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**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**I. EVENTS: CATEGORIES – The SSFA has divided the selected events contained in this rulebook into two categories: Regular and Optional.**

- \* Regular Events: These events are the ones that are played by most districts and must be offered at the Provincial Games. If the host committee cannot offer an event due to lack of facilities, the host committee or SSFA may approach another community to hold the event for them.
- \* Optional Events: These events are the ones that have been popular in the districts. SSFA may request the host committee to select events from the list of events that are being offered at the Canada 55+ Games.

**II. ELIGIBILITY****1. Competitors**

1.1 Competitors must be at least 55 years of age by December 31 of the year of the Provincial Games. They will have earned the right to participate in the Games by placings in their playoffs at district competitions, or be an eligible substitute as stated in Rule 5 of the Rule Book.

1.2 Competitors must be members in good standing of SSFA.

**2. Residency**Provincial

2.1 Competitors must be a resident of the district for which they are competing at the provincial games, by April 1 in the year of the games.

Competitors may only represent and compete in one district.

All competitors must be Canadian citizens, or have landed immigrant status, at the time of their selection at the district level.

District

2.2 Competitors must be a resident of the district in which they are competing, as of April 1 in the year of the games. At no time will a competitor be able to take part in playoffs in more than one district.

Competitors may compete in the district and provincial games in another district with written approval from the two District Committee Presidents.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**3. Participation in Events at the SSFA 55 + Provincial Games**

Competitors may only compete in one event with the exception of poetry and short story writing. However, within a particular event they may enter in more than one competition if the rules of the event allow it. For example, a competitor may register in doubles and mixed doubles in the tennis event or compete in up to four events in track & field or swimming.

**4. Age Categories at the SSFA 55 + Provincial Games**

Competitors may compete in one age category only, unless specified within the event. A competitor may compete in a younger age category but not in an older age category. Teams and pairs must enter in the age category of the youngest member. For example, competitors may register in doubles and mixed doubles in tennis but they must enter in the age category of the youngest member. A competitor may register in a lower age category if the district has not filled the entry requirement in that age category.

The eligibility of any competitor not clearly established by these rules shall be determined by the Chairperson of SSFA Provincial Games Committee in accordance with the spirit and intent of these rules.

**5. Substitutions**

The districts must forward a "Substitution List" at the time that all registration forms are submitted to the host committee games office. The games office must be notified of the need for additional substitutions as soon as possible prior to the start of the games. Substitutes will need to complete a SSFA Registration Form and submit the required registration fee if they compete.

Extraordinary circumstances occurring during competition involving inability to compete will be considered on an individual basis at the games by the games manager. Replacements required during the games, due to medical or any other unforeseen occurrence will normally be found by the host committee, unless the district affected is able to fill the position from one of its own non-competitors. If the vacant position is filled by the host committee in the midst of the games, then no registration fee is to be levied against the individual filling in.

Fillers may be used with the approval of SSFA to make a viable competition and the "fills" will pay FULL registration fees. For example: There is no one on the "Substitution List" and there is a need for competitors to make a pair and/or team in the event. Fillers may be obtained from another district if all reasonable effort has been exhausted to fill the position from within the district in question. In such an event, the "filler" competitor is to register with his/her adopted district and is to be provided with a team shirt from that district. If a medal is awarded, the medal count is awarded to the adopted district.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**III. PLAYOFFS**

All district playoffs must be completed 36 days prior to the Provincial SSFA 55 + Games.

**IV. REGISTRATION AND FEES****1. District**

All competitors must complete, in full, the SSFA Registration Form and submit it with the required SSFA membership fee and district administration fee to their district representative (coordinator) by the date set by the district committee. The additional administration fee for the district competitions is established by each district committee.

All competitors must complete the SSFA Medical Form and keep this on their person throughout the games. The SSFA Medical Form is not submitted to the district committee (coordinator), but is retained by the competitor and brought to the district games. If the competitor advances to the SSFA Provincial Games, the SSFA Medical Form must be brought to the games and placed in the name tag that is provided by the host committee. It is the responsibility of district coordinators to ensure that the competitors have their SSFA Medical Form completed. Competitors may not be allowed to compete if they have not completed the form.

The SSFA Medical Forms are required by all those registered for the games (competitors and non-competitors), so that qualified medical personnel are able to assist in case of an emergency.

**2. Provincial**

2.1 The SSFA 55+ Host Committee will provide the district games coordinators and/or Presidents with an Event Package that includes games information regarding the Schedule of Events, Summary of Event Forms, contacts, deadlines and registration fees, etc. during the first week in April.

2.2 Individual competitors must have completed an accurate SSFA Registration Form. The district coordinator will forward the SSFA Registration Form, registration fees and the Summary Event Forms to the host committee games office for arrival thirty days prior to the start of the SSFA Provincial 55+ Games.

**2.3 Registration Fees**

2.3.1 Competitor's and non-competitor's registration fees to attend the provincial games are established by SSFA.

2.3.2 District committees are to forward the registration fees made payable to the host committee.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- 2.3.3 The host committee will forward to SSFA a participation fee for each competitor upon completion of the provincial games.
- 2.3.4 Registration fees are non-refundable except when a competitor is unable to compete due to injury, illness, or no competition in their age category prior to the games. District Coordinators must advise the Host Committee of any changes immediately. Written requests for refund of registration fee will be accepted up to one week following the completion of the Provincial Games.

**V. COMPETITION****1. Competition Format**

Competition format for each event is outlined in the SSFA 55 + Games Rule Book. In those events where applicable and possible the use of round robin format is encouraged. Refer to Round Robin Tournament format (Appendix A – General Policies and Procedures; page 9).

Where there is no event competition in his/her age category, the competitor(s) will qualify to compete in the Canada 55+ Games in the age category.

Note: The event must be cancelled prior to the start of the Games.

The competitor(s) may register in a lower age category, if the district has not filled the entry requirement. If they are able to compete in a lower age category then they compete for medals.

If the event is cancelled or no competition in the age category, the competitor(s) may enter another event as a non-medal competitor if the District has not met its entry requirement. The competitor(s) will not be eligible to compete at the Canada 55+ Games in this event.

When a competitor cancels registration in an event, the Host Committee may use fillers with the approval of the SSFA Games Committee to make a viable competition. The “fills” will pay full registration fees with full privileges. The Host Committee must review the substitution lists for potential competitors. If none are available and prior to the start of the games, the Host Committee can request District Committee Coordinators to canvas their competitors to fill specific positions. The district entry requirement level is waived in this situation and competitors from any district can fill the vacancy.

Competitors that have qualified to compete in the Canada 55+ Games event (such as ice curling) cannot participate in another medal competition at the 55+ Provincial games.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### 2. Medals

In most cases, activities will be run using a round-robin format (either single or double depending on the time available), with the medalists being determined from the results of the round robin without the requirement for a play-off. In the event that an activity demands that a play-off system be used, the recommended procedure for conducting the play-off is detailed in that event.

Medals will be awarded as specified by the rules for each event immediately following the completion of the event, or at some other specified time. A medal count will be posted by the games office personnel as the events are completed. The medal count will be announced at the closing ceremony.

The final results report for every event will include the standings of all competitors, not just the medal winners, and forwarded to SSFA.

The final results report for each district will include the standings of all competitors and forwarded to the respective district committee within two days after completion of the provincial games.

During the orientation prior to the start of the Provincial Games, the content of final standings and statistics reports will be determined by SSFA and made available to the host committee. The final standings and statistics reports will be forwarded to SSFA within two weeks after the completion of the Provincial Games. The record of all final standings, statistics reports, correspondence and forms must be made available to SSFA electronically.

Medals must be delivered to the host committee 30 days prior to the start of the provincial games.

## VI. PROTESTS

Protests are to be submitted in writing and signed on The Official Protest Form, which is turned into the Games Office or specific event facility within one hour after completion of the game/event/heat. The Protest Committee will rule on the protest. The decision by the Protest Committee will be given, in writing, to the person who signed the protest form with a copy to the Event Chairperson. The Protest Committee's decision is **final**.

The Protest Committee will be made up of the following:

- \* the Games Events Chairperson
- \* the Event Chairperson
- \* the SSFA Games Committee Representative

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**VII. GAMES DATES AND DURATION**

The SSFA 55+ Provincial Games will take place in the month of July and the dates must be approved by SSFA. Events such as ice curling may be played in early spring when ice is available. The date is determined by the host committee. If the host committee is not able to hold the playoffs for ice curling, other communities may bid to host the ice curling event. Events that must be played earlier or in another community due to unavailable facilities must adhere to the SSFA rulebook.

**VIII. OPENING AND CLOSING CEREMONIES**

1. All competitors are expected to take part in the opening and closing ceremonies of the Provincial SSFA 55+ Games.
2. The opening and closing ceremonies shall begin with the parade of the competitors. The order of the district teams is:
  - a) host of previous games
  - b) other teams in alphabetical order.
  - c) officials
  - d) host district
3. In the opening ceremonies one or two competitor(s) from the host district, will read the competitors oath as their pledge to take part in the SSFA 55 + Games.

*"In the name of all Saskatchewan Senior Competitors, I pledge that we will take part in these SSFA 55 + Games, in the true spirit of sportsmanship, respecting and abiding by the rules which govern them, for the glory of sport and the honour of our district."*

Officials' Oath is read by an official from the Host Community

*"In the name of all Saskatchewan officials, I pledge that we will take part in these SSFA 55 + Games in the true spirit of sportsmanship, understanding and interpreting the rules with complete impartiality for the glory of sport and the honour of fair play"*

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### IX. DISTRICT IDENTIFICATION

1. Each district is encouraged to select appropriate district identification adhering to the colour scheme established:

South East Connection	- teal with white print
Regina Sport	- maroon with white print
South West	- blue dusk with black print
Parkland Valley	- iris with black print
Prairie Central	- light blue with white print
Saskatoon Sport	- red with white print
Rivers West	- forest green with white print
Lakeland	- royal blue with white print
Northern Sport, Culture & Recreation	- prairie dust with white print

#### 2. **District Games Banners**

Each district is responsible for providing a banner for its district. It is the district's responsibility to designate a banner carrier. (Optional)

### X. GAMES BANNER

The Provincial SSFA 55+ Games Banner will be displayed during the Opening Ceremony. The Banner will hang throughout the three days of the Games at the central venue. At the completion of the Games, the Banner will be given to the Host Committee Chairperson of the next Host Committee or the SSFA District President on behalf of the community awarded to host the next games.

### XI. MEDICAL EXAMINATION

It is recommended that competitors have a medical examination 3 months prior to competing in the Games.

### XII. NATIONAL GAMES SELECTION

SSFA may select competitors for National Games that occur in the year of, or in the year immediately following provincial games, from winners and/or highest placing competitors of events at provincial games. The number of competitors selected and selection process is dependent on the competitive regulations of the National Games.



## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### XIII. RULES OF THE GAME – TOURNAMENT FORMAT

Tournaments are the easiest and most efficient way of organizing competitions. There are a number of formats that can be used when running the competition. The type of format to select for competition will depend on a number of factors such as the:

- a) type of activity
- b) number of teams or competitors
- c) amount of time available
- d) equipment available

There are advantages and disadvantages to all tournament formats. Every event must have an Event Coordinator who is experienced in the activity, has knowledge of the rules and regulations, and a good understanding of the tournament format selected relevant to the event.

It is essential that pre-tournament briefing provide an explanation of the draw, what will be done in case of a tie and clarification of rules – especially new, unclear or rules specific just to that particular tournament. The rules must be prominently posted or available at the venues.

Competitors come to the SSFA 55+ Games for a variety of reasons, but most importantly to play the “event” of their choice. When making the draw up for the events, it is important to remember that the events should last the full duration of the games allowing sufficient time to tabulate the results on the final day prior to the closing ceremony. Depending on the number of competitors entered in the event, it may be necessary to schedule a double round robin or in some cases, a triple round robin. The intent of the tournament format is maximizing the playing time available without exhausting the competitor.

Golf, five-pin bowling and slo-pitch may have to start prior to the opening ceremony to play the number of games required.

**Partial Round Robin:** Time may not allow for the completion of an entire round robin, so a set number of rounds are played. Each team will play an equal number of games but not meet every other team. This format utilizes as an example: Pool A, and Pool B, etc. A set of winners will advance from each round robin pool and play another complete round robin amongst themselves in a playoff or medal round.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

## Round Robin Tournament Format

## Appendix "A"

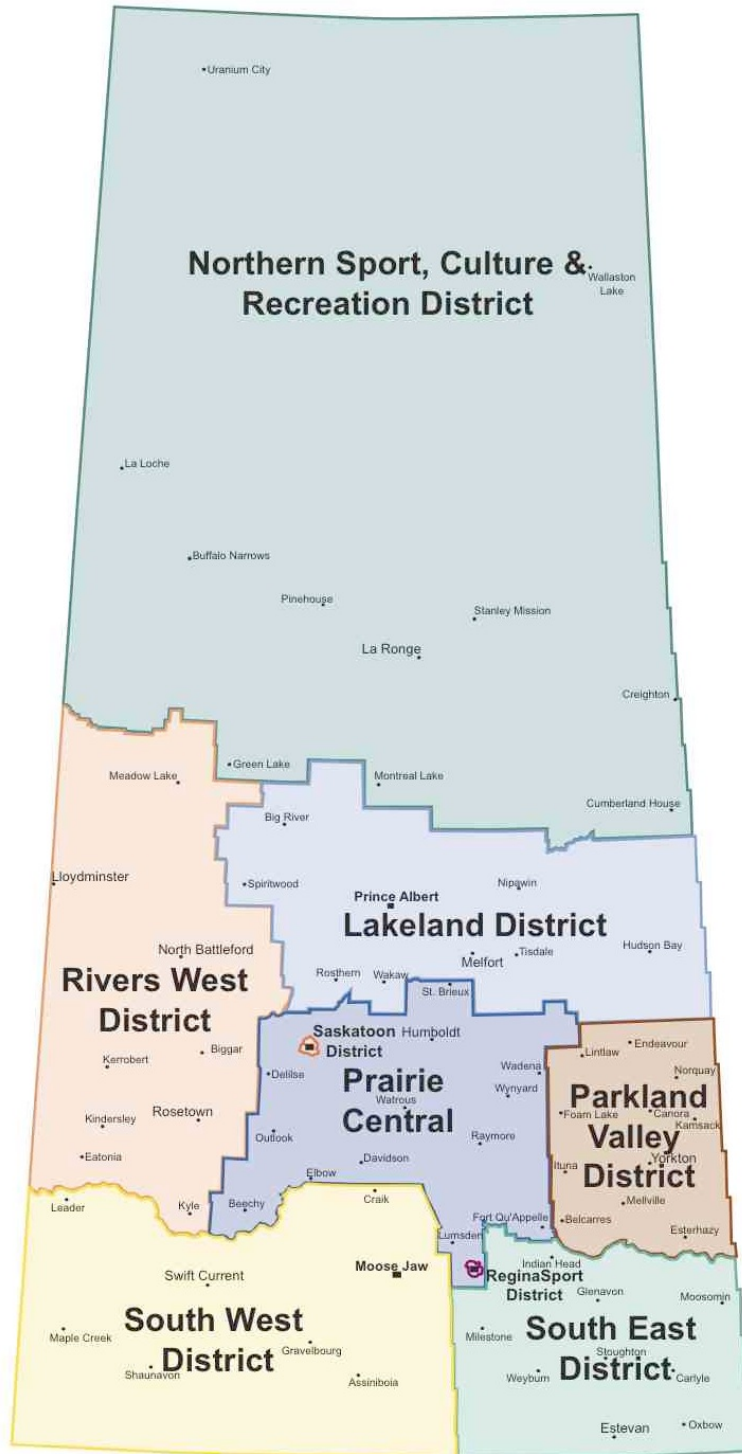
# of Teams	1	2	3	4	5	6	7	8	9	10	11	12
3	1-2	1-3	2-3 (3 games)									
4	2-1	4-2	4-1									
	3-4	1-3	2-3 (6 games)									
5	1-4	3-1	5-3	2-5	4-2							
	2-3	4-5	1-2	3-4	5-1							
	5 Bye	2 Bye	4 Bye	1 Bye	3 Bye (10 games)							
6	2-1	3-4	6-4	4-1	5-6							
	3-6	6-1	2-3	5-3	1-3							
	4-5	2-5	1-5	6-2	4-2 (15 games)							
7	1-6	4-2	2-7	5-3	3-1	6-4	7-5					
	2-5	5-1	3-6	6-2	4-7	7-3	1-4					
	3-4	6-7	4-5	7-1	5-6	1-2	2-3					
	7 Bye	3 Bye	1 Bye	4 Bye	2 Bye	5 Bye	6 Bye (21 games)					
8	2-1	3-4	6-2	7-5	1-3	4-5	7-3					
	3-8	1-7	7-8	8-4	4-2	8-1	8-2					
	4-7	8-6	4-1	2-3	5-8	2-7	1-5					
	5-6	2-5	5-3	6-1	6-7	3-6	6-4 (28 games)					
9	1-8	5-3	2-9	6-4	3-1	7-5	4-2	8-6	9-7			
	2-7	6-2	3-8	7-3	4-9	8-4	5-1	9-5	1-6			
	3-6	7-1	4-7	8-2	5-8	9-3	6-9	1-4	2-5			
	4-5	8-9	5-6	9-1	6-7	1-2	7-8	2-3	3-4			
	9 Bye	4 Bye	1 Bye	5 Bye	2 Bye	6 Bye	3 Bye	7 Bye	8 Bye (36 games)			
10	2-1	2-3	6-9	10-6	5-3	1-9	5-1	5-6	9-3			
	3-10	1-7	7-8	2-5	6-2	10-8	6-4	1-10	10-2			
	4-9	8-6	3-1	3-4	7-10	2-7	7-3	2-9	6-1			
	5-8	9-5	4-2	1-8	8-9	3-6	8-2	3-8	7-5			
	6-7	10-4	5-10	9-7	4-1	4-5	9-10	4-7	8-4 (45 games)			
11	1-10	6-4	2-11	7-5	3-1	8-6	4-2	9-7	5-3	10-8	11-9	
	2-9	7-3	3-10	8-4	4-11	9-5	5-1	10-6	6-2	11-7	1-8	
	3-8	8-2	4-9	9-3	5-10	10-4	6-11	11-5	7-1	1-6	2-7	
	4-7	9-1	5-8	10-2	6-9	11-3	7-10	1-4	8-11	2-5	3-6	
	5-6	10-11	6-7	11-1	7-8	1-2	8-9	2-3	9-10	3-4	4-5	
	11 Bye	5 Bye	1 Bye	6 Bye	2 Bye	7 Bye	3 Bye	8 Bye	4 Bye	9 Bye	10 Bye (55 games)	
12	2-1	12-2	5-8	8-2	12-8	4-2	8-1	11-12	4-7	7-12	11-7	
	3-12	1-7	6-7	9-12	2-7	5-12	9-7	6-1	5-6	8-11	12-6	
	4-11	8-6	12-1	10-11	3-6	6-11	10-6	7-5	1-11	9-10	2-5	
	5-10	9-5	2-11	1-5	4-5	7-10	11-5	8-4	12-10	4-1	3-4	
	6-9	10-4	3-10	6-4	10-1	8-9	12-4	9-3	2-9	5-3	1-9	
	7-8	11-3	4-9	7-3	11-9	1-3	2-3	10-2	3-8	6-2	10-8 (66 games)	

The type of tournament to select for the competition will depend on the number of factors such as: the type of activity, the number of teams or players and the amount of time available. It may be necessary to draw up a tournament format appropriate for the event.

For additional teams and rounds format, refer to: [www.printyourbrackets.com/roundrobin.html](http://www.printyourbrackets.com/roundrobin.html). Free printable brackets, round robin and win/losses charts are available on this website.

## SPORT AND RECREATION DISTRICTS & REGIONS

### Saskatchewan District Map



## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### FIVE PIN BOWLING

#### AGE CATEGORIES

Singles: Scratch or Pins over Average

55+	Men and Women	1 person per district per gender
65+	Men and Women	1 person per district per gender
75+	Men and Women	1 person per district per gender
85+	Men and Women	1 person per district per gender

Team: Pins over Average

55+	1 team per district (5 persons)
65+	1 team per district (5 persons)
75+	1 team per district (5 persons)
85+	1 team per district (5 persons)

<b>TOTAL</b>	<b>36</b>	(4 teams of 5 persons – pins over average) (4 individual scratch per district per gender) (4 individual pins over average per district per gender)
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#### TEAM COMPOSITION

Teams will consist of five bowlers and can be all men, all women or mixed.

#### MEDALS

Medals will be presented to each team member of the Gold/Silver/Bronze in each category and individual scratch and pins over average competitions.

36 Gold/ 36 Silver/ 36 Bronze

#### RULES AND PLAY-OFF INFORMATION

1. Format in all rounds for the team events is based on pins over average.
2. All competitors must provide their average. A photocopy of each bowler's individual average sheet, with a minimum of 24 games from all leagues they bowl in, must accompany the entry form. Computer print-out must be a complete page. Bowling centre signs bowler's average total. If a bowler does not have a qualifying average, that bowler can compete only in the scratch singles.
3. In District Play-offs, men and women shall choose Scratch or POA and bowl in that event.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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4. If a qualifier is unable to compete in the next round, the position shall be filled by the next eligible bowler from the preceding round.
5. Official rules of the Canadian 5 Pin Bowlers' Association shall apply.

**DISTRICT ROUND (OPTIONAL)**

1. The District Round shall consist of a minimum of three (3) games. Regular league play can be used.
2. Format, average, date, and cost shall be determined by the District.

**DISTRICT FINALS**

1. All entrants shall bowl a minimum of three (3) games on a date and in a centre determined by the District.
2. All bowlers competing in the District Finals must use their highest league average (if a bowler bowls in more than one (1) league) as of a date to be determined by the District.
3. In each age category, the bowler, man or woman, with the highest total pinfall in the scratch event and the highest pins over average in the pins over average event shall be the singles' representative for the district at the Provincial Games.
4. **For each age category**, the top five (5) bowlers, based on pins over average at the completion of the District Finals, shall qualify for the Provincial Games.
5. In the event of a tie, a one (1) game roll-off shall be held to determine the final position.

**PROVINCIAL GAMES**

1. All bowlers competing in the teams in the Provincial Games must use their highest league average as of April 1 (if a bowler bowls in more than one (1) league) as of a date to be determined by the Provincial Games Committee, based on a minimum of twenty-four (24) games having been bowled.
2. Teams enter the age category of the **YOUNGEST** member.
3. Persons in a higher age category may enter in a lower age category.
4. Each single bowler and each team will bowl a minimum of nine (9) games.
5. In each age category, the scratch single bowler with the highest pinfall, the pins over average single bowler with the highest pins over average, and the team beating the total of their averages by the most pins shall be declared the winners.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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6. Medals shall be presented to each scratch single bowler, each pins over average single bowler and to each team member of the top three (3) teams in each age category.
7. In the event of a tie/ties for the gold medal position in the singles, if TIME PERMITS, there will be a one game roll-off. If time does not permit or for the other medal positions, the bowler with the highest score in the last game will receive the high placing. In the pins over average category, the bowler with the greater pins over average in the last game will receive the high placing.
8. In the event of a tie/ties for any of the medal positions (two (2) or more teams are the same number of pins over or under their average) the team beating the total of their averages by the most pins in the last game shall receive the higher placing. If all teams fail to beat their averages in the final game, the team tying or coming closest to the total of their averages shall receive the higher placing. If a tie still exists, using the rule, the scores of the preceding game shall be used to break the tie.

**Note:** At the District and Provincial games, if a bowler is required to fill a vacancy or substitute but has no average, the average assigned for male is 180 and female is 150.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### BRIDGE – CONTRACT

#### AGE CATEGORY

55+	10 Teams per district	(2 person teams, mixed or single gender)
<b>TOTAL</b>	<b>20 persons</b>	10 teams per district

#### MEDALS

2 Gold/ 2 Silver/ 2 Bronze

#### RULES AND PLAYOFF INFORMATION

1. The provisions of the *Laws of Contract Bridge* as published by the American Contract Bridge League shall apply.
2. All conversations shall be in English as recognized as standard procedure.
3. The playing rules and format to be read out by the Bridge Coordinator before the first rotation is played.
4. Players must enter with a partner and have the same partner throughout the competition.
5. North Player has first deal, followed by East and West then South.
6. Complete the cut.
7. A round consists of a series of four deals that have been bid and played. If a deal is passed out the same player deals again and the deal passed out does not count as one of the four deals. Maximum of 2 throw-ins per round (at one table). The third throw-in counts as a played hand.
8. One bids must be played.
9. Cards may not be picked up until the deal has been completed. If any of the four players do not have 13 cards, a misdeal is declared. The same person will re-deal, with the player on the left remaking the cards and the one on the right cutting again.
10. A misdeal is also declared if a 10 – honour card or a face card is exposed during the deal. The same re-deal procedure is followed.
11. Players cannot check back on the last trick once the lead has been made.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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12. In playing the hand, the player may not reach across and play from the dummy before the person on their left has played. No one else may touch or play a card from the dummy.
13. Honours must be scored before beginning the next hand.
14. The penalty for revoking (reneging) is the value of two tricks awarded to the opponent.
15. Make sure you have 3 passes before beginning play.
16. Bid at appropriate level, if you mention a suit you have to bid it.
17. In the case of a tie for a medal position at the end of the round robin, the marshal will review the scores from only those games involving those teams that are tied to determine the winner. If, in the off chance that a tie still exists after this, the teams tied will play an additional round (4 Hands).
18. There will be two score cards at each table. A member of each pair is to keep score. After completion of the round and the totaling of scores, opponents will initial each other's card before they move to the next table.
19. The cards must be played to the last trick, unless it is obvious that one player has the remaining "boss" tricks. Regardless, hands will be played completely out if requested by any player.
20. Scores will be posted on a master score sheet, flip chart or wall at the end of day if the competition continues on the following day. If possible, post the running totals as the competition progresses.
21. Twenty-five minutes per round.
22. A qualified official to ensure fair play for all will oversee the competition.

**CONTRACT BRIDGE SCORING:**

Vulnerability is not determined by previous scores but by the following schedule (Chicago system)

- a) 1<sup>st</sup> hand – neither team is vulnerable
- b) 2<sup>nd</sup> hand – dealer's team is vulnerable
- c) 3<sup>rd</sup> hand – dealer's team is vulnerable
- d) 4<sup>rd</sup> hand – both teams are vulnerable



**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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For making a game (100 or more trick points), a side receives a premium of 300 points if on that deal it is not vulnerable or 500 points if on that deal it is vulnerable. There is no additional premium for winning two or more games, each game premium being scored separately.

Each hand is scored on its own merit (2 spades making 3 is 140 (90+50), 4 hearts vulnerable is 620). There is no accumulation of part scores or games, each game premium being scored separately.

**SUIT VALUES**

CLUBS AND DIAMONDS	20 points
HEARTS AND SPADES	30 points
NO TRUMP – 1 <sup>ST</sup> TRICK	40 points, subsequent tricks 30 points

**POINTS NEEDED FOR A GAME**

100 (must be bid to be scored)  
 If the bid is doubled, multiply by two  
 If the bid is redoubled, multiply by four.

**TOURNAMENT BRIDGE SCORING :**

a) Vulnerable game	500 points
b) Non vulnerable game	300 points
c) Part game	50 points

**SLAMS:**

Small slam 500 (not vulnerable) 750 (vulnerable)  
 Grand slam 1000 (not vulnerable) 1500 (vulnerable)

**OVER TRICKS:**

Not doubled - trick value (vulnerable or not)  
 Doubled -100 (not vulnerable) 200 (vulnerable)  
 Redoubled - 200 (not vulnerable) 400 (vulnerable)

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**PENALTIES – UNDERTRICKS (NOT VULNERABLE):**

	<b>Down not doubled</b>	<b>doubled</b>	<b>redoubled</b>
1	50	100	200
2	100	300	600
3	150	500	1000
4	200	800	1600
5	250	1100	2200

Making a doubled or redoubled contract – score an additional 50 points

**PENALTIES – UNDERTRICKS ( VULNERABLE):**

	<b>Down not doubled</b>	<b>doubled</b>	<b>redoubled</b>
1	100	200	400
2	200	500	1000
3	300	800	1600
4	400	1100	2200
5	500	1400	2800

Making a doubled or redoubled contract – score an additional 50 points

**HONOURS HELD IN ONE HAND IN BID SUIT:**

Four honours	100 points
Five honours	150 points
4 aces at no trump	150 points

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### CRIBBAGE

#### AGE CATEGORY

55 + 10 teams per district (2 person teams, mixed or single gender)

<b>TOTAL</b>	<b>20 persons</b>	10 teams per district
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#### MEDALS

2 Gold/ 2 Silver/ 2 Bronze

#### RULES AND PLAYOFF INFORMATION

1. Competitors may enter the playoff as doubles. Draw for opponent for first match; rotation thereafter.
2. The provisions of the Laws of Cribbage shall apply and are available from your District representative or from the member of the SSFA Games Committee.

Also: Note the following rules:

- a) One game of 121 points constitutes a match.
- b) No penalty nor extra premium for a skunk. The winner of a match scores the points he or she has made in the hand. The loser scores as many points as he or she has made in the hand.
- c) Cut for crib in each game. Lowest card wins the deal.
- d) When counting, cards must be played face up on the table.
- e) In the event of a misdeal, the dealer will deal again.
- f) Jacks can be counted for pegging out if player's peg is past the 115th hole. This refers to Jacks that are "cut" only.
- g) Any points missed cannot be counted once a player has finished moving his peg.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- h) Suit in the hand counts four.  
Suit in the hand plus the deck card counts five.  
Suit in the crib plus the deck card counts five.  
Suit in the crib only does not count.
  - i) Muggins will not be taken. (Missed points cannot be counted by the opponent).
3. Players keep track of their own scores after each game. Opponent must initial scorecard.
  4. Where possible, a round robin tournament will be followed for the playoff and final. Winners will be declared according to the highest score. In case of a tie one game of 4 hands will be played to declare the winner.

**TIE BREAKING**

If at the end of a 4 hand match, teams are tied a fifth hand will be played to break the tie; if teams are tied after the fifth hand, there will be a cut of the cards to determine the winner. The team drawing the highest card will be declared the winner. Suit order progression from high to low will be spades, hearts, diamonds, clubs.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**GOLF****LOW GROSS COMPETITION**

Women:	55+	Men:	55+	2 of each gender per district
	65+		65+	2 of each gender per district
	75+		75+	2 of each gender per district
	80+		80 +	2 of each gender per district
	85+		85+	2 of each gender per district

**LOW NET COMPETITION**

Women:	55+	10 per district
Men:	55+	10 per district

**TOTAL**            **30 persons** per district (regular golf)

**RECREATIONAL COMPETITION**

Women and Men – 55+

All ages play in one competition. Four per District.

**MEDALS**

12 Gold/ 12 Silver/ 12 Bronze (regular golf)

1 Gold/ 1 Silver/ 1 Bronze (recreational golf)

**RULES AND PLAYOFF INFORMATION - Low Gross and Low Net Competition**

1. 36 hole stroke play with 18 holes per day.
2. For the low net competition:
  - a) players must have an established Canadian Ladies Golf Association or Royal Canadian Gold Association golf index (handicap) to enter; and,
  - b) scores will be determined by subtracting the index from the score for each of the 18 hole games and then adding the 2 net scores together to arrive at a total net score.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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3. For the low gross competition, players may enter without handicap scores and actual number of strokes counted for each of the 18 hole games will be added together to arrive at a total gross score.
4. Players must indicate their index on their SSFA 55 + Provincial Games registration form. Players entering low net, must provide a handicap certified by the home course pro or manager.
5. Groups may consist of three or four golfers depending upon the number registered. Groups will be men or women but not mixed. The event coordinator will attempt to have players from the same district in different groups.
6. Players will exchange scorecards and keep score for one another. Players will hand in their cards, signed by their scorers and by themselves, at the completion of each 18 hole round.
7. Medals will be awarded to the golfers with the lowest net scores and the lowest gross scores in each age category (as applicable) of both men and women.
8. Local ground rules will apply and copies will be available upon registration at the SSFA 55+ Games.
9. In the case of a tie, the retrogression method will be used.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**RULES AND PLAYOFF INFORMATION – Recreational Golf**

1. 36 holes stroke play with 18 holes per day. Callaway Handicap System to determine winners.
2. Groups may consist of three or four golfers depending upon the number registered. The event coordinator will attempt to have players from the same district in different groups.
3. Players will exchange scorecards and keep score for one another. Players will hand in their cards, signed with their scores and by themselves, at completion of the 18-hole competition.
4. Medals will be awarded to the golfers with the lowest scores after the Callaway Handicap System has been applied to gross scores.
5. Local ground rules will apply and copies will be available upon registration at the SSFA 55+ Games.
6. If ties exist, lowest Callaway handicap takes preference.
7. Golfers who have a Ladies Golf Association or Royal Canadian Golf Association Golf handicap are not permitted to enter this category.
8. Competitors will not be eligible to compete in the Canada Senior Games.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**ICE CURLING****AGE CATEGORIES**

55+	Women's Team
55+	Men's Team
55+	Mixed Team (2 Women & 2 Men)
65+	Women's Team
65+	Men's Team
65+	Mixed Team (2 Women & 2 Men)

**Number of teams per district is unlimited**

Total Number of Entries per District at Provincials will be determined by the Provincial Games Committee. Maximum number of entries per age category is 8 teams.

**MEDALS**

24 Gold/ 24 Silver/ 24 Bronze

**RULES AND INFORMATION**

1. Canadian Curling Association Rules shall apply. (Website: [www.curling.ca](http://www.curling.ca))
2. All games, including the finals, shall be eight (8) ends.
3. Tie games will be decided by playing an extra end.
4. The exact draw will be determined by the number of teams entered in each event.
5. Sticks may be used for play.
6. If round robin play is used, a draw to the button (shoot-out forms and instructions will be provided) is to take place after each team's first game. This is used in case there is a tie between three teams.
7. If two teams are tied for the last playoff spot, a tiebreaker game will be played. If time does not permit a tiebreaker game, the playoff spot will be awarded to the winner of the round robin game between the two tied teams.



## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### KAISER

#### AGE CATEGORY

55 +                      5 teams per district    (2 person team mixed or single gender)

**TOTAL                      10 persons                      5 teams per district**

#### MEDALS

2 Gold/ 2 Silver/ 2 Bronze

#### RULES AND PLAYOFF INFORMATION

1. Kaiser rules shall apply - found within a standard deck of Kaiser cards copyright @ 1983 S. Gayowski. Produced under license by International Playing Card Company Limited, P.O. Box 188, Windsor, Ontario, Canada, N9A 6K1 (Copy attached)
2. Exception to the above rules as follows:
  - a) Penalty Points - as ruled in the above rules, penalty points shall be replaced with the following ruling. The trick containing the three of spades has three penalty points. If a team takes only one trick which contains the three of spades, it would count negative two (1 trick plus negative 3 points = negative 2 points). Taking two tricks with one containing the three of spades would count negative one, and three tricks with one containing the three of spades would count zero. If the five of hearts was also taken with any of the above examples, then just add five points to the net score.
  - b) Bidding - the minimum bid that can be made is six unless bidding no trump; when bidding no trump, the minimum bid is seven.
  - c) Misdeal - there shall be no misdeals, as tournament rules will be played, but with six as the minimum bid and not seven as stated in the rules.
  - d) Scoring at 47 points and over - delete from the rules, as each game will consist of four hands at each table; then players rotate to play another team. A round robin is to be played with accumulated points from each game of four hands recorded. The team with the highest accumulated total points upon completion of the round robin is the winner.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- e) Tie breaker - upon completion of the round robin, if two teams are tied in total points, the team that scored the most points in the game involving the two tied teams is the winner.
- f) If a card is exposed by accident while dealing, then the hand is re-dealt by the same dealer.
- g) Competitors are encouraged not to hint-talk while playing.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### LAWN BOWLING

#### AGE CATEGORIES

Women:	55+	Men:	55+	2 pair per gender per district
	70+		70+	2 pair per gender per district
		Mixed:	55+	2 pairs mixed gender per district
			70+	2 pairs mixed gender per district
<b>TOTAL</b>		<b>24 persons per district</b>		

#### COMPETITION

Women's Pairs, Men's Pairs, Mixed Pairs

#### MEDALS

24 Gold/ 24 Silver/ 24 Bronze

#### RULES AND PLAYOFF INFORMATION

1. A round robin format will be used.
2. Games will be 16 ends. There will be two trial ends played with 8 practice bowls, 4 up and 4 down, 15 minutes prior to the start of the game. Any dead ends will be replayed.
3. There will be two points for a win and no points for a loss.
4. Ties at the end of a game will be played off with an extra end.
5. Ranking will be determined by the number of game points. If tied, the total ends won for all games played will determine placing. If still tied, the total scores for and against (plus/minus) will determine placing. If still tied, the winner of the game between the tied teams will break the tie.
6. Flat-soled shoes or running shoes that have no separation between the front sole and heel that possess a shallow tread pattern or grooves less than 1/4 inch deep are acceptable footwear.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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7. Shirts must be of the same colour and design, except that if entirely white shirts are worn, then styles may vary.
8. All team members will wear the same colour bottoms. Pants, skirts, culottes or walking shorts (no more than 3 inches above the knees) are permitted.
9. **World Bowls (WB) Rules shall apply.**

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### PICKLE BALL

#### AGE CATEGORIES

Women	55+	Doubles/Mixed Doubles
Men	55+	Doubles/Mixed Doubles
Women	65+	Doubles/Mixed Doubles
Men	65+	Doubles/Mixed Doubles
Women	75+	Doubles/Mixed Doubles
Men	75+	Doubles/Mixed Doubles

Doubles: 1 team per district per gender per age category.

Mixed Doubles: 2 teams per district per age category.

**TOTAL 24 persons** per district.

#### COMPETITION

1. Women and men may form Doubles and Mixed Doubles teams in a different age category.
2. Competitors in a higher age category may compete in a lower age category.
3. Teams must enter the age category of the youngest member.

#### MEDALS

18 Gold/ 18 Silver/ 18 Bronze

#### RULES AND PLAYOFF INFORMATION

Pickleball Canada Organization rules will be used: <http://www.pickleballcanada.org>

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**Basic Rules Summary****Court**

1. The court dimensions are identical to a doubles badminton court. The court dimensions are 6.09 m by 13.4 m (20`by 44`).
2. The net is hung at 91.4 cm (36``) at each end and 86.3 cm (34``) at the centre.
3. A non-volley zone extends 2.14 m (7`) on each side of the net.

**Serve**

1. At the start of the game, the first serving team is allowed only one fault before giving up the ball to the opponents. Thereafter, both members of each team will serve and fault before the ball is turned over to the opposing team.
2. Serves must be underhand without bouncing the ball before you hit it.
3. The paddle must pass below the waist.
4. Both feet have to be behind the baseline during the serve.
5. The serve is made diagonally cross court and must clear the non-volley zone.
6. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Then the serve is taken over.
7. Double bounce rule: Each team must play their **first** shot off the bounce. After the ball has bounced once on each side, then both teams can either volley the ball in the air or play it off the bounce. The ball **MUST** bounce once on each side before volleying the ball in the air otherwise it is a fault.
8. If the serve hits any lines except the front service line the ball is considered in play.
9. If the ball hits the front service line on the serve, it is considered a fault.
10. After a point is earned, the player will move to the opposite serving square.
11. The player on the right side always serves first and then it goes in a clockwise rotation.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**Scoring**

1. Games are normally played to 11 (win by two).
2. A team shall score points only when serving.
3. If the opposing team makes a winning shot, then it is either considered a side-out or the next person's serve. There are no points awarded.

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**POETRY AND/OR SHORT STORY WRITING****AGE CATEGORY**

55+	Open to Women and Men	3 per district for each event
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<b>TOTAL</b>	<b>6 entries</b>	per district
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**MEDALS**

2 Gold/ 2 Silver/ 2 Bronze

**POETRY:****RULES AND PLAYOFF INFORMATION**

- Poem shall have a minimum of 12 and a maximum of 24 lines.
- Competitors write on a "theme" as designated by the SSFA Provincial Host Committee
- Entries must be unpublished scripts. (Works which have appeared in a local newspaper, etc., and for which the competitor has NOT received payment ARE eligible for entry.)
- Only one entry per competitor.
- Entries must have been written since the last SSFA 55 + Games.
- Two copies of the entry must be **typewritten on 8 1/2" x 11" white paper**, with 1 1/2" margins at top, bottom and sides. Competitor's name and address must appear on one copy only. Handwritten entry will not be accepted.
- Competitors submit their entries to their district representative in accordance with established deadlines.
- In each district, the TOP THREE entries will advance to the Provincial 55+ games for final judging. Competitors are not required to accompany their entries to the games.
- Guidelines for writing and judging poetry:
  - Significance, depth of thought
  - Originality of ideas and presentation.



**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**SHORT STORY:****RULES AND PLAYOFF INFORMATION**

1. Short story of a minimum of 350 and a maximum of 500 words.
2. Competitors write on a "theme" as designated by the Host Community.
3. Entries must be unpublished scripts. (Works which have appeared in a local newspaper, etc. and for which the competitor has NOT received payment ARE eligible for entry).
4. Only one entry per competitor.
5. Two copies of the entry **must be typewritten on 8 1/2" x 11" white paper**, double spaced - 250 words per page. Competitor's name and address must appear on one copy only. Handwritten entry will not be accepted.
6. From each district the top three entries will advance to the Provincial SSFA 55 + Games for final judging. Competitors are not required to accompany their entries to the Games.
7. Guidelines for writing and judging short stories:
  - Clarity and originality of expression
  - Significance and originality of thought
  - Characters: presentation and development
  - Structure: consistent with short story
  - Technical correctness.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**SCRABBLE****AGE CATEGORY**

55+	Category A 1100 – 1599 Points	Singles 6 per district
	Category B 700 – 1099 Points	Singles 6 per district
	Category C 0 – 699 Points	Singles 6 per district

**TOTAL**            **18 persons** per district

**MEDALS**

3 Gold/ 3 Silver/ 3 Bronze

**RULES AND PLAYOFF INFORMATION**

1. The Official Scrabble Tournament rules issued by the North American Scrabble Players Association (NASPA) shall apply.  
[www.scrabbleplayers.org/w/official\\_tournament\\_rules](http://www.scrabbleplayers.org/w/official_tournament_rules)
2. *The Official Tournament & Club Word List*, 2<sup>nd</sup> Edition (OWL2), published by Merriam-Webster, Inc. contains all acceptable 2- to 9- letter words and their inflections. The long list contains all acceptable words of ten or more letters which are not listed in the OWL2.
3. Twelve (12) 50-minute games shall be played.
4. If both players have the same adjusted score, the game is ruled a tie. Each player is awarded ½ win.
5. The first place winner in each category shall have the most wins and the highest spread.
6. Players with equal wins, the highest point spread declares the winner.
7. Round robin pairing will be played for the first eleven games. The last game (12<sup>th</sup>) will be King of the Hill pairing.
8. Word judges shall rule on all words that are challenged as either acceptable or unacceptable.
9. If a division has an uneven number of players, the player in each round having a “bye” will be credited with a win and a +50 spread points.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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10. You are not eligible to enter the event if you have a rating of 1600 or more at any time.
  
11. To facilitate the viability of the competition, the Co-ordinator may alter the number of divisions and cut-off for the divisions based on the number of competitors and their ratings. The Co-ordinator shall be the final decision maker.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### SHUFFLEBOARD (Table - cushion/bank)

#### AGE CATEGORIES

Men and Women

55+           Doubles                   3 teams per district

70+           Doubles                   3 teams per district

**TOTAL           12 persons           6 teams per district**

#### COMPETITION

Doubles competition – teams may be female, male or mixed.

Canadian Shuffleboard Congress Rules shall apply.

#### MEDALS

Medals will be awarded to each team member of the Gold/Silver/Bronze winners of each age category.

4 Gold/ 4 Silver/ 4 Bronze

#### RULES AND PLAYOFF INFORMATION

1. Whenever possible, the playing surface shall be made of wood with a Congress approved finish. Dimensions: Playing surface is 4.26 m (14') long and 480 mm (19") wide to 508 mm (20") wide with a minimum thickness of 57 mm (2¼")
2. Shuffleboards must be cleaned, sprayed, waxed/silicone and buffed.
3. All games shall be won when an opponent reaches 21 points or more.
4. The rock must hit one cushion only and must cross the centre line completely in order to count. If the rock fails one or both of the fore-mentioned, it will be removed from play.
5. Competitors will not be allowed to hold or conceal their rocks while shooting. Only the rock to be put into play next may be held. Competitors will not be allowed to handle their opponents' rocks at any time.
6. Competitors must be completely behind the board while shooting.
7. Competitors will not be allowed to bump the board while shooting.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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8. Competitors must stand behind an opponent who is shooting.
9. Competitors must not cross beyond the centre line of the end from which they are shooting for any reason.
10. A competitor may only discuss a shot with his or her partner.
11. A rock that hangs furthest off the end of the board without falling off will be the rock that is the counter. Example: A rock in the "5" is not the counter if the opponent hangs a "4" since the "4" is the furthest rock. (All tables will have "5" corners marked on them).
12. Officials will rule on any shots that cannot be decided on by the competitors.

**COMPETITION**

1. A round robin format will be used with the best two out of three games determining a match winner. Each team will play one match or more against each district. This will depend upon the number of entries.
2. The top 4 teams in each age category will progress to the playoffs to determine the medal winners. The first place team will play the fourth place team and the second plays the third with the two winners advancing to compete for the gold and silver medal and the two losers playing for the bronze medal. All playoff matches will be the best two-out-of-three games.
3. In the event of a tie between teams vying for a playoff berth, the tie will be broken by reverting back to the games played against each other in the round robin.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**SLO-PITCH****AGE CATEGORY**

55+	3 Mixed teams per district
65+	3 Open teams per district

**TEAM COMPOSITION**

A team will consist of a maximum of 17 players, including coaches and managers. If a team has a non-playing coach/manager, this person(s) is not included in the 17 person team roster.

**MEDALS**

34 Gold/ 34 Silver/ 34 Bronze

**RULES AND PLAYOFF INFORMATION**

*The 2015-2016 Slo-Pitch Softball Canada Rules (SCR) shall apply along with Non-Official (Non-Off.R) Special Senior Playing Rules. Coaches/Managers meeting must be held prior to the beginning of the competition.*

**A. THE TEAM**

1. A team will consist of a maximum of 17 players, including coaches/managers. If a team has a non-playing coach/manager, this person is not included in the 17 person team roster.
2. Each team will play with 11 defensive players, two of which must be the opposite gender.
3. Substitutions must be male (or female) for male and female for female.
4. Official line-up cards are to be completed and submitted to the official scorekeeper or umpire and a copy to the opposing coach at the start of the game. The line-up shall list the first and last name and uniform number of each player and substitute.
5. All players listed on the batting line-up card must wear the same colour ball shirt and must have a number on the back of the shirt with no duplication of numbers.
6. Each team will supply its own scorekeeper.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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7. Whenever possible, the home team will be assigned and when this is not possible, the home team will be decided by a coin toss.

**B. THE PLAYING FIELD**

1. Distance between bases shall be 65 feet.
2. The home plate/strike mat (Non Off.R) is to be a 24" X 36" mat placed over the original home plate. (The entire mat can be used for a put out)
3. Pitching distance (Non Off.R) shall be a minimum of 50 feet up to a maximum of 60 feet. Both distances should be clearly marked.
4. A double (safety) base is to be used at 1st base (SC,R2) with the orange portion belonging to the batter/runner alone, on his/her first attempt at reaching first base. If the batter/runner is restricted/hindered in any manner in getting to the orange base, he/she will be called safe.
5. The commitment line (SC,R2) is a line 21 feet from home plate perpendicular to the 3rd base line. (Runners crossing or touching this line must continue home)
6. A safe plate or scoring line (SC,R2) shall be used for the player running from 3rd base to home.

**C. THE GAME**

1. A regulation game will consist of 7 full innings.
2. A game called by the umpire (SC,R5) shall be regulation if 5 or more innings have been played, or 4½ innings, if the home team is ahead.
3. The 5 run per inning rule (Non Off.R) is in effect, except the last inning, which is open.
4. The mercy rule will apply (Non Off.R). The game will end anytime after 4½, 5, 5½ or 6 innings of play, if there is a difference of 12 runs.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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5. Game tie breaker (SC,R5). Starting at the top of the 8<sup>th</sup> inning and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on 2<sup>nd</sup> base. This player can be replaced with a courtesy runner once he/she has reached 3<sup>rd</sup> base. (The courtesy runner rule must be followed)
6. Registered umpires must be used for all games.

**D. EQUIPMENT**

1. Bats: Miken Ultra II and Titanium bats so labelled will not be allowed. Bats must be labelled 1.20 BPF. All bats for slo-pitch must have an ASA shield.
2. Balls: The official ball shall be a 12" yellow ball with a 0.44 COR, 375 comp. Balls must not exceed 0.47 COR, 375 comp.
3. Shoes: (SC,R3) No metal cleats are allowed; nor are hard plastic, nylon or polyurethane spikes allowed.

**E. SENIOR PLAYING RULES (Non Off.R)**

1. Pitching – a legally delivered ball with an arc of 6 feet minimum to 12 feet maximum from the ground, striking any part of the strike mat before it touches the ground is a strike.
2. Female batters are allowed to bunt, with no restrictions on where the infielders play.
3. If a male batter, who is batting just before a female, is walked on 4 straight pitches, he is awarded 2<sup>nd</sup> base. The female batter must bat.
4. On a 3<sup>rd</sup> strike foul, the batter is out and the ball is dead. If caught, the ball is live until it is returned to the pitcher.
5. There is to be no tag on the runner by the catcher or other defender, between the commitment line and the safe plate or scoring line.
6. A runner over-running 2<sup>nd</sup> or 3<sup>rd</sup> base is liable to being tagged out.
7. Sliding into bases is not permitted. Runners may slide or dive, when returning to a base. Runners sliding when advancing to a base shall be called out.



**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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8. Runners shall be called out for contact with a defensive player, while he/she is making a play on a batted ball.
9. If the umpire rules deliberate contact on the part of a defensive player, the runner shall be called safe.
10. The same courtesy runner can be used once per inning and must be on the line-up sheet (this does not count as a substitute). A courtesy runner is ineligible to bat if on base as a courtesy runner when it is his/her turn to bat. He/She is out as a batter but allowed to remain on base as a runner.
11. Courtesy runners from home can be used. Team managers and home plate umpire shall agree before the game commences which batter requires a runner from home.
12. A courtesy runner from home must start 6 feet behind the extension of the 3<sup>rd</sup> base line.
13. A courtesy runner from home who runs before the ball is hit shall be called out.
14. A batter who requires a courtesy runner from home plate and hits the ball, is allowed to run down the 1<sup>st</sup> base line up to a commitment line of 12 feet. If the batter runs past this commitment line, the batter/runner will be called out. If the batter causes interference, the batter/courtesy runner will be called out.
15. If a player is injured and there is no substitute available, that player can be removed from the game with no penalty. The game may continue with the injured player's name scratched from the batting line-up.

**TOURNAMENT TIE BREAKER PROCEDURE**

To determine the order of finish if 2 or more teams are tied.

Use overall win-loss record. If still tied, use

1. Record between tied teams. If still tied, use
2. Score plus minus differential between tied teams. If still tied, use
3. Total runs scored in tournament. If still tied, use
4. Total runs allowed in tournament. If still tied, use
5. Toss of coin.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**PROTESTS**

Protests shall not be received or considered if they are based solely on a decision involving the accuracy of judgment on the part of the umpire. Only the following will be considered.

1. Misinterpretation of a playing rule.
2. Failure of an umpire to apply the correct rule to a given situation.
3. Failure to impose the correct penalty for a given violation.
4. Protests regarding eligibility as outlined in the SSFA 55+ Rule Book.
5. The formal written protest should be in accordance to the SSFA 55+ Games procedure.
6. The Team Representative is the only person to discuss a call or ruling with the umpire.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**SNOOKER****AGE CATEGORIES**

55+	4 women and 4 men per district
70+	4 women and 4 men per district

**TOTAL        16 persons per district**

**COMPETITION**

Women's Singles Competition  
Men's Singles Competition

**MEDALS**

4 Gold/ 4 Silver/ 4 Bronze

**RULES AND PLAYOFF INFORMATION**

1. A round robin format is recommended whenever possible.
2. Where feasible, players will play the best two out of three games during the round robin and the playoffs.
3. Where and whenever possible, women will play on 5 foot by 10 foot tables and men will play on 6 foot by 12 foot tables.
4. One qualifying woman and one qualifying man will be placed in the "A" sections of their age categories; while the other woman and man will be placed in the "B" sections. If there is only one competitor or if the ranking of the women or men is not indicated on the registration form, they will be placed so that each section has an equal number of competitors, as well as an equal number of top qualifiers and second place qualifiers.
5. The top two finishers in each section will play off for the medals.
6. In the event of a tie between players vying for a playoff position, the player with the higher positive difference in his/her aggregate scores for and against will be deemed to have the higher standing.

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**8 BALL - POOL****AGE CATEGORIES**

55+	Women and Men	4 each per gender per district
65+	Women and Men	4 each per gender per district
75+	Women and Men	4 each per gender per district
<b>TOTAL</b>	<b>24 persons</b>	<b>per district</b>

**COMPETITION**

Women's Singles Competition  
Men's Singles Competition

**MEDALS**

6 Gold/ 6 Silver /6 Bronze

**RULES AND PLAY-OFF INFORMATION**

1. The world standardized rules for 8-ball by the *World Pool – Billiard Association (WPA)* Rules in effect from January 1, 2006.  
[www.westernbca.org/about/rules](http://www.westernbca.org/about/rules) or  
<http://www.wpa-pool.com/web/index.asp>
2. **Format:** A round robin format will be used. Each match will consist of the best of three games (Race to 2). If there are too few competitors, the Coordinator, with the approval of the participants, can suggest that each match consist of best of five games (Race to 3).
3. **Ties:** If a two-way tie exists at the end of the round robin, a best of three playoffs is to be played. If a three-way tie exists at the end of round robin play, players will toss coins until one person has the “odd” coin and receives a “bye” in the playoff. The other two players play an extra game, with the winner of this game going on to play a best two out of three playoff against the player who received the “bye.” The winner of this playoff is the overall winner.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**4. General overview**

- a) 8-ball is a call shot game played with a cue and 15 object balls numbered 1 – 15.
- b) One player must pocket balls of the group numbered 1 through 7 (solid colours), while the other player has 9 through 15 (stripes).
- c) The player pocketing either group first, and then legally pocketing the 8-ball wins the game.

**5. Table Size – 4' X 8'                      8-ball**

Pool ball specifications: pocket billiards balls – Weight: 5½ to 6 oz. \*diameter: 2¼.“

Pool cue specifications: Player may bring a maximum of 3 cue sticks to a match.

Width of tip: No minimum – 14 mm.

Maximum length: 40 inches minimum – no maximum.

Cue tip may not scratch or damage the addressed ball (must be composed of specially processed leather, fibrous or pliable material).

**6. Order of Break**

- a) Winner of the coin toss has the option to break.
- b) The winner of each game breaks the next.
- c) The following are common options that may be designated by tournament officials in advance:
  - i. Players alternate break
  - ii. Loser breaks
  - iii. Player trailing in game count breaks the next game.

**7. Racking the Balls**

The balls are racked in a triangle at the foot of the table with the 8-ball in the centre of the triangle, the first ball of the rack on the foot spot, a stripe ball in one corner of the rack and a solid ball in the other corner.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**8. Call Shot**

- a) In a call shot, obvious balls and pockets do not have to be indicated.
- b) It is the opponent's right to ask which ball and pocket if he is unsure of the shot.
- c) Bank shots and combination shots are not considered obvious; and, care should be taken when calling both the object ball and the intended pocket.
- d) When calling the shot, it is never necessary to indicate details such as the number of cushions, banks, kisses, caroms, etc.
- e) Any balls pocketed on a foul remain pocketed, regardless of whether they belong to the shooter or the opponent.
- f) The opening break is not a "called shot."
- g) Any player performing a break shot in 8-ball may continue to shoot as long as any object ball is legally pocketed on the break.

**9. Legal Break Shot**

- a) (Defined) To execute a legal break, the breaker (with cue ball behind the head string) must either: 1. Pocket the ball, or, 2. Drive at least four numbered balls to the rail.
- b) When the breaker fails to make a legal break, it is a foul, and the incoming player has the option of:
  - i. Accepting the table in position and shooting, or
  - ii. Having the balls re-racked and having the option of shooting the opening break or allowing the offending player to re-break.

**10. Scratch on a Legal Break**

- a) The balls pocketed remain pocketed (Exception, the 8-ball: see rule 11.b).
- b) It is a foul
- c) The table is open.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**Note:** The incoming player has cue ball in hand behind the head string and may not shoot an object ball that is behind the head string, unless he first shoots the cue ball past the head string and causes the cue ball to come back behind the head string and hit the object ball.

**Object Balls Jumped Off The Table On The Break**

It is a foul and the incoming player has the option of, 1. Accepting the table position and shooting, or, 2. Taking cue ball in hand behind the head string and shooting.

**11. If the 8-ball is pocketed on the break**

- a) A breaker may ask for a re-rack or have the 8-ball spotted and continue shooting.
- b) If the breaker scratches while pocketing the 8-ball on the break, the incoming player has the option of a re-rack or having the 8-ball spotted and begin shooting with ball in hand behind the head string.

**12. Open Table**

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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**13. Choice of Group**

The choice of stripes or solid is not determined on the break even if balls are made from only one or both groups, because the table is always open immediately after the break shot.

The choice of group is determined only when a player legally pockets a called object ball after the break shot.

**14. Legal Shot**

- a) (Defined): On all shots (except on the break and when the table is open), the shooter must hit one of his group of balls, and
  - i) pocket a numbered ball,
  - ii) cause the cue ball or any numbered ball to contact a rail.
- b) Please Note: It is permissible for the shooter to bank the cue ball off a rail before contacting the object ball; however, after contact with the contact ball, an object ball must be pocketed or the cue ball or any numbered ball must contact a rail.
- c) Failure to meet these requirements is a foul.

**15. "Safety" Shot**

- a) For tactical reasons, a player may choose to pocket an obvious object ball and also discontinue a turn at the table by declaring "safety" in advance.
- b) A safety shot is defined as a legal shot.
- c) If the shooting player intends to play a safe by pocketing an obvious object ball, then prior to the shot, the shooter must declare a "safety" to the opponent.
- d) It is the shooter's responsibility to make the opponent aware of the intended safety shot.
- e) If this is not done and any one of the shooter's object balls is pocketed, the shooter will be required to shoot again.
- f) Any ball pocketed on a safety shot remains pocketed.

**16. Scoring**

- a) A player is entitled to continue shooting until failing to legally pocket a ball of this group.



**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- b) After a player has legally pocketed all of his/her group of balls, he/she shoots to pocket the 8-ball.

**17. Foul Penalty**

- a) Opposing player gets cue ball in hand.
- b) This means that the player can place the cue ball anywhere on the table (does not have to be behind the head string except on opening breaks).
- c) This rule prevents a player from making intentional fouls, which would put an opponent at a disadvantage.
- d) With “cue ball in hand,” the player may use a hand or any part of a cue (including the tip) to position the cue ball.
- e) When placing the cue ball in position, any forward stroke motion contacting the cue ball will be a foul, if not a legal shot.

**18. Combination Shots**

Combination shots are allowed; however, the 8-ball can't be used as a first ball in the combination unless it is the shooter's only remaining legal object ball on the table. Otherwise, should such contact occur on the 8-ball, it is a foul.

**19. Illegally Pocketed Ball**

An object ball is considered to be illegally pocketed when:

- a) that object ball is pocketed on the same shot a foul is committed, or
- b) the called ball did not go in the designated pocket, or
- c) a safety is called prior to the shot.

Illegally pocketed balls remain pocketed and are scored in favour of the shooter controlling that specific group of balls, solid or stripes.

**20. Object Balls Jumped Off The Table**

- a) If any object ball is jumped off the table, it is a foul and a loss of turn, unless it is the 8-ball which means loss of game.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- b) Any jumped object balls are not re-spotted.

**21. Jump and Masse' Shot Foul**

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

**22. Playing the 8-ball**

When the 8-ball is the legal object ball, a scratch or foul is not loss of game, if the 8-ball is not pocketed or jumped from the table. Incoming player has cue ball in hand.

**Note:** A combination shot can never be used to legally pocket the 8-ball except when the 8-ball is the first ball contacted in the shot sequence.

**23. Loss of Game**

A player loses the game by committing any of the following infractions:

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

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

**24. Stalemated Game**

If, after 3 consecutive turns at the table by each player (6 turns in total), the referee judges that attempting to pocket or move an object ball will result in loss of game, the balls will be re-racked with the original breaker of the stalemated game breaking again. The stalemate rule may be applied regardless of the number of balls on the table.

**Note:** Three consecutive fouls by one player in 8-ball is not a loss of game.

**Note:** Disturbed Balls (Cue Ball Fouls Only) refer to the website.



GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**SWIMMING****PART A: TIMED COMPETITION****AGE CATEGORIES**

Women	Men
55+	55+
60+	60+
65+	65+
70+	70+
75+	75+
80+	80+
85+	85+

**TOTAL**      The maximum number of competitors per district is unlimited.

**MEDALS**

106 Gold/ 106 Silver/ 106 Bronze

Medals will be awarded for each distance and for the relay.

**COMPETITION**

Each competitor may compete in a maximum of 4 events, plus a 4 x 50 metre relay.

50 metres freestyle	100 metres freestyle
50 metres backstroke	100 metres backstroke
50 metres breaststroke	100 metres breaststroke
100 metres individual medley	

**Timed Fun Relay**

4 x 50 metres relay

The relay teams will be organized on-site by the district's relay team leaders (if available) for all men's and women's teams regardless of age. Each gender will compete among themselves. Consideration must first be given to participants who have competed in the timed swim. The intent is to complete a team and not "stack" a team. Both men's and women's relay teams may race at the same time providing the pool has an adequate number of lanes. Medals will be awarded but medal count will not be awarded to any district.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### PART B: PREDICTED TIME COMPETITION

#### AGE CATEGORIES

55+ Women

55+ Men

**TOTAL** The maximum number of competitors per district is unlimited.

#### MEDALS

4 Gold/ 4 Silver/ 4 Bronze Medals will be awarded for each distance and gender.

#### COMPETITION

Predicted time competitors can enter two predicted time events: 100 m each day for two days (total of 200 m) and 200 m each day for two days (total 400 m) and cannot enter the timed events but can enter the 4 x 50 metre relay in their proper gender category if required to make up a team. Any stroke or combination of strokes permitted.

#### RULES AND COMPETITION INFORMATION (TIMED AND PREDICTED)

The Masters swimming rules shall apply: [www.mymisc.ca/Rules\\_en.jsp](http://www.mymisc.ca/Rules_en.jsp).

1. The following defines the strokes permitted:

Freestyle – Any stroke you wish to use.

Breast stroke – Any stroke that resembles a breast stroke (arms must be pushed forward simultaneously above or below the water.)

Backstroke – Any stroke executed on the back.

Butterfly – A stroke in which the arms are thrown together out of the water while the feet kick up and down.

MSW8.1: From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed after the start or turn. It is not permitted to roll onto the back at any time, except at the turn after the touch on the wall, where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

MSW8.2: Both arms shall be brought forward simultaneously together over the water and brought backward simultaneously under the water throughout the race, subject to MSW8.5.

MSW8.3: All up and down movement of the legs must be simultaneous. The legs or the feet need not be on the same level but they shall not alternate in relation to each other. A breaststroke kick is permitted for butterfly. Only one

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

MSW8.4: At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

MSW8.5: At the start and at turns, a swimmer is permitted one or more kicks, then one arm pull under, which must bring him/her to the surface. It is permissible for a swimmer to be completely submerged for a distance of not more than 15 m after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

100 Individual Medley - consists of a swimmer covering four swimming strokes in the following order: butterfly, backstroke, breaststroke and freestyle. Each stroke must cover  $\frac{1}{4}$  of the distance.

2. Persons in a higher age category may enter a lower age category.
3. No diving entry – in shallow water, use a standing start; in deep water, hold on the edge of the pool with a push start.
4. Starts are permitted from blocks, edge of pool, or push off in the water supported by a hand on the end of the pool.
5. False start rule – Any competitor who commits a false start during a third or subsequent attempt at a start shall be disqualified, no matter if the competitor has been blameless in all previous attempts at starting the race.
6. Pools should be roped off into separate lanes for each swimmer.
7. Swimmers are required to touch the end of pool during turns. Swimmers using butterfly or breaststroke must have both hands touch at the ends of the pool.
8. Predicted time competitors will be permitted to know their times after the first swim for the 100 m and the first swim for the 200 m.
9. Predicted Time Swim – Swimmers will be required to submit their predicted time each day, a half hour prior to competing. The combined total difference for the two days will determine the winners. For example, if six (6) seconds over on the first day and three (3) seconds under on the second day, combined total time difference is nine (9) seconds.
10. Predicted Time Swim - Swimmers are not to use watches or receive pacing information from the sidelines. In the case of a tie, the swimmer with the fastest time will be declared the winner.
11. Competitors are to be timed to a tenth (1/10) of a second. If a tie still exists, then both competitors are declared winners.

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### TABLE TENNIS

#### AGE CATEGORIES:

Women & Men	55+	Singles/Doubles/Mixed Doubles
Women & Men	65+	Singles/Doubles/Mixed Doubles
Women & Men	75+	Singles/Doubles/Mixed Doubles
Singles:		2 competitors per gender per district.
Doubles:		1 team per district
Mixed:		2 teams per district

**TOTAL**      **24 persons** per district.  
Minimum 12 – Maximum 30 competitors per district.

**MEDALS**              48 Gold/ 48 Silver/ 48 Bronze

#### COMPETITION

1. A competitor is allowed to play Singles, Doubles, and Mixed Doubles.
2. Women and men from one Singles age category may form Doubles and Mixed Doubles teams in a different age category.
3. Competitors in a higher age category can compete in a lower age category.
4. Teams must enter the age category of the youngest member.

#### RULES AND PLAYOFF INFORMATION

1. The rules of the International Table Tennis Federation shall apply. The latest rules are in Chapter 2 of the ITTF Handbook which can be viewed at [http://www.ittf.com/itf\\_handbook/itf\\_hb.html](http://www.ittf.com/itf_handbook/itf_hb.html). No adaptations are required for the Saskatchewan 55+ Games.
2. An ITTF – approved orange or white 3-star ball will be used.
3. The main colour of a player's clothing shall be clearly different from that of the ball in use.
4. Players must provide their own racket. The racket must be red on one side and black on the other.
5. Match shall be best two out of three games. Since 2001, games go to 11 with a service change every 2 points. If a game is tied 10-10, play continues until one player or pair has 2 points more than the other player or pair and the service changes every point.

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### TENNIS

#### AGE CATEGORIES

Women	55+	Doubles	2 (one team) per district
	65+	Doubles	2 (one team) per district
	75+	Doubles	2 (one team) per district
Men	55+	Doubles	2 (one team) per district
	65+	Doubles	2 (one team) per district
	75+	Doubles	2 (one team) per district
Mixed	55+	Doubles	2 (one team) per district
	65+	Doubles	2 (one team) per district
	75+	Doubles	2 (one team) per district
<b>TOTAL</b>	<b>18 persons</b> (9 pair) per district		

#### MEDALS

18 Gold/ 18 Silver/ 18 Bronze

#### COMPETITION

If necessary competitors taking part in men's doubles and women's doubles may be used to comprise the mixed team or there can be a separate mixed doubles entry.

#### RULES AND PLAYOFF INFORMATION

1. Tennis Canada rules shall apply. (Rules of the Court)
2. Competitors in a higher age category may take part in a lower age category.
3. The rules of the competition will be that outlined by the International Tennis Federation.
4. Teams must enter the age category of the youngest member.



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5. A round robin format will be used. Depending upon the number of districts entered, either a straight round robin with no playoffs to follow, or a two-pool round robin with subsequent playoffs between the top two pairs in each pool will be used. If the tennis tournament needs to be shortened due to weather or any other reason, it is recommended that the format be changed to a best of three with no add scoring. If it goes to three sets, the third set is the Super 10 point tiebreak.
6. Three free set matches will be played, with the best two out of three sets winning the match.
7. If both players have won 6 games each and the set is tied, a tiebreaker game must be played. The scoring for this game is conventional and linear, starting from 0 to 1, 2, 3 and so on. The first player to score 7 points wins the game and the set, provided he/she has a two point lead over his/her opponent. The tiebreaker game continues until a player achieves the two point lead to win the game and set. During this game, the sides need to be changed after 6 points are scored.

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**TRACK & FIELD****PART A: TIMED COMPETITION****AGE CATEGORIES**

Women:	55+	Men:	55+
	60+		60+
	65+		65+
	70+		70+
	75+		75+
	80+		80+
	85+		85+

**TOTAL**      The maximum number of competitors per district is unlimited.

**MEDALS**

176 Gold/ 176 Silver/ 176 Bronze

**COMPETITION**

Each competitor may compete in a maximum of 4 events plus a 4 x 100 metre relay.  
Each competitor will be supplied with a Bib with an assigned number.

**TRACK**

50 m, 100 m, 200 m, 400 m, 800 m, 1500 m, and 3000 m and 4 x 100 m relay.

Fun Relay – The relay teams will be organized on-site by the district's relay team leaders (if available) for all men and women teams regardless of age. Each gender will compete amongst themselves. Consideration must first be given to participants who have competed in the running events. The intent is to complete a team and not to "stack" a team. Both men and women relay teams may race at the same time providing the track has an adequate number of proper lanes. Medals will be awarded but medal count will not be awarded to any district.

**FIELD**

Long Jump, Triple Jump, Discus, Javelin, and Shot Put.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**RULES AND INFORMATION**

1. All events are final.
2. All women's age categories will compete together in field events.
3. All men's age categories will compete together in field events.
4. Women will compete first followed by men.
5. Youngest age categories compete first ending with the oldest.
6. Decisions about combining age and gender categories for track events will be made at the discretion of the Venue Official on race day. Women may be combined with men.
7. Track events take precedence over field events. Where scheduling conflicts are present, the track event is run first followed by the field event. In the event of a conflict, the competitor shall advise the Venue Official.
8. Timed Event competitors may not enter the Predicted Walk Competition.
9. Field competitors may have up to six practice attempts or throws. The Venue Official may adjust the number of practice attempts or throws to take into consideration the number of participants and the time available to run the event.
10. First place in each event will receive gold; second place will receive silver; and, third place will receive bronze.
11. A medical examination within two months of the start of the games is strongly recommended.
12. International Amateur Athletic Federation rules shall apply.

**CANADA GAMES 55+ QUALIFICATION**

1. The selection will be based on the total points attained in the Provincial Competition as follows: 10 points for first, 7 points for second, 5 points for third, 4 points for fourth, 3 points for fifth, 2 points for sixth and 1 point for seventh.
2. Competitors with the greatest points in their age/gender category will be eligible to participate in the Canada 55+ Games. Should someone decline then the next competitor with the highest number of points shall have the opportunity until all competitors are considered, if necessary.
3. In case of a tie, the competitor with the most gold medals will be chosen.

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**WEIGHTS FOR EACH CATEGORY AND GENDER****IMPLEMENTS:****Discus**

Men	55+	1.5 kg
Men	60+	1.0 kg
Women	55+	1.0 kg
Women	80+	0.75 kg

**Javelin**

Men	55+	700 g
Men	60+	600 g
Men	70+	500 g
Men	80+	400 g
Women	55+	500 g
Women	60+	400 g

**Shot Put**

Men	55+	6 kg
Men	60+	5 kg
Men	70+	4 kg
Men	80+	3 kg
Women	55+	3 kg

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**PART B: PREDICTED WALK COMPETITION****AGE CATEGORIES**

55+ Women

55+ Men

**TOTAL** The maximum number of competitors per district is unlimited.**MEDALS**

4 Gold/ 4 Silver/ 4 Bronze

**COMPETITION**

Competitors **must** enter both the 400 m walk and 1000 m walk.

Competitors **must** walk each distance twice. They may use the assistance of walking aids (i.e. canes, poles, wheelchair, etc.)

**RULES AND INFORMATION**

1. Competitors must submit their estimated time one-half hour before their event.
2. Competitor timing devices of any kind will not be allowed.
3. Coaching or pacing from the sidelines will not be allowed.
4. Competitors will be permitted to know their times after the first walk for the 400 m and the first walk for the 1000 m.
5. The lowest combined total difference for each 400 m and 1000 m walked twice will determine the winner for each walk. Example: the first 400 m walk is 6.0 seconds over the predicted time; the second 400 m walk is 3.0 seconds under the predicted time; the combined total time difference is 9.0 (6 + 3) seconds. Medals will be awarded for each walk.
6. Wheelchair participation in this event will be permissible.
7. Predicted Walk competitors **can** also enter two field events – long jump, triple jump, discus, javelin or shot put.

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8. Predicted Walk competitors compete against all field event competitors for field event medals. There is no distinction if the competitor is participating in the Timed Competition or Predicted Walk Competition.
9. Predicted Walk competitors cannot enter the Track Timed Competition individual events, except they can enter the 4 x 100 m relay in their proper gender category, if required to complete a team.
10. A medical examination within two months of the start of the Games is strongly recommended.
11. International Amateur Athletic Federation rules shall apply as applicable.

**CANADA 55+ GAMES QUALIFICATION**

1. Competitors with the lowest combined total difference for the 400 m and 1000 m walk qualify to participate in the Canada 55+ Games. They can choose to enter the field events in the Predicted Walk Event.
2. Using the process of the lowest combined total difference - should a competitor decline, then the next competitor with the lowest difference shall have the opportunity until all competitors are considered if necessary.

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### WHIST

#### AGE CATEGORY

55+	10 teams per district	2 person team, mixed or single gender
<b>TOTAL</b>	20 persons	10 teams per district

#### MEDALS

2 Gold/ 2 Silver/ 2 Bronze

#### RULES AND PLAYOFF INFORMATION

1. At the start of the tournament each team will be designated an "A" or a "B" team. The team designated "A" will always move no matter if they have won or lost. Where feasible, a round-robin tournament may be followed instead of a Team "A" and Team "B".
2. The playing rules and format to be read out by the Whist Coordinator before the first round is played.
3. All players cut for deal. ACE is high. Deal progresses clockwise. Dealer shuffles and player to right of the dealer cuts the deck before the deal.
4. A game consists of five (5) hands. Trump is as follows: **HEARTS, SPADES, DIAMONDS, CLUBS, NO TRUMP.**
5. The player to the dealer's left leads; any card may be led. Players must follow suit by playing a card of the same suit as the card led if they can; a player with no card of the suit led may play any card. The trick is won by the highest trump in it, or if it contains no trump, by the highest card of the suit led. The winner of a trick leads to the next.

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6. If a player does not follow suit (“revoking” is failing to follow suit when able to do so) a player is not penalized if he/she corrects the error before the trick is turned over, and the partner of the player who fails to follow suit may caution him/her by asking if he/she does not have any card of the suit led. Once the trick has been turned over, but before play to the next trick has begun, the opposing partnership may challenge and claim a revoke. A partnership cannot win a game in any hand in which it revokes. For a non-established revoke, i.e. a revoke corrected before the trick is turned over, there is no penalty. For an established revoke, i.e. one that is detected later in the game, there will be a two-trick penalty.
7. A card laid is a played card.
8. Scoring is determined by tricks won. Each trick is worth 1 point.
9. Score recorder will pick up sheets after every 5<sup>th</sup> hand. Score sheets will be provided – one for each pair and signed by a member of the opposition.
10. Scores will be posted on a Master Score Sheet on flip chart or wall after each five-deal game and be on display during the playing times.
11. Winners will be declared according to the highest score.

**12. TIE BREAKING**

If two teams are tied with total points at the end of the tournament, a sudden victory playoff will take place. Five hands will be played. In the case of a three-way tie, a round robin format will be used to break the tie. Teams will play one hand of NO TRUMP.



## **OPTIONAL EVENTS:**

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**ARTS AND CRAFTS****AGE CATEGORY**

55+                    OPEN - INDIVIDUAL EVENT

**MEDALS**

12 Gold/ 12 Silver/ 12 Bronze

**RULES AND INFORMATION**

1. Competitors do not have to qualify through the district play-offs. Registration forms and entry information may be obtained through the district representative for the SSFA 55+ Games.
2. The entry fee will cover all entries in the Arts & Crafts competition.
3. A person may enter only one article per section but an unlimited number of sections per class may be entered.
4. A judge cannot enter an article into the section that he/she will be judging.
5. Persons entering the Arts & Crafts event must be willing to display their articles during the established days of the 55+ Games. Competitors must make their own arrangements to get articles to the Host Community. Articles should be properly protected during transport.
6. Judging: **THE JUDGE'S DECISION IS FINAL.** All articles will be judged independently using a point system. A possible 100 points can be earned – 50 points for General Appearance, Impact, Color; 20 points for Design (finishing details, outside); and, 30 points for Workmanship (judged from the inside). Quilts will be awarded 50 points for Design & Artistic Merit and 50 points for Workmanship. Gold, Silver and Bronze medals will be awarded to the top three (3) articles with the most points in each class.
7. If the quality of an article does not warrant a prize, even in the absence of competition, no medal shall be awarded.
8. If an article is clearly entered in the wrong class, the committee of the Arts and Crafts event has the right to move it to the correct class. If possible, the competitor should be notified of the change.

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9. All entries must be the work of the competitor.
10. Articles will be accepted at the host venue at a time determined by the event chairperson. Judging will take place and medals will be presented at a predetermined location and time. Articles must be picked up by the close of the 55+ Games.
11. Claim tickets to identify articles will be sent out following receipt of the registration form and fee. These must be attached to the article in plain view before the article will be accepted for display and judging.
12. Soiled, unfinished, or previously worn articles will not be accepted.
13. All Arts and Crafts entries must have been completed since the competitor/crafter has turned 55 and have not been previously displayed at the SSFA 55+ Games.
14. Every precaution will be taken to ensure the safety of articles submitted including security on site and careful handling; however, the SSFA or 55+ Games Host Committee can not be held responsible for lost or damaged articles.
15. All photos must be mounted on stiff paper or cardboard-like material to be able to display them properly. Photos not mounted will be disqualified.

**DISPLAY OPPORTUNITY**

The Arts and Crafts event at the 55+ Games provides a great opportunity for new craft ideas and original works, which do not fit into any of our categories, to be displayed. This is also considered an educational opportunity and any display items must be accompanied by a brief typed explanation and/or history. All display items are subject to space availability and approval by the Arts and Crafts Chairperson.

**MEDALS**

Gold, silver and bronze medals will be awarded for first, second and third place respectively, in each class. Medals will be presented at a central location at a predetermined time.

**ARTS & CRAFTS – CATEGORIES**

1. \_\_\_ Hand Knitted Articles: item of adult clothing
2. \_\_\_ Hand Knitted Baby Article

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3. \_\_\_ Hand Knitted Large Flat Article: tablecloth, bedspread, afghan, etc.

**CROCHET – Class 2**

4. \_\_\_ Crocheted Article: item of clothing, doily, runner, etc.

5. \_\_\_ Crocheted Large Flat Article: tablecloth, bedspread, afghan, etc.

**NEEDLEWORK – Class 3**

6. \_\_\_ Petit Point/Needlepoint

7. \_\_\_ Counted Cross Stitch

8. \_\_\_ Embroidery: any item embroidered with thread, excluding #'s 6 & 7 above

**QUILTS – Class 4**

9. \_\_\_ Hand Quilted Quilt, Group Machine Pieced: attach a temporary 4 inch sleeve on back for display hanging, no smaller than 44" x 56"

10. \_\_\_ Hand Quilted Crib Quilt, Machine Pieced: no larger than 44" x 56"

11. \_\_\_ Machine Quilted Table Runner, Machine Pieced: machine quilted by competitor

12. \_\_\_ Hand and/or Machine Quilted Wall Hanging, Hand and/or Machine Applique: machine quilted by competitor, maximum circumference of 200"

**OTHER – Class 5**

13. \_\_\_ Pieced and/or Applique, Hand and /or Machine Quilted item other than #'s 9, 10, 11 & 12: clothing, bags, cushions, etc.

**DOLLS AND TOYS – Class 6**

14. \_\_\_ Soft Decorative Toys: must be handmade with needlecraft material (Knit, Sewn, Crocheted, Soft Sculpture, etc.)

**ETHNIC NEEDLE ART – Class 7**

15. \_\_\_ Ethnic Needle Arts: Grospoint, Hardanger, Ukrainian Embroidery, Japanese, Bunka, Brazilian Embroidery, etc. (include name or description of ethnic craft)

16. \_\_\_ Other hand work not specified above: weaving, macramé, crewel, candlewicking, smocking, etc.

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**FINE ARTS – Class 8**

17. \_\_\_ Oil/Acrylic Painting: landscape, portrait, still life, etc (entries must be framed and wired ready for hanging: no larger than 36" x 36", including frame)
18. \_\_\_ Water Color Painting: same requirements as #17
19. \_\_\_ Calligraphy: greeting cards, wall hangings, scroll, etc; may be combined with a sketch or painting (entries must be framed or in finished format suitable for display or hanging)
20. \_\_\_ Drawing: open to any media or subject; same requirement as #17

**WOODWORKING, CARVING & WHITTILING – Class 9**

21. \_\_\_ Woodworking: projects constructed with lathe; maximum size 12" x 24" x 12"(should be predominately wood although metal, leather or fabric may be used for hinges, catches, handles, trim)
22. \_\_\_ Woodworking: fretwork, scroll work; same requirement as #21
23. \_\_\_ Woodworking: toys; same requirements as #21
24. \_\_\_ Hand Carving: sculptural works in wood or metal; maximum size 12" x 24" x 12"

**POTTERY - Class 10**

25. \_\_\_ Hand Sculptured Pottery: maximum dimension 18"
26. \_\_\_ Wheel Thrown Pottery: maximum dimension 18"

**PHOTOGRAPHY – Class 11**

27. \_\_\_ Color Photography; open to any subject; maximum size not to exceed 8" x 10" excluding frame (must be framed and wired ready for hanging)
28. \_\_\_ Photography: collection of three (3) 4" x 6" prints following a theme arranged on a cardboard type of material no larger than 11" x 14"
29. \_\_\_ Photography: sports print; matted and/or framed no larger than 8" x 10" excluding frame
30. \_\_\_ Black and White Photography; same requirements as #29

**ETHNIC ARTS – CLASS 12**

31. \_\_\_ Ethnic Arts: Wheat Weaving, Tote Painting, Pysanka, Mosaics, Native Quilling, etc.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### BADMINTON

#### AGE CATEGORIES

Women	55+	Doubles	4 (2 teams) per district
	65+	Doubles	4 (2 teams) per district
	75+	Doubles	4 (2 teams) per district
Men	55+	Doubles	4 (2 teams) per district
	65+	Doubles	4 (2 teams) per district
	75+	Doubles	4 (2 teams) per district
Mixed	55+	Doubles	4 (2 teams) per district
	65+	Doubles	4 (2 teams) per district
	75+	Doubles	4 (2 teams) per district
<b>TOTAL</b>		<b>36 persons</b>	<b>18 pairs per district</b>

#### COMPETITION

If necessary, competitors taking part in Men's Doubles and Women's Doubles may be used to comprise the mixed team or there can be a separate mixed doubles entry.

#### MEDALS

18 Gold/ 18 Silver/ 18 Bronze

#### RULES AND PLAYOFF INFORMATION

1. The Saskatchewan Laws of Badminton will apply.
2. A round robin format will be used; however, the type of format will depend on the number of entries.
3. The playing rules and format to be read out by the Badminton Coordinator before the event begins.

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## 4. SCORING SYSTEM

- a) A match shall consist of the best two out of three games.
- b) A game shall be won by the side which first scores 21 points, except as provided in d) and e).
- c) The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a "fault" or the shuttle ceases to be in play because it touches the surface of the court inside the opponent's court.
- d) If the score becomes 20-all, the side which gains a two-point lead first shall win that game.
- e) If the score becomes 29-all, the side scoring the 30<sup>th</sup> point shall win that game.
- f) The side winning a game shall serve first in the next game.

5. Plastic shuttle (birds) will be used at the games.

6. Competitors must play in their own age category except that in doubles, a partner from an older age category may compete in a younger age category.

7. Ties – Saskatchewan Laws of Badminton will apply in case of a tie.

8. An official referee should be appointed to assist the Badminton Coordinator.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**BOCCE**

**AGE CATEGORIES:**

55+                  Doubles                  2 Teams per District

**MEDALS**

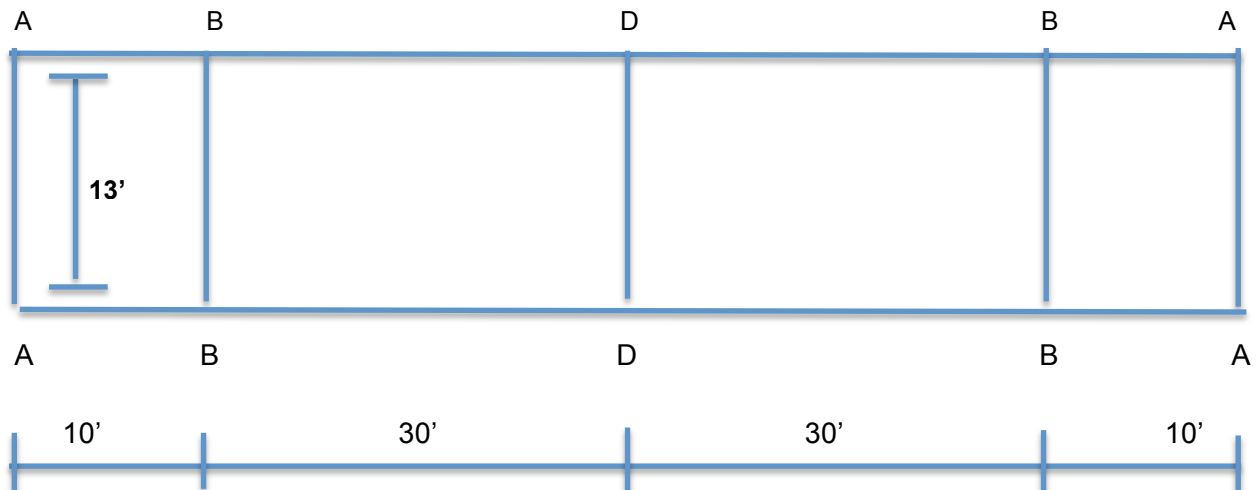
2 Gold/ 2Silver/ 2 Bronze

**RULES AND PLAYOFF INFORMATION**

The Bocce Standard Association rules will apply, with exceptions listed under Bocce Rules and Playoff Information. <http://www.boccestandardsassociation.org>. Modified grass-court rules will be in effect.

1. THE BOCCE COURT

The sport of bocce will be played on a grass court. The ground should be level and firm and the grass cut short, minimum ¼ “and maximum 1½” high. For best results, use lime to mark the court.



The total length of the lane is 80 feet and the width is 13 feet. The length includes a 10' throwing zone at each end. Line A corresponds with the total length of the lane. Line B represents the playing zone. All play takes place within lines B.



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Equipment: The legal sized bocce ball shall be #109.

Lawn bowling tapes should be used when measuring.

Referee's paddle, one (1) foot long, with red and green on opposite sides (similar in shape to a table tennis paddle).

**2. REGULATIONS**

- a) Players are not allowed beyond line B until all bocce have been played. The referee is the only one allowed at the pallino end.
- b) The small ball (pallino) must cross the centre line (line D).
- c) A coin is tossed by the team skips to determine who throws first. The team winning the toss has the option of throwing first or last. The team that throws first has the choice of bocce color. In subsequent ends, the team scoring the previous end shall throw first.
- d) The team throwing the pallino has ONE attempt to place the pallino in the play area beyond the centre line (line D). If this is not accomplished, the opposing team throws the pallino and the team that threw the pallino first, throws the first ball. If the player from the second team also fails to place the pallino in the play area, the referee then centers the pallino at a point halfway between lines B and D at the opposite end. The team that first threw the pallino then throws the first ball.
- e) At the start of an end (frame), if the pallino lands closer than one (1) foot to the side line (referee can measure with the paddle), the pallino is then centered (no closer or further from delivery point) by the referee. If the pallino lands closer than one (1) foot to the end line, the pallino is placed in the center of the court by the referee.

**3. THE GAME AND THE TEAMS**

- a) The object of the game is to get one's own boccia as close as possible to the pallino.
- b) The boccia may be either rolled (raffa) or lofted (volo) down the lane. The boccia is rolled or lofted underhand only.
- c) Nearest ball – if team A won the toss and chose to go first, team A rolls or lofts the pallino and then rolls or lofts one bocce. The first player on the opposing team (team B) then takes their turn. They must get their color of bocce closer to the pallino than team A's color of bocce. The referee makes the decision who is the closest, and shows the opposite color with his/her paddle (if red is closest, he shows green, so

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green throws next). If the team B player fails to get closer with his/her two bocce, then the next player of team B tries. If team B is unable to get closer to the pallino than team A, the remaining bocce of team A shall then be thrown. If a player from team B succeeds in getting his bocce closer to the pallino than team A's bocce, team A begins to play again. The play shifts from one team to the other depending upon whose bocce is the closest to the pallino.

**Note:** If the first player on team A rolls or lofts his first boccia out of bounds, then he loses his turn to the first player on team B. It will be considered out of bounds when it touches a boundary line.

- d) Two Player Bocce - Each team will consist of two players. The lead and skip of both teams will each throw two balls from the same end of the court to consist of an end played. The skip is a player who has the right to address the referee with regard to the game and ask to verify the position of the played bocce.

Four Player Bocce – Each team will consist of four players. The leads and seconds from both teams will each throw two balls from the same end of the court to constitute one end played. The next end the thirds and skips will each throw two balls from the opposite end of the court, constituting another end played. Play will continue to rotate in this manner until the game is completed. (C55+ event)

- e) Players may not change positions during a game. Any change or substitutions must occur between games.
- f) Each player is allowed up to one minute to deliver one boccia.
- g) Each team is allowed one 2-minute time out per game. This can be done only when a player from the team requesting the time out is about to play. During the time-out, players may go beyond line B to meet one another.

#### 4. THE PLAY AT POINT (PUNTO)

- a) The play at point consists of throwing one's boccia as close as possible to the pallino. The player must not step on or beyond line B. If the player's foot steps on the line, his/her boccia is removed immediately.
- b) It is not permissible to play another boccia before the previous boccia comes to a stop.

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- c) If two opposing bocce are equidistant from the pallino at the conclusion of an end, a blank end is declared.

**5. THROWING OF THE BOCCE**

- a) During the game, it is not permissible for the players to go beyond the throwing line (line B) until both teams have finished playing.
- b) A player cannot go beyond line B if he/she still has bocce to play. If the player does cross line B, he/she will lose one (1) boccia.
- c) Any boccia or pallino that exits a lane during regular play are considered to be no longer valid.
- d) All bocce are valid as soon as they are delivered across the near line B. There is no hog line.
- e) When a player delivers a ball belonging to the opposing team, a ball belonging to his/her team will put in its place by the referee.
- f) If a player throws out of turn, the non-offending team will have the option of letting the throw stand, or, after repositioning any displaced balls, have the offending team re-throw in the correct order.
- g) If a foul is committed other than while throwing a ball, the referee shall give one warning and then on any other fouls committed by the same person, an undelivered ball shall be removed. If all balls have been delivered, the referee shall remove that team's ball that is closest to the pallino.

**6. DEFINITIONS**

- a) Punto – point
- b) At Punto – in the attempt to get a point
- c) Raffa – the roll (a form of delivery)
- d) Volo – loft or fling
- e) Pallino – a small ball, sometimes called a jack

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- f) Boccia – large game ball
- g) Bocce - plural of boccia
- h) Pointing – A ball thrown or rolled to obtain a point close to pallino. The roll line must be used to determine a foul.
- i) Frame – The period in the game in which balls are played from one side of the court to the other and points are awarded. Sometimes referred to as an end.
- j) In Ball – The side whose bocce ball is closest to the pallino. Whenever a team gets “in” it steps aside and allows the “out” team to bowl.
- k) Out Ball – The opposite side.
- l) Dead Ball – Any ball that has been disqualified. A ball may be disqualified if:  
It is the result of a penalty; it has gone out of the court; or, if it contacts a person, or object that is out of the court.
- m) Live Ball – Any ball in play or waiting to be thrown is considered a live ball.

**7. ADDITIONAL COMMENTS**

The game is similar to lawn bowling and carpet bowling. The object of the game is to get as many bocce as possible closest to the pallino. If the pallino is knocked out of bounds, the team committing the error shall be penalized two points. These two (2) points will be awarded to the opposing team and the end will count as an end played.

**8. SCORING**

- a) Each game shall consist of up to ten ends (frames). Total score declares the winner. A team achieving fifteen (15) points prior to the completion of (10) ends shall be declared the winner.
- b) Points are computed by assigning one (1) point to each boccia closest to the pallino with respect to the opponent’s bocce.

Skips on each team are responsible for the count at the completion of each end. No balls are allowed to be touched until the opposing skip agrees to the score. On a call where neither skips can agree, then the referee will be called to measure and make that decision.

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Measurement procedure: Point the lawn bowling tape in a direct line from the pallino to the boccia that appears closest to the pallino. Place the tape on the ground, gently touching the point to the pallino. Pull the string and lock into place to measure the closest boccia, and compare to other ball(s) to determine which color is shot.

**9. COMPETITION FORMAT**

A complete round robin shall be played. When round robin is completed, calculate total **Win/Tie/Loss** points to determine winner. Team with the most Win/Tie/loss points is declared winner. It is recommended that tie-break procedures be clearly outlined before play begins.

- a) A win will count two (2) points.
- b) A tie will count one (1) point.
- c) A loss will count zero (0).

If there is a tie for the total game points, the team that had the most wins is awarded the higher ranking. If teams are still tied, the winner of the game in the round robin between the tied teams is awarded the higher ranking. If a tie still exists, then the team with the greatest overall point differential will be declared the winner.

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### CARPET BOWLING

#### AGE CATEGORIES

Open	55+	4 - person team	1 team per district
	70+	4 - person team	1 team per district
<b>TOTAL</b>		<b>8 Persons</b>	<b>2 teams per district</b>

#### MEDALS

Medals will be presented to team members winning the Gold/Silver/Bronze medals in each age category.

8 Gold/ 8 Silver/ 8 Bronze

#### RULES AND PLAYOFF INFORMATION

1. Teams will consist of four players, any combination of men and women.
2. Bowls will be 4 inch indoor biased carpet bowls.
3. Carpet will be 30 feet by 6 feet.
4. Standings for a tournament will be based on Wins/Ties/Losses. A win shall count as 2 points, a tie as 1 point and a loss as 0 points.
5. Tournament play for a national final will be a round-robin event. If two teams are tied after round robin play, four extra ends (or more if necessary) will be played until the tie is broken. If a three-way tie exists, the aggregate points scored against each team shall be divided into the aggregate points it has scored.
6. Bowls moved inadvertently before being measured will be put back in place. The thirds will be responsible for measuring. Dead bowls will be removed. All measurements will be supervised by the event official.
7. If a player bowls an opponent's bowl by mistake, he or she will replace it with one of his/her own, once the bowl has come to rest.

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- 8. Penalties will apply for knocking the jack off the carpet. The points will be added to the score of the opposing team and the end will be counted as an end played; except, the eighth end should be replayed if the jack is knocked off. Penalties are listed further on in these rules.

MODIFIED RULES FOR PERSONS WITH DISABILITIES:

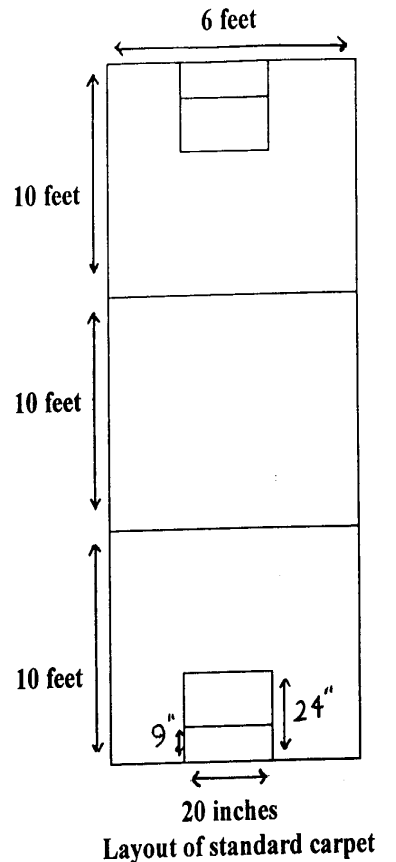
We have in mind persons who because of accidents or other ailments are unable to deliver their bowls in a standing position. Such persons should be permitted to deliver the bowls in a position which best suits them, whether sitting in wheel chairs, ordinary chairs or stools; even to resting their knee, if kneeling, or knees on the floor. Front wheels and legs of chairs, and the person's knee must be immediately behind the toe-line; otherwise, standard rules and common sense prevail.

EQUIPMENT

The diagram shows the plan of the carpet with the delivery rectangles, each of which is 24 inches by 20 inches by 9 inches. To protect the carpet while the bowls are being delivered, the footer at the delivery end must be covered by a mat that may extend behind the carpet. White lines parallel to the ends of the carpet and at a distance of 10 feet from each end are drawn across the carpet. Slippers or soft-soled shoes, without heels, should be worn. Equipment is to be supplied by the Host Committee.

A GAME

A game will consist of eight (8) ends. If the total number of points is equal at the conclusion of a match, the result will be a tie. If a winner is required, an extra end will be played and the opponents will toss as for the beginning of a game. If during the playing of an extra end the jack is knocked off the carpet, the penalty will be incurred and the end is not replayed. Control of the carpet passes to the opposing side as soon as the preceding bowl has come to rest.



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### THE PLAYERS

In a fours game, each plays two bowls; the leaders their two alternately, then similarly with the seconds, the thirds and the skippers.

Teams will toss and the winner of the toss will have the choice of the set of bowls to use, and will have the option of directing the opponent to bowl the jack and the first bowl or electing to do so himself. Each succeeding end will be started by the winner of the previous end at which a score was recorded. In deciding the winner of an end, penalty scores must not be considered. The first to play at an end that results in a tie (no score), a dead end, or a penalty, will again play first.

The “skipper” will have sole control of his players and the skippers will be the sole judges of all disputed points, except on measuring (done by the thirds).

If they are unable to agree, the dispute will be settled by the umpire. In the fours game, the third will be the measurer and the second will be the scorer. The Skipper is the director of the head except when bowling; then, the third is the director of the head.

### LOCATION OF PLAYERS

The directors of the head stand at the jack end of the carpet. All players, except the skippers, must remain at the delivery end until the skippers are due to bowl, and they will then change ends.

All players, except those controlling play, will stand or be seated beyond the end of the carpet at the delivery end or beyond the end of the carpet at the jack end if the players have changed ends. The skippers, after having changed ends will remain beyond the end of the carpet at the delivery end. The player controlling play for the team that has possession of the carpet may stand behind the carpet at the jack end or along either side of the carpet provided they remain less than 15 feet from the end of the carpet at the jack end. The player controlling play for the team that does not have possession of the carpet must stand beyond the end of the carpet at the jack end.

### BOWLING THE JACK

If the jack, when bowled, runs off the carpet either at the ends or the sides, or if no part of it reaches the line 20 feet from the delivery end of the carpet, it will be sent back for the opponent to bowl it. After each leader has had one unsatisfactory throw, the jack will be placed approximately 24 feet from the delivery end of the carpet and in the centre of the carpet. The opponent's throwing of the jack will not affect the order of playing of the bowls. If the jack, when



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bowled, comes to rest on the carpet between the line 20 feet from the delivery end and the front of the rectangle at the jack end, it will be placed at the centre of the carpet at a point opposite that at which it came to rest. If the jack, when bowled, comes to rest on the carpet at a point further from the delivery end than the front line of the rectangle at the jack end, it will be centred at the front of this rectangle. If at any time the jack is shifted by play and rebounds so that it comes to rest less than 15 feet from the delivery end of the carpet, the end will be dead and will be replayed.

### DELIVERING THE BOWL

At the moment of delivery, a player must have at least part of one foot within, and on the footer. No portion of either foot may be on, or over, any portion of the carpet except the footer area. Any portion of either foot which is not on the footer must be outside the carpet. At the moment of releasing the bowl, a player must have the hand delivering the bowl within the boundaries of the delivery rectangle. The bowl need not contact the carpet before passing outside the delivery rectangle. The bowl must pass wholly over the front line of the delivery rectangle. It is permissible to deliver a bowl in such a way that the natural bias does not operate except that a bowl may not be delivered disc-over-disc. A bowl that comes to rest less than 10 feet from the delivery end of the carpet, or outside the boundaries of the carpet, is dead and will be removed. If a player bowls an opponent's bowl by mistake, it will, when it has come to rest, be replaced by one of his own bowls.

**DELIVERING THE JACK:** The rules that govern the delivery of a bowl as to the footer and the delivery rectangle, will also apply to the delivery of the jack. If a player infringes these rules, the jack will be considered as improperly delivered.

**JACK IN COURSE:** If a jack in course is obstructed or deflected by a neutral object or neutral person or by an umpire, opponent, or a member of the opposing team, it will be redelivered by the same player. If it is obstructed or deflected by a member of the player's own team, it will be redelivered by the Lead of the opposing team.

**MOVEMENT OF JACK:** If a jack is diverted from its course while in motion on the carpet as the result of play, or displaced while at rest on the carpet by one of the players, the opposing Skipper will restore the jack to its former position or allow it to remain where it rests and play the end to a finish, or declare the end dead.

**BOWL IMPROPERLY DELIVERED:** Should a player deliver a bowl not in accordance with earlier provisions of these laws, the umpire may, after having given a warning, have the bowl stopped and declared dead. If the bowl has come to rest and has not disturbed the head, the bowl will also be declared dead. If the bowl has disturbed the head, the opponent will have the option of either re-setting the head; leaving the head as altered; or declaring the end dead.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**MOVEMENT OF BOWLS:** If a bowl, while in motion or at rest on the carpet, is interfered with or displaced by one of the players, the opposing Skipper will have the option of:

- a) Restoring the bowl as near as possible to its original position
- b) Letting it remain where it rests
- c) Declaring the bowl dead
- d) Declaring the end dead

If a bowl in its original course is interfered with by a neutral person or object and it has not disturbed the head, it will be replayed. If it has disturbed the head, the two Skippers will agree on the replacement of the head. If they are not able to agree, the end will be declared dead.

If the head is disturbed by a neutral object or person, the two Skippers will agree as to the replacement of the head. If they are unable to agree, the end will be declared dead.

If a bowl or the jack is inadvertently moved while being measured, it will be replaced by the opposing measurer. If the movement is caused by an umpire, the umpire will make the replacement.

### MEASURING

After all of the bowls have been played and come to rest, the measurers will decide the result. If the measuring is necessary, it may be carried out by either measurer. If the opposing measurer is not satisfied, he may then measure himself. If the measurers are not in agreement, they will call the umpire whose decision is final. One point is allowed for each bowl nearer the jack than the nearest bowl of the opponent. If the nearest opposing bowls are equidistant from the jack, the end is a tie and no score is recorded although it will count as an end.

### PENALTIES FOR TAKING THE JACK OFF THE CARPET

Leader.....	1 point
Second.....	2 points
Third.....	3 points
Skipper.....	4 points

The points will be added to the score of the opposing team, and the end will count as an end played.

Exception: The final end will be replayed if the jack is knocked off the mat and penalties will apply.

NOTE: In all cases, the team throwing the first in the end in which penalties were incurred, will throw first in the next end.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### DEFINITIONS

*Bowl in Course or Jack in Course:* a bowl or jack from the moment it is released from the hand until it comes to rest.

*End:* the playing of the jack and all the bowls of all the opponents in the same direction.

*Head:* the jack and such bowls as have come to rest on the carpet and are not dead.

*Displaced as applied to a jack or bowl:* disturbed by any agency that is not sanctioned by these laws.

### MEASURING CONDITIONS

The measurement will be made to the nearest point of each object. No measuring will be allowed until all the bowls in an end have come to rest. When the last bowl has come to rest, half a minute will elapse, if either team desires, before the shots are counted. If a bowl requiring to be measured is resting on another bowl that prevents its measurement, the best available means will be taken to secure its position, whereupon the other bowl will be removed.

The same course will be followed where more than two bowls are involved, or where, in the course of measuring, a single bowl is in danger of falling or otherwise changing its position.

If a bowl is not stabilized and it changes its position on its own accord before being measured, its changed position will apply.

No bowl will be removed without first receiving the consent of the opposing measurer.

*Nothing in these laws will be deemed to make it mandatory for the last player to play his last bowl in any end; but, the player will declare to his opposing Skipper his intention to refrain from playing it before the commencement of determining the result of the end and this declaration will be irrevocable.*

### PLAY IRREGULARITIES

When a player has played before his turn, the opposing Skipper will have the right to stop the bowl in its course and it will be played in its proper turn; but, in the event of the bowl so played having moved or displaced the jack or bowl, the opposing Skipper will have the option of allowing the end to remain as it is after the bowl so played comes to rest or having the end declared dead.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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If the result of an end has been agreed upon or the head has been touched in the agreed process of determining the result, then a player who forfeits or has omitted to play a bowl will forfeit the right to play it.

A player who has neglected to play a bowl in the proper sequence will forfeit the right to play such bowl, if a bowl has been played by each team before such mistake was discovered.

If, before the mistake is noticed, a bowl has been delivered in the reversed order and the head has not been disturbed, the opponent will then play two successive bowls to restore the correct sequence. If the head has been disturbed, the opposing Skipper will have the option of allowing the end to remain as it is after the bowl so played has come to rest or having the end declared dead.

If a bowl delivered out of the proper sequence drives the jack off the carpet, the end will be declared dead and penalties will be assessed in accordance with earlier provisions of these laws.

No player or spectator will be permitted to interfere with a player in any way while a player is in the process of delivering his bowl.

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**CYCLING****AGE CATEGORIES**

55+	Recreational - Men & Women	1 of each gender per district
65+	Recreational - Men & Women	1 of each gender per district
70+	Recreational - Men & Women	1 of each gender per district
55+	Competitive - Men & Women	1 of each gender per district
65+	Competitive - Men & Women	1 of each gender per district
70+	Competitive - Men & Women	1 of each gender per district
<b>TOTAL</b>	<b>12 Persons</b>	per district

**MEDALS**

12 Gold/ 12 Silver/ 12 Bronze

**Recreational Cycling:**

1. Time Trial distance 10 kilometres - all age groups.
2. Road race distance 20 kilometres, all age groups EXCEPT Women - 70+ is 15 kilometres.
3. Cyclists may compete in one or both of the recreation events, but may not compete in the competitive cycling events.

**Competitive Cycling:**

1. Time trial distance 40 km – all age groups.
2. Road race distance 60 km – all age groups – EXCEPT – Women 70+ is 50 km.
3. Competitive cyclists may compete in one or both of the competitive events but may not compete in the recreational cycling events.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**RULES AND PLAYOFF INFORMATION**

1. Cyclists must provide their own bicycles and regulation helmets.
2. All cycling time trial events are to start at one-minute intervals. All cycling events should be held on a loop or a straight "There and Back". No allowances will be made for mishaps, mechanical or otherwise.
3. Starting order is by random selection.
4. Cyclists must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
5. No restarts are permitted.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**DARTS (501)****AGE CATEGORIES**

Women	55+	Men	55+	2 of each per district for each gender
	70+		70+	2 of each per district for each gender

**TOTAL**      **8 persons** per district

**MEDALS**

16 Gold/ 16 Silver/ 16 Bronze

**COMPETITION**

Women	Singles	Men	Singles
Women	Doubles	Men	Doubles
Mixed	Doubles		

**RULES AND PLAYOFF INFORMATION**

1. Entry for the Provincial Games will be based on district results from singles competitions. **Those qualifying will then form pairs, within their age categories, to play doubles and mixed doubles.** Each qualifying competitor should indicate his/her partner's name for the doubles and for the mixed doubles competitions on his/her registration form.
2. In the event of a tie between two or more players who will all advance to the knockout playoff round regardless of the tie-breaker results, final positions shall be determined by count back; that is, on the basis of the games played amongst each other in the round robin. See National Darts Federation Canada (NDFC) Rules for variations according to the number of players involved. Refer to: [www.ndf.ca](http://www.ndf.ca)

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**EQUIPMENT AND FACILITIES**

1. A clock-type dart board with 20 segments divided by wire will be used
2. The centre of the dartboard is 5 feet 8 inches from the floor with the "20" division uppermost.
3. An imaginary line running from the middle of the "20" division, through the middle of the bull to the floor, should be vertical.
4. The minimum throwing distance is 7 feet 9 1/2 inches.
5. The toe line (oche) is 3 feet long, running parallel to the board and clearly marked.
6. Players must bring their own darts. The weight, length and configuration must conform to the specifications set by the NDFC Rules.



## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### DUPLICATE BRIDGE

#### AGE CATEGORY

55+	8 teams per district	2 person teams, mixed or single gender
<b>TOTAL</b>	<b>16 persons</b>	8 teams per district

#### MEDALS

2 Gold/ 2 Silver/ 2 Bronze

#### RULES AND PLAYOFF INFORMATION

1. The provision of the *Laws of Duplicate Bridge*, as published by the American Contract Bridge League shall apply. [www.acbl.org](http://www.acbl.org)
2. Teams must enter with a partner.
3. After each match, a team scorecard must be signed by one member of the opposing team.
4. Standard Duplicate Bridge scoring will be used.
5. The Howell system format will be played. In the event of a tie after completion of tournament, an additional four hands shall be played.
6. A qualified official to ensure fair play for all will oversee the competition.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### FLOOR CURLING

#### AGE CATEGORIES

55 +	1 team per district	4 person teams, mixed or single gender
70 +	1 team per district	4 person teams, mixed or single gender
<b>TOTAL</b>	<b>8 persons</b>	2 teams per district

#### MEDALS

8 Gold/ 8 Silver/ 8 Bronze

#### RULES AND PLAYOFF INFORMATION

1. A round robin tournament format to be used. If two teams are tied after a complete round robin, a four end game will be played.
2. Games will consist of eight ends.
3. Teams will consist of four players. In the event of illness or accident during competition the Host City or District will provide a replacement.
4. The length of the floor space available will determine the length of the playing surface. The standard rink should be 36 feet in length and 8 feet in width; however, if the playing surface available is less than 36 feet, then the length will have to be reduced accordingly.
5. Circles 27 inches in radius are drawn in each end. The centre of the circle is located 45" from the middle of the end line and should be indicated by a circle or button 3½ inches in radius. Hog-lines are marked across the rink 6 feet from the edge of the circle. A toe-line is marked on each end line 27 inches each way from the centre of the end line. The toe-line is, therefore, 54 inches in length and directly behind the circle of 54 inches in diameter. The player when delivering her/his rock must stand behind this toe-line, within the 54 inch distance and directly behind the circle.
6. The Third players are responsible for deciding and recording the score. Rocks must not be removed until agreement has been reached by the Thirds. If there is any doubt, then the official umpire or Draw Master should be called into measure.
7. A pair of callipers or compasses should be used for measuring the distance that rocks are from the centre button in determining which team scores.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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8. The rock is delivered from a standing position (see Modified Rules for the Disabled). No step or slide may be taken. Both feet of the player must be inside the marks on the sides of the toe-line, directly behind the circle and the player must stand immediately behind the toe line. The rock must be delivered inside the markers on each side of the toe-line.
9. The Skip, while directing play, must not touch her/his team's nor the opponents' rocks during play nor shall Skips allow any rocks to touch them.
10. Rocks shall be taken from play if:
  - a) The delivering player steps over the toe-line.
  - b) The rock strikes the side boundaries of the rink or border of end lines outside the toe-lines. NOTE: If a rock bumps another rock after bouncing off the sides, then the rock so bumped shall be put back as close as possible to its former position.
  - c) The rock does not completely cross the hog-line.

NOTE: If the rock being delivered strikes another rock that is just immediately over the hog-line, that rock being delivered is in play even though it may not be completely over the hog-line.

- d) The rock is completely over the toe-line.

NOTE: Rocks resting between the circle and the toe-line are still in play as it is possible that rocks played later may come to rest in a scoring position.

- e) A rock being delivered comes to rest on its edge, handle or another rock.

NOTE: A rock that is delivered rolling or upside down is termed an illegal delivery. However, if the rock being delivered on its handle or side rights itself before crossing the second hog-line, such rock is considered to be in play. The Skip of the player making an illegal delivery shall make every effort to stop and remove from play such rock (between hog-line and house) before it comes in contact with any rocks in play.

- f) If a rock is delivered legally but is overturned AFTER striking rocks already in play, the delivered, overturned rock must be removed and other rocks moved by that rock will remain in play in their new positions.
- g) If in the opinion of the Umpire or official, a rock is delivered in an unorthodox manner, such rock shall be removed from play.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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If Skip or Vice-Skip accidentally moves a rock(s), such rock(s) shall be placed as close as possible to original positions; decisions to be made by Skips or Vice-Skips.

If Skip or Vice-Skip moves her/his team's rock(s) with stick or feet to gain advantage, then such rock(s) shall be removed from play.

Similarly, if Skip moves opponents' rock(s), then the opposing Skip shall place her/his team's rock(s) back to original position. Under no circumstances shall the rock(s) in question be removed.

**11. Scoring shall be:**

- a) If any rock(s) in play is/are moved by a rock diverted from an adjoining rink, such rock(s) in play shall be placed as close as possible to original position.
- b) If a rock in delivery upsets a rock already in play, such rock already in play shall be righted and placed in its former position.
- c) If Skips cannot agree on any of the above circumstances, then the official Umpire and/or Drawmaster intervene to make binding and final decisions.
- d) The rock or rocks belonging to one team, which are closer to the centre of the house than any of their opponents, shall score a point for each rock in that end.
- e) No rocks to be removed until agreement is reached.
- f) If there is doubt, then the Umpire or Drawmaster shall be called to measure. A pair of callipers or some other measuring device should be used for measuring. Her/his decision is final.
- g) Thirds are responsible for deciding and marking the score.

**12. Delivery Sticks**

The use of "delivery sticks" to aid in the delivery of the rock is acceptable. The stick is not intended to create an advantage for a player; instead, the intent is for him/her to continue to play the games. The delivery stick must not exceed 45" in length. The delivery stick must work with the handle of the rock, and the rock must be released within 18" past the toe-line towards the circle.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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## 13. Modified Rules For The Disabled

We have in mind persons who because of accidents or other ailments are unable to deliver their rocks in a standing position. Such persons should be permitted to deliver the rocks in a position which best suits them, whether sitting in wheelchairs, ordinary chairs or stools; even to resting their knee, if kneeling, or knees on the floor. Front wheels and legs of chairs, and the person's knee must be immediately behind the toe-line, otherwise standard rules and common sense prevail.

**TIE-BREAKING RULES**

If, after a round robin, *two teams* are tied among those eligible for medals, a four (4) – end game shall be played to determine the winner.

If, after the round robin, *more than two teams* are tied among those eligible for medals, the following tie-breaking procedure will apply:

1. If a three-way tie exists, go to the most wins in the round robin.
2. If a three-way tie still exists, go to “who beat whom” in the round robin (among those tied).
3. If a three-way tie still exists, go to total of *points scored* in the round robin.
4. If a three-way tie still exists, go to each curler on all three teams throwing one rock, measure the distance of each rock from the centre and the team with the least total distance would be in 1<sup>st</sup> place next least would be 2<sup>nd</sup> place and the longest distance would be 3<sup>rd</sup>.
  - a) If the three teams were tied for 2<sup>nd</sup> and 3<sup>rd</sup> place, 1<sup>st</sup> place from the measured round would receive the 2<sup>nd</sup> place finishing for the playoff and the 2<sup>nd</sup> and 3<sup>rd</sup> place finishers from the measured round would playoff for the 3<sup>rd</sup> and final position in the playoff.
  - b) If the three teams were tied for 3<sup>rd</sup> place, 2<sup>nd</sup> place from the measured round would play 3<sup>rd</sup> place with the winner advancing to a playoff against the 1<sup>st</sup> place finisher in the measured round. The winner of this game would be the 3<sup>rd</sup> place competitor in the playoff round.

Note: No team is eliminated by the measurement competition; the finishing places in this competition simply determine the competition position for playoff positions available.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**FLOOR SHUFFLEBOARD****AGE CATEGORIES**

55 +	Open Pairs	2 teams per districts	2 person teams, mixed or single gender
70 +	Open Pairs	2 teams per districts	2 person teams, mixed or single gender

<b>TOTAL</b>	<b>8 persons</b>	4 teams per district
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**MEDALS**     4 Gold/ 4 Silver/ 4 Bronze

**RULES AND PLAYOFF INFORMATION**

1. A game will consist of 8 frames. A frame is when all four competitors have played their discs. The choice of disc colour will be decided by the toss of a coin.
2. All competitors will be allowed 4 non-interrupted practice shots.
3. In doubles, the 2 partners stand at opposite ends of the court facing each other throughout the game and shall not leave their own end until the game is completed.
4. To start a game: Yellow discs will be placed on the right hand side of the court. All discs will be placed in the 10 off area. Yellow disc is shot first. Play alternates yellow then black until discs are all shot.
5. Discs must be launched from anywhere within the shooting player's half of the court area. Competitors change sides halfway through the game and play with the same colour of disc for all the frames.
6. The shooting competitor's feet must not come in contact with the baseline or step over at any time during the execution of the shot. Penalty - 10 off.
7. A disc which stops in the area between furthest deadline and starting area is dead, and shall be removed before further play. If a disc is touching furthest deadline, it is in play. A delivered disc coming in contact with a disc touching the deadlines becomes a dead disc and is removed unless this disc is also in contact with the deadline.
8. Any disc that clearly leaves the court beyond the furthest baseline or comes to rest outside the sideline is a dead disc.
9. A disc that stops beyond the furthest baseline or beyond the sideline shall be removed.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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10. A disc or discs returning to or remaining on the playing area of the court, after having struck an object outside the playing area, shall be removed from further play.
11. The baseline is the line continuing on the outside of the court for 6 feet 6 inches at each end and also the line signifying the end of the court at each end.
12. SCORING: After all 8 discs have been shot, the score is counted. A disc scores in the area in which it comes to rest. Discs touching a division line do not score.
13. Discs cannot be removed until the scorekeeper or umpire has verified the score. The penalty for this infraction will be: movement of own disc then that disc will not be counted; removal of opponents disc then the disc will be put back as close as possible to previous position.
14. A standard playing court measuring 6 feet in width and 52 feet in length will be used. The playing area should be 39 feet in length from baseline to baseline.
15. If a team shows up more than 5 minutes late for the tournament start and is scheduled to play it will default that first game.
16. If a team defaults a game during tournament play, it will be disqualified from the tournament.

**FLOOR SHUFFLEBOARD COURTESIES**

1. After a competitor has shot, he or she should take at least one step to the rear and hold his/her cue in an upright position. The competitor must not interfere in any way with his/her opponent.
2. A competitor must wait until opponent's disc comes to rest before shooting.
3. Any remark or motion to partner that indicates coaching is prohibited.
4. Competitors must not make remarks to disconcert opponents' play.
5. Competitors must not leave court except with opponents' permission.
6. Competitors must not intentionally delay or stall a game.

**OFFICIALS**

There will be a head judge identified at the start of the tournament. Scorekeepers will be provided for each game.





## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

HORSESHOES

## AGE CATEGORIES

Women	55+ (30 ft)	2 in each class	6 per district
	65+ (30 ft)	2 in each class	6 per district
Men	55+ (40 ft)	2 in each class	6 per district
	65+ (30 ft)	2 in each class	6 per district
	65+ (40 ft)	2 in each class	6 per district
<b>TOTAL</b>	<b>30 persons</b> per district		

## CLASSES

A	40% and over	play to 40 points
B	25% to 39%	play to 40 shoe games
C	0% to 24%	play to 40 shoe games

## MEDALS

15 Gold/ 15 Silver/ 15 Bronze

## RULES AND PLAYOFF INFORMATION

1. Men 65 years and over will have the option of throwing from 40 feet to 30 feet. A player throwing from less than 40 feet may throw a distance anywhere between 40 and 30 feet. **Men 65+ must register their distance at the same time as they register their percentage.** (Canadian Horseshoe Rules). [www.horseshoecanada.ca](http://www.horseshoecanada.ca)
2. Women throw 30 feet.
3. If a competitor steps over the 30 feet or 40 feet foul line, a foul shall be called as noted in the Horseshoe Rulebook.
4. Where possible a round robin draw will be used for playoffs and finals. Winners are declared according to best record of wins.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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5. Ties:
- 2 way tie      one game playoff
  - 3 way tie      highest percentage gets a bye and plays winner of game between the other two
  - 4 way tie      a) highest percentage plays lowest  
                    b) second highest plays 3rd highest  
                    c) winner of a) plays winner of b).
6. Throw 50 shoes regularly to establish your percentage. If a player does not have a ringer percentage, he or she must throw 50 shoes prior to the district playoff to determine a percentage. This must be done in the presence of a representative of the SSFA Provincial Games Committee. If the competitor's percentage is listed in the Horseshoe Pitchers' Association Schedule, this percentage must be used.
7. Ringer percentages must be kept for all games and given to the official scorekeeper immediately after each game.
8. A competitor in a higher Class percentage, i.e. Class A may not compete in a lower Class.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### ICE HOCKEY

#### AGE CATEGORIES

55+	Open	Maximum 18 person team per district
60+	Open	Maximum 18 person team per district
65+	Open	Maximum 18 person team per district

**TOTAL**      The maximum number of teams per district is unlimited.

Saskatchewan Senior Fitness hockey players acknowledge that there is a risk of being injured when playing the game of hockey. It is the team's responsibility to be physically conditioned.

#### **MEDALS:**

54 Gold/ 54 Silver/ 54 Bronze

#### **RULES AND REGULATIONS:**

1. The rules of play shall be that of the Canadian Adult Recreation Hockey Association (CARHA) Rulebook.
2. Each team can have up to 18 players on its roster, but must dress a minimum of 11 players, including a goaltender, in order to participate.
3. The home team status will have been pre-determined by a coin toss and identified on the schedule prior to any team being slotted on the schedule.
4. The home team will wear light-coloured jerseys or colours that do not conflict with the visiting team's colours. It is recommended that if possible, teams bring two sets of jerseys to avoid colour conflict.
5. All games will be two (2), twenty (20) minute periods of stop time. Prior to the start of each game there will be a five (5) minute warm-up. At the conclusion of the warm-up each team must have eleven (11) eligible players ready to play. **FAILURE TO COMPLY WILL RESULT IN FORFEITURE.** The score will be 5-0 {Rule 16(a)}.
6. All games must be played to a conclusion. If teams are tied at the end of regulation, a five (5) minute stop time, sudden death overtime period will be played.
  - a) The overtime will be played four (4) on four (4).
  - b) If the teams are tied at the end of the overtime period, the game will be decided by a shoot-out (see CARHA shoot-out rules).

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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7. A player is allowed to score only three goals in regulation time. If a fourth goal is scored it will be disallowed and the face-off shall take place at the nearest face-off spot in the neutral zone.
8. The above three-goal rule pertains to regulation time only. Three goal scorers are eligible to score in sudden-victory overtime or in the shoot-out.
9. The goaltenders' masks must comply with the Canadian Adult Recreational Hockey Association (CARHA) Rulebook ("cat eye" goalie masks are illegal).
10. Referees are to report all Game Misconducts and Match Penalties to the Protest Committee at the conclusion of that particular game. Named player, coach or manager shall be suspended from all succeeding games until the case is reviewed and dealt with by the Protest Committee. Any player receiving a Fighting Major or Match Penalty may automatically be disqualified for the balance of the tournament.
11. Any player who is assessed any combination of three penalties (minor or major) shall be ejected from the game (match penalty). Depending on the circumstances, he may be able to play in the next game at the discretion of the Protest Committee.
12. Except for the 55+ Age Category, all goaltenders may be five years younger than the age category in which they might normally play.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### MILITARY WHIST

#### AGE CATEGORY

55+                      2 teams per district      (4 person team, mixed or single gender)

**TOTAL                      8 persons                      2 teams per district**

#### MEDALS

4 Gold/ 4 Silver/ 4 Bronze

#### RULES AND PLAYOFF INFORMATION

##### 1. Preparations for the Game:

- a) Tables should be arranged and numbered from one to the last table needed in a circular pattern for ease of movement of players during the course of play.
- b) A set of 12 small markers or flags should be prepared for each table to be used. (Suitable tones are actual tiny flags or ones made with cloth or crepe paper fastened to toothpicks). These should be placed on a foam cup or small block of plastic foam.
- c) A deck of cards should be placed on each table. No paper scoring is necessary.

2. One person should be designated as leader to control play and to render decisions on any aspect of the game: rules, movement, awarding of prizes, setting up the players at tables, etc.

3. The number of markers or flags should be checked by the players at each table before play begins and by helpers to the leader at the end of play.

4. The winning table or team is the one that accumulates the most flags as a result of playing a pre-set pattern of play. Should there be a tie, one more hand will be played by A & B of those tied and the winner of the most tricks on that hand will be the overall winner.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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If a three-way tie exists after all hands played, additional playoff hands will be played by "A" and "B" players of the tied teams. Players from each tied team draw a card from deck, with player drawing lowest card to receive a "bye" in the first playoff hand. Ace is high; deuce is low. The other two teams play an extra single hand, with the winners of this hand going on to play an additional single hand against the team who received the "bye". The team winning this hand receives the higher standing. Trumps for all additional hands will be determined by a cut of the deck by the director of the competition.

5. Should the players of one table lose all their flags in the course of play, the leader may loan that table one or more flags to keep the game going. A careful record of this must be kept for possible return of flags to the leader.
6. Should play be necessary on two separate days, the scores will be noted and added together at the end of the second day.
7. **Basic points of the game**
  - a) The game consists of trying to win tricks. Pairs play pairs and the tricks scored by a pair become their count for the hand.
  - b) Shuffling must be done before every deal, the dealer last.
  - c) Cutting must be done towards the dealer by the player on her/his right. Should any card be exposed before the cards are dealt, the dealer must shuffle and present the deck for another cut.
  - d) The deal consists of the dealer giving out all of the cards in rotation starting with the player on her/his left. Cards shall not be picked up until the deal is complete.
  - e) It is a misdeal and must be dealt again if any card is faced in the pack; too many cards are dealt to one player; any card is exposed during the deal; anyone deals out of turn; or, anyone interferes with the dealer.
  - f) A card let or played out of turn is returned to the offender's hand with no penalty other than that her/his partner, in her/his turn, may not lead that suit.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**8. Play Information**

- a) Four players of one table form a team to defend markers or flags at their own table or to win markers or flags at another table. Two go out as indicated below and two stay at home. For convenience sake, players call themselves A, B, X, and Y. For example A and B go out to win a marker or flag. X and Y stay at home and play as partners to defend their flags. Tables are in numbered sequence.
  - b) Play follows the pre-set plan and is controlled by the leader. He/she is the final authority on any point of play.
  - c) Only a visiting team can win a marker by taking 7 or more tricks. To keep the markers at home, the defenders must win 7 or more tricks. Should the visiting team win 10 or more tricks, they take away 2 markers. Visitors return to their home tables after each hand and wait for instructions to move for the next hand.
  - d) Play ends at the conclusion of the pre-set pattern or at the direction of the leader. The winning team is the one with the most markers.
9. Common courtesy requires good sportsmanship and disclosure of any special signals to opponents. Movement of body parts to indicate a special lead is considered cheating and is not good sportsmanship.

N.B. NT Low is give-away; count opponent's tricks.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

HAND	WHO	MOVE TO	TRUMP	DEALER
1	A & B		H	B
2	X & Y		S	X
3	A & X		D	A
4	B & Y		C	Y
5	A & Y		NT LOW	A
6	B & X		H	X
7	A & B		S	B
8	X & Y		D	Y
9	A & X		C	A
10	B & Y		NT HIGH	B
11	A & Y		H	Y
12	B & X		S	X
13	A & B		D	B
14	X & Y		C	X
15	A & X		NT LOW	A
16	B & Y		H	Y
17	A & Y		S	A
18	B & X		D	X
19	A & B		C	B
20	X & Y		NT HIGH	Y
21	A & X		H	A
22	B & Y		S	Y
23	A & Y		D	A
24	B & X		C	X
25	A & B		NT HIGH	B

Place markers in fives on table. Wait for check by verifiers. Players' Names:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ Total Flags \_\_\_\_\_



## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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### VOLLEYBALL

#### AGE CATEGORY

55 +            Open Mixed

**TOTAL**        The maximum number of teams per district is unlimited  
10 players per team

#### MEDALS

10 Gold/ 10 Silver/ 10 Bronze

#### RULES AND PLAYOFF INFORMATION

The rules of Federation International Volleyball (FIVB) shall apply except for adaptations in the "Volleyball Rules Summary".

#### VOLLEYBALL RULES SUMMARY:

1. There must be 3 males and 3 females on the court at all times.
2. There will be unlimited substitutions per set. One or more players may be substituted at the same time.
3. There is no limit to the number of times a player may leave or re-enter the set as long as he/she leaves for the same player in the same position in the rotational ratio and the male/female order is maintained.
4. The method of substitution shall be left up to a team provided the method is declared at the start of a set and is used throughout the set. e.g. one to one, or rotation. The same substitution method does not need to be used by both teams.
5. Exceptional substitutions **ARE** permitted. An injured or ill player should be substituted legally. If this is not possible, the team is entitled to make an **EXCEPTIONAL SUBSTITUTION**. Any player of the same gender who is not on the court at the time of the injury/illness may substitute into the game for the injured/ill player. The replaced player is not allowed to re-enter during the set.
6. Libero players **may** be used as stated in the FIVB rules.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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7. For safety reason, a player **CANNOT** hit the ball with any part of the body below the knee.
8. Gloves and wrist supports **ARE** permitted. Track pants or shorts may be worn along with the team shirt.
9. A game (except in the deciding set) is won by the team which first scores twenty-five (25) points with a minimum of a two (2) point lead.
10. The deciding game of a match is won by the team which first scores fifteen (15) points with a minimum of two (2) point lead.
11. Only two time-outs are permitted per set.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**WASHER TOSS****AGE CATEGORY**

55+            Open Partners

**TOTAL**            The maximum number of competitors per district is unlimited.**MEDALS**                            2 Gold/ 2 Silver/ 2 Bronze**COMPETITION**

Doubles competition open to men and women.

A modified round robin format of play will be used; teams will be numbered and play as designated by the Marshall. The number of rounds to be played will be determined by the time available; at least 6 rounds is desirable. After each round of play the Marshall will designate the playing positions of the teams. The Marshall may enforce a time limit if necessary to complete a round in a timely fashion.

**RULES AND PLAYOFF INFORMATION**

1. Boxes are to be standard, "flower Shop Boxes", if possible. Teams will use washers of different colours; each team will have two washers. A standard scoring stick is required at each pitch.
2. Boxes are to be placed 20 feet apart.
3. One player from each team will be designated to toss from each end of the pitch. When tossing, the player's front foot must be behind the front of the box at that end of the pitch.
4. The player from each team will toss his/her two washers in succession, following which the score for that end of play will be determined by the players at the other end of the pitch. At the start of the game, the team to toss first will be determined by a coin toss; once a score has been made the team to score last will toss first.
5. The winning team will be the first team to reach or exceed 21 points. Note: To enable the games to proceed more quickly, the requirement for an exact score of 21 will not be used.
6. At the end of the game the winning team and the score will be submitted to the Marshall and be awarded 5 points in the competition. In the event that a game has been called for a time limit, the team with the highest score will be awarded 5 points. In the event of a tie, each team will be given 2 points.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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7. The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams for the competition will be determined by the team's point total. If an unequal number of games have been played, the team(s) with the most games will have the score from their last game taken from their total points. In the event of a tie for 1<sup>st</sup> place, the gold medal will be determined as follows:

If only 2 teams are tied and one has beaten the other in the round robin play, that one will be awarded 1<sup>st</sup> and the other team 2<sup>nd</sup> place. If they have not played in the round robin or split their games in a double round robin (if it were played), a coin toss will determine the winner. With 3 or more teams tied, straws of different lengths will be drawn, with the longest straw determining the position. Ties for the silver or gold medal will be decided in the same manner. Note: If time permits, additional games may be played to break ties.

**SCORING**

After each team's player has tossed his/her two washers, the score for that end will be determined. Only one team can score on a single end.

The score for the washer thrown is as follows:

3 points – in middle cup

2 points – inside the box

1 point – outside the box, but close enough that it can be touched by the scoring stick while the stick is touching the box.

Washers outside the box can count anywhere around the box. Leaners and/or washers that go under the box will be considered the same as a washer touching the box. Washers of different colours at equal distances outside the box cancel.

Washers of different colours in the same area, middle cup or box cancel.

For washers of different colours outside the box, the closest one to the box scores. If 3 or 4 washers are within scoring distance outside the box, a team may score 2 points if both their washers are closer than the opponent's.

**Note:** Only one team can score on an end! However, either team's washer that has not been cancelled eliminates all washers of the other team in a lower position. For example, with a yellow washer in the middle zone, a silver washer in the box and a yellow washer in the scoring area outside the box, the yellow team scores 3 only. A team's score from an end is added to that team's previous score until one of the teams reaches or exceeds 21 points. That team is then declared the winner and will be awarded 5 points in the overall competition.