

MASTERS GAMES OF ALABAMA

RULES FOR EVENTS

2024

INTRODUCTION

The Masters Games of Alabama Rule Book is the official rule book of the Masters Games. The rules and regulations in this book should be adhered to so that organization will be consistent. It also provides guidelines for competition as well as procedures that can be used to manage various events. The duties of officials as well as lists of needed equipment are included in this manual. The MGA Board Member or so appointed person running an event is the sole authority to make decisions for that event and their decision/ruling will be final. Any complaints or discrepancies should be submitted in writing to the Masters Games Executive Board for review.

The Executive Board members have the authority to shorten, delay, cancel or postpone an event due to any emergency or situation beyond their control that warrants a change. There will be no refund.

APPRECIATION

Permission for use of materials from the Kentucky Senior Games Rule Book received from Kentucky Senior Games, Dr. Charles Daniel. Appreciation is expressed to them for their assistance. Materials were also used from the following:

North Carolinas Senior Games Rule Book and Event Procedure Manual
Maryland Senior Games
United States National Senior Olympics 1989 USNSO Rules and Regulations

Special Thanks to the following:

Physical Education and Recreation Department, Jacksonville State University
East Alabama Regional Planning and Development Commission Area Agency on Aging
City of Oxford, Alabama
Alabama Recreation and Parks Association
State of Alabama Commission on Aging
City of Hoover Parks and Recreation Department

GENERAL INFORMATION

1. Entry forms for the state games should be reviewed at the district level to ensure that the athlete has marked the appropriate age group. This will be their age as of December 31 of the present year. Age groups are as follows:
50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90+
2. Name tags used at state games should be colored coded to help the staff keep athletes in the appropriate age group.
3. In partnered events, if one partner is unable to attend the state games, a new partner may be added by the deadline, but team must remain in the age group that they previously qualified in.
4. Athletes will be allowed to use personal equipment for the following events: billiards, bowling, golf, shuffleboard, table tennis, and tennis. In all other MGA events, athletes will use MGA equipment.
5. Any participant repeatedly violating or guilty of unsportsmanlike conduct may be barred from further competition in MGA.
6. All cell phones are to be turned off once your event starts. Any use of your cell phone (incoming, outgoing, texting), in the official game area will result in immediate disqualification. If you are anticipating an emergency call, you may leave your cell phone with the event official.
7. ADA porta potties will be available at all outdoor venues.
8. All facilities will be ADA compliant (on and off site)
9. Host city will be responsible for purchasing new decks of Rook cards each year.
Host city will be responsible for cleaning and verifying the correct number of Checkers in each box.
Host city will be responsible for cleaning and verifying the correct Dominoes and number in each box.
10. Upon request the host city will be responsible for providing copies of rules to all athletes for each event.

SEVERE WEATHER POLICY

The Severe Weather Policy will cover all events but especially swimming.

Swimming event-if heavy rain is present such that the lifeguards cannot clearly see the bottom of the pool, participants will be asked to clear the pool until the rain abates. Pool will be closed if any of the following conditions exist:

Thunder &/or Lightning-the pool will be cleared of swimmers and will be kept clear until 15 minutes have passed without hearing thunder or seeing lightning.

This also includes outside events. The area will be vacated as soon as possible to an inside shelter until safe to return.

The Executive Board members during inclement weather will make all decisions needed to change the Event Schedule as needed.

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BASKETBALL FREE THROW

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

1. Basketball goal will be lowered to 8' feet for 80+ women.
2. Participants are given 3 practice shots.
3. There will be 2 sets of 10 (20) shots for men and 2 set of 5 (10) shots for women.
4. Participants must stay behind the foul line and inside the foul circle.
5. Time limit for shooting is 10 seconds per shot once the ball is place in participant's hands.
6. Participants are given the option of shooting all shots or sets of shots.
7. All men under 80 will shoot from 15 feet out.
8. 80+ men and all women will shoot from the adjusted free throw line which is 3 feet in front of free throw line. It will be marked with colored painter's tape.

Scoring

1. One point per basket made.
2. Tie: a shoot off of 5 free throws per contestant until tie is broken.
3. Contestant scoring the most points wins.

Equipment

1. Regulation height goal
2. Regulation size men's and women's basketball will be supplied
3. Measuring tape and tape to mark lines
4. All equipment will be supplied by MGA

Officials

1. Person(s) to keep tally of points
2. Officials will check equipment prior to event.

BILLIARDS/ EIGHT BALL

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Order of Play: The first game is determined by a coin toss, with players alternating the break shot.
2. Tournament will be single elimination, best 2 out of 3 games. Each match will have a 45-minute time limit.
3. If time is called the following rules will apply:
 - a. Still in first game – player with the least amount of balls on the table wins.
 - b. If in 2nd game and winner of 1st game is ahead, the winner of the 1st game wins.
 - c. If in 2nd game and loser of 1st game is ahead, then that shooter wins that game. Play third game, first shooter to pocket a ball will be the winner.
 - d. If in 3rd game and both shooters are tied, a new game will be played. The first shooter to pocket a ball will be the winner.
4. BCA Rules govern tournament play with the following exceptions:
 - a. Legal break shot: the breaker MUST either pocket a ball or drive two (2) or more numbered balls to the rail. The breaker will re-rack the balls and shoot
 - i. again, if he fails to make a legal break shot.
 - b. Legal shot: a shot that is in accordance with the rules of the game being played and does not result in a foul.
 - c. 8 ball pocketed on break shots is AUTOMATIC WIN for the breaker.
 - d. Following a scratch, ball in hand (anywhere on the table) will apply for incoming shooter.

- e. 8 Ball is the ONLY ball that has to have a pre-designated pocket.
- f. A pocketed cue ball (scratch) while shooting the 8 ball is Automatic Loss for the shooter.
- g. If the player shooting does not make contact with any balls other than the cue ball it will be treated the same as a scratch. The next player will get Ball in Hand with the following exception: It is not necessary to make contact with the 8 ball if it is the ONLY remaining ball in play for the player shooting.

Equipment

- 1. Billiards Congress of America (BCA) equipment specifications are in effect for MGA tournament play
- 2. All play will be conducted on a 4' X 8' table unless otherwise notified. If other than 4' X 8' all participating athletes must be given prior notice.
- 3. Participants will be allowed to use their personal cue stick.

Officials

- 1. One person to do brackets and table assignments.
- 2. Referee to preside over all play
- 3. Officials will check equipment prior to the event.

BOWLING

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Tournament will be singles.
2. Host will assign lanes with no more than 4 bowlers per lane.
3. In the event a bowler cannot finish his/her games, zero pins will be scored the remaining frames.

Scoring

1. Scores must be tallied on a computerized system
2. Once 3 games are completed, participants will take their score sheets to the scorer table.
3. Scores for each game will be added together for high score winner.
4. Winner is the one with the highest score after 3 games.
5. One game will be played in case of a tie.

Equipment

1. Participants may use their own personal equipment.
2. Facility must have automated/computerized scoring.

Officials

1. Person(s) to validate score sheets.
2. Officials will check equipment prior to event

Helpful Hints

Allow 2 to 2 1/2 hours to bowl 3 games with 4 to a lane. If entries exceed lanes available, extend time to 5 hours, 2 flights.

CORNHOLE TOSS

Eligibility

Single elimination tournament. Singles only. There will be a women's division and a men's division in each age group.

First, second and third place winners in each age group will advance to the state games.

Rules

1. The game will consist of 6 innings. During each inning each player must pitch four corn bags.
2. The official will use a coin toss to determine which player shall pitch first in the first inning. Players will then alternate who pitches first in all successive innings giving each player three (3) innings in which to pitch first in the game.
3. The opponent must stay behind the platform and out of the way while they are not pitching.
4. Players must remain in the pitcher's box while pitching the corn bags and not cross the foul lines.
5. Players age 50 - 79 will pitch from a distance of 20 feet. Players age 80 and above will pitch from a distance of 15 feet.
6. Players will alternate pitching their four corn bags from the same platform until the inning is complete. That is player 1 pitches, then player 2 pitches, player 1 pitches, then player 2 pitches, and so on, until each player has pitched all of their bags. Each pitch must be completed within 20 seconds with the time beginning when the player enters the pitcher's box.
7. A player may pitch their bags from the pitcher's box on either side of the platform, but must remain on the same side during the same inning. It is acceptable if both players pitch from the same side of the platform.
8. A player will pitch with the same hand or arm, except for medical

reasons.

9. The player with the highest calculated score at the end of the innings is the winner.

10. If the score is tied at the end of all the innings of regular play in the game, play will continue, one inning at a time, until one player achieves a higher score than the other at the end of a full inning of play.

Equipment

Platforms: Each court will consist of 2 cornhole platforms 48"x24" rectangle made out of wood. The hole in the platform should be 6" in diameter and centered 9" from the top and 12" from each side.

Corn Bags: Made from two fabric squares, filled with a minimum of 2 cups of corn feed, and be a minimum of 6"x6" square, weighing between 14 and 16 ounces. There are four corn bags for each contestant. Each set of corn bags should be different colors.

Court Layout

Each court shall consist of two cornhole platforms. Each court will be 10' wide. The pitcher's boxes are at each end of the court on both sides of the platform. To minimize distractions, courts should be a minimum of 10' apart if possible.

Each court will have two foul lines: (Please see court layout diagram following rules.)

1. One foul line will be at the end of each cornhole platform. Three will be 20' from end of one platform to the end of the opposite platform and another will be at a distance of 15'.

Scoring

An official/judge shall determine the scoring for the inning.

Scoring Definitions:

1. Corn Bag In-the-hole: A corn bag in-the-hole has a value of 3 points. This is a corn bag that is thrown through the hole in the cornhole platform or otherwise comes to rest inside the cornhole platform, even if knocked in by another corn bag.
2. Corn Bag In-the-count: A corn bag in-the-count has a value of 1 point. The in-the-count is a corn bag that is not in the hole but that lands with any portion of the corn bag resting on the cornhole platform.
3. Corn Bag Out-of-the-Count: Any corn bag that comes to rest anywhere except in-the-count or in-the-hole is out-of-the-count and has no scoring value.

Fouls - A foul corn bag is a corn bag which was delivered in non-compliance with one of the rules of the game

The following are rule violations that must be spotted and called by the official. The penalty is to declare the corn bag a foul corn bag, which requires the corn bags to be removed from the court prior to resuming play. Corn bags already in-the-court that have been knocked into foul territory by a foul corn bag should be returned to the scoring area. Additionally, corn bags that are in-the-count, but are knocked into the hole by a foul corn bag must be returned to their original scoring position.

Fouls:

1. Any corn bag pitched when the contestant has made contact with or crossed over the foul line before the corn bag is released.
2. Any corn bag pitched when the contestant has started or stepped completely outside the pitching box before releasing the corn bag.
3. Any corn bag not delivered within the twenty second time limit.
4. A corn bag pitched from a different pitcher's box than the first corn

bag.

5. Any corn bag that contacted the court or the ground before coming to rest on the cornhole platform.
6. Any corn bag which struck a previously defined object such as a tree limb, wire, indoor court ceiling, etc.
7. Any corn bag that leaves a contestant's hand once the final forward swing of the delivery process has started shall count as a pitched corn bag. A corn bag that is accidentally dropped by a contestant before the final forward swing has started shall not be considered foul and may be picked up and pitched.
8. A contestant's corn bags shall be called foul if the contestant removes any corn bag before the scoring of that corn bag has been agreed upon.

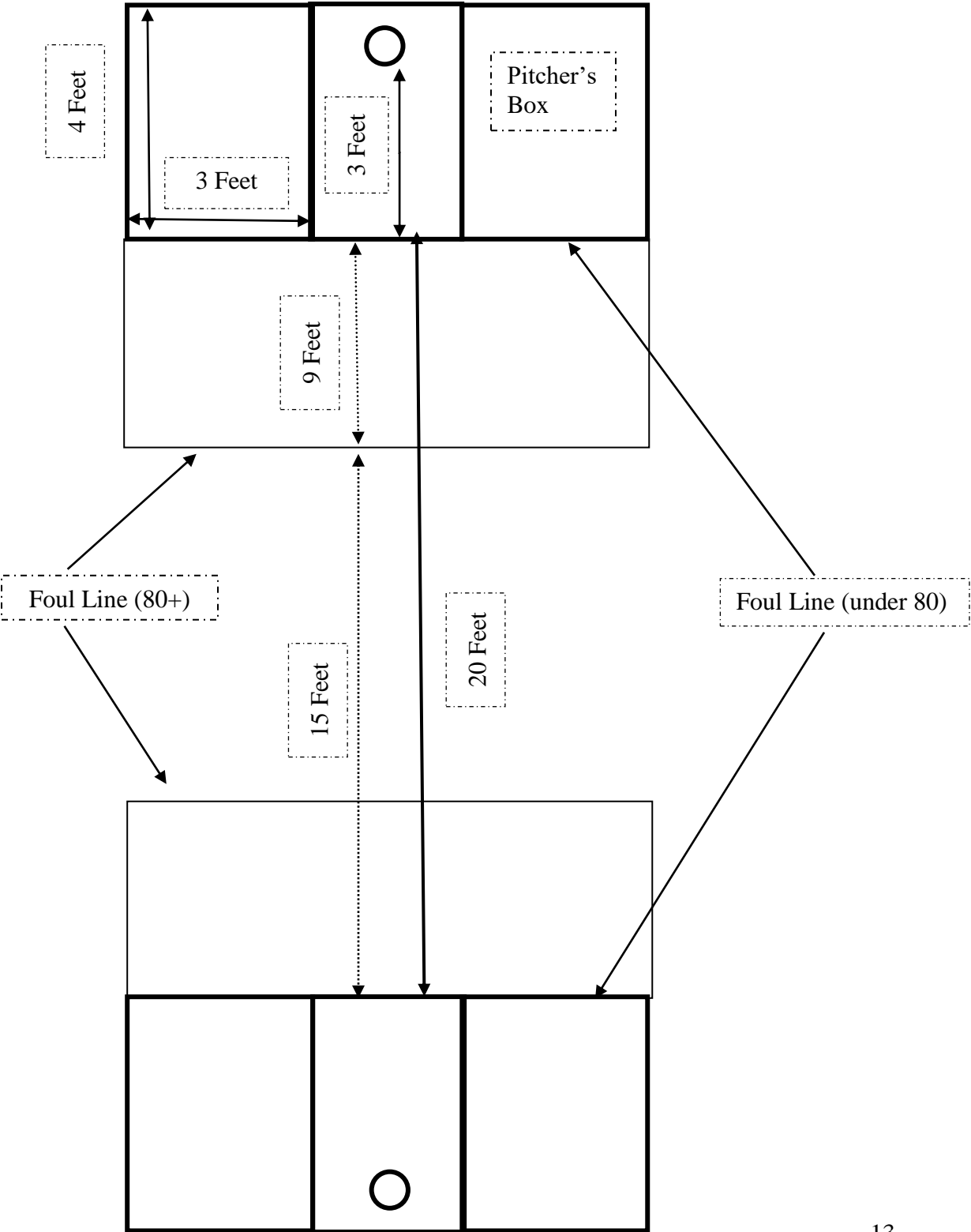
Staff Needed

There needs to be one official/judge/scorekeeper on each cornhole court. There needs to be one persona handling brackets and ribbons. It would be helpful to have other staff that can help collect cornhole bags thrown out to the court.

Helpful Hint

You can put 4 people on one court. Put two players on one end that will play against each other and another two players at the other end who will play against each other. This cuts down on time of the event.

Cornhole Court Layout



DOMINOES (SINGLES AND DOUBLES)

Eligibility

There will be a women's division and a men's division in singles.

Doubles will consist of two partners and can be of mixed gender and different age group. Partners will play in the age division of the youngest partner.

First and second place winners in each age group will advance to the state games.

The Game

1. A match will consist of best 2 out of 3 games with an 1 hour time limit.
2. Starting time will be written down for each match
3. If at the end of the hour and time is called, play stops, do not finish the hand.
 - a. Still in first game, high points wins.
 - b. If in 2nd game and winner of 1st game is ahead, the winner of 1st game wins the match.
 - c. If in 2nd game and loser of 1st game is ahead, that person or team is the winner. They will then play a hand to 50 points to determine match winner.
 - d. If in 3rd game, the person or team with the highest score of the THIRD game is the winner.
4. Consolation game will be played to determine 3rd place if necessary.
5. Players must play within 60 seconds or forfeit their turn.

Rules

All domino games will be conducted in accordance with MGA Tournament rules (see below)

1. First to go Down: After the dominoes have been shuffled, participants will draw for the down. The down will continue clockwise around the table with no more drawing for the down.
2. Person to the right of the person to go down will shuffle the bones

each time.

3. Played Domino: A domino is considered played when the domino is picked up. If it will not play, it will be turned face up on the table and played at first opportunity it will play. Player with turned up domino can play again.
4. Blocked Game: In singles, all bones are drawn from the bone yard before the game is declared blocked. In singles and doubles, LOWEST NUMBER OF POINTS in player's hands gets the block. In case of a tie, no one gets the block.
5. All points must be called out orally and before the next person plays or passes. Person who makes the points has to call them out. Partners are not allowed to call partner's points. NO MUGGING.
6. Once all 7 dominoes have been turned up in your hand, there will be no more rearranging of the dominoes during the entire hand.
**Exception: Dominoes may be moved if they are interfering with play.
7. Misplayed domino (such as a 4 to a 5), if error is caught before the next person plays or passes, then the domino will be played elsewhere on the table if it will play. If it will not play it will be turned face up on the table and played at the first opportunity that it will play. If the misplayed domino is not caught before the next person passes or plays, it will stand as the domino played. Player with turned up domino can play again.
8. Wrong Double Played on for Spinner: If the wrong spinner is played on and not caught before the next person plays or passes, then that spinner stands as the next spinner. If wrong play is caught before the next person plays or passes, then that domino will be turned face up on the table and played at the first opportunity that it will play. Player with turned up domino can play again.

9. Played out of Turn: If error is caught before the next person plays or passes, domino will be turned face up on the table and played at the first opportunity that it will play. Player with turned up domino can play again.
- 10.Exposed Domino: If a domino is exposed during the shuffle, then it will simply be reshuffled. Domino exposed while drawing the hand will be accepted by the person exposing the domino.
- 11.No Redraw or Reshuffle Due to Voids in Suits or Too Many Doubles.
- 12.All Dominoes not in the Shuffle: It is the responsibility of all players to see that no dominoes have been left out of the shuffle. If some are left out accidentally, they will be returned to the deck and reshuffled. If domino is intentionally left out, refer to the floor judge for ruling.
- 13.No Cheating: Any suspected cheating should be called to the attention of the floor judge immediately.
- 14.No Throwing or slapping the dominoes down on the table.
- 15.Do not flash or pick up a domino without playing it.
- 16.All dominoes must be turned up to be viewed by opponents to eliminate any possible violations.
- 17.No **SPINNER MARKERS** allowed.

Penalties

1. Passed and Could Play: 50 Point Penalty: Game is stopped at the point and the next person will go down.
2. Drew and Could Play: 50 Point Penalty or amount in Hand whichever is greater.
3. Overdrawing or under drawing the Hand: If more than 7 dominoes are turned up in a player's hand, a 50 Point Penalty will result. If drawn out but not all turned up, an opponent may draw one from hand. No Penalty.
4. 50 point penalty for putting down a spinner marker.

Scoring

1. Scoring will be done in multiples of 5's (4 houses or 200 points)

Equipment

1. Double Six Dominoes
2. All equipment will be supplied by MGA

Officials

1. One person to do brackets and table assignments
2. Scorekeepers will be available for those who need one.
3. Officials will check equipment prior to event.
4. Host city will clean and verify correct Dominoes and number per box

FRISBEE THROW – SEATED

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Participants attempt to throw plastic Frisbees through suspended hula hoop from a seated position.
2. Hula hoop should be suspended 2 feet from the ground. Diameter of hula hoop should be 35 inches.
3. While throwing, participant must remain seated with both feet on the ground with shoulders and knees facing the front.
4. Participant's chair must remain behind the line.
5. Participants get 8 throws from 15 feet.

Scoring

1. 1 (one) Point for each ringer.
2. No Point if rules #3 and/ or #4 are violated

Tie Breaker

1. Tie breaker will consist of 3 throws from a seated position with both feet on the ground, shoulders and knees facing the hoop from a distance of 20 feet.
2. The distance will increase five (5) feet for each tie breaker when points are scored. If no points are scored, throws will continue from the same distance

Equipment

1. Plastic Frisbees
2. Suspended Hula Hoop
3. Chairs
4. Measuring tape and tape to mark lines
5. All equipment will be supplied by MGA

Officials

1. One scorer and one retriever for each hula hoop station
2. Officials will check equipment prior to event

GOLF

Eligibility

There will be a women's division and a men's division in each age group. There will be singles play on one day and doubles play on another day. Doubles may be mixed gender. Team will play in the younger partner's age group in doubles.

The Game

1. All rules of golf shall apply as specified by USGA and local course rules.
2. The first 18 holes will be played by individuals and the player with the low gross score being the winner.
3. Doubles play will be 18 holes played by 2-person team and they will play scramble format. One score will be turned in per team. The team with the low gross score will be the winner.
4. 75+ men will play from the men's front Tee's. All other male age groups will play white Tee's.
5. Women will play from the women's tees.

Scoring

1. Golf tournament will consist of 2 rounds of 18 holes.
2. Awards will be presented to players with low gross score in each age group.

Equipment

1. USGA approved equipment
2. Participants are allowed to use their personal golf equipment

Officials

1. Scorers to validate score cards at the end of 18 holes.

NERFBALL THROW – SEATED

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to state games.

The Game

1. Participants attempts to throw nerf football through suspended hula hoop from a seated position.
2. Hula Hoop will be suspended 2 feet from the ground. Diameter of the hula hoop should be 35 inches.
3. While throwing, participant must remain seated with both feet on the ground, shoulders and knees facing the front.
4. Participant's Chair must remain behind the line.
5. Participants will get 8 throws from 15 feet.
6. Points will be awarded for each ringer.

Scoring

1. 1 point will be awarded for each made throw.
2. No Point if rules #3 and/or #4 are violated

Tie Breaker

1. Tie breaker will consist of 3 throws from a seated position with both feet on the ground, shoulders and knees facing the hoop from a distance of 20 feet.
2. The distance will increase five (5) feet for each tie breaker when points are scored. If no points are scored, throws will continue from the same distance.

Equipment

1. Standard size Nerf football – 9.5 inch
2. Suspended hula hoops
3. Chairs
4. Measuring tape and tape to mark lines
5. All equipment will be supplied by MGA

Officials

1. One scorer and one retriever for each hula hoop station
2. Officials will check equipment prior to event

ROOK

Eligibility

Rook is played in teams which can consist of the same gender or mixed gender. Teams will play in the age group of the younger age partner. First and second place winner in each age group will advance to the state games.

The Game

1. No misdeals, you will play the hand dealt.
2. Deal around the table until everyone has received his/her first card, then place one card face down in the center of table as the first card in the widow. Repeat until there are five (5) cards in the widow. Turn up the top card in the widow and then deal out the remaining player cards.
3. Player cards are to remain face down on the table until all cards have been dealt.
4. Do not use the 2's, 3's and 4's.
5. No low card trumps.
6. No holding, you must bid or pass.
7. If no one takes the bid, cards are thrown in and deal passes.
8. Minimum bid is 70.
9. If partner call trumps, add 5 points to the bid. Partner does not have to call trumps. If partner does not call trumps, do not add the 5 points to the bid. You must play what partner calls trumps. Player who calls trumps LEADS. If partner calls trumps, keep the five cards from the widow in hand until trumps are called, then discard 5 cards.
10. No cubes allowed.
11. Cards must be played within 60 seconds.
12. A match will consist of the best 2 out of 3 games with an hour time limit.
13. If at the end of the hour and time is called-stop play, do not finish out the hand.

14. If time is called the following rules will apply:
- a. Still in first game – high point wins.
 - b. If in 2nd game and winner of 1st game is ahead, the winner of the 1st game wins the match.
 - c. If in 2nd game and loser of 1st game is ahead, then that team wins. Play one hand to determine match winner.
 - d. If in 3rd game and both teams are tied (score) that game ends and one hand of a new game will be played to determine the match winner.
 - e. If in the 3rd game, team with the highest score wins.
 - f. Consolation game will be played to determine 3rd place if necessary.

Scoring

1. There are 180 points possible in the hand.
2. No wild cards.
3. 500 points wins the game.
4. Player must declare shooting the moon before the widow is picked up.
If you shoot the moon (500 points) you have to show Rook.
5. If in the hole and shoot the moon it is 500 points.
6. If any team is in the hole over 500 points, the opposing team wins that game.
7. At the end of the match, team with the most points over 500 wins.
8. The score keeper will note on the score sheet in the proper column, the trump color for that hand.

Penalties

1. Doesn't Follow Suit: If a player doesn't follow suit and is caught before the next card is played, player can pick up the misplayed card and there is no penalty. If the player doesn't follow suit and is not caught before the next card is played, the team playing wrong will go set the amount of the

- bid. Their opponents will count their points up to the hand of the infraction.
2. If bidder does not discard the correct number of cards back into the widow, they go set the amount of the bid. Opponents will count their points.
 3. If a misdeal occurs before the cards are picked up, the player who is short a card will draw from the hand of the player with extra card(s) and no penalty occurs. If misdeal is not caught before the cards are picked up, dealer will go set the amount of the bid. Their opponents will count their points up to the hand of the infraction.
 4. Playing out of turn: 50 points deducted from team score.
 5. 50-point penalty for verbally reminding partner of trump after the first card has been played.
 6. 50-point penalty for looking at any discarded (widow) or played cards, after the first card has been played.

Equipment

1. Standard Rook Deck provided by MGA
2. All equipment will be supplied by MGA

Officials

1. One person to do brackets and table assignments
2. Host city is responsible for purchasing new decks of Rook cards each year.
3. Officials will check equipment prior to event

SHUFFLEBOARD

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Each participant will have a practice of 4 disc of each color before a match.
2. The red disc is shot first to start a game. Players alternate going first in each frame.
3. A game will consist of 6 frames for each player. A frame consists of four discs for an individual. Each game gives each player 6 turns of 4 discs each.
4. When serving, players shall place their 4 discs within (and not touching) the lines of their respective half of the "10 OFF" area. Player may not cross the 10 OFF area or it is a foul.
5. If player cannot see the color of the discs at the other end, they may request permission from the court referee to advance to the farthest dead space to view the discs.
6. A disc or discs returning or remaining on the court after having struck any object other than a live disc shall be removed before further play. It is called a dead disc. If a dead disc moves or displaces a live disc, that half round will be played over.
7. A disc which stops in the area past the dead line is dead, and shall be removed before further play. Discs in "no man's land" should be removed by official scorer before the next play.

Scoring

1. A shuffleboard court has the following scoring areas: one (1) 10-point area, two (2) 8-point areas and two (2) 7-point area and one (1) 10 OFF area.
2. Scoring occurs when a disc is in a scoring area and does not touch any line.
3. A match will consist of 6 frames. All matches will be bracketed and single elimination.
4. In case of a tie, frames are played to break the tie.

Fouls and Penalties

1. FOUL: If a foot touches the end line when pushing discs, the disc(s) is removed from court and the disc(s) removed from the scoring position are returned to their position by the official scorer.
2. All discs not played from the half of the 10 OFF area (red played from the right side and black played from the left side) will be removed.
3. No hesitation or hook shots allowed. The forward motion of disc must be continuous. Offender's disc will be removed and opponent credited with score of any disc replaced.
4. Players shall not stand in the way of, have cue in the way, or interfere with opponent while he/she is executing a play. 5 points off.
5. Player shall not touch live discs at any time. 5 points off.
6. Player may not cross the 10 OFF area. If this occurs, disc does not count.
7. Players must not talk or make remarks to disconcert opponent's play. 5 points off
8. Player shooting before opponent's disc comes to a rest will result in a 10 point off penalty and the offender's disc is removed and opponent credited with any discs displaced.

Equipment

1. Standard Shuffleboard Courts
2. 4 color discs (red and black) for the number of courts needed.
3. Shuffleboard cue sticks.
4. Clip board, pencil and score sheet per court
5. All equipment will be supplied by MGA
6. Participants will be allowed to use their personal cue stick.

Officials

1. One scorer needed per court for duration of the event.
2. One person to do brackets and court assignments.
3. Officials will check equipment prior to event.

Helpful Hint:

You can put 4 people on one court. This cuts down on time and also the seniors getting tired from walking back and forth from one end to the other.

SOFTBALL THROW

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Participant will have 3 consecutive throws.
2. Participant must stand behind the foul line, and his/her feet may not touch or cross the foul line until ball is thrown.
3. If participant's foot touches or crosses the foul line, that throw(s) will not be counted.
4. Participants are encouraged to warm up on their own.

Scoring

1. Softball throw will be judged on distance and accuracy to the line.
2. All 3 throws will be measured and recorded on the score sheet.
3. Distance left or right of the center line will be subtracted from the length thrown.
4. In the event of a tie, cumulative distance of the original three (3) throws will be used to determine the winner.

Equipment

1. 12-inch softball will be used for men.
2. 11-inch softball will be used for women.
3. Tape measure
4. String for markers
5. Chalk line for foul line
6. There will be a 1-foot neutral zone added to each side of the main line.
7. All equipment will be supplied by MGA

Officials

1. One to two people to measure and record throws
2. Officials will check equipment prior to event

Helpful Hint Let 80 and older go first

TABLE TENNIS

Eligibility

There will be a women's division and a men's division in each age group. First, second and third place winners in each age group will advance to the state games.

The Game

1. Service shall start with the ball resting freely on the open palm of the server's stationary free hand.
2. The server shall then project the ball vertically upwards, without imparting spin, so that it rises at least 4 inches after leaving the palm of free hand and then falls without touching anything before being struck.
3. As the ball is falling the server shall strike it so that it touches first the court and then, after passing over or around the net assembly, touches the receiver's court directly.
4. 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 the server or by anything they wear or carry.
5. Player may not touch the table during play.
6. Single elimination format.

Scoring

1. Play will consist of a 3-game match.
2. The winner shall be the first player to win 2 games.
3. First player to reach 11 points wins the game. If both players have scored 10 points, the serve changes after each point and the winner is the first player to score a 2-point lead.

Equipment

1. Paddle should be any finish and standard dimensions
2. Standard table tennis tables
3. All equipment will be supplied by MGA
4. Participants will be allowed to use their personal paddles

Officials

1. One person to do brackets and table assignments
2. Officials will check equipment prior to event

5K RUN

ELIGIBILITY

Open to men and women in each age division.

THE GAME

1. 5k Run will be the only track event (3.1 miles).
2. All participants are urged to warm up on their own.
3. Runners will start on call of:
 - a. Runners to your mark
 - b. Ready
 - c. Go
4. Timers will call mile splits (mile 1 and 2). Timer at finish line will call finish times.

SCORING

1. Finishers will be given cards to record their finish times on.

EQUIPMENT

1. Walking or running shoes recommended.
2. Stop Watches.
3. Host City provides running bibs for participants.

OFFICIALS

1. Timers at 1- and 2-mile splits and at finish.