

MASTERS GAMES OF ALABAMA

RULES FOR EVENTS

2018

INTRODUCTION

The Masters Games of Alabama Rule Book is the official rule book of the Masters Games. The rules and regulations in this book should be adhered to so that organization will be consistent. It also provides guidelines for competition as well as procedures that can be used to manage various events. The duties of officials as well as lists of needed equipment are included in this manual. The MGA Board Member or so appointed person running an event is the sole authority to make decisions for that event and their decision/ruling will be final. Any complaints or discrepancies should be submitted in writing to the Masters Games Executive Board for review.

The Executive Board members have the authority to shorten, delay, cancel or postpone an event due to any emergency or situation beyond their control that warrants a change. There will be no refund.

APPRECIATION

Permission for use of materials from the Kentucky Senior Games Rule Book received from Kentucky Senior Games, Dr. Charles Daniel. Appreciation is expressed to them for their assistance. Materials were also used from the following:

North Carolinas Senior Games Rule Book and Event Procedure Manual
Maryland Senior Games
United States National Senior Olympics 1989 USNSO Rules and Regulations

Special Thanks to the following:

Physical Education and Recreation Department, Jacksonville State University
East Alabama Regional Planning and Development Commission Area Agency on
Aging
City of Oxford, Alabama
Alabama Recreation and Parks Association
State of Alabama Commission on Aging
City of Hoover Parks and Recreation Department

GENERAL INFORMATION

1. Entry forms for the state games should be reviewed at the district level to ensure that the athlete has marked the appropriate age group. This will be their age as of December 31 of the present year. Age groups are as follows:
50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90+
2. Name tags used at state games should be colored coded to help the staff keep athletes in the appropriate age group.
3. In partnered events, if one partner is unable to attend the state games, a new partner may be added by the deadline, but team must remain in the age group that they previously qualified in.
4. Athletes will be allowed to use personal equipment for the following events: billiards, bowling, golf, shuffleboard, table tennis, and tennis. In all other MGA events, athletes will use MGA equipment.
5. Any participant repeatedly violating or guilty of unsportsmanlike conduct may be barred from further competition in MGA.
6. All cell phones are to be turned off once your event starts. Any use of your cell phone(incoming, outgoing, texting), in the official game area will result in immediate disqualification. If you are anticipating an emergency call, you may leave your cell phone with the event official.
7. ADA porta potties will be available at all outdoor venues.
8. All facilities will be ADA compliant (on and off site)
9. Host city will be responsible for purchasing new decks of Rook cards each year.
Host city will be responsible for cleaning and verifying the correct number of Checkers in each box.
Host city will be responsible for cleaning and verifying the correct Dominoes and number in each box.
10. Upon request the host city will be responsible for providing copies of rules to all athletes for each event.

SEVERE WEATHER POLICY

The Severe Weather Policy will cover all events but especially swimming.

Swimming event-if heavy rain is present such that the lifeguards cannot clearly see the bottom of the pool, participants will be asked to clear the pool until the rain abates. Pool will be closed if any of the following conditions exist:

Thunder &/or Lightning-the pool will be cleared of swimmers and will be kept clear until 15 minutes have passed without hearing thunder or seeing lightning.

This also includes outside events. The area will be vacated as soon as possible to an inside shelter until safe to return.

The Executive Board members during inclement weather will make all decisions needed to change the Event Schedule as needed.

TABLE OF CONTENTS

1. INTRODUCTION
2. GENERAL INFORMATION
3. BASKETBALL – 3 ON 3/HALF COURT
4. BASKETBALL FREE THROW
5. BILLIARDS – EIGHT BALL
6. BOWLING
7. CHECKERS
8. DOMINOES – SINGLES & DOUBLES
9. FRISBEE THROW – SEATED
10. GOLF
11. HORSESHOES
12. LINE DANCING (at District Level only)
13. NERFBALL THROW – SEATED
14. ROOK
15. SHUFFLEBOARD
16. SOFTBALL THROW
17. SWIMMING
18. TABLE TENNIS
19. 5K RUN

3 ON 3 BASKETBALL Half Court

QUALIFYING RULES

1. All first-, second- and third-place teams at a 2014 NSGA qualifying games will qualify for the 2015 Summer National Senior Games.
2. Each 2012 NSGA qualifying games may qualify all basketball teams that compete in the 80+ age division. Competition must take place in accordance with Rule H in order for teams to be qualified.

ENTRY REGULATIONS

1. Teams must be of all one gender.
2. Team rosters shall be limited to 10 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Teams are no longer limited to the number of out-of-state players on their rosters; however roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
3. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
4. Athletes may compete with only one team per sport.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2015.

FORMAT

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system will use AAA, AA and A divisions and the final playoff format will be determined at the discretion of the NSGA.
2. First through fourth place awards will be presented in the AAA, AA and A divisions.
3. Every effort will be made to provide teams a minimum of 5 games.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. Ties for seeding will be broken in the following manner:
 - a. Overall record
 - b. Head-to-Head competition
 - c. Defensive points allowed
 - d. Coin Toss
6. Forfeits shall be scored 7-0.
7. Default during competition Rule R will be strictly enforced.

SPORT RULES

1. This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) rules, except as modified herein. For a copy of these rules, please write or call:
National Collegiate Athletic Association
P. O. Box 6222
Indianapolis, IN 46206-6222
(317) 917-6222
www.ncaa.org
2. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
3. The game shall be played on half court by two teams of three players each, with a maximum of seven substitutes.
4. Playing time shall be two halves of 12 minutes of a continuously running clock with an intermission of five minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of the second half.
5. A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules. If the game is still

09/20/2018

6. Two time-outs are permitted per team per half. Timeouts do not carryover from one period to the next. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 60 seconds in duration. The clock will not run during time-outs.
7. Substitutions may be made after a basket, foul shot, stoppage of play or any other time an official beckons the player onto the court:
- Players MUST be beckoned onto the court by the referee.
 - Only the offensive (inbounding) team can initiate a substitution after a made basket or free throw (when it is the final free throw taken).
 - The defensive team can only substitute after a made basket or free throw (when it is the final free throw taken) if the offense is substituting at that time.
8. The winner of the coin toss shall take the first possession. Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.
9. Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of ball possession. A warning shall be given by an official prior to assessing the penalty.
- The deliberate stalling rule is in effect during the entire first half and the first 10 minutes of the second half. Once the 20-second shot clock comes into effect (final 2 minutes of the game and in overtime periods), the deliberate stalling rule will no longer be in effect.
10. A 20-second shot clock will be in effect during the last two minutes of the game and during overtime period. When the shot clock is in effect teams must attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.
- When the offensive team rebounds a missed shot attempt, the ball must touch the rim for the clock to be reset. If the ball does not touch the rim, the 20-second clock will not be reset.
11. The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows:
- After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key ("throw-in area"). The ball must be advanced into play by means of a pass to a teammate. Dribbling or shooting will result in a warning from the official; all subsequent violations will result in loss of possession with no change in the possession arrow
 - After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line; only the player's feet.
 - The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
 - The player who returns the ball behind the three-point line may maintain possession and attempt to score.
12. Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the "throw-in area", regardless of whether or not the inbounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
13. Player restrictions when inbounding the ball:
- The inbounder must be within 3 feet of the three-point line and must stay within the free throw lane extension area (12 feet wide), an area referred to as the "throw-in area".
 - The defense may defend anywhere on the court, however no player (offensive or defensive) may enter the "throw-in area", which is considered out-of-bounds.
 - The inbounder may not hand-off the ball to a teammate.
 - The inbounder's teammates may not enter the three-second lane to receive a pass or set a screen until the inbounder actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbounds pass.

14. A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.
15. All personal and technical fouls shall be counted against a team total. Penalties for fouls shall be as set forth below.
16. Prior to the seventh team foul:
 - a) any common foul shall result in loss of possession for the offending team;
 - b) any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession;
 - c) any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
 - d) any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
17. Beginning with the seventh team foul:
 - a) any common foul shall result in a single free throw plus a bonus free throw if a player makes the first free throw, and the offended team shall retain possession;
 - b) any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession.
 - c) any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
 - d) any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.
18. Beginning with the 10th team foul:
 - a) any common foul shall result in two free throws, and the offended team shall retain possession;
 - b) any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession;
 - c) any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
 - d) any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
19. During the last two minutes of the each half, and during any overtime period, the automatic awarding of team possession after free throws does not apply (live rebounding will be in effect)
 - a) During live rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
 - b) If the shooter makes the last awarded free throw, the opposing team will inbound the ball.
20. Team clothing must be of like design and color. Teams must have both "home" and "away" uniforms with permanently attached numbers on front and back.
21. Three point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.
22. Officials do not put the ball in play, except at the start of each half. The referee will handle the rebound of the first free throw (first and second free throws if three shots are being taken) and then will not handle the ball after the last free throw.
23. The NSGA Sport Rules for Basketball are governed by the current NCAA rules as stated in Rule O.

BASKETBALL FREE THROW

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

1. Participants are given 3 practice shots.
2. There will be 3 sets of 10 (30) shots for men and 3 set of 7 (21) shots for women.
3. Participants must stay behind the foul line and inside the foul circle.
4. Time limit for shooting is 10 seconds per shot once the ball is place in participant's hands.
5. Participants are given the option of shooting all shots or sets of shots.
6. All men under 80 will shoot from 15 feet out.
7. 80+ men and all women will shoot from the adjusted free throw line which is 3 feet in front of free throw line. It will be marked with colored painter's tape.

Scoring

1. One point per basket made.
2. Tie: a shoot off of 5 free throws per contestant until tie is broken.
3. Contestant scoring the most points wins.

Equipment

1. Regulation height goal
2. Regulation size men's and women's basketball will be supplied
3. Measuring tape and tape to mark lines
4. All equipment will be supplied by MGA

Officials

1. Person(s) to keep tally of points
2. Officials will check equipment prior to event.

BILLIARDS/ EIGHT BALL

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Order of Play: The first game is determined by a coin toss, with players alternating the break shot.
2. Tournament will be single elimination, best 2 out of 3 games. Each match will have a 45 minute time limit.
If time is called the following rules will apply:
 - a. Still in first game – player with the least amount of balls on the table wins.
 - b. If in 2nd game and winner of 1st game is ahead, the winner of the 1st game wins.
 - c. If in 2nd game and loser of 1st game is ahead, then that shooter wins that game. Play third game, first shooter to pocket a ball will be the winner.
 - d. If in 3rd game and both shooters are tied, a new game will be played. The first shooter to pocket a ball will be the winner.
3. BCA Rules govern tournament play with the following exceptions:
 - a. Legal break shot: the breaker **MUST** either pocket a ball or drive two (2) or more numbered balls to the rail. The breaker will re-rack the balls and shoot again, if he fails to make a legal break shot.
 - b. Legal shot: a shot that is in accordance with the rules of the game being played and does not result in a foul.
 - c. 8 ball pocketed on break shots is **AUTOMATIC WIN** for the breaker.
 - d. Following a scratch, ball in hand (anywhere on the table) will apply for incoming shooter.
 - e. 8 Ball is the **ONLY** ball that has to have a pre designated pocket.
 - f. A pocketed cue ball (scratch) while shooting the 8 ball is Automatic Loss for the shooter.
 - g. If the player shooting does not make contact with any balls other than the cue ball it will be treated the same as a scratch. The next player will get Ball in Hand with the following exception: It is not necessary to make contact with the 8 ball if it is the **ONLY** remaining ball in play for the player shooting.

Equipment

1. Billiards Congress of America (BCA) equipment specifications are in effect for MGA tournament play
2. All play will be conducted on a 4' X 8' table unless otherwise notified. If other than 4' X 8', all participating athletes must be given prior notice.
3. Participants will be allowed to use their personal cue stick.

Officials

1. One person to do brackets and table assignments.
2. Referee to preside over all play
3. Officials will check equipment prior to the event.

BOWLING

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Tournament will be singles.
2. Host will assign lanes with no more than 4 bowlers per lane.
3. In the event a bowler cannot finish his/her games, zero pins will be scored the remaining frames.

Scoring

1. Scores must be tallied on a computerized system
2. Once 3 games are completed, participants will take their score sheets to the scorer table.
3. Scores for each game will be added together for high score winner.
4. Winner is the one with the highest score after 3 games.
5. One game will be played in case of a tie.

Equipment

1. Participants may use their own personal equipment.
2. Facility must have automated/computerized scoring.

Officials

1. Person(s) to validate score sheets.
2. Officials will check equipment prior to event

Helpful Hints

- Allow 2 to 2 1/2 hours to bowl 3 games with 4 to a lane. If entries exceed lanes available, extend time to 5 hours, 2 flights.

CHECKERS

Eligibility

There will be a women's division and a men's division for each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. No pool checkers will be played. No flying kings, no swap out.
2. Coin toss will determine the choice of colors.
3. The player with the black checkers starts by moving one of his men. One space diagonally forward toward the red checkers. The other player then moves one of his men diagonally toward the black checkers. Can only move forward on the black squares.
4. The object of the game is to capture all of the checkers of the opponent or to block their progress. More than one checker may be captured at one time.
5. If a checker reaches the black line on the enemy's side, it is crowned and becomes a king. A second checker is placed on top of the king to distinguish it from the other checkers on the board. A king can move backwards or forward one square at a time, except when it jumps over one or more checkers. Each player must take his/her jumps.
6. If a player is at a standstill and cannot move, he/she forfeits his/her turn until an opening for a move is available.
7. Match time will be called after 15 minutes with the player having the most men named the winner.
8. Match starting time will be written down for each match.
9. If both players have captured the same number of checkers at the end of the time limit, play can continue for an additional 3 minutes.
10. Players must move within 60 seconds or forfeit their turn.
11. At the end of 3 minutes in overtime play, player who has captured the most checkers wins.
12. In case of a draw-the game is replayed.

Penalty

1. If players has a jump and does not take it and the opponent calls it out before they play then player not taking the jump must take the jump at that time. If opponent does not call it out before they play then game continues as such. If player who does not take the jump refuses to go back and take the jump then they forfeit the game.

Scoring

1. Each match will consist of best 2 out of 3 games.
2. A timer will be used to start and stop each round of matches. Each round of matches will be started at the same time.

Equipment

1. Standard checker game
2. All equipment will be supplied by MGA

Officials

2. Host city will clean and verify correct number of checkers per box
3. Officials will check equipment prior to event
4. There will be one official per age group
5. One person to do brackets and table assignments

DOMINOES (SINGLES AND DOUBLES)

Eligibility

There will be a women's division and a men's division in singles.

Doubles will consist of two partners and can be of mixed gender and different age group.

Partners will play in the age division of the youngest partner.

First and second place winners in each age group will advance to the state games.

The Game

1. A match will consist of best 2 out of 3 games with an 1 hour time limit.
2. Starting time will be written down for each match
3. If at the end of the hour and time is called, play stops, do not finish the hand.
 - a. Still in first game, high points wins.
 - b. If in 2nd game and winner of 1st game is ahead, the winner of 1st game wins the match.
 - c. If in 2nd game and loser of 1st game is ahead, that person or team is the winner. They will then play a hand to 50 points to determine match winner.
 - d. If in 3rd game, the person or team with the highest score of the THIRD game is the winner.
4. Consolation game will be played to determine 3rd place if necessary.
5. Players must play within 60 seconds or forfeit their turn.

Rules

All domino games will be conducted in accordance with MGA Tournament rules (see below)

1. First to go Down: After the dominoes have been shuffled, participants will draw for the down. The down will continue clockwise around the table with no more drawing for the down.
2. Person to the right of the person to go down will shuffle the bones each time.
3. Played Domino: A domino is considered played when the domino is picked up. If it will not play, it will be turned face up on the table and played at first opportunity it will play. Player with turned up domino can play again.
4. Blocked Game: In singles, all bones are drawn from the bone yard before the game is declared blocked. In singles and doubles, LOWEST NUMBER OF POINTS in player's hands gets the block. In case of a tie, no one gets the block.
5. All points must be called out orally and before the next person plays or passes. Person who makes the points has to call them out. Partners are not allowed to call partner's points. NO MUGGING.
6. Once all 7 dominoes have been turned up in your hand, there will be no more rearranging of the dominoes during the entire hand. **Exception: Dominoes may be moved if they are interfering with play.
7. Misplayed domino(such as a 4 to a 5), if error is caught before the next person plays or passes, then the domino will be played elsewhere on the table if it will play. If it will not play it will be turned face up on the table and played at the first opportunity that it will play. If the misplayed domino is not caught before the next person passes or plays, it will stand as the domino played. Player with turned up domino can play again.
8. Wrong Double Played on for Spinner: If the wrong spinner is played on and not caught before the next person plays or passes, then that spinner stands as the next spinner. If wrong play is caught before the next person plays or passes, then that domino will be

turned face up on the table and played at the first opportunity that it will play. Player with turned up domino can play again.

9. Played out of Turn: If error is caught before the next person plays or passes, domino will be turned face up on the table and played at the first opportunity that it will play. Player with turned up domino can play again.
10. Exposed Domino: If a domino is exposed during the shuffle, then it will simply be reshuffled. Domino exposed while drawing the hand will be accepted by the person exposing the domino.
11. No Redraw or Reshuffle Due to Voids in Suits or Too Many Doubles.
12. All Dominoes not in the Shuffle: It is the responsibility of all players to see that no dominoes have been left out of the shuffle. If some are left out accidentally, they will be returned to the deck and reshuffled. If domino is intentionally left out, refer to the floor judge for ruling.
13. No Cheating: Any suspected cheating should be called to the attention of the floor judge immediately.
14. No Throwing or slapping the dominoes down on the table.
15. Do not flash or pick up a domino without playing it.
16. All dominoes must be turned up to be viewed by opponents to eliminate any possible violations.
17. No **SPINNER MARKERS** allowed.

Penalties

1. Passed and Could Play: 50 Point Penalty: Game is stopped at the point and the next person will go down.
2. Drew and Could Play: 50 Point Penalty or amount in Hand whichever is greater.
3. Overdrawing or under drawing the Hand: If more than 7 dominoes are turned up in a player's hand, a 50 Point Penalty will result. If drawn out but not all turned up, an opponent may draw one from hand. No Penalty.
4. 50 point penalty for putting down a spinner marker.

Scoring

1. Scoring will be done in multiples of 5's (4 houses or 200 points)

Equipment

1. Double Six Dominoes
2. All equipment will be supplied by MGA

Officials

1. One person to do brackets and table assignments
2. Scorekeepers will be available for those who need one.
3. Officials will check equipment prior to event.
4. Host city will clean and verify correct Dominoes and number per box

FRISBEE THROW – SEATED

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Participants attempt to throw plastic Frisbees through suspended hula hoop from a seated position.
2. Hula hoop should be suspended 2 feet from the ground. Diameter of hula hoop should be 35 inches.
3. While throwing, participant must remain seated with both feet on the ground with shoulders and knees facing the front.
4. Participant's chair must remain behind the line.
5. Participants get 8 throws from 15 feet.

Scoring

1. 1 (one) Point for each ringer.
2. No Point if rules #3 and/ or #4 are violated

Tie Breaker

1. Tie breaker will consist of 3 throws from a seated position with both feet on the ground, shoulders and knees facing the hoop from a distance of 20 feet.
2. The distance will increase five (5) feet for each tie breaker when points are scored. If no points are scored, throws will continue from the same distance

Equipment

1. Plastic Frisbees
2. Suspended Hula Hoop
3. Chairs
4. Measuring tape and tape to mark lines
5. All equipment will be supplied by MGA

Officials

1. One scorer and one retriever for each hula hoop station
2. Officials will check equipment prior to event

GOLF

Eligibility

There will be a women's division and a men's division in each age group. There will be singles play on one day and doubles play on another day. Doubles may be mixed gender. Team will play in the younger partner's age group in doubles.

The Game

1. All rules of golf shall apply as specified by USGA and local course rules.
2. The first 18 holes will be played by individuals and the player with the low gross score being the winner.
3. Doubles play will be 18 holes played by 2 person team and they will play scramble format. One score will be turned in per team. The team with the low gross score will be the winner.
4. 75+ men will play from the men's front Tee's. All other male age groups will play white Tee's.
5. Women will play from the women's tees.

Scoring

1. Golf tournament will consist of 2 rounds of 18 holes.
2. Awards will be presented to players with low gross score in each age group.

Equipment

1. USGA approved equipment
2. Participants are allowed to use their personal golf equipment

Officials

1. Scorers to validate score cards at the end of 18 holes.

HORSESHOES

Eligibility

There will be a women's division and a men's division in each age group.

First, second and third place winners in each age group will advance to the state games.

The Game

1. The tournament will be single elimination with the player winning the match advancing to the next round in the brackets.
2. A match will consist of 1 game of 8 innings. Ties will be broken by pitching an extra inning or as many innings necessary to break the tie.
3. Match time is forfeit time. Check with officials for match time.
4. Choice of first pitch or follow shall be determined by the toss of a coin. In successive matches between the same players, the loser shall have the choice.
5. Match Play: 2 matches may be played on the same court by conducting one match from each end of the court with competitors remaining at the same end of the court throughout the match. Scorers will be required for each end of the horseshoe pits.
6. Players shall alternate first pitch, one player having the first pitch in the odd innings and the other players in the even innings.
7. The pitching distance for men and women shall be 30 feet or 40 feet between the bottoms of the stakes where they emerge from the ground, with a foul line 3 feet in front of each stake. Players must designate distance at the district level.
8. In pitching the shoe, the players shall stand on the pitcher's platform on one side or the other of the stake.
9. In delivering the shoe, the pitcher must remain behind the foul line until the shoe has left his/her hand.
10. **BROKEN SHOE:** When a shoe lands in fair territory and is broken in separate parts, it shall be removed and the participant will be allowed to pitch another shoe.
11. **FOUL SHOE:** Any shoe pitched by a participant which lands outside the play area of the opposite pitching box. Foul shoes shall be removed from the opposite pitcher's box at the request of the opponent. A foul shoe shall not be scored or credited except in the score sheet column headed "Shoes Pitched".
12. No participant, while opponent is in pitching position shall make any remark, nor utter any sound within hearing distance of the opponent, nor make any movement that interferes with the opponent's play. **PENALTY:** Both shoes of the offender shall be declared as a foul in the inning about which the legitimate complaint is made.
13. No participant shall walk to the opposite stake, or be informed on the position of shoes, prior to the completion of the inning.
14. A player, while not pitching must remain on the opposite side of the stake of the player who is pitching and on the rear 1/4 of the pitcher's platform.
15. Any shoes pitched while the pitcher's foot extends on or over the foul line shall be declared "foul" and removed from counting distance.
16. Any player repeatedly violating rules or guilty of unsportsmanlike conduct may be barred from further competition in the contest.

Scoring

1. The "count all" method will be used for this tournament, indicating any shoe in the scoring area will be counted.

2. Measurement to determine points shall be made by the referee with a calibrated straight edge.
3. Each player shall receive credit for all points according to the position of the shoes at the end of each inning, regardless of what opponent throws. It is possible for each player to score 6 points in any one inning.
4. Ringers count 3 points and shoes within 6 inches of the stake count 1 point each (this includes "leaners").
5. In case of a tie, innings will be played to break the tie.

Equipment

1. Official shoe: A shoe shall not exceed 7 1/2 inches in width, 7 and 5/8 inches in length and shall not weigh more than 2 pounds, 10 ounces. On a parallel line, 3/4 inches from a straight edge touching the points of the open end of a shoe, the opening shall not exceed 3 1/2 inches.
2. All equipment will be supplied by MGA
3. The Pitcher's Box
 - a. Each pitcher's box shall be 6 feet square with the stake in the exact center and consist of an area of clay, dirt, or sand into which the players throw the horseshoes. The pitcher's box is flanked by 2 pitching platforms or area from which the players throw the horseshoes.
 - b. The clay, dirt, or sand area will be 3 feet wide and 6 feet long. This area will be located in the middle of the pitcher's box with the stake in the center.
 - c. The 2 pitching platforms or areas will occupy the remaining portions of the pitcher's box flanking the clay, dirt or sand. They will be 6 feet long, extending 3 feet in front of the stake and be 18 inches wide.
 - d. Stakes will be 1 inch in diameter. The top of each stake shall extend 14 inches above the level of the pitcher's platform on each side of the stake, with a 3 inch incline toward each other.

Officials

1. A referee and a scorer will officiate each game
2. Officials will check equipment prior to event

LINE DANCE (Exhibition ONLY)

Eligibility

The first place winner from each District will perform their dance at the State Games. There will be no competition at the State Games. These rules are guidelines only, if you decide to use them.

There will be one division. Teams will not be separated by gender or age groups.

A LINE DANCE IS A CHOREOGRAPHED DANCE WITH A REPEATED SEQUENCE OF STEPS (16 COUNTS OR MORE) IN WHICH A GROUP OF PEOPLE DANCE IN ONE OR MORE LINES OR ROWS WITHOUT REGARD FOR THE GENDER OF THE INDIVIDUALS, ALL FACING EITHER EACH OTHER OR IN THE SAME DIRECTION, AND EXECUTING THE STEPS AT THE SAME TIME. Line dancers are not in physical contact with each other.

The Game

1. Group Size must be between 5 and 15 dancers per team.
2. Dancers can only perform in one group.
3. Performance must be 3 minutes or less. Team will be disqualified if their music is more than 3 minutes long.
4. If a team does not enter the dance area within 2 minutes of being called, they will be eliminated from the competition.
5. Creativity is encouraged.
 - a. Music does not have to be Country.
 - b. Dance rhythm does not have to be Two-step. It can be any rhythm (such as, East Coast Swing, West Coast Swing, Cha Cha, Waltz, Rumba, Night Club, Charleston, Funky, etc.)
 - c. The music, the attire, and the performance must be appropriate for general audiences.
 - d. Team must perform same dance as at District but music can be changed.
 - e. Tags are allowed. Tags are an extra set of steps in a dance that don't usually repeat that are required with some music because the music has a small section that is "off" to the rest of the music resulting in messing up the dance if they don't add a tag before continuing the dance.
6. Line Dance routine should be a line dance. A step sheet must be provided with their District registration form.
7. Only 1 paid (professional) instructor allowed per team, age 50+. A Professional is considered to be a person who has been or is being paid to do line dancing or instruct others in line dancing.

Scoring

8. The 3 teams with the highest score win.
9. Each Judge will use a Line Dance score sheet to score the following criteria. The % listed is the value of the overall score.
 - a. Judging Criteria:
 - 40% - Talent/Overall: Skill, Formation, Proficiency, and Polish
 - 20% - Energy and Enthusiasm
 - 20% - Showmanship: Poise, Projection, and Stage Presence
 - 20% - Staging/Costume: Creativity, Originality, and Continuity

09/20/2018

- b. Ties:
 - 1. In the event of a tie for the top 3 places, the teams involved in the tie will perform their dance again and be scored on the new performance.
 - 2. If it is still a tie, the Judges will privately discuss who they feel the winner is. Their decision will be final.

- 10. Because this is a “Judged” event with a score sheet, State score sheets will be mailed to the Dance Leader about a month after the State Games have ended. These might suggest things that the group can work on for next year’s games.

Penalties

- 11. If a team’s music lasts more than 3 minutes, that team will be disqualified.
- 12. If a team does not enter the dance area within 2 minutes of being called, they will be eliminated from the competition.

Equipment

- 13. Each team must turn in their performance song on a Music CD with their Line Dance Group Registration Form. No other song(s) can be on this CD.
- 14. Dance area cannot be carpeted.

NERFBALL THROW – SEATED

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to state games.

The Game

1. Participants attempts to throw nerf football through suspended hula hoop from a seated position.
2. Hula Hoop will be suspended 2 feet from the ground. Diameter of the hula hoop should be 35 inches.
3. While throwing, participant must remain seated with both feet on the ground, shoulders and knees facing the front.
4. Participant's Chair must remain behind the line.
5. Participants will get 8 throws from 15 feet.
6. Points will be awarded for each ringer.

Scoring

1. 1 point will be awarded for each made throw.
2. No Point if rules #3 and/or #4 are violated

Tie Breaker

1. Tie breaker will consist of 3 throws from a seated position with both feet on the ground, shoulders and knees facing the hoop from a distance of 20 feet.
2. The distance will increase five (5) feet for each tie breaker when points are scored. If no points are scored, throws will continue from the same distance

Equipment

1. Standard size Nerf football
2. Suspended hula hoops
3. Chairs
4. Measuring tape and tape to mark lines
5. All equipment will be supplied by MGA

Officials

1. One scorer and one retriever for each hula hoop station
2. Officials will check equipment prior to event

ROOK

Eligibility

Rook is played in teams which can consist of the same gender or mixed gender. Teams will play in the age group of the younger age partner.

First and second place winner in each age group will advance to the state games.

The Game

1. No misdeals, you will play the hand dealt.
2. Deal around the table until everyone has received his/her first card, then place one card face down in the center of table as the first card in the widow. Repeat until there are five (5) cards in the widow. Turn up the top card in the widow and then deal out the remaining player cards.
3. Player cards are to remain face down on the table until all cards have been dealt.
4. Do not use the 2's, 3's and 4's.
5. No low card trumps.
6. No holding, you must bid or pass.
7. If no one takes the bid, cards are thrown in and deal passes.
8. Minimum bid is 70.
9. If partner call trumps, add 5 points to the bid. Partner does not have to call trumps. If partner does not call trumps, do not add the 5 points to the bid. You must play what partner calls trumps. Player who calls trumps LEADS. If partner calls trumps, keep the five cards from the widow in hand until trumps are called, then discard 5 cards.
10. No cubes allowed.
11. Cards must be played within 60 seconds.
12. A match will consist of the best 2 out of 3 games with an hour time limit.
13. If at the end of the hour and time is called-stop play, do not finish out the hand.
14. If time is called the following rules will apply:
 - a. Still in first game – high point winds.
 - b. If in 2nd game and winner of 1st game is ahead, the winner of the 1st game wins the match.
 - c. If in 2nd game and loser of 1st game is ahead, then that team wins. Play one hand to determine match winner.
 - d. If in 3rd game and both teams are tied (score) that game ends and one hand of a new game will be played to determine the match winner.
 - e. If in the 3rd game, team with the highest score wins.
 - f. Consolation game will be played to determine 3rd place if necessary.

Scoring

1. There are 180 points possible in the hand.
2. No wild cards.
3. 500 points wins the game.
4. Player must declare shooting the moon before the widow is picked up. If you shoot the moon (500 points) you have to show Rook.
5. If in the hole and shoot the moon it is 500 points.
6. If any team is in the hole over 500 points, the opposing team wins that game.
7. At the end of the match, team with the most points over 500 wins.
8. The score keeper will note on the score sheet in the proper column, the trump color for that hand.

Penalties

1. Doesn't Follow Suit: If a player doesn't follow suit and is caught before the next card is played, player can pick up the misplayed card and there is no penalty. If the player doesn't follow suit and is not caught before the next card is played, the team playing wrong will go set the amount of the bid. Their opponents will count their points up to the hand of the infraction.
2. If bidder does not discard the correct number of cards back into the widow, they go set the amount of the bid. Opponents will count their points.
3. If a misdeal occurs before the cards are picked up, the player who is short a card will draw from the hand of the player with extra card(s) and no penalty occurs. If misdeal is not caught before the cards are picked up, dealer will go set the amount of the bid. Their opponents will count their points up to the hand of the infraction.
4. Playing out of turn: 50 points deducted from team score.
5. 50 point penalty for verbally reminding partner of trump after the first card has been played.
6. 50 point penalty for looking at any discarded (widow) or played cards, after the first card has been played.

Equipment

1. Standard Rook Deck provided by MGA
2. All equipment will be supplied by MGA

Officials

1. One person to do brackets and table assignments
2. Host city is responsible for purchasing new decks of Rook cards each year
3. Officials will check equipment prior to event

SHUFFLEBOARD

Eligibility

There will be a women's division and a men's division in each age group.

First, second and third place winners in each age group will advance to the state games.

The Game

1. Each participant will have a practice of 4 disc of each color before a match.
2. The red disc is shot first to start a game. Players alternate going first in each frame.
3. A game will consist of 6 frames for each player. A frame consists of four discs for an individual. Each game gives each player 6 turns of 4 discs each.
4. When serving, players shall place their 4 discs within (and not touching) the lines of their respective half of the "10 OFF" area. Player may not cross the 10 OFF area or it is a foul.
5. If player cannot see the color of the discs at the other end, they may request permission from the court referee to advance to the farthest dead space to view the discs.
6. A disc or discs returning or remaining on the court after having struck any object other than a live disc shall be removed before further play. It is called a dead disc. If a dead disc moves or displaces a live disc, that half round will be played over.
7. A disc which stops in the area past the dead line is dead, and shall be removed before further play. Discs in "no man's land" should be removed by official scorer before the next play.

Scoring

1. A shuffleboard court has the following scoring areas: one (1) 10 point area, two (2) 8 point areas and two (2) 7 point area and one (1) 10 OFF area.
2. Scoring occurs when a disc is in a scoring area and does not touch any line.
3. A match will consist of 6 frames. All matches will be bracketed and single elimination.
4. In case of a tie, frames are played to break the tie.

Fouls and Penalties

1. FOUL: If a foot touches the end line when pushing discs, the disc(s) is removed from court and the disc(s) removed from the scoring position are returned to their position by the official scorer.
2. All discs not played from the half of the 10 OFF area (red played from the right side and black played from the left side) will be removed.
3. No hesitation or hook shots allowed. The forward motion of disc must be continuous. Offender's disc will be removed and opponent credited with score of any disc replaced.
4. Players shall not stand in the way of, have cue in the way, or interfere with opponent while he/she is executing a play. 5 points off.
5. Player shall not touch live discs at any time. 5 points off.
6. Player may not cross the 10 OFF area. If this occurs, disc does not count.
7. Players must not talk or make remarks to disconcert opponent's play. 5 points off
8. Player shooting before opponent's disc comes to a rest will result in a 10 point off penalty and the offender's disc is removed and opponent credited with any discs displaced.

Equipment

1. Standard Shuffleboard Courts
2. 4 color disc (red and black) for the number of courts needed.
3. Shuffleboard cue sticks.
4. Clip board, pencil and score sheet per court
5. All equipment will be supplied by MGA
6. Participants will be allowed to use their personal cue stick.

Officials

1. One scorer needed per court for duration of the event.
2. One person to do brackets and court assignments.
3. Officials will check equipment prior to event.

Helpful Hint:

You can put 4 people on one court. This cuts down on time and also the seniors getting tired from walking back and forth from one end to the other.

SOFTBALL THROW

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Participant will have 3 consecutive throws.
2. Participant must stand behind the foul line, and his/her feet may not touch or cross the foul line until ball is thrown.
3. If participant's foot touches or crosses the foul line, that throw(s) will not be counted.
4. Participants are encouraged to warm up on their own.

Scoring

1. Softball throw will be judged on distance and accuracy to the line.
2. All 3 throws will be measured and recorded on the score sheet.
3. Distance left or right of the center line will be subtracted from the length thrown.
4. In the event of a tie, cumulative distance of the original three (3) throws will be used to determine the winner.

Equipment

1. 12 inch softball will be used for men.
2. 11 inch softball will be used for women.
3. Tape measure
4. String for markers
5. Chalk line for foul line
6. There will be a 1 foot neutral zone added to each side of the main line.
7. All equipment will be supplied by MGA

Officials

1. One to two people to measure and record throws
2. Officials will check equipment prior to event

Helpful Hint

Let 80 and older go first

SWIMMING

Eligibility

There will be a women's division and a men's division in each age group.

We recommend that during pre-swim meeting that the Event Chair/judges/life guards instruct the swimmers that if they observe a swimmer in what they deem to be distress, the swimmer will immediately be removed from the pool. The Severe Weather Policy will especially be adhered to during this event.

Swimwear shall include ONLY a swimsuit, cap and goggles. It is not permissible to wear more than two (2) caps. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed. NO fins of any kind are permissible. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

The Game

Swimmer may enter only six (6) events listed below:

- a. 25, 50 and 100 yard Freestyle
 - b. 25, 50 and 100 yard Breaststroke
 - c. 25, 50 and 100 yard Backstroke
1. Warm up time will be available.
 2. Swimmers in Freestyle and Breaststroke events may either dive from the edge of pool or push off from the side of the pool in the water.
 3. Freestyle may be swum using any stroke combination of strokes. A part of the body must touch at both ends of the pool.
 4. Breaststroke must be swam on the stomach at all times with arms and legs moving symmetrically- no flutter kick. The head may be in or out of the water and either a one hand or two hand touch at both ends of the pool is required.
 5. Backstroke must be swum on the back at all times. A part of the body must touch at both ends of the pool.

Scoring

1. All events will be timed finals.
2. Swimmers will swim only once in each event.
3. A combination of timers and finish judges will determine the winners.

Equipment

1. Pool with a minimum of 6 lanes and a length of 25 yards.
2. Clip board, pencil, stop watch per lane

Officials

1. Timers for each lane.
2. Officials will check equipment prior to event.

TABLE TENNIS

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Service shall start with the ball resting freely on the open palm of the server's stationary free hand.
2. The server shall then project the ball vertically upwards, without imparting spin, so that it rises at least 4 inches after leaving the palm of free hand and then falls without touching anything before being struck.
3. As the ball is falling the server shall strike it so that it touches first the court and then, after passing over or around the net assembly, touches the receiver's court directly.
4. From the start of service until it is struck, the ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by the server or by anything they wear or carry.
5. Player may not touch the table during play.
6. Single elimination format.

Scoring

1. Play will consists of a 3 game match.
2. The winner shall be the first player to win 2 games.
3. First player to reach 11 points wins the game. If both players have scored 10 points, the serve changes after each point and the winner is the first player to score a 2 point lead.

Equipment

1. Paddle should be any finish and standard dimensions
2. Standard table tennis tables
3. All equipment will be supplied by MGA
4. Participants will be allowed to use their personal paddles

Officials

1. One person to do brackets and table assignments
2. Officials will check equipment prior to event

5K RUN

ELIGIBILITY

Open to men and women in each age division.

THE GAME

1. 5k Run will be the only track event (3.1 miles).
2. All participants are urged to warm up on their own.
3. Runners will start on call of:
 - a. Runners to your mark
 - b. Ready
 - c. Go
4. Timers will call mile splits (mile 1 and 2). Timer at finish line will call finish times.

SCORING

1. Finishers will be given cards to record their finish times on.

EQUIPMENT

1. Walking or running shoes recommended.
2. Stop Watches.
3. Host City provides running bibs for participants.

OFFICIALS

1. Timers at 1 and 2 mile splits and at finish.