

VIRGINIA SENIOR GAMES

SUPPLEMENTAL EVENTS RULEBOOK

INTRODUCTION

The Virginia Senior Games is open to all residents of Virginia 50 years of age or older. Through a multitude of athletic and social events, participants have the opportunity to display their athletic ability and share common ties and interests with other senior individuals throughout the Commonwealth. The emphasis is not so much competition as it is the fellowship and socialization.

To be eligible to enter any event, a participant must be 50 years of age or older, complete an online registration, which includes a waiver to sign, and submit the necessary registration fees. Individuals and teams will participate in predetermined age categories, except where circumstances dictate change.

The Virginia Senior Games is held in the spring (usually May or early June) of each year and attracts over 800 individuals annually. The Senior Games is a reflection of the inscription at the entrance to the Winchester Recreation Park in Winchester, Virginia...

*"You Don't Stop Playing Because You Grow Old
You Grow Old Because You Stop Playing"*

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VIRGINIA SENIOR GAMES GENERAL RULES

Section 1 - Eligibility

- 1.1 Individuals age 50 or older by December 31 of the competition year are eligible to participate, if properly registered. The Virginia Senior Games are considered “open” games, meaning participants from other states are permitted and encouraged to compete in the Virginia Senior Games. The Senior Games **strongly recommends** that each participant consult his or her physician in regard to practice and participation in this program or any similar physical activity program.
- 1.2 Sixty percent (60%) Virginia residency is required to be considered an in-state team in 3-on-3 Basketball, Volleyball, and Softball. **Special note regarding team sports:** Team residency requirements for the Virginia Senior Games differ from the residency requirements set forth by the National Senior Games. For more information on National Senior Games rules, please visit www.nsga.com.

Section 2 - Competition Level

- 2.1 Age category for the Virginia Senior Games is determined by participant's age on or before December 31 of the competition year. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31 of the competition year. Age division for all team competition will be determined by the age of the youngest team member as of December 31 of the competition year.

At the National Senior Games, age division for all singles competition will be determined by the athlete's age as of December 31 of the qualifying year. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31 of the qualifying year. Age division for all team competition will be determined by the age of the youngest team member as of December 31 of the qualifying year.

- 2.2 The standard competition level by age categories, for both women and men, will be:

- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90-94
- 95-99
- 100+

2.3 Exceptions to these categories are noted in the rules of the specific event.

2.4 Events can be restructured or canceled due to any of the following:

- Time and cost effectiveness
- Inclement weather
- Safety
- Lack of participants
- Other extenuating circumstances

2.5 If possible, categories will be run oldest to youngest.

2.6 Seeding will be determined randomly.

2.7 Brackets will not be assigned or posted prior to start of competition.

Section 3 - Registration

3.1 All participants must be properly registered.

3.2 All participants must pre-register.

3.3 All partners and team members must register separately.

3.4 To compete, both partners for doubles events must be properly registered, listing partner's name, by registration deadline. **NO PARTNERS WILL BE ASSIGNED ON SITE.**

3.5 Team captains must be designated for team sports and their name placed at the appropriate place on the registration form.

3.6 It is the responsibility of the participant to complete the online registration completely and correctly. Failure to correct any mistakes prior to the final registration deadline will result in a voided registration.

3.7 Due to time and facility constraints, some events (i.e. bowling, miniature golf, etc.) may have limited registrations. Registrations will be taken on a first-come, first-served basis.

Section 4 - Lack of Contestants

4.1 The Senior Games officials reserve the right, in cases where there are not sufficient contestants in age categories or in the events, to regroup contestants and compensate accordingly, or to cancel the event entirely.

4.2 Team members will be notified in advance if the team event has been canceled because of insufficient registration. Those team members will then be given the option of participating

in a different event during that same time period. All such decisions will be made prior to the games.

Section 5 - Awards System

- 5.1 The awards shall include quality medals that will be awarded to the top three finalists for all events and competition levels:
- First - Gold Medal
 - Second - Silver Medal
 - Third - Bronze Medal
- 5.2 Double medals will be awarded in the case of an out-of-state participant winning first, second, or third place in an event.
- 5.3 If out-of-state residents qualify at an “Open” qualifying games, they will not take away a qualifying spot from a state resident or team.
- 5.3 Unless otherwise stated, in cases of ties, as in National qualifying events, the competitors that have tied will receive the same award.
- 5.4 All awards shall be presented to the winners immediately following each event in a prestigious manner whenever possible.
- 5.5 When feasible, awards will be presented beginning with the oldest age categories.
- 5.6 Winners unable to attend the awards ceremony following an event can pick up their medals later during the games at the Senior Games registration area. Medals will not be mailed out at the conclusion of the games.
- 5.7 No trophies or awards other than the official Senior Games medals will be awarded.

Section 6 -Cancellation - Inclement Weather Policy

- 6.1 Every effort will be made to conduct all events, as close to scheduled times and locations as possible. The event director on site will make the decision regarding any schedule changes. There will be no refunds for missed events or events cancelled due to inclement weather.

Section 7 - Refund Policy

- 7.1 No refunds will be considered.
- 7.2 Should an event be canceled due to inclement weather or hazardous conditions, refunds will not be issued. Every effort will be made to reschedule events cancelled due to inclement weather.

Section 8 - Appeals

- 8.1 All appeals for official interpretation shall first be made to the Chairperson of the particular event who, if deemed necessary, shall bring the problem to the overall Chair of Sports and then to the Rules Committee Chair (Senior Games Chair). The decision of the Rules Committee is final.
- 8.2 At no time will an appeal be permitted on situations relying on human judgment. Only misinterpretations of rules will justify an appeal.
- 8.3 All appeals will be ruled upon promptly.
- 8.4 Upon appeal regarding "participant eligibility," the presentation of current, valid identification may be required, as deemed appropriate by the Sports and Rules Chairs.

Section 9 – Sportsmanship

- 9.1 Behavior that contributes to the creation of a threatening, dangerous or harassing atmosphere for participants, spectators, game officials or event staff will not be tolerated.
- 9.2 **If such behavior occurs, the person shall be ejected from the current game/event and serve a minimum of a one game/event suspension. Event organizers reserve the right to disqualify from further participation any competitor that exhibits continued behavior consistent with the description in General Rules section 9.1.**
- 9.3 The Virginia Senior Games Organizing Committee is committed to protecting the opportunities for all seniors to receive the benefits of participation in events that promote a healthy and inclusive atmosphere. Good sportsmanship is an integral component of competition and we wholeheartedly embrace the NCAA position that in order for good sportsmanship to prevail, coaches, athletes, and fans must display respect, fairness, civility, honesty, and responsibility before, during, and after all athletic contests. We encourage fans to enthusiastically support their team, recognize the outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

Section 10 – Required Credentials

- 10.1 Any player unable to provide the required credentials on the playing field shall be declared ineligible to compete until he/she can produce them. Event organizers may request verification of a player's eligibility. Should a player play and be unable to provide the required credentials he/she or his/her team will forfeit all games in which the player participated. A valid, government issued photo identification card, such as a driver's license shall be the only age and residency proof accepted.

Section 11- Uniforms

- 11.1 **PARTICIPANTS:** All athletes must wear clothing deemed appropriate for competition. Inappropriate clothing may result in disqualification. Event organizers have been given authorization by the Virginia Senior Games to make this determination.
- 11.2 **TEAM UNIFORMS:** Team clothing (shirts, pants, and shorts) must be of like design and color. Jerseys that are numbered on the front and back are highly recommended. Refer to each sport for specific details.
- 11.3 Uniforms shall be free of inappropriate symbols or wording.

Section 12-Miscellaneous

- 12.1 National Senior Games general rules of competition will be used in situations where the general rules of competition are not specifically addressed in the Virginia Senior Games rulebook.
- 12.2 Smoking is prohibited at all events.

BASKETBALL FREE THROWS

Competition Level

Competition will be separate for men and women with age categories. Only basketballs provided by the host facility will be used. Men use official sized basketballs and women use women sized balls.

Scoring

Each participant shall shoot 4 rounds of 5 free throws each, equaling a total of 20 free throw attempts. Total number of throws made out of twenty (20) will determine winners.

Starting Position

Free throw attempts will be made from the customary free throw line for the men and women. Women age 70+ have the option to shoot from 3 feet forward of the free throw line.

Violations

Any participant touching and/or crossing over the free throw line while in the act of shooting or prior to the ball's making contact with basket or backboard will result in a forfeit of that particular attempt and will be recorded as a miss. Participants will be given a maximum of two (2) minutes per round to complete their throws.

Tie Breakers

In the event of a tie, each participant will attempt five (5) additional free throws. If tie remains, both participants will receive medals.

BILLIARDS – EIGHT BALL

Competition Level

Competition will be a double elimination tournament in eight ball, with men and women's divisions and age categories. Each match will consist of the best 2 out of 3 games. Participants may use their own pool cues.

Section 1 - Object of Game

Eight Ball is a call shot game played with a cue ball and fifteen object balls, numbered 1 through 15. One player must pocket balls of the group numbered 1 through 7 (solid colors), while the other player has 9 thru 15 (stripes). **THE PLAYER POCKETING THE GROUP FIRST AND THEN LEGALLY POCKETING THE 8-BALL WINS THE GAME.**

Except when clearly contradicted by these additional rules, the General Rules of Pocket Billiards apply.

Section 2 - Rules of Game

2. CALL SHOT. In Call Shot, obvious balls and pockets do not have to be indicated. It is the opponent's right to ask which ball and pocket if unsure of the shot. Bank shots and combination shots are not considered obvious, and care should be taken in calling both the object ball and the intended pocket. When calling the shot, it is NEVER necessary to indicate details such as the number of cushions, banks, caroms, etc. Any balls pocketed on a foul remain pocketed, regardless of whether they belong to the shooter or the opponent.

The opening break is a "called shot." Any player performing a break shot in 8-Ball may continue to shoot to next shot so long as he has legally pocketed any object ball on the break.

3. RACKING THE BALLS. The balls are racked in a triangle at the foot of the table with the 8-ball in the center of the triangle, the first ball of the rack on the footspot, a stripe ball in one corner of the rack and a solid ball in the other corner.

4. ALTERNATING BREAK. Winner of the lag has the option to break. During individual competition, players will alternate breaking on each subsequent game.

5. JUMP AND MASSE SHOT FOUL. While "cue ball fouls only" is the rule of play when a match is not presided over by a referee, a player should be aware that it will be considered a cue ball foul if during an attempt to jump, curve or masse the cue ball over or around an impeding numbered ball that is not a legal object ball, the impeding ball moves (regardless of whether it was moved by a hand, cue stick follow-through or bridge).

6. LEGAL BREAK SHOT. (Defined) To execute a legal break, the breaker (with the cue ball behind the headstring) must either (1) pocket a ball, or (2) drive at least four numbered balls to the rail. If he fails to make a legal break, it is equal to a foul, and the incoming player has the option of (1) accepting the table in position and shooting, or (2) having the balls racked and having the option of shooting the opening break himself or allowing the offending player to rebreak.

7. SCRATCH ON A LEGAL BREAK. If a player scratches on a legal break shot, (1) all balls pocketed remain pocketed (exception, the 8-ball: see rule 9), (2) it is a foul, (3) the table is open.

PLEASE NOTE: Incoming player has cue ball in hand behind the head string and may not shoot an object ball that is behind the head string, unless he first shoots the cue ball past the headstring and causes the cue ball to come back behind the headstring and hit the object ball.

8. OBJECT BALLS JUMPED OFF THE TABLE ON THE BREAK. If a player jumps an object ball off the table on the break shot, it is a foul and the incoming player has the option of (1) accepting the table in position and shooting, or (2) taking cue ball in hand behind the head string and shooting.

9. 8-BALL POCKETED ON THE BREAK. If the 8-ball is pocketed on the break, the breaker may ask for a re-rack or have the 8-ball spotted and continue shooting. If the breaker scratches while pocketing the 8-ball on the break, the incoming player has the option of a re-rack or having the 8-ball spotted and begin shooting with ball in hand behind the headstring.

10. OPEN TABLE. (Defined) The table is "open" when the choice of groups (stripes or solids) has not yet been determined. When the table is open, it is legal to hit a solid first to make a stripe or vice-versa. Note: The table is always open immediately after the break shot. When the table is open it is legal to hit any solid or stripe or the 8-ball first in the process of pocketing the called stripe or solid. However, when the table is open and the 8-ball is the first ball contacted, no stripe or solid may be scored in favor of the shooter. The shooter loses a turn; any balls pocketed remain pocketed; and the incoming player addresses the balls with the table still open. On an open table, all illegally pocketed balls remain pocketed.

11. CHOICE OF GROUP. The choice of stripes or solids is not determined on the break even if balls are made from only one or both groups. **THE TABLE IS ALWAYS OPEN IMMEDIATELY AFTER THE BREAK SHOT.** The choice of group is determined only when a player legally pockets a called object ball after the break shot.

12. LEGAL SHOT. (Defined) On all shots (except on the break and when the table equal to open), the shooter must hit one group of balls first and (1) pocket a numbered ball, or (2) cause the cue ball or any numbered ball to contact a rail.

PLEASE NOTE: It is for the shooter to bank the cue ball off a rail before contacting the object ball; however, after contact with the object ball, an object ball must be pocketed, OR the cue ball or any numbered ball must contact a rail. Failure to meet these requirements is a foul.

13. "SAFETY" SHOT. For tactical reasons a player may choose to pocket an obvious object ball and also to continue to turn at the table by declaring "safety" in advance. A safety shot equal to defined as a legal shot. If the shooting player intends to play safe by pocketing an obvious object ball, then prior to the shot, he must declare a "safety" to opponent. Any ball pocketed on a safety shot remains pocketed.

14. SCORING. A player is entitled to continue shooting until he fails to legally pocket a ball or group. After a player has legally pocketed all groups of balls, he shoots to pocket the 8-ball.

15. FOUL PENALTY. The opposing player gets the cue ball in hand. This means that the player can place the cue ball anywhere on the table (does not have to be behind the headstring except on opening break). The rule prevents a player from making intentional fouls which would put opponent to advantage. With "cue ball in hand," the player may use hand or any part of to cue (including the tip) to position the cue ball. When placing the cue ball in position, any forward stroke motion

contacting the cue ball will be a foul, if not a legal shot. (Also see Rule 39 in the General Rules of Pocket Billiards)

16. COMBINATION SHOTS. combination shots are allowed; however, the 8-ball cannot be used as a first ball in the combination except when the table equal to open.

17. ILLEGALLY POCKETED BALLS. An object ball is considered to be illegally pocketed when (1) that object ball equal to pocketed on the same shot a foul is committed, or (2) the called ball did not go in the designated pocket, or (3) a safety is called prior to the shot. Illegally pocketed balls remain pocketed.

18. OBJECT BALLS JUMPED OFF THE TABLE. If any object ball is jumped off the table, it is a foul and loss of turn, unless it is the 8-ball, which is a loss of game. Any jumped object balls are spotted in numerical order according to General Rules for spotting balls.

19. PLAYING THE 8-BALL. When shooting at the 8-ball, a scratch or foul is not loss of game if the 8-ball is not pocketed or jumped from the table. Incoming player has cue ball in hand. Note: A combination shot can never be used to legally pocket the 8-ball.

20. LOSS OF GAME. A player loses the game if he commits any of the following infractions:

- a. Fouls when pocketing the 8-ball (exception: see 8-Ball Pocketed On The Break).
- b. Pockets the 8-ball on the same stroke as the last of group of balls.
- c. Jumps the 8-ball off the table at any time.
- d. Pockets the 8-ball in a pocket other than the one designated.
- e. Pockets the 8-ball when it equal to not the legal object ball.

Note: All infractions must be called before another shot is taken, or else it will be deemed that no infraction occurred.

21. STALEMATED GAME. If, after 3 consecutive turns at the table by each player (6 turns total), the referee judges (or if no referee, both players agree) that attempting to pocket or move an object ball will result in loss of game, the balls will be reracked with the original breaker of the stalemated game breaking again. The stalemate rule may only be used when there are only two object balls and the 8-ball remaining on the table. PLEASE NOTE: Three consecutive fouls by one player is not a loss of game.

CANASTA

Competition Level

Competition will be open with no gender or age divisions.

Section 1 - Tournament Rules

- 1.1 The tournament will consist of 3 or 4 games depending on the amount of players and time.
- 1.2 Players will be assigned tables by the event chairman.
- 1.3 To begin a game, players each draw a card and the highest deals the first hand. The deal rotates to the left or clockwise.
- 1.4 After the first game (3 hands), two players move to the next table and begin a new game.

Section 2 - Rules of Play

- 2.1 Two regular decks of cards plus four jokers for a total of 108 cards will be used.
- 2.2 Each player is dealt eleven cards. The remaining cards are placed in the center, face down, to form the stock.
- 2.3 The top card is turned face up beside the stock and is called the up card. All subsequent discards are placed on top of the up card; this pile becomes the discard and is not subject to examination for any reason. If the up card dealt is a red three, wild card, or black three, it must be covered. Draw again until a natural card is turned.
- 2.4 Red threes are bonus cards for the person drawing them and never become part of an eleven card playing hand. A player who is dealt or draws a red three lays it out and replaces it from the stock at his first playing opportunity. A red three picked up in the discard is placed on the table, but not replaced from stock. Red threes have a bonus count of 100. If one team has all four red threes, the point value is doubled to 800. After play is finished and a team has failed to meld, any red threes showing will be deducted from their score.
- 2.5 Play: The player at the left of the dealer plays first. Each turn consists of a draw, meld (optional) and a discard. The player may draw the top two cards from the stock, or take the top card of the discard. If he holds a pair of that rank and can meld the required count to get on the board he may do so or, having already made the required meld and being on the board, he needs only the required pair in his hand to pick up the card. The discard is always frozen and requires a natural pair to pick it up. If a player takes the top card to play, he then takes the entire discard pile, adds it to his hand and plays as many cards as he can. Players must designate which meld they are adding cards to and cannot ask their partner's

preference. The player then discards one card from his hand. No further play is permitted after the discard. If the draw pile runs out, play continues as long as a player can draw, play and discard.

- 2.6 The Meld: A meld must contain at least two natural cards and may include a wild card. Should the player be unable to make the required count, having placed any cards face up on the table, his required count is increased by 10 points. No more than three wild cards can be counted in a mixed canasta. Cards placed face up on the table are counted in the score at the end of play. Cards held in the hand at the end of play are deducted.

Minimum counts to open:	0 - 1495	50
	1500 - 2995	90
	3000 - More	120

- 2.7 Canastas: A meld of seven identical cards is a natural canasta and worth 500 points. A meld of seven cards containing four or more naturals and wild cards is a mixed canasta and worth 300 points. A completed canasta should be stacked and placed face up. A red card on top denotes a natural canasta; a black natural card on top denotes a mixed canasta. A canasta must contain at least 4 natural cards which are called a base. Natural cards may be added to a completed canasta.

- 2.8 Taking the Discard Pile: The discard pile is frozen at all times. It may be taken with a pair like it, if initial count can be shown or the side is already down. Wild cards and red and black threes cannot be taken off the discard pile. Black threes can only be laid down when going out. They can be three black threes or four black threes, but not two black threes and a wild card.

- 2.9 Going Out: Players can go out without asking their partner's permission. In order to go out, two canastas are required. If a player decides to go out and finds by miscalculation he cannot go out, he plays what he can and his side is charged a penalty of 100 points. When a player can play or discard his last card and the required canastas are made, the hand ends. No discard is required when going out. The person or partners going out first with two canastas receive 100 points.

Section 3 - Scoring

3.1 Base Count

Natural Canasta	500
Mixed Canasta	300
Red Threes	100
(1 side holding 4 red threes gets 800 points)	
Going Out	100

3.2 Value of Cards

Joker	50
Deuce	20
Ace	20
Each K, Q, J, 10, 9, 8	10
Each 7, 6, 5, 4, black 3	5

Section 4 - Declaring Winners

Medals will be awarded to the three highest teams.

DISC GOLF

(NOT A National Qualifying Event)

Competition Level

Competition will be in men and women's divisions, with age categories. All rules of disc golf shall apply as specified by the Professional Disc Golf Association (PDGA) and local course rules, except as modified herein. For a copy of these rules, please write or call:

Professional Disc Golf Association (PDGA)
International Disc Golf Center
3828 Dogwood Lane
Appling, GA 30802
www.PDGA.com

Description of the Game. The game of disc golf consists of throwing a flying disc from the teeing area to a target by a throw or successive throws. Players shall play the course as they find it and play the disc where it lies unless allowed otherwise by the Rules. The competitor who plays the stipulated round or rounds in the fewest throws plus penalty throws is the winner.

Section 1 - General Rules

All rules governing use of disc golf shall apply.

Two eighteen (18) hole rounds will be played.

Participants are required to provide their own equipment.

Section 2 - Clarifying the Winners

Lowest gross scores combined both rounds in each age category are the winners.

General

In the event of a tie between 1st, 2nd, or 3rd place DGA tie-breaking procedures will be followed. Final ties for first place in any division must be broken by sudden death play. Sudden death play shall begin with hole number one unless a different hole or series of holes is designated by the Tournament Director.

MINIATURE GOLF

Competition Level

Competition will be in men and women's divisions with age categories.

Section 1 - Competition Rules

- 1.1 The tournament will consist of one 18-hole round with the lowest scores determining the winners. The course rules will be followed.
- 1.2 The course will be played in foursomes, whenever possible.
- 1.3 Individual score cards will be kept by a member of the foursome or group other than yourself.
- 1.4 Once the score is recorded after each hole, it must be initialed by the player, not the scorer.
- 1.5 Lowest scores determine winners.
- 1.6 Participants may use their own equipment.
- 1.7 In the event of a tie after 18 holes, we will play starting at hole 15 to determine a winner. It will be in sudden death format, eliminating players on a hole by hole basis. A winner will only be determined when an individual finishes a stroke ahead of all other players.

SOFTBALL HIT AND THROW

Competition Level

Competition will be in men and women's divisions with age categories. Softball hit and softball throw scores will be combined as one event for awards. Competitors will be required to use provided equipment with the exception of softball bats.

Section 1 - Softball Hit

- 1.1 The softball-hitting contest will be judged on distance only. Each competitor will be allowed one practice hit, followed by three competition hits.
- 1.2 Distance will be measured at the spot the ball hits the ground from the air. It will be measured in feet and inches.
- 1.3 The hitting area will be outlined by foul lines. Any balls hit outside the foul lines will be scratched and given no score.
- 1.4 A batting tee will be used during the softball hitting competition. A ball will be placed on the tee and competitors must take their swings from a stationary position. No running or unnecessary advantages allowed.

Section 2 - Softball Throw

- 2.1 The throwing competition will be judged for both distance and accuracy. Each participant will be allowed one practice throw followed by three competition throws.
- 2.2 A designated line and marker location where competitors must release the ball. Stepping on or crossing over the line before or while releasing the ball will result in a no score for that particular throw.
- 2.3 A straight line will be laid out in the throwing area for purposes of measuring distance and accuracy.
- 2.4 The throws will be measured by total distance thrown from where the ball hits the ground minus the distance the ball lands from the distance and accuracy line. Throw will be measured in feet and inches. Example: If a participant throws the ball 140 feet, but it is 10 feet away from the distance and accuracy line, his throw would be 130 feet.

Section 3 - Scoring

- 3.1 Hitting and throwing scores will be combined to determine the winners.