SSFA 55+ GAMES
RULEBOOK

Updated April 2010
INDEX

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES .............1

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OPTIONAL EVENTS

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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.

   **SUB - District**

   iii) Competitors involved in district competitions must be residents of the district in which they are competing.

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.
5. The eligibility of any athlete not clearly established by these rules shall be determined by the Chairperson of PSGC in accordance with the spirit and intent of these rules.

6. **Substitutions**

Notifications of substitutions must be made to the Host Committee as soon as possible. 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 registration 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. Requests for refund of registration fee will only be accepted up to one week following the completion of the Provincial Games.

**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 competition on his/her age category, the participant will receive a medal but must attend the games. They may participate in another age category but are not eligible for medals or points. The competitor may register in a lower age category, if the district has not filled the entry requirement. The competitor forfeits the above condition and competes for medals.

The participant will qualify to compete in the Canada 55+ Games in the age category that a medal was received.

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.

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 Technical Chairperson - PSGC or PSGB representative
- a Provincial Sport and Recreation Consultant

VI. GAMES DATES AND DURATION

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

Points will be awarded to districts at the Provincial Games as follows:
- Points will be awarded for Place finishes as specified for each event. These placing points will be totalled for each district for each event and the rank determined. Points will be awarded according to final district standing in each event:

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<thead>
<tr>
<th>Place</th>
<th>Points</th>
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<tr>
<td>1st</td>
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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"

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:

- District 1 - teal green with white trim (gold)
- District 2 - maroon with white and black trim
- District 3 - black and white with gold trim
- District 4 - blue with red and white trim
- District 5 - powder blue with white
- District 6 - red with white trim and black accent
- District 7 - teal green and blue
- District 8 - 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.

X. GAMES BANNER

The Provincial SSFA 55+ Games Banner will be carried during the Opening Ceremony by persons appointed by the Host Committee. 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.
## ROUND ROBIN TOURNAMENT

### APPENDIX “A”

### ROUND ROBIN TOURNAMENT

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SPORT AND RECREATION DISTRICTS & REGIONS

Saskatchewan District Map

Northern Sport, Culture & Recreation District

Rivers West District

Lakeland District

Prairie Central

Parkland Valley District

South West District

South East District
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)

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

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.
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.
BRIDGE – CONTRACT

AGE CATEGORY

55+ 10 Teams per district (2 person teams, mixed or single gender)
TOTAL 20 persons (10 teams) per district

MEDALS

2 gold, 2 silver, 2 bronze

RULES AND PLAYOFF INFORMATION

1. The provisions of the Laws of Contract Bridge as published by the American Contract Bridge League shall apply.

2. 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.
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\(^{st}\) trick: 40 points, subsequent tricks 30 points

**Points needed for a game:**

100 (must be bid to be scored)

If the bid is doubled, multiply by two.

If the bid is redoubled, multiply by four.

**Tournament Bridge scoring (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

**Slams:**

- 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
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:

- 1st Hand – Neither team is vulnerable
- 2nd Hand – Dealer’s team is vulnerable
- 3rd Hand – Dealer’s team is vulnerable
- 4th Hand – Both teams are vulnerable
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. A normal score for a match would be about 90 points. Some higher, and some lower.

c) Cut for crib in each game. Lowest card wins the deal.

d) When counting, cards must be played face up on the table.

e) In the event of a misdeal, the dealer will deal again.

f) Jacks can be counted for pegging out if player's peg is past the 115th hole. This refers to Jacks that are "cut" only.

g) Any points missed cannot be counted once a player has finished moving his peg.

h) Suit in the hand counts four;
   Suit in the hand plus the deck card counts five;
   Suit in the crib plus the deck card counts five;
   Suit in the crib only does not count.
i) Muggins will not be taken. (Missed points cannot be counted by the opponent).

3. Players keep track of their own scores after each game. Opponent must initial 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

DARTS (501)

AGE CATEGORY

<table>
<thead>
<tr>
<th>Gender</th>
<th>55+</th>
<th>70+</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Men</td>
<td>2</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

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

1. Entry for the Provincial Games will be based on district results from singles competitions. Those qualifying will then form pairs, within their age categories, to play doubles and mixed doubles. Each qualifying competitor should indicate their partner's name for the doubles and for the mixed doubles competitions on their registration forms.

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

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.

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 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.
GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

GOLF

AGE CATEGORY

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

TOTAL 20 persons per district (regular golf)

COMPETITION

- Ladies' and Mens' Low Net competition
- Ladies' and Mens' Low Gross competition

- One women and one man from each age category will enter the low net competition and the other woman and man from each age category will enter the low gross competition.

MEDALS

- 20 Gold/20 Silver/20 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.

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.
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.
HORSESHOES

AGE CATEGORY

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age Group</th>
<th>Distance</th>
<th>Classes</th>
<th>Total Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies</td>
<td>55+ (30 ft)</td>
<td>2 in each class</td>
<td>6 per district</td>
<td></td>
</tr>
<tr>
<td></td>
<td>65+ (30 ft)</td>
<td>2 in each class</td>
<td>6 per district</td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>55+ (40 ft)</td>
<td>2 in each class</td>
<td>6 per district</td>
<td></td>
</tr>
<tr>
<td></td>
<td>65+ (30 ft)</td>
<td>2 in each class</td>
<td>6 per district</td>
<td></td>
</tr>
<tr>
<td></td>
<td>65+ (40 ft)</td>
<td>2 in each class</td>
<td>6 per district</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL**

**30 persons per district**

**CLASSES:**

- **A** 40% and over play to 40 points
- **B** 25% to 39% play to 40 shoe games
- **C** 0% to 24% play to 40 shoe games

**MEDALS**

- 15 Gold/15 Silver/15 Bronze

**RULES AND PLAYOFF INFORMATION**

1. Men 65 years and over will have the option of throwing from 40 feet to 30 feet. A player throwing from less than 40 feet may throw a distance anywhere between 40 and 30 feet. **Men 65+ must register their distance at the same time as they register their percentage.** (Canadian Horseshoe Rules).

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.
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.**

10. **Official Rules of the Canadian Horseshoe Players Association shall apply.**
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.

MEDALS

24 Gold/ 24 Silver/ 24 Bronze

RULES AND INFORMATION

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.
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.
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.
LAWN BOWLING

AGE CATEGORY

<table>
<thead>
<tr>
<th>Category</th>
<th>Minimum Age</th>
<th>Maximum Age</th>
<th>Gender</th>
<th>Pairs per Gender per District</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies</td>
<td>55+</td>
<td>70+</td>
<td>Men</td>
<td>2 pairs per gender per district</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mixed</td>
<td>2 pairs mixed gender per district</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 pairs mixed gender per district</td>
</tr>
</tbody>
</table>

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. Placings 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.
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 it 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.
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 5th hand. Score sheets will be provided – one for each pair and signed by a member of the opposition.

10. Scores will be posted on 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.
WHIST SCORE SHEET

- One for each pair
- Must be signed by a member of the opposition after each five-deal game has been completed and prior to being collected by the scorekeeper.

<table>
<thead>
<tr>
<th>5 Deals</th>
<th>Your Score</th>
<th>Opponent’s Score</th>
<th>Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deal 1  – Hearts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deal 2  – Spades</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deal 3  – Diamonds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deal 4  – Clubs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deal 5  – No Trump</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Totals</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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. Entries must be typewritten on 8 1/2" x 11" white paper, double spaced with 1 1/2" margins at top, bottom and sides. Entrant's name must NOT appear on entry. Handwritten entry will not be accepted.

7. Entrants must enclose a stamped, self addressed envelope with their phone number in the lower left-hand corner.

8. Participants submit their entries to their district representative in accordance with established deadlines.

9. 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.

10. Guidelines for writing and judging poetry
    -significance, depth of thought
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. Entries must be typewritten on 8 1/2" x 11" white paper, double spaced - 250 words per page. Entrant's name must not appear on the entry. Handwritten entry will not be accepted.

6. Entrants must enclose a stamped, self-addressed envelope with their phone number in lower left hand corner.

7. 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.

8. Guidelines for writing and judging short stories
   - clarity and originality of expression.
   - significance and originality of thought
   - Characters: presentation and development
   - Structure: consistent with short story
   - Technical correctness
SCRABBLE

AGE CATEGORY

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
<th>Singles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category A</td>
<td>1100 – 1599</td>
<td>6 per district</td>
</tr>
<tr>
<td>Category B</td>
<td>700 – 1099</td>
<td>6 per district</td>
</tr>
<tr>
<td>Category C</td>
<td>0 – 699</td>
<td>6 per district</td>
</tr>
</tbody>
</table>

TOTAL 18 persons per district

MEDALS

3 Gold/3 Silver/3 Bronze

RULES AND PLAYOFF INFORMATION

1. The Official Scrabble Tournament rules 2004 issued by the National Scrabble Association will apply.

2. The Official Tournament and Club Word List (OWL) is the official reference for scrabble, in conjunction with Merriam-Webster's Collegiate Dictionary, 10th. edition.

3. Twelve (12) one-hour 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 (12th) 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 there is an uneven number of players, one player shall have a “buy” and be credited with a win and a +50 point spread added to the player's total spread.

10. You are not eligible to enter the event if you have a rating of 1600 or more at any time.
11. The Director shall be the final decision maker.

12. Substitutions are allowed as listed on the District team's registration form.
SHUFFLEBOARD  (Table - cushion/bank)

AGE CATEGORY

Men and Ladies

55+ Doubles 2 team per district
65+ Doubles 2 team per district
75+ Doubles 2 team per district

TOTAL 12 persons (6 teams) per district

COMPETITION: Doubles Competition - teams may be female, male or mixed

MEDALS

Medals will be awarded to each team member of the Gold/Silver/Bronze winners of each age category.

6 Gold/6 Silver/6 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 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 entry 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.
SLO-PITCH

AGE CATEGORY

55+  2  Mixed teams per district

TEAM COMPOSITION

A team will consist of a maximum of 16 players, including coaches/managers.

MEDALS  16 Gold/16 Silver/16 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 16 players, including coaches/managers.

2. Each team will be allowed to play either 10 or 11 defensive players, two of which must be of the opposite gender.

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.

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)

6. 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.

4. 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.

5. Game tie breaker (SC,R5). Starting at the top of the 8th inning and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on 2nd base. This player can be replaced with a courtesy runner once he/she/ has reached 3rd base. (The courtesy runner rule must be followed)

6. Registered umpires must be used for all games.

D. EQUIPMENT

1. Bats: 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.

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 2nd base. The female batter must bat.

4. On a 3rd 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 2nd or 3rd base is liable to being tagged out.

7. Sliding into bases is not permitted. Runners may slide or dive, when returning to a base. Runners sliding, when advancing to a base shall be called out.

8. Runners shall be called out for contact with a defensive player, while he/she is making a play on a batted ball.

9. If the umpire rules deliberate contact on the part of a defensive player, the runner shall be called safe.

10. Courtesy runner – Only one courtesy runner is allowed per inning and must be the last out. (See also 11a)

11a. A courtesy runner, which is the last out (or next previous out) will be permitted for one player from home per game. Team managers and home plate umpire shall agree before the game commences, which batter requires a runner from home. (This is in addition to the runner in rule 10)

11b. A courtesy runner from home must start 6 feet behind the extension of the 3rd base line.

11c. A courtesy runner from home who runs before the ball is hit shall be called out.

11d. A batter who requires a courtesy runner and hits the ball, must stay in the batter’s box until the runner reaches 1st 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+  2 ladies and 2 men per district
70+  2 ladies and 2 men per district

TOTAL  8 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.
**8 BALL - POOL**

**AGE CATEGORY**

- 55+ Ladies and Men – 2 each per district
- 70+ Ladies and Men – 2 each per district

**TOTAL** 8 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 shall apply.

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.
5. **Table Size – 4’ X 8”:**

8-ball

Pool ball specifications – pocket billiards balls – Weight: 5 ½ to 7 oz. *diameter: 2 ¼."

Pool cue specifications::

Player may bring a maximum of 3 cue sticks to a match.

Width of tip: 9mm minimum – 14 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.
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.
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 all; however, after contact with the contact ball, an object ball must be pocketed, or the cue ball or any numbered ball must contact a rail.

   c. Failure to meet these requirements is a foul.
15. “Safety” Shot:
   a. For tactical reasons, a player may choose to pocket an obvious object ball and also discontinue a turn at the table by declaring “safety” in advance.
   b. A safety shot is defined as a legal shot.
   c. If the shooting player intends to play a safe by pocketing an obvious object ball, then prior to the shot, the shooter must declare a “safety” to the opponent.
   d. It is the shooter’s responsibility to make the opponent aware of the intended safety shot.
   e. If this is not done, and any one of the shooter’s object balls is pocketed, the shooter will be required to shoot again.
   f. Any ball pocketed on a safety shot remains pocketed.

16. Scoring:
   a. A player is entitled to continue shooting until failing to legally pocket a ball of this group.
   b. After a player has legally pocketed all of his 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.
   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:
A player loses the game by committing any of the following infractions:

a. Foul 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.
SWIMMING

PART A: Timed Competition

AGE CATEGORY

<table>
<thead>
<tr>
<th>Ladies</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>55+</td>
<td>55+</td>
</tr>
<tr>
<td>60+</td>
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<tr>
<td>80+</td>
<td>80+</td>
</tr>
<tr>
<td>85+</td>
<td>85+</td>
</tr>
</tbody>
</table>

**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**

A maximum of 4 of the following events. Relay is optional.

- 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.
B: PREDICTED TIME COMPETITION

AGE CATEGORY

<table>
<thead>
<tr>
<th>55+</th>
<th>Ladies</th>
</tr>
</thead>
<tbody>
<tr>
<td>55+</td>
<td>Men</td>
</tr>
</tbody>
</table>

The maximum number of participants per district is unlimited.

MEDALS

14 Gold/14 Silver/14 Bronze

Medals will be awarded for each distance and each gender.

COMPETITION Predicted Time participants cannot enter the Timed Competition, except they can enter the 4 x 50 metre relay in their proper gender category if required to make up a district team.

A maximum of 4 of the following events.

- 50 metres freestyle
- 100 metres freestyle
- 50 metres backstroke
- 100 metres backstroke
- 50 metres breaststroke
- 100 metres breaststroke
- 100 metres individual Medley

RULES AND COMPETITION INFORMATION (TIMED AND PREDICTED)

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.

2. Persons in a higher age category may enter a lower age category.

3. No diving entry - in shallow water, use a standing start; in deep water, hold on the edge of 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 rules - Any competitor who commits a false start during a third or subsequent attempt at a start shall be disqualified.

6. Anyone walking on the bottom will be disqualified.

7. Pools should be roped off into separate lanes for each swimmer.

8. Swimmers are required to touch the end of the pool during turns. Swimmers using butterfly or breast stroke must have both hands touch at the ends of the pool.

9. Substitutes are allowed as listed on the district team's registration form.
GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

TEennis

Age Category

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age Group</th>
<th>Doubles</th>
<th>Teams per District</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies</td>
<td>55+</td>
<td>2 (one team)</td>
<td>per district</td>
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<tr>
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<td>per district</td>
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<td>per district</td>
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<td></td>
<td>65+</td>
<td>2 (one team)</td>
<td>per district</td>
</tr>
<tr>
<td></td>
<td>75+</td>
<td>2 (one team)</td>
<td>per district</td>
</tr>
</tbody>
</table>

Total 18 persons (9 pair) per district

Competition

If necessary competitors taking part in Men’s Doubles and Ladies Doubles may be used to comprise the mixed team.

Medals

18 Gold/18 Silver/18 Bronze

Rules and Playoff Information

1. Official rules of Tennis Canada shall apply.
2. Competitors in a higher age category may take part in a lower age category.
3. The rules of the competition will be that outlined by the International Tennis Federation.
4. Teams must enter the age category of the youngest member.
5. A round robin format will be used. Depending upon the number of districts entered, either a straight round robin with no playoffs to follow, or a two-pool round robin with subsequent playoffs between the top two pairs in each pool will be used.
6. Three free set matches will be played, with the best two-out-of three sets winning the match.
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.
NOTE: Individuals may enter at the Sub-District level and team up to play in the district playoffs, the winners going to represent the district in the provincials.
TRACK & FIELD

A. TIMED COMPETITION

B. AGE CATEGORIES

<table>
<thead>
<tr>
<th>Ladies:</th>
<th>55+</th>
<th>60+</th>
<th>65+</th>
<th>70+</th>
<th>75+</th>
<th>80+</th>
<th>85+</th>
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<tbody>
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<td>65+</td>
<td>70+</td>
<td>75+</td>
<td>80+</td>
<td>85+</td>
</tr>
</tbody>
</table>

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.
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
Men 60+ 1.0kg
Ladies 55+ 1.0kg

Javelin
Men 55+ 700g or 800g substitute
Men 60+ 600g
Men 70+ 500g or 400g substitute
Men 80+ 400g
Ladies 55+ 500g or 400g substitute
Ladies 60+ 400g

Shot Put
Men 55+ 6kg
Men 60+ 5kg
Men 70+ 4Kg
Ladies 55+ 3kg

C. PREDICTED WALK COMPETITION

AGE CATEGORY

Ladies 55+
Men 55+

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.

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.
OPTIONAL EVENTS:
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.
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 AND CRAFTS CATEGORIES

KNITTING – Class 1

1. ___ Hand Knitted Articles: item of adult clothing
2. ___ Hand Knitted baby article
3. ___ Hand Knitted Large Flat Article: tablecloth, bedspread, afghan, etc.

CROCHET – Class 2

4. __ Crocheted Article: item of clothing, doily, runner, etc.
5. __ Crocheted Large Flat Article: tablecloth, bedspread, afghan, etc.

NEEDLEWORK – Class 3

6. __ Petit Point/Needlepoint
7. __ Counted Cross Stitch
8. __ Embroidery: any item embroidered with thread, excluding #’s 6 & 7 above

QUILTS – Class 4

9. ___ Hand Quilted Quilt, Group Machine Pieced: attach a temporary 4 inch sleeve on back for display hanging, no smaller than 44” x 56”
10. ___ Hand Quilted Crib Quilt, Machine Pieced: no larger than 44” x 56”
11. ___ Machine Quilted Table Runner, Machine Pieced: machine quilted by competitor
12. ___ Hand and/or Machine Quilted Wall Hanging, Hand and/or Machine Applique: machine quilted by competitor, maximum circumference of 200”

OTHER – Class 5

13. ___ Pieced and/or Applique, Hand and/or Machine Quilted item other than #’s 9, 10, 11 & 12: clothing, bags, cushions, etc.

DOLLS AND TOYS – Class 6

14. ___ Soft Decorative Toys: must be handmade with needlecraft material (knit, Sewn, Crocheted, Soft Sculpture, etc.)
GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

ETHNIC NEEDLE ART – Class 7

15. ___ Ethnic Needle Arts: Grospoint, Hardanger, Ukrainian Embroidery, Japanese Bunka, Brazilian Embroidery, etc. (include name or description of ethnic craft)

16. ___ Other hand work not specified above: weaving, macramé, crewel, candle wicking, smocking, et.

FINE ARTS – Class 8

17. ___ Oil/Acrylic Painting: Landscape, portrait, still life, etc (entries must be framed and wired ready for hanging: no larger than 36” x 36”, including frame)

18. ___ Water Color Painting: same requirements as #17

19. ___ Calligraphy: greeting cards, wall hangings, scroll, etc; may be combined with a sketch or painting (entries must be framed or in finished format suitable for display or hanging)

20. ___ Drawing: open to any media or subject; same requirement as #17

WOODWORKING, CARVING & WHITTLING – Class 9

21. ___ Woodworking: projects constructed with lathe; maximum size 12” x 24”x12” (should be predominately wood although metal, leather or fabric may be used for hinges, catches, handles, trim)

22. ___ Woodworking: fretwork, scroll work; same requirement as #21

23. ___ Woodworking: toys; same requirements as #21

24. ___ Hand Carving: sculptural works in wood or metal; maximum size 12”x24”x12”

POTTERY - Class 10

25. ___ Hand Sculptured Pottery: maximum dimension 18”

26. ___ Wheel Thrown Pottery: maximum dimension 18”

PHOTOGRAPHY – Class 11

27. ___ Color Photography: open to any subject; maximum size not to exceed 8”x10” excluding frame (must be framed and wired ready for hanging)

28. ___ Photography: collection of three (3) 4x6 prints following a theme arranged on a cardboard type of material no larger than 11”x14”
GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

29. ___ Photography: sports print; matted and/or framed no larger than 8”x10” excluding frame

30. ___ Black and White Photography; same requirements as #29

ETHNIC ARTS – CLASS 12

31. ___ Ethnic Arts: Wheat Weaving, Tote Painting, Pysanka, Mosaics, Native Quilling, etc.
SSFA 55 + GAMES

GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

BADMINTON

AGE CATEGORY

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Doubles</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ladies 55+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Ladies 65+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Ladies 75+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Men 55+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Men 65+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Men 75+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Mixed 55+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Mixed 65+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
<tr>
<td>Mixed 75+</td>
<td>4 (2 teams) per district</td>
<td></td>
</tr>
</tbody>
</table>

Total: 36 persons (18 pairs per district)

COMPETITION

If necessary, competitors taking part in Men’s Doubles and Ladies Doubles may be used to comprise the mixed team.

MEDALS

18 Gold/18 Silver/18 Bronze

RULES AND PLAYOFF INFORMATION:

1. The Saskatchewan Laws of Badminton will apply.

2. A round robin format will be used, however, the type of format will depend on the number of entries.

3. The playing rules, format, to be read out by the Badminton Coordinator before the event begins.

4. SCORING SYSTEM:
   a. A match shall consist of the best of three games.
   b. A game shall be won by the side which first scores 21 points, except as provided in d) and e).
GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

c. The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a “fault” or the shuttle ceases to be in play because it touches the surface of the court inside the opponent’s court.

d. If the score becomes 20-all, the side, which gains a two-point lead first, shall win that game.

e. If the score becomes 29-all, the side scoring the 30th point shall win that game.

f. The side winning a game shall serve first in the next game.

5. Plastic shuttle (birds) will be used at the games.

6. 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.
CARPET BOWLING

AGE CATEGORY

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Team Size</th>
<th>District Team Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open 55+</td>
<td>4-person</td>
<td>1 per district</td>
</tr>
<tr>
<td>65+</td>
<td>4-person</td>
<td>1 per district</td>
</tr>
<tr>
<td>75+</td>
<td>4-person</td>
<td>1 per district</td>
</tr>
</tbody>
</table>

**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.

   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.

i) 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.

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\(\frac{1}{4}\) 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.
GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

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.
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.

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.
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.
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 play steps over the toe-line.
   b. The rock strikes the side boundaries of the rink or border of end lines outside the toe-lines. NOTE: If a rock bumps another rock after bouncing off the sides, then the rock so bumped shall be put back as close as possible to its former position.
   c. The rock does not completely cross the hog-line. NOTE: If the rock being delivered strikes another rock that is just immediately over the hog-line, that rock being delivered is in play even though it may not be completely over the hog-line.
   d. The rock is completely over the toe-line. NOTE: Rocks resting between the circle and the toe-line are still in play as it is possible that rocks played later may come to rest in a scoring position.
   e. A rock being delivered comes to rest on its edge, handle or another rock. NOTE: A rock that is delivered rolling or upside down is termed an illegal delivery. However, if the rock being delivered on its handle or side rights itself before crossing the second hog-line, such rock is considered to be in play. The Skip of the player making an illegal delivery shall make every effort to stop and remove from play such rock (between hog-line and house) before it comes in contact with any rocks in play.
   f. If a rock is delivered legally but is overturned AFTER striking rocks already in play, the delivered, overturned rock must be removed and other rocks moved by that rock will remain in play in their new positions.
g. If in the opinion of the Umpire or official, a rock is delivered in an unorthodox manner.

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.
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 1st place next least would be 2nd place and the longest distance would be 3rd.

(a) If the three teams were tied for 2nd and 3rd place, 1st place from the measured round would receive the 2nd place finishing for the playoff and the 2nd and 3rd place finishers from the measured round would playoff for the 3rd and final position in the playoff.

(b) If the three teams were tied for 3rd place, 2nd place from the measured round would play 3rd place with the winner advancing to a playoff against the 1st place finisher in the measured round. The winner of this game would be the 3rd place competitor in the playoff round.

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

AGE 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.
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.
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.
ICE HOCKEY

AGE CATEGORY

<table>
<thead>
<tr>
<th>Age</th>
<th>Category</th>
<th>Maximum Number of Players</th>
</tr>
</thead>
<tbody>
<tr>
<td>55+</td>
<td>Open</td>
<td>18</td>
</tr>
<tr>
<td>60+</td>
<td>Open</td>
<td>18</td>
</tr>
<tr>
<td>65+</td>
<td>Open</td>
<td>18</td>
</tr>
</tbody>
</table>

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).
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.
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 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 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.
## GENERAL POLICIES AND PROCEDURES REGARDING THE GAMES

<table>
<thead>
<tr>
<th>HAND</th>
<th>WHO</th>
<th>MOVE TO</th>
<th>TRUMP</th>
<th>DEALER</th>
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<tr>
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<td>H</td>
<td>B</td>
<td></td>
</tr>
<tr>
<td>2</td>
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<td>S</td>
<td>X</td>
<td></td>
</tr>
<tr>
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<td>D</td>
<td>A</td>
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<td>C</td>
<td>Y</td>
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<td>X</td>
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<td>Y</td>
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Place markers in fives on table. Wait for check by verifiers. Players' Name: 1. ________ 2. ________ 3. ________ 4. ________ Total Flags: ________
TABLE TENNIS

AGE CATEGORY

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<tr>
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<td>75+</td>
<td></td>
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<tr>
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</tr>
<tr>
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<tr>
<td></td>
<td>75+</td>
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</tr>
</tbody>
</table>

TOTAL 12 persons per district

COMPETITION

Ladies and Men from singles may form a mixed doubles team and/or enter singles play if their District team has not submitted separate entries for these positions.

MEDALS 12 Gold/12 Silver/12 Bronze

RULES AND PLAYOFF INFORMATION

1. The laws of the Canadian Table Tennis Association shall apply.

2. Competitors in a higher age category may take part in a lower age category. Teams must enter the age category of the youngest member.

3. Players must wear solid dark coloured clothing when playing. No white or pale colours, stripes, checks or figures will be allowed.

4. The upper surface of the table, known as the playing surface, shall be rectangular, 2.74m long and 1.525m wide and shall lie in a horizontal plan 76 cm above the floor.

5. For doubles, each court shall be divided into two equal half-courts by a white centre line, 3 mm wide, running parallel with the side lines; the centre line shall be regarded as part of each right half-court.

6. The ball shall weigh 2.7 gm. and be spherical, with a diameter of 40 mm.

7. From the start of service until it is struck the ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by any part of the body or clothing of the server or his doubles partner.
8. A game shall be won by the players or pair first scoring 11 points unless both players or pairs score 10 points. The game shall be won by the player or pair first scoring subsequently 2 points more than the opposing player or pair.

9. A match shall consist of the best 3 of 5 games.(or 4/7 or 5/9)

10. Play shall be continuous throughout a match except that any player shall be entitled to claim an interval of not more than 2 minutes between successive games.

11. The order of play, in doubles the server shall first make a good service, the receiver shall then make a good return, the partner of the server shall then make a good return, the partner of the receiver shall then make a good return and thereafter each player in turn in that sequence shall make a good return.

12. The choice of serving, receiving and ends:

- The right to choose the initial order of serving, receiving and ends shall be decided by lot and the winner may choose to serve or to receive first or to start at a particular end.

- When one player or pair has chosen to serve or to receive first or to start at a particular end, the other player or pair shall have the other choice.

- After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both player or pairs have scored 10 points or the expedite system is in operation, when the sequences of serving and receiving shall be the same but each player shall serve for only 1 point in turn.

- In each game of a doubles match, the pair having the right to serve first shall choose which of them will do so and in the first game of a match the receiving pair shall decide which of them will receive first; in subsequent games of the match, the first server having been chosen, the first receiver shall be the player who served to him in the preceding game.

- In doubles, at each change of service the previous receiver shall become the server and the partner of the previous server shall become the receiver.

- The player or pair serving first in a game shall receive first in the next game of the match and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when first either pairs scores 5 points.

- The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the player or pair shall change ends when first either player or pair scores 5 points.
13 **Out of order of serving, receiving or ends:**

- If a player serves or receives out of turn, play shall be interrupted by the umpire as soon as the error is discovered and shall resume with those players serving and receiving who should be server and receiver respectively at the score that has been reached, according to the sequence established at the beginning of the match and, in doubles, to the order of serving chosen by the pair having the right to serve first in the game during which the error is discovered.

- If the players have not changed ends when they should have done so, play shall be interrupted by the umpire as soon as the error is discovered and shall resume with the players at the ends at which they should be at the score that has been reached, according to the sequence established at the beginning of the match.

- In any circumstances, all points before the discovery of an error shall be reckoned.

14. **The Expedite System:**

- The expedite system shall come into operation if a game is unfinished after ten minutes play, unless both players or pairs have scored at least 9 points, or at any earlier time at the request of both players or pairs.

- If the ball is in play when the time limit is reached, play shall be interrupted by the umpire and shall resume with service by the player who served in the rally that was interrupted.

- If the ball is not in play when the time limit is reached, play shall resume with service by the player who received in the immediately preceding rally of the game.
- Thereafter, each player shall serve for 1 point in turn until the end of the game and if the receiving player or pair makes 13 good returns the receiver shall score a point.

- Once introduced, the expedite system shall remain in operation until the end of the match.
VOLLEYBALL

AGE CATEGORIES

55 + Open Mixed

The maximum number of teams of 6 is unlimited.

MEDALS

6 Gold/6 Silver/6 Bronze

RULES AND PLAYOFF INFORMATION

The rules of Federation International Volleyball (FIVB) shall apply.

A. THE COURT

Playing Area: The game is played on a volleyball court 18 meters long and 9 meters wide, divided into two 9 x 9 meter halves by one-meter wide net placed so that the top of the net is 2.38 meters above the center of the court for mixed competition. There is a line 3 meters from and parallel to the net in each team court which is considered the “attack line”. This “3 meter” (or 10 foot) line divides the court into “back row” and “front row” areas. The team courts are surrounded by an area called the free district which is a minimum of 3 meters wide and which the players may enter and play within after the service of the ball.

Ball: The ball weighs between 9 and 10 ounces. Ball pressure is between 4.3 – 4.6 PSI.

B. THE SERVE

1. Server must serve from behind the restraining line (end line) until after contact.
2. Ball may be served underhand or overhand.
3. Ball must be clearly visible to opponents before serve.
4. Served ball may graze the net and drop to the other side for point.
5. First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
6. Serve must be returned by a bump only, no setting or attacking a serve.
C. SCORING

1. Rally scoring will be used.
2. There will be a point scored on every score of the ball.
3. Offense will score on a defense miss or out of bounds hit.
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
5. Game will be played to 25 points.
6. Must win by 2 points.

D. ROTATION

1. Team will rotate each time they win the serve.
2. Players shall rotate in a clockwise manner.

E. PLAYING THE GAME

1. The Federation International Volleyball rules shall apply.
2. Each team consists of six players. A team is chosen to serve by coin toss.
3. Maximum of three hits per side.
4. Player may not hit the ball twice in succession (A block is not considered a hit).
5. Ball may be played off the net during a volley and on serve.
6. A ball touching a boundary line is good.
7. A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
8. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
9. A player must not block or attack a serve.
10. Switching positions will be allowed after the serve only.

F. BASIC VIOLATIONS

1. Stepping on or over the line on a serve.
2. Failure to serve the ball over the net successfully.

3. Hitting the ball illegally (Carrying, Palming, Throwing, etc.)

4. Touches the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

5. Failure to serve in the correct order.

6. Reaching over the net, except under these conditions:
   
   a) When executing a follow-through.
   
   b) When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is tempting to return the ball makes contact). Except to block the third play.
   
   c) Reaches under the net (if it interferes with the ball or opposing players).
   
   d) Blocks or spikes from a position, which is clearly not behind the 10-foot line while in a back row position.