

# Delaware Senior Olympics Sport Event Rules

## **AQUATICS**

RULES: [www.nsga.com](http://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.

## **ARCHERY**

RULES: [www.nsga.com](http://www.nsga.com)

## **BADMINTON**

RULES: [www.nsga.com](http://www.nsga.com)

## **BASEBALL**

RULES: [www.eteamz.active.com/tristate48](http://www.eteamz.active.com/tristate48)

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

## **BOCCE**

RULES: [www.bocce.com/openrules.html](http://www.bocce.com/openrules.html)

## **BOWLING** (Singles, Doubles, Mixed Doubles)

RULES: [www.nsga.com](http://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.

## **GOLF**

RULES: [www.nsga.com](http://www.nsga.com)

ADD'L INFO: shotgun start

## **HORSESHOES**

RULES: [www.nsga.com](http://www.nsga.com)

## **BASKETBALL**

RULES: [www.nsga.com](http://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).

## **BICYCLING**

RULES: [www.nsga.com](http://www.nsga.com)

ADD'L INFO: If you enter the 40K, you MUST enter the 20K as well.

## **BILLIARDS**

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

## **LINE DANCING**

RULES: coming soon

ADD'L INFO: 9am Open Dancing

## **PICKLEBALL**

RULES: [www.pickleball.com](http://www.pickleball.com)

## **RACE WALK**

RULES: [www.nsga.com](http://www.nsga.com)

## **RACQUETBALL**

RULES: [www.nsga.com](http://www.nsga.com)

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

## **RECREATIONAL WALK**

RULES: coming soon

ADD'L INFO: meet at the brown crane behind The Iron Hill Brewery

## **ROAD RACE(S)**

RULES: [www.nsga.com](http://www.nsga.com)

## **SHUFFLEBOARD**

RULES: [www.nsga.com](http://www.nsga.com)

## **SOCCER**

RULES: coming soon

ADD'L INFO: Men & Women Ages 45+

## **SOFTBALL**

RULES: [www.nsga.com](http://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.

## **TABLE SHUFFLEBOARD**

RULES: [www.shuffleboard.net/tournament\\_rules.html](http://www.shuffleboard.net/tournament_rules.html)

ADD'L INFO: Teams will be registered by the Team Captain only. Teams consist of four players. Lunch available — reserve one week in advance

## **TABLE TENNIS**

RULES: [www.nsga.com](http://www.nsga.com)

## **TENNIS**

RULES: [www.nsga.com](http://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](http://www.nsga.com)

## **TRIATHLON:**

RULES: [www.nsga.com](http://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.piranha-sports.com](http://www.piranha-sports.com). Please enter under the team: DSO. Triathlon requires photo ID at event.

## **VOLLEYBALL**

RULES: [www.nsga.com](http://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.

## **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](http://www.wiitournii.com/rules)

ADD'L INFO: Partners consist of 2 players