

Delaware Senior Olympics Sport Event Rules

ARCHERY

RULES: www.nsga.com

BADMINTON

RULES: www.nsga.com

BASEBALL

RULES: www.eteamz.active.com/tristate48

ADD'L INFO: Players will be assigned to a team.

BASKETBALL

RULES: www.nsga.com

ADD'L INFO: Teams must be registered by the Team Captain. Teams will be organized by the team captain. Limited to 10 players allowing 1 player from a state outside of the state represented (3 for 70+ teams).

BILLIARDS

RULES: www.poolplayers.com/8-9-ball-rules.pdf (also, call your pocket on each shot)

BOCCE

RULES: www.bocce.com/openrules.html

BOWLING (Singles, Doubles, Mixed Doubles)

RULES: www.nsga.com

ADD'L INFO: Pool is available. If you need a bowling partner, please call the DSO office at 302-736-5698. The top six bowlers in each age category at each location will compete in the finals.

CYCLING

RULES: www.nsga.com

ADD'L INFO: If you enter the 40K, you MUST enter the 20K as well. Aerobars are not allowed in the road races.

GOLF

RULES: www.nsga.com

ADD'L INFO: shotgun start

HORSESHOES

RULES: www.nsga.com

LINE DANCING

RULES:

There are two Music Divisions: Country Western and Traditional

There are two Presentation Choices:

Technical - Dance presented as written. Up to 3 dances combined

Show - Dance presented with variations

Size Categories:

- Individual – 1 dancer
- Duet – 2 dancers
- Small Team – 3 or 4 dancers
- Medium Team – 5, 6, or 7 dancers
- Large Team – 8, 9 or 10 dancers

The competition consists of the following events:

Country Western Show Individual	Traditional Show Individual
Country Western Show Duet	Traditional Show Duet
Country Western Show Small Team	Traditional Show Small Team
Country Western Show Medium Team	Traditional Show Medium Team
Country Western Show Large Team	Traditional Show Large Team
Country Western Technical Individual	Traditional Technical Individual
Country Western Technical Duet	Traditional Technical Duet
Country Western Technical Small Team	Traditional Technical Small Team
Country Western Technical Medium Team	Traditional Technical Medium Team
Country Western Technical Large Team	Traditional Technical Large Team

Competition is judged on the following criteria:

- **Musical Selection** – The music needs to be compatible with the choreography
- **Precision** – The dance steps need to be performed with appropriate technique. All of the dancers need to be synchronized and in-time with each other.
- **Style** – The dancers need to use flare and expression when performing.
- **Execution** – The overall manner with which the dance is performed. The complete performance.
- **Creativity & Choreography** – Does the music and/or the dance and the dancers create a unique performance?
- **Enthusiasm And/Or Appeal** – Do the dancers smile and enjoy their dance and performance? Does the audience like the performance?

PICKLEBALL

RULES: www.pickleball.com

RACE WALK

RULES: www.nsga.com

RACQUETBALL

RULES: www.nsga.com

ADD'L INFO: Participants will need to provide driver's license number.

RECREATIONAL WALK

RULES:

1. No running is allowed
2. One foot must be contact with the ground at all time.
3. Shorts preferred.

ADD'L INFO Meet in parking lot at end of shops. Check in 30 min ahead of race

ROAD RACE(S)

RULES: www.nsga.com

SHUFFLEBOARD

RULES: www.nsga.com

SOCCER

RULES: coming soon

ADD'L INFO: Men & Women Ages 45+

SOFTBALL

RULES: www.nsga.com

ADD'L INFO: Teams must be registered by the Team Captain only. Teams will be organized by the team captain. Limited to 20 players allowing 5 from states outside of the state represented.

SWIMMING

RULES: www.nsga.com

ADD'L INFO: Athletes may enter a maximum of six swimming events. *50 Free NOVICE Open to first time swimmers only. Order of events are as shown on entry form.

TABLE TENNIS

RULES: www.nsga.com

TENNIS

RULES: www.nsga.com

ADD'L INFO:— Athletes may enter a maximum of two tennis events! Doubles play down to the age of the younger player. Doubles must enter with a partner. No Pool! If we use the indoor venue, an additional \$10 fee will be charged per individual (payable at the venue).

TRACK & FIELD

RULES: www.nsga.com

TRIATHLON:

RULES: www.nsga.com

ADD'L INFO: DSO participation is part of SPRINT TRIATHLON put on by Bricks Multisport & Fitness. You must also register with SPRINT TRIATHLON at www.bricksmultisports.com. Please enter under the team: DSO. Triathlon requires photo ID at event.

VOLLEYBALL

RULES: www.nsga.com

ADD'L INFO: Teams will be registered by the Team Captain only. Teams will be organized by the team captain. Limited to 15 players, allowing 4 players from states outside of the state represented.

WASHERS

OVERALL RULES:

The Washers Competition will be set up as a Double Elimination Tournament with 2 players forming a team.

Teams are not gender specific. This means that

- a team can consist of men and/or women.
- a team competes against another team without regard to the makeup of the opposite team. Example: a 2-man team competes against a 2-woman team or a co-ed team.

Each game requires 15 points to win.

Each series will consist of the best of three games in order to advance.

GAME SPECIFIC RULES:

A coin flip determines who goes first.

Each player tosses washers in a 2-2-1 alternate sequence.

All washers in the box scores 1 point; 3 points in the bucket.

A 3 point bonus is added if all five washers are tossed in.

Player that scores the most points in a sequence tosses 1st. In case of a tie, player with the highest point total tosses 1st.

Game ends when a player scores a minimum of 15pts and the opposing player has tossed all his washers.

The game point or points can be negated by the opposing player if that player scores right after the game point. For example, if player 1 scores 15, player 2 puts one right after in the box, player 1's score reverts to 14. No point is given to player 2. Player 1 can add insurance by tossing more washers in the box after 15, i.e. 16,17, etc. Player 2 can negate these as well with follow up scoring.

EVENT SET-UP:

Place boxes 16ft from front box edge to front box edge. No backboard allowed.

WEIGHT LIFTING

RULES: Rules for weight lifting are predicated on basic power weight lifting criteria.

They are as follows:

Bench Press

- 3 lifts per lifter
- can only increase weight if your previous lift is successful
- feet on floor, butt and head on bench during the lift
- bar stops on chest and press upward on the command signal

Bench for Reps

- men use 70% and women use 30% of body weight

- max reps in 2 minutes
- feet on floor, butt and head on bench during the lift
- bar must touch chest and arms must be locked out during press out to count

Dead Lift

- 3 lifts per lifter
- can only increase weight if your previous lift is successful
- bar must be pulled to your hips from the floor
- arms must be fully locked out

ADD'L INFO: Participants will compete based on age category and weight class:

Men—132, 148, 165, 181, 198, 220, 242 lbs

Women—105, 114, 123, 132, 148, 165, 181, 198 lbs.

Wii BOWLING

RULES: www.wiitournii.com/rules

ADD'L RULES:

1. Individual Competition
2. Nintendo Wii bowling will be used.
3. Must stay behind 5' line when releasing.
4. Must use equipment provided. May not bring own equipment.
5. All players are to use wrist straps properly.
6. Three games averaged, highest score wins. In case of a tie one game roll-off.
7. Delaware Senior Olympics Rules of Conduct will be enforced.

ADD'L INFO: