

Elko Senior Olympic Games RULES

These rules are general guidelines. Contact the Event Coordinator (listed on the brochure) for further information.

Medals are awarded at each site and must be picked up then, with the exception of bowling which are awarded at Closing Ceremonies. None will be mailed.

Contestants medal in their own age bracket and gender, whether they are competing against other ages or gender or not (except bowling doubles who compete in the younger bowler's bracket).

Archery

This event is held in conjunction with the Nevada Bowhunters Classic. Their rules apply in all events.

Basketball

Free Throws: Each player takes 25 shots in a row from the free throw line; score is X/25; females may use a women's basketball.

3 Pointers: Each player takes 25 shots in a row from anywhere behind the three-point line; score is X/25; females may use a women's basketball.

Hotshot: Each player will be allowed 2 rounds, 1 minute each round, to make as many baskets as possible from any of the 5 designated spots. The competition will start under the basket in a lay-up shot. Each basket is worth 1 to 5 points depending on the spot from which it is taken: Men: lay-up (1 point); 15' shots (3 points); 15' shots (4 points); 17' shots (5 points). A bonus of 15 points will be awarded if a shooter attempts a shot from each one of the designated spots during a round. This bonus is awarded only once per 1-minute round. Consecutive shots are not allowed from the lay-up spot. Once a lay-up shot is made, the shooter must move to an area of a different point value and attempt a shot before trying for another lay-up. If a player fails to move to a different spot after a successful lay-up, all successive lay-ups attempted and made will not count until the player moves to and attempts from another point value/area. Consecutive shots are allowed from any spot except the lay-up shot. The best single round score will determine the final score. Contestants must rebound their own shots. Shooters may use their own basketballs (if regulation) or those provided by the Games.

Bicycling

Time Trials- held at the West Elko exit. 6 miles out and back --individual

Criterion—held at Nevada Energy "East" Elko exit. 30 minutes plus one lap on loop-- primes and prizes within the race.

Hill Climb - held from Lamoille Grove Park.

Billiards/Pool

8-Ball is played with a cue ball and fifteen object balls, numbered 1 through 15. Place all balls in "Rack" Solid/Strip starting left to right with 8-ball in center along with remaining, sliding racked balls Top triangle of rack on designated place and remove rack. Upon breaking using a Cue Stick striking pocketing the 8-ball on the break wins the game for the breaker, the following situations result in the loss of the game for the breaker: 8-ball is pocketed on the break. The player's designated group (solids or stripes) will be determined when a player legally pockets a ball. When a striped /solid is pocketed, that will be the determining ball for that player and will continue to pocket remaining until all is pocket and then the 8-Ball (black) the last to pocket and is called to pocket for the win. Opponents will take turns if each has missed their stripped/solid ball until all pocketed. The 8-ball may be utilized in a combination as long as it is not

struck first; this action would result in a foul. Shooting while any ball is moving or spinning is a ball in hand foul, or if the cue ball has not touched a striped/solid ball.

Bowling

Standard USBC rules apply. These events are book handicapped. In case a bowler does not have a book average, he/she will establish at their first contest.

Darts

The board is placed so that the bullseye is 5'8" above the floor. Players stand behind a line 7'9" from the board. Each player starts with 301 points and takes turns to throw 3 darts. The score for each turn is calculated and deducted from the player's total. The objective is to be the first player to reduce the score to exactly zero.

Golf

We hold a 9-Holes regular golf tournament, categories in age groups. There will also be chipping and putting contests in the age groups. Winners will be determined by the closest putt/chip from a designated spot.

Horseshoes

Posts are set 40' feet apart. Coordinator will set up a round-robin tournament. Shoes score for close (shoe width from pole), leaning, or ringers. After the full rounds are completed, winners are selected in their age brackets for total scores against all other players or at the end of the time limit.

Indoor Archery

3 rounds of 3 arrows 2 different distances. Winners are determined by total points.

Novice High-Intensity Interval Training

Contestants compete in a variety of strength and aerobic exercises which may include walking, kettlebells, plyometrics, light lifting, and other activities.

Pickleball

USA Pickleball rules. Double play - tournament draw & partners depend on # of participants. Doubles contestants compete in the lower age bracket of the two partners.

Pistol Shoot

The course of fire is basic camp perry although we allow a two handed hold.

The three targets or courses are-- slow fire for ten minutes and ten rounds, Timed fire, two volleys of five rounds for 20 seconds, and Rapid fire, two volleys of five rounds for ten seconds

Guns can be of any caliber you choose—so long as they have at least a five round capability.

We shoot under a shaded area so it gets plenty loud; bring ear protection. Total scores for the three categories determine medal winners.

River Walk

All walkers start at the starting line by the Southside Tennis Courts. They complete a beautiful early morning two mile course along the river path to under the 12th Street bridge, back to the west-end turn-around, and return to the finish line for awards. There are water breaks and assistants along the pathway.

Swimming

This event will take place at the Elko City Pool in the 25-meter outdoor facility. Swimmers will be started by a referee and starter, using standard whistle and starting horn protocol. Rules for each stroke will comply with Master's Swimming rules, and be judged by a USA Swimming certified official. Distances offered will be 50 and 100 of each stroke, as well as a 200 freestyle and a 100 or 200 IM. Contestants may enter as many events as they would like. Results will be based on completed times in each event.

Table Tennis

Toss a coin; winner can elect to serve **or** receive **or** choose which end of table s/he prefers to start; loser gets another choice. Server must stand behind the end of the table to serve and may not touch the table. To serve, ball is thrown up then hit so it bounces once on server's side and at least once on opponent's side; if ball hits net and bounces on server's side, server loses the point; if ball hits net but bounces on opponent's side, it is replayed; however, during a volley, if ball hits net and bounces over to opponent's side, it is a live ball and must be hit over by opponent. If the opponent allows the ball to bounce more than once, s/he loses the point. Player does not have to serve to earn the point. Each player has two serves; service alternatives until one player scores 11 points. Players will play all other players once; medals will be awarded according to most wins for each age group for women and men separately.

Tennis

Singles and doubles competitions depend upon the number of contestants. Standard tennis rules are used. The only other thing I can recommend is that Play will be governed by USTA (United States Tennis Assoc.) rules and regulations. The other thought is, and the tournament Director can manage this) that if an age group doesn't make it, we have the right to combine age groups to make a draw.

Brain Games

Brain Games

Brain Games is a series of challenging mental obstacles testing your speed and wit. Each participant is timed and must complete all 5 obstacles to the best of their abilities.

Jeopardy

Jeopardy! is a game show style quiz game for play on the Nintendo Wii. An accurate representation of the iconic TV show of the same name, *Jeopardy!* features over 2,400 clues, 1-6 players and realistic representations of real-life host Alex Trebek. Players earn points by categories answered correctly.

Track and Field Events

All Track and Field events will be run according to standard high school rules.

Weightlifting

Bench Press—Take the weight off the rack to chest; slowly press up; pause; rerack. Contestants get three attempts at their heaviest press.

Shoulder Press—hold weight at arms' length overhead to lock; lower to where palm is up and level to shoulder; straight up and lock. Contestants get three attempts at their heaviest press.

Arm Curls—hold arms straight down, palms facing out; bend at elbow to curl biceps; bring to full extension. No locking hips or shoulders. Contestant gets three attempts at their heaviest lift.

Pull-Ups—pull up to a high bar. One minute to complete as many pull-ups as possible.

Sit-Ups—with feet held by another person, complete as many sit-ups as possible in one minute.

Push-Ups—complete as many push-ups as possible in one minute.

Deadlift—bar is on the floor; squat; arms down; stand straight up; pause; set bar on floor (do not release it). Contestant gets three attempts at their heaviest lift.