

RULES

2009 ALABAMA MASTERS GAMES

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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.

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 Carolina Senior Games Rule book and Event Procedure Manual

Maryland Senior Games

United State 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, 2009.
2. Nametags 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, shuffleboard, table tennis, bowling, tennis and golf. In all other events, athletes will use MGA equipment.
5. A complete roster of all athletes from each district will be sent in to Emily at East Alabama no later than 12:00 noon on Thursday, September 3, 2009.
6. District rosters will be sent out to district representative from review by September 11, 2009.
7. Drop and Add will be Thursday, September 16 in Anniston at East Alabama office. One representative from each district is required to attend this meeting.
8. There will be NO CHANGES to the master sheets after the Drop and Add meeting. No additions will be allowed at the state games.
9. Monies and tally sheets from each district is due at the time of the Drop and Add meeting.
10. Registration forms are due on or before the Drop and Add meeting.
11. Any participant repeatedly violating or guilty of unsportsmanlike conduct may be barred from further competition in MGA.

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.

The Game

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. 80+ men and all women will shoot from the adjusted free throw line which is 3 feet in front of free throw line.

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

Officials

1. Person(s) to keep tally of points

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.

BCA rules shall govern tournament play with the following exceptions:

- a. Break shot: the breaker MUST either pocket a ball or drive two (2) or more numbered balls to the rail.
- b. 8 ball pocketed on break shots is AUTOMATIC WIN for the breaker.
- c. Ball in hand rule DOES NOT APPLY. Following a foul, the cue ball is placed behind the head string (foul line)
- d. Following a scratch, the 8 ball may be spotted by the following player, if it is the ONLY ball remaining for the incoming player and it is behind the head string (foul line)
- 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. It is not necessary to make contact with the 8-ball if it is the ONLY remaining ball in play for the player shooting.

- h. If a player scratches and all of the incoming shooter's object balls are behind the head string (foul line), the shooter has the option of spotting the object ball that is nearest the head string. The cue ball would be placed behind the head string and the shooter would drive the cue ball outside of the head string before hitting one of his/her object balls.

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.
3. Participants may use their own personal equipment

Officials

1. One person to do brackets and table assignments.
2. Referee to preside over all play.

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. ABC and WIBC rules will govern this tournament
3. Host will assign lanes with no more than 4 bowlers per lane.
4. In the event a bowler cannot finish his/her games, zero pins will be scored the remaining frames.

Scoring

1. Scores may be tallied on a computerized system if available
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 must use ABC and WIBC approved equipment.
2. Participants may use their own personal equipment.

Officials

1. Person(s) to validate score sheets.

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.

Use BOLD pencils or markers so score is easy to read.

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. 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.

Scoring

1. Each match will consist of best 2 out of 3 games.
2. There will be one official per age group
3. 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. 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.

1. The Game
2. A match will consist of best 2 out of 3 games with an 1 hour time limit.
3. Starting time will be written down for each match

4. 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.
5. Consolation game will be played to determine 3rd place if necessary.
6. There will be no time lime on GOLD MEDAL MATCH ONLY>
7. Players must play within 60 seconds or forfeit their turn.

Rules

All domino games will be conducted in accordance with World Championship Domino 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.

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.

Scoring

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

Equipment

1. Double Six Dominoes

Officials

1. One person to do brackets and table assignments
2. Scorekeepers will be available for those who need one.

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. Points will be awarded for each ringer.
4. Participants will remain seated and facing front while throwing.
5. Participants get 5 throws from 12 feet.
6. There will be 3 throws each in case of a tie. This will be repeated until all ties are broken.

Scoring

1. 1 point for each made attempt.

Equipment

1. Plastic Frisbees
2. Suspended Hula Hoop
3. Chairs

Officials

1. One scorer for each hula hoop.

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, with the player with the low gross score being the winner.
3. Doubles play will be 18 holes played by 2-person teams; 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 presents 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 scorecards 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 10 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.

Equipment

1. Official shoe: A shoe shall not exceed 7 1/2 inches in width, 5 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. Masters Games of Alabama will provide the shoes.
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.

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 attempt 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. Participants must remain seated and facing front while throwing.
4. Participants will get 5 throws from 12 feet.
5. There will be 3 throws for each participant in case of a tie. This will be repeated until all ties are broken.

Scoring

1. 1 point will be awarded for each made throw.

Equipment

1. Nerf football
2. Suspended hula-hoops
3. Chairs

Officials

1. One scorer for each hula-hoop.

PITCH AND PUTT

Eligibility

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

The Game

1. Pitching area is a 30-foot circle outside the putting green. Surface is grass unless a sand trap is located in the circle and is in one of the 4 pitching positions.
2. Four pitching positions will be marked around the circle like the face of a clock. Positions will be at 12:00, 3:00, 6:00 and 9:00.

3. Each participant will pitch and then putt from all 4 positions. Putter cannot be used in the pitching area. Putter can only be used on the putting green.
4. The hole does not necessarily have to be in the center of the green.

Scoring

1. Scoring will be as follows: Hole in One 5 points, 2 strokes – 3 points, 3 strokes – 1 point.
2. For tie breakers-participants will have a sudden death play off. Each player will pitch and putt from the 12:00 position first and move to the other positions until tie is broken.

Equipment

1. Participants must provide their own wedge, putter and ball.
2. Nothing below a 9 iron can be used in the pitching area.

Officials

1. One official per age group.
2. If more than one green is being used, the number of scorekeepers will need to be doubled.

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. Cards are to remain face down on the table until all cards have been dealt. Repeat until there are five (5) cards in the widow., then deal out the remaining cards. Turn up top card in the widow.
3. Do not use the 2's, 3's and 4's.
4. No low card trumps.
5. No holding, you must bid or pass.
6. If no one takes the bid, cards are thrown in and deal passes.
7. Minimum bid is 70.
8. 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 call trumps LEADS. If partner calls trumps, keep the five cards from the widow in hand until trumps are called, then discard 5 cards.
9. Cards must be played within 60 seconds.
10. A match will consist of the best 2 out of 3 games with an hour time limit.
11. If at the end of the hour and time is called-stop play, do not finish out the hand.
12. 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.
- g. There will be no time limit on Gold Medal game only.

Scoring

1. 180 points possible in the hand.
2. No wild cards.
3. 500 points in a game.
4. 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.

Penalties

1. Doesn't Follow Suit: If a player doesn't follow suit and is caught before the next hand is played, player can pick up card and no penalty. If the player doesn't follow suit and is not caught before the next hand is played, player 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.

Equipment

1. Standard Rook Deck provided by MGA

Officials

1. One person to do brackets and table assignments.

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. All matches will be conducted in accordance with the official rules of the National Shuffleboard Association, Inc.
2. Each participant will have a practice of 4 disc of each color before a match.
3. The red disc is shot first to start a game. Players alternate going first in each frame.
4. A game will consist of 8 frames for each player. A frame consists of four discs for an individual. Each game gives each player 8 turns of 4 discs each.

5. 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.
6. 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.
7. 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.
8. 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 one (1) 10 point area, two (2) 8 point areas and two (2) 7 point area and one (1) 10 OFF area.
2. A match will consist of 8 frames. All matches will be bracketed and single elimination.
3. In case of a tie, an extra game or as many frames as necessary to break the tie will be played.

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, 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.

Penalties assessed according to National Shuffleboard Association rules.

Equipment

1. Standard Shuffleboard Courts
2. 4 color disc (red and black) for the number of courts needed.
3. Shuffleboard cue sticks.
4. Participants may use their own cue stick

Officials

1. Scorers needed for number of courts used.
2. One person to do brackets and court assignments.

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. There will be 3 additional throws for tiebreakers.

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

Officials

1. Person(s) to measure and record throws

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.

The Game

1. The meet will be conducted in accordance with the official rules of the United States Masters Swimming.
2. Swimmer may enter any or all events listed below:
 - a. 25, 50 and 100 yard Freestyle
 - b. 25, 50 and 100 Breaststroke
 - c. 25, 50 and 100 Backstroke
3. Warm up time will be available.
4. 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.
5. Freestyle may be swum using any stroke combination of strokes. A part of the body must touch at both ends of the pool.

6. Breaststroke must be swum 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.
7. 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 time finals. Swimmers will swim only once in each event.
2. 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.

Officials

1. Timers and finish judges for each lane.

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. All table tennis matches will be conducted in accordance with United States Table Tennis Association rules.
2. Single elimination format
3. Serve must be made from open palm.
4. Paddle contact must be made behind the end of table plane.

Scoring

1. Play will consist 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. Participants may bring their own paddles.
2. Paddle should be any finish and standard dimensions
3. All other equipment will be furnished by MGA
4. Standard table tennis tables.

Officials

1. One person to do brackets and table assignments.

TENNIS – SINGLES, DOUBLES AND MIXED DOUBLES

Eligibility

There will be a women's division and a men's division in each age group. In doubles, the team will play in the younger age group. Mixed doubles may be same gender or mixed gender.

The Game

1. All matches will be conducted in accordance with USTA rules.
2. Participants may compete in singles, doubles and/or mixed doubles.
3. No pick up players will be permitted to compete for medals in the state games.
4. Exhibition play will be permitted providing court space is available.
5. Matches will be single elimination with non-medal consolation rounds.
6. Warm up may be limited to a maximum of 10 minutes.

Scoring

1. 2 out of 3 no add sets
2. 12-point tiebreaker at 6-6 if needed.

Equipment

1. USTA approved equipment
2. Participants may bring their own racket.
3. Net measurements shall be checked before all matches
4. MGA will supply tennis balls

Officials

1. One person to do brackets and court assignments.

THIS EVENT WILL NOT BE HELD IN THE STATE GAMES

Basketball 3-Point Shooting

Eligibility

There will be a women's and men's division in each age group. Medals will be given to first, second and third place winners in each age group. This is a **District II event only** - winners **DO NOT** advance to the State Games.

The Game

1. Participants will shoot 20 shots from a designated 3-point area.
2. Participants are given the option of three practice shots.
3. Male participants aged 55-69 will shoot from outside the regular 3-point circle. Male participants aged 70 on up will shoot behind a line that is one foot inside the 3-point circle.

4. Female participants aged 55-69 will shoot from the same location as men 70+. Female participants aged 70+ will shoot behind a line that is 2 feet inside the regular 3-point circle.

Scoring

Total number of shots made will determine the winners. At least one shot must be made to make one eligible for a medal. Ties will be broken by those tied shooting five 3-pointers with the highest number made determining the winner. If there are ties after one set, those tied will shoot additional five shot sets until the ties are broken.

A legal shot must be attempted from behind the designated line. It is OK to go over the line after the ball is released.

Equipment

1. Regulation height goal.
2. Regulation size men's and women's basketball. Shooters may use the balls provided or use their own regulation size basketball.

Officials

1. Person(s) to keep tally of points.