

Welcome to the Lancaster Senior Games

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Welcome to the
Lancaster Senior Games
3 POINT SHOOTING

1. Winner is the person who makes the most baskets out of 3 tries from within each designated area
2. The ball may be thrown in any style with feet remaining behind the line until the ball is released
3. Only one practice shot at each spot is allowed at an assigned basket. No other practice is permitted
4. Only basketballs provided will be used
5. **Tie Breaker** – winner is the person making the most consecutive shots

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8 BALL BILLARDS

1. Flip a coin to decide who breaks
2. Single elimination tournament will be played
3. One player takes the high numbers (striped) and the other takes the low numbers (plain). Players shoot until one player shoots all of his/her balls into pockets
4. The first to shoot all of his/her balls into pockets will then try to shoot the 8 ball into the pocket that he/she calls beforehand. If this is done successfully, then he/she is the winner
5. If the 8 ball goes into a pocket not called by the player or it mistakenly goes in before being called, he/she loses the game
6. If a player scratches (knocks the cue ball into a pocket) it is brought up and placed behind the line (at the dot) at the opposite end of where the balls are broken
7. If the cue ball fails to hit any of the player's balls on his/her turn, it is treated as a scratch
8. Illegally pocketed balls remain pocketed
9. Finalists will play for 1st and 2nd place. Losers of next to last round will play for 3rd

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9 PIN NO TAP

9 pin on your First Ball = STRIKE

4 Strikes in a row = \$0.50

Each Additional Strike = \$0.25

4 Spares in a row = FREE GAME

Each Additional Spare = \$0.25

Natural Red Pin Strike = 2 FREE GAMES

No-Tap Red Pin Strike = 1 FREE GAME

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BADMINTON

1. Official USA Badminton Rules will be followed with the exception of a time limit
2. Players shall play one game
3. Players decide who serves and receives first. Flip a coin to decide
4. All games of 15 points will constitute a game
5. Must win by 2 points
6. Service of shuttle shall be hit below the server's waist with the racket pointed downward. Must serve behind his/her service line with shuttlecock going beyond opponent's service line to be considered a good serve
7. A proper serve is when the shuttle is served with-in or on boundary lines of the diagonally opposite service courts. If shuttle lands outside of service court, server loses serve
8. Score on every serve (rally scoring). Even score serves from right side. Odd score serves from left side
9. New players get 2 serves
10. Racquets will be provided if necessary

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BENCH PRESS

All participants must weigh in before the start of the event

1. Take weight off rack and lock arms
2. Bring the bar to chest. The bar must stop and be motionless. A “press” command will be given by the judge
3. Press bar up and lock arms
4. Wait for the judge’s “rack” command to put weight back on rack
5. Feet must remain on floor and buttocks must remain in contact with the bench throughout the lift
6. Three attempts total. Bar weighs 45 lbs.
 - a. Starting weight and ensuing lifts will be decided by participant
7. Winners will be determined on a pound for pound basis, within each age group. Pound for pound = weight lifted divided by body weight
8. Best of three lifts is scored.
9. **Tie Breaker** – winner will be the person with the highest total of all weights successfully lifted

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BICEP CURL

Weight Lifting with an E-Z curl bar. Bar weighs 20 lbs.

1. Participants must be in a standing upright position, arms extended fully down by the side of the body, while holding the bar with hands in a supinated position (palms up).
2. Throughout the duration of the lift; both feet must remain on the ground, participants cannot lean back or use momentum of their hips to assist with the lift. If a participant does not follow these guidelines the lift will not be recorded and will be counted as one of the three lifts.
3. Participants must use their arms to curl the bar to their chest while keeping their elbows tight to the body. To complete the lift, wait for the judge's OK before descending arms, and participants must return to their starting position in a controlled manner.
4. Each participant is given a total of 3 attempts. Starting weight decided by participant. If lifted successfully, succeeding lifts will be increased by 5lbs.
 - 1st weight- starting weight
 - 2nd weight- increase of 5 lbs total (2.5 lbs on each side)
 - 3rd weight- increase of 5 lbs total (2.5 lbs on each side)
5. The highest weight successfully lifted will be recorded for scoring.
6. Winners will be determined on a pound for pound basis, within each age group. Pound for pound= weight lifted divided by body weight.
7. **Tie Breaker** – winner will be the one with the highest total of all weights successfully lifted.

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BOCCE

1. Teams of 2 will compete; teammates are at opposite ends of the court
2. Each player will play 5 rounds. A round consists of teammates at both ends, rolling 2 balls apiece
3. Decide who will go first by flipping a coin
4. Winner tosses the jack up the court (**the jack must go past the middle line and must be 1 inch from middle line**)
5. First player rolls ball, then opposite team, then back to first team. In other words, alternate team rolls
6. When all balls are rolled, points are scored
7. Players do not change ends of court
8. Lead team tosses jack from opposite side of the court and goes first
9. Scoring:
 - a. 1 point per ball if closer to the jack than opponents' (2 points if both balls are closer than the opponents')
 - b. If there is a tie, both teams get the point
10. Finalists will play for 1st and 2nd place. Losers of next to last round will play for 3rd

10' x 40'

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BOWLING

1. Three games will be bowled consecutively
2. Cumulative scores will be kept
3. The winner will be the person with the highest score
4. Change lanes. League play
5. Awards given out immediately after tournament
6. **Tie Breaker** – winner will be based on the score of the 1st game

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BRIDGE

Bridge - Chicago

1. Sit as partners
2. Play four hands per round
3. Winning partners move to the next table
4. 2 decks will be used, 1 for play and 1 shuffled and ready for next hand
5. 25 minutes time limit per round – do not start other hand

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CORNHOLE Modified

1. Coin toss determines who throws first.
2. Each player is allowed 2 practice throws
3. Players will both pitch 4 bags per frame (alternating throw with opponent).
4. Both players pitch from the same side then walk to opposite side for next inning.
5. The point winner of each frame throws first in next frame. If neither player scores, the player who threw first in the preceding frame shall throw first in the next frame.
6. The game consists of a total of **5** frames OR highest score at the end of a round of 21 or over.

Tie Breaker – If there is a tie at the end of the game, the play goes into sudden death. The person that threw second in the first inning throws one bag. The other person throws one bag. The higher score wins. If tied again- the board is not cleared and a second bag is thrown and so on until one person scores higher.

SCORING SYSTEM

At end of frame: Cancellation method of scoring is being used. Example - player one scores 5 points and player two scores 1 point, player one gets a total of 4 points (5-1=4).

1 Point A bag that is not in the hole but lands with any portion resting on the board.

3 Points A bag that lands completely in the hole.

0 Points A bag that is touching the ground while also sitting on the board will also be removed from play before the next bag is thrown.

FOULS – bag is counted as zero

Steps past the front of the board, throwing out of turn, player throws bag before opponents previously thrown bag comes to rest on the board.

PITCHING DISTANCES - measured from front of board to front of board

24 feet Men and Women all ages

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DARTS

Baseball Darts

1. A clock or 20 point face will be used with a throw line at 8'
2. The dart board will be 68 inches from the floor
3. Each player will throw 3 darts during each of 6 innings (18 darts total)
4. 3 practice throws are permitted
5. Player must stand behind the throw line with no part of foot touching line
6. Player must shoot consecutive innings 1 through 6
7. Scores will only count if darts sticks on the board in the designated inning after all 3 throws
8. Scoring:
 - a. Outer Ring 0 points
 - b. Large pieces of Triangle 1 point
 - c. Narrow Ring 2 points
 - d. Bulls Eye 3 points
9. The winner is the person with the highest score
10. Must use darts provided
11. **Tie Breaker** – winner is the person with the most points in the first inning; if still tied, use subsequent innings

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DEADLIFT

Weight Lifting with a standard Olympic bar, bar weighs 45 lbs. All participants must weigh in before event.

1. Stand over the bar with about mid-foot under the bar. Feet about hip width apart. Standard deadlift.
2. Grab the bar about shoulder with apart or just outside of the legs. Grab the bar with one hand pronated (palm down) and one hand supinated (palm up).
3. Bend your knees, keep chest lifted high and back straight.
4. Using your legs, pull the bar up vertically, keeping bar close to legs, press through heels.
5. Successively complete the lift by standing tall and locking your hips and legs. Wait for judge to OK lift.
6. Each participant is given a total of 3 attempts. Weight is decided by participant. Once a lift is attempted, successful or not, you cannot go back down in weight.
7. The highest weight successfully lifted will be recorded for scoring.
8. Winners will be determined on a pound for pound basis, within each age group. Pound for pound= weight lifted divided by body weight.
9. Ties will be broken by the total of all weights successfully lifted.

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FOOTBALL THROW

1. Two throws are permitted
2. Must not allow foot to cross starting line until after the ball is released
3. Measurement is taken from the starting line to point where ball first touches the ground
4. Winner is the person with the longest throw
5. No practice throws
6. Equipment will be provided
7. **Tie Breaker** – winner is determined by comparing the other throw with the longest distance being the winner

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FOUL SHOOTING

1. 10 shots from foul line
2. Must not allow foot to cross foul line until after the ball is released
3. Winner is the person with the most shots made
4. 2 practice shots are allowed at the assigned basket. No other practice is permitted.
5. Practice shots cannot be counted as part of the 10 shots
6. Only basketball provided will be used
7. **Tie Breaker** – winner will be chosen by counting highest number of consecutive shots made. If consecutive shots are the same, the winner will be the one who made the shot 1st of the 10 shots. If the score is still tied, 2 awards will be given

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FRISBEE GOLF

1. Maximum 8 throws each hole
2. Winner is the person with the lowest total score for 3 holes
3. Only Frisbees provided will be allowed
4. No practice throws allowed
5. **Tie Breaker** – winner is the person with the lowest score at the tie-breaker hole

Welcome to the
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FRISBEE THROW

1. Two throws are permitted
2. Must not allow foot to cross starting line until after Frisbee is released
3. Measurement is taken from the starting line to point where Frisbee first touches the ground
4. Winner is the person with the longest throw
5. No practice throws allowed
6. Equipment will be provided
7. **Tie Breaker** – winner is determined by comparing the other throw with the longest distance being the winner

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GOLF – 18 HOLE

1. Preferred lies everywhere except in bunkers and water hazards - players may move their ball 6 inches (scorecard length) no closer to the hole
2. Men will play from the white tees. Ladies will play from the red tees
3. All putts must be holed
4. Players hitting out of bounds must go back to the spot from where they last played and play the next shot with a one stroke penalty. The white line on road on #9 defines out of bounds
5. You may take free relief from all cart paths, staked trees – nearest point of relief plus one club length
6. All other rules of golf apply USGA
7. Hole #5 – water hazard – one stroke penalty
8. Please replace divots and repair all ball marks
9. Please have a person in the group other than the scorekeeper attest the scores
10. **Tie Breaker** – winner is determined by matching cards beginning at hole #1, low number wins

*Gross and net prizes will be awarded in all divisions

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GOLF LONGEST DRIVE CONTEST

1. The choice of clubs is up to the individual
2. Clubs (drivers) will be provided if needed
3. No practice is permitted
4. Three drives are permitted and will be taken consecutively
5. Measurement will be taken from the tee to where the ball stops rolling
6. The winner is the person with the longest drive
7. **Tie Breaker** – winner is determined by adding all 3 drives

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HOMERUN DERBY

1. Three practice swings for warm-up
2. Five competitive swings for points (all pitches count so swing at everything)
3. Points are awarded from swing at home base to zone where the ball first touches the ground
4. Winner is the person with the highest number of points
5. Must use equipment provided
6. **Tie Breaker** – winner is the person with the longest drive

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HORSESHOES

Pitching Distances – these are minimum distances, you can always pitch further away

40 feet (white line)	men 55-69
30 feet (yellow line)	women 55-69, men 70 and up
20 feet (orange line)	women 70 and up

1. Individuals will pitch 2 shoes per inning
2. Both individuals pitch from the same side and then walk to the opposite side for next inning
3. The point winner of each inning pitches both shoes first in the following inning
4. If the inning is tied, the person who pitched last in previous inning will pitch first in the following inning
5. A total of 5 innings will be played (total of 10 throws per person)
6. If a scoring shoe (ringer, leaner or close shoe) is knocked away from the stake, either by your opponent or yourself, the shoe's points are reduced or canceled.
7. Two finalists will play for 1st and 2nd place. Losers of the next to last round will play for 3rd place
8. Must use equipment provided
9. **Tie Breaker** – a sudden death playoff will take place. First person to score highest number of points will be the winner

Scoring System

1 point	for landing closest to the stake
2 points	for shoes of the same color landing closest to the stake
2 points	for each “leaner” (leaners of opposite colors cancel each other out)
3 points	for each “ringer.” A ringer is a shoe that encircles the stake far enough to allow touching of both heel calks simultaneously with a straight edge, and permits a clearance of the stake (ringers of opposite colors cancel each other out)

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HOTSHOT BASKETBALL

1. Winner is the person who makes the most baskets out of 5 tries from each of 3 hot spots
2. The ball may be thrown in any style and must remain behind starting line until ball is released
3. Hot spots are located:
 - a. 15 ft. from basket
 - b. 10 ft. from center of basket to the right and 4 ft. from the end line
 - c. 10 ft. from center of basket to the left and 4 ft. from the end line
4. Only 1 practice shot at each hot spot is allowed at assigned basket. No other practice is permitted
5. Only basketballs provided will be used
6. **Tie Breaker** – winner is the person making the highest score from the foul line. 2nd tie breaker will be the highest score from the left side of basket, 3rd tie breaker will be from the highest score from the right side. If score is still tied, 2 awards will be given

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JAVELIN THROW

1. The javelin is thrown with one hand on the corded grip with the pinky facing forward
2. The javelin is held at the side of face and above head then thrown forward
3. At no time after the thrower is prepared to throw, can they turn around so that their back is toward the open field
4. Two throws are permitted
5. A running start is permitted, but not required
6. Must not allow foot to cross starting line until after the javelin is released
7. Measurement is taken from the starting to point where javelin sticks or first touches the ground
8. Winner is the person with the longest throw
9. Equipment will be provided
10. **Tie Breaker** – winner is determined by comparing the other throw with the longest distance being the winner

Weights for Age Groups and Genders

Men 55-59	700g	Women 55-59	500g
Men 60-69	600g	Women 60+	400g
Men 70 -79	500g		
Men 80+	400g		

Welcome to the
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LADDER GOLF

1. Coin toss determines who throws first.
2. The game ladders are 15 feet apart.
3. Each player has 3 bolas and must throw all three of their bolas before another player can go. There is no set way to toss a bola. A player may toss it anyway he/she likes and can even bounce it off the ground.
4. After a round is played, points are totaled. Whichever bolas are still hanging are awarded points.
5. The player that scored the most points in the round gets to throw first in the next round.
6. The game consists of a total of 7 frames OR highest score at the end of a round of 21 or over.
7. **Tie Breaker** – Play one extra inning. Person who won coin toss goes second.

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MODIFIED BOWLING

1. For novice or occasional bowler with an average of 130 or below
2. Bumpers must be used. Ramps are available
3. Two games will be bowled consecutively
4. Winner will be the person with the highest score
5. No lane changes
6. **Tie Breaker** – winner will be determined by the score of the 1st game

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PICKLEBALL – USAPA STANDARD RULES

1. Doubles game is played. Single elimination tournament
2. Serve from behind the back line
3. Serve starts from the right side of the court
4. Serve underhand diagonally and beyond non-volley zone
5. Must play first shot off the bounce for both teams
6. After first hit for both teams, a bounce is not necessary, but allowed
7. Score points only when serving
8. At start of game, server serves to alternate side (right then left) until a fault is made
9. After first fault, players stay on same side and opposite team serves from right hand side of court until first fault. Then same team serves, but with teammate serving
10. After second fault, players stay on same sides and other team begins service
11. Now each team has both players serve before service goes to opposing team
12. Volley (hitting ball without a bounce) is only allowed behind non-volley zone
13. Play to 11 points, win by 2 or 15 minute time limit. If tied at 15 minutes, next point wins game
14. Ball hitting any part of line is considered good

Keeping track of scoring: Before each serve, the server calls out their team's score, the other team's score and then, whether they are first or second server for their team. For example, if your team has 5 points and the other team has 3 and your partner has already served and lost the point, you would call out "5, 3, Server 2"

Welcome to the
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PINOCHLE

4 Handed Cut Throat

1. Keep scores in straight line
2. Cut cards at each table to see who starts to deal
3. Play 5 games with 4 deals around per game
4. Deck must be cut before deal
5. Dealer deals 3 or 4 cards at a time
6. There is no auction bid
7. Low bid is 12 but if dealer is stuck with bid he must make 12 or go back 12
8. You must lead trump first. No bare ace can be lead first
9. You must take a trick in trump or go up. To trump a trick is not a trick in jump
10. Lead trump must be beaten all the way around
11. The two high scorers at each table will move to the next table
12. Double Pinochle score 30 points
13. If any players reneges, he/she loses meld and goes back the amount of the bid. The other 3 players get their meld and count after hand is over – must call it
14. All hands dealt must be played out to last trick (one card at a time). No throwing more than one card
15. Everyone has the option of checking the score each time
16. You must take a trick to get your meld
17. If you do not have a suit that is led, you must play trump

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PITCH AND PUTT

1. Limit play to one ball
2. All players must tee from the mats
3. If ball falls near shrubbery or other objects, lay away 2 club lengths, no penalty
4. Ball off course, penalty of one stroke and distance
5. Fix all dents on greens and replace all divots
6. All clubs must be returned to shop after 18 holes of play
7. **Tie Breaker** – winner will be determined by matching cards beginning at hole #1, low number wins

ALL LOCAL RULES APPLY

Welcome to the
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PUTTING CONTEST

1. Follow USGA rules whenever applicable
2. Only putters may be used
3. Ball must remain on playing surface
4. Limit back swing to below knee level
5. Golf spikes not permitted
6. No mulligans are allowed
7. All boundary fences and white O-B stakes are out of bounds
8. All water is a hazard
9. All ornamental mulch and flower beds are free drop areas (drop ball at nearest playable point of entry)
10. Winner is the person with the lowest score
11. **Tie Breaker** – winner is determined by matching cards starting at hole #1, low number wins

Welcome to the
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RUNNING EVENTS

100 Meter Dash	all ages
200 Meter Dash	all ages
400 Meter Dash	all ages
1600 Meter Dash	all ages
3000 Meter Dash	all ages
5000 Meter Dash	all ages

Welcome to the
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INDOOR SHOTPUT

1. The put must be made from the shoulder with one arm only without going behind shoulder
2. The shot is **pushed** into the air, **not thrown**
3. Each person will take 2 puts
4. The distance will be measured from the point of impact to the inside of the putting circle at the center of the circle
5. Each person will get 1 practice put
6. If your foot touches the ring, it's a foul
7. Weights for age groups and genders:
 - a. Men 55-69 years 12 lbs 5.44 kg
 - b. Men 70-79 years 8.8 lbs 4 kg
 - c. Men 80 + years 6 lbs 2.72 kg

 - d. Women all ages 6 lbs 2.72 kg
8. **Tie Breaker** – winner is determined by comparing the other throw with the longest distance being the winner

Welcome to the Lancaster Senior Games

SHUFFLEBOARD

1. Partners stand at opposite ends of the court
2. Flip a coin – winner chooses color
3. Black begins round
4. Black will shoot from the **right** side at **head** of court
5. Black will shoot from the **left** side at **foot** of court
6. Each player will play 6 rounds. A round consists of players at each end shooting 4 discs a piece
7. Teams will alternate on every round who goes first, regardless of score
8. All four discs must be placed within the 10-off area prior to any shooting
9. Players feet must not cross the white line at any time
10. The team with the most points at the end of the 6 rounds will be the winner
11. Any disc touching a line does not score
12. Any disc completely landing in the 10-off area will receive 10 points off their score – the lines in the middle do not mean anything
13. Discs in dead zone will be removed by official before play continues
14. Players may knock their own or another's disc into or out of any square
15. The score that counts is indicated by the square in which the disc rests when all discs have been played
16. Each player gets 2 pushes to practice
17. Players may only play in 1 age category
18. Finalists will play for 1st and 2nd place. Losers of the next to last round will play for 3rd
19. Must use equipment provided
20. **Tie Breaker** – winner is determined by each player shooting one round each until the tie is broken

Scoring

10 points for disc in the 10 area

8 points for disc in the 8 area

7 points for disc in the 7 area

Deduct 10 points for disc in the 10-off area

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SOCCER PENALTY KICK

1. Participant will attempt to make 6 shots into goal
2. Three attempts with right foot and three attempts with left foot. Your dominant foot should be used for the first kicks
3. The attempts will be made from a line 12 yards from the goal
4. Scoring:
 - a. Center 1 point
 - b. Midway to poles 2 points
 - c. Corners 3 points
5. If ball crosses line on the fly, points will be doubled
6. Person with the highest total points will be winner
7. If the ball touches the tape you will be scored the highest of possible points
8. **Tie Breaker** – winner will be determined by taking the points of the 1st kick. If still tied, the 2nd kick points will be used and so forth

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SOFTBALL THROW

1. 2 throws are permitted
2. Must not allow foot to cross starting line until after ball is released
3. Measurement is taken from starting line to point where ball first touches ground
4. Winner is the person with the longest throw
5. No practice throws allowed
6. Equipment will be provided
7. **Tie Breaker** – winner is determined by comparing the other throw with the longest distance being the winner

Men throw 12” ball

Women throw 11” ball

Welcome to the
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SWIMMING

1. All starts from the water
2. Must touch wall on finish
3. Stay in lane
4. Freestyle may include sidestroke
5. Swimming Events: Not necessarily in this order
 - a. 25 yard freestyle
 - b. 25 yard breaststroke
 - c. 50 yard freestyle
 - d. 50 yard backstroke
 - e. 100 yard freestyle
 - f. 100 yard freestyle relay

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TABLE TENNIS

1. The ball will be regulation 40mm table tennis ball
2. Serve is decided by toss of coin with winner choosing side of table to play from
3. Alternate serves in each of 3 games played
4. The server must throw the ball upward from the palm of the hand and the ball must be descending before it is struck. It must be served behind the endline of the table
5. The server must hit first hit once on server's side of table, clear the net and then hit the table anywhere on other side of net
6. The receiver must let the ball bounce before returning it
7. If the serve hits the net and goes over, a let is called, and the server is given another opportunity
8. A player retains the serve for a total of 5 points, including those scored by the opposition. (Service changed wherever total points add up to a multiple of 5)
9. A score of 21 points wins a game
10. At time of 20-all, a player must get a 2 point lead to win the game. Players alternate serves on every point from 20-all on until the game is won
11. The best of 3 games is the winner
12. Finalists will play for 1st and 2nd place. Losers of the next to last round will play for 3rd
13. Paddles will be provided if necessary

Welcome to the
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TENNIS

1. Modified USTA rules
2. Double elimination Tournament
 - a. Men vs. Men
 - b. Women vs. Women
3. Doubles play. Same partners maintained throughout.
4. 10 minute warm-up (includes serve).
5. Spin racquet to decide who will receive or who will serve.
6. Serve in order.
7. Server will call the score.
8. No ad scoring.
9. First team to win the best of 5 games is the winner of the match.

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WALKING

1. Contest is one mile walk
2. One foot will be in contact with the ground at all times
3. Running will disqualify contestant