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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.

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.

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 Health Form and keep this on their person throughout the games. The SSFA Health 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 Health Form must be brought to the registration desk at 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 Health Form completed. Competitors may not be allowed to compete if they have not completed the form.

The SSFA Health Forms are required by all those registered for the games (competitors and non-competitors). The information remains confidential and is available only to qualified medical personnel 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 information electronically, 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.

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.

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 five 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 Coordinator within one hour after completion of the game/event/heat. The Protest Committee will rule on technical, rules-related disputes. 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 Coordinator. The Protest Committee's decision is **final**.

In general, a protest should be verbally indicated at the time of the occurrence, then followed within one hour of completion of the event by a formal written protest. The team manager/District President for the person or persons involved should be notified so that input can be given, before any final decision is made.

The Protest Committee will be made up of the following:

- * the Games Events Chairperson (overall person in charge of Games Events)
- * the Event Coordinator (person in charge of the specific event)
- * the SSFA Games Committee Representative

VII. GAMES DATES AND DURATION

The SSFA 55+ Provincial Games will take place in the month of June 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"

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	- white 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.

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.

XIV. SSFA VALUES AND GUIDING PRINCIPLES:

We are passionate about the benefits of the SSFA Games:

- * The Games are a catalyst for promoting active, healthy lifestyles to adults 55+.
- * The Games promote social interaction and provide opportunities to support active healthy living.
- * The Games provide motivation for adults 55+ to develop and continue healthy lifestyles between Games.
- * The Games provide an opportunity for adults 55+ to try something new.
- * The Games promote positive self-esteem and potential mastery.
- * The Games enhance civic pride in a host community.
- * The Games provide a significant opportunity for community development and volunteer involvement.

Participant-Centered Games: We believe in the concept of a “participant-centered” Games, that is, respecting competitors, never forgetting they come to us by choice and planning the Games accordingly.

Senior Friendly Games: We believe that there are opportunities to provide positive experiences through careful consideration of the 55+ demographic when planning the Games.

Fun and Safe Games: We believe that the Games-related events should be fun and safe for all participants.

Balance is Key: We believe that the Games must retain a balance of physical, mental and social activities as the comradeship is truly one of the Games’ greatest outcomes and that reinforcing the sense among competitors that, “win or lose” they are all winners, is paramount. We recognize that winning is an important goal but that is not the most important objective.

Fair Play: We believe in fair play characterized by equity, integrity, trust and respect.

Proper Planning: We believe in proper planning to ensure maximum efficiency and effectiveness of the SSFA, its programs and resources.

Inclusion and accessibility: We believe that both inclusion and accessibility are essential to successful Games.

Accountability: We believe that the SSFA must strive to be accountable and responsive to the needs of Games competitors, partners and stakeholders and we must deliver on what we say.

XV. SMOKING / ALCOHOL / SCENT FREE AND WHEELCHAIR ACCESSIBILITY

- a) All indoor venues will be smoke/vaping and scent free in the specific area of play.
- b) Participants may not consume alcoholic beverages during the time they are engaged in active event competition.
- c) All venues are to be wheelchair accessible or that provisions are made to assist people requiring it.

XVI. CONDITION OF PARTICIPATION

As a condition of participating in the SSFA 55+ Games, competitors and non-competitors provide personal information to determine eligibility, age category, schedules of play, appropriate level of competition and to report results of the 55+ Games. The SSFA Board members, the Host Committee members, and volunteers will not use or disclose member, competitor or volunteer personal information for any additional purposes unless consent is received.

The Competitors and non-competitors must sign the District/Provincial 55+ Games Registration Form with the compulsory waiver, authorizing organizers to use “Written Materials, Photographs and Videography” and the “Release, Waiver and Assumption of Risk”. This agreement has important provisions which limit the liability of the organizers. This acknowledges that the SSFA and the SSFA Host Committee will not be responsible for any medical and health care costs incurred.

The Competitor and non-competitor must complete a SSFA Health Form and is worn inside the name tag for the duration of the games. The Health Form will be available to qualified medical personnel to assist them in case of an emergency.

XVII. SSFA POLICIES (Refer to Policies and Procedures Manual, www.ssfa.ca)

a) Code of Conduct Policy – Item #55

The Code of Conduct is designed to allow the SSFA to preserve its long tradition of integrity and credibility with the public and within the Association. Also, to ensure a safe and positive environment by making individuals aware that there is an expectation of appropriate behavior consistent with this code. The Code of Conduct applies but not limited to members, competitors, non-competitors, coaches, administrators, officials, event coordinators, volunteers, and managers. Any violation of the Code of Conduct or any behavior contrary to the spirit of the SSFA 55+ Games and other SSFA programs and activities will be subject to disciplinary action.

The type of discipline will depend on the severity of the infraction and may result in full suspension of the Games privileges, including removal from competition or removal of a volunteer.

b) Conflict of Interest Policy – Item #56

All actions or decisions by members of the SSFA Inc. Board, the SSFA 55+ Games Host Committee and volunteers must be based on an impartial and objective assessment of the organization's interest in the situation, without regard to any gifts or favours from outside interest that could adversely affect, or be seen by others as possibly affecting, their judgement.

In the event that such matters arise, the person shall formally disclose the interest, refrain from attempting to persuade or influence other persons participating in the decision, and shall not cast a vote on the matter.

c) Discipline and Complaint Policy – Item #57

This policy defines a process and an opportunity to resolve conflict of interest issues, a conflict or complaint quickly, fairly and without reprisal.

d) Appeal Policy – Item #58

Any individual who is directly affected by an SSFA decision will have the right to appeal that decision; provided the appeal fall within the jurisdiction of this Policy and there are sufficient grounds for the appeal under the "Grounds for Appeal" section of this Policy.

e) Alternate Dispute Resolution Policy – Item #59

This Policy applies to all disputes within the SSFA when all parties to the dispute agree that such a course of action would be mutually beneficial.

f) Gender Inclusion Policy – Item #62

This policy aims to set the conditions by which the SSFA and 55+ Games Host Organization will create a safe and welcoming environment that values the individuals' identity and gender expression. This goes beyond an exclusive focus on eligibility consideration existing human rights legislation.

Round Robin Tournament Format

Appendix "A"

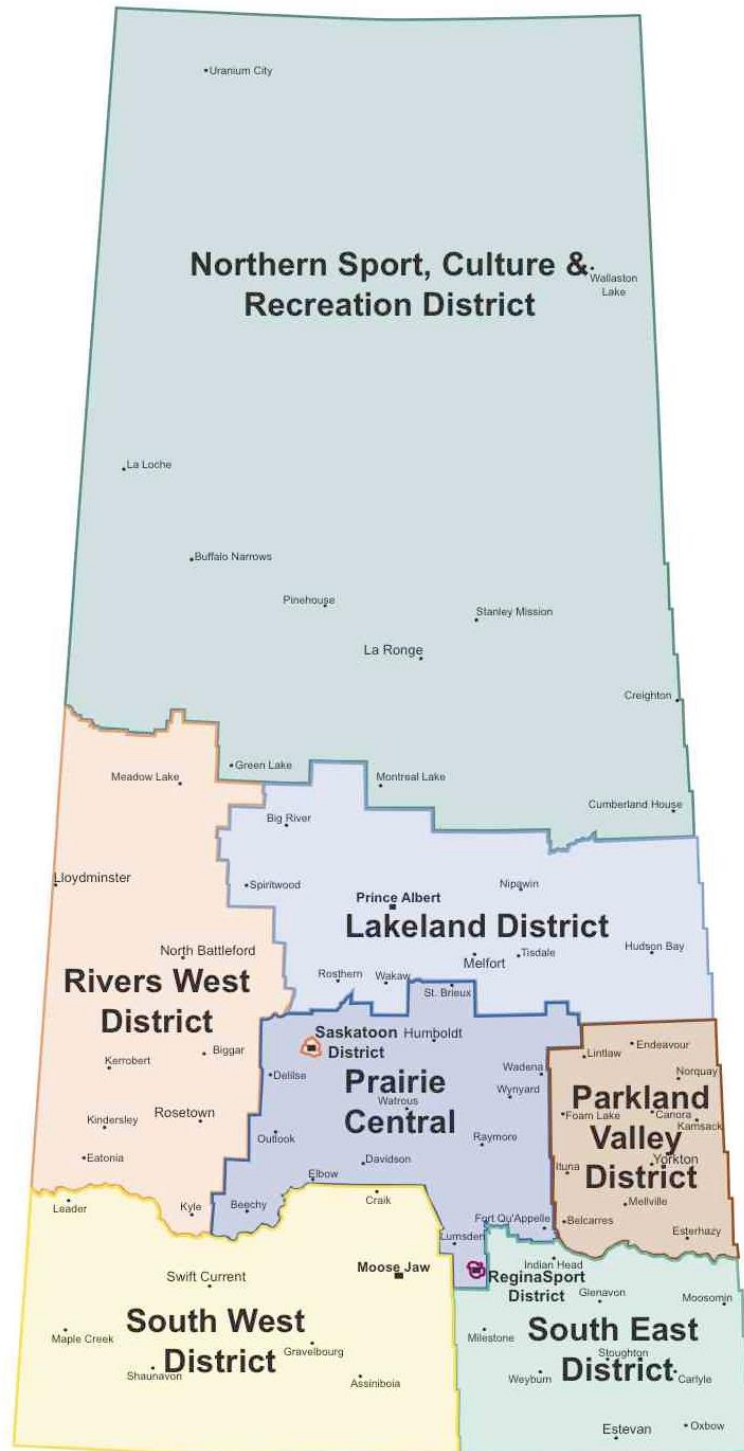
# of Teams	1	2	3	4	5	6	7	8	9	10	11	12
3	1-2	1-3	2-3 (3 games)									
4	2-1	4-2	4-1									
	3-4	1-3	2-3 (6 games)									
5	1-4	3-1	5-3	2-5	4-2							
	2-3	4-5	1-2	3-4	5-1							
	5 Bye	2 Bye	4 Bye	1 Bye	3 Bye (10 games)							
6	2-1	3-4	6-4	4-1	5-6							
	3-6	6-1	2-3	5-3	1-3							
	4-5	2-5	1-5	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. Free printable brackets, round robin and win/losses charts are available on this website.

SPORT AND RECREATION DISTRICTS & REGIONS

Saskatchewan District Map



FIVE PIN BOWLING

AGE CATEGORIES

Singles: Scratch

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)
TOTAL	28 (4 teams of 5 persons – pins over average) (4 individual scratch per district per gender)

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 competitions.

28 Gold/ 28 Silver/ 28 Bronze

RULES AND PLAY-OFF INFORMATION

1. Format in all rounds for the team events is based on pins over average.
2. Pins over average bowlers must provide their league average sheets(s), with minimum of 24 games from all leagues they bowl in. Computer print-out must be a complete page. If a bowler does not have a qualifying average, that bowler can compete only in the singles scratch.
3. In District Play-offs, men and women shall choose Scratch or POA and bowl in that event.

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 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, and the team beating the total of their averages by the most pins shall be declared the winners.

6. Medals shall be presented to each scratch 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.
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 150 and female is 130.

BRIDGE – CONTRACT

AGE CATEGORY

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

TOTAL 20 persons 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.

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

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 ST 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)

PENALTIES – UNDERTRICKS (NOT VULNERABLE):

	Down	not doubled	doubled	redoubled
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):

	Down	not doubled	doubled	redoubled
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

CRIBBAGE

AGE CATEGORY

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

TOTAL **20 persons** 10 teams per district

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.

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.

- 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.

GOLF

LOW GROSS COMPETITION

Women:	55+	Men:	55+	5 of each gender per district
	65+		65+	5 of each gender per district
	70+		70+	5 of each gender per district
	75+		75+	5 of each gender per district
	80+		80 +	5 of each gender per district
	85+		85+	5 of each gender per district

LOW NET COMPETITION

Women:	55+	Men:	55+	5 of each gender per district
	70+		70+	5 of each gender per district

CALLAWAY – MODIFIED COMPETITION

Women:	55+	Men:	55+	5 of each gender per district
	70+		70+	5 of each gender per district

NOTE: Callaway - Modified or Low Gross Golfers do not need to submit their index.

TOTAL: 64 persons per district (All Golf events)

MEDALS

16 Gold/ 16 Silver/ 16 Bronze (Regular Golf)

4 Gold/ 4Silver/ 4 Bronze (Callaway - Modified 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) the golfer's current index **MUST** be maintained and available for viewing on the **GOLF CANADA** website for the Host Committee to verify at the time of registration for the Games, 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.
- 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. **Handicap must also be on the GOLF CANADA website.**
- 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. Men in the 70+ age category, as well as all age categories beyond 70+, can tee-off from the "forward tees" if they so choose; this applies for all events.
- 10. In the case of a tie, the retrogression method will be used.
- 11. Golf Canada rules will apply.

RULES AND PLAYOFF INFORMATION – Callaway – Modified System

1. 36 holes stroke play with 18 holes per day. Callaway – Modified System to determine winners.
2. For Callaway – Modified. Dependant on the golfer's score, a certain number of holes will be deducted from their gross score to determine an “index”. The holes used for this deduction will be pre-determined prior to the commencement of play, but golfers will not be informed of which holes they are until after the competition is completed. No more than 'double Par' can be deducted for any full hole taken off. The Modified Callaway Scoring System is depicted in the table below.

NOTE: The normal Callaway Scoring System has been modified to ensure that the golfers play the game, not the system.

3. Groups may consist of two, three or four golfers, depending on the number of registered. If practical, players from the same district will not play in the same group. Groups will be men or women, but not mixed.
4. Medals will be awarded to both men and women in all age categories and in all events

MODIFIED CALLAWAY SCORING SYSTEM (THIS TABLE IS FOR A PAR 70 COURSE)

a	b	c	d	e	Handicap Adjustment
68	69	70	71	72	no handicap
73	74	75	76	77	½ worst hole
78	79	80	81	82	worst hole
83	84	85	86	87	1-1/2 worst holes
88	89	90	91	92	2 worst holes
93	94	95	96	97	2-1/2 worst holes
98	99	100	101	102	3 worst holes
103	104	105	106	107	3-1/2 worst holes
108	109	110	111	112	4 worst holes
113	114	115	116	117	4-1/2 worst holes
118	119	120	121	122	5 worst holes
123	124	125	126	127	5-1/2 worst holes
128	129	130	131	132	6 worst holes
133	134	135	136	137	6-1/2 worst holes
138	139	140			7 worst holes
-2	-1	0	+1	+2	Handicap Adjustment

5. All Player's scores are adjusted to a maximum of twice Par on all holes.
6. Look up the adjusted score in the table (**page 26**) and see the number of holes to deduct. Round up. If a player has a deduction of ½ hole and their designated hole score is a 7 then they may deduct 4 (3.5 round up). Once the deductions are made look in the column where the adjusted net score scored is found and apply the number in the bottom row.
7. The scores on the last two holes played may not be used for adjustments. If a **shotgun start** is used, the scorecard must clearly indicate which hole the golfers started out on.

SAMPLE SCORECARD, using the Callaway – Modified Scoring System

Hole #	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	In	Total
Par	4	4	4	3	4	5	3	4	3	34	4	5	3	4	4	3	4	5	4	36	70
Score	8	7	6	4	5	7	6	5	9	57	7	6	5	7	8	7	8	6	5	59	116

The player scored a 9 on the Par three 9th hole. We adjust this down to twice Par which makes it a 6 and we deduct the adjustment (3) from the total score. The adjusted total for this golfer is 113 (116-3).

113 lies in a row in the table (**on Page 26**) which shows this golfer gets to subtract the first 4-1/2 holes pre-designated by the tournament officials.

As an example:

Let's say the first five holes designated by the officials were #'s 4, 7, 9, 13, & 16. Looking at the scorecard above, we would then deduct the following scores [4, 6, 6, 7, & 4 (half of 8) =27], which applied to the adjusted gross score would be 113 – 27 = 86. Going back into the table (**Page 26**), we find 86 in Column **d**. **Next**, we look down column **d**, and at the bottom we have a +1 which we apply to the golfer, and the **final Callaway score is 87**.

NOTE:

1. Whenever possible, it is suggested to have a shotgun start to ensure participants finish around the same time and medals can be presented at the venue at the completion of Day 2 of the competition.
2. The Host should endeavor to change the composition of the foursome each day of the tournament.
3. No caddies allowed; spotters may be allowed with permission ONLY from the Host prior to the start of the competition.

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)
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.

SHOOT OUT AFTER TEAMS FIRST GAMES

TEAM: _____

Each player throws ONE rock and sweeping is allowed.

COVER THE PIN	7 POINTS
BITE THE BUTTON	6 POINTS
FULL 4 FOOT	5 POINTS
FULL 8 FOOT	4 POINTS
FULL 12 FOOT	3 POINTS
BITE THE 12 FOOT	2 POINTS
IN PLAY IN FRONT OF HOUSE	1 POINT

TEAM	POINT(S) SCORED
LEAD	
SECOND	
THIRD	
SKIP	
TOTAL POINTS	

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.

- 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.

LAWN BOWLING

AGE	EVENTS		
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
TOTAL	24 persons per district		

COMPETITION

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

The Mixed Pairs team may be created from the qualified Men's and Women's Pairs teams

MEDALS

12 Gold/ 12 Silver/ 12 Bronze

RULES AND PLAYOFF INFORMATION

1. **Bowls Canada Bouligrin Rules will apply.**
2. Round robin format will be used. Teams will be ranked in order based on the total match points earned.
3. Games will be 12 ends.
4. Fifteen minutes prior to the start of the first game of an event, a trial end for each team is played.
5. The single re-spot rule will apply in the event a dead end occurs. The jack will be re-spotted on the centre line 2 meters from the ditch and play will continue.
6. There will be three (3) points awarded for a win, one (1) point for a tie and zero (0) for a loss.

7. If two or more teams are tied after determining the total match points earned during the round robin, the following format will be used:
 - i) Compare the total match points earned from head-to-head matches between the tied teams.
 - ii) If still tied, compare the shot differential (shots for minus shots against) from the head-to-head matches.
 - iii) If still tied, compare the shot differential from all other matches played by those teams.
8. Flat-soled shoes or running shoes that have no separation between the front sole and heel that possess a shallow tread pattern or grooves are acceptable footwear.
9. Teams will wear their district shirts. Bottoms may be slacks, skirts, culottes or shorts (no shorter than 4" above the knees) but must be of similar colour.

PICKLEBALL

AGE

EVENTS

Recreation up to 3.0

55+	Women, Men & Mixed (Doubles)
60+	Women, Men & Mixed (Doubles)
65+	Women, Men & Mixed (Doubles)
70+	Women, Men & Mixed (Doubles)
75+	Women, Men & Mixed (Doubles)

Competitive 3.5

55+	Women, Men & Mixed (Doubles)
60+	Women, Men & Mixed (Doubles)
65+	Women, Men & Mixed (Doubles)
70+	Women, Men & Mixed (Doubles)
75+	Women, Men & Mixed (Doubles)

Competitive 4.0+

55+	Women, Men & Mixed (Doubles)
60+	Women, Men & Mixed (Doubles)
65+	Women, Men & Mixed (Doubles)
70+	Women, Men & Mixed (Doubles)
75+	Women, Men & Mixed (Doubles)

Doubles 2 teams per district per gender per age/skill level category

Mixed Doubles 2 teams per district per age/skill level category

TOTAL 90 teams per district

COMPETITION

The women's and men's doubles form mixed doubles teams or can be a separate mixed doubles entry.

If two players from different age categories join to form a team in doubles, the age of the younger player will determine which age category they will complete in.

If two player's skill levels are different, the player with the lower skill level must play up.

The Event Director may combine age groups for the purposes of round robin play due to insufficient numbers and then break them off for their own playoffs. (i.e.: only 4 teams registered in Age 75+ skill level 4.0+, combined with Age 65+ Skill level 4.0+ for round robin play, then broken off for their own playoffs and medals.

MEDALS

90 Gold/ 90 Silver/ 90 Bronze

RULES AND PLAYOFF INFORMATION

International Federation of Pickleball (IFP) rules shall apply.

Skill Levels*

Recreation	(skill level up to 3.0)
Competitive 3.5	(skill level 3.25 – 3.75)
Competitive 4.0+	(skill level 4.0 and above)

*For competitors without an assessment skill level, a self-assessment guide can be found at: <https://pickleballcanada.org/docs/PCO> Assessment Guide. pfd

Tournament directors for non-sanctioned tournaments may be flexible in the use of these guidelines to better fit the skills, age and diversity of their players. All officials and players shall be briefed and/or supplied with tournament rules.

POETRY AND/OR SHORT STORY WRITING

AGE CATEGORY

55+ Open to Women and Men 3 per district for each event

TOTAL 6 entries per district

MEDALS

2 Gold/ 2 Silver/ 2 Bronze

POETRY:

RULES AND PLAYOFF INFORMATION

1. Poem shall have a minimum of 12 and a maximum of 24 lines.
2. Competitors write on a "theme" as designated by the SSFA Provincial Host Committee
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. Entries must have been written since the last SSFA 55 + Games.
6. 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.
7. Competitors submit their entries to their district representative in accordance with established deadlines.
8. 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.

9. Guidelines for writing and judging poetry:
 - Significance, depth of thought
 - Originality of ideas and presentation.

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.

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.
2. *The Official Tournament & Club Word List*, 2018 Edition, published by Merriam-Webster, Inc. contains all acceptable 2 to 15 letter words and their inflections (zyzzyva 3.0.4)
3. Twelve (12) 50-minute games shall be played. (see item #11)
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 shall be used; with the final game being a King of the Hill playoff.
8. Word judging shall be performed by computer using OTCWL 2018 (zyzzyva) or by word judges using OTCWL 2018 book which includes all words up to 15 letters.
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.
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 Coordinator shall decide the number of divisions, and cut-off for the divisions based on the number of competitors and their ratings. The Coordinator shall make the final decision.

12. It is recommended that a NASPA Director or a person with equivalent status run the event.

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 4.26m (14') long and 480mm (19") wide to 508mm (20") wide with a minimum thickness of 57mm (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.

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.

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 2019-2020 Slo-Pitch Softball Canada Rules (SCR) shall apply along with Non-Official 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. Team 55+ Mixed will play with 10 eligible defensive players, two of which must be the opposite gender. Team 65+ Open will play with 11 eligible defensive players. Teams must take into consideration the number of players on the team roster to avoid the forfeit of the game if they don't have 10 or 11 defensive players due to injuries.

Under extraordinary circumstances and due to slo-pitch being a qualifier event for the Canada 55+ Games, provision of the SSFA Rule Book, Page 2 shall be considered.

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. The Host Committee should obtain independent score keepers, if possible. Otherwise, each team will supply their own scorekeeper and they will compare score sheets.
 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 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 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 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 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 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 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 any time after 4½, 5, 5½ or 6 innings of play, if there is a difference of 12 runs.

5. Game tie breaker. Starting at the top of the 8th 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 2nd base. This player can be replaced with a courtesy runner once he/she has reached 3rd base. (The courtesy runner rule must be followed)
6. **Registered umpires** must be used for all games.

D. EQUIPMENT

1. Bats: Titanium Bats and those labeled Miken Ultra II will not be allowed. The ASA list of illegal bats will apply. Bats must be labeled 1.20 BPF **or** have one of the ASA certification marks with the 2000, 2004 or 2013 shield. Bats will be inspected prior to the start of each game.
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: No metal cleats are allowed; nor are hard plastic, nylon or polyurethane spikes allowed.

E. SENIOR PLAYING RULES

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 (Non-Off. R).
3. If a male batter, who is batting just before a female, is walked on 4 straight pitches, he is awarded 2nd base. The female batter must bat.
4. On a 3rd 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 2nd or 3rd 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.
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. The designated courtesy runner is on the line-up card prior to the start of the game.

Courtesy Runner Rule:

- Age category 55+, after starting with 10 players, the team could designate a courtesy runner and this is his/her only responsibility.
 - Age category 65+, after starting with 11 players, the team could designate a courtesy runner and this is his/her only responsibility.
 - This courtesy runner could be used every inning.
 - If two courtesy runners are designated, then two courtesy runners can be used per inning.
12. A courtesy runner from home must start 6 feet behind the extension of the 3rd 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 1st 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.

16. Injury Rule:

- A player can come back after being taken off the field. If the player got injured on the base (being a base runner) the courtesy runner can be used to replace the injured player.
- If a player got injured on the field (being a fielder), the courtesy runner can be used to replace the injured fielder. Now, the courtesy runner becomes a “substitute”. In this case, once the injured player comes back, the substitute player is out of the game and cannot be used as a courtesy runner anymore.
- An injured player can come back and use a courtesy runner from home plate, only if declared before the start of the game.

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.

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. (Page 5, item VI).
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.

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.

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

TOTAL 24 persons per district

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 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.

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.

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.

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.

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.

- 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.

- 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.

STICK CURLING

AGE CATEGORY

55+	OPEN	Number of teams per district is unlimited.
TOTAL	The number of entries per District at the Provincial games will be determined by the SSFA Provincial Games Committee.	

MEDALS 2 Gold/ 2 Silver/ 2 Bronze

RULES AND PLAYOFF INFORMATION

1. Each stone must be delivered from a standing position with a curling delivery stick.
2. Sweeping/brushing is allowed only from the hog line to the back of the house at the playing end.
3. Each team comprises of two curlers.
4. One member of each team stays at each end of the rink and must not cross centre ice.
5. A team may call a maximum of two one-minute time outs (meet at centre ice) during a game. During an extra end, one additional time out is allowed.
6. The two delivering curlers alternately deliver six stones each per end, while their team mates skip that end. Then roles are reversed.
7. All games are six ends. In the case of a tie, an extra end is played with each player delivering three stones (skips and deliverers exchange roles at the midpoint of the extra end).
8. No stone may be removed from play prior to the delivery of the fourth stone of each end. If that happens, the delivered stone is removed from play and all other stones are returned to their original positions.
9. Each delivery must begin with the right foot in the left hack for right-handed curlers or with the left foot in the right hack for left-handed curlers. All stones must be released before reaching the hog line and with some part of the stone within two feet of the centre line.
10. Other rules and etiquette of regular curling apply. www.stickcurling.ca . It is not a rule but competitors are advised that one hour is sufficient to play the game. In addition it will be confirmed whether the allocated time of one hour will include the time taken for time outs.

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 50m relay.

50m freestyle	100m freestyle
50m backstroke	100m backstroke
50m breaststroke	100m breaststroke
100m individual medley	

Timed Fun Relay

4 x 50m 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.

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: 100m each day for two days (total of 200m) and 200m each day for two days (total 400m) and cannot enter the timed events but can enter the 4 x 50m 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.

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

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 200m.
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.

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/ittf_handbook/ittf_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.

TENNIS

AGE CATEGORIES

Women	55+	Doubles	2 (one team) per district
	60+	Doubles	2 (one team) per district
	65+	Doubles	2 (one team) per district
	70+	Doubles	2 (one team) per district
	75+	Doubles	2 (one team) per district
Men	55+	Doubles	2 (one team) per district
	60+	Doubles	2 (one team) per district
	65+	Doubles	2 (one team) per district
	70+	Doubles	2 (one team) per district
	75+	Doubles	2 (one team) per district
Mixed	55+	Doubles	2 (one team) per district
	60+	Doubles	2 (one team) per district
	65+	Doubles	2 (one team) per district
	70+	Doubles	2 (one team) per district
	75+	Doubles	2 (one team) per district

TOTAL **30 persons** (15 pair) per district

MEDALS

30 Gold/ 30 Silver/ 30 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.
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.

TRACK & FIELD

PART A: 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

204 Gold/ 204 Silver/ 204 Bronze

COMPETITION

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

TRACK EVENTS

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

Long Jump, Triple Jump **OR** Standing Long Jump, Discus, Javelin **OR** Ball Throw, and Shot Put.

NOTE: Standing Long Jump and Ball Throw are not Canada 55+ field events.

RULES AND INFORMATION

1. World Athletic (WA) rules shall apply.
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. The Venue Official may adjust the number of practice attempts 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.

CANADA GAMES 55+ QUALIFICATIONS

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.

WEIGHTS FOR EACH CATEGORY AND GENDER

IMPLEMENTS:

Discus	Age Category		Age Category		
Men	55 - 59	1.5 kg	Women	55 - 74	1.0 kg
Men	60+	1.0 KG	Women	75+	0.75 kg

Javelin	Age Category		Age Category		
Men	55 - 59	700 g	Women	55 – 74	500 g
Men	60 - 69	600 g	Women	75+	400 g
Men	70 - 79	500 g			
Men	80+	400 g			

Shot Put	Age Category		Age Category		
Men	55 - 59	6 kg	Women	55 – 74	3 kg
Men	60 - 69	5 kg		75+	2 kg
Men	70 - 79	4 kg			
Men	80+	3 kg			

RULES AND INFORMATION

STANDING LONG JUMP (this is not a Canada 55+ Field Event)

1. Competitors can enter either Standing Long Jump **OR** Triple Jump.
2. Competitors must jump into the pit with toes not exceeding the front edge of the board.
3. Competitors must begin with both feet on the takeoff board.
4. Competitors are free to use any technique they wish
5. Upon landing, competitors must move forward out of the pit.
6. Measurement is done from furthest mark in sand to front edge of the takeoff board.
7. Competitors may have up to six attempts.

BALL THROW (this is not a Canada 55+ Field Event)

1. Competitors can enter either Ball Throw **OR** Javelin.
2. Official "regulation" Slo Pitch 12" balls will be used for competition.
3. The ball must be thrown with one hand.
4. The competitor must release the ball without stepping over a designated line.
5. The ball must land within a designated sector.
6. The sector used will be the same as the Javelin sector.
7. Measurement will be made from the observed mark of the ball (closest to the throwing line) to the inner edge of the throw line passing through the same arc point as used in Javelin.
8. Competitors may have up to six attempts.

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 **can** enter both the 400m walk and 1000m walk.

Competitors **must** walk the 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's 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 400m and the first walk for the 1000m.
5. The lowest combined total difference for each 400m and 1000m walked twice will determine the winner for each walk. Example: the first 400m walk is 6.0 seconds over the predicted time; the second 400m 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 field events in their respective age category – Long Jump, Triple Jump **OR** Standing Long Jump, Ball Throw **OR** Javelin, Discus, Shot Put.

8. Predicted Walk competitors cannot enter the Track Timed competition individual events, except they can enter the 4 x 100m fun relay in their gender category, if required to complete a team.

9. A medical examination within two months of the start of the Games is strongly recommended.

10. World Athletic (WA) rules shall apply as applicable.

CANADA 55+ GAMES QUALIFICATIONS

1. Competitors with the lowest combined total difference for the 400m and 1000m 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.

TRACK & FIELD SCHEDULE

Day 1:

TRACK

FIELD

10:00 400 m Predicted Walk

10:00 Javelin Women

10:00 Ball Throw Women

10:00 Long Jump Men

10:30 1500 m

11:00 50 m

11:00 Javelin Men

11:00 Ball Throw Men

11:00 Long Jump Women

1:00 100 m

1:00 Discus Women

1:30 1000 m Predicted Walk

2:00 400 m

2:00 Discus Men

Day 2

9:00 400 m Predicted Walk

9:00 Shot Put Women

9:00 Triple Jump M & W

9:00 Standing Long Jump M & W

9:30 3000 m

10:00 200m

10:00 Shot Put Men

10:30 1000 m Predicted Walk

11:00 800 m

11:30 4 x 100 m Relays

WHIST

AGE CATEGORY

55+	10 teams per district	2 person team, mixed or single gender
TOTAL	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, and 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.

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 5th 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:

BADMINTON

AGE CATEGORIES

Women	55+	Doubles	4 (2 teams) per district
	60+	Doubles	4 (2 team) per district
	65+	Doubles	4 (2 teams) per district
	70+	Doubles	4 (2 team) per district
	75+	Doubles	4 (2 teams) per district
Men	55+	Doubles	4 (2 teams) per district
	60+	Doubles	4 (2 team) per district
	65+	Doubles	4 (2 teams) per district
	70+	Doubles	4 (2 team) per district
	75+	Doubles	4 (2 teams) per district
Mixed	55+	Doubles	4 (2 teams) per district
	60+	Doubles	4 (2 team) per district
	65+	Doubles	4 (2 teams) per district
	70+	Doubles	4 2 team) per district
	75+	Doubles	4 (2 teams) per district
TOTAL		60 persons	30 pairs per district

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

30 Gold/ 30 Silver/ 30 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.
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 30th 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.

BOCCE

AGE CATEGORIES:

55+ Doubles 2 Teams per District

MEDALS

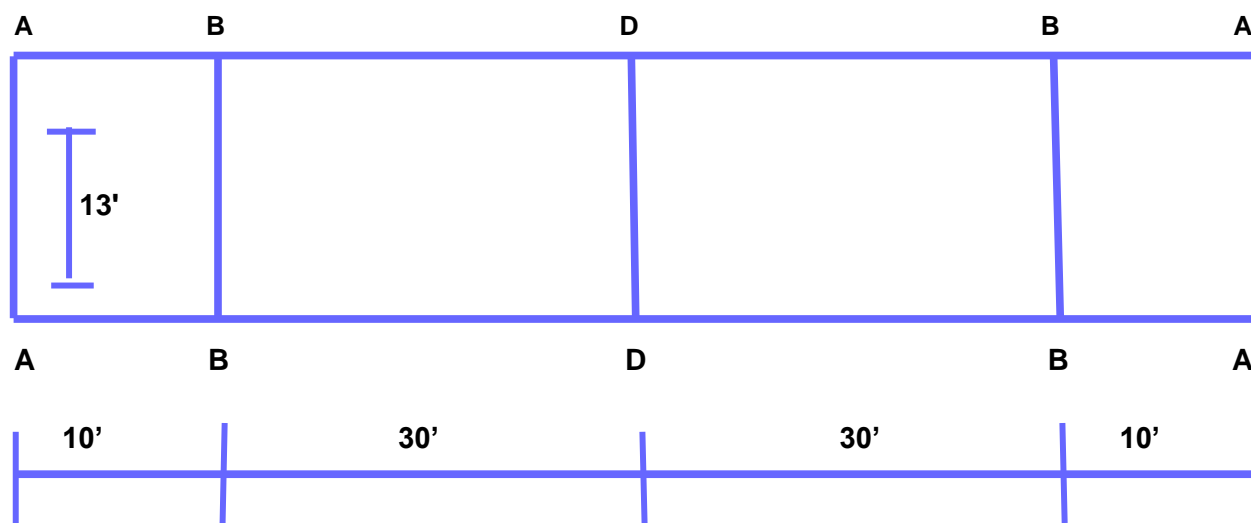
2 Gold/ 2 Silver/ 2 Bronze

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 $\frac{1}{4}$ "and maximum $1\frac{1}{2}$ " 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.

**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

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.

- 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

- 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.

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.

CARPET BOWLING

AGE CATEGORIES

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

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.

- 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:

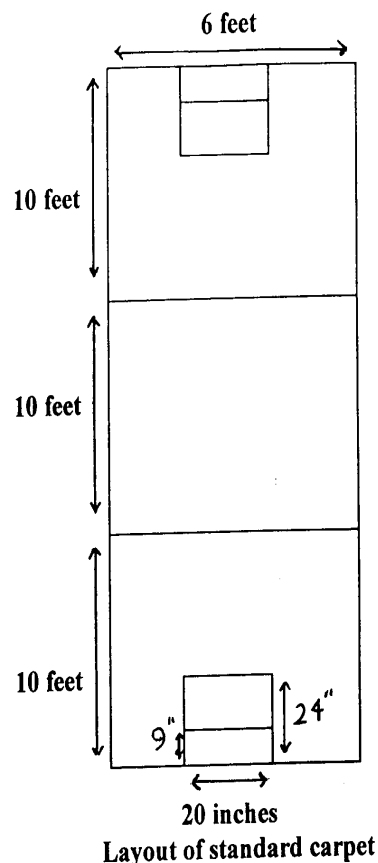
We have in mind persons who because of accidents or other ailments are unable to deliver their bowls in a standing position. Such persons should be permitted to deliver the bowls in a position which best suits them, whether sitting in wheel chairs, ordinary chairs or stools; even to resting their knee, 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.



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

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.

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.

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.

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.

CYCLING

AGE CATEGORIES

55+	Recreational - Men & Women	1 of each gender per district
60+	Recreational – Man & 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
75+	Recreational - Men & Women	1 of each gender per district
80+	Recreational - Men & Women	1 of each gender per district
55+	Competitive - Men & Women	1 of each gender per district
60+	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
75+	Competitive - Men & Women	1 of each gender per district
80+	Competitive - Men & Women	1 of each gender per district
TOTAL	24 Persons per district	

MEDALS

24 Gold/ 24 Silver/ 24 Bronze

Recreational Cycling:

1. Time Trial distance 10 km - all age groups.
2. Road race distance 20 km, all age groups EXCEPT Women - 70+ is 15 km.
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 20 km – all age groups.
2. Road race distance 40 km – all age groups – EXCEPT – Women 70+ is 30 km.
4. Competitive cyclists may compete in one or both of the competitive events but may not compete in the recreational cycling events.

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.
6. Canadian Companion Cycle Rules will apply.

NOTE: When no competition is held at the SSFA Provincial 55+ Games, participants may advance to the Canada 55+ Games without competition in their respective age category.

DARTS (501)

AGE CATEGORIES

Women	55+	Men	55+	2 of each per district for each gender
	65+		65+	2 of each per district for each gender
	75+		75+	2 of each per district for each gender

TOTAL **12 persons** per district

MEDALS

48 Gold/ 48 Silver/ 48 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

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 "2" 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.

DUPLICATE BRIDGE

AGE CATEGORY

55+	8 teams per district	2 person teams, mixed or single gender
TOTAL	16 persons	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
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.

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
TOTAL	8 persons	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. **Refer to Canada 55+ Rule book for Floor Curling Diagram.**
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.

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.

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.

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 1st place next least would be 2nd place and the longest distance would be 3rd.
 - a) If the three teams were tied for 2nd and 3rd place, 1st place from the measured round would receive the 2nd place finishing for the playoff and the 2nd and 3rd place finishers from the measured round would playoff for the 3rd and final position in the playoff.
 - b) If the three teams were tied for 3rd place, 2nd place from the measured round would play 3rd place with the winner advancing to a playoff against the 1st place finisher in the measured round. The winner of this game would be the 3rd 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.

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
TOTAL	8 persons	4 teams per district

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. Black shoots first to start the second frame, with the color alternating to start each frame.
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.

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. **Refer to Canada 55+ Rule Book for a diagram of a Shuffleboard Court.**
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.

EQUIPMENT

Competitors may bring their own cues as long as they do not exceed six feet three inches in length. Discs will be supplied by the Host Community.

TOURNAMENT DRAW

Depending on the number of entries, a round robin or two-division round robins will be played. If a large number of entries are received, then a two-division round robin can be played. Two points will be awarded for a win and zero for a loss.

Two-Division Round Robin

Play-off Elimination Draw: First in Pool A vs. Second in Pool B
 First in Pool B vs. Second in Pool A

The winners from this will go on to play a game to determine first and second place. The losing teams will play a game to determine third place.

TIE BREAKING SYSTEM

1. Game

If a game is tied at the end of 8 frames the teams will play one extra frame (alternating last disc) until the tie is broken.

2. Division Standings

In the event two teams are tied in division standings, the winner of the previous meeting will advance.

If more than two teams are tied within a division, then points for and against will determine the division winner; the team with the most points will advance. If a team has won by

default, then the average points for and the average points against of the games that they have played will determine the score to be awarded for the defaulted game.

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
TOTAL	30 persons 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
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.

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.

ICE HOCKEY

AGE CATEGORIES

55+	Open	Maximum 20 person team per district
60+	Open	Maximum 20 person team per district
65+	Open	Maximum 20 person team per district
70+	Open	Maximum 20 person team per district
75+	Open	Maximum 20 person team per district

TOTAL The maximum number of teams per district is unlimited.

NOTE: If a team has a non-playing coach and/or manager and/or trainer, these are not included in the 20-player team roster, but **must** all be registered as participants.

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

MEDALS:

100 Gold/ 100 Silver/ 100 Bronze

RULES AND REGULATIONS:

1. The rules of play shall be that of the Canadian Adult Recreation Hockey Association (CARHA) Rulebook.
2. Each team **may** have up to 20 players on it's roster, as well as a non-playing coach and/or manager and/or trainer (all registered as participants) on the bench during a game. To be eligible for the playoff games, the players' name must appear on the team roster and must have participated in the one (1) of their team's round robin games.
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 2-0 {CARHA Sec. 7 #9}.
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).
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. (See Rule Sec. 7 Para 15 re caution to those who choose to play with cat eye goalie masks).
10. Referees are to report all Game Misconducts and Match Penalties to the Host Committee Chairperson 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 Host Committee Chairperson. 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 Host Committee Chairperson.
12. Except for the 55+ Age Category, all goaltenders may be five years younger than the age category in which they might normally play. No goaltender may be under the age of 55. No coach/manager/trainer may be under the age 55 and must be registered as a competitor.

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.

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.

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.

**SSFA 55+ GAMES
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 _____

TWO PERSON MIXED DOUBLES CURLING

AGE CATEGORY

55+ Team
65+ Team

TOTAL number of entries per District at the Provincial games will be determined by the SSFA Provincial Games committee. Maximum number of entries per age category is 8 teams.

MEDALS

4 Gold/ 4 Silver/ 4 Bronze

RULES AND PLAYOFF INFORMATION

The rule as stated in www.worldcurling.org/mixed-doubles-curling shall apply.

1. A Team will be composed of two players, one male, and one female. Alternate players are not allowed. A team must forfeit any game(s) in which it fails to have both curlers playing for the entire game.
2. The scoring shall be the same as in a regular game of curling. The “positioned” stones that are placed before the beginning of each end are eligible to be counted in the scoring.
3. Each team shall deliver five (5) stones per end. The player delivering the team’s first stone of the end must also deliver the team’s last stone of that end. The other team member shall deliver the team’s second, third and fourth stones for that end. The player delivering the first stone can change from end to end.
4. Modified Free Guard Zone: no stone in play, including the “positioned” stones and those in the house, can be moved to an out-of-play position prior to the delivery of the fourth stone of an end (the fourth delivered stone is the first stone that can remove any stone from play). If there is a violation and without exception, the delivered stone shall be removed from play, and any displaced stone(s) shall be replaced to their original position by the non-offending team.
5. Before the start of every end, one team shall place their team’s “positioned” stone at the playing end of the sheet in one of two positions, designated A and B. The opponent’s “positioned” stone shall then be placed in whichever position (A or B) remains vacant.

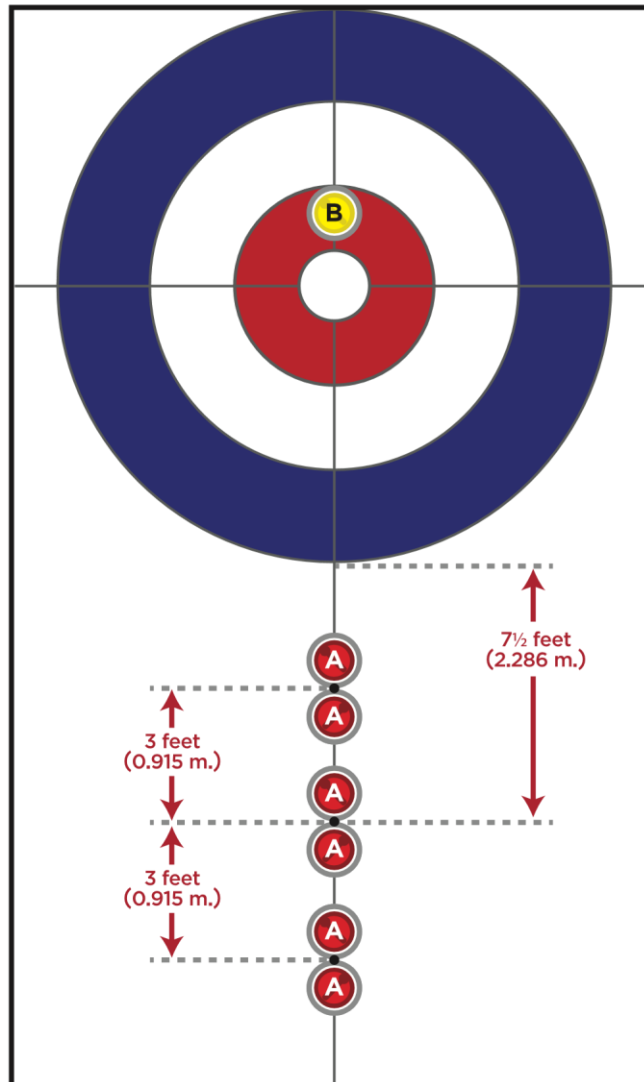
The location of these positions shall be as follows:

- (a) **Position A:** Placement so that the stone is bisected by the centre line and is either immediately in front of or immediately behind one of three (3) points in the ice. Teams will mutually agree on the location. The points are placed on the centre line:
 - (a.i) At the mid-point between the hog line and the outermost edge of the top of the house 2.286 m. (7 feet 6 inches), or
 - (a.ii) 0.915 m. (3 feet) from the mid-point (i) closer to the house, or
 - (a.iii) 0.915 m. (3 feet) from the mid-point (i) closer to the hog line.

- (b) **Position B:** The Position B stone is placed so that the stone is bisected by the centre line and is in the back of the 4-foot circle. The back edge of the stone is aligned with the back edge of the 4-foot circle.

(c) Figure No. 1:

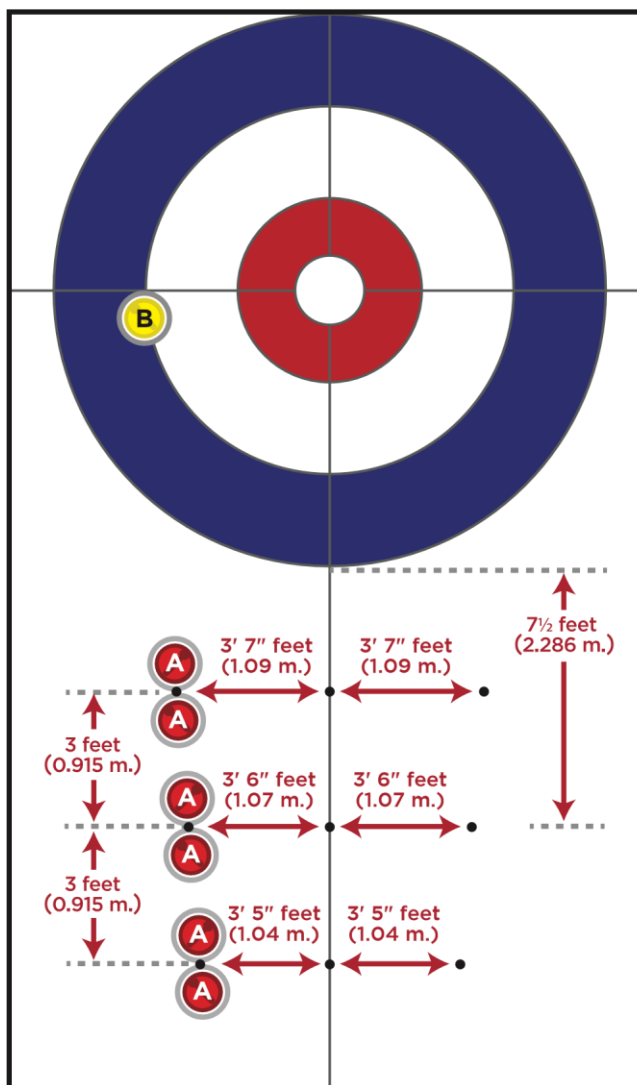
Figure No. 1 - Centre Guard



6. **Power Play Option:** Once per game, each team, when they have the decision on the placement of the “positioned” stones, can use the “Power Play” option to position the stones.
- (a) The in-house stone, which belongs to the team with last stone in that end, is placed with the back edge of the stone abutting the front edge the tee line, with half the stone in the 8foot and half in the 12-foot circle.
 - (b) The guard stone is positioned to the side of the sheet, so it would be bisected by a direct line between the middle of the in-house stone to the middle of the hack where the hack intersects with the centre line. The distance of this corner guard from the house will be the same distance that was determined for the centre guards and is either immediately in front of or immediately behind one of three (3) points in the ice. The team with the stone positioned in the house (stone A), shall position the guard (Stone B).
 - (b.i) At the mid-point between the hog line and the outermost edge of the top of the house 2.286 m. (7 feet 6 inches); then 1.07 m. (3 feet inches) to the left or right of the centre line and the same side as the in-house stone, or
 - (b.ii) 0.915 m. (3 feet) from the mid-point (i) closer to the house; then 1.09 m. (3 feet 7 inches) to the left or right of the centre line and the same side as the in-house stone, or
 - (b.iii) 0.915 m. (3 feet) from the mid-point (i) closer to the hog line; then 1.04 m. (3 feet 5 inches) to the left or right of the centre line and the same side as the in-house stone, or
 - (b.iv) The corner guard can be placed on either side of the ‘spot’ (closer to the house or closer to the hog line) determined prior to the game.
 - (c) The “Power Play” option cannot be used in extra ends.

(d) Figure No. 2:

Figure No. 2 - Power Play Option



7. The team having the decision on the placement of the “positioned” stones shall be:
 - (a) Teams will toss a coin for the decision in the first end.
 - (b) Following the first end, the team that did not score shall have the decision on the placement.
 - (c) If neither team scores in an end, the team that delivered the first stone in that end shall have the decision on placement in the next end.
 - (d) The team whose “positioned” stone is placed in Position A in both Figure No. 1

& No. 2 shall deliver the first stone in that end.

8. While the team is in the process of delivery, the non-delivering player must be positioned either inside the hog line, with at least one foot/wheel and on the ice surface at the playing end of the sheet, or in a position to sweep at the delivery end of the team's sheet.
 - (a) After delivery, either or both players may sweep their delivered stone after it crosses the home hog line and any stones set in motion that belong to their team anywhere in front of the tee line at the playing end.
 - (b) If a player delivers a stone out of proper rotation, the delivered stone is removed from play and any displaced stones are returned to their original positions by the non-offending team. Should the infraction not be discovered until after the delivery of a subsequent stone, play continues as if the infraction had not occurred.

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.

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.

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.

7. The 1st, 2nd and 3rd 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 1st 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 1st and the other team 2nd 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.