



Georgia
Golden
Olympics



2009

OFFICIAL RULE BOOK

Georgia Golden Olympics
P.O. Box 958
Winder, Georgia 30680

(Georgia Golden Games, Inc.)

Cost: \$6.00

2009
Georgia Golden Olympics
September 23 – September 26, 2009
City of Warner Robins

Hosted by
The Warner Robins Recreation Department
James R. Dodson, Director

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COORDINATING ORGANIZATIONS:

GEORGIA DEPARTMENT OF HUMAN RESOURCES
DIVISION OF PUBLIC HEALTH

ROBINS AIR FORCE BASE
SERVICES DIVISION

GEORGIA RECREATION AND PARK ASSOCIATION
SENIOR CITIZENS SECTION

GEORGIA HEALTH CARE ASSOCIATION, INC

GEORGIA DEPARTMENT OF NATURAL RESOURCES

THE FANNING INSTITUTE FOR LEADERSHIP AND COMMUNITY
DEVELOPMENT- UNIVERSITY OF GEORGIA

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To our host, thank you:
James R Dodson, Recreation Director
Warner Robins Recreation Department Staff and the
City of Warner Robins

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GEORGIA GOLDEN OLYMPICS INTRODUCTION

The Georgia Golden Olympics is a statewide event, held this year in the City of Warner Robins, Georgia, for adults 50 years of age or older. The event provides an opportunity to participate in amateur sports competition, to learn new leisure skills, to discover that physical activity is for all ages, to meet new friends and to share good times. More specifically it is an opportunity to have fun!

A variety of activities are held to make it possible for participation regardless of an individual's age or physical ability. Different age divisions and several levels of ability spread the competition out so there is truly something for everyone.
(See Page 4: Age/Category)

For participating, individuals receive a certificate of participation, lunch, dinner and a Golden Olympic T-shirt. Medals are awarded for 1st, 2nd, and 3rd place in each event and age category.

This manual is provided to assist you in training for this opportunity and to help you coordinate a local program in your community. We look forward to the day when this will be a year round program. The Georgia Golden Olympics Committee appreciates your interest and support.

GOALS

1. To promote a social, competitive, athletic and recreational experience for older adults;
2. To maintain and improve the health and wellness of Georgia's adults;
3. To promote and create an interest in lifetime sports, recreation and physical exercise as a means of enhancing one's quality of life; and,
4. To create an awareness of the abilities and capabilities of older Georgians.

GEORGIA GOLDEN OLYMPICS General Rules and Regulations

1. A person must be 50 years of age or older to participate. A participant's age as of first day of the games determines the category in which he/she will compete (except in team sports . see page 4). Proof of age is required with registration. (Acceptable proof: Birth Certificate, School or Bible record, Baptism record, passport or military record.) (See page 4 for age categories.)
Driver's license is NOT accepted as proof.
2. All participants must participate in their own age group unless otherwise designated by the event manager.
Exceptions: All doubles competition - age determined by the youngest partner; team competition - age determined by youngest player; events with combined age categories.
3. Olympic officials reserve the right to combine age divisions or cancel events if insufficient entries are received.
4. Registration fee entitles participant to enter 3 events of their choice. A \$6.00 fee per event is charged for each additional event over three. Bowling, golf and tennis tournaments have additional fees.
5. Due to the number of events, there are many time slots when more than one event is scheduled. Participants will only be able to participate in one event per time slots unless otherwise noted. Participants are encouraged to choose events in which they will be the most competitive.
PLAY WILL NOT BE HELD UP DUE TO TIME CONFLICTS.
6. The rules of each event are in accordance with the National Governing Board rules for each sport, except where noted in the Georgia Golden Olympics rulebook, and will be followed and interpreted by the Event Managers/Directors.
7. All appeals for official interpretation shall be made to the Event Director for the specific event. If the Event Director needs assistance or a controversy occurs, the Rules Committee will render a decision. Appeals must be filed immediately or the right to appeal will be forfeited.
8. In order to participate, all participants must be present at event 15 minutes prior to starting time for roll call. Participants will be scratched from list if not present at roll call.
9. In case of inclement weather, Olympic officials reserve the right to cancel or to postpone events to a different time of day than originally scheduled. In each event, the safety of the participant is of paramount concern.
10. Spectators are welcome but must refrain from interfering with or assisting participants while competing. Event Director will ask the spectator to leave after one (1) warning.

**GEORGIA GOLDEN OLYMPICS
AGE/CATEGORIES**

CATEGORIES:

Female

Male

Standing

Sitting in following events:

Basketball Throw, Clock Golf, Football Throw, Frisbee Throw, Horseshoe Toss and Softball Throw.

(Note: Sitting category is designed for those participants whose physical mobility is dependent upon supportive devices such as wheelchairs or walkers.)

AGE DIVISIONS OF COMPETITION:

All national qualifying events are offered in 5-year age divisions beginning with 50 and ending with 90+.

Team sports are offered in the following age divisions: 50+, 55+, 60+, 65+, 70+ 75+ and 80+. Volleyball is offered to age 75+.

Ball Room Dance has two age categories: 50-69 and 70+.

All other sports are offered in 10-year age divisions (50-59, 60-69, 70-79, 80-89 and 90+).

(Basketball Throw, Billiards, Checkers, Clock Golf, Football Throw, Frisbee Throw, Horseshoe Toss, Softball Throw, Wheelchair Race).

AGE OF COMPETITION AT STATE EVENT:

Age division for all singles competition at the state event will be determined by the athlete's age on the first day of the Georgia Golden Olympics Event.

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner of the two players on the first day of the Georgia Golden Olympics Event.

Age control date for team sports is December 31, 2009. Participants must be 50 by December 31, 2009. Team age division is determined by the youngest player on the team.

ARCHERY

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

DESCRIPTION: Participants shoot arrows at a circular target from three distances outdoors.

EVENTS: (FIVE)

- Recurve . with sights (NAA)*
- Barebow Recurve . no sights (NAA)*
- Compound Fingers . with sights (NFAA)**
- Barebow Compound . no sights (NFAA)**
- Compound Release (NFAA)**

RULES:

The "900" American Round will be used for all competition. 90 arrows will be shot as follows: 30 arrows from 60 yards (5 ends of 6 arrows), 30 arrows from 50 yards, 30 arrows from 40 yards. Each END (6 arrows) will consist of 1 set of 6 arrows with a time limit of 5 minutes allowed for each arrow to be shot. Shooters will rotate with target mates after each end. Two practice ENDS for sighting in begins at listed time, followed immediately by official ENDS for score. **Recurve** archery events will be conducted in accordance with the National Archery Association (NAA)* target rules except as modified herein. **Compound** archery events will be conducted in accordance with the National Field Archery Association (NFAA)** rules except as modified herein.

EQUIPMENT:

Archers must provide their own bow and a minimum of six (6) arrows, plus extras in case of loss or breakage. NAA equipment rules will apply to the conventional bow shooter. NFAA* equipment rules will apply to the compound bow shooter. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line. A maximum of two ends may be made up at the discretion of the Director of Shooting. Field glasses or scopes are permitted for spotting arrow hits only. No broad heads will be permitted.

SCORING:

A regulation 122cm (48") 5 color target face will be used. Scoring values are: Gold (10-9); Red (8-7); Blue (6-5); Black (4-3); White (2-1), - 10 ring scoring. Each color is divided into two scoring areas by a thin black line. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value. Arrows which hit the target but bounce out will be scored as hits if confirmed by the official according to NAA** rules. The winner shall be the archer(s) scoring the highest number of points in a single round.

TIES: ~~4~~ring hits will be kept on the scorecard by all competitors and will be used as a tie-breaker. If still tied, the number of ~~4~~0ring hits will be used, then ~~4~~ring hits, and so on until the tie is broken.

NOTE: COMPETITOR SHOULD BE ABLE TO KEEP ARROWS ON TARGET AT 60 YARDS.

***National Archery Association (NAA)**
 One Olympic Plaza
 Colorado Springs, CO 80909-5778
 (719) 866-4576
www.usarchery.org

****National Field Archery Association (NFAA)**
 31407 Outer I-10
 Redlands, CA 92373-9802
 (800) 811-2331
www.nfaa-archery.org

BADMINTON**NUMBER OF COMPETITORS: OPEN**

(See page 4: AGE/CATEGORY)

EVENTS: Singles, Doubles, Mixed Doubles

RULES:

1. All matches will be conducted in accordance with United States Badminton Association (USBA)* rules, except as modified herein.
2. Warm ups will be limited to 10 minutes.
3. All players must present to the coordinator 15 minutes before starting time and be ready to play at time scheduled; there will be no grace period.

EQUIPMENT:

1. Competitors must provide their own racquets. Shuttlecocks will be provided.

FORMAT:

1. Type of tournament will be determined by the number of entries.

SCORING:

1. Scoring is based on USBA Rules.

***United States Badminton Association
One Olympic Plaza
Colorado Springs, CO 80909-5778
(719) 866-4808
www.usabadminton.org**

BALL ROOM DANCE**NUMBER OF COMPETITORS: OPEN**

(See Page 4: Age/Category: 50 . 69, 70+)

EVENTS: Fox Trot
 Swing
 Tango
 Waltz

RULES:

1. Dance area will be clearly marked and pointed out before competition begins.
2. There will be a minimum of three (3) judges who will be designated and approved by the GGO Planning Committee at least three (3) days before this competition.
3. The judges will determine the number of couples on the dance floor at a time to be judged.
4. Music will play from 1.5 to 3 minutes to give judges enough time to fairly judge each couple.
5. Each couple will be judged on Timing, Foot Work, Balance, Control, Style and Following/Leading.
6. Competitors must have partner who is register for the same events. Last minute partner substitutions are not allowed.
7. The youngest member of the registered couple will determine age division for competition.

ATTIRE:

Semi Formal

BASKETBALL FREE THROW

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

RULES:

1. A referee will be at each basket.
2. The STANDING DIVISION, age categories 50-59 and 60-69, will shoot from the free throw line at a distance of 15 feet. Age Divisions 70-79 and 80-89, 90+ will shoot from a distance of 12 feet. The basket will be 10 feet in height.
3. The SITTING DIVISION will shoot from the free throw line at a distance of 6 feet. The basket will be 7 feet in height.
4. The referee will call one age group category at a time.
REMEMBER STARTING TIME IS FORFEIT TIME!
5. The shooter will get 3 practice shots and 5 official free throws.
6. The referee will record score each time a shot is made or missed and will call out the score after each free throw attempt is made.
7. The free throw shooter must have both feet behind the free throw line (no part of his/her feet can touch the line from the time the ball leaves his/her hand to the point it touches the basket - otherwise it will be counted as a missed shot).
8. Each free throw shooter gets only one chance to shoot his/her 5 free throws.

EQUIPMENT:

1. Leather basketballs will be provided (**personal balls WILL NOT be allowed**).
Men: 29.5 inches; Women: 28.5 inches.

SCORING:

1. Each basket made scores 1 point.
2. To break a tie, shooters will shoot 2 baskets each.

BASKETBALL 3-ON-3 HALF COURT

NUMBER OF TEAMS: OPEN

Age category: 50+, 55+, 60+, 65+, 70+, 75+, 80+

Age divisions for all team competition will be determined by the age of the youngest team members as of December 31, 2008.

Format: Pool play with teams advancing to a single elimination tournament.

RULES:

1. Aside from the special rules below, all other rules will be played in accordance with NCAA* rules except as modified herein.
2. Team roster shall be limited to ten (10) persons, including the coach, captains and bench personnel, one (1) of which may be an out of state resident. Teams in the 70+, 75+ and 80+ age division may have three out-of-state players.
3. Athletes may be on only one basketball team.
4. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two (2) players on the floor.
5. Game is played on half court by two teams of three players each, including a maximum of seven (7) substitutes.
6. Playing time shall be two (2) halves of twelve (12) minutes continuously running clock with an intermission of five (5) minutes. In the last two (2) minutes of each half, the clock will stop in accordance with normal basketball rules.
7. Two (2)-time-outs are permitted per team per half - [one (1) additional for entire overtime]. Time outs will be thirty (30) seconds in duration. The clock will stop during time outs.
8. Substitutions may be made after a basket, a foul shot or any stoppage of play.
9. The winner of the coin toss shall take first ball possession. The possession arrow shall determine possession at the start of the second half. Ball possession changes hands after each basket unless a technical or personal foul is awarded. Deliberate stalling or attempts to freeze the ball shall result in loss of ball possession. A warning shall be given by official prior to enactment. During the last two minutes of the game, teams shall attempt a shot within approximately 30 seconds of gaining possession as determined by the referee.
10. The imaginary "check line" shall be the three-point line. After a made basket and in all dead ball situations, the ball must be placed in play from the top of the key. The ball must be advanced into play by means of a pass to a teammate; the teammate receiving the pass may be in front of or behind the check line.
11. After a turn over or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.
12. Following a made basket or dead ball, the ball must be put into play within 5 seconds. If the ball is not put in play within five seconds, it shall be a violation and possession shall be awarded to the defense with no change in the possession arrow. Dribbling will result in a replay.
13. Defenders may not cross the check line to guard the player throwing the ball until after the player has made the first pass.
14. A player is disqualified after five (5) fouls. Technical fouls will be assessed in accordance with NCAA rule.

BASKETBALL 3-ON-3 CONTINUED

15. All personal and technical fouls shall count against the team total. After the seventh team foul, a bonus shall be awarded for the remainder of the game.
16. Prior to the seventh foul: a) any foul shall result in loss of possession for the offending team; b) any player control foul shall result in disallowing a converted basket and loss of possession; 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 a one shot foul and retained possession.
17. After the seventh team foul: a) any common foul shall result in a single foul shot along with retained possession for the offended team; b) any player control foul shall result in disallowing a converted basket and in a single foul shot which, if made, shall entitle the shooter to a second 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 a one shot foul and retained possession.
18. After the tenth foul: a) any common foul shall result in two foul shots along with retained possession for the offended team; b) any player control foul shall result in disallowing a converted basket and in a two 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 a retained possession; and d) any shooting foul with a converted basket shall result in the basket being awarded along with a one shot foul and retained possession.
19. During the last two (2) minutes of each half and any overtime period, automatic possession after foul shots does not apply. (Live rebounding will be in effect.)
20. Officials do not put the ball in play, except after the start of each half.
21. Any player ejected from a game for unsportsmanlike conduct must sit out the remainder of the game in progress and sit out his/her team's next scheduled game. In addition, the ejected player will not be allowed in the gym during his/her suspended time. Second offence, the player is ejected for remainder of tournament. This will include gym attendance. Depending on the flagrancy of the foul, a person can be ejected for remainder of tournament on the first offense.
22. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing team personnel.

EQUIPMENT:

1. Leather balls will be provided. Men: 29.5 inches; Women: 28.5 inches.
2. NO black-soled shoes permitted on gym floor.
3. Team clothing must be of like design and color with shirts numbered.

SCORING:

Three point shots are allowed.

NCAA

PO Box 6222

Indianapolis, IN 46206-6222

(317)917-6222

www.ncaa.org

TIE BREAKER:

A tie score at the end of regulation time will result in a one (1) minute stop clock overtime period with ball possession determined by the flip of a coin. If still tied, subsequent one (1) minute periods are to ensue until tie is broken.

BILLIARDS - EIGHT BALL**NUMBER OF COMPETITORS: OPEN**

(See Page 4: Age/Category)

RULES:

1. Billiards Congress of American Rules shall govern tournament play.
2. Order of play shall be determined by flip of coin.
3. Break shot . Four (4) or more balls must make contact with the rail on the break; if 8-Ball is made on break, you re-rack with no penalty.
4. Must call shots.
5. There shall be no 1-15 side pocket rule.
6. Must call pocket on 8-ball shot.
7. Scratch on 8-ball, you lose.
8. If you have accidental contact with cue ball, you forfeit turn or ball is in play.
9. A judge will be present for all games.

EQUIPMENT:

1. Regulation table of 9' x 4 1/2'.
2. Cue must weigh from 15 oz. to 22 oz.
3. Balls will be Regulation Billiard Balls #1-15 with cue ball or Casino Balls with 7 yellow and 7 red, #8 ball and cue ball.

SCORING:

SINGLE ELIMINATION TOURNAMENT: Play will consist of the best 2 out of 3 games played.

Billiards Congress of America
4345 Beverly Street, Suite D
Colorado Springs, Colorado 80918
(719) 264-8300
www.bca-pool.com

BOWLING**NUMBER OF COMPETITORS: OPEN**

(See Page 4: Age/Category)

DIVISIONS:

SINGLES
DOUBLES
MIXED DOUBLES

RULES:

1. All formats will be scratch.
2. Tournament will consist of 3 games, each game will consist of 10 frames for each competitor.
3. No handicap will be awarded.
4. Each player bowls two balls in each frame unless a strike is made on the first ball, then the second ball is not rolled, except in the tenth frame.

EQUIPMENT: United States Bowling Congress (USBC)* approved equipment only.

SCORING:

1. The highest score will be determined for each competitor by totaling score from all three games.
2. Ties will be broken by taking the highest score thrown in the 9th frame of the 3rd game; if the tie still exists, by taking the highest score thrown in the 8th frame of the 3rd game, and so on until the tie is broken.

NOTE: THERE IS AN ADDITIONAL FEE FOR BOWLING.

***United States Bowling Congress**
5301 S. 76th Street
Greendale, WI 53129
(800) 514-BOWL (2695)
www.bowl.com

CHECKERS

NUMBER OF COMPETITORS: 50

(See Page 4: Age/Category)

RULES:

1. **Single elimination tournament.** (Play will consist of best 2 out of 3 games with same partner).
2. **THE GAME:** Checkers is a game played on a checkerboard by two persons. The board has 64 alternating red and black squares. Each player has 12 round, flat pieces called checkers. One set is black, the other red. The players sit opposite each other and each arranges his checkers on the first three rows of black squares. Two rows in the center remain open.
The player with the black checkers starts by moving one of his/her checkers one space diagonally forward toward the red checkers. Then the other player moves a red checker toward the black. The checkers can only move forward on the black squares. The object of the game is to capture all of the checkers of the opponent, or to block their progress. If a red checker moves next to a black checker, the black checker can jump over the red checker if a space is behind the red. The red is removed from the board as the black goes deeper into enemy territory. More than one checker may be captured at a time. If a checker reaches the back line on the enemy's side, it is crowned and becomes 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 backward and forward one square at a time, except when it jumps over one or more checkers.
3. **EACH PLAYER MUST TAKE HIS/HER JUMPS.**
4. **PLAYERS MUST MOVE WITHIN 30 SECONDS.** If a player does not move within 30 seconds, his/her turn is forfeited.
5. If a player is at a standstill and cannot move, he/she forfeits his/her turn until an opening for a move is available.
6. Time will be called at the end of three games or thirty minutes whichever ever comes first. The player having captured the most checkers is named the winner. In a case where both players have captured the same number of checkers at the end of the time limit, play will continue for an additional 3 minutes.

EQUIPMENT:

1. Checker board and checkers.
2. Time clock.

CLOCK GOLF**NUMBER OF COMPETITORS: OPEN**

(See Page 4: Age/Category)

RULES:

1. Putting area is a 20-foot circle with a hole in the center.
2. Putting positions will be numbered around the circle like the face of a clock.
3. Each competitor will draw two numbers from a hat, which will determine from where on the clock he/she will putt.
4. Competitors will have 3 tries from each of the two numbered points he/she drew. For example, number 3 and 7 are drawn; a putt is made from the #3 position on the circle. If the ball does not go into the hole, the person can try again; if this shot fails one last putt is given. The person then moves to the #7 position and does the same thing - up to 3 shots).

EQUIPMENT:

1. Putters will be available or athletes may bring his/her own.

SCORING:

1. Scoring will be as follows: hole-in-one = 5 points; two putts = 3 points; three putts = 1 point.
2. If no person scores, no medals will be awarded.
3. For tie-breakers, Event Director will draw a number. There will be one (1) putt. The putt closest to the hole wins.

CYCLING

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

EVENTS: 5K (3.1 Miles) / 10K (6.2 Miles) . timed trials
20K (12.4 Miles) / 40K (24.8 Miles) . road races (mass starts)
Cyclists may enter any or all events

RULES:

1. **All cyclists should be present 15 minutes prior to event start time or forfeit the right to compete.**
2. Cycling events will be conducted in accordance with the USA Cycling (USCF)* rules except as modified herein.
3. Helmets are required at all times while on the bicycle. (ANSI or Snell approved helmets with sticker affixed.) Violators will be disqualified.
4. All bicycles must be safety inspected by race officials at least 15 minutes prior to appointed time.
5. The rider shall be held by an official at the start of timed trials, but shall be neither restrained nor pushed.
6. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification. (Turn around will be explained prior to race).
7. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed violating pace shall receive a time penalty.
8. Timed Trials starting times will be at equal intervals (one minute or less) and will be available for viewing at least one (1) hour prior to competition.
9. Starting order will be by random selection.
10. Road races will be mass starts.
11. No restarts are permitted.

EQUIPMENT:

1. Participants must provide their own bicycles and equipment. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear bikes are not permitted. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories), which has the effect of reducing air resistance. Arrow bars (timed trial bars) are not allowed in the 20K and 40K events.
2. **HELMETS ARE REQUIRED.** (ANSI or Snell approved helmets with sticker affixed.)

SCORING:

1. The best times in each event will determine winners by age and sex.

***USA Cycling (USCF)**
One Olympic Plaza
Colorado Springs, CO 80909-5775
(719) 866-4581
www.usacycling.org

FIELD EVENT

* * * * *

DISCUS**NUMBER OF COMPETITORS: OPEN**

(See page 4: Age/Category)

RULES:

1. Each competitor will have a total of three throws. **FORMAT:** One (1) throw per round for three (3) rounds.
2. The throw must be made from the circle. The competitor, after stepping into the circle, must wait for the official's signal before starting his/her throw and must not touch the circle or the ground outside the circle with any part of the body before the throw is marked.
3. Competitors must leave the circle from the back half.
4. Participants must use the discus provided; **personal equipment must remain outside the competition area.**

EQUIPMENT:

- | | | | |
|------------|-----------|---|--------|
| 1. Discus: | Men 50+ | - | 1.5 kg |
| | Men 60+ | - | 1kg |
| | WOMEN 50+ | - | 1kg |
| | WOMEN 80+ | - | .75 kg |

SCORING:

1. The discus will be judged for distance only and the longest distance of the three (3) official throws will be recorded.
2. For tiebreakers, competitors will get three (3) additional throws.

**Rules: USA Track & Field (USATF)
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0478
www.usatf.org**

FIELD EVENT

* * * * *

LONG JUMP

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

RULES:

1. Each competitor will have three (3) jumps. **FORMAT:** One (1) jump per round for three (3) rounds.
2. The competitor must not touch past the take-off line.
3. The measurement of each legal jump shall be made at right angles from the take-off line, or the take off line extended, to the nearest break in the landing area made by any part of the body of the competitor (including shoes or uniform). **Note:** *In order to insure correct measurement of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled to be level with the take-off board.*

EQUIPMENT:

1. Up to ¼ inch spikes will be allowed and must be provided by the athlete

SCORING:

1. The distance resulting from the best performance of the three (3) official jumps will be recorded.
2. For tiebreakers, competitors will get three (3) additional jumps.

RULES: **USA Track and Field (USATF)**
 One RCA Dome Suite 140
 Indianapolis, IN 46225
 (317) 261-0478
 www.usatf.org

FIELD EVENT

* * * * *

SHOT PUT

NUMBER OF COMPETITORS: OPEN

(see page 4: Age/Category)

RULES

1. Each Competitor will have three (3) puts. Format: One (1) put per round for three (3) rounds.
2. The shot must be put from the shoulder with one hand only and the competitor must not allow the shot to pass behind or below the shoulder during the attempt.
3. The put must be made from within the circle. The competitor, after stepping into the circle, must wait for the official's signal before starting his/her put and must not touch the circle, or the ground outside the circle, or on top of the step board with any portion of the body before the put is marked.
4. Competitors must leave the circle from the back half.

EQUIPMENT:

1. Shot puts:	Men 50+	-	6kg	SHOTS ARE PROVIDED. NO PERSONAL SHOTS ALLOWED.
	Men 60+	-	5kg	
	Men 70+	-	4kg	
	Women 55+	-	3kg	

SCORING:

1. The shot put will be judged for distance and the longest distance of the three (3) official puts will be recorded.
2. For tiebreakers, competitors will get three (3) additional puts.

**Rules: USA Track & Field (USATF)
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0478
www.usatf.org**

FOOTBALL THROW

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

RULES:

1. The object of the game is to get the ball through the hula-hoop suspended 5 feet off the ground.
2. Each participant will have three (3) throws from five (5) yards on first try and three (3) throws from ten (10) yards on second try. Eighty plus (80+ age groups) will throw from three (3) yards on first try and from eight (8) yards on second try.
3. Football must go through the hoop directly in front of participant for points to be scored.
4. Sitting participant's chair will be placed with the back of the chair wheel on the 5 and 10-yard lines. The eighty plus (80+ age groups) distances will be three (3) yards and eight (8) yards.

EQUIPMENT:

1. Target will be a hula-hoop suspended 5 feet off the ground.
2. A mid-sized football will be used.

SCORING:

1. Each ball through the target from 5 yards will score 5 points.
2. Each ball through the target from 10 yards will score 10 points.
3. If no individual scores, medals will not be awarded.
4. For tie breakers: There will be two (2) throws from 10 yards each; two (2) throws at 8 yards for 80 and over.

FRISBEE THROW

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

RULES:

1. The objective of the game is to get the frisbee through a hula-hoop suspended 5 feet off the ground.
2. Each participant will have three (3) throws from 5 yards on first try and three (3) throws from 10 yards on second try.
3. Frisbee must go through the hoop directly in front of participant for points to be scored.
4. Sitting participant's chair will be placed with the back of the chair wheel on the 5 and 10-yard lines.

EQUIPMENT:

1. Hula-hoop suspended 5 feet off the ground.
2. A standard frisbee.

SCORING:

1. Five points will be given for each throw that goes through the hoop from 5 yards.
2. Ten points will be given for each throw that goes through the hoop from 10 yards.
3. If no individual scores, medals will not be awarded.
4. Tie breakers: There will be 2 throws from 10 yards each; 2 throws at 8 yards for 80 and over.

GOLF TOURNAMENT

NUMBER OF COMPETITORS: 120

(See Page 4: Age/Category)

RULES:

1. Tournament will consist of one round of 18 holes.
2. All rules of golf as specified by local course will apply.
3. Each foursome will be assigned a specific hole from which to begin and a **SHOTGUN START** will begin tournament play.
4. To expedite play, all players are required to use an electric cart.
5. Score cards will be validated by an official scorer at the end of the 18 holes of play.

EQUIPMENT:

1. Each competitor must furnish his/her own clubs.
2. Range finders of any type will not be permitted.

SCORING:

1. Scoring will be for the best low gross score (no handicap).

TIE BREAKER:

1. In the event of a tie between 1st, 2nd, and 3rd place the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and finally the 18th hole.

NOTE: THERE IS AN ADDITIONAL FEE FOR GOLF TOURNAMENT.

***To qualify for National Competition participant must meet the NSGA (National Senior Games Assn.) minimum performance standards.**

**NSGA (National Senior Games Association.) qualifiers will be determined by 18-hole gross score played on a course with a minimum par of 70 and a USGA slope rating between 119 and 126 for men and between 113 and 120 for women.

United States Golf Association (USGA)

PO Box 708

Far Hills, NJ 07931

(908) 234-2300 / (800) 336-9687

www.usga.org

2008

HORSESHOE TOSS

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

RULES:

1. STANDING CATEGORY:

- A. Competitors pitch metal horseshoes at a stake from
 - 40 feet men (50-69)
 - 30 feet men (70+)
 - 20 feet women (50-69)
 - 15 feet women (70+)
- B. The pitcher must stand behind the foul line; feet are not to touch or cross line until horseshoe has left his/her hand.
- C. Each competitor gets 3 throws

2. SITTING CATEGORY:

- A. Competitors pitch metal horseshoes at a stake placed 10 feet away for men and women.
- B. The sitting pitcher's chair will be just behind the foul line. Neither feet nor front of chair should cross foul line until horseshoe has left his/her hand.

EQUIPMENT:

- 1. Metal horseshoes; metal stakes.
- 2. Stakes will be placed in the center of a 36-inch diameter circle.

SCORING:

- 1. Shoe inside circle will score 1 point.
- 2. Leaner against stake will score 2 points.
- 3. Ringers will score 3 points.
- 4. If no individual scores, no medals will be awarded.
- 5. For tiebreakers, there will be one (1) toss each; closest shoe wins.

NOTE: Participants cannot participate in Horseshoe Toss and Horseshoe Tournament. Participants must choose one event.

HORSESHOE TOURNAMENT

NUMBER OF COMPETITORS: 40 MEN - 40 WOMEN

(See Page 4: Age/Category)

RULES:

1. All matches will be conducted in accordance with official rules of NHPA*, except as modified herein.
2. Non-handicap tournament.
3. Double elimination tournament.
4. Pitching distances: 40 feet men (50-69)
30 feet men (70+)
30 feet women (50-74)
20 feet women (75+)
(Player may pitch anywhere behind the designated pitching distance for individual age group.)
5. Event starting time is forfeit time after roll call.
6. All players must play at times scheduled.

SCORING:

1. 24 pitch count all.
2. All shoes shall be within 6 inches of stake to score.
3. Ringer - 3 points.
4. Leaner or closest shoe - 1 point.
5. If shoe hits outside of pit area, including backboard, before entering pit area, it is considered a dead shoe and must be removed from pit.
6. In the event of a tie, each player shall pitch 10 additional shoes until a winner is declared.

Note: Participants cannot participate in both Horseshoe Toss and Horseshoe Tournament. Participants must choose one event.

Mr. Dick Hansen

Secretary/Treasurer

***National Horseshoe Pitcher's Association (NHPA)**

3085 South 76th Street

Franksville, WI 53126

(262) 835-1321

www.horseshoepitching.com

RACE WALKS

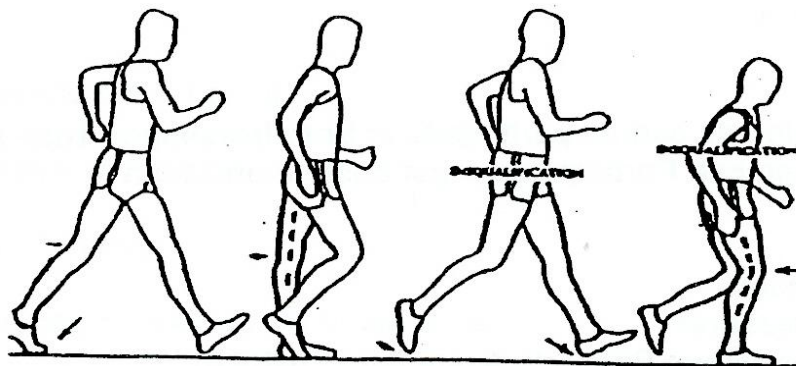
NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

EVENTS: 1500 Meter (Track)
5K (Road Race)

RULES:

1. Race walking is a progression of steps so taken that unbroken contact with the ground is maintained.
2. These steps must adhere to the rules of race walking, which are:
 - a. During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.
 - b. The supporting leg must be straightened (i.e., not bent at the knee) momentarily when in the vertical upright position.
 - c. Failure to adhere to the above definition of race walking will result in disqualification.
3. Competitors may be warned by any judge when, by the mode of their progression, they are in danger of ceasing to comply with the definition of race walking. This warning is given by a judge who displays a white paddle to the competitor inscribed with the symbol of the potential violation (> for "bent knee" and ^ for "loss of contact").
4. When, in the opinion of **three judges**, a competitor fails to comply with the definition of race walking, the competitor shall be disqualified and so informed by the Chief Judge.
5. Knees must be visible at all times.



The drawings above show an example of the proper technique (legal walking) and examples of improper techniques (illegal walking) which will result in disqualification.

NOTE: Race Walkers cannot enter Walking Events but may enter Running Events.

*USA Track & Field (USATF), One RCA Dome Suite 140, Indianapolis, IN 46225
(317) 261-0500 www.usatf.org

RACQUETBALL

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

RULES:

1. All matches will be conducted in accordance with the United States Racquetball Association (USRA)* Rules except as modified herein.
2. Singles tournament only.
3. Play will consist of best 2 out of 3 games.
4. Event starting time is forfeit time after roll call.
5. All players must play at times scheduled.

EQUIPMENT:

1. No black-sole shoes.
2. Player must furnish own USRA approved rackets.
3. Eye guards are required and must be provided by player.
4. Balls will be furnished for tournament.

SCORING:

1. Games to 15 points.
2. Tie breaker to 11 points.

***United States Racquetball Association (USRA)**

1685 West Uintah St

Colorado Springs, CO 80904-2906

(719) 635-5396

www.usra.org

SHUFFLEBOARD

Singles & Doubles

NUMBER OF COMPETITORS: LIMITED

(See page 4: age/category)

DIVISIONS: Singles & Doubles

RULES: (Single or Double elimination tournament based on number of registered athletes)

1. Shuffleboard matches will be conducted in accordance with official rules of the National Shuffleboard Association, Inc. (NSA)* except as modified herein.
2. Practice - each participant is allowed a MINIMUM of 4 discs of each color before each match.
3. A frame consists of four discs for an individual and four discs for both competitors in a game. Example: a game of 10 frames gives each player 10 turns of 4 discs each.
4. If players cannot see the color of the discs at the other end, the court referee will call the color, score and position.
5. Doubles partners may be of mixed gender.

EQUIPMENT:

1. Equipment will be provided for matches.
2. Players may bring their own cues.
3. The cue shall not have an overall length of more than six feet, three inches (6'3"). No metal part of cue shall touch playing surface of court.

SCORING:

1. SINGLES: Matches will consist of eight (8), ten (10), or twelve (12) frames, based on number of athletes registered for the sport. The winner will be the participant with the highest number of points after the specified number of frames. Two matches will be played simultaneously on one court. The opposing players will remain at the same end of the court during the entire match.
2. DOUBLES: Matches will consist of eight (8), ten (10), or twelve (12) frames, based on the number registered for the sport. One half (½) of the number of frames will be played by each partner who will remain at their respective ends of the court during the entire match. The team or pair with the highest point score at the end of the specified number of frames will be the winner.
3. In case of a tie, two (2) extra frames will be played until the tie is broken.

*National Shuffleboard Association (NSA)

Walt Wedel, President

Winter: 4926 8th Street E
Bradenton, FL 34203
(941) 753-3428

Summer: 15150 V Avenue E
Fulton, MI 49052
(269) 778-3741

www.national-shuffleboard-association.us

SOFTBALL THROW

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

RULES:

1. Each competitor will have three consecutive throws.
2. The competitor must stand behind the foul line, and his/her feet may not touch nor cross line until ball is thrown.

EQUIPMENT:

1. A 12 inch slow pitch, restricted flight softball will be used for men.
An 11 inch slow pitch, restricted flight softball will be used for women.

SCORING:

1. The softball throw will be judged for distance only, and the longest distance of the 3 official throws will be recorded.
2. For tiebreakers, competitors will get three additional throws.

SOFTBALL TOURNAMENT

NUMBER OF COMPETITORS: OPEN

DIVISIONS: Men - 50+, 55+, 60+, 65+, 70+, 75+
Women - 50+, 55+, 60+, 65+, 70+, 75+

(Age control date for team sports is December 31, 2008. Participants must turn 50 by December 31, 2008. Youngest player on the team determines team age division).

RULES:

1. This tournament is conducted in accordance with the Amateur Softball Association (SPA) except as modified herein.
2. All players will only be allowed to play in one (1) division.
3. All division play will be double elimination format.
4. Team rosters shall be limited to twenty (22) persons, including non-playing coaches, non-playing captains and non-playing bench personnel. No more than 20 of these persons may be players. A maximum of 5 out-of-state players are allowed. The roster shall be submitted on the official roster form designated for the tournament. The rosters shall be turned in and checked for eligibility by the tournament director by August 1. No change will be allowed on a team roster after August 15. A copy of an individual's birth certificate, passport, military record or other valid I.D. must be submitted with roster to verify age. **Driver's License is not accepted as age verification** but a copy should be sent to verify residency requirements. If an illegal player is found on the roster, he/she will be banned from play in the tournament. Players may only participate in one (1) age division at the Georgia Golden Olympics Tournament. Athletes may compete in only one team per sport.
5. The choice of first or last at bat (home-visitor designation) shall be determined immediately prior to a game by a coin toss supervised by the tournament director or his/her appointed representative.
6. Warm-up Time: Infield practice will only be granted under the following conditions:
 - a. When sufficient time exists between the previous game and the starting time as noted on the official tournament schedule. (Sufficient time should include the exchange between teams on the line-up card, completed in full, and given to the umpire.)
 - b. A minimum of ten (10) minutes must exist; otherwise warm-ups will be confined to the sidelines, off the playing field.
NOTE: Do not interfere with the game in progress.
7. Grace periods will not be allowed for any game.
8. The score of a forfeited game shall be recorded as 7-0.

SOFTBALL RULES

PAGE 2

10. **50+, 55+, 60+ and 65+:** Ten (10) defensive players constitute a team. A team must have a minimum of nine (9) players at the start and finish of a game. Failure to do so will result in forfeit. One (1) extra player (EP) may be used. All players must bat and any ten (10) can play defense. Defensive positions may change but not the batting order. If an EP is used a team must start and finish with eleven (11) players, including the EP.
70+, 75+, and Women: Eleven (11) defensive players shall constitute a team. A team must have a minimum of ten (10) players at the start and finish of the game. Failure to do so will result in a forfeit. One (1) or two (2) extra players may be used. All players, eleven (11) or twelve (12) must bat and any eleven (11) can play defense. Defensive positions may change but not the batting order. If EPs are used, teams must start and finish with eleven (11) players including the EPs used.
11. A team can continue a game with one less player than it starts with, whenever a player leaves the game for any reason other than ejection. Whenever the player who has left the game under this exception is scheduled to bat, an out will be declared. The player who has left the game cannot return to the line up.
EXCEPTION: A player who has left the game under the blood rule may return even after missing a turn at bat.
12. A regulation game shall consist of seven (7) innings or one hour and fifteen minutes (1:15), whichever comes first. **EXCEPT:**
 - a. If a game is tied, it will continue until one team is ahead after the completion of any subsequent inning.
 - b. No game can end on a time limit if there is a difference of 3 or fewer runs in the score.
 - c. The time limit rule is waived during championship games.
13. Five (5) innings (4 ½ innings if home team is ahead) must be completed to make a game official.
14. All games must be played to conclusion. (Example: Game starts on Wednesday and is rained out in the second inning - game resumes at the next playable opportunity regardless of length of delay or postponement from the exact point that the game was delayed or postponed.
15. A fifteen (15) run mercy rule will be in effect after five (5) innings have been played (4 ½ innings if home team is ahead), thus ending the game.
16. A runner is not out when her or she is hit with a fair, untouched batted ball that has passed an infielder, excluding the pitcher, and, in the judgement of the umpire, no other infielder had a chance to make an out.
17. **NO stealing** is allowed. Runner can leave base only when the ball crosses the plate.

SOFTBALL RULES

PAGE 3

18. A runner can overrun any base in either direction. After an overrun, the runner must tag the overrun base except first base. If the runner fails to return to overrun base except first base, the umpire shall immediately call the runner out. No tag or appeal of a base is required. Overrun on 2nd and 3rd is meant for safety factors only. If a player rounds 2nd or 3rd to advance, this is not considered an overrun. Overrun means running directly to out field or toward 3rd base line fence with no intention to advance
19. A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently from the game. A courtesy runner on base when it is his/ her turn at bat will be declared out. Another courtesy runner may not be used to circumvent this rule.
One (1) courtesy runner may be used in each inning and may be any player on the roster. Each player on the roster may be a courtesy runner only once per game. Any courtesy runner found running more than once per game will be called out.
Women 65+, 70+, 75+: A courtesy runner may be used for any runner at any time. There is no limit on the number of times a player may be a courtesy runner in any inning.
20. The manager, coach, or captain of a team making a substitution must immediately notify the plate umpire who shall suspend play and announce the change.
21. A "no slide", "no crash" rule will be in effect at 1st base and home plate. Any and all incidents will result in an automatic out. A player may slide or dive into 2nd or 3rd base and when returning to any base. Runners will be called out for contact with a defensive player if in the umpires' judgment the contact was deliberate or the runner could reasonably have been expected to minimize or avoid contact under the circumstance and failed to do so.
22. A double bag or mat to be used at first base, one of a different color, same size as the bag, extending toward the first base foul line. Once the runner passes first base, the mat or bag is no longer in play. He must use the first base bag.
DEFENSIVE PLAYERS CAN ONLY USE FIRST BASE ON ALL PLAYS!
23. A scoring plate will be placed eight feet from the back tip of home plate on an extended line from first base. A line will be drawn from third base to the scoring plate. The scoring plate is for use by the offensive player only. The runner may use the home plate or the scoring plate to touch for a score. **All plays at home are forced plays!** The defensive player catches the ball and steps only on home plate. The defensive player cannot use the scoring plate for a play. **You do not have to touch the runner.** Defense must tag home plate before offensive player reaches home plate or the scoring plate for out to be called by official.
24. A 3-foot long, 3-inch wide commitment line shall be marked perpendicular to the foul line and placed 20 feet from home plate. Once a runner's foot touches the ground on or past the commitment line, the runner cannot re-cross it in the direction of third base. Instead he must continue toward the scoring plate. Violations will result in an out.

SOFTBALL RULES

PAGE 4

25. No smoking of any kind is permitted on the playing field prior, during, or immediately after the game. Enforcement of this rule shall be the responsibility of each team's manager and the tournament director who shall have the authority to have a player disqualified from the game for not complying with this rule.
26. A judgment decision by an umpire on any play cannot be protested. Protests on misinterpretation of the rules are allowed to the Umpire-in-Chief and if acceptable as valid by the Tournament Director. If a protest is accepted by the Tournament Director, it must be made by the coach or responsible person in charge of the team at the time of the alleged infraction along with a \$25.00 protest fee. If the decision is made in favor of the protestor, the \$25.00 will be refunded. If the protest is lost, then the \$25.00 becomes the property of the Georgia Golden Olympics. A full explanation of the protest will be recorded by the official scorer and retained in the official score book for reference. All such protests are to be immediately acted upon by the protest committee and before play is continued.

No protest will be accepted after the next legal or illegal pitch.

EQUIPMENT:

1. Shoes are mandatory for play in softball games.
 - a. Rubber-molded, cleated shoes are approved for use. **Steel spikes or metal cleats are expressly prohibited and shall be treated as illegal equipment.** Smooth and soft-soled athletic shoes including tennis or basketball shoes are acceptable.
2. The men's division will play 12" slow pitch (.44 cor and .375 compression). The women's division will play 11" slow pitch (.47 cor and .500 compression).
3. Gloves may be worn by any player, but mitts may only be used by the catcher and first baseman.
4. All bats with a BPF of 1.20 or less will be legal for play except those bats listed on the most current SPA banned bat list.
5. The catcher will be required to wear a mask, which he/she must provide.

UNIFORMS:

1. Team uniforms will consist of matching or like colored jerseys with a factory type non-duplicating number on the back at least six (6) inches in height. The basic body color determines matching jerseys. It is strongly recommended that all team coaches be attired alike.
2. Team caps are not mandatory. If caps or visors are worn, they must be baseball/softball caps and no vulgar wording or obscenities will be allowed. Tournament director will make final decision. The logos, numbers, trim, etc. does not have to match if the basic color is the same.

SOFTBALL RULES

PAGE 5

3. Illegal uniforms will be treated as illegal equipment.

FIELD SPECIFICATIONS:

1. The following field specifications are required for all games:
 - a. Distance between bases shall be sixty-five (65) feet.
 - b. Pitching distance shall be fifty (50) feet.
 - c. Minimum out field distance from home plate shall be in accordance with SPA rules.
 - d. The batter's box, coaches' boxes, pitcher's circle, and three feet line halfway from home plate to first base shall be in accordance with current SPA rules.

GAMES AND AWARDS:

1. A minimum of two officials must be used in tournament games. Whenever possible, SPA umpires should be used.
2. Pairing for the State Tournament will be determined by the Tournament Director.
 - a. Byes - If byes are necessary in drawing brackets, the following guidelines must be used:
 1. 1st bye issued to defending state champion if they are playing.
 2. Other necessary byes will be allotted to the team(s) with the greatest distance to travel.
3. Awards will be distributed using the following guideline:
Gold, silver, and bronze medals will be given to each member of the top three teams in each category. Team trophies **MAY** be given for the first place team in each category.

Softball Players Association

925 W State Hwy 152

Mustang, OK 73064

(405) 376-7034

www.softballspa.com

SWIMMING

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

EVENTS: Backstroke: 50, 100, 200 Yard
Breaststroke: 50, 100, 200 Yard
Freestyle: 50, 100, 200, 500 Yard
Butterfly: 50, 100 Yard
Individual Medley: 100, 200 Yard

RULES:

1. All events will be run in accordance with the U.S. Masters Swimming (USMS)* rules except as modified herein.
2. The major points of the rules include:
 - a. Starts: The forward start may be taken from the starting blocks*, the pool deck or a push from the wall. The Backstroke start is taken from the wall.
 - b. Turns: The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously. The Backstroke and Freestyle events require some part of the body to touch the wall.
 - c. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
 - d. Breaststroke: Proper stroke is required as described in the US Masters Swimming Rules.
 - e. Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly stroke at any time during the race.
 - f. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish.
 - g. Medley: The order of strokes in the individual Medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns.
 - h. General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from the event.
3. Each swimmer is allowed one false start; disqualification will occur after the second false start.
4. Warm-ups will be held 45 minutes prior to start of competition. No one will be allowed in the pool for warm-ups after competition begins.
5. Swimmers may enter any event that is not in conflict with another event.
6. Swimmers must remain in the water until everyone has completed the heat.

SCORING:

1. The best time from all heats will determine a winner.

***NOTE:** Starting blocks are not used.

***U.S. Masters Swimming, Inc (USMS)**
P.O. Box 185
Londonderry, NH 03053-0185
(800) 550-7946 (SWIM)
www.usms.org

TABLE TENNIS

NUMBER OF COMPETITORS: 32

(See Page 4: Age/Category)

DIVISIONS: Singles Doubles

RULES:

1. All table tennis matches will be conducted in accordance with U.S. A. Table Tennis, Inc (USATT)* Rules except as modified herein.
2. If numbers are conducive, athletes will be divided into pools within their age divisions. Within each pool a single round-robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single elimination tournament. If numbers are not conducive, a double elimination tournament will be played within the age division.
3. Play shall consist of a five (5) game match. The winner shall be the first player to win three (3) games.
4. Play shall be continuous throughout the match with a two-minute break between games.

EQUIPMENT:

1. Balls will be provided.
2. Athlete must furnish his/her own USATT* regulation paddle.

***USA Table Tennis, Inc. (USATT)**

One Olympic Plaza

Colorado Springs, CO 80909-5778

(719) 866-4583

www.usatt.org

TENNIS TOURNAMENT

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

NOTE: Competitors limited to two (2) tennis events.

EVENTS: Tennis Singles
Tennis Doubles
Tennis Mixed-Doubles

RULES:

1. All matches will be conducted according to United States Tennis Association (USTA)* Rules except as modified herein.
2. Warm-ups will be limited to 10 minutes.
3. All players must present to the coordinator 15 minutes before their starting time and be ready to play at time scheduled; there will be no grace period.
4. Situations may arise wherein players will have to play more than two matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between tennis events.
5. If there are not enough players registered for a particular age group, those players registered may be moved to another age group. However, for the purpose of qualifying for Nationals, they will be judged as if in their correct age group.
6. If a participant qualifies for finals and does not show up to compete, he/she will forfeit right to a medal and will be subject to a one year suspension.

EQUIPMENT:

1. Players must furnish their own rackets.
2. Tennis balls will be provided.
3. USTA* approved equipment will be used by all players.

SCORING:

1. All preliminary and semi-final matches will be decided by the best 2 out of 3 sets with no add scoring.
2. All final matches will be decided by the best 2 out of 3 sets with regular scoring.
3. Top two finishers in singles, and top two teams in doubles/mixed doubles will receive awards.

TIE BREAKER:

1. A 12-point tiebreaker will be played if a set reaches 6 all.
(USTA* Rules)

NOTE: There is an additional fee for tennis.

***United States Tennis Association (USTA)**
Publications Department
70 West Red Oak Lane
White Plains, NY 10604-3602
(914) 696-7000
www.usta.com

TRACK & ROAD RACE EVENTS

NUMBER OF COMPETITORS: OPEN

(See Page 4: Age/Category)

EVENTS: ½ Mile Walk (Track)
100, 200, 400, 800 & 1500 Meter Races (Track)
1500 Meter Walk (Track)
5K Walk & 5K Run (Road Races)

RULES:

1. All track events will be timed heats by age category.
2. False starts are not permitted and will result in disqualification.
3. Any participant receiving physical assistance from someone else will be disqualified.
4. In all **WALKING EVENTS**, one foot must maintain contact with the ground at all times; or immediate disqualification will result.
5. Any runner making physical contact with another will be disqualified.
6. Any runner will be disqualified if he/she crosses into another lane or in front of another runner causing the other runner to change his/her pace.
7. Any runner will be disqualified if he/she waves, yells or makes body motions not normally a part of track events.
8. Starting commands for walking events will be: "On your mark", "Set"; then a whistle will be blown or a gun fired.
9. Starting commands for running will be: "Runners Set"; then a whistle will be blown or a gun fired.

EQUIPMENT:

1. Spikes (metal or rubber) are not allowed on track.

SCORING:

1. The best times from all heats in each category will determine winners.
2. To break a tie, there will be a runoff.

- * **Race Walking/running is not allowed in the walking events. If a participant is determined to be race walking/running he/she will be disqualified.**
- * **Participants in walking events cannot enter race walking events and vice versa.**
- * **If a participant enters the 1500M or 5K walk, race walk or any of the running events he/she cannot enter the ½ mile walk.**

USA Track & Field (USATF)

One RCA Dome, Suite 140

Indianapolis, IN 46225

(317) 261-0478

www.usatf.org

Volleyball

Team Volleyball

Divisions: Men and Women 50+, 55+.60+, 65+, 70+, 75+

1. Teams must be of one gender.
2. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains, and non playing bench personnel with a maximum of 4 out of state residents.
3. All registration and team rules apply to non-playing coaches, non-playing team captains and non-playing bench personnel.
4. Athletes may compete with only one team per sport.
5. Age divisions determined by age of youngest team member as of December 31, 2009.

Format:

1. Format will be pool play with teams advancing to single elimination tournament brackets. Officials reserve the right to change format if sufficient number of team are not registered.

Rules:

1. All matches will be conducted in accordance with USA Volleyball rules, except as modified herein. For a copy of these rules, please write or call:
USA Volleyball
715 South Circle Drive
Colorado Springs, CO 80910
(719) 228-6800
www.usavolleyball.org
2. Team clothing should be of like design and color. Teams must have shirts numbered both front and back.
3. A team must have at least five players to start a game; otherwise, the game is forfeited. The sixth player may enter upon arrival. In the event of an injury, a team may continue/finish with a minimum of four players on the floor.
4. Teams competing with only five players must always have three players on the front row. No service rotation penalty will be assessed for not having six players.
5. To win the match a team must win two out of three games.
6. USA Volleyball rules governing tie breakers will be used.

WHEELCHAIR RACE

NUMBER OF COMPETITORS: OPEN
(See Page 4: Age/Category)

TO QUALIFY:

1. The wheelchair must be the competitor's primary means of mobility.
2. Participants in this event should practice prior to the Georgia Golden Olympics Event.

RULES:

1. Distance will be 50 yards.
2. Competitors will race in heats.

EQUIPMENT:

1. Only a standard wheelchair may be used; no sports or modified chairs will be allowed.
2. Paved roadway will be used as track.

SCORING:

1. Fastest three competitors will win.
2. To break a tie, a runoff of the same distance will be run.

NATIONAL ORGANIZATION ADDRESSES

The Georgia Golden Olympics (GGO) will be governed by the national governing board rules for each event, except as modified in this GGO rulebook. If you would like a copy of the complete rules for individual sports, you can contact the following organizations:

ARCHERY National Archery Association (NAA) National Field Archery Association (NFAA)
One Olympic Plaza 31407 Outer I-10
Colorado Springs, CO 80909-5778 Redlands, CA 92373-9802
(719) 866-4576 (800) 811-2331
www.usarchery.org www.nfaa-archery.org

BADMINTON United States Badminton Association (USA Badminton)
One Olympic Plaza
Colorado Springs, CO 80909-5778
(719) 866-4808
www.usabadminton.org

BASKETBALL
3-on-3 half court National Collegiate Athletic Association (NCAA)
PO Box 6222
Indianapolis, IN 46206-6222
(317) 917-6222
www.ncaa.org

BILLIARDS Billiards Congress of America
4345 Beverly Street, Suite D
Colorado Springs, Colorado 80918
(719) 264-8300
www.bca-pool.com

BOWLING United States Bowling Congress (USBC)
5301 S. 76th Street
Greendale, WI 53129
(800) 514-BOWL (2695)
www.bowl.com

CYCLING USA Cycling (USCF)
One Olympic Plaza
Colorado Springs, CO 80909-5775
(719) 866-4581
www.usacycling.org

GOLF United States Golf Association (USGA)
PO Box 708
Far Hills, NJ 07931
(908) 234-2300
www.usga.org

HORSESHOES Dick Hansen, Secretary/Treasurer
National Horseshoe Pitchers Association (NHPA)
3085 76th Street
Franksville, WI 53126
(414) 835-1321
www.horseshoepitching.com

RACEWALK USA Track & Field (USATF)
One RCA Dome, Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

NATIONAL ORGANIZATION ADDRESSES

RACQUETBALL	United States Racquetball Association (USRA) 1685 W. Uintah Colorado Springs, CO 80904-2906 (719) 635-5396 www.usra.org
ROAD RACES	USA Track & Field (USATF) One RCA Dome, Suite 140 Indianapolis, IN 46225 (317) 261-0500 www.usatf.org
SHUFFLEBOARD	National Shuffleboard Association (NSA) Walt Wedel, President 4926 8 th Street E Bradenton FL 34203 (941)753-3428 www.national-shuffleboard-association.us
	Winter -
	Summer - 15150 V Avenue E Fulton, MI 49052 (269) 778-3741
SOFTBALL	Softball Players Association (SPA) 925 W State hwy 152 Mustang, OK 73064 (405) 376-7034 www.softballspa.org
SWIMMING	United States Masters Swimming, Inc. (USMS) PO Box 185 Londonberry, NH 03053-0185 (800) 550-7946 www.usms.org
TABLE TENNIS	USA Table Tennis (USATT) One Olympic Plaza Colorado Springs, CO 80909-5778 (719) 866-4583 www.usatt.org
TENNIS	United States Tennis Association (USTA) Publications Department 70 West Red Oak Lane White Plains, NY 10604-3602 (914) 696-7000 www.usta.com
TRACK	USA Track & Field (USATF) One RCA Dome, Suite 140 Indianapolis, IN 46225 (317) 261-0478 www.usatf.org
VOLLEYBALL	USA Volleyball 715 South Circle Drive Colorado Springs, CO 80910 (719) 228-6800 www.usavolleyball.org

NATIONAL SENIOR GAMES ASSOCIATION INFORMATION

2009 NATIONAL SENIOR GAMES:

The Games will be held in San Francisco Bay Area . August 1-15, 2009.

QUALIFYING DATES: The qualifying period for the 2009 National Games were from January 1, 2008 to December 31, 2008.

DETERMINATION OF WHO QUALIFIES: NSGA qualifying sites (Georgia Golden Olympics for Georgia) are responsible for determining qualifiers at their games and for advising the NSGA who has qualified. Georgia is an **"OPEN"** site, which means we permit participation from out-of-state residents. Each event calls for a certain number of qualifiers. If out-of-state residents qualify, they will not take a qualifying spot away from a Georgia resident. **"OPEN"** games may qualify the number of state residents specified for each event in addition to the out-of-state qualifiers except in the case of team sports. **AGE FOR COMPETITION: Age for singles competition will be determined by the athlete's age as of August 1, 2009.**

QUALIFYING RULES FOR SPECIFIC SPORTS:

ARCHERY: All first, second and third place winners as well as athletes meeting NSGA minimum performance standards in competition at 2008 NSGA State Qualifying Games will qualify. An archer may enter only the event in which he/she has qualified and may only compete in one event.

BADMINTON: All first, second and third place winners at 2008 NSGA State Qualifying Games will qualify. Athletes must qualify in each badminton event (singles, doubles, mixed doubles) in which they wish to compete at the 2009 National Senior Games. Athletes provide their own racquets.

BASKETBALL 3-ON-3 HALF COURT: Each NSGA State Qualifying Game may qualify two basketball teams via competition in each age division. Teams must be all one gender. Team roster shall be limited to ten (10) persons, including non-playing coaches, non-playing captains, and non-playing personnel, with a maximum of one (1) out-of-state resident. Ages 70+, 75+, 80+ may have three out.-of-state players on their roster. Roster changes will be allowed only as permitted under Rule F of the NSGA Official Rule Book. (See %G+-TEAMS on page 45 of the GGO Rule Book) All registration and team rules apply to non-playing coaches, non-playing captains, and non-playing bench personnel. Athletes may play on only one basketball team. Age divisions for all team competition will be determined by the age of the youngest member as of December 31, 2009.

BILLIARDS: **Not offered at Nationals.**

BOWLING: All first, second and third place winners at 2008 NSGA State Qualifying Games will qualify. Athletes must qualify in each bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2009 National Games. Athletes may enter a maximum of two events and must compete with only one partner per sport/event.

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Competitors are encouraged to bring own balls and shoes. House balls may be available at competitor's expense. Doubles partners who qualify together must play together. If one of the partners cannot attend, substitute partners will not be allowed except as permitted under Rule E of the NSGA Official Rule book. (See **DOUBLE PARTNERS** on page 45 of the GGO Rule Book).

CHECKERS: Not offered at Nationals.

CLOCK GOLF: Not offered at Nationals.

CYCLING: All first and second place winners at 2008 NSGA State Qualifying Games will qualify. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events. Cyclist qualifying in either the 20K or 40K road races may enter both road race events. Cyclists must provide their own bicycles and helmets.

FOOTBALL THROW/FRISBEE THROW: Not offered at Nationals.

GOLF: Only athletes meeting this sport's NSGA minimum performance standards in competition in 2008 NSGA State Qualifying Games will qualify. Qualifiers will be determined by 18 hole gross scores played on a course with a minimum par of 70 and a minimum USGA slope rating between 119 and 126 for men and between 113 and 120 for women. Golfers provide their own clubs.

HORSESHOE TOSS: Not offered at Nationals.

HORSESHOES: All first, second and third place winners at 2008 NSGA Qualifying Games will qualify. Competitors must provide own horseshoes.

RACE WALK: All first, second and third place winners as well as athletes meeting NSGA minimum performance standards at 2008 State Qualifying Games will qualify. The minimum distance acceptable for qualification is 1500 meters. Race walkers qualified in either 1500 meter or 5000-meter race walk may compete in both events.

RACQUETBALL: All first, second and third place winners at 2008 NSGA Qualifying Games will qualify. Eyewear with lens designed for racquet sports is mandatory. Athletes must provide own racquets. Balls will be provided.

ROAD RACES: All first, second and third place winners as well as athletes meeting the NSGA minimum performance standards at 2008 NSGA Qualifying Games will qualify. Athletes may enter only the event(s) in which he/she qualifies.

SHUFFLEBOARD: All first, second and third place winners at 2008 NSGA Qualifying Games will qualify. Athletes must qualify in Shuffleboard doubles in order to enter this event. Doubles partners may be of mixed gender. Doubles partners who qualify together must play together. Substitute partners will not be allowed, except as noted under Rule E of the NSGA Official Rule Book. (See **%B+DOUBLES PARTNERS** on page 45 of the GGO Rule Book). Athletes must provide own cues.

SOFTBALL THROW/FOOTBALL THROW: Not offered at Nationals.

SOFTBALL TOURNAMENT: Each NSGA Qualifying Game site may qualify two softball teams via competition in each age division. Teams must be all one gender. Team roster shall be limited to twenty (22) persons, including non-playing coaches, non-playing captains, and non-playing personnel. No more than 20 of these persons may be players. A maximum of five (5) out of state residents are allowed. Roster changes will only be allowed as permitted in Rule F of the NSGA official rulebook. (See **%C+Teams**, on page 45 of the GGO Rule Book). All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. Team age division determined by youngest player as of December 31, 2009. Athletes may compete with only one team per sport.

SWIMMING: All first, second and third place winners as well as athletes meeting the specific event NSGA minimum performance standards in competition at 2008 NSGA Qualifying Games will qualify. Swimmers will be eligible to swim two (2) bonus events. Bonus events may be only be in the same stroke an athlete qualified in and can only be of lesser distance, not greater. Athletes must provide times from the last twelve months for their selected bonus events. Athletes who qualify in the 200-yard Individual Medley may select only the 100-yard IM as a bonus event. Swimmers must swim in his/her qualified event at the 2009 Games in order to pick a bonus event in that stroke. Swimmers may enter a maximum of 6 events, including bonus events. The 500-yard Freestyle and the 200-yard IM are not available as bonus events; swimmers must qualify in these events to enter them. Swimmers provide must provide own suit, caps, goggles, towels, etc.

TABLE TENNIS: All first, second and third place winners at 2008 NSGA Qualifying Games will qualify. Athletes must qualify in each table tennis event in which they wish to compete at the 2009 National Games. Singles qualifiers will not be allowed to enter doubles events without qualifying in them. Players must provide their own paddle.

**NSGA
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TENNIS: All first and second place winners at 2008 NSGA Qualifying Games will qualify. Athletes must qualify in each tennis event in which they wish to compete at the 2009 National Games. Qualifying doubles partners must play together. There will be no substitute partner allowed except as permitted under Rule E of the NSGA Official Rule Book. (See **DOUBLES PARTNERS** on page 45 of the GGO Rule Book). Athletes may compete with only one partner per event. Athletes may enter a maximum of two tennis events in which they qualify. Athletes must provide their own racquets and practice balls.

TRACK and FIELD EVENTS: All first, second and third place winners as well as athletes meeting the NSGA minimum performance standards in competition at 2008 NSGA State Qualifying Games will qualify. Athletes who reside in a state, which does not offer the hammer, throw, pole vault or triple jump event may qualify for those events by meeting the **LIMITED** Event qualifying criteria in Rule D of the NSGA Official Rule Book. (See **LIMITED EVENTS** on page 44 and 45 of the GGO Rule Book). Athletes that compete in the 100, 200, 400 or 800-meter events will be eligible to compete in the 4x100 meter relay. **The hammer throw and pole vault is not offered in Georgia.**

TRIATHLON: Not offered in Georgia; however, an athlete may qualify by competing in a 2008 NSGA Qualifying games or by meeting the **LIMITED** Event criteria in Rule D of the NSGA Official Rule Book. (See **LIMITED EVENTS** on page 44 and 45 of the GGO Rule Book.

VOLLEYBALL: Not offered in Georgia.

WHEELCHAIR RACE: Not offered at Nationals.

A. QUALIFICATION FOR “LIMITED” EVENTS:

The NSGA defines a **LIMITED** event as one in which an athlete can qualify in ways other than by participating in a State Qualifying Competition. The 20K and 40K cycling, the hammer throw, pole vault, triple jump and the triathlon are considered **LIMITED** events. (Georgia offers 20K, 40K cycling and the triple jump). The rules for qualifying for these events are as follows:

1. If a **LIMITED** event is offered at the State Qualifying Competition in an athlete's home state, the athlete must qualify for that event by participating in a State Competition and by satisfying the qualifying requirements for that sport for athletes who compete in a State Qualifying Games.
2. If a **LIMITED** event is NOT offered at the State Qualifying Competition in an athlete's home state, the athlete may qualify for that event by meeting the following criteria:
 - a. **POLE VAULT:** an athlete must submit verification of having met the NSGA minimum performance standards for pole vault in any USA Track and Field administered competition between January 1, 2008 and December 31, 2008.

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(404) 657-6644**

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