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**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**I. ELIGIBILITY****1. Competitors**

- i) 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 6 of the Rule Book.
- ii) Competitors must be a member in good standing of SSFA.

**2. Residency**Provincial

- i) 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.

District

- ii) 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 stories. However, within a particular event they may be entered in more than one competition if the rules of the event allow it.

**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. Proof of age may be requested.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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5. The eligibility of any athlete 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.

6. **Substitutions**

Notifications of substitutions must be made to the Host Committee by the districts completing the "Substitution List" as soon as possible. The need of additional substitutions must be made as soon as possible prior to the start of the games. Substitutes must pay required registration fee if they compete.

## **II. PLAYOFFS**

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

## **III. REGISTRATION AND FEES**

1. District

All competitors must submit a completed registration form to their district representative by the date set by the District Committee.

Registration fees for district competitions are established by the district committee.

2. Provincial

- a) Individual competitor registration forms and the district event entry forms are to be sent to the provincial games host committee thirty days prior to the start of the Provincial SSFA 55 + Games.

- b) Registration Fees

- 2.1 Registration fees for provincial games are established by SSFA.
- 2.2 Registration fees are made payable to the host committee.
- 2.3 Host Committee forwards participation assessment fees to SSFA.
- 2.4 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 accepted up to one week following the completion of the Provincial Games.

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**IV. COMPETITION**

**i) 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).

Where there is no event competition in his/her age category, the participant or pairs will receive a medal but must attend the games. The participant(s) will qualify to compete in the Canada 55+ Games in the age category in which a medal is received.

The participant(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 and are not eligible for the above.

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

When a participant 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 participants. If none are available and prior to the start of the games, the Host Committee can request District Committee Coordinators to canvas their participants to fill specific positions. The district entry requirement level is waived in this situation and participants from any district can fill the vacancy.

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

**ii) Medals**

Medals will be awarded as specified by the rules for each event.

Medals will be presented immediately following the completion of the event, or at some other specified time.

Medals must be delivered to the Host Committee 30 days prior to the start of the Provincial SSFA 55 + Games.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**V. PROTESTS**

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

The Protest Committee will be made up of the following:

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

**VI. GAMES DATES AND DURATION**

The SSFA 55 + Provincial Games will take place in the month of July.

**VIII. OPENING AND CLOSING CEREMONIES**

- i) All participants are expected to take part in the opening and closing ceremonies of the Provincial SSFA 55+ Games.
- ii) The opening and closing ceremonies shall begin with the parade of the participants. The order of the district teams is:
  - a) host of previous games
  - b) other teams in numerical order
  - b) officials
  - d) host district
- iii) In the opening ceremonies one or two athlete(s) from the host district, will read the athletes 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 Saskatchewan 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"*

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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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 Saskatchewan 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

- i) Each district is encouraged to select appropriate district identification adhering to the colour scheme established:

South East Connection	- teal green with white trim (gold)
Regina Sport	- maroon with white and black trim
South West	- black and white with gold trim
Parkland Valley	- blue with red and white trim
Prairie Central	- powder blue with white
Saskatoon Sport	- red with white trim and black accent
Rivers West	- teal green and blue
Lakeland	- royal blue with gold trim

- ii) **District Games Banners**

Each district is responsible for providing a banner for its district. It is the district 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.

### XI. MEDICAL EXAMINATION

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

### XII. NATIONAL GAMES SELECTION

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

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**ROUND ROBIN TOURNAMENT**

APPENDIX 'A'

ROUND ROBIN TOURNAMENT

No. of Teams	Rounds														
	1	2	3	4	5	6	7	8	9	10	11	12	13		
3	1-2	1-3	2-3	(3 games)											
4	1-2	1-4	2-4	(6 games)											
	3-4	2-3	1-3												
5	1-2	1-4	1-3	1-5	5-3	(10 games)									
	3-4	2-5	5-4	2-3	4-2										
6	1-2	1-4	1-6	1-5	1-3	(15 games)									
	3-4	2-6	4-5	6-3	5-2										
	5-6	3-5	2-3	4-2	6-4										
7	1-2	2-4	4-6	6-7	7-5	5-3	3-1	(21 games)							
	3-4	1-6	2-7	4-5	6-3	7-1	5-2								
	5-6	3-7	1-5	2-3	4-1	6-2	7-4								
8	1-2	1-4	1-6	1-8	1-7	1-5	1-3	(28 games)							
	3-4	2-6	4-8	6-7	8-5	7-3	5-2								
	5-6	3-8	2-7	4-5	6-3	8-2	7-4								
	7-8	5-7	3-5	2-3	4-2	6-4	8-6								
9	1-2	2-4	4-6	6-8	8-9	9-7	7-5	5-3	3-1	(36 games)					
	3-4	1-6	2-8	4-9	6-7	8-5	9-3	7-1	5-2						
	5-6	3-8	1-9	2-7	4-5	6-3	8-1	9-2	7-4						
	7-8	5-9	3-7	1-5	2-3	4-1	6-2	8-4	9-6						
10	1-2	1-4	1-6	1-8	1-10	1-9	1-7	1-5	1-3	(45 games)					
	3-4	2-6	4-8	6-10	8-9	10-7	9-5	7-3	5-2						
	5-6	3-8	2-10	4-9	6-7	8-5	10-3	9-2	7-4						
	7-8	5-10	3-9	2-7	4-5	6-3	8-2	10-4	9-6						
	9-10	7-9	5-7	3-5	2-3	4-2	6-4	8-6	10-8						
11	1-2	2-4	4-6	6-8	8-10	10-11	11-9	9-7	7-5	5-3	3-1	(55 games)			
	3-4	1-6	2-8	4-10	6-11	8-9	10-7	11-5	9-3	7-1	5-2				
	5-6	3-8	1-10	2-11	4-9	6-7	8-5	10-3	11-1	9-2	7-4				
	7-8	5-10	3-11	1-9	2-7	4-5	6-3	8-1	10-2	11-4	9-6				
	9-10	7-11	5-9	3-7	1-5	2-3	4-1	6-2	8-4	10-6	11-8				
12	1-2	1-4	1-6	1-8	1-10	1-12	1-11	1-9	1-7	1-5	3-1	(66 games)			
	3-4	2-6	4-8	6-10	8-12	10-11	12-9	11-7	9-5	7-3	5-2				
	5-6	3-8	2-10	4-12	6-11	8-9	10-7	12-5	11-3	9-2	7-4				
	7-8	5-10	3-12	2-11	4-9	6-7	9-5	10-3	12-2	11-4	9-6				
	9-10	7-12	5-11	3-9	2-7	4-5	6-3	8-2	10-4	12-6	11-8				
	11-12	9-11	7-9	5-7	3-5	2-3	4-2	6-4	8-6	10-8	12-10				
13	1-2	2-4	4-6	6-8	8-10	10-12	12-13	13-11	11-9	9-7	7-5	5-3	3-1	(78 games)	
	3-4	1-6	2-8	4-10	6-12	8-13	10-11	12-9	13-7	11-5	9-3	7-1	5-2		
	5-6	3-8	1-10	2-12	4-13	6-11	8-9	10-7	12-5	13-3	11-1	9-2	7-4		
	7-8	5-10	3-12	1-13	2-11	4-9	6-7	8-5	10-3	12-1	13-2	11-4	9-6		
	9-10	7-12	5-13	3-11	1-9	2-7	4-5	6-3	8-1	10-2	12-4	13-6	11-8		
	11-12	9-13	7-11	5-9	3-7	1-5	2-3	4-1	6-2	8-4	10-6	12-8	13-10		

## SPORT AND RECREATION DISTRICTS & REGIONS

### Saskatchewan District Map



## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**FIVE PIN BOWLING****AGE CATEGORY**

## Scratch (Individual)

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

## 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 ladies 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. All competitors must provide their average. A photocopy of each bowler's individual average sheet, with a minimum of 24 games from all leagues they bowl in, must accompany the entry form. Computer print-out must be a complete page. Bowling centre signs, bowlers average total. If a bowler does not have a qualifying average, that bowler can compete only for the scratch singles.
3. Men and women shall choose Scratch or POA and bowl in that event, in District Play-offs.
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.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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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. The bowler, man or lady, with the highest total pinfall in the scratch event in each age category shall be the singles scratch 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 winner.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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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 180 and female is 150.

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**BRIDGE – CONTRACT**

**AGE CATEGORY**

55+ 10 Teams per district (2 person teams, mixed or single gender)  
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. [www.acbl.org](http://www.acbl.org)
2. The playing rules, format, to be read out by the Bridge Coordinator before the first round is played.
3. Teams must enter with a partner. Draw for first match pairings, round robin rotation for subsequent matches.
4. High card cut will determine first dealer.
5. Complete the cut. One match is four hands played at one table.
6. In the event of a misdeal or throw-ins, the dealer deals again. Maximum of 2 throw-ins per round (at one table). The third throw-in counts as a played hand.
7. One bid must be played. Play out all hands.
8. Players cannot check back on last trick once the lead has been made.
9. Honours must be scored before next hand is dealt.
10. Revoke penalty – 2 tricks to opponents. Only if tricks are made after the revoke.
11. Make sure you have 3 passes before beginning play.
12. Bid at appropriate level, if you mention a suit you have to bid it.
13. If a card is exposed during dealing you must re-deal if requested.
14. Pair with highest total points will be declared the winner. In the event of a tie at the end of the tournament, a round will be played to determine the winner.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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15. 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 on to the next table.
16. Scores will be posted on a Master Score Sheet or flip chart or wall at the end of the day if the competition continues on the following day.
17. Twenty-five minutes for each round.
18. A qualified official to ensure fair play for all will oversee the competition.
19. Substitutes are allowed as listed on the district team's registration form.

**CONTRACT BRIDGE SCORING:****Suit values:**

Clubs and Diamonds	20 points
Hearts and Spades	30 points
No Trump – 1 <sup>st</sup> trick	40 points, subsequent tricks 30 points

<b>Points needed for a game</b>	100 (must be bid to be scored) If the bid is doubled, multiply by two. If the bid is redoubled, multiply by four.
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**Tournament Bridge scoring (as opposed to Rubber Bridge Scoring) will be used:**

A: Quick game	500 points
B: Slow game	300 points
C: Part game	100 points ("leg on" at end)
(Note: if both have "leg on") 50 points each	

<b>Slams:</b>	small slam 500 (not vulnerable) 750 (vulnerable)
	Grand slam 1000 (not vulnerable) 1500 (vulnerable)

**Over Tricks: Not doubled, each trick value (vulnerable or not)**

Doubled	100 (not vulnerable) 200 (vulnerable)
Redoubled	200 (not vulnerable) 400 (vulnerable)

**Penalties – Undertricks (not vulnerable):**

50 not doubled	100 doubled	200 redoubled
100 not doubled	300 doubled	600 redoubled
150 not doubled	500 doubled	1000 redoubled
200 not doubled	800 doubled	1600 redoubled
250 not doubled	1100 doubled	2200 redoubled

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**Penalties – Undertricks (vulnerable):**

100 not doubled 200 doubled 400 redoubled  
200 not doubled 500 doubled 1000 redoubled  
300 not doubled 800 doubled 1600 redoubled  
400 not doubled 1100 doubled 2200 redoubled  
500 not doubled 1400 doubled 2800 redoubled  
Making a doubled or redoubled contract: Score an additional 50 points (Insult)

**Honours held in one hand in bid suit:**

Four Honours	100 points
Five Honours	150 points
4 Aces at No Trump	150 points

**Canada 55+ Games (starting 2008). Vulnerability - The Chicago system will be used as follows:**

1<sup>st</sup> Hand – Neither team is vulnerable  
2<sup>nd</sup> Hand – Dealer's team is vulnerable  
3<sup>rd</sup> Hand – Dealer's team is vulnerable  
4<sup>th</sup> Hand – Both teams are vulnerable

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**CRIBBAGE****AGE CATEGORY**

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

**TOTAL        20 persons (10 teams) per district**

**MEDALS**

2 Gold/2 Silver/2 Bronze

**RULES AND PLAYOFF INFORMATION**

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

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.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- 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 score card.
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.
5. Substitutes are allowed as listed on the district team's registration form. The third place team will be the substitute, the 4th place, 5th place, etc., if possible.

**TIE BREAKING**

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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**GOLF**

**LOW GROSS COMPETITION**

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

**LOW NET COMPETITION**

Ladies: 55+	10 per district
Mens: 55+	10 per district

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

**RECREATIONAL COMPETITION**

Ladies' and Mens – 55+

All ages play in one competition. Four per District.

**MEDALS**

12 Gold/12 Silver/12 Bronze (regular golf)  
 1 Gold/1 Silver/1 Bronze (recreational Golf)

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

1. 36 hole stroke play with 18 holes per day.
2. For the low net competition: i) players must have an established Canadian Ladies Golf Association or Royal Canadian Gold Association golf index (handicap) to enter; and ii) net 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: i) players may enter without handicap scores (actual number of strokes counted) for each of the 18 hole games will be added together to arrive at a total gross score.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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If a district does not have anyone entered into the gross competition, then the lowest score who didn't win the net (second place) could be the winner for gross.

4. Players must indicate their index on their SSFA 55 + Provincial Games registration form. Players entering low net, must provide a handicap certified by the home course pro or manager.
5. Groups may consist of three or four golfers depending upon the number registered. Groups will be men or women but not mixed. The event coordinator will attempt to have players from the same district in different groups.
6. Players will exchange score cards 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, of both men and women.
8. Local ground rules will apply and copies will be available upon registration at the SSFA 55 + Games.
9. If a tie exists the judge will forgo the score on the last hole, and the player with the lowest score on the first 17 holes will be declared the winner. If a tie still remains, the judge will continue to go back, basing it on the first 16, then 15, etc., until the tie is broken.
10. Substitutes are allowed as listed on the District team's registration form. The third place team will be the substitute, then the 4th place, 5th place, etc., if possible.

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**RULES AND PLAYOFF INFORMATION – Recreational Golf**

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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**ICE CURLING**

All competitors must be 55 years of age by December 31 of the year of the competition.

**AGE CATEGORIES**

55+	Ladies Team
55+	Mens Team
55+	Mixed Team (2 Ladies & 2 Men)
65+	Ladies Team
65+	Mens Team
65+	Mixed Team (2 ladies & 2 men)

**Number of teams per district is unlimited**

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

**MEDALS**

24 Gold/ 24 Silver/ 24 Bronze

**RULES AND INFORMATION**

1. Canadian Curling Association Rules Shall Apply. [www.curling.ca](http://www.curling.ca)
2. All games, including the finals shall be eight (8) ends.
3. Tie games will be decided by playing an extra end.
4. The exact draw will be determined by the number of teams entered in each event.
5. Sticks may be used for play.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**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 licence 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.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- 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, two teams are tied in total points then 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) Participants are encouraged not to hint-talk while playing.
3. Substitutes are allowed as listed on the District team's registration form. The third place team will be the substitute, then the 4th place, 5th place, etc., if possible.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**LAWN BOWLING****AGE CATEGORY**

Ladies:	55+	Men:	55+	2 pair per gender per district
	70+		70+	2 pair per gender per district
Mixed:	55+			2 pairs mixed gender per district
	70 +			2 pairs mixed gender per district

**TOTAL      24 persons per district**

**COMPETITION**

Ladies Pairs, Mens Pairs, Mixed Pairs

**MEDALS**

24 Gold/24 Silver/24 Bronze

**RULES AND PLAYOFF INFORMATION**

1. A round robin format will be used.
2. Games for the age category of 55 to 69 will be 16 ends, games for the 70 + will consist of 14 ends. During round robin play there will be no trial ends, but unlimited burnt ends will be allowed.
3. There will be two points awarded for a win and zero points for a loss.
4. Ties at the end of a game will be played off with an extra end.
5. Placing will be determined by the number of games points. In the event of a tie, the aggregate scores for and against each team will determine placing. If still tied, the aggregate number of ends each team won will determine placing. As a last recourse, the winner of the game between the tying teams will break the tie.
6. Clothing should be the traditional white or cream, or the district colours.
7. Substitutes are allowed as listed on the District team's registration form. The third place team will be the substitute, then the 4th place, 5th place, etc., if possible.

**International Bowling Board Rules shall apply.**

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**PICKLE BALL****AGE CATEGORIES:**

Ladies	55+	Singles/Doubles/Mixed Doubles
Mens	55+	Singles/Doubles/Mixed Doubles
Ladies	65+	Singles/Doubles/Mixed Doubles
Mens	65+	Singles/Doubles/Mixed Doubles

Singles:	2 competitors per district.
Doubles:	1 team per district.
Mixed Doubles:	2 teams per district.

**Competition:**

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

**RULES AND PLAYOFF INFORMATION**

USA Pickleball Association rules will be used.  
<http://www.usapa.org/officialrules/pbrules.html>

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

The court dimensions are identical to a doubles badminton court. The court dimensions are 6.09 m by 13.4 m (20` by 44`)

The net is hung at 91.4 cm (36``) at each end and 86.3 cm (34``) at the centre.  
 A non-volley zone extends 2.14 m (7`) on each side of the net.

**Serve**

1. At the start of the game, the 1st serving team is allowed only one fault before giving up the ball to the opponents. Thereafter both members of each team will serve and fault before the ball is turned over to the opposing team.
2. Serves must be underhand without bouncing the ball before you hit it.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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3. The paddle must pass below the waist.
4. Both feet have to be behind the baseline during the serve.
5. The serve is made diagonally cross court and must clear the non-volley zone.
6. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve, and lands on the proper service court). Then the serve is taken over.
7. Double bounce rule: Each team must play their **first** shot off the bounce. After the ball has bounced once on each side, then both teams can either volley the ball in the air or play it off the bounce. The ball **MUST** bounce once on each side before volleying the ball in the air otherwise it is a fault.
8. If the serve hits any lines except the front service line the ball is considered in play.
9. If the ball hits the front service line on the serve, it is considered a fault.
10. After a point is earned, the player will move to the opposite serving square.
11. The player on the right side always serves first and then it goes in a clockwise rotation.

**Scoring**

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

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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

55+            Open to Ladies 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 participant has NOT received payment ARE eligible for entry.)
4. Only one entry per participant.
5. Entries must have been written since the last SSFA 55 + Games.
6. Two copies of the entry must be **typewritten on 8 1/2" x 11" white paper**, with 1 1/2" margins at top, bottom and sides. Entrant's name and address must appear on one copy only. Handwritten entry will not be accepted.
7. Participants submit their entries to their district representative in accordance with established deadlines.
8. In each district, the TOP THREE entries will advance to the Provincial 55+ games for final judging. Participants are not required to accompany their entries to the games.
9. Guidelines for writing and judging poetry
  - significance, depth of thought
  - originality of ideas and presentation

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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

1. Short story of a minimum of 350 and a maximum of 500 words.
2. Competitors write on a "theme" as designated by the Host Community.
3. Entries must be unpublished scripts. (Works which have appeared in a local newspaper, etc. and for which the participant has NOT received payment ARE eligible for entry).
4. Only one entry per participant.
5. Two copies of the entry must be typewritten on 8 1/2" x 11" white paper, double spaced - 250 words per page. Entrant'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. Participants are not required to accompany their entries to the Games.
7. Guidelines for writing and judging short stories
  - clarity and originality of expression.
  - significance and originality of thought
  - Characters: presentation and development
  - Structure: consistent with short story
  - Technical correctness

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**SCRABBLE****AGE CATEGORY**

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

**TOTAL            18 persons per district**

**MEDALS**

3 Gold/3 Silver/3 Bronze

**RULES AND PLAYOFF INFORMATION**

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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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10. You are not eligible to enter the event if you have a rating of 1600 or more at any time.
11. To facilitate the viability of the competition, the Co-ordinator may alter the number of divisions and cut-off for the divisions based on the number of participants and their ratings. The Co-ordinator shall be the final decision maker.
12. Substitutions are allowed as listed on the District team's registration form.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**SHUFFLEBOARD** (Table - cushion/bank)**AGE CATEGORY**

Men and Ladies

55+

Doubles

3 team per gender per district

70+

Doubles

3 team per gender per district

**TOTAL 12 persons (6 teams) per district****COMPETITION:** Doubles Competition. 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. All games shall be won when an opponent reaches 21 points or more.
2. 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.
3. 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.
4. Competitors must be completely behind the board while shooting.
5. Competitors will not be allowed to bump the board while shooting.
6. Competitors must stand behind an opponent who is shooting.
7. Players must not cross beyond the centre line of the end from which they are shooting for any reason.
8. A player may only discuss a shot with his or her partner.
9. 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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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opponent hand a "4" since the "4" is the furthest rock. (All tables will have "5" corners marked on them).

10. Officials will rule on any shots that cannot be decided on by the players.
11. Pairs enter the age category of the youngest member.
12. Substitutes are allowed as listed on the District team's registration form. The third place team will be the substitute, then the 4th place, 5th place, etc., if possible.

**COMPETITION**

- 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.
- 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.
- In the event of a tie between teams vying for a playoff berth, the tie will be broken by reverting back to the games played against each other in the round robin.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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

55+ 3 Mixed teams per district

**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** 17 Gold/17 Silver/17 Bronze

**SSFA 55+ DISTRICT & PROVINCIAL SLO-PITCH RULES AND PLAYOFF INFORMATION**

The 2007-2008 Slo-Pitch Softball Canada Rules (SCR) shall apply along with Non-Official (Non-Off.R) Special Senior Playing Rules.

**A. THE TEAM**

1. A team will consist of a maximum of 17 players, including coaches/managers. If a team has a non-playing coach/manager, this person is not included in the 17 person team roster.
2. Each team will be allowed to play either 10 or 11 defensive players, two of which must be the opposite gender. The number of defensive players must be decided by the team coaches/managers and the umpire prior to the start of the games.
3. Substitutions must be male (or female) for male and female for female.
4. Official line-up cards are to be completed and submitted to the official scorekeeper or umpire and a copy to the opposing coach at the start of the game. The line-up shall list the first and last name and uniform number of each player and substitute.
5. All players listed on the batting line-up card must wear the same colour ball shirt and must have a number on the back of the shirt with no duplication of numbers.
6. Each team will supply its own scorekeeper.
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.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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2. The home plate/strike mat (Non Off.R) is to be a 24" X 42" mat placed over the original home plate. (The entire mat can be used for a put out)
3. Pitching distance (Non Off.R) shall be a minimum of 50 feet up to a maximum of 60 feet. Both distances should be clearly marked.
4. A double (safety) base is to be used at 1st base (SC,R2) with the orange portion belonging to the batter/runner alone, on his/her first attempt at reaching first base. If the batter/runner is restricted/hindered in any manner in getting to the orange base, they will be called safe.
5. The commitment line (SC,R2) is a line 21 feet from home plate perpendicular to the 3rd base line. (Runners crossing or touching this line must continue home)
7. A safe plate or scoring line (SC,R2) shall be used for the player running from 3rd base to home.

**C. THE GAME**

1. A regulation game will consist of 7 full innings.
2. A game called by the umpire (SC,R5) shall be regulation if 5 or more innings have been played, or 4 ½ 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.
1. The mercy rule will apply (Non Off.R). The game will end anytime after 4 ½, 5, 5½ or 6 innings of play, if there is a difference of 12 runs.
2. Game tie breaker (SC,R5). Starting at the top of the 8<sup>th</sup> inning and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on 2<sup>nd</sup> base. This player can be replaced with a courtesy runner once he/she/ has reached 3<sup>rd</sup> base. (The courtesy runner rule must be followed)
3. Registered umpires must be used for all games.

**D. EQUIPMENT**

1. Bats: Miken Ultra II and Titanium bats so labelled will not be allowed. Bats must be labelled 1.20 BPF.
2. Balls: The official ball shall be a 12" yellow ball with a .44 COR, 375 comp. Balls must not exceed .47 COR, 375 comp.

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3. Shoes: (SC,R3) No metal cleats are allowed, nor are hard plastic, nylon or polyurethane spikes allowed.

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

1. Pitching – a legally delivered ball with an arc of 6 feet minimum to 12 feet maximum from the ground, striking any part of the strike mat before it touches the ground is a strike.
2. Female batters are allowed to bunt, with no restrictions on where the infielders play.
3. If a male batter, who is batting just before a female, is walked on 4 straight pitches, he is awarded 2<sup>nd</sup> base. The female batter must bat.
4. On a 3<sup>rd</sup> strike foul, the batter is out and the ball is dead.
5. There is to be no tag on the runner by the catcher or other defender, between the commitment line and the safe plate or scoring line.
6. A runner over-running 2<sup>nd</sup> or 3<sup>rd</sup> base is liable to being tagged out.
7. Sliding into bases is not permitted. Runners may slide or dive, when returning to a base. Runners sliding, when advancing to a base shall be called out.
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 their turn to bat. They are out as a batter but allowed to remain on base as a runner.
- 11a. 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.
- 11b. A courtesy runner from home must start 6 feet behind the extension of the 3<sup>rd</sup> base line.
- 11c. A courtesy runner from home who runs before the ball is hit shall be called out.

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- 11d. A batter who requires a courtesy runner and hits the ball, must stay in the batter's box until the runner reaches 1<sup>st</sup> base or is put out. The courtesy runner will be called out if the batter leaves the box before the play is finished. The batter may leave the batter's box only to avoid interfering with a play being made.
12. If a player is injured and there is no substitute available, that player can be removed from the game with no penalty. The game may continue with the injured player's name scratched from the batting line-up.

**TOURNAMENT TIE BREAKER PROCEDURE**

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

1. Use overall win-loss record. If still tied, use
2. Record between tied teams. If still tied, use
3. Score plus minus differential between tied teams. If still tied, use
4. Total runs scored in tournament. If still tied, use
5. Total runs allowed in tournament. If still tied, use
6. Toss of coin.

**PROTESTS**

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

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

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**SNOOKER****AGE CATEGORY**

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

**TOTAL 16 persons per district**

**COMPETITION**

Ladies Singles Competition  
Mens Singles Competition

**MEDALS**

4 Gold/4 Silver/4 Bronze

**RULES AND PLAY-OFF INFORMATION**

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

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**8 BALL - POOL****AGE CATEGORY**

55+	Ladies and Men – 4 each per gender per district
70+	Ladies and Men – 4 each per gender per district

**TOTAL      16 persons per district**

**COMPETITION**

Ladies' Singles Competition  
Men's Singles Competition

**MEDALS**

4 Gold/4 Silver/4 Bronze

**RULES AND PLAY-OFF INFORMATION**

1. The world standardized rules for 8-ball by the World Pool – Billiard Association (WPA) Rules in effect from January 1, 2006.  
[www.westernbca.org/about/rules](http://www.westernbca.org/about/rules) or  
<http://www.wpa-pool.com/web/index.asp>
2. **Format:** A round robin format will be used. Each match will consist of the best 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 coin 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 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.

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**5. Table Size – 4' X 8": 8-ball**

Pool ball specifications – pocket billiards balls – Weight: 5 ½ to 6 oz. \*diameter: 2 ¼."

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 advance:
  - i. Players alternate break
  - ii. Loser breaks
  - iii. Player trailing in game count breaks the next game.

**7. Racking the Balls:**

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

**8. Call Shot:**

- a. In a call shot, obvious balls and pockets do not have to be indicated.
- b. It is the opponent's right to ask which ball and pocket if he is unsure of the shot.
- c. Bank shots and combination shots are not considered obvious, and care should be taken when calling both the object ball and the intended pocket.
- d. When calling the shot, it is never necessary to indicate details such as the number of cushions, banks, kisses, caroms, etc.
- e. Any balls pocketed on a foul remain pocketed, regardless of whether they belong to the shooter or the opponent.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- 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:
  - 1. Accepting the table in position and shooting, or
  - 2. 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.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**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 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
  1. pocket a numbered ball, or
  2. 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.

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**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 group of balls, he 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.

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- e. When placing the cue ball in position, any forward stroke motion contacting the cue ball will 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:**

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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

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

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

**24. Stalemated Game:**

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

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

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

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**STICK CURLING**

**AGE CATEGORY**

55+ open Number of teams per district is unlimited

Total number of entries per District at the Provincial games will be determined by the SSFA Provincial Games Committee.

**MEDALS**

2 Gold/2 Silver/2 Bronze

**RULES AND PLAYOFF INFORMATION**

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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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before reaching the hog line and with some part of the stone within two feet of the centre line.

10. Other rules and etiquette of regular curling apply. [www.stickcurling.ca](http://www.stickcurling.ca)  
It is not a rule but participants are advised that one hour is sufficient to play the game. In addition it will be confirmed whether the allocated time of one hour will include the time taken for time outs.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**SWIMMING****PART A: Timed Competition****AGE CATEGORY**

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

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

**MEDALS**    106 Gold/106 Silver/106 Bronze

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

**COMPETITION**

Each participant may compete in a maximum of 4 events, plus a 4 x 100 metre relay.

50 metres freestyle  
 100 metres freestyle  
 50 metres backstroke  
 100 metres backstroke  
 50 metres breaststroke  
 100 metres breaststroke  
 100 metres Individual Medley

**Timed Relay**

4 x 50 metres relay

Each district may enter up to 3 teams of four consisting of all men or all ladies regardless of age. Each gender will compete among themselves for medals. One participant of the same gender may be “borrowed” from another district to complete the team. The intent is to complete a team and not “stack” a team. Both men and ladies relay teams may race at the same time providing the pool has an adequate number of lanes.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**B: PREDICTED TIME COMPETITION:****AGE CATEGORY**

55+ Ladies  
55+ Men

**The maximum number of participants per district is unlimited.**

**MEDALS:**

4 Gold 4 Silver 4 Bronze

Medals will be awarded for each distance and each gender.

**COMPETITION:**

Predicted time participants 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 50 metre relay in their proper gender category if required to make up a district team. Any stroke or combination of strokes.

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

The Masters swimming rules shall apply. [www.mastersswimmingcanadarules.ca](http://www.mastersswimmingcanadarules.ca)

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. The arms are brought out over the surface of the water. The body must remain in the breast position at all times, all movement of arms and legs must be in simultaneous movement at all times. The swimmer must not swim underwater except on the first stroke following each turn. A breaststroke kick is allowed.

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.

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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 ends of the pool.
8. Predicted time participants will be permitted to know their times after the first swim for the 100m 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 combine 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.
12. Substitutes are allowed as listed on the District team's registration form.

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**TABLE TENNIS:****AGE CATEGORIES:**

Ladies & Mens: 55+	Singles/Doubles/Mixed Doubles
Ladies & Mens: 65+	Singles/Doubles/Mixed Doubles
Ladies & Mens: 75+	Singles/Doubles/Mixed Doubles

Singles:	2 competitors per gender per district.
Doubles:	1 team per district
Mixed:	2 teams per district

Total: 24 persons per district. Minimum 12 – Maximum 30 competitors per District.

**Competition:**

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

**RULES AND PLAYOFF INFORMATION**

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



GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**TRACK & FIELD****A. TIMED COMPETITION****AGE CATEGORIES**

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

The maximum number of participants per district is unlimited.

**MEDALS** 176 Gold/176 silver/176 Bronze

**COMPETITION**

Each participant may compete in a maximum of 4 events plus a 4 x 100 metre relay.

**TRACK**

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

Relay – Each district may enter up to 3 teams of four consisting of all Men or all Ladies regardless of age. Each gender will compete amongst themselves for medals. One participant of same gender may be “borrowed” from another district to complete the team. The intent is to complete a team and not to “stack” a team. Both Men and Ladies relay teams may race at the same time providing the track has an adequate number of proper lanes.

**FIELD**

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

**RULES AND INFORMATION**

1. All events are final.
2. All ladies age categories will compete together in field events.
3. All Men age categories will compete together in field events.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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4. Ladies 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. Ladies 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 participant shall advise the Venue Official.
8. Timed Event participants may not enter the Predicted Walk competition.
9. Field participants may have up to six practice attempts or throws.
10. First place in each event will receive gold, second place will receive silver, and third place will receive bronze.
11. A medical examination within two months of the start of the games is strongly recommended.
12. International Amateur Athletic Federation rules shall apply.

**Canada 55+ Games Qualification:**

1. The selection will be based on the total points attained in the Provincial competition as follows: 10 points for first, 7 points for second, 5 points for third, 4 points for fourth, 3 points for fifth, 2 points for sixth and 1 point for seventh.
2. Participants 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 participant with the highest number of points shall have the opportunity until all participants are considered, if necessary.
3. In case of a tie, the participants with the most gold medals will be chosen.

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

Men	55+	1.5kg
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Men	60+	1.0kg
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Ladies	55+	1.0kg
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**Javelin**

Men	55+	700g or 800g substitute
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Men	60+	600g
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Men	70+	500g or 400g substitute
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Men	80+	400g
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Ladies	55+	500g or 400g substitute
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Ladies	60+	400g
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**Shot Put**

Men	55+	6kg
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Men	60+	5kg
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Men	70+	4Kg
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Ladies	55+	3kg
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**B. PREDICTED WALK COMPETITION****AGE CATEGORY**

Ladies	55+
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Men	55+
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The maximum number of participants per district is unlimited.

**MEDALS** 8 Gold/8 Silver/8 Bronze

**COMPETITION**

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

Participants **must** walk each distance twice.

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**RULES AND INFORMATION:**

1. Participants must submit their estimated time one-half hour before their event.
2. Participant timing devices of any kind will not be allowed.
3. Coaching or pacing from the sidelines will not be allowed.
4. Participants 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 participants **can** also enter two field events – long jump, triple jump, discus, javelin or shot put.
8. Predicted Walk participants compete against all field event participants for field event medals.
9. Predicted Walk participants cannot enter the Track Timed Competition individual events, except they can enter the 4 x 100m relay in their proper gender category, if required to complete a district team.
10. A medical examination within two months of the start of the Games is strongly recommended.
11. International Amateur Athletic Federation rules shall apply as applicable.

**Canada 55+ Games Qualification**

1. Participants 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 participant decline, then the next participant with the lowest difference shall have the opportunity until all participants are considered if necessary.

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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**WHIST****AGE CATEGORY**

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

**Total 20 persons (10 teams) per district**

**MEDALS**

2 Gold/2 Silver/2 Bronze

**RULES AND PLAYOFF INFORMATION**

1. At the start of the tournament each team will be designated an "A" and a "B" team. The team designated "A" will always move no matter if they have won or lost.
2. The playing rules, format, to be read out by the Whist Coordinator before the first round is played.
3. All players cut for deal. ACE is high. Deal progress clockwise. Dealer shuffles and player to right of the dealer to cut the deck before the deal.
4. A game consists of five (5) hands. Trump is as follows: **HEARTS, SPADES, DIAMONDS, CLUBS, NO TRUMP.**
5. The player to the dealer's left leads, any card may be led. Players must follow suit by playing a card of the same suit as the card led if they can, a player with no card of the suit led may play any card. The trick is won by the highest trump in it, or if it contains no trump, by the highest card of the suit led. The winner of a trick leads to the next.
6. If a player does not follow suit "revoking is failing to follow suit when able to do so. A player is not penalized if he corrects his error before the trick is turned over, and the partner of the player who fails to follow suit may caution him/her by asking if he/she does not have any card of the suit led. Once the trick has been turned over, but before play to the next trick has begun, the opposing partnership may challenge and claim a revoke. A partnership cannot win a game in any hand in which it revokes." For a non-established revoke, i.e. a revoke corrected before the trick is turned over, there is no penalty. For an established revoke, i.e. one that is detected later in the game, there will be a two-trick penalty.
7. A card laid is a played card.

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8. Scoring is for tricks taken above six and totalled for the five deals (six tricks, six points.)
9. Score recorder will pick up sheets after every 5<sup>th</sup> hand. Score sheets will be provided – one for each pair and signed by a member of the opposition.
10. Scores will be posted on Master Score Sheet on flip chart or wall after each five-deal game and be on display during the playing times.
11. Where possible, a round-robin tournament will be followed. Winners will be declared according to the highest score.
12. Substitutes are allowed as listed on the district team's registration form.

**TIE BREAKING**

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

## **OPTIONAL EVENTS:**

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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

55+ OPEN - INDIVIDUAL EVENT

**MEDALS**

12 Gold/12 Silver/12 Bronze

**RULES AND INFORMATION**

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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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

**DISPLAY OPPORTUNITY**

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

**MEDALS**

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

**ARTS & CRAFTS – CATEGORIES (Pg.1)**

**ARTS & CRAFTS – CATEGORIES (Pg.2)**

Arts and Crafts categories p.3



**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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- c. The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a “fault” or the shuttle ceases to be in play because it touches the surface of the court inside the opponent’s court.
  - d. If the score becomes 20-all, the side, which gains a two-point lead first, shall win that game.
  - e. If the score becomes 29-all, the side scoring the 30<sup>th</sup> point shall win that game.
  - f. The side winning a game shall serve first in the next game.
5. Plastic shuttle (birds) will be used at the games.
  6. Participants must play in their own age category except that in doubles, a partner from an older age category may compete in a younger age category.
  7. Ties – Saskatchewan Laws of Badminton will apply in case of a tie.
  8. An official referee should be appointed to assist the Badminton Coordinator.
  9. Substitutes are allowed as listed on the District team’s registration form.

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**BOCCE****AGE CATEGORIES:**

55+                  Doubles                  2 Teams per District

**MEDALS**

2 Gold/2Silver/2 Bronze

**RULES AND PLAYOFF INFORMATION**

The Bocce Standard Association rules will apply, with exceptions listed under “Bocce Rules Summary.” <http://www.boccestandardsassociation.org>

**BOCCE RULES SUMMARY****A) DEFINITIONS Term****Live Ball****Definition**

Any ball in play or waiting to be thrown is considered a live ball.

**Dead Ball**

Any ball that has been disqualified. A ball may be disqualified if:

It is the result of a penalty;

It has gone out of the court;

It contacts a person, object that is out of court;

It hits the top of the court boards (if using a closed court).

**Pallino**

Small object ball, sometimes called cue ball, jack, etc.

**Spock**

A throw, which is thrown with sufficient velocity that it would hit the backboard if it missed the target. The spock line may be used to determine a foul.

**Bank Shot**

A ball that is played off either the sideboards or backboard (if using a closed court).

**Pointing**

A ball thrown or rolled to obtain a point close to pallino. The roll line must be used to determine a foul.

**Frame**

The period in the game in which balls are played from one side of the court to the other and points are awarded.

**In Ball**

The side whose bocce ball is closest to the pallino. Whenever a team gets “in” it steps aside and allows the “out” team to

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES****Out Ball**

bowl.  
The opposite side.

**THE GAME**

1. The game is played with two teams; each team can have two players. Each player throws two balls. The toss of a coin determines which team will start. The starting team chooses which colour (pattern) ball they will play with. The first team member throws the pallino and then rolls his/her first ball as close to the pallino as possible. It is now up to the opposing team to roll a ball closer to the pallino than the starting team.
2. If the opposing team uses all four balls and fails to get closer to the pallino than the starting ball, the starting team rolls each of their remaining balls, trying to place them closer than the opponent's closest ball. The side whose bocce is the closest to the pallino is called the "in" ball and the opposing side the "out" ball. Whenever a team gets "in" it steps aside and allows the "out" team to bowl.
3. However, if the opposing team succeeds in placing one of their balls closer to the pallino, the starting team must then roll again to attempt to get closer or "better the point". Each team continues to roll until it beats the point of the opposite team.
4. A team has the option of rolling, throwing or bouncing its ball down the court provided it does not go out-of-bounds or the player does not violate the foul markers. A player also has the option of "spocking" or hitting out any ball in play in trying to obtain a point or decreasing the opposing team's points.
5. While the object is to get close to the pallino, it is permissible for a player to roll his/her ball as to knock an opponent's ball away from the pallino. Likewise, a player may knock or move the pallino toward his/her own team's balls. The pallino is playable anywhere on the playing surface.

**FOULS**

1. Foul line fouls: In both pointing and hitting, the foremost part of the specific foul line will not be surpassed by any part of the foot before the ball leaves the players hand. One official warning may be granted each team after which penalties will be prescribed. The penalty for a team committing a 2nd foul line infraction will be as follows: The team fouled against will be awarded points as they were immediately preceding the foul and the frame will end. The team committing the foul will be awarded no points for the frame. Or the fouled against team may have the option of declining the penalty and completing the frame.
2. Illegal movement of a ball belonging to your own team: If a player moves one or more of his team's balls, it or they are removed from the court and considered dead and play continues.

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**3. Illegal movement of an opponent's ball:**

If a player moves one or more of his opponent's balls, those balls are removed and awarded one point each and play continues. Only one team is awarded points, so only the team fouled against can be awarded points.

**SCORING**

1. When all balls have been played, this concludes the frame and a designated official under the scrutiny of the captain or designee of each team will determine the points scored. Scoring points are all those balls of one team closer to the pallino than the closest ball of the opposing team, which can be determined by viewing or by mechanical measurement. Thus, a team may score up to four points per frame. In the event that the two balls closest to the pallino belong to the opposing teams and are tied, NO points will be awarded and the pallino returns to the team that delivered it.

2. The team that scores in a frame starts the next frame by throwing out the pallino and playing their first ball.

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**CARPET BOWLING****AGE CATEGORY**

Open	55+	4 - person team	1 team per district
	65+	4 - person team	1 team per district
	75+	4 - person team	1 team per district

**TOTAL      12 Persons (3 teams) per district**

**MEDALS**

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

12 Gold/12 Silver/12 Bronze

**RULES AND PLAYOFF INFORMATION**

1. There will be a 15 minute warm-up/practice prior to the start of the days competition.
2. Number of ends played will be eight. If a tie-breaker is required, it shall be only one end at a time until the tie is broken.
3. Thirds will keep and check score and be responsible for calling for a measurement.
4. During a game due to illness or injury of one player, the two players other than the skip will throw extra bowls. Substitutes will be allowed two players for each team. If more than two players are needed, a whole team must be substituted.
5. Rules of the game are as follows:
  - a) A clearly defined tee to be marked at one end of carpet tapering from 10 inches to 12 inches.
  - b) Clearly defined circles at other end of carpet (one 15 inch circle and one 30 inch circle and a centre button).
  - c) Length of carpet from playing end to centre of button is 24 feet. Full length of carpet is 27 feet, 6 inches and is 3 feet wide.
  - d) The hog line will be 4 feet, 6 inches from the centre button.

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- e) Every bowl will be eligible to count which is not clearly outside the 30 inch circle.
  - f) Each bowl not clearly over the hog line must be removed from the carpet, unless it struck a bowl.
  - g) Each game is to consist of eight ends. If a tie-breaker is required, it shall be only one end at a time (sudden death) until the tie is broken.
  - h) Teams must have four players, each player using two bowls. Rotation of play is to be the same as at the start of the game. No person shall be allowed to be in contact with the carpet while a player is delivering a bowl.
  - i) Skips will decide by the toss of a coin which party shall lead at first end; after that, the winning team shall lead; team leading first end shall have choice of colour of bowls.
  - j) Each player to be ready when his turn comes. Should a wrong bowl be delivered, it should be left and exchanged after it has come to rest to the satisfaction of opposing skip.
  - k) Skip and third players ONLY allowed at scoring end of carpet; third players must keep score, and opposing third player will check score.
  - l) Fast bowls will not be allowed and will be called by the umpire and may be stopped by a skip (or the umpire). Umpire may award a minimum of two points to the opposing team when a fast bowl is called. Umpire's decisions are final at any game.
  - m) No bowls will be measured until after the end is finished. When a measure is called for, no bowls are to be disturbed (only by the umpire).
  - n) No player shall speak to or taunt an opposing player while in the act of delivering his bowl. Players will be warned and, if conduct is persisted, players will be brought before Committee.
  - o) No part of the body must go beyond the fowl line.
6. Substitute teams are allowed as listed on the team's registration form. The second place team will be the substitute, then the third place team, etc., if possible. Individual substitutes are chosen from the highest placed team not participating.
7. Teams enter the age category of the YOUNGEST member.
8. Persons in a higher age category may enter a lower age category.

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9. Tournament Play - a round robin shall be played and a winner declared by total games won. A tie involving two teams will be broken by whichever won the game between the two teams involved. A three way tie will be decided by the team with the most points scored from all the round-robin games.

- NOTE:**
- Bowls are 3 1/4 inches in diameter and weight 19 - 20 ounces. They are spherical, (round) in shape and are not weighted. Carpet 27 feet, 6 inches and 3 feet wide is marked about a centre 3 feet, 6 inches from the end of the carpet with circles 15 inches and 30 inches in diameter. Fowl line is 36 inches from each end of carpet and hog line is 8 feet from each end of carpet.
  - A mat may be used at the end of the playing area for kneeling to deliver the bowls.

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**CYCLING****AGE CATEGORY**

55+	Ladies	1 from each district
55+	Men	1 from each district
60+	Ladies	1 from each district
60+	Men	1 from each district
65 +	Ladies	1 from each district
65 +	Men	1 from each district

**TOTAL      6 Persons per district**

**MEDALS      18 Gold/18 Silver/18 Bronze**

**COMPETITION**

1. Time Trial – distance 10 kilometres, all age groups.
2. Road race distance 20 kilometres, all age groups except – Ladies 70+ is 15 kilometres.
3. Cyclists may compete in one or both events.

Competitors will ride a total of 24 kilometres

**Predicted Time:**

1. Competitors will cycle 5 kilometres each day for two days.
2. Competitors must submit their estimated time one-half hour before their event.
3. Predicted time competitors may not enter timed events.

**RULES AND PLAYOFF INFORMATION**

1. Cyclists must provide their own bicycles and regulation helmets.
2. Starting times will be at equal intervals (2 minutes). No allowances will be made for mishaps, mechanical or otherwise.
3. Starting order is by random selection.
4. Cyclists must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
5. No restarts are permitted.

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**DARTS (501)**

**AGE CATEGORY**

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

**TOTAL      8 persons per district**

**MEDALS**

16 Gold/16 Silver/16 Bronze

**COMPETITION**

- Ladies      Singles
- Ladies      Doubles
- Mens        Singles
- Mens        Doubles
- Mixed Doubles

**RULES AND PLAYOFF INFORMATION**

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 their partner's name for the doubles and for the mixed doubles competitions on their registration forms.

In the event of a tie between two or more players who will all advance to the knockout playoff round regardless of the tie-breaker results, final positions shall be determined by count back, that is, on the basis of the games played amongst each other in the round robin. See National Darts Federation Canada (NDFC) Rules for variations according to the number of players involved. Refer to: [www.ndf.ca](http://www.ndf.ca)

Substitutes are allowed as listed on the District team's registration form. The third place team will be the substitute, then the 4th place, 5th place, etc., if possible.

**EQUIPMENT AND FACILITIES**

- A clock-type dart board with 20 segments divided by wire will be used
- The centre of the dart board is 5 feet 8 inches from the floor with the "2" division uppermost.
- An imaginary line running from the middle of the "20" division, through the

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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middle of the bull to the floor, should be vertical.

- The minimum throwing distance is 7 feet 9 1/2 inches.
- The toe line (oche) is 3 feet long, running parallel to the board and clearly marked.
- Players must bring their own darts. The weight, length and configuration must conform to the specifications set by the NDFC Rules.

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**DUPLICATE BRIDGE**

**AGE CATEGORIES**

55+                    8 teams per district (2 person teams, mixed or single gender)

Total: 16 persons (8 teams) per district

**MEDALS**

2 gold/2 silver/2 bronze

**RULES AND PLAYOFF INFORMATION**

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

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**FLOOR CURLING****AGE CATEGORY**

- 55 + 1 team per district (4 person teams, mixed or single gender)
- 70 + 1 team per district (4 person teams, mixed or single gender)

**Total 8 persons (2 teams) per district**

**MEDALS**

8 Gold/8 Silver/8 Bronze

**RULES AND PLAYOFF INFORMATION**

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

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7. A pair of callipers or compasses should be used for measuring the distance that rocks are from the centre button in determining which team scores.
8. The rock is delivered from a standing position (see Modified Rules for the Disabled). No step or slide may be taken. Both feet of the player must be inside the marks on the sides of the toe-line, directly behind the circle and the player must stand immediately behind the toe-line.
9. The Skip, while directing play, must not touch her/his team's nor the opponents' rocks during play nor shall Skips allow any rocks to touch them.
10. Rocks shall be taken from play if:
  - a. The delivering player steps over the toe-line.
  - b. The rock strikes the side boundaries of the rink or border of end lines outside the toe-lines. NOTE: If a rock bumps another rock after bouncing off the sides, then the rock so bumped shall be put back as close as possible to its former position.
  - c. The rock does not completely cross the hog-line. NOTE: If the rock being delivered strikes another rock that is just immediately over the hog-line, that rock being delivered is in play even though it may not be completely over the hog-line.
  - d. The rock is completely over the toe-line. NOTE: Rocks resting between the circle and the toe-line are still in play as it is possible that rocks played later may come to rest in a scoring position.
  - e. A rock being delivered comes to rest on its edge, handle or another rock. NOTE: A rock that is delivered rolling or upside down is termed an illegal delivery. However, if the rock being delivered on its handle or side rights itself before crossing the second hog-line, such rock is considered to be in play. The Skip of the player making an illegal delivery shall make every effort to stop and remove from play such rock (between hog-line and house) before it comes in contact with any rocks in play.
  - f. If a rock is delivered legally but is overturned AFTER striking rocks already in play, the delivered, overturned rock must be removed and other rocks moved by that rock will remain in play in their new positions.

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- g. If in the opinion of the Umpire or official, a rock is delivered in an unorthodox manner.

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

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

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

11. Scoring shall be:

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

12. Modified Rules For The Disabled

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

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TIE-BREAKING RULES:

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

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

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

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

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**FLOOR SHUFFLEBOARD****AGE CATEGORY**

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

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

**TOTAL** 8 persons (4 teams) per district

**MEDALS** 4 Gold/4 Silver/4 Bronze

**RULES AND PLAYOFF INFORMATION**

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

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10. A disc or discs returning to, or remaining on the playing area, of the court after having struck an object outside the playing area, shall be removed from further play.
11. The baseline is the line continuing on the outside of the court for 6 feet at each end and also the line signifying the end of the court at each end.
12. SCORING: After all 8 discs have been shot, the score is counted. A disc scores in the area in which it comes to rest. Discs touching a division line do not score.
13. Discs can not be removed until the scorekeeper or umpire have verified the score. The penalty for this infraction will be; movement of own disc then that disc will not be counted; removal of opponents disc, the disc will be put back as close as possible to previous position.
14. A standard playing court measuring 6 feet in width and 48 feet, 8 inches in length will be used.
15. If a team shows up more than 5 minutes late for the tournament start and are scheduled to play they will default that first game.
16. If a team defaults a game during tournament play they will be disqualified from the tournament.

**FLOOR SHUFFLEBOARD COURTESIES**

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

**OFFICIALS**

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

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**EQUIPMENT**

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

**TOURNAMENT DRAW**

A round robin or two division round robin will be played, depending on the number of entries. Two points will be awarded for a win and zero for a loss.

**Two Division Round Robin**

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

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

**Single Division Round Robin (7 teams or less)**

The top three teams will play-off (round robin) to determine first, second, and third place.

**TIE BREAKING SYSTEM****1. GAME**

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

**2. DIVISION STANDINGS**

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

If more than two teams are tied within a division then points for and against will determine the division winner, the team with the most points will advance. If a team has won by default, then the average points for and the average points against of the games that they have played will determine the score to be awarded for the defaulted game.

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**HORSESHOES**

**AGE CATEGORY**

Ladies	55+ (30 ft)	2 in each class	6 per district
	65+ (30 ft)	2 in each class	6 per district
Men	55+ (40 ft)	2 in each class	6 per district
	65+ (30 ft)	2 in each class	6 per district
	65+ (40 ft)	2 in each class	6 per district

**TOTAL**

**30 persons per district**

<b>CLASSES:</b>	A	40% and over	play to 40 points
	B	25% to 39%	play to 40 shoe games
	C	0% to 24%	play to 40 shoe games

**MEDALS**

15 Gold/15 Silver/15 Bronze

**RULES AND PLAYOFF INFORMATION**

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

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

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**ICE HOCKEY****AGE CATEGORY**

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

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

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

**MEDALS:**

54 Gold/54 Silver/54 Bronze

**RULES AND REGULATIONS:**

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

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7. A player is allowed to score only three goals in regulation time. If a fourth goal is scored it will be disallowed and the face-off shall take place at the nearest face-off spot in the neutral district.
8. The above three-goal rule pertains to regulation time only. Three goal scorers are eligible to score in sudden-victory overtime or in the shoot-out.
9. The goaltenders masks must comply with the Canadian Adult Recreational Hockey Association (CARHA) Rulebook ("cat eye" goalie masks are illegal).
10. Referees are to report all Game Misconducts and Match Penalties to the Disciplinary Committee at the conclusion of that particular game. Named player, coach or manager shall be suspended from all succeeding games until the case is reviewed and dealt with by the Disciplinary Committee. Any player receiving a Fighting Major or Match Penalty may automatically be disqualified for the balance of the tournament.
11. Any player who is assessed any combination of three penalties (minor, bench minor, or major penalties) shall receive a Game Ejection Penalty. The player may play in the next game.

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**MILITARY WHIST****AGE CATEGORY**

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

Total 8 persons (2 teams) per district

**MEDALS**

4 Gold/4 Silver/4 Bronze

**RULES AND PLAYOFF INFORMATION****1. Preparations for the Game:**

- a) Tables should be arranged and numbered from one to the last table needed in a circular pattern for ease of movement of players during the course of play.
  - b) A set of 12 small markers or flags should be prepared for each table to be used. (Suitable tones are actual tiny flags or ones made with cloth or crepe paper fastened to toothpicks). These should be placed on a foam cup or small block of plastic foam.
  - c) A deck of cards should be placed on each table. No paper scoring is necessary.
2. One person should be designated as leader to control play and to render decisions on any aspect of the game: rules, movement, awarding of prizes, setting up the players at tables, etc.
  3. The number of markers or flags should be checked by the players at each table before play begins and by helpers to the leader at the end of play.
  4. The winning table or team is the one which accumulates the most flags as a result of playing a pre-set pattern of play. Should there be a tie, one more hand will be played by A & B of those tied and the winner of the most tricks on that hand will be the overall winner.

If a three way tie exists after all hands played, additional playoff hands will be played by "A" and "B" players of the tied teams. Players from each tied team draw a card from deck, with player drawing lowest card to receive a "bye" in the first

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playoff hand. Ace is high, deuce is lowest. The other two teams play an extra single hand, with the winners of this hand going on to play an additional single hand against the team who received the "bye". The team winning this hand receives the higher standing. Trumps for all additional hands will be determined by a cut of the deck by the director of the competition..

5. Should the players of one table lose all their flags in the course of play, the leader may loan that table one or more flags to keep the game going. A careful record of this must be kept for possible return of flags to the leader.
6. Should play be necessary on two separate days, the scores will be noted and added together at the end of the second day.
7. **Basic points of the game**
  - a) The game consists of trying to win tricks. Pairs play pairs and the tricks scored by a pair become their count for the hand.
  - b) Shuffling must be done before every deal, the dealer last.
  - c) Cutting must be done towards the dealer by the player on her/his right. Should any card be exposed before the cards are dealt, the dealer must shuffle and present the deck for another cut.
  - d) The deal consists of the dealer giving out all of the cards in rotation starting with the player on her/his left. Cards shall not be picked up until the deal is complete.
  - e) It is a misdeal and must be dealt again if any card is faced in the pack, too many cards are dealt to one player, any card is exposed during the deal, anyone deals out of turn, or anyone interferes with the dealer.
  - f) A card let or played out of turn is returned to the offender's hand with no penalty other than that her/his partner, in her/his turn, may not lead that suit.
8. **Play Information**
  - a) Four players of one table form a team to defend markers or flags at their own table or to win markers or flags at another table. Two go out as indicated below and two stay at home. For convenience sake, players call themselves A, B, X, and Y. For example A and B go out to win a marker or flag. X and Y stay at home and play as partners to defend their flags. Tables are in numbered sequence.
  - b) Play follows the pre-set plan and is controlled by the leader. He/she is the

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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final authority on any point of play.

- c) Only a visiting team can win a marker by taking 7 or more tricks. To keep the markers at home, the defenders must win 7 or more tricks. Should the visiting team win 10 or more tricks, they take away 2 markers. Visitors return to their home tables after each hand and wait for instructions to move for the next hand.
  - d) Play ends at the conclusion of the pre-set pattern or at the direction of the leader. The winning team is the one with the most markers.
9. Common courtesy requires good sportsmanship and disclosure of any special signals to opponents. Movement of body parts to indicate a special lead is considered cheating and is not good sportsmanship.

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

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

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

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

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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**VOLLEYBALL****AGE CATEGORIES**

55 +            Open Mixed

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

**MEDALS**

10 Gold/10 Silver/10 Bronze

**RULES AND PLAYOFF INFORMATION**

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

**VOLLEYBALL RULES SUMMARY:**

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

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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

The deciding game of a match is won by the team which first scores fifteen (15) points with a minimum of two (2) point lead.

10. Only two time-outs are permitted per set.

## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

**WASHER TOSS**

<b>AGE CATEGORY</b>	55+ OPEN PARTNERS Total number of participants per District is unlimited
<b>MEDALS</b>	2 Gold/2 Silver/ 2 Bronze
<b>COMPETITION</b>	Doubles competition open to men and women

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

**RULES AND PLAYOFF INFORMATION**

1. Boxes are to be standard, "flower Shop Boxes", if possible. Teams will use washers of different colours, each team will have two washers. A standard scoring stick is required at each pitch.
2. Boxes are to be placed 20 feet apart.
3. One player from each team will be designated to toss from each end of the pitch. When tossing the players front foot must be behind the front of the box at that end of the pitch.
4. The player from each team will toss their two washers in succession, following which the score for that end of play will be determined by the players at the other end of the pitch. At the start of the game the team to toss first will be determined by a coin toss, once a score has been made the team to score last will toss first.
5. The winning team will be the first team to reach or exceed 21 points. Note: To enable the games to proceed more quickly the requirement for an exact score of 21 WILL NOT BE USED.
6. At the end of the game the winning team and the score will be submitted to the Marshall and be awarded 5 points in the competition. In the event that a game has been called for a time limit the team with the highest score will be awarded 5 points. In the event of a tie each team will be given 2 points.
7. The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams for the competition will be determined by the teams point total. If an unequal number of games have been played, the team(s) with the most games will have the score from their last game taken from their total points. In the event of a tie for 1<sup>st</sup> place, the gold medal will be determined as follows:

**GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES**

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

**SCORING**

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

The score for the washer thrown is as follows:

3 points – in middle cup

2 points – inside the box

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

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

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

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

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