



## **Official Sport Rules**

Created February 16, 2010

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**RULES OF COMPETITION GOVERNING THE  
2010 NATIONAL SENIOR GAMES CHAMPIONSHIPS  
& EUFLEXXA HOCKEY CLASSIC**

The following registration procedures and rules of competition for the 2010 National Senior Games Championships & Euflexxa Hockey Classic are based upon those set forth by the recognized national governing body for each sport. For the Championships & Hockey Classic, however, some sport rules have been modified and/or revised in the best interest of the competitors.

These regulations, formats and rules of competition have been approved by the National Games Committee of the National Senior Games Association (NSGA). These rules may be subject to change prior to the 2010 event. Any changes or updates will be posted on [www.nsga.com](http://www.nsga.com).

**TABLE OF CONTENTS**

MENU OF EVENTS .....	2
SPORT RULES, REGULATIONS & FORMAT .....	3-6
SPORTS:	
BOWLING .....	7
CURLING .....	8-9
GOLF.....	10
PICKLEBALL.....	11
ICE HOCKEY .....	12-13

**2010 NATIONAL SENIOR GAMES CHAMPIONSHIPS  
& EUFLEXXA HOCKEY CLASSIC  
MENU OF EVENTS**

BOWLING	Teams of four – Men, Women, Mixed (2 men, 2 women)
CURLING	Team of four – Men, Women, Mixed (2 men, 2 women)
GOLF	Teams of two – Men, Women
ICE HOCKEY	Teams - Men, Women
PICKLEBALL	Singles, Doubles, Mixed Doubles

Pickleball, is available for men and women in five-year age divisions beginning with 50 and ending with 100+ (50-54, 55-59, etc.) Pickleball also offers doubles for men, women, and mixed in five-year age divisions.

Bowling will be offered separately for teams of all four men, all four women, or mixed two men and two women in age categories 50+, 60+, 70+ and 80+.

Curling will be offered separately for team of all four men, all four women, or mixed two men and two women in age categories 50+ and 70+.

Golf will be offered separately for teams of two men or two women in age categories 50+, 60+, 70+ and 80+.

Hockey will be offered separately for men and women, limit 20 players on a team, with age brackets 50+, 60+ and 70+.

## **SPORT RULES, REGULATIONS & FORMAT**

Following are the registration procedures and rules of competition governing the 2010 National Senior Games Championships & Euflexxa Hockey Classic to be held September 30 - October 3, 2010, in Rochester, New York.

### **A. MINIMUM AGE TO COMPETE**

Athletes must be at least 50 years of age on or before December 31, 2010, to be eligible for the 2010 NSG Championships & Euflexxa Hockey Classic. Hockey goalies must be at least 45 (or older according to age group) on or before December 31, 2009.

### **B. AGE DIVISIONS FOR COMPETITION**

**Age division for individual and doubles competition** at the 2010 NSG Championships & Euflexxa Hockey Classic will be determined by the athlete's age as of December 31, 2010. Doubles will be determined by the age of the youngest partner as of December 31, 2010.

Pickleball singles, doubles and mixed doubles will be divided into the following 5-year age divisions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+.

**Age division for team competition** will be determined by the age of the youngest team player as of December 31, 2010 (excluding the goalie in hockey – see hockey sport specific rules for more information). For example: a bowling team consisting of 3 players ages 70 or older and one player age 67 will compete in the 60+ age division.

Team Bowling and Golf are divided into the following age-divisions: 50+; 60+; 70+; 80+. Golf is further divided into the following skill divisions set by handicap: 1-14; 15-30; 31+. Team Hockey is divided into the following age-divisions: 50+; 60+; and 70+. For men's hockey, age divisions will have two skill levels (elite or recreational). Team Curling is divided into the following age-divisions: 50+ and 70+.

The NSGA reserves the right to combine age divisions or skill levels for competition purposes.

### **C. DOUBLES PARTNER CHANGES AND TEAM BOWLING ALTERNATES**

Athletes whose doubles partner is unable to compete may change partners until September 1, 2010. Partner changes must be submitted to the NSGA by email to [nsga@nsga.com](mailto:nsga@nsga.com) with Partner Change in the subject line. Partner changes requested after September 1, 2010 will be considered on a case-by-case basis and only for valid medical reasons.

Bowling and Curling alternates may be used at any time during competition, but must first have approval from the NSGA and the Bowling Tournament Director or the Curling Bonspiel Director. The alternate must also be registered as an alternate on the team prior to competition.

### **D. TEAMS AND DOUBLES PARTNERS**

Athletes may compete with only one team or partner per event. The only exceptions are hockey goalies who may compete on multiple teams, but only one team per age division.

## **E. NSGA DEFINITION OF A PROFESSIONAL**

Professional athletes shall not be eligible to compete in the 2010 NSG Championships & Euflexxa Hockey Classic in the sport in which they were a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally.

A professional is someone who competes in a sport for money as a primary source of personal revenue. People who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teaching a sport, but who occasionally play for a minor amount of money, are also not deemed professionals.

The NSGA shall have the final authority to determine who is deemed professional for the purpose of competing in NSGA events. The NSGA reserves the right to determine professional status based on established NGB standards and professional competition history.

## **F. UNIFORMS**

**PARTICIPANTS:** All athletes must wear athletic-type clothing and shoes that are usual and customary for the sport in which they are competing. Street-type clothing and shoes that are inappropriate may cause disqualification.

**TEAM UNIFORMS:** Team clothing (shirts, pants, shorts) must be of like design and color. Jerseys that are numbered on the front and back are highly recommended (in applicable sports).

Uniforms shall be free of inappropriate symbols or wording.

## **G. PROTEST POLICY**

Any person desiring to make a protest with regard to any aspect of competition shall make such protest to the Competition Manager of the competition in question. All protests must be written and submitted to the Competition Manager within 30 minutes of the conclusion of the game, match, heat, or event under protest. The competition manager will evaluate the protest and render a decision. If the Competition Manager's response to a protest is such that a further hearing is desired, a hearing may be requested with the NSGA Director of National Games. This request must be made to the Competition Manager or NSGA Director of National Games within 30 minutes of the initial protest denial. All decisions by the NSGA are final and not subject to further appeal.

## **H. EVENT ENTRY LIMITS**

Athletes may enter only one sport at the 2009 NSGA Championships & Euflexxa Hockey Classic. Sports are as follows:

- Bowling
- Curling
- Golf
- Ice Hockey
- Pickleball

Athletes may enter as many events as are applicable within a sport.

The NSGA and the LOC will not accommodate individual scheduling requests. If you are registered in multiple events, it is possible your events could overlap and you will have to make a choice between the two.

## **I. REQUIRED CREDENTIALS**

Any player unable to provide the required credentials on the field of play shall be declared ineligible to compete until he/she can produce them. Any staff member may request verification of a player's eligibility. Should a player play and fail to furnish satisfactory proof prior to the end of the tournament, he/she or his/her team will forfeit all games in the event which the player participated. In hockey, all non-playing coaches, captains and bench personnel must be credentialed for access to the field of play. In bowling, only properly credentialed athletes will be allowed on the line.

Medals and ribbons will only be issued to properly credentialed personnel. The NSGA reserves the right to revoke any credential at any time.

## **J. NATIONAL GOVERNING BODY RULES**

All sports/events shall be governed by the rules of the national governing body (NGB) for that sport. The NSGA has modified some of these rules in the best interest of the participants. All rules shall apply as stated in the NGB and NSGA rulebooks. NGB rulebooks in effect on Jan. 1, 2010, shall govern the 2010 NSG Championships & Euflexxa Hockey Classic, unless otherwise noted. In case of conflict between NGB and NSGA rules, NSGA rules shall govern.

## **K. HOW TO SUGGEST A RULE CHANGE FOR SUBSEQUENT GAMES**

Suggestions for rules changes may be made in writing to the NSGA Director of National Games. NSGA rules are reviewed and approved by the NSGA National Games Committee and Board of Directors.

## **M. HOW TO SUGGEST THAT A NEW SPORT BE ADDED TO THE NATIONAL SENIOR GAMES CHAMPIONSHIPS**

You may contact the NSGA Director of National Games if you would like to suggest that a new sport and/or event be added to the menu. New sports and events are approved by the NSGA National Games Committee and Board of Directors.

You must include the following information:

1. An exact description of the sport/event.
2. The address, phone number and contact person for the national governing body for the sport/event.
3. The number of people ages 50 and older who participate in this activity.
4. The geographic distribution of people ages 50 and older that participate.
5. Anything else you think is important.

## **N. DEFAULT DURING COMPETITION**

Athletes or teams who forfeit during pool play rounds shall not be permitted to advance to the championship or consolation brackets except where such a forfeit is the result of a verified medical reason, or a good-faith effort was made to compete. A good-faith effort to compete will be determined by the NSGA. Verification by a member of the Championships' medical staff of an athlete's injury and capability to continue must be submitted to and subsequently approved by the NSGA prior to the athlete being permitted to continue.

Athletes or teams who forfeit during championship or consolation play shall not be eligible for awards, except where such forfeit is the result of a verified medical condition or a good-faith effort was made to compete. Their award spot will be left open and subsequent places will not be moved up. Verification by a member of the Championships' medical staff of the athlete's injury must be provided to and subsequently approved by the NSGA prior to receipt

of any awards. A good-faith effort to compete will be determined by the Competition Manager and the NSGA.

**O. REPRESENTATION AT CHAMPIONSHIPS**

All athletes and teams must represent one of the Association's Member Organizations during competition at the 2010 NSG Championships & Euflexxa Hockey Classic.

**TEAM BOWLING**  
**Men / Women / Mixed (2 Men, 2 Women)**

**ENTRY REGULATIONS**

1. Athletes may enter all applicable bowling events. Athletes may compete with only one team per event.
2. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes may be available at the competitor's expense.
3. A team is made up of 4 players and you may also bring one alternate. The alternate may be used at any time during competition, but must first have approval from the NSGA and the bowling Tournament Director. Alternates must be registered on the team.
4. The age division of competition will be determined by the youngest team player as of December 31, 2010. The following age divisions will apply: 50+, 60+, 70+ and 80+. NSGA reserves the right to combine age divisions for competition purposes.

**FORMAT**

1. All events will consist of 9 games of qualifying.
2. All events will be handicap.
3. Handicap will be based on 90% of 225.
4. Handicap must be established by the USBC, or by another league average or a score sheet with 9 games of bowling to establish average (or the bowler must bowl scratch for the entire tournament).
5. Bowlers will be divided into divisions by age. (See #4 under entry regulations.)
6. Teams will bowl one three-game set every day by squads for three days with the top eight teams advancing to the roll-off. After nine games of qualifying, teams 1<sup>st</sup> through 8<sup>th</sup> in each division will bowl a three game roll-off to determine Gold, Silver and Bronze finish.

Note: Teams can practice the day before competition starts and the first three games are free. Any games beyond the three will be at the teams' cost. Practice times are Wednesday 1-4 pm and 9-11 pm.

7. After the roll off, if there is a tie, a one game playoff will be held to determine which team receives the higher medal.
8. Medals will be presented to 1<sup>st</sup> through 3<sup>rd</sup> place for each division within each event.

**SPORT RULES**

1. This tournament will be conducted in accordance with United States Bowling Congress rules, except as modified herein. For a copy of these rules, please write, call or visit:  
United States Bowling Congress  
5301 S. 76<sup>th</sup> Street  
Greendale, WI 53129  
(800) 514-2695  
www.bowl.com
2. All equipment shall meet United States Bowling Congress specifications. The NSGA reserves the right to check equipment at any time.

**TEAM CURLING**  
**Men / Women / Mixed (2 Men, 2 Women)**

**ENTRY REGULATIONS**

1. Athletes may enter all applicable curling events. Athletes may compete with only one team per event. There will be a maximum of 2 games per day per team per event. Competing in more than one event may mean more than 2 games per day, but we will attempt to avoid this.
2. A team is made up of 4 players and you may also bring one alternate. The alternate may be used at any time during competition, but must first have approval from the NSGA and the Curling Bonspiel Director. Alternates must be registered on the team prior to competition.
3. The age division of competition will be determined by the team's youngest player's age as of December 31, 2010. Age divisions will be 50+ and 70+. NSGA reserves the right to combine age divisions for competition purposes.
4. The tournament will be capped at a maximum registration of 32 teams.

**FORMAT**

1. Tournament format will be pool play (round robin).
2. All games will be eight (8) ends with an extra end tie breaker.
3. A team must have 4 players at the beginning of the first game of the event.
4. The delivery stick is only allowed in the 70+ age division.
5. Awards will be presented to 1<sup>st</sup> through 8<sup>th</sup> place for each age division within each event. 1<sup>st</sup> through 3<sup>rd</sup> place will receive medals; 4<sup>th</sup> through 8<sup>th</sup> place will receive ribbons.
6. The NSGA and LOC reserve the right to change the tournament format depending on entry numbers, space restrictions or other circumstances.

**SPORT RULES**

1. All Curling events will be conducted in accordance with the USA Curling Association rules, except for the resolution of tiebreakers. For copy of the rules please write, call or visit:

USA Curling  
5525 Clem's Way  
Stevens Point, WI 54482-8841  
1-888-287-5377  
[www.curlingrocks.net](http://www.curlingrocks.net)

2. Ties in games will be broken by an extra end played towards the glass.
3. Ties in ranking will be broken in the following order:
  - a. Head to head competition in the round robin
  - b. The winner of most ends in head to head competition (conceded games – all non played ends go to the winner)
  - c. The winner of most ends in the competition.
  - d. The most points scored in head to head competition (conceded games – all non played ends 1 point per end go to the winner)
  - e. The most points scored in the entire competition

- f. If the ties are still not resolved, there will be a draw to the button with sweepers.
- 4. Games will not be timed, however, the LOC reserves the right to time future games if teams are deemed slow by the LOC.
- 5. Any disputes will be resolved by a committee of three curlers appointed by the LOC prior to the beginning of the event.
- 6. Athletes must wear proper curling shoes or grippers on the ice at all times except delivery and sign the Liability Waiver.

**GOLF**  
**Two Person Teams (Men/Women)**

**ENTRY REGULATIONS**

1. Competitors may play on only one golf team.
2. Competitors must provide their own clubs and equipment.
3. The age division of competition will be determined by the youngest team player as of December 31, 2010. Age divisions will be in ten year increments beginning with 50 and ending with 80+. (50-69, 70+ and 80+)
4. All Golfers must enter their handicap when registering and present the card at Athlete check in along with a Government issued photo ID with date of birth on it.

**FORMAT**

1. 2-Person teams play 54-holes Gross and Net Divisions format broken down by total team handicaps.
2. Total number of teams capped at 50 per gender.
3. Top 4 Teams/Gross and Net Divisions per Handicap and age group Breakdown make 18 Hole Finals.
4. One best ball of two for each team, each hole.
5. 3 Handicap Divisions (Total team handicap): 0-14, 15-30, 31+ (all players must have current USGA handicap card). Scores will reflect 90% of the player's handicap.
6. Player handicap differential for a team cannot exceed 10 strokes.
7. Awards (Medals) will be presented for 1<sup>st</sup> through 4<sup>th</sup> place in Gross and Net divisions per handicap divisions by age group and gender.
8. Guarantee of 3 Rounds.

**SPORT RULES**

1. Tournament will be conducted in accordance with USGA rules and any additional rules adopted by the NSGA. For the USGA rules, please visit [www.usga.com](http://www.usga.com)

**PICKLEBALL**  
**Singles/Doubles/Mixed Doubles**

**ENTRY REGULATIONS**

1. Athletes may enter one, two, or all three events. Athletes may participate with only one partner per event.
2. Competitors must provide their own paddles. Balls will be provided.
3. The age division of singles will be determined by the athlete's age as of December 31, 2010. The age division of doubles and mixed doubles competition shall be determined by the age of the youngest doubles player as of December 31, 2010. Age division will be in 5 year increments beginning with 50 and ending with 100+ (50-54, 55-59, 60-64...). NSGA reserves the right to combine age divisions for competition purposes.
4. Athletes whose partner cannot compete for valid medical reason may change partners until September 1, 2010. Sufficient medical documentation must be submitted to the NSGA, who will determine if a valid medical reason exists.

**FORMAT**

1. Tournament format will be pool play (round robin), with the top 8 team advancing to a championship bracket. Top eight teams will be decided by total round robin score, and then by head to head results in the event of a tie.
2. Round robin play will be two games to 11, win by 1.
3. Championship bracket play will be the first to win 2 out of 3 games; each game is played to 11, win by 2.
4. Awards will be presented to 1<sup>st</sup> through 8<sup>th</sup> place for each age division within each event. 1<sup>st</sup> through 3<sup>rd</sup> place will receive medals; 4<sup>th</sup> through 8<sup>th</sup> place will receive ribbons.
5. The NSGA and LOC reserve the right to change the tournament format depending on entry numbers, space restrictions or other circumstances.

**SPORT RULES**

1. All Pickleball events will be conducted in accordance with the USA Pickleball Association rules, except as modified herein. For copy of the rules please write or visit:  
USA Pickleball Association  
PO Box 7354  
Surprise, AZ 85374  
[www.usapa.org](http://www.usapa.org)
2. Athletes must wear proper court shoes – no black sole shoes allowed on the court area.



## TEAM ICE HOCKEY

### Men/Women

#### ENTRY REGULATIONS

1. Athletes may play on only one hockey team. The only exceptions are goalies, who may play on more than one team, but only one team per age division.
2. Competitors must provide their own equipment, sticks and skates. No rental equipment will be available.
3. The age division of competition will be determined by the youngest team player as of December 31, 2010, not including the goalie. The following age divisions will apply: 50+, 60+, and 70+. For each age division, there is an allowance for a younger goalie. The allowances are as follows:

<u>Age Division</u>	<u>Age of Goalie (as of 12/31/10)</u>
50+	45
60+	48
70+	50

4. The men's age divisions will also be divided into two skill divisions: elite and recreational. The team captain will be responsible for selecting their team's skill division. The NSGA reserves the right to combine skill divisions for competition purposes and to reassign teams following completion of pool play.
5. Team rosters are limited to 20 persons, including non-playing bench personnel. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. The gender and age of non-players will not affect the age division of the team. Only individuals listed on the roster will have access to the bench area and be eligible to receive awards.

#### FORMAT

1. Tentative competition format will be pool play, with the results used to seed all teams into a single elimination bracket. Format is subject to change based on number of entries. Each team will be guaranteed a minimum of four games. During pool play, teams will earn points based on the following formula:

$$\text{WIN} = 2 \text{ points} \qquad \text{TIE} = 1 \text{ point}$$

Seeding for single elimination will be based on total points. Ties for seeding after pool play will be broken on the following basis:

- a. Head-to-head competition
  - b. Goal differential (Total goals for - total goals against. A higher number is better.)
  - c. Coin toss
2. During single elimination, games tied at the end of regulation will be decided by a five-minute sudden death overtime period. Games tied at the end of sudden death will be decided by a five-shot shoot-out except for medal games, which will be decided by five minute sudden death overtime.
  3. Each game will consist of three stop-time periods. They will be 10, 12, and 12 minutes long, respectively. If one team has a six-goal lead at any point during the 3<sup>rd</sup> period, the clock will run continuously until the end of the game. The exception is if the lead shrinks to two goals, the clock will revert to stop-time. Sudden death overtime periods will be stop-time.

4. Teams scheduled to play outside of their age and/or skill division must play these games in order to be eligible to advance. However, these games (played against teams from another division) do not count in the standings for seeding purposes.
5. Individual medals will be awarded to 1<sup>st</sup> through 4<sup>th</sup> place teams.

## **SPORT RULES**

1. This tournament will be conducted in accordance with USA Hockey rules, except as modified herein. For a copy of these rules, please call or visit:  
USA Hockey  
(719) 576-3724  
[www.usahockey.com](http://www.usahockey.com).
2. Slap shots are permitted. However, at no time will be sticks be permitted above the waist. The penalty shall be a face-off in the violating team's end.
3. Checking is not permitted. Any player who intentionally pushes, shoves, checks or fails to avoid body contact with an opponent shall be assessed a 2-minute penalty.
4. USA Hockey or CAHA approved helmets are required for all players. Full protective equipment is mandatory. Facemasks are strongly recommended.
5. Penalties will be assessed as follows: Minor - 2 minutes; Major - 5 minutes; Misconduct - 10 minutes. Any player receiving a total of three penalties in one game will be ejected from that game. Fighting will result in automatic disqualification from the tournament.
6. The center red line will not be enforced for two line passes unless the two teams are from different age and/or skill divisions. If two teams are from different divisions, the center red line will be in effect for two line passes.
7. Each team shall be granted one 30-second timeout per game and one 30-second timeout per overtime. Timeouts do not carry over from regulation.
8. Team jerseys must be of like design and color. Other uniform clothing should be of like design and color. Teams are encouraged to have one colored and one white jersey. Uniforms shall be free of inappropriate symbols or wording.