

# QUAD CITIES SENIOR OLYMPICS

## Rules 2021

### **Bullseye Pistol**

Gold, silver and bronze awards are given for men and women. You may shoot any day during the week of the games.

### **Bean Bag Toss**

Athletes throw 30 bags. Bags through the hole are 3 points and a bag on the board is 1 point. Most points wins. Gold, silver and bronze awards are given for men and women. Competition is men's and women's singles, doubles and mixed doubles.

### **Shuffleboard**

Gold, silver and bronze awards are given for men and women. Competition is men's and women's singles, doubles and mixed doubles.

### **10K Cycling**

Athletes are released 15 seconds apart. No drafting is allowed. Either pass or stay several bike lengths behind. Times are recorded for each rider as they complete the 10K out and back course. Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and female have separate divisions

### **Fleet Feet 5K**

Athletes of all ages are able to race. All athletes leave from the gun start and race the 5K course. Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and female have separate divisions as well as the 5K walking division.

### **Tennis**

Events include Men's and Women's Singles, Men's and Women's Doubles, and Mixed Doubles (no age groups). Best two of three sets; regular scoring; 7-point tiebreaks at 6-6; USTA rules apply. Brackets based on number of entrants.

### **Disc Golf**

Tournament is played at Longview Park using 9 baskets with modified tee boxes. Players count each stroke until their disc is in the basket. Players complete the 9 hole course twice. Gold, Silver and Bronze awards are based on your time in 5 year age groups. Lowest scores win. Male and Female have their own divisions.

### **Golf**

Players play 18 holes. Emeis and Indian Bluff have their own separate tournaments. Scratch scoring. Players must sign and leave score cards in the clubhouse. Gold, silver and bronze awarded in 5 year age brackets starting at age 50.

### **25K Cycling Road Race**

Cyclists all start off together on the 25K (16 mile) race. Awards are based on finishing time. Gold, silver and bronze awarded in 5 year age brackets starting at age 50. Male and female have their own divisions.

### **Pickleball**

The event managers place the entrants into divisions based on their ability and their ages. Gold, Silver and Bronze awards are based in these groups. Doubles, Mixed Doubles and Single tournaments are held.

### **Basketball Free Throws**

Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and Female have their own divisions. Athletes take 15 shots. Places are earned by the number of shots taken. Athletes are given 3 warm attempts. They may choose to keep the score from the warm up shots or they may start from 0. Athletes 70+ may choose to shoot from 11' 6"

### **Basketball Around the World**

Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and Female have their own divisions. Athletes take 9 shots around the free throw lane with the longest shot taken from the top of the key. They have a maximum of 2 attempts per location. After 2 misses they go to the next spot. Places are earned by the number of shots made and the number taken. A perfect score would be 9 made in 9 attempts. Athletes 70+ may choose to shoot from their long shot from the free throw line vs the top of the key. Ties are broken by whoever made the most shots at the farthest location.

### **Basketball 3 point contest**

Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and Female have their own divisions. Places are earned by the number of shots made during their allotted time. Athletes 50-64 are given 3 minutes. 65-74 2 minutes and 75+ 1 ½ minutes

### **Badminton**

Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and Female have their own divisions. Doubles, Mixed Doubles and Singles tournaments are held. The tournament director places athletes into groups based on the number of entries.

### **Bowling**

Gold, silver and bronze awards are given for men and women.

### **Billiards**

Gold, silver and bronze awards are given for men and women.

### **Accuracy Throws**

Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and Female have their own divisions. There are 8 throws of various distances around a stationary net with a hole in the middle. Athletes take one throw per location and do two rounds. Places are earned by the total number of shots made. 16 is a perfect score.

### **Distance Throws**

Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and Female have their own divisions. Each athlete receives 3 throws. They may take them in succession or rest between throws. The throws are made on the football field goal line. It is a foul and not measured if their foot hits the line before or after attempting their throw. Officials mark where the implement lands on the field and the distances are recorded using the yard hash marks on the field. Measurements are made to the lesser 1 foot increment. The implement must land in the field of play to be marked. Best distance wins. Ties are broken by the 2<sup>nd</sup> best throw.

### **Distance Kicks**

Gold, Silver and Bronze awards are based on your distance in 5 year age groups. Male and Female have their own divisions. Each athlete receives 3 kicks. They may take them in succession or rest between kicks. The kicks are made on the football field goal line. It is a foul and not measured if their foot hits the line before or after attempting their kick. Officials mark where the ball lands on the field and the distances are recorded using the yard hash marks on the field. Measurements are made to the lesser 1 foot increment. The ball must land in the field of play to be marked. Best distance wins. Ties are broken by the 2<sup>nd</sup> best kick.

### **Track and Field**

USA Track & Field Rules are used. Gold, Silver and Bronze awards are based on your time or measurement in 5 year age groups. Male and Female have their own divisions. Athletes must complete their event with a legal mark to qualify for the award.

### **Horseshoes**

Athletes throw 30 shoes. Ringers are 3 points and within the width of the shoe 1 point. Most points wins. Gold, silver and bronze awards are given for men and women.

### **Bench Press**

Gold, Silver and Bronze awards are in 5 year age groups. Male and Female have their own divisions. Athletes are given 3 attempts to lift the weight that they chose. Once they establish the weight that they start with, the weight may not be lowered. Awards are based on the heaviest final weight lifted and judged to have been a legal lift. THE WINNING LIFT IN EACH AGE DIVISION IS BASED UPON THE PERCENTAGE OF THE LIFTERS BODY WEIGHT THAT HE/SHE LIFTS, NOT ON THE HIGHEST WEIGHT THEY LIFT.

**Swimming**

Swimming uses USA Swimming rules. Gold, Silver and Bronze awards are based on your time in 5 year age groups. Male and Female have their own divisions. Athletes must complete their events with a legal form to qualify for the award.

**Trivia**

Gold, silver and bronze awards are given for men and women.

**Spelling Bee**

Gold, silver and bronze awards are given for men and women.