

OFFICIAL RULES

(Updated 2009)

Eligibility and Registration

1. Participants must be 50 years of age or older within the calendar year of competition and a resident of a Northern Virginia region sponsoring jurisdiction.
2. In order to compete in an event, each participant must register and sign the release form prior to the start of the event.
3. All team members must register separately, indicating the name of the team captain who will send a roster of all team members by the final registration deadline. A team will compete in the age division of its youngest player.

Competition Level

1. Competition for both men and women will be in age groups as follows

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

Note: The following events which will be held in 10 year age groups: Archery; 3X3 Basketball; Basketball Throw; Frisbee; Golf; Miniature Golf; Pickleball; Table Tennis; Tennis & Yo-Yo.

2. Participants must report to the registration area one-half hour prior to the scheduled time of the event or risk disqualification.
3. Northern Virginia Senior Olympic Officials reserve the right to:
 - Resolve rule disputes, postpone, and/or cancel any event at its scheduled time due to time and cost effectiveness, safety, or other extenuating circumstances.
 - Cancel (or combine age divisions) due to insufficient registration.
 - Cancel or reschedule any or all events due to heavy rain or extreme heat.
4. Any breach of ethics or improprieties must be brought to the attention of the Director of the specific event. The Event Director shall interpret the rules and decide all disputes and may consult with Senior Olympic Committee members for clarification of above.
5. The Event Directors have the authority to establish criteria before his/her event begins to ensure the best interest of the players and the tournament.
6. Wherever possible, the official rules of the Virginia Senior Games (formerly Virginia Golden Olympics), United States National Senior Sports Classic and the relevant national governing body for the event will be used.

Awards System

1. Medals will be awarded to the first, second and third place winners in each event and age groups where applicable. There will be separate competition for men and women in all events except Canasta, Backgammon, Bait Casting, Bunco, Chess, Cribbage, Dominoes, Duplicate Bridge, Ice Skating, Kings in the Corner, Pinochle, Rummikub, Scrabble, Shuffleboard and Team Line Dancing,

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Archery (Discontinued 2003)

1. Competition will be in men and women's divisions with age groups. Competition shall also divide compound bow shooters from conventional recurved/long bow shooters.
 - A. **General Rules**
 - Compound Bow shooters will shoot 60 arrows at the official NFAA* 5-spot or 40 cm indoor target from 20 yards.
 - Conventional Recurved/Long Bow shooters will shoot 30 arrows at the official NAA* 16" or 40 cm 4-color target at 20 yards.
 - All shooting will be controlled by the whistle of the Director of Shooting as follows one blast signals shoot to start; two blasts signal archers to approach shooting line; and three blasts, all archers move forward to score their arrows.
 - B. **Rules**

Rules of the NFAA for Free Style Unlimited shall apply to compound bow shooters, .e. mechanical releases, bow sights, stabilizers, etc. are permitted. NAA Rules shall apply to conventional recurved/long bow shooters – only finger tab or glove, non-optical magnified bow sights, 1-cm kisser button and stabilizers are permitted.
 - C. **Equipment**

Arrows must be equipped with target type points that do not cause undue damage to target faces and buttresses. Each archer's arrow must be marked in a manner distinguishing it from the others.
 - D. *NFAA – National Field Archery Association (Standard 300 Round)
*NAA – National Archery Association (NAA-FTA indoor Round)

3 X 3 Basketball, Women's (Men's discontinued 2008)

1. Competition for women's divisions will be in 10-year age groups. This event will be governed by the rules of the National Collegiate Athletic Association (NCAA), with the following amendments.
 - A. **General Rules**
 - A team's roster shall be limited to ten (10) players. Athletes may play on only one basketball team.
 - Played on half court by two teams of three (3) players each, including a maximum of six (6) substitutes.

3 X 3 Basketball, Women's – (Continued)

B. Ball Play

- The winner of the coin toss shall take first ball possession and the loser shall take ball possession to start the second half. Ball possession changes hands after each basket unless a foul is awarded. Deliberate stalling or attempts to freeze the ball shall result in loss of ball possession. Officials prior to enactment shall give a warning.
- The imaginary 'check line' shall be the 3-point line. To start each half, after a score or after a foul is awarded, a player must put the ball in play from the check line. On defense rebounds or stalls, the ball must be returned to the check line and the player in possession of the ball may maintain control and attempt to score.
- On every change of possession, the ball must be taken back behind the check line, with both feet of the player behind the check line. **PENALTY FOR NOT TAKING BALL BACK BEHIND THE CHECK LINE WITH BOTH FEET LOSS OF POSSESSION!!** After a successful field goal, violation or free throw situation that results in automatic change of possession, the ball must always be placed inbounds from behind the check line with both feet behind the check line, and cannot be advanced into play without a pass from behind the check line to a team mate.
- Playing time shall be two (2) halves of ten (10) minutes running time with an intermission of five (5) minutes. In the last two minutes of the game, the clock will not be a running clock, but will stop in accordance with normal basketball rules.
- Two (2) time outs permitted per team per half (one [1] additional for enter overtime). Time outs to be thirty (30) seconds in duration.
- Substitutions may be made after a basket, foul shot or any stoppage of play.
- Players foul out on their 6th foul but can also be ejected for excess fouling that represents poor sportsmanship play. Technical fouls will be assessed in accordance with NCAA rules.
- All common personal and technical fouls shall be counted against a team total. After the fifth team total, a bonus shall be awarded for the remainder of the game.
- Prior to the seventh team foul a) any common foul shall result in a loss of possession for the offending team; b) any offense foul shall result in disallowing a converted basket and loss of possession; c) any shooting foul with a missed basket shall result in retained possession; and d) any shooting foul with a converted basket shall result in the basket's being awarded and a change of possession,
- After the seventh foul a) any common foul shall result in a single foul shot along with retained possession for the offending team; b) any offense shot shall result in disallowing a converted basket and a single foul shot along with retained possession for the offended team; c) any shooting foul with a missed basket shall result in a two shot foul along with retained possession; and d) any shooting foul with a converted basket shall result in the basket being awarded along with retained possession.
- During the last two (2) minutes of the second half, and any overtime period, automatic possession after foul shots does not apply (rebounding will be in effect).

C. Scoring

- A tie score at the end of regulation time will result in a one (1) minute running clock overtime period with ball possession determined by coin toss. If still tied, subsequent one (1) minute periods are to ensue until tie is broken.
- No three-point shots will be allowed.
- The event will be single elimination with consolation bracket for third place, if necessary.

D. Other USNSG Rules

All players are required to wear shorts numbered front and back (at Nationals) home and away.

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Bait Casting

1. Competition will be coed (no age groups).
 - A. **General Rules**
 - Competition will begin by casting a standard bait (fishing plug without hooks) at 3 target pools set up at different distances – one going behind the other going out from the “shore line.”
 - The accumulated total points for the 10 attempts will determine the winner.
 - Participants will be required to use the bait casting equipment furnished by the NVSO.
 - In case of a tie, each participant will attempt five (5) casts. Total score will determine the winner. If the tie remains, both receive the medal.
 - B. **Casting**
 - A cast may not be made underhanded – overhand or sidearm are acceptable.
 - Each competitor will be given 10 attempts to cast the bait at any combination of
 - the 3 targets.
 - The closest target (5 yards) will be worth 1 point; the medium distance target (15 yards) will be worth 5 points; and the long distance target (25 yards) will be worth 10 points.
 - All attempts that land within a target will score, including those which bounce out, due to no water in the pools. Baits that touch the ground beyond the “shore line” marker will be counted as an attempt.

Basketball Free Throws

1. Competition will be separate for men and women within 10 year age groups. Northern Virginia Senior Olympics Equipment must be used.
 - A. **General Rules**
 - Each participant shall shoot 5 rounds of 5 free throws each equaling a total of 25 free throw attempts.
 - Men will shoot from the free throw line, and women will shoot from the dotted line half circle forward of the free throw line.
 - Crossing these lines while shooting will be recorded as a forfeited attempt and not be counted.
 - In the event of a tie, each participant will attempt 3 additional free throws. If the tie remains, both participants receive medals.

Bowling – Ten Pin

1. Men and women will compete in separate divisions and in 5 year age groups.
 - A. **General Rules**
 - Each contestant will bowl three games. Winners will be determined by total pin fall in the three games plus handicap.
 - The handicap for each game will be 90 percent of the difference between bowler’s average and 200. In case of a tie for any medal spot, there will be a two-frame roll-off (9th and 10th).
 - A bowler who arrives late to the event will be assigned 0 pins for every frame missed to that point.
 - B. **Bowler’s average to determine handicap will be assigned as follows:**
 - Highest Washington, DC Area Association book average for the prior season.
 - If no book average, use a verifiable average for the prior season in any unsanctioned league with a minimum of 21 games bowled.
 - If there is no book or verifiable league average, then use Bowl America’s prior season (minimum of 9 games) Senior’s monthly tournament average.
 - If there is no average from the book, any league, or Bowl America, then an average of 150 will be assigned for men and 135 for women.

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Backgammon 2003 Trial Event – 2004 Regular Event

The object of backgammon is for a player to move all of his/her checkers into his own home board and then bear them off. The first player to bear off all of his/her checkers wins the game. Northern Virginia Senior Olympics will provide backgammon sets for play.

A. Rules of the Game

1. Competition will be coed (no age groups). Medals will be awarded for first, second and third
 2. To start the game, each player throws a single die. This determines both the player to go first and the numbers to be played. If equal numbers come up, the both players roll again until they roll different numbers. The player throwing the higher number now moves his/her checkers according to the numbers showing on both dice. After the first roll, the players throw two dice and alternate turns.
 3. The roll of the dice indicates how many points, or pips, the player is to move his/her checkers. The checkers are always moved forward, to a lower-numbered point. The following rules apply:
 4. A checker may be moved only to an open point, one that is not occupied by two or more opposing checkers.
 5. The numbers on the two dice constitute separate moves. For example, if a player rolls 5 and 3, he may move one checker five spaces to an open point and another checker three spaces to an open point, or he may move the one checker a total of eight spaces to an open point, but only if the intermediate point (either three or five spaces from the starting point) is also open.
 6. A player who rolls doubles plays the numbers shown on the dice twice. A roll of 6 and 6 means that the player has four sixes to use, and he may move any combination of checkers he feels appropriate to complete this requirement.
 7. A player must use both numbers of a roll if this is legally possible (or all four numbers of a double). When only one number can be played, the player must play that number. Or if either number can be played but not both the player must play the larger one. When neither number can be used, the player loses his/her turn. In the case of doubles, when all four numbers cannot be played, the player must play as many numbers as he can.
- Hitting and Entering

- B. A point occupied by a single checker of either color is called a blot. If an opposing checker lands on a blot, the blot is hit and placed on the bar.
- C. Any time a player has one or more checkers on the bar, his/her first obligation is to enter those checker(s) into the opposing home board. A checker is entered by moving it to an open point corresponding to one of the numbers on the rolled dice. For example, if a player rolls 4 and 6, he may enter a checker onto either the opponent's four points or his points, so long as the prospected point is not occupied by two or more of the opponent's checkers. If neither of the points is open, the player loses his/her turn. If a player is able to enter some but not all of his/her checkers, he must enter as many as he can and then forfeit the remainder of his/her turn.
- D. After the last of a player's checkers has been entered, any unused numbers on the dice must be played, moving either the checker that was entered or a different checker.

Backgammon (Continued)

B. Bearing Off

1. Once a player has moved all of his/her fifteen checkers into his/her home board, he may commence bearing off. A player bears off a checker by rolling a number that corresponds to the point on which the checker resides, and then removing that checker from the board. This rolling a 6 permits the player to remove a checker from his points.
2. If there is no checker on the point indicated by the roll, the player must make a legal move using a checker on a higher-numbered point. If there are no checkers on higher-numbered points, the player is permitted (and required) to remove a checker from the highest point on which one of his/her checkers resides. A player is under no obligation to bear off if he can make an otherwise legal move.

C. Doubling

1. The doubling cube will not be used in tournament play.

D. Gammons and Backgammons

1. Backgammon - The first player to bear off all checkers is the winner. He/she will be pared with another winner.
2. Gammons B At the end of the game, if the losing player has borne off at least one checker, he receives one point. If he has not borne off any of his/her checkers and still has a checker on the bar or in the winner's home board, he is backgammon and receives no points.
3. +Match Play to 5 points. To speed up play in the backgammon tournament play, backgammon will count as two points and gammon as one point. The first player to accumulate the required points (five) wins the match and will be pared with a new player.

E. Irregularities

1. The dice must be rolled together and land flat on the surface of the right-hand of the board. The player must reroll both dice if a die lands outside the hand-hand board, or lands on a checker, or does not land flat.
2. A turn is completed when the player picks up his dice. If the play is incomplete or otherwise illegal, the opponent has the option of accepting the play as made or of requiring the player to make a legal play. A play is deemed to have been accepted as made when the opponent rolls his/her dice or offers a double to start his/her own turn.
3. If a player rolls before his/her opponent has completed his/her turn by picking up the dice, the player's roll is avoided. This rule is generally waived any time a play is forced or when there is no further contact between the opposing forces.

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Bunco

BUNCO is played in partners with 4 people per table. No age groups nor gender divisions.

A. **General Rules**

Table 1 is the controlling table. A bell is rung to begin play. Rolling for 1's starts the game. Roll the dice, if a 1 appears, roll again and continue until no more 1's appear. Mark down the number of 1's you rolled on the score pad, and pass the dice to the person on your left.

B. **Continued Play**

- Continue to roll and pass the dice until one partnership AT TABLE 1 reaches 21, and then ring the bell for all play to stop. The winning partners will remain at table 1 and remain partners while the other partners will move on to table 2 and change partners. If there are 3 tables, losers from table 1 will move to table 3 and change partners. Winners from table 3 will move to table 2 and change partners. Winners from table 2 will move to table 1 and remain partners.
- The bell is rung to begin play again and everyone is rolling for 2's. Then 3's, then 4's, and so on.

C. **Scoring**

- A BUNCO (valued at 6 points) is three of a kind of the number being rolled, for example, three 4's when everyone is rolling for 4's.
- A partnership gets credit for the 6 points, but only the roller is credited with the BUNCO.
- When rolling for a certain number and three of a different number are rolled, that is an "over" and the player rolls again.

D. Scoring sheet: Listed are the names of the players, number of games won and number of BUNCO's won. At the end of every game, the master score keeper marks the games and BUNCO's won at each table. The bell will not be rung to begin play again until all of the scores have been recorded. If a tie results, roll the dice; add the spots, and the highest number rolled wins.

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Canasta (Discontinued)

1. Competition will be no age groups or gender divisions. Play will be in accordance with rules stated in 'Hoyle's Rules of Games.'
 - A. **General Rules**
 - The Event Director will assign players a starting table and position at that table.
 - The Event Director has the option to set up the amount of players per table based on the number of people playing. There will be 3 or 4 players per table, with 4 preferred. Each player will play for and keep his/her or her own score.
 - After each game, the winner(s) will remain at the same table and change their position, and the losers will proceed to the next table.
 - Three or four hands will be played per game depending on the number of players per table, and three games will be played for the tournament.
 - B. **Preliminary**
 - Played with two regular decks of cards plus four Jokers – a total of 108 cards. Draw for deal (high card) from pack spread face down on the table. The deal rotates to the left or clockwise. The player to the hand of the dealer is to shuffle last.
 - To cut, each pack must contain at least four cards.
 - C. **Deal**

The dealer gives eleven cards to each player, one at a time, face down, clockwise. The remaining cards of the deck are placed in the center of the table face down to form the STOCK. The top card is turned face up beside it and is called the UPCARD. All subsequent discards are placed directly on top of the up card so that only the top card is visible. The pile becomes the DISCARD and can never be examined by any player for any purpose. If the up card dealt is a red three, wild card (jokers or deuces) or a black three, it must be covered until a natural card is turned.
 - D. **Red Threes**

The red threes are bonus cards and count for the player drawing them, and never become part of an eleven-card playing hand. A player who is dealt a red three lays it on the table at his/her first playing opportunity and replaces it from the Stock. A red three picked up in the Discard is placed on the table but not replaced from the Stock. Red threes have a bonus count of 100, except when one person has all four of the red threes, which increases their value to 800. After play is finished, should a person not have been able to get on the board with a meld, the red threes count 100 points each against him, or with all four red threes, 800 against.
 - E. **Play**
 - The player to the left of the dealer plays first. Each turn is comprised of a draw, meld (optional) and a discard.
 - Discard
 - The player is entitled to take the top card of the discard if he holds a pair of that rank in his/her hand, and with the cards in his hand can meld the required count to get on the board or; having already made the required meld and being on the board, he has 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 and adds it to his hand, and can play as much from his hand to the board as he desires. Then he discards a card from his hand, never from the board, and his play ends. He can make no further play after he has discarded.
 - The player may count the cards in the Stock, but never count or examine the Discard. He may ask other players how many cards they have and is entitled to a correct answer. He may announce he has only one card left in his hand.
 - In the event the Stock runs out, the game is over. Black threes can only be melded when going out. They can be three of a kind, four of a kind, or two with a wild card.

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Canasta (Continued)

- When a player has the required two (2) Canastas, and can play or discard his last card, the hand ends. No discard is required when going out.
- The person going out receives 100 points for going out. No one may meld more cards once a player goes out.

F. **Meld**

- A meld must contain at least two natural cards, and may include a wild card, for a total of three cards.
- To count as plus, a card must be placed face up on the table during a player's regular turn.
- Cards held in the hand at the end of play, count as minus. Should a player place any cards face up on the table, and then be unable to make the required minimum meld count to open, his required minimum count is increased by 10 points.
- Players must designate which meld they are adding cards to including wild cards.
- Cards may be added to Canastas, and any number of wild cards may be added to a fished Canasta. However, if a wild card is added to a natural Canasta, it decreases its value from 500 for a natural to 300 for a meld.

G. **Canastas**

- Canasta must hold at least four natural cards, which are called a Base.
- A meld of seven cards of one rank is Natural Canasta and counts 500. Any meld of seven cards containing at least four cards of one rank and wild cards is Mixed Canasta and counts 300 points.
- As soon as a Canasta is completed, it should be stacked and placed face up with a red natural card on top to denote a Natural, or a black natural card on top to denote a Mixed. During play, players may add cards to these Canastas, but a wild card will change a Natural to a Mixed for count.
- A Canasta, when first finished and stacked, may be spread out for any player to examine for contents; but after the following player has discarded, the Canasta cannot be examined but remains closed for the balance of the hand.

H. **Count**

Value of Cards		Minimum Count to Open	
Joker	50	Score of 0 – 1499	50
Deuce	20	Score of 1500 – 2999	90
Ace	20	Score of 3000 plus	120
K-Q-J-10-9-8	10 each		
7-6-5-4-3	5 each		

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Chess

1. There will not be a separate competition for men and women, nor any age groups. This event will be held over a 2-day period and participants may not enter any other events scheduled for these days. Players are urged to commit to play both days if they enter the Tournament.
2. **General Rules**
 - If there are five (5) or fewer entries, the tournament will be a Round Robin.
 - Otherwise, a 4-round Swiss style tournament will be held.
 - Chess clocks will be used. Each game will be limited to 2 hours, and each player will be allowed a 1 hour time period as recorded by his clock. Games not completed in 2 hours will be adjudicated by the Event Director based upon the numbers and types of pieces remaining on the board and their respected positions.
 - A player loses when he is checkmated, resigns, or has exhausted his 60 minutes of game time (as indicated by the flag on his clock falling).
 - Players will receive 1 point for a win, ½ point for a draw or a bye, 0 points for a loss. Final standings will be determined by the total number of points earned by each player after the final round of play. In the event that a tie occurs within the top three positions, play-off games will be played on an accelerated time schedule.
 - At the scheduled starting time of the first round game, the Tournament Director will make pairings and notify participants. The White player's clock will be started. If another player appears, he/she will be paired with the 'bye' player, if there is one. For any games starting after 10:30 am, the Tournament Director will reduce their game time so their game will end at 12:30 pm.
 - For the Second, Third and Fourth rounds, the Tournament Director will make pairings in advance and start clocks of all White players promptly at 10 am and 1 pm. No late entrants will be allowed at this time.
3. If an odd number of players are registered, one player in each round, selected by drawing cards, will be awarded a 'bye.' No player will be allowed more than one 'bye.'
4. The ESCF's Official Rules of Chess will apply. In case of any disagreements, the decision of the Tournament Director will be final.
5. Medals will be awarded to the top three players.

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Cribbage

1. Competition will be no age groups or gender divisions.

A. **General Rules**

- A full deck of 52 cards should be used, King is high; Ace is always low.
- A 'game' consists of 121 pegged points; 5 games will be played.
- 'Game' points are assigned as follows:
- Two 'game' points for a win; 0 'game' points for a loss; 3 "game' points for a 'Skunk.'
- Cut for deal; Low card deals first with deal alternating thereafter. Each player may shuffle the deck, dealer shuffling last, and the deck being cut by dealer's opponent 'Pone.'

B. **Two-handed Cribbage**

Cards are dealt to each player, one at a time, face down. The remaining deck is placed face down to one side. Each player discards 2 cards face down into the 'CRIB.'

C. **The Crib**

This is an extra hand scored by the Dealer after the hands have been played out. It is formed by each player discarding two cards and placing them face down beside the dealer.

D. **The Starter**

After the discards, the 'Pone' cuts the deck; the dealer turns up the top card of the lower portion of the deck, and places this card face up on the reunited deck. This card is called the Starter, and is not used during the play of the hands. It is counted, however, with each hand and the 'Crib' on the final count. If the Starter (S) is a Jack, called "His Nibs", the dealer immediately scores –"Pegs" - two points.

E. **The Play**

- Players attempt to form various counting combinations, such as pairs, triplets, fours, sequences and 'fifteens' to peg points. Combinations can be formed by the cards played; or in the hands and crib using the Starter as a fifth card in each.
- The 'Pone' plays any card from his hand – placing it face up on the table in front of him, at the same time announcing the numerical (pp) value of the same. All Face cards are valued as tens, and all others according to numbers of spots, Aces being ones. Dealer then plays a card, places it face up in front of him, and announces the value, which is the sum of his card and the one already played by the Pone.
- The game proceeds in this manner, the value of each card being added to all cards previously played in this round. The total sum of these cards must not exceed 31. If a player cannot play a card within the sum of 31, he says 'Go.' This entitles opponents to play and continue to play until he reaches 31 or can play no further without exceeding the sum of 31.

F. **The 'Go'**

The player closest to '31' scores one point; if he makes '31' exactly, he scores two points. When 31 has been reached or a 'Go' declared and pegged, each player turns the cards he has played face down in front of him. The next player begins with the remaining cards in his hand and proceeds from '0' until all cards are played or 31 is reached again. The last card that can be played scores one point for 'Last Card.'

G. **Points in Hand**

'15'	2
Pair	2
Three of a Kind	6
Four of a Kind	12
Run of 3	3
Run of 4	4
Run of 5	5
Double Run of 3	8
Double Run of 4	10
Triple Run of 3	15
2 Double Runs of 3	16
His Nibs in Hand (S-matching Jack)	1
4 Cards Same Suit	4

Points in Play

'15'	2
Pair	2
Three of a Kind	6
Four of a Kind	12
Run of 3	3
Run of 4	4
Run of 5	5
Run of 6	6
Run of 7	7
'31'	2
'GO'	1
Jack on deck-Starter (S) (Dealer pegs)	2
(Note: In Crib must be 5 same- 5)	

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Duplicate Bridge

1. Competition will be in no age groups or gender divisions. The latest version of the Laws of Duplicate Contract Bridge, by the American Contract Bridge League, will apply.
 - A. **General Rules**
 - The game will begin on time. Late arrivals will not be seated once the game is underway.
 - Any partnership using a system other than the Standard American System (i.e. Precision, Schenken, ACOL), must advise opponents at the beginning of each round. Players must alert opponents during the auction as to the meaning of every specialized bid.
 - Regardless of the system used, all 'personal' partnership understandings must be made known to opponents during the auction. All conventions – other than Blackwood, Stayman, Gerber and the Unusual No-trump – must be alerted. Failure to alert, when required, could result in an adjusted score in favor of the non-offending side.
 - Every player must have a convention card completed and made available for all opponents to see.
 - During each round a maximum of seen minutes per board will be allowed. Habitual slow play by the same individuals could result in a penalty, at the discretion of the Event Director.
 - Whenever there is an irregularity, the Director must be called. No player is allowed to make a ruling whenever an irregularity occurs.
 - Whether the movement is Mitchell or Howell, the minimum and maximum number of boards played will be 24 and 28, respectively.
 - Four cards same suit 4
 - Five cards same suit 5
 - When a hand is passed out during the first round, it cannot be re-dealt. Obviously, after the first round, no hand could ever be re-dealt. It is the responsibility of the North player to keep score and to assure that the correct boards and opponents are at his/her table. The North player must show the recorded score on the traveling score sheet to one of the opponents who shall total the score sheet in the extreme left column.
 - B. **Awards**

Medals will be awarded to the first, second and third place winning partnerships, N-S & E-W.
2. All participants must be experienced and know the mechanics of Duplicate Bridge. The Director will provide no assistance or guidance.
3. Anyone who does not have a partner is welcome to participate if the Director is able to pair you with another person who is alone and present. The Event Director is prohibited from playing.

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Eight Ball Pool

1. Participants in men's and women's divisions will compete in a single elimination tournament. Players may bring their own pool cue. NVSO will supply the rest of the equipment.
 - A. **General Rules**
 - Each match will consist of the best two out of three games.
 - There will be one loser's bracket from the semifinal to determine 3rd place.
 - All games will be played in accordance with current BCA rules unless amended below.
 - The opening shot will be determined by a lag, unless both participants agree on a coin toss. The person to break will rack his or her own balls. Then after the opening break, the break will alternate.
 - B. **Women's Division**

Shooter does not have to call pockets or combinations, except when shooting at the eight ball. However, a clean shot must be made, i.e. the eight ball can not touch another ball before dropping into the designated pocket. Additionally, a break shot will be considered legal when at least two balls are driven to the rail.
2. A random drawing may be held to determine opponents before the event is started.

Frisbee Throw

1. Competition will be in men's and women's divisions and age groups (10 year). The best of 3 throws will be judged on distance and accuracy. Participants must use Frisbee disc provided by NVSO. NVSO officials will determine the order of throws.
 - A. **General Rules**
 - Each participant will be allowed practice throws if time permits prior to starting and three compete throws at a straight line laid out in the throwing area for measuring distance and accuracy.
 - The throwing area will be marked by foul lines, similar to softball throw, except they will form an angle of 60 instead of 90 degrees.
 - Thrower must release disc from behind the approach line or it will be considered a foul.
 - B. **Awards**
 - The longest adjusted throw will be measured by the total distance thrown minus the distance the Frisbee lands from the accuracy line measured in feet and inches.
 - Winners will be determined by the longest adjusted throw and in case of a tie; the second longest throw will be compared. A tie will be broken with one additional throw.

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Golf

1. Men and women will compete in separate divisions in 10 year age groups. United States Golf Association and local course rules will apply to all play unless amended below. The Calloway Handicap System will be used in play.
 - A. **General Rules**
 - The play will be for 18 holes only and players must furnish their own golf clubs and balls.
 - Winter rules will be in effect. The ball may be moved in the fairway only for the purpose of improving the 'lie.'
 - A ball which is declared lost or a ball, which is discovered out-of-bounds, shall be played from the nearest in-bounds spot, no nearer the hole, with a one-stroke penalty.
 - On the putting surface, the player who is the farthest from the hole shall putt first until all balls are in the hole. 'Gimmies' are allowed.
 - A ball, which is declared unplayable or is unplayable in a water hazard, shall be played out two club lengths from the hazard no nearer the hole, with a one-stroke penalty.
 - Player will be given one club length relief without penalty from a lie that is declared dangerous to the player or his clubs by his playing partner(s).
 - B. **Awards**

Gold, Silver & Bronze Medals will be awarded for low net score in each age group, according to the handicap system.
The lowest gross score in each age group will receive a Gold Medal.

Horseshoes

1. Competition shall be according to age groups with men and women's divisions. A single elimination tournament shall be played except when determining 3rd place. Best two out of three games wins.
 - A. **General Rules**
 - A game will be played to 21 points for men and women through age 74 or the high score after 40 shoes have been thrown (20 shoes per person), whichever occurs first. For men and women 75+, games will be played to 21 points or the high score after 30 shoes have been thrown (15 shoes per person), whichever occurs first.
 - A game is played by frames consisting of a total of four shoes, two pitched by each player to a stake.
 - B. **Scoring**
 - All points count. A Ringer is 3 points. A Leaner is 2 points. Any shoe within 6 inches of the stake (as measured with a caliper or straight edge) score 1 point. No contestant shall move his own or the opponent's shoes until the winner of points has agreed upon by the contestants or a decision rendered by the referee or event director.
 - Men 50-69 shall pitch from a distance of 40 feet.
 - Women 50-74 shall pitch from a distance of 30 feet.
 - Women ages 75 & up shall pitch from 20 feet.
 - C. **Additional information**
 - A foul line shall be clearly defined 3 feet in front of each stake.
 - Flip a shoe to determine who pitches first; thereafter, the person making the most points pitches first. In case of a tie, the last pitcher shall pitch first.
 - After pitching, step behind your opponent and do not make remarks or movement that might interfere with opponent's pitching.
 - A legal shoe must land inside the box. Any shoe that hits the edge, backboard or outside & bounces into the box is a foul shoe and shall be removed.
 - In case of a tie, participants will throw 5 shoes and score combined with game score.

Kings In the Corners (Discontinued)

1. Competition will not be in age groups or gender divisions. The tournament will consist of ten rounds/games. Number of hands/deals per table corresponds to number of players at the table.
 - A. **General Rules**
 - No more than 4 players per table.
 - Players draw a card and the highest card deals the first hand. The deal rotates to the left, or clockwise until each player has had the deal.
 - The winner(s) of each game move to the net higher numbered table; then a new game is played. The winner at the highest numbered table moves to table number one.
 - When each person has played ten games, the player who won the most games (got the least points) wins the tournament. The net lowest scorer is second. The third lowest is third. Te-breaker will consist of extra games to determine medal winners if needed.
 - Each player will receive a score sheet and pencil. At the end of a game, each player will write '0' for a win or the # of cards they had left in their hand net to the number of the game that was just played.
 - Rules for game play will adhere to the rules in Hoyle's Modern Encyclopedia of Cards and Games.
 - B. **Play**
 - Deal seven (7) cards. Place deck face down in the middle of the table. Turn 4 cards up around the deck.
 - Player left of dealer starts the play. Player plays cards from his hand, and moves cards from starting piles onto other piles when appropriate.
 - Cards are played on 4 face-up card piles in descending order, alternating black with red, until the Ace has been placed on the pile.
 - If a player has a King, when it is their turn, they play the King in the corner. When all 4 Kings are on the table, there will be 8 piles to play on.
 - When a card is moved, and that space becomes open, the player may start a new pile with a card(s) from his hand. He also may place a net higher card under an already existing pile at this time only.
 - If a person cannot play a card from his hand when it is his turn, he must draw from the deck until a play can be made. When a person can play no more, it is the next person's turn.
 - Game is over when one person has played all of their cards.

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Miniature Golf

1. Competition will be in men's and women's divisions, and by 10 year age groups of

50-59,	70-79,	90-99
60-69,	80-89.	100 +

A. **General Rules**

- The tournament will consist of one 18-hole round, with the lowest scores determining the winners. The course rules will be followed.
- The course will be played in foursomes, whenever possible.
- Individual score cards will be kept by a member of the foursome or group other than yourself.
- Once the score is recorded after each hole, it must be initialed by the player, not the scorer.
- Lowest scores will determine winners.
- Tiebreakers will be determined by using score cards, starting with the first hole and continue until a winner is declared.

Pickleball

1. Events will be held in men's and women's singles and doubles, and mixed doubles, in 10 year age groups of: 50-59, 60-69, 70-79, 80-89, 90-99, & 100 +.
In all doubles play, partners covering two age groups will play in the age group of the younger partner. Players may bring their own rackets.

A. **General Rules**

- A five-minute warm up period will be allowed before all matches.
- Ball must be served underhanded and below the waist.
- Points will be scored only when served. A player/team continues serving until there is a fault.
- Faults consist of the following:
 1. Hitting the ball out of bounds. A ball landing on any line is considered good.
 2. Player hitting the net.
 3. Volleying the ball before it has bounced on each side of the net, a.k.a. the double bounce rule.
 4. Not clearing the net.
 5. Volleying - hitting without a bounce while a foot is in the "non-volley" zone.
- For a serve to be good, it must be served diagonally to the receiver, while clearing the 7-foot non-volley zone. If the ball contacts the net on a serve and still lands beyond the 7-foot non-volley cross-court, it is called a "let" and the serve is played over.
- Double bounce rule is in effect for singles and doubles play.
- The game is played to 11 points, both singles and doubles. Players/team must win by 2 points.
- To win a match you must win 2 out of 3 games.
- There will be a single elimination with a losers bracket from the semi-finals to determine 3rd place.

Racquetball (reactivated 2008)

1. Competition will be in men's and women's divisions with age groups. Lensed eyewear designed for racket sports are mandatory. Athletes must provide their own rackets. Balls will be provided.
 - A. **General Rules**

All matches will be governed by standard rules recommended by the ~~American Amateur~~ **USA** Racquetball Association.
 - B. **Scoring**
 - Only the server can score points.
 - Server scores one point for winning a rally.
 - The receiver gets a 'side out' for winning a rally and serves the net rally.
 - First person to score 15 points wins the game. No need to win by two points.
 - A match is best 2 out of 3 games. Third game, if necessary is played to 11.
 - The consolidation match will be one game to 15 points.
 - C. **Serving**
 - The server must begin the service motion in the service zone.
 - The server drops the ball, allows it bounce on the ground once, and hits it towards the front wall.
 - The serve must hit the front wall, may hit one sidewall, and must land on the ground between the service zone and the back wall.

Any of the following will result in a 'double fault' or loss of serve

 1. The server swings and misses the ball.
 2. The served ball does not hit the front wall first.
 3. The served ball hits the server on the way back.
 4. Two consecutive single faults.

Any of the following will result in a 'single fault'

 1. The served ball hits the front wall and then the ceiling.
 2. The served ball hits the front wall and then the back wall before the ground – long serve.
 3. The served ball hits the front wall and then the ground before passing the service zone – short serve.
 4. The served ball hits the front wall and then two sidewalls before the ground – 3 wall serve.
 5. The served ball passes so close to the server that the receiver could not see it on the way back – screen serve.
 - D. **Rallying**
 - Players alternate hits. The player who is hitting the ball must hit the ball before it bounces twice on the ground. The ball may hit any wall and/or the ceiling, as long as the ball reaches the front wall before hitting the ground.
 - If a player hits the other player with the ball, the rally is replayed.
 - If a player touches the ball while it is the other player's turn to hit, the "toucher" loses the rally.

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Rummikub (Discontinued)

1. Competition will be in no age groups or gender divisions.
 - A. **General Rules**
 - The game is played with 106 tiles including 2 jokers.
 - Each tile bears a number (1 through 13) in four different colors.
 - Two to four players may play Rummikub.
 - The object of the game is to be the first to eliminate all the tiles from the player's rack.
 - B. **Glossary**
 - Set group or run
 - Group 3 or 4 tiles of the same numerical value but different colors
 - Run 3 tiles or more of the same color in a numerical sequence
 - Meld a 'set(s)' of tiles being placed on the table face up
 - Initial meld player's first meld with a face value of at least 30 points.
 - C. **Play**
 - The tiles are placed face down on the table and are shuffled. Each player, in turn, takes a tile and the player who picks the highest number plays first. The others follow in a counter-clockwise direction.
 - Each player, in order of turn, takes 14 tiles from the 'Pool' and places them on his rack, arranging them in 'sets' as far as possible.
 - To begin play, each player, in turn, places an initial meld totaling a minimum of 30 points on the table. This meld may be a group or run or any combination thereof that totals 30 points or more. A joker used in the initial meld will bear the face value of the tile for which it was substituted.
 - A player who does not have the 30-point initial meld must draw one tile from the 'Pool' and then it is the net player's turn.
 - Once the initial meld is made, a player may add to and work with any existing 'melds' on the table to make a group or run or to manipulate.
 - Each player has two minutes in which to start his turn. Once a move has been completed, he should declare that he is finished.
 - When a joker is played in place of a tile, it becomes that tile and can only be replaced by a tile the same number and color as the Joker was designated.
 - If a player is unable or chooses not to play when it is his turn, he must draw a tile from the pool.
 - D. **Manipulating**

Manipulating the 'set' may be done in the following ways: Adding one, or more, tiles from your rack to a 'run,' or the fourth color to a 'group.' Removing one or more tiles from an existing 'set' leaving at least 3 tiles to form a new 'set' with tiles from your rack.
 - E. **Splitting**
 - Forming two 'runs' from one 'run' by adding a duplicate tile to the middle of a five tile 'run,' .ex. 4,5,6,7,8 becomes 4,5,6 and 6,7,8.
 - Rearranging 2 or more melds to form different types of 'sets' to allow use of tiles from your rack, .e. Yellow, 5,6,7 plus Red 5,6,7 plus Black 5,6,7,8,9 could become group 5,5,5 (plus your blue 5) and group 6,6,6 and group 7,7,7 and run 8,9 plus your black 10.
 - F. **Jokers**
 - A joker may be substituted for any tile in a 'set.' When used in initial melding, its face value is that of the tile for which it is being substituted. It may be replaced on the table only by a tile from your rack of the same color and number as the Joker was designated.
 - The player exchanging the Joker must, however, use the Joker immediately to form a new 'set' on the table. If a Joker is left on a player's rack when another player wins, it counts 30 points against the holder and gives 30 points to the winner.
 - G. **Scoring**
 - When a player has used all of the tiles from his rack in 'sets' on the table, he is declared the winner.
 - Each player counts the value of the tiles left on each of their racks, and that is their minus (-) score.
 - All the minus scores are added and given to the winner as a plus (+) score.

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Shuffleboard

1. Competition will be coed with no age groups. Play shall be in accordance with the National Shuffleboard Association, Inc. rules.
 - A. **General Rules**

Choice of color is determined by each player playing TWO DISCS to farthest dead line. Use first disc as a practice disc, second disc for choice of color. Remove first disc before second disc is shot. The player whose disc is nearest this line has choice of color. (Measurement of disc to line: Center of the disc to the center of the line.)
 - B. **Play**
 - To start a game, the RED disc is shot first. Play alternates – Red, then Black – until all discs are shot. Red shall always be played from right side of Head of court, and left side of Foot of court.
 - After all discs are played, constituting a HALF ROUND, the players walk to opposite end of court, or Foot of court, and start play with the color lead changing to BLACK.
 - Game is considered 25 points or the completion of 5 frames, whichever occurs first. Match play shall be on the basis of best of two out of three games. There will be a one-frame tiebreaker.
 - A disc that leaves the playing area is a dead disc and if it returns into the playing area, it shall be removed before further play. If a dead disc moves or displaces a live disc, that half round shall be played over, except if it was the result of the last disc, which is the 8th disc played in that half round, then the half round is not replayed, and any score that was on the board immediately before the rebound shall count.
 - A disc which stops in the area between the farthest dead line and the starting area is dead, and shall be removed before further play.
 - A disc which stops just beyond the farthest baseline shall be removed to at least eight inches from the baseline.
 - A disc, which is leaning over the edge of the court and touching the alley, shall be immediately removed.
 - C. **Scoring**
 - Scoring Diagram: one 10-point area, two 8-point areas, two 7-point areas and one 'minus 10' area.
 - After both players have their four discs, SCORE ALL discs on the diagram within and not touching the line; separation triangle in 'minus 10' area not considered.
 - Play continues until all discs have been shot, even if game point has not been reached.
 - D. **Penalties**
 - Players shall place their four (4) discs within and not touching the lines of their respective half of 'minus 10' area. Penalty: 5 off. Penalty not applied until after a disc is played. Discs must be played from within their respective half of 10-off area.
 - No hesitation or hook shots allowed; forward motion of the disc must be continuous. Penalty 10 off, offender's disc removed and opponent credited with score of any discs displaced.
 - Players shall not step on or over baseline of court, or extension of baseline, REAL OR IMAGINARY except to gather and place their discs. Penalty: 5 off.
 - Players may stand in area between courts, but NOT over baseline. For stepping on the other court or the baseline. Penalty: 5 off.
 - Players must not leave court without permission. Penalty: 10 off.
 - Players shall, after shooting, stand back and keep their cue in an upright position. For interfering with an opponent while he/she is executing a play, penalty: 5 off.
 - Players shall not touch live discs at any time. Penalty: 5 off.
 - Players must not talk or make remarks to disconcert opponent's play. Penalty: 10 off.
 - Players shooting before opponent's disc comes to rest. Penalty: 10 off, offender's disc removed, and opponent credited with any discs displaced.
 - If any disc is touching any boundary lines and a disc is shot. Penalty: 5 off offender's score.
NOTE: If disc played touches sideline, or triangle – Penalty: with any discs displaced. Discs in motion may cross outside diagonal line. No penalty inflicted if disc being played, STARTING in clear, should touch or cross separation triangle.

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Softball Hit

1. Competition will be in men's and women's divisions in all age groups. This event will be judged on distance and accuracy. Players must use Northern Virginia Senior Olympic Committee supplied softballs.
 - A. **General Rules**
 - Women and men will have a choice to use either a tee or hitting Fungo style, .ex. The participant will toss the ball in the air and then hit it to the best of his/her ability.
 - All hits will be recorded.
 - Checking second best hits will break a tie.

Softball Throw

1. Competition will be grouped into men's and women's divisions in all age groups. This event will be judged on distance and accuracy. Players must use Northern Virginia Senior Olympic Committee supplied softballs
 - A. **General Rules**

Each participant will be given three throws. All throws will be recorded. Checking the 2nd best throw will break a tie.

Swimming

1. Competition will be according to age groups. There will be separate divisions for men and women.
 - A. **General Rules**
 - Events will consist of the freestyle, backstroke, breaststroke, and ½ mile swim.
 - Competition will consist of swimming 50 yards in distance – twice the width of the pool. Swimmers will start in the water with at least one hand on the side of the pool.
 - The kicks allowed are the frog, whip, scissors, or breaststroke.
 - Best times will be recorded. In case of a tie, duplicate medals will be awarded.
 - ½ mile swim s 36 widths of the pool. Any stroke or combination of strokes is permissible.
 - B. **Backstroke**

Two hands must hold the side of the pool for the start. Backstrokes must swim face-up with alternate or simultaneous arm strokes (swimmer's choice).
 - C. **Freestyle**

In the freestyle ½ mile and backstroke, at least a one-hand touch finish is required. Turns for these events shall be a wall touch with any part of the body.
 - D. **Breast-stroke**

A 'two-hands' touch at turns and the finish is required. Breaststroke competitors must do an arm stroke that is an in-water recovery.
 - E. **Equipment**

No swimmer may use equipment which gives an unfair advantage such as swim fins, flotation devices, breathing apparatus such as a snorkel, etc.

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Table Tennis

1. Competition will be in separate divisions for men and women in 10-year age groups:

50-59,	70-79,	90-99,
60-69,	80-89	100 +

Players may bring their own paddles not backed with sandpaper. Games will be played in accordance with United States Table Tennis Association rules.

A. **General Rules**

- Best 2 out of 3 wins.
- After a total of 5 points have been played, the receiver becomes the server, and the server the receiver, and so on until the end of the game or the score 20-all. At the score 20-all, the receiver shall become the server, and the server the receiver, and so on after each point until the end of the game.

B. **Singles**

- A game shall be won by the player who first wins 21 points, unless both
- Players shall have scored 20 points; then the winner of the game shall be the one who first wins 2 points more than the opponent.

C. **Serving**

- The server releasing the ball from an open hand only, without imparting spin, shall deliver the serve. The ball shall then be struck so that it touches first the server's court, passes directly over the net, and touches the receiver's court.
- At the moment of the impact of the racquet on the ball in service, both shall be behind the end line of the server's court and between an imaginary continuation of the sidelines.

D. **Let Service**

The ball is served again without loss or gain of point if the ball served in passing over the net touches it or its supports, provided the service be otherwise good.

E. **Loss of Points**

Either player shall lose a point

1. If his free hand touches the playing surface while the ball is in play.
2. If he, his paddle, or anything that he wears or carries, touches the net or its' support while the ball is in play.
3. If he, his paddle, or anything that he wears or carries, moves the playing surface while the ball is in play.

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Team Line-Dancing

1. Competition will have no age groups. Teams may include men and women.
 - A. **General Rules**
 - Teams must have a minimum of five (5) with a maximum of eight Members per team.
 - Dance routine may be an original or a known standard. Length of music and performance 2-3 minutes. Team chooses and brings own tape with a single song recorded.
 - Team attire should be uniform – skirts, pants, hats, boots, etc.
 - Judging will be by points awarded for dance execution including content, hands and style, team coordination and attire. Other judging areas may be added as necessary.

Tennis

Competition will be in men's and women's singles, men's and women's doubles and mixed doubles in 10 year age groups.

- A. **General Rules**
 - In men's and woman's doubles, partners covering two age groups will play in the age group of the younger partner. If you plan to participate in more than one Tennis event, you must plan to play more than one match per day.
 - Each player is required to bring one new, unopened can of balls for each event. Winner keeps new balls & loser keeps used balls.
 - Players must furnish their own rackets.
 - Warm up time is limited to 10 minutes.
 - All games are played in accordance with United States Tennis Association rules.
- B. **Scoring** - Pro-set scoring will be used.
 1. All games will be no-add games. The player with four points wins the game. If the score becomes 3-3, ie. 40-40, the receiver may select deuce or add court for play of the final point.
 2. The first player to win eight games will win. (You do not have to win by 2 games.) When the score is tied at 7 all, a seven-point tiebreaker will decide the winner, with the first player scoring seven points, with a margin of 2 points, winning the match.

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Track & Field

1. Competition will be in separate divisions for men and women in all track events, and based on 5-year age groups as follows

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

A. **General Rules**

All events governed by Amateur Athletic Union of the United States, Inc.

B. **Field Events**

All distances will be measured from the white 'foul' line. A participant may not cross the white line in the execution of an event. Each participant will be given a 'warm-up.'

- Standing Long Jump
 - Each competitor will be given three tries. In execution, feet must be
 - Parallel and leave the ground at the same time.
 - Distance is measured from the front of the take-off board to the closest impression in the pit sand. All three distances will be recorded.
 - Checking the 2nd longest jump will break a tie. In case of another tie, the competitor's third best jump will determine the appropriate award.
- Running Long Jump
 - Each competitor is given three tries. Take-off foot must not be over the foul line or the front edge of the take-off board.
 - Distance is measured from front of take-off board to the closest impression in the pit sand. All three distances will be recorded.
 - Checking the 2nd longest jump will break a tie. In case of another tie, the competitor's third best jump will determine the appropriate award.
- Discus
 - Women will use a 1 kg rubber discus. Men 50-59 will use a 1.5 kg rubber discus, and men 60+ will use a 1 kg rubber discus.
 - The discus is to be held with the hand over the top of the discus. It is to be released by swinging the arm forward in an upward motion. Spinning to throw the discus is not permitted. This has been adopted as a safety measure.
 - In the execution of the throw, the participant must not cross the foul line. Upon completing each throw, the contestant will leave the ring towards the rear.
 - Participants will be given three throws. The three throws will be recorded.
 - Distance will be measured from the center of the ring to where the discus first touches the ground.
- Shot Put
 - A 3 kg shot will be used for all women competitors. Men 50-59 will use a 6 kg shot; 60-69 will use a 5 kg shot and 70+ will use a 4 kg shot.
 - The shot will be held behind but close to the ear, and back toward the shoulder. The delivery must be a forward thrust in an upward motion. The hand must be over the top of the shot in the delivery. Underhand delivery of the shot is prohibited.
 - Participants must not step out of the circle while 'putting' the shot. Upon completing a 'put,' the contestant must leave the ring to the rear. Once the distance has been measured, he may reenter the ring for his net effort.
 - Distance will be measured from the center of the ring to where the shot first touches the ground. Competitors must use Northern Virginia Senior Olympic shot. Three throws will be recorded.
 - In case of a tie, the second best 'put' will be the tiebreaker.

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▪ **Track Events**

- Participants must be ready to compete in all track events as scheduled. Late participants may be disqualified.
- Track events will be timed and recorded, but finish line judges' decision is final.
- Participants who are judged to be 'running' in 'walking' events will be subject to disqualification.
- Within each age group and gender division, the person with the best recorded time shall be the winner.

▪

▪ **Running Events**

- 50, 100 and 200 Meter Dashes will have different starting lines so the finish line is in front of the grandstand in outdoor competition.
- (50 and 100 Meter Dashes will not be offered in Indoor competition)
- 60 Meter Dash: Indoor Meet: Finish line in front of grandstand.
-
- 200 Meter Dash: Competitors will run ½ way around the outdoor track.
- Indoor Meet: Competitors will run once around the track.
- Finish line in front of grandstand.
-
- 400 Meter Run: Competitors will run once around the outdoor track.
- Indoor competition requires two times around the track.
-
- 800 Meter Run: Competitors will run two times around the outdoor track.
- Indoor competition requires four times around the track.

Walking Events

- In all events walkers must walk, not jog or run.
- The heel must touch the ground first.
- Walkers must maintain unbroken contact with the ground. Thus the rear foot must not leave the ground until the advancing foot had made contact. Judges will be spaced around the track.
- Walkers will be given one caution before being disqualified. A disqualified racer must leave the track immediately.
- 800 Meter Walk: Participants will walk two times around the outdoor track.
- Indoor competition requires four times around the track.
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- 1500 Meter Walk: Participants will walk four times around the outdoor track.
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- 1600 Meter Walk: Indoor meet: Participants will walk around the track eight (8) times
-
- 3 Mile Walk: The event will consist of twelve times around the outdoor track.
- Indoor competition requires twenty-four times around the track

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YO-YO

1. Competition will be in separate divisions for men and women in age groups as follows: 50-69 and 70+

A. **General Rules**

- All tricks performed on first attempt received 5 points. A successful second attempt, if necessary, receives 3 points.
- The yo-yo must be caught with one hand and not trapped against the body.
- If more than five inches of string remains outside the yo-yo when caught, it is considered a miss.
- Any throw made while in the trick circle (or box) counts as a try.
- Only the following tricks may be done while the contestant is on deck (on stage but outside the trick ring) Throw-down, spanner, forward pass, a single Loop the Loop, or string adjustments. Practicing a contest trick outside the circle or box once the contest starts shall count as a miss.
- Loop the Loops must be done with feet fixed in one position within the trick circle or box.
- The judge(s) decision is final and not subject to appeal.

B. **Divisions**

1. Beginner Division

Gravity Pull (dropped from hand in a palm down position)

Throw-down (thrown down from a palm up position)

Forward Pass (palm up catch)

One Outside Loop

One Hop the fence

Tiebreaker Sudden death style: Dribble contest. All tied contestants dribble, While the judge instructs them to do something else with their other hand, while keeping the dribble going with the yo-yo hand. 1. Pat your head, 2. Rub your belly and 3. Hop on one foot, etc.

2. Novice Division

Sleeper (spin of at least 5 seconds)

Forward Pass

Over the Falls

Breakaway

Walk the Dog (minimum of 6 inches)

Rock the Baby (1 full rock, back and forth)

Around the World

Inside Loop the Loop (5 repetitions)

Tiebreaker Sudden death style:

Man on the trapeze (flip-overs allowed)

Loop off.

3. Advanced Division:

Walk the Dog (12 inches or more)

Around the Corner (pluck string with yo-yo hand)

Reach for the Moon (2 repetitions)

Three Leaf Clovers

Hop the Fence (10 repetitions)

Tidal Wave (Skin the Cat)

Bran Twister with 1 somersault

Fling Saucer (Sleeping Beauty)

Man on the Trapeze (flip-overs allowed)

Inside Loop the Loop (15 repetitions)

Tiebreaker Sudden death style:

1. Man on the Trapeze with 1 somersault (no Flip-overs)

2. Loop off.

ICE SKATING (New 2008)

Open Freestyle, Solo (any test level)

Men and Women divisions; Age groups: 50-59, 60-69, 70 +
Program length: 1:20 (+ or – 10 seconds).
Music must be on CDs or cassette tapes labeled with name and event.

Ice Dancing:

Each dance may be skated in flights of 2, 3, or 4.
(Age Groups may be combined if necessary)

Solo: Men and Women divisions; Age groups: 50-59, 60-69, 70 +

Open Rhythm Blues (any test level)

Canasta Tango (may not have passed any ice dance tests):

Couples: No age groups

Dutch Waltz (may not have passed any ice dance tests);

Open Rhythm Blues (any test level)

2. \\

DD 3.01

DUTCH WALTZ

MUSIC: Waltz 3/4

TEMPO: 46 measures of 3 beats; 138 beats per minute

COMPETITION

INTRODUCTION: 24 beats, 10.4 seconds

PATTERN TIMING: 1 = :21; 2 = :42; 3 = 1:03; 4 = 1:23

DURATION: Test 3 = 1:03

Comp 3 – 1:03

PATTERN: Set

TEST: Preliminary

The Dutch Waltz is skated to slow, deliberate waltz music and consists mostly of progressive sequences (DG 5.12) and long swing rolls (DG 5.15). This is an easy dance for beginners consisting of forward edges only, and thus allows skaters to devote their attention to the dance steps in relation to the musical rhythm of the Waltz.

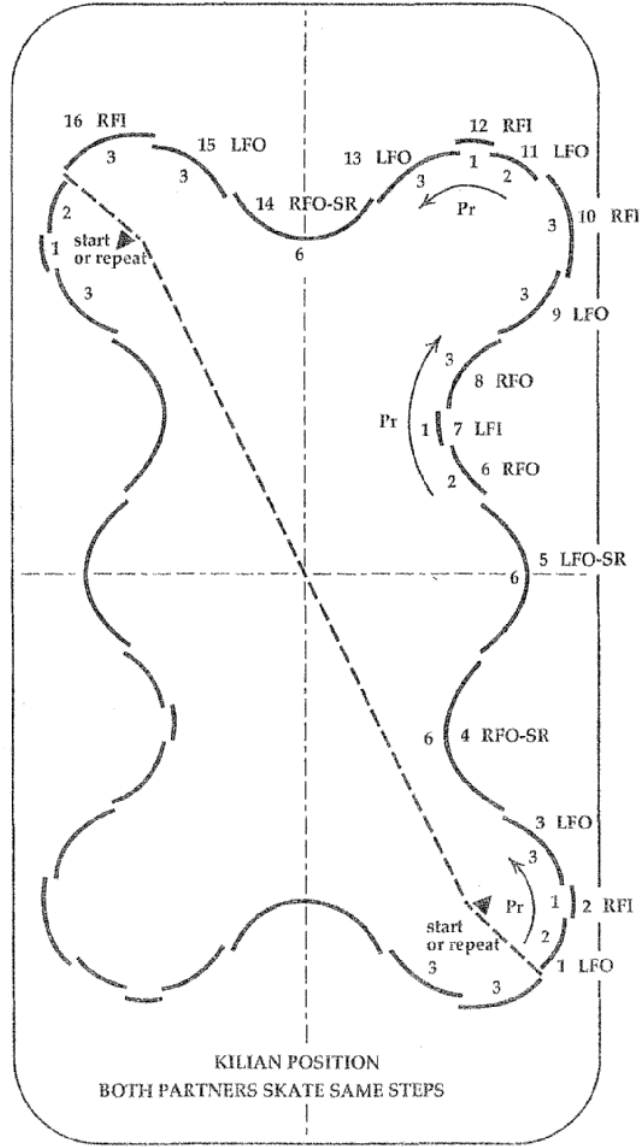
Special attention should be given to the number of beats for each step in the progressive sequences in order to express the waltz rhythm of 2-1-3 (study DD 3.01a).

Erect, natural body position, good carriage and easy flow, without too much effort, are desired in the dance. The partners should strive for unison of free leg swings and for soft knee action in time with music.

INVENTOR: George Muller

FIRST PERFORMED: Broadmoor Ice Palace, Colorado Springs, Colo. 1948

DUTCH WALTZ / SET PATTERN DANCE DD 3.01a & b



NORTHERN VIRGINIA SENIOR OLYMPIC RULES
Updated 2008

DD 3.03

RHYTHM BLUES

MUSIC: Blues 4/4

TEMPO: 22 measures of 4 beats; 88 beats per minute

COMPETITION

INTRODUCTION 16 beats, 10.9 seconds

PATTERN-TIMING: 1 = :22; 2 = :44; 3 = 1:05; 4 = 1:27

DURATION: Test	3 = 1:05
Comp	3 = 1:05

PATTERN: Set

TEST: Preliminary

A slow tempo and forward skating make this dance appear deceptively simple. However, correct timing, pattern and proper expression are required to make the dance pleasing to watch. Attention to depth of edges and proper curvature of lobes is essential.

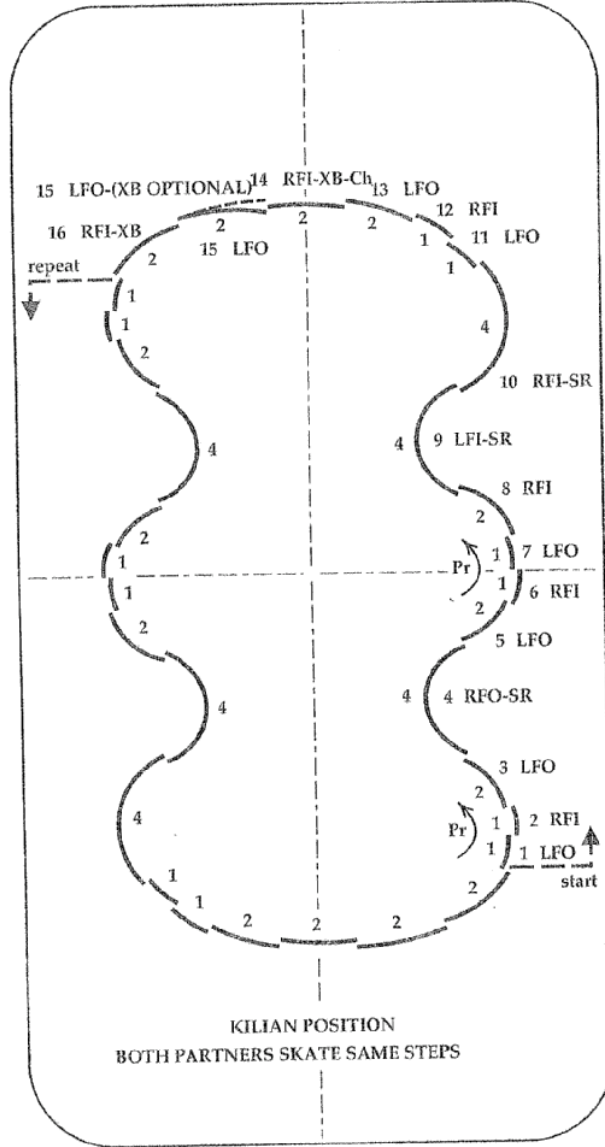
Care must also be taken to fully complete lobes on the correct edge. Partners must utilize knee bends and free leg extensions for blues interpretation, as well as smooth, flowing movement.

Skated in Kilian position throughout, the dance begins with a progressive sequence and outside swing roll. Timing becomes more intricate with Steps 5-10. Step 5 must be held for two full beats as it begins a "promenade" sequence similar to that before the choctaw in the pre-gold blues. Steps 6-7 are each one beat, Step 8 is two beats and Steps 9 and 10 are forward inside swing rolls each beginning on beat three of the bar. These swing rolls allow for blues expression and require well timed free leg swings. Strong progressive strokes, Steps 11-13, are needed to maintain speed through the cross behind chasses, so there is no struggle to regain speed on the repeat. The XB's, which complete the dance, must be crisp and precise, accompanied by soft knee action and a rounded end pattern. Note that the XB-LFO on Step 15 is optional. Step 15 may be skated as an open stroke.

INVENTOR: Robert Craigin

HISTORY: Originally a roller skating dance, the Rhythm Blues was originally selected for the pre-bronze dance test in 1988 after being suggested by Bette Wilson of the Utah FSC.

RHYTHM BLUES / SET PATTERN DANCE DD 3.03a & b



USFSA 2002

CANASTA TANGO

DD 3.02

MUSIC: Tango 4/4

TEMPO: 26 measures of 4 beats; 104 beats per minute

COMPETITION

INTRODUCTION: 32 beats, 18.5 seconds

PATTERN TIMING: 1 = :16 2 = :32 3 = :48 4 = :1:05

DURATION: Test 3 = :48
 Comp 3 = :48

PATTERN: Set

TEST: Preliminary

The Canasta Tango is a dance consisting of Forward edges only and introduces the tango rhythm to skaters at the preliminary test level.

Particular attention should be given to the skating of the chasse (DG 5.09) at Step 4, and the two slide chasses (DG 5.10) at Steps 7 and 10. Judicious use of the knee action on the slide chasses can be of great help in expressing the tango rhythm. Here, too, is a good place for

beginners to practice extending the free leg as straight as possible, pointing the toe down, not up.

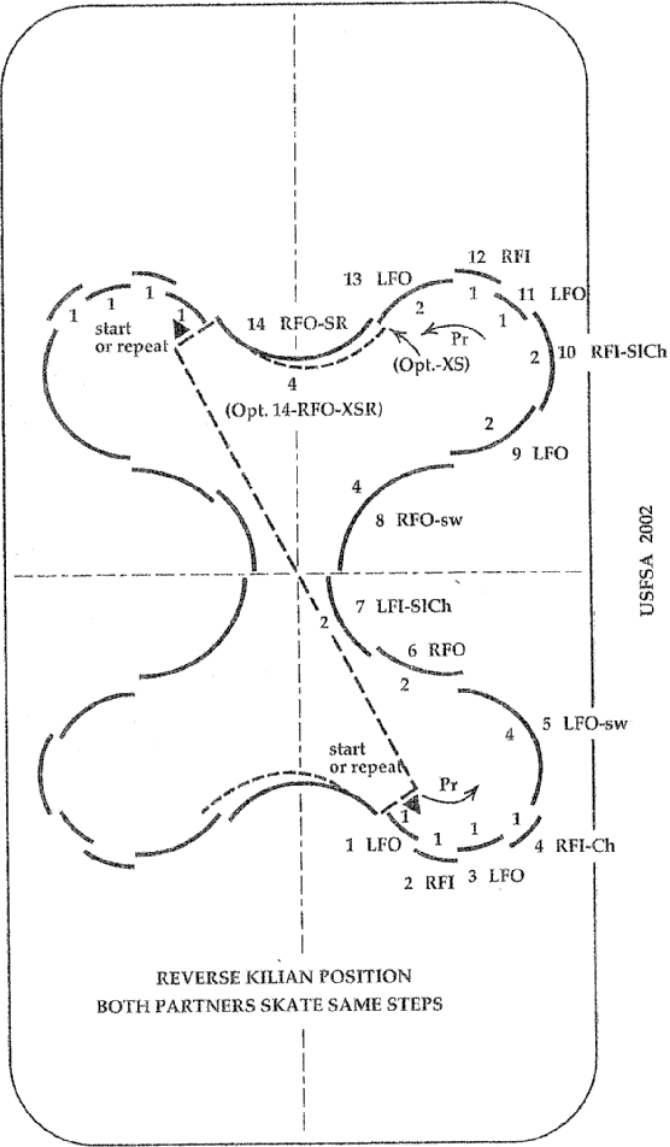
Note that Step 14 may be started, optionally, with a cross stroke (DG 5.08). (Be careful to differentiate the cross stroke from a cross step (DG 5.05). A stroking action by the left foot should be evident and it is of utmost importance that a toe push be avoided.

Neat footwork, good edges, tango expression and good carriage should be maintained throughout the dance.

INVENTOR: James B. Francis

FIRST PERFORMED: The University Skating Club, Toronto, Canada 1951.

CANASTA TANGO / SET PATTERN DANCE DD 3.02a & b



USFSA 2002

Diving Competition (New 2008)

There will be separate competition for men and women in 5 year age groups.

The Competition

1. The Dives:

6 dives will be performed by competitors in the 50-54 and 55-59 age groups as follows;

101 (forward dive)

201 (back dive)

and any 4 dives from the 5 categories. No dive may be repeated.

5 dives will be performed by competitors in the 60-64 and 65-69 age groups as follows;

101 (forward dive)

201 (back dive)

and any 3 dives from the 5 categories. No dive may be repeated.

4 dives will be performed by competitors in the 70-74 and 75-79 age groups as follows;

101 (forward dive)

and any 3 dives from the 5 categories. No dive may be repeated.

4 dives will be performed by competitors in the 80-84 and 85+ age groups as follows;

101 (forward dive)

and any 3 dives from the 5 categories. Jumps may be done. No dive may be repeated.

The Degree of Difficulty for each dive will be taken from the FINA DD Table with jumps being awarded 0.5. Forward dives may be done either with a running or standing take off.

2. Meet Officials:

The Judging panel will consist of 5 judges and a referee. The referee may also be a judge if there are not 5 other judges available.

There will be at least 4 table workers and 1 announcer.

3. Facility:

The venue for the meet should have minimum depth of 12 feet for 1 meter competitions.

The board(s) should be 16ft. Maxi B Duraflex boards with properly working adjustable fulcrums and safety rails.

The facility will need to accommodate and provide, a PA system, tables and chairs for a scoring table and chairs for the judges and referee.

NORTHERN VIRGINIA SENIOR OLYMPIC RULES
Updated 2008

SCRABBLE (New 2008)

No age groups nor gender divisions.

Official rules are found inside the cover of the Scrabble box.

Clocks will be used to enforce the time limit of 50 minutes per game
(25 minutes per player - each word should take less than 2 minutes).

The games will be played by 2 players per board.

3 games will be played. Third game, final round, is King of the Hill.

Winners determined by win-loss ratio; Ties broken by cumulative point spread.

The Dictionary to be used to determine which words are permitted is the Merriam-Webster Dictionary

Note: "All words labeled as a part of speech (including those listed of foreign origin, and as archaic, obsolete, colloquial, slang, etc.) are permitted with the exception of the following: words always capitalized, abbreviations, prefixes and suffixes standing alone, words requiring a hyphen or an apostrophe."