END (6 arrows) will consist of 1 set of 6 arrows with a time limit of 5 minutes allowed for each end to be shot.

Shooters will rotate with target mates after each 6 arrow set.

## ARCHERY (CONT.)

Two practice ends for sighting in begins at listed time, followed immediately by official ends for score.

### SCORING

A regulation 122cm (48") 5 color target face will be used.

Scoring values are:

Gold . . . . . 10-9	Black. . . . . 4-3
Red. . . . . 8-7	White. . . . . 2-1
Blue. . . . . 6-5	Ring scoring.....10

Each color is divided into two scoring areas by a thin black line.

The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.

Arrows which hit the target but bounce out will be scored as hits if confirmed by the official according to N.A.A. rules.

The winner shall be the archer(s) scoring the highest number of points in a single round.

### TIES

In case of a tie - N.A.A. rules will apply:

- greatest number of scoring hits
- greatest number of 10's
- greatest number of 9's

*Participants may enter only one Archery event.*

### National Qualifying Requirements:

1<sup>st</sup>, 2<sup>nd</sup> and 3rd Place as well as those that meet the Minimum Standard in each age group will qualify.

## **SPORT: BADMINTON**

**EVENTS** *All events are national qualifying.*

SINGLES

DOUBLES

MIXED DOUBLES

A partner must be designated to enter a doubles event.

Competition in an age group will only be conducted if there are at least two entries in that age group.

### **EQUIPMENT**

Participants must provide their own racket. Official feathered shuttles will be provided by LSOG.

Court is indoors.

Court dimensions: Singles - 17' wide x 44' long

Doubles - 20' wide x 44' long

Height and width of net: 5' 1" high at poles and 5' high at center x 20' wide

### **DESCRIPTION**

Badminton is head-to-head competition (see General Rules and Instructions).

All matches will be conducted by the U.S. Badminton Association (USBA) rules. Each match will consist of two out of three games. Once event starts, there will be no practice or pick up games.

Service must be made by the server hitting the shuttle below the server's waist with an underhand swing and must go into the area diagonally opposite the server, past the opponent's short service line and on or within the "long service line for doubles" and on or within the "side line for doubles" For singles the shuttle must land on or behind the short service line, on or within the back boundary line (also "long service line for singles") and on or within the "side line for singles." (See official USAB Rules, pg 8 for clarification).

First serve will be determined by toss. In singles, server will continue to serve until server makes a fault or the shuttle ceases to be in play because it touches the surface of the server's court. Server will serve first from the right service court to the diagonally opposite receiver's service court; thereafter, service will be made from the right court if the server has an even number of points; from

## BADMINTON (CONT.)

the left, if an odd number. In Doubles, first server of a team will serve as described for singles; second server of the team will serve in reverse pattern.

The first player or team to win two of three games wins the match.

Players or teams change ends: (1) after the first game, (2) after the second game, (3) during the third game at 8 points in a 15-point game and at 6 points in an 11-point game.

Play shall be continuous throughout the match with an interval not exceeding 5 minutes between the second and third game.

### SCORING

Only the server or the server's team can score.

Doubles and men's singles are played to 15 points.

Women's singles are played to 11 points.

### TIE GAMES/SETTING OPTIONS

In a game, when a score is tied within 1 or 2 points of the winning score, the first player or team to reach that total, has the option of playing to the 11 (women) or 15 (men and doubles) points originally planned, or of setting the game to a certain number of points.

#### SETTING OPTION

Original game	If tied at	May choose to set at
11	9	3 points
11	10	2 points
15	14	3 points

Ties within round robins: tie between two players/teams, the winner of the head to head match between the two tied teams.

Ties between three players/teams. Least games lost between the players involved in the three way tie will be used to determine 1<sup>st</sup> place. Winner of head to head between remaining players/teams will be awarded 2<sup>nd</sup> place. Tie between four or more players/teams, use logic for tie between three players.

### National Qualifying Requirements:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place in each age group will qualify.

# **SPORT: BASKETBALL**

## **EVENTS**

THREE ON THREE *National qualifying event.*

FREE THROW (recreational event - see THROWS)

## **EQUIPMENT**

Standard basketball half court with backstop and hoop.

Basketballs for men and women will be furnished by LSOG. Captains may agree on a ball furnished by one of the teams.

3-on-3 teams must wear clothing of like design and color; shirts must be numbered.

No black-soled shoes permitted on gym floor.

MEN'S TEAMS - 50+, 55+, 60+, 65+, 70+, 75+

WOMEN'S TEAMS - 50+, 55+, 60+, 65+, 70+, 75+

**Driver's license or other proof of age will be required at check-in.**

## **FORMAT**

Head to head sport (see General Rules & Instructions).

## **ENTRY REGULATIONS**

1. Contact your team coach/manager for instructions before completing your entry form.
2. Teams must all be of one gender.
3. Team rosters shall be limited to 12 persons, including non-playing coaches, non-playing captains and non-playing bench personnel, with a maximum of one out-of-state resident for 50+ thru 65+ teams, and three for 70+ and 75+ teams.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
5. Athletes may compete with only one team per sport.

## **BASKETBALL (CONT.)**

### **SPORTS RULES**

1. This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) rules, except as modified herein. For a copy of these rules, please write or call: National Collegiate Athletic Association, PO Box 6222, Indianapolis, IN 46206-6222, (317) 917-6222.
2. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
3. The game shall be played on half court by two teams of three players each, with a maximum of seven substitutes.
4. Playing time shall be two halves of 12 minutes of a continuously running clock with an intermission of five minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules.
5. A tie score at the end of regulation time will result in a one-minute stop clock overtime period with ball possession determined by a coin flip. If the game is still tied, subsequent one minute periods shall be played until the tie is broken.
6. Two time-outs are permitted per team per half. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 30 seconds in duration. The clock will not run during timeouts.
7. Substitutions may be made after a basket, foul shot, stoppage of play or any other time an official beckons the player onto the court.
8. The winner of the coin toss shall take the first possession. Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.
9. Deliberate stalling or attempts to freeze the ball shall result in loss of ball possession. A warning shall be given by an official prior to assessing the penalty. During the last two minutes of the ball game,

## **BASKETBALL (CONT.)**

teams shall attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.

10. 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.

b) After a turnover or defensive rebound, the ball may be returned to any point 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.

11. 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. Dribbling will result in a replay.

12. Defenders may not cross the check line to guard the player throwing in the ball until after that player has made the first pass.

13. A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.

14. All personal and technical fouls shall be counted against a team total. After the seventh team foul, a bonus shall be awarded for the remainder of the game. Penalties for fouls shall be set forth below.

15. Prior to the seventh team foul:

a) any common foul shall result in loss of possession for the offending team:

b) any player control foul shall result in disallowing a converted basket and loss of possession:

## **BASKETBALL (CONT.)**

- c) any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession.
  - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
16. After the seventh team foul:
- a) any common foul shall result in a single free throw and the offended team shall retain possession:
  - b) any player control foul shall result in disallowing a converted basket and in a single free throw which, if made, shall entitle the shooter to a second free throw, and the offended team shall retain possession;
  - c) any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
  - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.
17. After the 10<sup>th</sup> team foul:
- a) any common foul shall result in two free throws, and the of fended team shall retain possession;
  - b) any player control foul shall result in disallowing a converted basket and in two free throws, and the offended team shall re tain possession;
  - c) any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
  - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the off fended team shall retain possession.
18. During the last two minutes of the second half, and during any overtime period, the automatic awarding of team possession after free

## **BASKETBALL (CONT.)**

throws does not apply (live rebounding will be in effect).

19. Three point shots are allowed.

20. Officials do not put the ball in play, except at the start of each half.

**TIES IN ROUND ROBINS:** Tie between two teams, winner of head to head games. Tie between three teams, use least points allowed between the teams involved in the tie to determine 1<sup>st</sup> place, and winner of head to head game between remaining teams in tie to determine 2<sup>nd</sup> place. Tie between four or more teams see logic for tie between three teams.

### **DEFINITION OF RUNNING CLOCK**

The clock will stop only for time outs: team time outs and official time outs.

### **National Qualifying Requirements:**

Each NSGA qualifying state games may qualify two teams in each age group via competition.

## **SPORT: BILLIARDS**

### **EVENT (recreational)**

#### **8 BALL TOURNAMENT**

**Competition in an age group will only be conducted if there are at least two entries in that age group.**

### **EQUIPMENT**

Six pocket pool table, 15 object balls, cue ball, cue sticks.

### **DESCRIPTION**

Play will be conducted in accordance with the American Pool Players Association. There is no “call shot”. Any legally pocketed ball allows that player to continue shooting.

**RACKING** - All balls must be frozen (touching). Breaking player may request a re-rack. 8 Ball must be first ball that is directly behind the apex ball.

**BREAKING** - Winner of a flip of the coin or lag gets to break first.

1. To be a legal break, players must break from behind the headstring, the head ball or second ball must be struck first and at least four object balls must be driven to the rails for a ball must be pocketed. The cue ball may not be shot into a rail before the rack. If the break does not qualify as legal, the balls are re-racked and re-broken by the same player. After the third illegal break by the player, the balls are re-racked and his opponent gets to break. If a break results in a scratch, the balls are re-racked and broken by the opponent.
2. If the 8-ball is pocketed on the break, that is a win, unless the player scratches, in which case that is a loss.
3. If no ball is pocketed on the break, it is the other player’s turn with an “open table”.
4. If one ball is pocketed on the break without scratching, it is still the breaker’s turn and that player continues shooting the category of balls he just make on the break.
5. If one ball of each category is pocketed on the break, the breaker has his choices of balls. If he makes one of each category on his second shot, he still has an “open table”. IF two balls of one category and one ball of the other category are pocketed, it is the shooter’s choice just as above.

## BILLIARDS (CONT.)

6. As long as there is an “open table”, it is legal to hit a solid first to break a stripe or vice-versa.
7. Scratching on a legal break results in a foul with all balls pocketed remaining pocketed. Opponent gets “ball in hand” behind the headstring and must shoot any ball outside the headstring and may not shoot an object ball behind the headstring unless he shoots the cue ball to a point outside the headstring first.
8. The winner of a rack gets to break the next rack.

**LEGAL SHOT** - On all shots, except on the break and when the table is open, the shooter must hit one of his group of balls first and, (1) pocket an object ball, or (2) cause the cue ball or any object ball to contact a rail.

**COMBINATION SHOT** - combination shots are allowed; 8-ball cannot be used as a first ball in the combination except when the table is open.

**FOULS:** When player fouls, opponent gets cue ball in hand. This means player can place cue ball anywhere on table (except on opening break.) Following infractions result in fouls: (1) failure to execute a legal shot; (2) a scratch shot (shooting the cue ball into a pocket or off the table); (3) a scratch shot on a legal break; (4) shooting without at least one foot touching floor; (5) moving or touching any ball by means other than legal play; (6) shooting a jump shot over another ball by scooping the cue stick under the cue ball; (7) when playing a ball frozen to the cushion, failure to contact the cue ball with the frozen ball and then (a) pocket the frozen ball or any other object ball, or (b) drive the frozen object ball to another cushion, or (c) drive the cue ball or another object ball to any cushion.

**PLAYING THE 8-BALL:** When playing the 8-ball, the shooter should clearly designate the intended pocket. If the shooter pockets the 8-ball without designating the pocket, and the opposing player or referee did not question which was the intended pocket, shooter wins the game.

**LOSS OF GAME:** Player loses if any of the following infractions are committed: (1) fouling when pocketing the 8-ball; (2) pocketing the 8-ball on the same stroke as the last of his group balls; (3) scratching when the 8-ball is the legal object ball; (4) jumping the 8-ball off the table at any time; (5) pocketing the 8-ball in a pocket other than the one designated; (6) pockets the 8-ball when it is not the legal object ball.

### **National Qualifying Requirements:**

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place in each age group will qualify.

## **SPORT: BOWLING**

### **EVENTS**

SINGLES\*\* *State & National qualifying event*

*\*\* (LSOG athletes must qualify at an LSOG District Game during the competition year to participate in the Annual State Games)\*\**

DOUBLES *National qualifying event*

MIXED DOUBLES *National qualifying event*

**A partner must be designated to enter a doubles & mixed doubles event.**

### **EQUIPMENT**

House balls and shoes are available. Bowlers may use personal balls & shoes.

### **DESCRIPTION**

American Bowling Congress (ABC) rules will govern this tournament.

Each bowler will bowl three games.

Highest total number of pins wins

### **TIES**

A tenth frame roll-off will be held. In the event of a tie for tenth frame, highest single game score will designate winner.

**State Qualifying Requirements:** 1st, 2nd, and 3rd place **scratch** winners at District Games qualify, as well as those athletes who meet the following minimum performance standards:

## BOWLING (CONT.)

LSOG Minimum Performance Standards (MPS)								
AGE	50	55	60	65	70	75	80	85+
M	550	500	490	480	450	400	390	380
W	480	460	450	430	400	350	290	250

### National Qualifying Requirements:

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place in each age group plus bowlers that meet the NSGA MPS

### AWARDS

Gold, Silver and Bronze medals for the top three positions in the Scratch and Handicap Divisions. Participants that win a medal in the Scratch Division will not be eligible for a medal in the Handicap Division.

**Scoring for the handicap division** will be based on the middle score of the three games. The middle score will be used to figure handicap, which is based on 80 percent of scratch figure of 200.

Example: scores are 120, 130, and 110. The middle score (120), not the highest or the lowest score and not the middle game, is subtracted from 200. That figure is multiplied by .80 which gives the handicap to be added to the total score.

$$200 - 120 = 80 \times .80 = 64 \text{ (handicap)} \times 3 = 192$$

$$120 + 130 + 110 = 360 + 192 = 552$$

## **SPORT: CYCLING**

### **EVENTS**

5K Time Trial *National qualifying*

10K Time Trial *National qualifying*

20K Road Race *National qualifying*

40K Road Race *National qualifying*

*(National Qualifying Reciprocal & Limited events. See National Qualifying Standards below)*

National Governing Body except as published here-in, United States Cycling Federation (USCF) rules apply.

### **EQUIPMENT**

Participants must provide their own bicycle.

Each participant must provide and use a form of eye protection, in the form of safety glasses, goggles or other reasonably similar item. The eye protection used will be rated to Z87.1 or higher and must be labeled as such. In the absence of a fixed label or stamp, documentation must be presented to LSOG officials .

Multi-gear (free-wheel) bikes with front and rear brakes are required.

FIXED GEAR BICYCLES ARE NOT PERMITTED. USCF approved recumbent bicycles permitted.

Handlebars must be adjusted for Road Races.

There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain-wheel or accessories) which has the effect of reducing air resistance except those allowed by the USCF.

## **CYCLING (cont.)**

HARD SHELL HELMETS ARE REQUIRED. (ANSI or Snell approved with sticker affixed.)

Failure to wear such a helmet, securely fastened, or removing it during warm-up or racing will result in disqualification.

### **SAFETY**

1. United States Cycling Federation rules will apply.
2. All bicycles must pass a safety inspection 15 minutes prior to the race. This includes inspections for: [a] tightness of handlebars, stem, seat, seat post, cranks, wheels. [b] proper adjustments of brakes. [c] proper inflation of tires.
3. If a rider appears later than the appointed time, the start will be allowed only to the extent that in the judgment of the officials, it does not interfere with other riders starting on schedule. In the case of a late start, the appointed time shall be used in computing the results.
4. Starting times for all time trials will be at equal intervals of 30 seconds or one minute (Race Directors call). No allowances will be made for mishaps, mechanical or otherwise.
5. Starting order is by order of random selection within age groups.
6. For the time trial, no rider shall take pace (draft) behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall be disqualified.
7. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
8. In time trials, the rider may be held by an official at the start but will not be restrained or pushed.
9. No restarts are permitted.

## **CYCLING (cont.)**

### **SCORING**

The best times in all heats will determine places in time trials. Order of finish will determine places in Road Races.

### **National Qualifying Requirements:**

1st, 2nd Place in each age group will qualify.

“RECIPROCAL” Qualifying: If athlete qualifies in either event, you may choose to participate in both events. Example: If you qualified in 5k, you may choose to participate in the 10k “**OR**” if qualified in 20k may choose to participate in the 40k.

“LIMITED” Qualifying: If the State Games do not offer a race, then you may qualify by participating in four competitions (Certain paperwork must be completed during time of competition).

## **SPORT: DANCE TEAM**

### **EVENT (recreational)**

#### TEAM DANCE

### **EQUIPMENT**

Teams must provide their own music and costumes. Teams may be responsible for supplying their own sound equipment. Dance floor size to be 40x40 feet.

### **DESCRIPTION**

Three Age Groups: 50-59, 60-69, 70-79. Age group to be determined by average age of all team members on the official roster.

Teams can be comprised of men and women in any combination. Rosters may have not less than 8 nor more than 15 dancers. Performances will be limited to 10 minutes and may have a maximum of three routines. Time starts with first sound of music and **does not stop for 10 minutes**. Deduction of 10 pts for up to 15 seconds over the 10 minute allowance. **D.Q. after 15 seconds**.

No directing or coaching will be allowed during performance. If there is a team leader, the leader must be incorporated into the regular formation, not out in front.

Winners will be determined by the totaled points of three judges who will use the following criteria and point count:

Appearance—15 points  
enthusiasm (5), costumes (5), audience appeal (5)

Choreography—25 points  
creativity (5), complexity (5), use of floor space (5), variety of dance styles (5), interaction between dancers (5)

Accuracy—30 points  
spatial alignment (10), staying in step (10), keeping in time to music (10)

Intensity—30 points  
energy and posture of dancers (10), physically demanding (10), total body use (10)

All Teams that compete at a district game will qualify for the State Dance Competition.

## **SPORT: FITNESS CHALLENGE**

### **EVENT (recreational)**

Weightlifting: Standing arm curl, bench press, & leg press

Calisthenics: Push-ups & sit-ups (crunches)

Walk: One mile walk on road, track, or tread mill

Optional events: Participants can select bench press or push-ups

### **COMPETITION FORMAT**

The event is a test that uses performance standards to measure the participant's individual physical fitness level. Scoring will be based on the number of repetitions attained in the lifting & calisthenics events and time performance in the walk. The weight that a participant lifts in the three lifting events is determined by the participant's age and body weight. Body weight will be rounded to the nearest pound, and lifting weight to the nearest five pound increment. Participants will get three attempts in each of the weightlifting events to get the first legal repetition. Body weight will not be a consideration in push-ups and sit-ups. *The lifting weights and performance standards for each event and age group are published below.*

### **AWARDS**

Gold, Silver, or Bronze Medals will be awarded to the participants that achieve the following standards. Gold: the gold standard for their age group in four of five events, and not less than bronze in the fifth. Silver: the silver standard for their age group in at least four of five events, and no less than bronze in one. Bronze: no less than the bronze standard for their age group in all five events. Participants that achieve the Gold standard in all five events will be awarded a Master of Physical Fitness Certificate. The athlete must achieve the standards at a sanctioned district games or event or at the annual State Games.

## **FITNESS CHALLENGE (cont.)**

### **LEG PRESS**

Equipment Required: The prone leg press machine, sometimes called the hip sled, will be used.

Form Required: The competitor will begin in the reclined position with both feet placed on the foot plate. With the assistance of spotters, the competitor will lift the weight until the legs are fully extended and straight. This is the starting position. Then the competitor will lower the weight until the upper leg (thigh) and lower leg (shin) form an angle of 90 degrees or less. The weight will be returned to the full locked out position (equal to the starting position). This process must be completed for each repetition. A judge will be used to determine if a 90 degree or less, angle was achieved.

### **BENCH PRESS**

Equipment Required: Olympic Bar and plates; Olympic bench.

Form Required: The competitor must lie flat on his/her back on the bench with feet flat on the floor. The lift begins with arms fully extended. The competitor must bring the bar to the chest and return to the fully extended position. No significant pause is required, but the bar must touch the chest.

- 1) The competitor must keep their feet flat on the floor during the lift.
- 2) The buttocks must remain on the bench during the entire lift.
- 3) The lift must be continuous - no distinct pauses and restarts are allowed during a lift cycle.
- 4) The lift must be virtually level during the lift cycle.
- 5) A spotter may help the participant lift the bar from the rack, but may not assist or touch the bar during the lift cycle.

## **FITNESS CHALLENGE (cont.)**

### **ARM CURL**

Equipment Required: Olympic curl bar and Olympic weights. Form Required: The competitor must start the lift standing with the weight in hands and arms fully extended (weight at thigh level). The lift is completed when the competitor lifts the bar upright to a position in front of the chest and shoulders. There must be a discernable pause with the arms fully extended and weight at thigh level on the first repetition. The competitor cannot lift the weight from the ground to thighs and execute repetition in a continuous motion. 1) During the lift cycle, the upper arms may be bent only at the elbows. The upper arms may not be brought forward. 2) The bar may not bounce off of the thighs at the beginning of a lift. 3) During the lift cycle, no back sway or leaning backward is allowed. 4) The lift must be virtually level during the lift cycle.

### **PUSH UPS**

EQUIPMENT: 2" X 4" X 4" block (or towel folded and taped to fit measurements) For Males: The push-up begins with the face downward prone position with arms extended and the lower body supported by the toes only. The hands must be approximately shoulder width. One push up is completed when the competitor lowers himself to the floor and returns to the upright position. The small block (mentioned above) will be placed on the floor beneath the competitor at the chest bone. To be a valid push-up the competitor must at least touch the block when he lowers himself during the push-up cycle. The body must remain virtually straight and rigid (the buttocks must be raised with the rest of the body during the push-up). For Females: The regulations are the same as the men's except the women's starting position will be from the face downward prone position with arms extended and the lower body supported by the knees rather than the toes. Timed Event: This is a sixty-second event. The goal is to perform as many correct pushups as possible, up to the Gold Standard during this period. Pauses are allowed only in the upright position.

## FITNESS CHALLENGE (cont.)

### SIT UPS

**EQUIPMENT:** None **Form Required:** The sit up begins with the competitor lying on his/her back with knees bent upward (heels pulled backward toward the buttocks). A spotter may be used to hold feet. The arms must be crossed over the chest. A sit-up is complete when the

arms make contact with the thighs and the competitor returns to the supine position. The elbows may not be extended during the sit-up. Fingertips must touch shoulders at all times. **Timed Event:** This is a sixty-second event. The goal is to perform as many correct sit-ups as possible, up to the Gold Standard during this period. Pauses are allowed at any time.

### LIFTING WEIGHT ASSIGNMENT TABLES

*(expressed in percent of body weight)*

#### WALK / RUN expressed in minutes

<b>Age</b>	<b>50-59</b>	<b>60-69</b>	<b>70-79</b>	<b>80-84</b>	<b>85+</b>
<b>G</b>	12m	13m	17m	23m	30m
<b>S</b>	13m	15m	18m	25m	35m
<b>B</b>	15m	17m	22m	30m	40m

## FITNESS CHALLENGE (cont.)

### ARM CURL

Age	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90+</b>
M	45%	45%	40%	40%	35%	30%	25%	20%	15%
F	35%	30%	25%	35%	20%	20%	15%	15%	10%

### BENCH PRESS

Age	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90+</b>
M	100%	95%	90%	85%	75%	70%	50%	49%	30%
F	45%	40%	35%	35%	30%	25%	20%	15%	15%

### LEG PRESS

Age	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90+</b>
M	175%	175%	165%	165%	150%	150%	125%	115%	100%
F	125%	125%	115%	115%	100%	100%	90%	90%	80%

**PERFORMANCE STANDARDS: Gold, Silver, Bronze (Male & Female expressed in repetitions)**

### ARM CURL & BENCH PRESS

Age	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90+</b>
G	10	10	10	10	10	10	10	10	10
S	7	7	7		7	7	7	7	7
B	3	3	3	3	3	3	3	3	3

### LEG PRESS

Age	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90+</b>
G	15	15	15	15	15	15	15	15	15
S	10	10	10	10	10	10	10	10	10
B	5	5	5	5	5	5	5	5	5

## FITNESS CHALLENGE (cont.)

### PUSH UPS

*Male*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
G	50	45	40	35	30	25	15	10	5
S	45	40	35	30	25	20	10	70	3
B	40	35	30	25	20	15	5	3	1

*Female*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
G	40	35	30	25	20	15	10	10	5
S	35	30	25	20	15	10	7	5	3
B	30	25	20	15	10	5	4	3	1

### SIT UPS

*Male*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
G	50	50	45	40	35	30	20	15	10
S	45	45	40	35	30	25	15	10	7
B	40	40	35	30	25	20	10	5	3

*Female*

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
G	40	35	30	25	20	15	12	10	7
S	35	30	25	20	15	10	7	5	3
B	30	25	20	15	10	5	3	2	1

## **SPORT: GOLF**

### **EVENTS**

MEDAL *National qualifying event* State requires District Games qualifying  
SCRAMBLE (recreational event)

National Governing Body: (USGA) rules will apply except as modified here-in, or by the tournament Director the day of the tournament.

**EQUIPMENT**—Participants must provide their own equipment.

#### **EVENT: MEDAL**

##### **DESCRIPTION**

Eighteen holes of golf for age 50-89. Nine holes for ages 90+.

1. The tournament will be medal play.
2. Local rules may also be in effect. (Handed out prior to tournament)
3. USGA/PGA dress code will be enforced. Shirt w/color, no blue jeans.
4. Tee positions for each age group will be published in the “Special Tournament” Rules.
5. Once on the green, all putts are required until the ball goes in the hole (No Gimmies).”

##### **SCORING**

The 3 players in each age and sex category with the lowest gross score will be determined the winners.

At the District Games level, there may be two award divisions: gross and handicap. Those who place in the Gross division will not be eligible to win an award in the Handicap division.

#### **EVENT: SCRAMBLE**

18 holes of Golf. No age groups.

The club pro will form the foursomes based on the handicap provided by the players. After tee-off, each team member shoots each consecutive shot from the spot of the best ball made by a team member. Medals are given to all team members according to their team score.

##### **TIES**

In the event of a tie, the winner will be determined by USGA score-card playoff.

**State Qualifying Requirements:** Players meeting the LSOG Minimum Performance Standards (MPS) at a sanctioned District Games.

##### **National Qualifying Requirements:**

Players meeting NSGA MPS in the State Tournament in a qualifying year. NSGA MPS will be on hand at the state tournament.

## SPORT: HORSESHOES

### EVENTS

ADVANCED *National qualifying event*  
*State requires District Qualifying*

### RECREATIONAL

Horseshoes is a head-to-head competition (see General Rules & Information).

**Competition in an age group will only be conducted if there are at least two entries in that age group.**

### EQUIPMENT

**Pitching box** - a six foot square with a stake in the exact center. Centered in the six foot square, a clay, dirt, or sand area three feet wide and four to six feet long will be identified with the length running parallel to the line between the two target stakes. Pitching areas - two areas eighteen inches by six feet will flank the 3' x 6' area. Stakes - one inch in diameter which extend fourteen to fifteen inches above the pitcher's line/area and leaning 12 degrees toward each other.

**Shoes** - a shoe shall not exceed 7 ¼ inches in width, 7 e inches in length, and not weigh more than 2 pounds, 10 ounces. On a parallel line ¾ inches from the straight edge touching the points of the open end of a shoe, the opening shall not exceed 3 ½ inches.

*Play may extend longer than the time specified for an age group according to the number of players.*

### GENERAL RULES

Horseshoes is a head-to-head event (see General Rules & Information).

1. All matches will be conducted in accordance with the National Horseshoe Association Rules, except as changed her-in, or by

## **HORSESHOES (cont.)**

the tournament director on the day of the competition to meet unforeseen circumstances (i.e. weather, facility conditions, etc).

2. Players toss a coin; the winner decides who pitches first. If there is more than one game, the choice of starting alternates thereafter.
3. The pitcher must stand on one of the pitching lines. His feet must stay behind the foul line until the shoe has left his hand. His opponent must remain on the opposite side of the stake, either in the rear quarter of the other pitching area or behind the pitching box, with the toes of one foot touching that line.
4. The pitcher's opponent must not talk, or move, or in any way distract the pitcher. Such an offense incurs a loss of score in that inning.
5. No player may walk to the opposite stake, or be informed of the position of the shoes before an inning is complete. Once thrown, shoes may not be moved or touched until the scores have been decided. Such an offense incurs a loss of score in that inning.
6. A shoe cannot be scored if: 1) it first strikes the ground outside the target area, 2) it first strikes the frame box, 3) it is thrown from an invalid position. The shoe may be removed from the pitching box on the request of the opponent.
7. A shoe landing in the target area and breaking is not scored; it is removed and another pitch taken.
8. Any player repeatedly violating the rules, or displaying unsportsmanlike conduct, may be barred from further competition.
9. A ringer is declared when a shoe encircles the stake far enough to allow the touching of both heel caulks simultaneously with a straight edge, permitting a clearance of the stake.

## **HORSESHOES (cont.)**

### **EVENT: ADVANCED HORSESHOES**

Pitching distance between the bottom of the stakes with a foul line extending 3 feet in front of each stake will be as follows:

MEN 50-69      40 feet

MEN 70+        30 feet

WOMEN 50-74 30 feet

WOMEN 75+    20 feet

A game will be 21 points through age 74 for both men and women.

For men and women 75+, games will be played to 21 points or the high score after 30 shoes are pitched, whichever occurs first.

A match will consist of one game, unless there are only two competitors, in which case, two of three games will be played.

An inning consists of each player throwing two shoes.

### **MATCH SCORING**

Scoring will be by the count-all method:

Ringers count 3, shoes within 6" count 1.

Cancellation method will be used in play-offs between pools:

Ringers count 3, each shoe closer than opponents count 1.

Only the difference between the two scores on an inning is recorded.

Fifteen innings (30 shoes per player) are pitched.

Scorer pitches first in next inning.

If score is 0, the order of pitching alternates.

A shoe must be within six inches of the stake to score.

## **HORSESHOES (cont.)**

### **MATCH TIES**

Ties shall be broken by pitching an extra inning or as many extra innings as necessary to break the tie. In the case of a tie, the player pitching last in the inning will start the next inning.

### **ROUND ROBIN TIES**

Tie between two players, position (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place) will be awarded to winner of the Head to Head match between the two tied players.

Ties between three players, position (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc) will be awarded to the player with the highest differential score. The winner of the Head to Head match between the remaining two players will determine the next position. Ties between four or more players, see logic for tie between three players.

### **FORFEITS:**

If a player fails to complete all matches, the results of all of the matches that he or she completed will count. The remaining matches will result in 1-0 forfeits.

For tie breaker purposes only: In the event of a tie between three or more players, the results of the matches involving the forfeiting player will not be used to determine point differential, if one or more of the tied players won a match by forfeit.

### **EVENT: RECREATIONAL HORSESHOES**

Pitching distance is measured between the bottom of the stakes with a foul line extending 3 feet in front of each stake.

MEN 50-74	30 feet
MEN 75+	20 feet
WOMEN	20 feet

## **HORSESHOES (cont.)**

### **MATCH SCORING**

Count-all scoring will be used:

Each player will receive credit for all points according to the position of his shoes at the end of each inning, regardless of what his opponent throws.

A Ringer counts as three points.

Shoes resting within six inches of the stake score one point each.

The first player to reach eleven points, or the high scorer after 7 innings (14 shoes), whichever is reached first, will be declared the winner of the match.

### **MATCH TIES**

Extra innings will be pitched until the tie is broken.

### **ROUND ROBIN TIES & FORFEITS**

See rules for Advanced Horseshoes.

### **State Qualifying Requirements:**

1st, 2nd, and 3rd place winners in the Advanced Division at District Games.

### **National Qualifying Requirements for advanced division:**

1<sup>st</sup>, 2<sup>nd</sup>, and 3rd Place in each age group will qualify.

# **SPORT: PICKLEBALL**

## **EVENT (Recreational)**

Singles

Doubles

Mixed Doubles

**GOVERNING BODY:** United States of America Pickleball Association (USAPA)

Competition in an age group will only be conducted if there are at least two entries in that age group. If there are less than two entries the participants must compete in the closest lower age group that has participants.

## **EQUIPMENT**

Nets, paddles and balls prescribed in the USAPA Official Pickleball Rule Book

## **DESCRIPTION**

Pickleball is a head-to-head sport. The competition format at the State Championship games will normally be Round Robin for age groups with five or less teams. Age groups with six or more teams will be divided into pools of three to four teams each with the top two finishers in each pool advancing to a single elimination play-off. However, the tournament director may elect to use double elimination brackets for age groups with five or more teams to meet time and court space limitations.

1. Matches will be conducted in accordance with USAPA Rules. Any exceptions must be published in tournament rules published prior to the start of the tournament. If possible all participants will be given a copy of the tournament rules. As a minimum they will be announced at the start of the tournament and posted at the tournament site.
2. Matches will normally consist of three games. Games will be played to 11 points; however, a team must win by two points. The winner of a match shall be the first team to win two games.
3. Play shall be continuous throughout the match with up to a two minute break allowed between games.

## **PICKLEBALL (cont.)**

### **ROUND ROBIN TIES**

Between two teams, the winner of the head to head match between the two teams. Between three teams, the team with the least number of games lost will be awarded the top position (1st, 2nd, etc) among the three teams. The winner of the head to head match between the remaining two teams will be awarded the next position. The matches between the three teams involved in the three way tie will be the only matches used in the tie breaker process. If the three way tie still exists after counting the least games lost, the team that allowed the least amount of points in the matches against the other teams involved in the three way tie will be awarded the top position. A tie between four or more teams, see logic for tie between three teams.

## **SPORT: POWERLIFTING**

### **EVENTS: ( recreational )**

SQUAT  
BENCH PRESS  
DEADLIFT

National Governing Body: the USAPL/IPF (USA Powerlifting/ International Powerlifting Federation) Rules of Performance will be used to judge the three lifts. These rules will be strictly enforced in technical areas where a lifter can gain an unfair advantage. However, the meet director may deviate from the USPL Federation rules in some cases to accommodate the Senior Olympic commitment to competition between age peers, and the equipment limitations of the host facility. In making these decisions the meet director will insure that no lifter receives an unfair advantage.

**SCORING:** LSOG will use the Wilks body weight coefficient to score the lifts and determine order of finish. There will be no weight classes within age divisions. Power lifting is new to Senior Olympics and there have not been enough participants to have good competition in age and body weight divisions.

**CLOTHING:** The USPL Federation rules on lifting costumes will apply with the following exception: lifters may wear any athletic shorts that expose the knee and any shirt that covers the trunk, provided they meet the USPL restrictions against clothing with built in support. Bench Press shirts and deadlift suits **that meet USAPL/IPF Rules** are allowed.

**FLIGHTING:** Age groups may be combined to form optimum flights (ten to fourteen lifters per flight, but no more than fourteen)

USAPL/IPF Performance Rules:

### **SQUAT**

1. The lifter shall assume an upright position with the top of the bar not

## **POWERLIFTING (cont.)**

more than 3cm below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked.

2. After removing the bar from the racks, the lifter must move backwards to establish his position. The lifter shall wait in this position for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "squat".
3. Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
4. The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar.
5. The signal to replace the bar will consist of a backward motion of the hand and the audible command "rack". The lifter must then make a bona fide attempt to return the bar to the racks.
6. The lifter shall face the front of the platform.
7. The lifter shall not hold the collars, sleeves or discus at any time during the performance of the lift. However, the edge of the hands gripping the bar may be in contact with the inner surface of the collars.
8. Not more than five and not less than two spotter/loaders shall be on the platform at any time.
9. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotter/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.

## **POWERLIFTING (cont.)**

10. The lifter may, at the Chief Referee's discretion, be given an additional attempt at the same weight if failure in an attempt was due to an error by one or more of the spotter/loaders.

### Causes for Disqualification of a Squat

1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing or more than one recovery attempt at the bottom of the lift.
3. Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
4. Any shifting of the feet laterally, backwards or forwards, during the performance of the lift.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees.
6. Changing the position of the bar across the shoulders after the commencement of the lift.
7. Contact with the bar by the spotter/loaders between the ref's signals.
8. Contact of elbows or upper arms with the legs.
9. Failure to make a bona fide attempt to return the bar to the racks.
10. Any dropping or dumping of the bar after completion of the lift.
11. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

### **BENCH PRESS**

1. The head of the bench must be placed on the platform facing the Chief Referee.

## **POWERLIFTING (cont.)**

2. The lifter must lie on his back with shoulders and buttocks in contact with the flat bench surface. His hands may grip the bar with a “thumbs around” grip, thumbless grip or reverse grip as long as the rings on the bar are covered. You may not grip outside the 81cm mark. His shoes must be flat on the floor. This position shall be maintained throughout the attempt. The head may raise during the lift.
3. If the lifter’s costume and the bench surface are not of a sufficient color contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.
4. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30cm in total height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45cm X 45cm.
5. Not more than four and not less than two spotter/loaders shall attend. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off, if assisted by the spotter/loaders, must be to arms length.
6. The spacing of the hands shall not exceed 81cm. The use of a reverse grip is allowed, as long as the 81cm marks are covered.
7. After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall wait with elbows locked for the chief Referee’s signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.
8. The signal shall consist of a downward movement of the arm together with the audible command “start”.
9. After receiving the signal, the lifter must lower the bar to the chest, hold it motionless on the chest with a definite and visible pause and then press upwards with an even extension of the arms to arms length. When held motionless in this position the audible command “rack” is

## **POWERLIFTING (cont.)**

given.

### **Causes for Disqualification of a Bench Press**

1. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position other than the head during the lift i.e. any raising movement of the shoulders, buttocks, or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar.
3. Heaving, bouncing, or sinking the bar after it has been motionless on the chest.
4. Any uneven extension of the arms during the lift.
5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar by spotter/loaders between the Chief Referee's signals.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.
10. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

### **DEAD LIFT**

1. The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without any downward

## **POWERLIFTING (cont.)**

movement until the lifter is standing erect.

2. The lifter shall face the front of the platform.
3. On completion of the lift, the knees shall be locked in a straight position and the shoulders back.
4. The Chief Referee's signal shall consist of a downward movement of the hand and the audible command "down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
5. Any raising of the bar or any deliberate attempt to do so will count as an attempt.

### Causes for Disqualification of a Dead Lift

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift.
5. Stepping backward or forward although lateral movement of the sole or rocking feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands.
8. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

The correct finish position in the dead lift is: The lifter must be standing erect with the shoulders back and the knees locked.

## **SPORT: RACQUETBALL**

**EVENTS** *National qualifying events*

SINGLES

DOUBLES

**Competition in an age group will only be conducted if there are at least two entries in that age group.**

### **EQUIPMENT**

Participants must provide their own racquets and two canisters of unopened regulation balls.

Licensed eye wear designed for racquet sports is mandatory.

### **DESCRIPTION**

Racquetball is a head-to-head competition (see General Rules & Instruction).

All matches will be governed by U.S. Racquetball Association rules.

### **ROUND ROBIN/POOL TIES**

Ties between two players, winner of the head to head match between the tied players will be awarded the tied position (1<sup>st</sup>, 2<sup>nd</sup>, etc.).

Ties between three or more players, the player that allowed the least number of points in all matches will be 1<sup>st</sup> among the tied players. The next position (2<sup>nd</sup>, 3<sup>rd</sup>, etc) will be awarded to the winner of the head to head match between the two remaining players.

Ties between four or more players, see logic for ties between three players.

## **RACQUETBALL (cont.)**

### **FORFEITS**

If a player fails to complete play in a round robin or pool, all of their matches will count. The uncompleted/unplayed matches will be scored as 1-0 forfeits.

For tie breaker purposes only: In the event of a tie between three or more players, the results of the matches involving the forfeiting player/players will not be used to determine least points allowed.

### **National Qualifying Requirements**

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place in each age group will qualify.

## **SPORT: ROAD RACES**

**EVENT:** *All events are national qualifying.*

**5K RACE WALK ( National qualifying event, see Walking for rules )**

**5K & 10k RUN ( National qualifying events )**

The dates and venue locations for the 5k events will be published in conjunction with the registration process for the Annual State Games. The annual 10k will be published by separate letter.

LSOG will attempt to satellite off another established organization. For the 5K, LSOG partners with the Annual LSU Lake to Lake. For the 10k, LSOG partners with BRSF for The Mardi Gras Mambo

The races are governed by USATF masters rules. Participants must choose between the 5K run or 5K Race Walk. Both races will be run concurrently.

### **National Qualifying Requirements for ROAD RACES:**

1st, 2<sup>nd</sup>, and 3<sup>rd</sup> Place in each age, plus those that meet the NSGA MPS will qualify. In the 5K Run & 10K Run, Athletes may enter only the event in which he/she qualified.

## **SPORT: SHOOTING**

### **EVENTS (recreational)**

.22 PISTOL     .22 RIFLE

### **ELIGIBILITY**

A new participant (someone who has not competed in the event at a prior LSOG state games) must present a certificate of familiarization from a law enforcement official or an NRA certified instructor or coach.

### **EQUIPMENT**

Shooting mats and kneeling rolls will be provided. Contestants must provide their own firearms and ammunition. Shooters and spectators must bring their own safety glasses and hearing protection (sound suppressions preferably). Metallic sights only - aiming scopes are not allowed. Shooter should provide own spotting scope.

### **EVENT: .22 PISTOL**

### **DESCRIPTION**

1. Competition in an indoor range.
2. There will be a five minute sighting in period.
3. Three strings of slowfire, 10 shots in 10 minutes, each string two hand grip is optional.
4. Ten shots at each target, B2 targets.
5. Three targets of firing for a total of thirty shots.
6. Firing distance will be fifty feet indoors.
7. Revolver or semi-automatic pistols. Load 5 shots at a time.
8. Metallic sights only.

### **SCORING**

Highest total score for 30 shots as determined by the match director or statistical officer will determine the winner(s).

### **TIES**

Ties will be broken by the greatest number of x's, fewest misses, fewest hits of lower value, fewest hits of next lowest value, highest score on

## **SHOOTING (cont.)**

the last target and highest score on the next to last target. In case of an unbreakable tie, there will be equal division of awards.

### **EVENT: .22 RIFLE**

#### **DESCRIPTION**

1. Sighting shots are taken within the designated time allotted for each position.
2. Rifles must be single shot bolt action.
3. NRA position rules apply.  
The positions and sequence for firing are:
  - a] Prone (10 minutes)
  - b] Standing (20 minutes)
  - c] Kneeling (15 minutes)
4. There will be ten shots in each position at an A-17 target for a total of thirty shots.
5. Firing distance will be fifty feet in doors.
6. Metallic sights only.

#### **SCORING**

Highest total score for the three positions as determined by the match director or statistical officer scorer will determine the winner(s).

#### **TIES**

In the event of a tie, the winner will be determined by greatest number of center shots, highest score in standing position, greatest number of center shots in standing position, highest ranking score on last numbered bulls eye, greatest number of center shots on last numbered bulls eye, highest ranking score on each bulls eye applied in inverse order from last to first, etc. according to rule 15 of NRA International Rules.

#### **SAFETY IS OF PRIMARY IMPORTANCE.**

**Violation of safety rules will result in disqualification.**

## SPORT: SHUFFLEBOARD

### EVENTS

SINGLES REC (Recreational)

SINGLES ADVANCED *National qualifying event*

*State requires District Games qualifying.*

DOUBLES *National qualifying event State requires District Games qualifying. (If a District Games does not hold a doubles competition, the singles winners may combine into doubles teams.)*

Doubles compete with no divisions by sex - any mixture of men and women will be allowed for team competition. **A partner must be designated to enter a doubles event.**

**Competition in an age group will only be conducted if there are at least two entries in that age group.**

### EQUIPMENT

Players may bring their own cues; however, cues will be available. The cue will not have an overall length of more than six feet three inches. No metal part of the cue can touch the surface of the court.

### GENERAL RULES OF PLAY

1. Shuffleboard events are head-to-head competitions (see General Rules & Information).
2. Matches will be conducted in accordance with the official rules of the National Shuffleboard Association, other than exceptions published here-in.
3. Match Time: In Singles matches will consist of four rounds (eight frames); In Doubles matches will consist of eight rounds (sixteen frames); The tournament director may chose to reduce play within an age group if time becomes a factor. The decision to reduce play must be made prior to the start of competition in a particular age group. In round robins/pools of three or more players/teams, the tournament director may elect to use a 30 minute time limit on each match. No odd numbered frame will start after 30 minutes. If the score is tied when time has lapsed, the participants will play complete frames until the tie is broken (ties may be broken on odd numbered frame).

## SHUFFLEBOARD (cont.)

4. The end of the court at which a match begins is Head of Court, and the opposite end is Foot of Court.
5. Shooting for Disc Color: From Head of Court the players shoot alternately, yellow shooting first. The first three discs of each color are practice and are removed progressively. The last disc played is left on the court, and the disc nearest the far deadline determines who has color choice. If last black disc touches or moves yellow disc, yellow gets choice.
6. Yellow is on the right side of Head of Court and left side of Foot of Court.  
Singles: Yellow shoots first from Head of court. Black shoots first at Foot. Lead changes after each frame. The event coordinator may elect to conduct two matches simultaneously on one court. If this occurs, the opponents will remain at one end of the court for the entire match, and change sides at mid-match (ie, after 4th frame in 8 frame match).  
Doubles: Yellow shoots first from both Head and Foot for full round (two frames). Black shoots first for entire second round. Play continues accordingly.
7. Error in color lead: Can be corrected before the frame is over by playing the frame over. After the eighth disc is shot and all discs have come to a stop, the error then detected is not corrected.
8. A disc is played when it leaves the starting area, except when jockeying (sliding disc backward and forward to judge court surface.)
9. Dead Discs which are removed: Disc stopping between the farthest deadline and starting area. (Disc that touches the farthest deadline is in play.) Disc returning or remaining on the court after having struck any object outside the playing area. Disc leaning over edge of court and touching the alley. Disc which stops less than eight inches beyond farthest baseline.

## SHUFFLEBOARD (cont.)

10. Frame (½ round) will be played over when: Error in color lead is disclosed before last disc of frame has been shot and stops.  
Disc from another court moves or displaces a live disc. Disc rebounds and touches a live disc or causes another dead disc to touch a live disc.
11. Players may not step or touch over the baseline.
12. Players must not talk or make remarks to disconcert opponent's play.
13. In doubles, any remark or motion to partner which indicates coaching their play is prohibited.
14. In singles play, players must not advance beyond the baseline until beckoned by the referee to begin play by the word "Play" or hand signal. In doubles play, partners not shooting remain seated until the referee indicates play.
15. When pushing a disc, you must have one smooth follow through movements (no "jerking" allowed).
16. **5-OFF PENALTIES**
  - Discs not in starting area.
  - Played disc touching front or back line of starting area.
  - Intentional stalling.
  - When not shooting, stepping on, or over base line, or extension of baseline, except to gather or place discs.
  - Standing on adjoining court.
  - In Doubles, leaving seating before official indicates "Play."
  - In Singles, crossing baseline to proceed to other end before official indicates "Play."
  - Standing in the way of, or having a cue in the way of, or interfering with the play of opponent.

## SHUFFLEBOARD (cont.)

### 17. 10-OFF PENALTIES

- Shooting opponents disc.
- Disc played touches side line or triangle of starting area.
- Hesitation shot. Hook shot.
- Player touching over baseline while shooting.
- Player leaving the court without permission.
- Player touching a live disc.
- Talking or making remarks to disconcert opponent.
- Making remark or motion to partner which indicates coaching.
- Shooting before opponent's disc comes to rest.
- Cue slipping from player's hand which touches or displaces any live disc.
- Player shooting two consecutive discs.
- Player shooting disc causing replay.
- Appealing without reason.
- Any action not covered by the rules, deemed improper by the Tournament manager.

### MATCH SCORING

The individual or team with the highest score after competition is the winner. Players should sign score sheet after match.

### MATCH TIES

Extra rounds will be played until the tie is broken.

### ROUND ROBIN/POOL TIES

Ties between two players, the winner of the head to head match between the two players will be awarded the tied position (1<sup>st</sup>, 2<sup>nd</sup>, etc). Ties between three players, point differential will be used to break the tie between the three players (The Tournament Director will only use the scores from the matches between the participants involved in the three way tie to compute the point differential ). The next position (2<sup>nd</sup>, 3<sup>rd</sup>, etc) will be awarded to the winner of the head to head match between the two remaining players. Ties between four or more players, use logic for ties between three players.

## **SHUFFLEBOARD (cont.)**

### **FORFEITS**

If a player fails to complete round robin/pool play for any reason (injury, withdrawal, ejection, etc), all of their matches will count. The matches that they did not complete/play will be cored as 1-0 forfeits.

### **EVENT: SINGLES RECREATIONAL**

1. Matches will consist of two rounds (four frames.) Opposing players will remain at one end of the court during the entire match. There will be two opposing players who will remain at the other end of the court competing against each other.
2. Women may shoot from the end of the scoring triangle instead of the shooting box.

### **EVENT: SINGLES ADVANCED**

Matches will consist of four rounds (eight frames.) However, the Tournament Director may choose to reduce play to six frames within an age group if time becomes a factor. The decision to reduce play must be made prior to the start of competition in a particular age group.

### **EVENT: DOUBLES**

Matches will consist of eight rounds (sixteen frames) of which eight frames will be played by each partner who will stay at his respective end of the court during the entire match. As in Singles Advanced, the Director may elect to reduce the number of frames in the interest of time.

### **ROUND ROBIN TIES & FORFEITS**

See rules for Advanced Shuffleboard

### **COURT ETIQUETTE**

Make every effort not to disconcert other players.

Use one alley when traveling back and forth between

Head and Foot of court. Never walk on court.

Player, after shooting disc, shall step to the rear of their portion of shooting area with cue in vertical position.

## **SHUFFLEBOARD (cont.)**

### **FORFEITS**

If a player fails to complete round robin/pool play for any reason (injury, withdrawal, ejection, etc), all of their matches will count. The matches that they did not complete/play will be cored as 1-0 forfeits.

### **EVENT: SINGLES RECREATIONAL**

1. Matches will consist of two rounds (four frames.) Opposing players will remain at one end of the court during the entire match. There will be two opposing players who will remain at the other end of the court competing against each other.
2. Women may shoot from the end of the scoring triangle instead of the shooting box.

### **EVENT: SINGLES ADVANCED**

Matches will consist of four rounds (eight frames.) However, the Tournament Director may choose to reduce play to six frames within an age group if time becomes a factor. The decision to reduce play must be made prior to the start of competition in a particular age group.

### **EVENT: DOUBLES**

Matches will consist of eight rounds (sixteen frames) of which eight frames will be played by each partner who will stay at his respective end of the court during the entire match. As in Singles Advanced, the Director may elect to reduce the number of frames in the interest of time.

### **ROUND ROBIN TIES & FORFEITS**

See rules for Advanced Shuffleboard

### **COURT ETIQUETTE**

Make every effort not to disconcert other players.  
Use one alley when traveling back and forth between Head and Foot of court. Never walk on court.  
Player, after shooting disc, shall step to the rear of their portion of shooting area with cue in vertical position.

## SPORT: SWIMMING

**EVENTS** *All events are national qualifying events.*

BACKSTROKE: 50y, 100y, 200y

BREASTSTROKE: 50y, 100y, 200y

BUTTERFLY: 50y, 100y

FREESTYLE: 50y, 100y, 200y, 500y

INDIVIDUAL MEDLEY: 100y, 200y - 4 Strokes

**EQUIPMENT** Fifty yard, 8 lane course with timing system.

### GENERAL RULES

Swimming is governed by the U.S. Masters swimming rules, unless otherwise stated.

1. No SMOKING is allowed in the building by swimmers or spectators.
2. Seeding will be by age group, sex, and time, with heats seeded slowest to fastest. Entries without seed times will be placed in slowest heats.
3. Swimmers not reporting to correct lane at proper time in the correct event entered, will not be allowed to swim that event at another time. There is no penalty for scratching an event. Deck entries will not be permitted.
4. The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall.
5. **A false start will result in disqualification.**
6. Any swimmer who uses improper methods in order to obtain an advantage over competitor(s) will be disqualified from that event.

## SWIMMING (cont.)

### SPECIFIC RULES

1. There are no rules pertaining to arm or leg movements in the **back stroke**.
2. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the **butterfly stroke** at any time during the race. Scissor kick is not a legal kick for breaststroke or butterfly.
3. The **breaststroke & butterfly stroke** turns and finish must be done with both hands touching simultaneously at, above, or below the water surface. The **backstroke and freestyle** require some part of the body to touch the wall during the turn. A **backstroke** swimmer is allowed to turn over on stomach during the turn prior to touching the wall.
4. The **butterfly stroke** requires an out of water recovery of the arms while **breaststroke** requires an underwater recovery of the arms. **Appropriate strokes are required.**
5. The order of strokes in the **individual medley** is butterfly, backstroke, breaststroke, and some other stroke. Rules for the individual strokes govern turns.

### SCORING

All events are timed finals. All competition will be judged by best in all age groups regardless of the number in an event.

### National Qualifying Requirements:

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place in each age group, plus individuals that meet the National MPS. Qualified participants may choose a “BONUS” event of a lesser distance than the qualified event (“bonus” selection is made during registration for Nationals).

## **SPORT: TABLE TENNIS**

**EVENT** *National qualifying events.*

SINGLES *State requires District Games qualifying.*

DOUBLES

MIXED DOUBLES

**Competition in an age group will only be conducted if there are at least two entries in that age group.**

### **EQUIPMENT**

Standard tables with net, balls, and regulation paddles.

Orange shirts are not permitted.

Paddles must have rubber on both sides and be in compliance with USTTA rules.

### **DESCRIPTION**

Table Tennis is a head-to-head competition (see General Rules & Instruction).

1. Matches will be conducted in accordance with United States Table Tennis Association [USTTA] Rules.
2. Play shall consist of a five game match. The winner shall be the first player to win three games.
3. Games will be to 11 points.
4. Play shall be continuous throughout the match with a one minute break between games.

### **SCORING**

Points may be scored by either server or striker-out during each rally.

A player may lose a point if: [1] he fails to make a good service; [2] he fails to make a good return; [3] he, or his racket or anything he wears or carries, touches the net, its supports, or the playing surface or moves the playing surface while the ball is in play.

## TABLE TENNIS (cont.)

### ROUND ROBIN TIES

Will be settled in accordance with the USTTA Tournament Guide.

### FORFEITS

If a player or team fails to compete round robin/pool play for any reason (injury, withdrawal, ejection, etc) **all** of their remaining matches will be ruled 3-0 forfeits.

### DEFINITIONS

**Service** shall begin with the ball resting on the palm of the free hand, which shall be stationary, open and flat, with the fingers together and the thumb free. The free hand, while in contact with the ball, shall be above the level of the playing surface and behind the server's end line. The server shall then project the ball near vertically upwards, by hand only and without imparting spin, so that it rises at least 16cm (6") after leaving the palm of the free hand. Ball shall be struck so that it touches first the server's court and then passing directly over or around the net, touching the striker-out court.

**Return:** A ball having been served or returned in play shall be struck by the player so that it passes directly over the net or around the net and touches directly the opponent's court.

**Let:** If **[a]** the ball served, in passing over the net, touches it or its supports, provided the service either be otherwise good or volleyed by the striker-out; **[b]** service be delivered when the striker-out is not ready, provided always, that he may not be deemed to be unready if he attempts to strike at the ball; **[c]** the player be prevented by an accident, not under his control from serving a good serve or making a good return; **[d]** interruptions occur as provided in USTTA Rules 10.1.4 - 10.1.7.

**In-Play:** A ball is in play from the moment at which it is projected in service until it has: **[a]** touched one court twice consecutively; **[b]** except in service, touched each court alternately without having been struck by the racket intermediately; **[c]** been struck by either player more than once consecutively; **[d]** touched either player or anything that he wears or carries, except his face or his racket hand below the

## **TABLE TENNIS (cont.)**

wrist; [e] touched any object other than the net, supports, or those referred to above.

**Rally:** The period during which the ball is in play shall be termed a rally.

### **State Qualifying Requirements:**

1st, 2nd, and 3rd place winners at District Games qualify for State Games.

### **National Qualifying Requirements:**

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place in each age group will qualify.

## **SPORT: TENNIS**

**EVENTS** *All events are national qualifying.*

SINGLES

DOUBLES

MIXED DOUBLES

**A partner must be designated to enter a doubles/mixed doubles event.**

### **EQUIPMENT**

Contestants must provide their own rackets.

Tennis courts are standard hard surface courts, out of doors.

### **DESCRIPTION**

**USTA Rules will apply with the following provisions:**

1. Athletes may only enter **two of the three** Tennis events.
2. Competition will normally be limited to a maximum of 3 matches a day with a minimum of one-hour break between matches unless waived by the consent of both competitors and the tournament director. Tournament director can waive the maximum match limit if the use of no add scoring or pro sets is employed due to weather or court usage restrictions. Additionally, if an individual chooses to participate in two tennis events, the tournament director may require the participant to exceed the normal maximum match limit.
3. All games must be supervised.
4. No games played outside of Tournament will be allowed to be considered at State Games Competition.

### **SCORING**

**Age 50-64:** A match will consist of 2 sets of normal scoring with a ten point tiebreaker (first competitor to reach 10 ahead by 2) in lieu of a third set. A seven point tiebreaker (first competitor to reach 7 ahead by 2) will be used at 6 all in games in each of the first two sets. (The tour-

## **TENNIS (Cont.)**

nament director may elect to use pro sets and no add scoring in the event of inclement weather or other unforeseen circumstances that call for shorter matches).

**Age 65+:**Pro set scoring will be used. Normal scoring will be in effect (first player/team) to reach 8 games ahead by 2 games wins the match. A seven point tiebreaker (first player/team to reach 7 ahead by 2) will be used if an 8 all score is reached in a game.

### **FORMAT**

A. Four or less individuals/teams in a competition group: a round robin format will be used. Ties will be decided in accordance with Friend at Court, 2004 edition, pg 83 6 c. Round robin draw.

B. Five to eight individuals or teams in a competition group: will consist of a double elimination using the feed in championship procedure. Winner of the main draw will receive a Gold Medal. The loser of the winners final will play the winner of the feed in championship bracket for the Silver. The Tournament Director will determine seeding by rank or lot (byes will be awarded).

C. Nine to sixteen individuals/teams in a competition group: will consist of single elimination in the main draw with the Gold Medal awarded to the winner of the main draw and Silver awarded to the loser of the final in the main draw. The semi-final losers will play for the Bronze medal in a regular match. A consolation bracket will be available to all losers of their first match. A single elimination format will be used. The winner of the consolation bracket will receive an award and their name/names published in the official results. Rank or lot will determine seeding (byes will be awarded).

### **National Qualifying Requirements:**

1<sup>st</sup> and 2<sup>nd</sup> Place in each age group will qualify.

## **SPORT: THROWS**

### **EVENTS (recreational)**

FOOTBALL ACCURACY

FRISBEE® ACCURACY

SOFTBALL ACCURACY

SOFTBALL DISTANCE

BASKETBALL FREE THROW

### **EQUIPMENT**

Basketball, mid-size football, FRISBEE® discs, eleven-inch circumference softball, 25 inch rings, and distance lanes.

### **DESCRIPTION**

Contestants throw a football, FRISBEE®, or softball.

### **EVENT: ACCURACY**

### **GENERAL RULES**

1. The target will be the opening in a 25 inch ring, the center of which will be five feet from the floor.
2. Each contestant may have two practice throws prior to the competition.
3. Each contestant will have two consecutive attempts to throw an object through the ring at each distance. Age 50-74 will throw at 15, 20, & 25 feet. Age 75+ will throw at 10, 15, & 20 feet.
4. One of the six objects will be designated a bonus by special marks. The contestant must call the bonus before the first throw. The contestant may use the "bonus" to double the score of that distances' value.
5. Any throwing technique may be used.
6. Stepping over the foul line before the ball passes the target will nullify the throw.

## **THROWS (Cont.)**

### **SCORING**

Fifteen points will be awarded for each throw through the target at the fifteen foot line, twenty points at the twenty foot line, and twenty-five points at the twenty five foot line.

Age 75+ will be awarded 15, 20, & 25 points at the 10, 15, & 20 foot lines respectively.

### **TIES**

A sudden death score card play-off will be used to break ties.

## **EVENT: BASKETBALL FREE THROW**

### **DESCRIPTION**

Free throwing from the free throw line. LSOG equipment must be used.

1. Competitors shoot at the basket from the free throw line, except for women's age groups 70+ and men's age groups 80+ which will shoot from 3 feet in front of the free throw line (12').
2. Each competitor will shoot two practice shots followed by ten consecutive free throws.
3. Stepping on or over the free throw line before the ball touches the rim, constitutes a foul. THIS RULE WILL BE STRICTLY ENFORCED.

### **SCORING**

Each made free throw will count one point. Competitor with the highest point total will be declared the winner.

### **TIES**

Additional rounds of five consecutive shots are taken until all ties are broken.

## **THROWS (Cont.)**

Competitors not available for tie-breaker round WILL be judged FORFEIT.

### **EVENT: SOFTBALL DISTANCE**

#### **DESCRIPTION**

1. The object is to achieve the longest distance inside established out-of-bound lines.
2. Each contestant will have three consecutive throws for distance.
3. Distance is measured from the foul line to the point where the object first touches the ground.
4. Stepping over the foul line before the ball touches the ground will nullify the throw.
5. All throws will be measured.
6. The longest of the three scores is recorded as the score.
7. A throw which lands outside the foul line will be charged as a throw, but will not count for a score.
8. Use any Track & Field throws diagram.

#### **SCORING**

Each foot of distance [to the nearest spot] will count as one point. The winner will be

the thrower with the longest single throw.

#### **TIES**

In event of a tie, the next longest throw will break the tie.

## SPORT: TRACK & FIELD

**FIELD EVENTS** *All events, with the exception of hammer, triple jump & weight are National Qualifying.*

DISCUS	LONG JUMP	POLEVAULT
HAMMER	SHOT PUT	HIGH JUMP
JAVELIN	WEIGHT	TRIPLE JUMP

Athletes must qualify at District Games in Discus, Javelin, or Shot Put, in order to participate in State Games. Athletes that qualify in the discus, javelin, or shot put are also qualified in the hammer & weight.

### EQUIPMENT

Discus: M50/1.5kg, M60+/1.0kg, W50+/1.0kg

Hammer: M50/6k, M60/5k, M70+/4k, W50+/3k

Javelin: M50/700gm, M60/600gm, M70/500gm, M80+/400gm,  
W50/500gm, W60+/400gm

Shot Put: M50/6kg, M60 /5kg, M70+/4kg, W50+/3kg

Weight: M50/25 lbs, M60/20 lbs, M70/16lbs, M80+ /12lbs,  
W50/16lbs, W60+ /12lbs

6 m. maximum spike length allowed.

Competitors in discus, javelin, shot put may use personal implements. LSOG will also furnish discuses, javelins & shot puts. **Competitors in pole vaulting, hammer & weight must provide their own equipment.** *Please do not impose on other participants by asking to borrow their equipment.*

All personal implements must be certified by LSOG Officials prior to the start of competition.

### DESCRIPTION

1. Field events will be governed by the standard rules recommended by USA Track and Field. The meet director shall de-

## **TRACK & FIELD (Cont.)**

side all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules.

2. Warm-up shall be done in areas not interfering with progress of events.
3. Any contestant not reporting for the last call will be scratched.
4. Each contestant will have three preliminary attempts at his specialty. The top seven finishers of each category will qualify for three additional attempts. The order will remain the same. Each competitor shall be credited with the best of all his attempts.
5. On a decision of a coordinator that a jump or throw is foul, the jump or throw shall not be measured.
6. No competitor is allowed more than one trial recorded in any one round of competition.
7. If a competitor appears after a round begins, but prior to the official completion time of the event, the competitor will abide by the decision of the coordinator who will confer with the meet director.
8. Shoes must be constructed for competitive wear and may not give the competitor any additional assistance. Up to 1/4" spikes will be allowed.

### **JUMPING EVENTS**

Each competitor shall be credited with the best of all jumps attempted.

#### **EVENT: RUNNING LONG JUMP**

Measurement will be made from the take-off line to the nearest break in the landing area by ANY PART OF THE BODY.

It shall be counted as a foul if any competitor:

1. touches ground beyond take-off line, whether running up without jumping or in act of jumping;

## **TRACK & FIELD (Cont.)**

2. takes off to either side of take-off board;
3. after a completed jump, walks back into landing area

### **EVENTS: HIGH JUMP and POLE VAULT**

The height of crossbar at starting and each successive elevation shall be determined by the coordinator.

Each competitor shall have the opportunity of making an attempt or to forego in the order.

Those who fail shall have a second opportunity in same order, and those who have failed twice, a third opportunity in the same order.

If a competitor foregoes a trial at a certain height, he thereby forfeits his right to jump at that height.

The High Jump competitor must take off from one foot.

### **THROWING EVENTS—DISCUS, SHOT PUT, JAVELIN**

Competitor is allowed to touch the inside of the band or stopboard.

Foul throw (not allowed to count): if competitor touches the top of band or stopboard, or ground outside the circle with any part of the body, or if the implement is improperly released.

The competitor must not leave the circle until the implement has touched the landing surface, and he shall then, from a standing position, leave the circle FROM THE REAR HALF. All throws must fall within the sector marked. No device of any kind (e.g., gloves, taping of fingers), which in any way assists the competitor in making a throw, shall be allowed. Tape on the wrist will be allowed.

#### **EVENT: SHOT PUT**

The shot will be put from the shoulder with one hand only, and must be in close proximity to the chin, and the hand must not be dropped below this position during putting. The shot **MUST NOT BE BROUGHT BEHIND** the line of the shoulders.

## **TRACK & FIELD (Cont.)**

### **EVENT: JAVELIN**

The javelin must land tip first. The mark will be at the spot where the tip first touched the ground. A throw which lands flat or tail first is a foul.

### **SCORING**

Top three males & females in each age group in each event will receive awards.

### **TIES**

Ties will be resolved by the next best effort.

**TRACK EVENTS** *All events, with the exception of 50m dash, are national qualifying*

DASH: 50M, 100M, 200M, 400M

RUN: 800M, 1,500M

RACEWALK: 1,500M

### **EQUIPMENT**

Full track equipment as needed for above.

6 mm. maximum spike length allowed. Shoes must be properly constructed for competitive wear and may not give the competitor any additional assistance, or in any way damage the track.

Every track competitor will be provided with numbers which must be conspicuously worn when competing.

### **DESCRIPTION**

1. Track events will be governed by the standard rules recommended by USA Track and Field.
2. Warm-up shall be done in areas not interfering with progress of events.
3. Track events shall be run on schedule. Each competitor in all track events, **MUST** report in person to the Clerk of Course prior to the start of a race following the call for that event. The competitor has

## **TRACK & FIELD (Cont.)**

the responsibility of reporting by the last call or be scratched from the event. Last call will be 15 minutes after first call.

4. If a competitor leaves his mark with hand or foot after the commands, "on your marks" or "set," but before the shot is fired, it shall be considered a false start. Should the starter have occasion to warn the competitors on any point, or is not satisfied that all is ready to proceed after the competitors are on their marks, he shall order the competitors to "stand up."

FIRST FALSE START WILL BE ON THE FIELD, SECOND FALSE START WILL LEAD TO A PARTICIPANT BEING DISQUALIFIED.

5. In all races up to and including 400M, wherever possible, each competitor shall have a separate lane. Each competitor must keep in his allotted lane from start to finish in races run entirely in lanes. COMPETITORS MUST RETURN TO THE FINISH LINE IN THE DESIGNATED LANE.
6. When necessary, heats in the running events will be formed accordingly.

### **AWARDS**

Gold, Silver & Bronze medals for top three positions in each sex and age group. When heats are necessary, awards will be presented as determined by the overall best times performed in an event following the completion of all heats in that event.

### **TIES**

Ties in track events will receive duplicate awards.

Ties in events will eliminate places below that level.

Examples: 2-way tie for first will eliminate second place; 3-way tie for second will eliminate third and fourth places.

## **TRACK & FIELD (Cont.)**

### **EVENTS: ROAD RACES**

#### **5K RUN & RACEWALK, 10k RUN**

*National qualifying events*

The date and venue location for the 5k events will be published in conjunction with the registration process for the Annual State Games.

The annual 10k will be published by separate letter. LSOG will attempt to satellite off another established organization for the events. Normally the Road Races are hosted by the following annual events to include the Twilight Classic for the 5k RUN, the Alzheimer's *A Walk to Remember* for the 5K RACEWALK event, and the Baton Rouge Sports Foundation (The Mardi Gras Mambo) for the 10K. Normally the races are governed by USATF masters rules.

#### **National Qualifying Requirements for Track and Field:**

1<sup>st</sup> and 2<sup>nd</sup> Place in each age, plus those that meet the NSGA MPS will qualify.

## **SPORT: TRIATHALON**

**EVENT** *National qualifying event*

A three sport competition consisting of a 400 yard freestyle swim, 20K cycling, and 5K road race.

Open to Men and Women ages 40-49.

### **EQUIPMENT**

Appropriate athletic apparel and gear for each sport. Hard shell helmets and multi-gear (free wheel) bikes with front and rear brakes are required. See Cycling (pg 21) for complete bicycle and helmet requirements.

Wet suits will not be permitted. Swim caps are mandatory.

### **DESCRIPTION**

The Triathlon will be governed by the Triathlon Federation/USA competitive rules with the exception noted below.

1. Hard shell helmets are required.
2. Multi-gear (free wheel) bikes with front and rear brakes are required. **FIXED GEAR BICYCLES ARE NOT PERMITTED.**
3. There may be no protective shield, faring, or other device on any part of the bicycle which has the effect of reducing air resistance.
4. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side.

### **National Qualifying Requirements:**

1<sup>st</sup> and 2<sup>nd</sup> Place in each age group will qualify.

## SPORT: VOLLEYBALL

Team Entries Only

### EVENTS

Recreational event MIXED TEAMS 50+, 55+, 60+, 65+, 70+

*National qualifying events:*

MEN'S TEAMS 50+, 55+, 60+, 65+, 70+, 75+

WOMEN'S TEAMS 50+,55+,60+, 65+,70+,75+

**Competition in an age group will only be conducted if there are at least two teams in an age group.**

### EQUIPMENT

In men's competition and mixed competition, the height of the net will be according to mens age division height. In women's competition net height is, 7 feet, 2 1/2". Team clothing must be of like design and color; matching shirts with numbers required.

### DESCRIPTION

All matches will be conducted in accordance with USA Volleyball Rules, except as modified here in to better accommodate senior olympic play. For a copy of USAV rules, call or write 3595 East Fountain Blvd, Suite 1-2, Colorado Springs, CO. 80910-1740 (719) 637-8300. LSOG volleyball rules are very closely aligned with NSGA rules in order to better prepare teams for National competitions.

**Driver's license or other proof of age will be required at check-in.**

1. Net height for men 50-54 age is 7' 11 5/8". Men's 55+ age is 7' 9 5/8". Net height for women competitions is 7' 2 1/8". Net height for mixed play will be at men's height in each respective age division.

2. Athletes may compete with only one team in each of the three events. (men, women, mixed)

## **VOLLEYBALL (cont.)**

3. Team placement in age divisions will be determined by the age of the youngest team member (player) on December 31 of the competition year.
4. (See pg 5 for instructions on head to head format) Winner must win by two points. Matches will consist of the winner of two out of three games. If a third game is necessary, it will be to 15 points.
5. A team must have at least five players present to start a game, otherwise the game is forfeited. Teams will be allowed a five minute grace period to assemble a minimum of five players. The sixth player may enter upon arrival. In the event of injury, a team may continue/finish with a minimum of four players on the floor.
6. The major revision to the LSOG volleyball rules is the use of rally scoring in accordance with USA volleyball rules. In addition, a team is allowed a maximum of 15 substitutions in each game, with unlimited individual entries. Each entry must be in the same position in the line up.
7. All disputes will be settled on the spot. All rulings made by the tournament director will be final. The tournament director may consult the head official for a recommendation.

### **EVENT: MIXED TEAMS (recreational)**

1. A maximum of three men are allowed to be on the court (less than three men may be used).
2. Male and female players must be in alternate positions on floor rotation.
3. Normal blocking is allowed b male and female players.
4. When a ball is hit by more than one player on a side, it must be hit at least once by a female player before it is returned.
5. Male players may only substitute into positions assigned to male players (Women may sub into men positions).

## **VOLLEYBALL (cont.)**

6. Normal spiking is allowed by female players.
7. Spiking is allowed by male players from behind the attack line (10'), providing at least one foot is in contact with the floor when the ball is hit (No jump spiking allowed in this situation).
8. Rally scoring.
9. Men's net height will be used in each mixed age division.
10. The first two games or non-deciding games will be won by the team that first scores 25 points with a minimum two point advantage.
11. If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two point advantage.

### **National Qualifying Requirements:**

Each state is allowed to qualify two teams per age group via competition in the State Games.

## **SPORT: WALKING**

### **EVENTS**

WALKATHON: 1 MILE recreational (**no race walkers**)

RACE WALK: 1500M and 5000M *National qualifying events.*

**EVENT: WALKATHON** (recreational event)

### **EQUIPMENT**

1 mile closed course of walking space OUT OF DOORS.

### **DESCRIPTION**

(a) One foot must be in contact with the walking surface at all times. One leg must be straightened at least momentarily during each stride.

(b) A walker WILL BE DISQUALIFIED if both feet leave the surface simultaneously. *Failure to abide by rules will result in disqualification.*

### **TIES**

In the event of a tie, duplicate medals will be awarded.

**EVENTS: RACEWALK 1500M and 5000M** (National Qualifying events)

### **EQUIPMENT**

Race Walk clothing must not obscure the knees. Solid color tights may be worn provided that they are not baggy around the knees. When in doubt, secure a ruling from the judges prior to the race.

Athletes shall not use video or cassette recorders or players, TV's, CD or CD-Rom players, radio transmitters or receivers, mobile phones, computers, or any similar devices during the competition.

## **WALKING (cont.)**

### **DESCRIPTION**

Race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.

A competitor will be disqualified when three disqualification (DQ) cards have been turned in by three judges. A judge may give one caution before filling out a DQ card, but is not required to do so. Competitors who are running may be immediately disqualified.

### **National Qualifying Requirements:**

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place in each age group, plus those that meet the NSGA MPS will qualify. The 5000M and 1500M race walk events are “RECIPROCAL Qualifying” events. If you qualify in one distance, you may choose to register in the other distance.

## **SPORT: WASHER PITCHING**

### **EVENT (recreational)**

#### **PITCHING WASHERS**

**Competition in an age group will only be conducted if there are at least two entries in that age group.**

### **EQUIPMENT**

A two and one-half (2 1/2") inch flat metal disk, a three inch inside diameter cup or pipe. Official LSOG games will be played using square platforms: 30" square x 3.5" high placed 3 feet away from the back wall. There will be uniformity of construction in the washer pitch platform to include a thickness of wood and carpet specifications which will be determined at a later date.

Washers will be provided.

### **DESCRIPTION**

Washer Pitch is a bracketed competition in which metal disks are tossed at cups depressed into a surface.

1. Target (cup) will be twelve feet from the foul line. For females athletes 75+, the target (cup), will be ten (10) feet from the foul line.
2. Warm-up or practice tosses may be made beginning 30 minutes before the official starting time. No warm-up or practice tosses will be allowed after the event has officially started.
3. Four tosses by each player constitute an inning. Each competitor will take four consecutive tosses followed by the opponent's four tosses.
4. The number of innings is determined by match points.
5. The choice of first pitch at the beginning of the match is determined by the toss of a coin. Players alternate first pitch of each inning thereafter.
6. Both competitors' feet must remain behind the foul line until the washer touches the playing surface. A foot foul will result in a

## **WASHER PITCHING (cont.)**

no score for that toss. If the toss displaces an opponent's washer/ washers, the participant tossing that washer will not score. It will be a Dead Washer.

7. Both competitors must remain behind the foul line until all washers have been tossed.
8. After all washers have been tossed in an inning, neither contestant shall touch either his own or opponent's washer (s) until scoring is completed. Failure to comply with this rule will result in loss of score for the offender in the inning of violation.

### **SCORING**

Match is 21 points in all rounds. (First to reach 21 points, WINS). Age groups 75+ the winner would be whoever reaches 21 points first, or whoever has the highest score after 20 washers have been pitched (five frames with 4 throws per frame). If tied, an additional frame will be played until there is no tie at the end of a frame.

Match is twenty-one points in semi-finals and finals.

Points are awarded as follows:

- 5 points.....in the hole
- 3 point.....leaning over the hole
- 1 point.....anywhere on platform

1. Scores are determined based on the positions of the washers at the end of an inning. If a washer bounces onto the platform or in the hole from the floor or ground, it will be called a DEAD WASHER, no points.
2. Each washer that goes in the hole is scored five points. Points do not increase or decrease if a player tosses a washer(s) in the hole on top of the other player's washer(s).
3. Each washer that leans over the hole is scored three points.
4. After washers in the hole and washers leaning over the hole are scored, players will be awarded one (1) point for each washer on the platform.

### **TIES**

In the case of a tie, contestants will toss an extra inning until the player with the advantage wins.

## **SPORT: WEIGHTLIFTING**

**EVENTS:** (recreational)

OLYMPIC LIFTS clean & jerk and snatch

Governing Body: USA Weightlifting Technical Rules will be used unless stated otherwise below.

### **COMPETITION DIVISIONS**

Standard Senior Olympic five year age groups. No weight divisions.

### **SCORING**

total of the two lifts, expressed as a percentage of competitors body weight using the formula (Lifted weight divided by Body weight). Body weight will be rounded to the nearest pound.

### **UNIFORM or COSTUME**

Shorts & shirt required. Knees & elbows must be exposed. Lifting or multi-purpose athletic shoes required. (Competition manager has the authority to disqualify athletes with shoes or costumes that do not meet the spirit of USA Weightlifting rules governing clothing. Specifically, shoes that are not safe for Olympic Lifts and shoes or costumes that give a participant an unfair advantage).

### **THE SNATCH**

The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement gripped, palms downwards and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement, the bar may slide along the thighs and the lap. No part of the body other than the feet may touch the platform during the execution of the lift. The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, until the referees give the signal to replace the barbell on the platform. The lifter may

## **WEIGHTLIFTING (cont.)**

recover in his or her own time, either from a split or a squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell. The referees give the signal to lower the barbell as soon as the lifter becomes motionless in all part of the body.

### **THE CLEAN AND JERK**

The first part, the Clean: The bar is placed horizontally in front of the lifters legs. It is gripped, palms downward and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement, the bar may slide along the thighs and the lap. The bar must not touch the chest before the final position. It then rests on the clavicles or on the chest above the nipples or on the arms fully bent. The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his or her own time and finish with the feet on the same line, parallel to the plane of the trunk and the barbell.

The second part, the Jerk: The athlete bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. He or she returns the feet to the same line; arms and legs fully extended and wait for the referees' signal to replace the barbell on the platform. The referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

### **IMPORTANT REMARK**

After the Clean and before the Jerk, the lifter may adjust the position of the bar. This must not lead to confusion. It does not mean the granting of an additional jerk attempt but allowing the lifter to: withdraw the thumbs or "unhook" if this method is used. Lower the bar in order to let it rest on the shoulders if the bar is placed too high and impedes his breathing or causes pain. Change the width of the grip.

## **WEIGHTLIFTING (cont.)**

### **GENERAL RULES FOR ALL LIFTS**

The techniques known as “hooking” is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping the bar.

In all lifts, the referees must count as “No Lift” any unfinished attempt in which the bar has reached the height of the knees.

After the referees’ signal to lower the barbell, the lifter must lower it in front of the body and not let it drip either deliberately or accidentally. The grip on the bar may be released when it has passed the level of his waist.

A competitor, who cannot fully extend the elbow due to an anatomical deformation, must report this fact to the three referees and the jury before the start of the competition.

When snatching or cleaning in the squat style, the lifter may help the recovery by swinging and rocking movements of his body. The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden. Lifters are not permitted to have any substance on their thighs when arriving in the competition area. A lifter who uses any lubricant is ordered to remove it. During the removal the clock goes on. The use of chalk (magnesium) on the hands, thighs, etc., is permitted.

### **Incorrect Movements and Positions for All Lifts**

Pulling from the hang.

Touching the platform with any part of the body other than the feet.

Uneven or incomplete extension of the arms, at the finish of the lift.

Pause during the extension of the arms.

## **WEIGHTLIFTING (cont.)**

Finishing with a press-out.

Bending and extending the elbows during the recovery.

Leaving the platform during the execution of the lift, i.e. touching the area outside the platform with any part of the body.

Replacing the barbell on the platform before the referees' signal.

Dropping the barbell after the referees' signal.

Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk.

Failing to replace the complete barbell on the platform, ie. the complete barbell must first touch the platform.

### **Incorrect Movements for the Snatch**

Pause during the lifting of the barbell.

Touching the head of the lifter with the bar.

### **Incorrect Movements for the Clean**

Placing the bar on the chest before turning the elbows.

Touching the thighs or the knees with the elbows or the upper arms.

### **Incorrect Movements for the Jerk**

Any apparent effort of jerking which is not completed. This includes lowering the body or bending the knees.

Any deliberate oscillation of the barbell to gain advantage. The athlete and the barbell have to become motionless before starting the jerk.

## **GOOD SENSE AT SENIOR GAMES**

### **GOOD SENSE AT SENIOR GAMES**

Some of the events on the preceding pages take place outside. Even if you compete inside you should take the same preparations as the outdoor competitors. Working, playing, or just being out in the sun, heat and humidity, especially for long periods of time can sometimes cause serious health problems. These may include: sunburn, dehydration, heat exhaustion and heat stroke. Increased physical activity and/or fluid loss might also cause some people to need a change in the dosage of certain medicines. Your doctor, of course, is the best source of knowledge in preparing for the LSOG. Whether you are a participant or a spectator, the following suggestions are offered for your health and comfort.

1. Get plenty of rest before and during the Games. Stop and rest when you feel tired. Don't push yourself!!
2. Be sure to drink lots of liquids [at least eight [8] ounce glasses daily]. Start increasing your liquid intake a few days before the Games and continue to drink lots of liquids during the Games. Water is an excellent choice and will be available at all locations during the events.
3. Since you will be using lots of energy, be sure to eat a balanced, regular diet and be sure that your food intake includes proteins such as meats, cheeses, fish, eggs, and poultry and carbohydrates such as cereal, bread and fruit.
4. Whenever possible stay in the shade, as if you would not!
5. Wear a head covering with a brim to shade your face. Those with thinning hair should wear a full head cover and not a visor.
6. Wear light-colored, loose fitting clothing. Clothing made of natural fibers, such as cotton, allows air to circulate and perspiration to evaporate from your skin. This will help keep you cool.
7. Shoes should be low-heeled or flat and should fit well. Socks will help prevent blisters. Again a natural fiber or material is the best choice.
8. Use a sunscreen to cover all exposed areas of skin. Remember to try it first on a small spot to make sure you aren't allergic to it. If you are, try a brand with a different chemistry.

## **GOOD SENSE AT SENIOR GAMES**

9. If you are taking medicines, bring them with you. Be sure to bring enough for the entire time that you are away from home. Keep your medicines in their labeled containers.
10. Check with your doctor to make sure he/she thinks it is advisable for you to compete and which events you are capable of entering.
11. Ask your doctor if you will need any change in diet or medicines.
12. Carry identification with you.

### **WHY WARM-UP**

The purpose of warming up is to prepare your body for exercise. Studies have found that a warm-up period prior to exercise will help prevent serious electrocardiogram abnormalities which can result when vigorous exercise is not preceded by a warm-up period. Proper warm-up may also help prevent muscle pulls, strains, low back discomfort, and reduce the extent of muscle soreness.

### **THE BEST WAY TO WARM-UP**

Stretching is no longer considered to be the "proper" way to warm-up prior to vigorous physical activity, such as running, hiking, or walking. Experts are now saying that to warm-up you should gradually increase the temperature of the muscle. This can be done by:

- \*Calisthenics, such as jumping jacks
- \*Running in place
- \*Walking at a moderate pace for 3-5 minutes
- \*Using a stationary bicycle with little or no resistance

A great way to warm-up is to specifically warm-up the body parts to be used in the exercise you will be performing. You can do this by simulating the activity at a low intensity. A good indication that you have adequately warmed up your muscles is the onset of sweating. Once you have warmed up, you may want to stretch for the purpose of improving your flexibility. It is also equally important to take 5-10 minutes to stretch at the end of your work-out.

## **GOOD SENSE AT SENIOR GAMES**

### **DON'T FORGET TO COOL-DOWN**

Just as important as the warm-up, is the cool-down. The cool-down is extremely important to maintain the blood flow back to the heart and brain. Blood will pool in your legs and feet if you don't keep your leg muscles moving. This will assist the return of the blood flow back to the heart. Without this return of the blood to the heart, you may experience dizziness or even pass out. Five to ten minutes is an adequate time to cool-down. Immediately after you stop exercising, take your heart rate to determine if you are in your target heart rate zone and then walk slowly until you feel that you are breathing normally. Swimmers can cool-down by swimming a few laps or walking slowly in the shallow end of the pool. Bikers can cool-down by pedaling slowly at a low resistance. Cooling down with light activity after exercise should help prevent muscle Soreness, especially if some stretching for the legs and lower back is done.

### **HOW RISKY IS EXERCISE?**

EXERCISE CAN BE PERFECTLY SAFE FOR ANYONE, PROVIDING SOME SIMPLE GUIDELINES ARE FOLLOWED.

1. Start your program SLOWLY. The body needs time to adapt to the stress of exercise. Gradually increase the LENGTH of time that you are exercising and the INTENSITY of the exercise.
2. Select an activity that is appropriate for you. For example, if you have orthopedic problems, jogging or aerobic exercise class may not be the best activity for you to become involved in. Stationary biking, cycling, or swimming may be more appropriate for you. KNOW YOUR OWN LIMITATIONS.
3. Warm-up before vigorous exercise. Warm-up should simulate the activity that you will be performing. If you are biking, pedal slowly with little resistance, until you feel yourself start to sweat. If you are walking, start at a slow pace for 3-4 minutes and then start walking briskly. If you are running, start at a slow jog for 3-4 minutes and then pick up your pace.
4. Wear the appropriate footwear. This is especially important for runners. Today's running shoes are designed to absorb the shock of each

## **GOOD SENSE AT SENIOR GAMES**

footfall. It's important to have good supportive shoes when you are running or walking.

### **TREATMENT for MINOR INJURY**

REMEMBER RICE!

**R** = REST

**I** = ICE

**C** = COMPRESSION

**E** = ELEVATION

#### **REST**

Stop the activity you are doing and allow the body time to heal itself. How long a rest you need depends upon the extent of the injury, but give yourself at least 2 days off before you resume your exercise program.

#### **ICE**

Ice the injured area as soon as possible after the injury. Ice will reduce the swelling, but do not ice the area for longer than 20 minutes. If an area gets too cold, more blood will be sent to the area to warm it and this will cause swelling. After applying ice for 20 minutes, let the area warm to body temperature before reapplying ice. Ice is always safe to apply and can even be applied to an old injury.

#### **COMPRESSION**

Compression will help limit the swelling. Use an elastic bandage and wrap around the injured area. Do not wrap too tightly or you may cut off the circulation to that body part. If you feel numbness, the wrap is too tight. After 30 minutes, remove the bandage for 15 minutes to ease circulation.

#### **ELEVATION**

Elevate the injured area above the level of the heart to reduce the blood flow to that area and to drain excess fluid from the injury. Try to keep the area elevated as much as possible until the swelling is reduced.

## GOOD SENSE AT SENIOR GAMES

### HOT WEATHER TIPS

- 1. EXERCISE DURING COOLER PERIODS.** Exercise in the morning or evening to avoid the heat of the day.
- 2. WEAR PROPER CLOTHING.** Wear as little clothing as possible. Clothing should be loose and porous, to allow air to circulate over the skin and permit evaporation of sweat. White clothing is preferred, because it reflects heat from the sun away from the body. Never use rubberized sweat suits. On sunny days, wear a hat or visor; exercise in the shade if possible.
- 3. DRINK FLUIDS OFTEN DURING PHYSICAL ACTIVITY.** Drink 6 to 8 ounces of water every 15 minutes or so to help replace fluids lost through sweating.
- 4. POUR WATER OVER HEAD, ARMS, AND LEGS.** This cools the body directly, and also aids further heat loss via evaporation.
- 5. DON'T LET THIRST BE YOUR GUIDE.** Replenish lost fluid daily, but don't judge your need for water by thirst alone. Keep a record of body weight, and for each pound lost, drink 1 pint of fluid. Body weight should be within 2% of normal before the next exercise session.
- 6. DRINK EXTRA WATER BEFORE EXERCISING.** "Hyperhydrate" your body before prolonged exercise, such as 18 holes of golf on a hot day. A half-hour to an hour before you start the physical activity, drink 16 to 32 ounces of fluid.
- 7. AVOID ALCOHOL AND EXCESS PROTEIN.** Water is the best fluid. Avoid alcoholic beverages, since alcohol restricts sweating. Eat plenty of fresh fruits and vegetables to maintain the body's electrolyte balance. Do not eat an abundance of protein foods, such as meats.
- 8. WATCH FOR SIGNS OF HEAT STRESS.** Dizziness, weakness, fatigue, mental disorientation, nausea, and headaches are signals of heat stress. Stop the activity, go to a cool area, and allow the body to cool. Splash water on the body and drink cool fluids to help the cooling process.

## GOOD SENSE AT SENIOR GAMES

### KINDS OF CALORIES

Calories aren't "just" calories - there are three different kinds: carbohydrate calories, protein calories, and fat calories. Together, they add up to your total calorie intake. For athletes, it's not only important to watch total calories, it's also important to watch the kind of calories that are consumed. For building energy and endurance, **carbohydrate** calories are definitely the most important. Although fat and protein also supply some energy, carbohydrate is the "premium" fuel for athletes. Complex carbohydrate, found in foods such as pasta, rice, baked potatoes, and grain cereals, is easily digested and converted into energy. About 60% to 65% of the total calories in an athlete's diet should come from carbohydrate.

**Protein**, needed for building structural tissues such as muscles, tendons, and ligaments, is not required in large quantities, even for athletes. About 12% to 15% of an athlete's calories should come from protein, slightly more if you're involved in a weight training program to build muscle tissue for increased strength. Finally, there are **fat** calories. By now everyone knows that too many fat calories carry unhealthy and fattening. Nevertheless, too many people, including athletes, continue to eat large quantities of foods high in fat calories: French fries, chips, mayonnaise, chocolate, hamburger, fried chicken, bacon, and butter for examples. Some fat is needed even in a healthy diet, about 20% to 25% of total calories. But too much can add unwanted pounds in the form of body fat; it's not only unattractive, it also adds excessive weight that must be carried during training and competition. Additionally, body fat contributes nothing to strength and power, important aspects of athletic performance.

### HIGH-ENERGY SNACKS

There's nothing wrong with snacking, as long as you choose snack foods as carefully as the foods you consume at regular meals. In fact, a high-energy snack is really a good way to help increase available energy for training or competition. Avoid fatty, fried foods such as potato chips, French fries, hamburgers and other fast foods. These items are difficult to digest and often contain a high percentage of fat calories, making them poor choices for the athlete. Fresh fruits

## **GOOD SENSE AT SENIOR GAMES**

### **THE PRE-EVENT MEAL**

As a rule, athletes in almost every sport compete more effectively and comfortably on a relatively empty stomach. To avoid that stuffed or bloated feeling, try to schedule your pre-event meal 2 to 3 hours before the start of competition.

### **WHAT TO EAT**

Foods that are fatty or spicy are poor choices for your pre-event meal. These foods are difficult to digest and may remain in your stomach too long, causing nausea or gastric distress with the start of warm-ups or competition. Foods that are high in carbohydrate, such as pasta, baking potatoes, muffins, and rice, empty from the stomach quickly and are easily converted into glycogen for energy.

### **FLUID REPLACEMENT DURING COMPETITION**

As you train and compete, your body loses water in the form of sweat, and it must be replaced. In fact, even moderate dehydration can cause a variety of symptoms that impair strength and endurance.

One way to help guard against dehydration is to take regular fluid breaks. Water is an excellent fluid replacement and empties from the stomach rapidly. Soft drinks or beverages that contain high concentrations of sucrose (table sugar) tend to remain in the stomach longer, slowing down fluid replacement. During practice, it's advisable to take regular fluid breaks every 15 to 20 minutes, especially in hot weather.

## QUALIFICATION REQUIREMENTS FOR STATE GAMES

- Athletes must qualify at the district level in order to compete in **12** of the **78** events that are held at the State Games.
- Those events are **Bowling Singles, Dance Team, Medal Golf, Advanced Horseshoes, Advanced Shuffleboard, Shuffleboard Doubles, Table Tennis, & five Field Events: Javelin, Discus, Shot Put, Hammer & Weight.**
- Athletes may compete in all other events without qualifying at a District Game.

There are nine qualifying sites:

**Acadiana** in Lafayette  
**Bayou-River** in Luling  
**Central** in Alexandria  
**Greater New Orleans**  
**Northeast** in Monroe  
**Northwest** in Bossier/Shreveport  
**Southeast** with **Greater Baton Rouge & St Tammany**  
**Southwest** in Lake Charles.

- Athletes may qualify at any qualifying site.
- If an out-of-district athlete/team qualifies at a district game, he/she will not take a qualifying spot away from an in-district athlete/team.
- The district will qualify the out-of-district qualifiers in addition to the district's athletes that meet the specified qualification requirements for a sport. (NOTE: the out-of district athlete/team **MUST MEET** the qualification requirements for the individual sports; i.e., finish 1st, 2nd, 3rd, overall or meet the minimum requirements for a sport)

## **QUALIFICATION REQUIREMENTS FOR STATE GAMES (cont.)**

**EXEMPTIONS:** Athletes in the 80+ age groups (except in Golf they must meet min), if they have previously participated in the event at the State Games, and Gold Medal Winners in an event at the prior year State Games will be exempt from qualifying in those events. If a qualified athlete or team **declares that they are not going** to participate in the State Games, the District may fill the vacancy. The substitutes must have competed in that event in the District Games, and their order of finish will determine the priority for substitution.

**BOWLING SINGLES:** The top THREE places in each age & sex category in the district event as well as those who meet minimum standards:

MEN 50-54(550) 55-59(500) 60-64(490) 65-69(480) 70-74(450)  
75-79(400) 80-84(390) 85+(380)

WOMEN 50-54(480) 55-59(460) 60-64(450) 65-69(430)  
70-74(400) 75-79(350) 80-84(290) 85+(250)

**DANCE TEAM:** All participants at a district game qualify for state. Teams can be any combination of age & sex.

**DISCUS:** The top TWO places in each age & sex category in the district event as well as those who meet minimum standards:

MEN 50-54(105') 55-59(100') 60-64(95') 65-69(90')  
70-74(80') 75-79(70') 80-84(60') 85+(50')

WOMEN 50-54(49') 55-59(47') 60-64(43') 65-69(41')  
70-74(39') 75-79(30') 80-84(25') 85+(20')

## **QUALIFICATION REQUIREMENTS FOR STATE GAMES (cont.)**

**GOLF Medal Play:** Men & women must meet the minimum standards for their age group M & W 50-59(95) 60-69(100) 70-79(105) 80-89(110) 90+ must complete 9 holes at sanctioned district games.

**HAMMER:** Men & women must have a personal implement and qualify in discus, shot or javelin at a sanctioned district games.

**HORSESHOES ADVANCED:** The top THREE places in each age & sex category in the district event will qualify for the state games.

**JAVELIN:** The top TWO places in each age & sex category in the district event as well as those who meet minimum standards:

**MEN**

50-54(110') 55-59(106') 60-64(103') 65-69(90') 70-74(80') 75-79(65') 80-84(55') 85+(34')

**WOMEN** 50-54(60') 55-59(55') 60-64(45') 65-69(41') 70-74(38') 75-79(25') 80-84(19') 85+(14')

**SHOT PUT:** The top TWO places in each age & sex category in the district event as well as those who meet minimum standards:

**MEN** 50-54(33') 55-59(31') 60-64(30') 65-69(28') 70-74(27') 75-79(25') 80-84(21') 85+(18')

**WOMEN** 50-54(24') 55-59(22') 60-64(20') 65-69(18') 70-74(16') 75-79(14') 80-84(11') 85+(7')

## **QUALIFICATION REQUIREMENTS FOR STATE GAMES (cont.)**

**SHUFFLEBOARD ADVANCED:** The top TWO places in each age & sex category in the district event will qualify for the state games

**SHUFFLEBOARD DOUBLES:** The top TWO places in each age category in the district event will qualify. If the qualifying site only has a singles tournament the winners may combine into doubles teams for the State Game.

**TABLE TENNIS:** The top THREE places in each age & sex category in the district tournament will qualify for the state tournament.

**WEIGHT:** Men & women must have a personal implement and qualify in discus, shot, or javelin at a sanctioned district games.

## **SPORT GOVERNING BODIES**

The sports rules described in this rule book are established by the Games Committee of the Louisiana Senior Olympic Games. These rules are in compliance with the published rules of the National Senior Games Association (formerly the U S National Senior Sports Organization.) The LSOG Rule Book refers to the rules of the recognized governing body for a particular sport. The LSOG rules are intended to highlight the most important rules and/or list modifications which are used at official LSOG games for safety and play enhancement. Listed below are the addresses of the recognized governing bodies referred to throughout the book. These may be ordered for nominal fees.

### **NATIONAL SENIOR GAMES ASSOCIATION (NSGA)**

P.O. BOX 82059  
Baton Rouge, La 70884-2059  
(225) 766-6800

#### **ARCHERY**

National Archery Association  
One Olympic Plaza  
Colorado Springs, CO 80909-5778  
(719) 578-4576

#### **BADMINTON**

U S Badminton Association  
One Olympic Plaza  
Colorado Springs, CO 80909-5778  
(719) 578-4808

#### **BASKETBALL**

NCAA  
6201 College Blvd.  
Overland Park, KS 66211-2422  
(913) 339-1906

#### **BILLIARDS**

Billiard Congress of America  
9 S. Linn Street  
Iowa City, Iowa 52240  
(319) 351-2112

#### **BOWLING**

American Bowling Congress  
5301 S. 76th Street  
Greendale, WI 53129  
(414) 421-9000

#### **CYCLING**

U S A Cycling  
One Olympic Plaza  
Colorado Springs, CO 80909  
(719) 578-4581

## **SPORT GOVERNING BODIES**

### **GOLF**

U S Golf Association (USGA)  
Golf House  
P O Box 708  
Far Hills, NJ 07931  
(908) 234-2300

### **HORSESHOES**

National Horseshoe Pitchers  
Assn.  
P O Box 7927  
Columbus, OH 43207  
(614) 444-8510

### **PICKLEBALL**

USA Pickleball Assoc. (USAPA)  
P.O. Box 7354  
Surprise, AZ 85374

### **RACQUETBALL**

American Amateur Racquetball  
1685 West Uintah St.  
Colorado Springs, CO 80904  
(719) 635-5396, ext. 20

### **SHUFFLEBOARD**

National Shuffleboard Assn.  
*Winter Address*  
704 52nd Avenue Drive West  
Brandenton, FL 34207  
(813) 753-9061  
*Summer Address*  
2508 Westmoor Rd  
Findlay, OH 45840  
(419) 422-7263

### **SHOOTING**

NRA Publications  
470 Spring Park Place Ste.  
1000 Herndon, Virginia 22070  
(703) 481-3340

### **SWIMMING**

U S Masters Swimming, Inc  
261 High Riange Rd  
Londonderry, NH 03053-2616  
(603) 537-0203

### **TABLE TENNIS**

U S Table Tennis Assn.  
One Olympic Plaza  
Colorado Springs, CO 80909  
(719) 578-4583

### **TENNIS**

U S Tennis Association (USTA)  
Publications Department  
70 West Red Oak Lane  
White Plains, NY 10604  
(914) 696-7000

### **TRACK, FIELD, ROAD RACE**

USA Track & Field  
One RCA Dome, Suite 140  
Indianapolis, IN 46225  
(317) 261-0500

### **TRIATHLON**

Triathlon Federation/USA  
3595 E Fountain Blvd, Ste F-1  
Colorado Springs, CO 80910  
(719) 597-9090

### **VOLLEYBALL**

U S Volleyball Association  
3595 E Fountain Blvd, Ste I-2  
Colorado Springs, CO 80910-1740  
(719) 637-8300

## **DISTRICT CONTACT INFORMATION**

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### **ACADIANA SENIOR OLYMPIC GAMES:**

Lafayette Parish Council on Aging  
(337) 262-5990

### **BAYOU RIVER DISTRICT GAMES**

St. Charles Parish Parks & Recreation Department  
(985) 783-5090

### **CENTRAL SENIOR OLYMPIC GAMES**

Rapides Parish Senior Citizens Center  
(318) 487-1561

### **GREATER BATON ROUGE SENIOR OLYMPIC GAMES**

East Baton Rouge Parish Council on Aging  
(225) 923-8000

### **GREATER NEW ORLEANS SENIOR OLYMPIC GAMES**

(504) 559-9060

### **NORTHEAST SENIOR OLYMPIC GAMES:**

Ouachita Parish Council on Aging  
(318) 387-0535

### **NORTHWEST SENIOR OLYMPIC GAMES**

(318) 742-3602

### **SOUTHWEST SENIOR OLYMPIC GAMES**

Office of Community Services with the Calcasieu Police Juror  
(337) 721-4020

### **ST. TAMMANY SENIOR OLYMPIC GAMES**

St. Tammany Council on Aging  
(985) 892-0377



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Baton Rouge, LA 70806

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**(225) 925-1748**

**(800) 799-8309**

**(225) 925-3553 FAX**

**[www.lsog.net](http://www.lsog.net)**

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