



RULE BOOK



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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 VALVES 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)
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TEAM COMPOSITION

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

MEDALS

Medals will be presented to each team member of the Gold/Silver/Bronze in each category and individual scratch 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) 4rd 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
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MEDALS

2 Gold/ 2 Silver/ 2 Bronze

RULES AND PLAYOFF INFORMATION

1. Competitors may enter the playoff as doubles. Draw for opponent for first match; rotation thereafter.
2. The provisions of the Laws of Cribbage shall apply.

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.
3. 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.

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.

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.
1. 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.
2. Competitors submit their entries to their district representative in accordance with established deadlines.
3. 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.
4. 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.

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.

1. 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.

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 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.

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

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.

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

DARTS

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.