

# QUAD CITIES SENIOR OLYMPICS

## Rules 2022

### **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. Brackets based on number of entrants.

### **Shuffleboard**

Gold, silver and bronze awards are given for men and women. Competition is men's and women's singles, doubles and mixed doubles. Brackets based on number of entrants.

### **10K Cycling**

Athletes are released 15 seconds apart. Fastest athletes are released last. 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. Athletes 40+ are eligible

### **5K Road Race**

The 5K is part of the Quad Cities Running Festival hosted Fleet Feet. The race starts at 7:00 a.m. at the TBK Bettendorf Sports Complex. Awards are based on your chip time. Gold-Silver-Bronze Male and Female presented in the 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 and 95-99 Must register by Saturday, May 28, 2022

### **Tennis**

Events include Men's and Women's Singles, Men's and Women's Doubles, and Mixed Doubles (no age groups, athletes 40+ are eligible. Best two of three sets; regular scoring; 7-point tiebreaks at 6-6; USTA rules apply. Brackets based on number of entrants.

### **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 40.

### **15.25 Mile Cycling Road Race**

Cyclists all start off together on the 15.25 mile race. Riders start and finish on 207<sup>th</sup> St N in front of Adventure Quest, 3501 207<sup>th</sup> St. North, Port Byron, IL Riders will do the same 7.6 mile loop twice. Riders start going north on 207<sup>th</sup> St N, then the road turns right and changes to 52<sup>nd</sup> Ave N. Stay on 52<sup>nd</sup> Ave N then take a right onto 221<sup>st</sup> St N. This will run into Illinois Rt 2 & 92. Go right on 2 and 92 Right onto 38<sup>th</sup> Ave N then a quick left onto Freiden Road that turns into 207<sup>th</sup> St N. Awards are based on finishing time. Gold, silver and bronze awarded in 5 year age brackets starting at age 40. Male and female have their own divisions.

### **Pickleball**

The event managers place the entrants into divisions based on their ability and their ages. Depending on the number of entrants will determine if round robin or brackets will be used. Gold, Silver and Bronze awards are based in these groups. Doubles, Mixed Doubles and Single tournaments are held. The competition will take place on the Riverside Park outdoor courts, 3300 5<sup>th</sup> Ave, Moline, Illinois There are 8 courts available. The games are scheduled over a two day tournament with the mixed doubles to begin the play, then doubles followed by the singles competition. Games will be played to 11 points, Win by 2 points, Max score 15 points, 2 games wins the match.

### **Basketball Free Throws**

Gold, Silver and Bronze awards are based on your score in 5 year age groups. Male and Female have their own divisions. Athletes take 15 shots. Places are earned by the number of shots made. Athletes are given 3 warm attempts. They may choose to keep the score from the warm up shots or they may start from 0. All athletes shoot from the 15' free throw line. Athletes 40+ are eligible to participate.

### **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+ also shoot their long shot from the 3 point line at the top of the key. Ties are broken by whoever made the most shots with the fewest attempts. If still tied then it goes to the athlete making the farthest shot.

### **Basketball 3 point contest**

Gold, Silver and Bronze awards are based on your time in 5 year age groups starting at age 40. Male and Female have their own divisions. Places are earned by the number of shots made during their allotted time from beyond the 3 point arc. Athletes must rebound their own shots. Athletes are given two 3 minute time periods.

### **Badminton**

The event manager will place the athletes into brackets depending on the number of entrants. Gold, Silver and Bronze awards will be awarded based on these groupings. 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 into round robin or brackets. Games will be played to 11 points, Win by 2 points, Max score 15 points, 2 games wins the match.

### **Bowling**

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

### **Billiards**

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

### **Distance Throws**

Gold, Silver and Bronze awards are based in 5 year age groups starting at age 40. 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.

### **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 starting at age 40. 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.

### **Push Ups**

Gold, Silver and Bronze awards are in 5 year age groups starting at age 40. Male and Female have their own divisions. Athletes are given 2 x 60 second sessions to perform their push ups. Athletes must go all the way down and all the way up for the push up to be counted by the event judge. Most push ups added together from both 60 second sessions wins.

### **Pull Ups**

Gold, Silver and Bronze awards are in 5 year age groups starting at age 40. Male and Female have their own divisions. Athletes are given 2 x 60 second sessions to perform their pull ups. Athletes must go all the way up with their chin over the bar and all the way down for the pull up to be counted by the event judge. Most pull ups added together from both 60 second sessions wins.

### **Tim Terronez Bench Press**

Gold, Silver and Bronze awards are in 5 year age groups starting at age 40. 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.

There will also be Gold, Silver and Bronze awarded to the top 3 overall athletes based on the heaviest weight lifted. Male and female.

**Swimming**

Swimming uses USA Swimming rules. Gold, Silver and Bronze awards are based on your time in 5 year age groups starting at age 40. 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.