
Nova Scotia 55+ Game Rules

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Nova Scotia 55+ Games — Game Rules **WELCOME**

WELCOME TO THE NOVA SCOTIA 55+ GAME RULES. WE HAVE DECIDED TO ADOPT THE

REVISED VERSION OF THE CANADA 55+ RULES AND THE REASON IS THAT WHEN SOMEONE COMPETES IN OUR PROVINCIAL GAMES AND THEY DECIDE TO ATTEND THE CANADA GAMES REPRESENTING NOVA SCOTIA THEY COMPETE USING THE SAME RULES.

YOU WILL ALSO NOTE THAT THESE RULES REFLECT QUOTAS UNDER A COLUMN MARKED "NUMBER OF COMPETITORS PER COMPETITION". THIS DOES NOT APPLY IN NOVA SCOTIA AS WE DO NOT HAVE QUOTAS IN ANY COMPETITION AND FINALLY YOU ARE PERMITTED TO ENTER AS MANY EVENTS AS YOU WISH IN NOVA SCOTIA PROVIDED TIME PERMITS.

COURTESIES

CARD GAMES

One does not pick up a dealt hand and say, "That's a poor deal." Or "You're a bad dealer."

One does not pick up cards as they are dealt. More misdeals are caused by hands moving on the table than any other cause.

Cards are cut by the player on the right before each deal. Cribbage, by practice, has only the cut to determine the dealer. The bottom card, or the one above the required turnover, is never exposed or looked at.

Lead-directing comments or gestures are not good card manners.

No rulebook allows the throwing in of hands in Whist or Bridge with "No Ace, No Face".

Adequate time must be allowed to the opposition to see a trick or hand before it is placed away. Observers must not touch the cards, talk to or provide advice to the players.

NOTE: Some localities have "house" rules and games, which are played by their own standards. We do not wish to interfere with these "house" situations, but all participants are encouraged to practice the above-listed courtesies and to adhere to the rules of each activity as laid down in this Rule Book.

FLOOR GAMES

Common to Floor Curling, Bowling, Carpet Bowling, Floor Shuffleboard, Bocce and some other action games there are some courtesies:

Lines "thou shall not step over" exist to place all players on an even footing.

Often there are not enough line judges to watch each play.

Rules of the games indicate who is to lead, mark the score, and where players should move to their next turn. It is improper to make comments or loud noises when others play.

Shake hands before the game commences, and at the conclusion of the game. Leave judging and score marking to the proper persons.

OTHER

Avoid the use of strong perfumes, colognes or shaving lotion to prevent an opponent sneezing, being choked up or coughing at the wrong time.

8 BALL - POOL

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' singles	4
55+	Men's singles	4
70+	Ladies' singles	4
70+	Men's singles	4
75+	Ladies' singles	4
75+	Men's singles	4

Total number of participants per province/territory: 16

RULES INFORMATION

1. The Canada 55+ Games events will follow the world standardized rules for 8-ball by the Billiards Congress of America.

2. FORMAT

A round robin format will be used. Each match will consist of the best three games (Race to 2). If there are too few competitors, the director, with the approval of the participants, can suggest that each match consist of best of five games (Race to 3) or best of seven (Race to 4). Medals will be presented at the end of the round-robins unless a tie exists for a medalled position.

3. TIES

If a two-way tie exists at the end of the round robin, a best of three playoff is to be played. If a threeway tie exists at the end of round-robin play, players will toss coins until one person has the "odd" coin and receives a "bye" in the playoff. The other two players play a best of three playoff, with the winner of this game going on to play a best of three playoff against the player who received the "bye". The winner of this playoff is the overall winner.

4. GENERAL OVERVIEW

1. 8-Ball is a call shot game played with a cue ball and 15 object balls numbered 1 – 15.
2. One player must pocket balls of the group numbered 1 through 7 (solid colors), while the other player has 9 through 15 (stripes).
3. The player pocketing either group first, and then legally pocketing the 8-ball wins the game.

5. TABLE

1. Table size – 4' X 8': 8-Ball.
2. Pool ball specifications – pocket billiards balls-Weight: 5 1/2 to 6 oz. * diameter: 2 1/4"
3. Pool cue specifications - Player may bring a maximum of 3 cue sticks to a match.
4. Width of tip: 14 mm maximum - no minimum
5. Length of cue: 40 inches minimum – no maximum
6. Cue tip may not scratch or damage the addressed ball (must be composed of specially processed leather, fibrous or pliable material)

6. ORDER OF BREAK

1. Winner of the coin toss has the option to break.
2. The winner of each game breaks the next.
3. The following are common options that may be designated by tournament officials advance:
 1. Players alternate break
 2. Loser breaks.

7. RACKING THE BALLS

The balls are racked in a triangle at the foot of the table with the 8-ball in the center of the triangle, the first ball of the rack on the foot spot, a stripe ball in one corner of the rack and a solid ball in the other corner.

8. CALL SHOT

1. In a Call Shot, obvious balls and pockets do not have to be indicated.
2. It is the opponent's right to ask which ball and pocket if he is unsure of the shot.
3. Bank shots and combination shots are not considered obvious, and care should be taken when calling both the object ball and the intended pocket.
4. When calling the shot, it is never necessary to indicate details such as the number of cushions, banks, kisses, caroms, etc.
5. Any balls pocketed on a foul remain pocketed, regardless of whether they belong to the shooter or the opponent.
6. The opening break is not a "called shot".
7. Any player performing a break shot in 8-Ball may continue to shoot so long as any object ball is legally pocketed on the break.

9. LEGAL BREAK SHOT

1. (Defined) To execute a legal break, the breaker (with cue ball behind the head string) must either
 1. Pocket the ball, or
 2. Drive at least four numbered balls to the rail.
2. When the breaker fails to make a legal break, it is a foul, and the incoming player has the option of
 1. Accepting the table in position and shooting, or
 2. Having the balls re-racked and having the option of shooting the opening break or allowing the offending player to re-break.

10. SCRATCH ON A LEGAL BREAK

1. The balls pocketed remain pocketed (Exception, the 8-ball : see rule 11.b) 2.

It is a foul,

3. The table is open.

NOTE: The incoming player has cue ball in hand behind the head string and may not shoot an object ball that is behind the head string, unless he first shoots the cue ball past the head string and causes the cue ball to come back behind the head string and hit the object ball.

Object Balls Jumped Off The Table On The Break: it is a foul and the incoming player has the option of: 1. Accepting the table position and shooting, or 2. Taking cue ball in hand behind the head string and shooting.

11. IF THE 8-BALL IS POCKETED ON THE BREAK

1. A breaker may ask for a re-rack or have the 8-ball spotted and continue shooting.
2. If the breaker scratches while pocketing the 8-ball on the break, the incoming player has the option of a re-rack or having the 8-ball spotted and begin shooting with ball in hand behind the head string.

12. OPEN TABLE

1. Defined: The table is “open” when the choice of groups (stripes or solids) has not yet been determined.
2. When the table is open, it is legal to hit a solid first to make a stripe or vice-versa
3. Note: The table is always open immediately after the break shot.
4. When the table is open, it is legal to hit any solid or stripe first in the process of pocketing the called stripe or solid.
5. However, when the table is open and the 8-Ball is the first ball contacted, it is a foul and no stripe or solid may be scored in favour of the shooter.
6. The shooter loses his turn, the incoming player is awarded cue ball in hand; any balls pocketed remain pocketed: and the remaining player addresses the balls with the tables still open.
7. On an open table, all illegally pocketed balls remain pocketed.

13. CHOICE OF GROUP

1. The choice of stripes or solids is not determined on the break, even if balls are made from only one or both groups, because the table is always open immediately after the break shot. The choice of group is determined only when a player legally pockets a called object ball after the break shot.

14. LEGAL SHOT

1. (defined): On all shots (except on the break and when the table is open), the shooter must hit one of his group of balls and
 1. pocket a numbered ball, or
 2. cause the cue ball or any numbered ball to contact a rail.
2. Please Note: It is permissible for the shooter to bank the cue ball off a rail before contacting the object ball; however, after contact with the contact ball, an object ball must be pocketed, or the cue ball or any numbered ball must contact a rail.
3. Failure to meet these requirements is a foul.

15. SAFETY SHOT

1. For tactical reasons, a player may choose to pocket an obvious object ball and also discontinue a turn at the table by declaring “safety” in advance.
2. A safety shot is defined as a legal shot.
3. If the shooting player intends to play a safe by pocketing an obvious object ball, then prior to the shot, the shooter must declare a “safety” to the opponent.
4. It is the shooter’s responsibility to make the opponent aware of the intended safety shot.
5. If this is not done, and one of the shooter’s object balls is pocketed, the shooter will be required to shoot again

6. Any ball pocketed on a safety shot remains pocketed.

16. SCORING

1. A player is entitled to continue shooting until failing to legally pocket a ball of this group.
2. After a player has legally pocketed all of his group of balls, he shoots to pocket the 8-Ball.

17. FOUL PENALTY

1. Opposing player gets cue ball in hand.
2. This means that the player can place the cue ball anywhere on the table (does not have to be behind the head string except on opening breaks).
3. This rule prevents a player from making intentional fouls which would put an opponent at a disadvantage.
4. With "cue ball in hand", the player may use a hand or any part of a cue (including the tip) to position the cue ball.
5. When placing the cue ball in position, any forward stroke motion contacting the cue ball will be a foul, if not a legal shot.

18. COMBINATION SHOTS

1. Combination shots are allowed, however, the 8-Ball can't be used as a first ball in the combination unless it is the shooter's only remaining legal object ball on the table. Otherwise, should such contact occur on the 8-Ball, it is a foul.

19. ILLEGALLY POCKETED BALLS

An object ball is considered to be illegally pocketed when:

1. that object ball is pocketed on the same shot a foul is committed, or 2. the called ball did not go in the designated pocket, or
3. a safety is called prior to the shot.

Illegally pocketed balls remain pocketed and are scored in favour of the shooter controlling that specific group of balls, solids or stripes.

20. OBJECT BALLS JUMPED OFF THE TABLE

1. If any object ball is jumped off the table, it is a foul and a loss of turn, unless it is the 8-Ball which means loss of game.
2. Any jumped object balls are not re-spotted.

21. JUMP AND MASSE' SHOT FOUL

1. While "cue ball fouls only" is the rule of play when a match is not presided over by a referee, a player should be aware that it will be considered a cue ball foul if during an attempt to jump, curve or masse' the cue ball over or around an impeding numbered ball that is not a legal object ball, the impeding ball moves (regardless of whether it was moved by a hand, cue stick follow-through or bridge).

22. PLAYING THE 8-BALL

When the 8-Ball is the legal object ball, a scratch or foul is not loss of game if the 8-Ball is not pocketed or jumped from the table.

Incoming player has cue ball in hand:

Note: A combination shot can never be used to legally pocket the 8-Ball, except when the 8-Ball is the first ball contacted in the shot sequence.

23. LOSS OF GAME

A player loses the game by committing any of the following infractions:

1. Fouls when pocketing the 8-Ball (exception: see 8-Ball Pocketed on the Break – Para 11).
2. Pockets the 8-Ball on the same stroke as the last of his group of balls.
3. Jumps the 8-Ball off the table at any time.
4. Pockets the 8-Ball in a pocket other than the one designated.
5. Pockets the 8-Ball when it is not the legal object ball.

Note: All infractions must be called before another shot is taken, or else it will be deemed that no infraction occurred.

24. STALEMATED GAME

If, after 3 consecutive turns at the table by each player (6 turns in total), the referee judges that attempting to pocket or move an object ball will result in loss of game, the balls will be racked with the original breaker of the stalemated game breaking again. The stalemate rule may be applied regardless of the number of balls on the table.

Note: Three consecutive fouls by one player in 8-Ball is not a loss of game.

BADMINTON

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' doubles	4
55+	Men's doubles	4
55+	Mixed doubles	4
65+	Ladies' doubles	4
65+	Men's doubles	4
65+	Mixed doubles	4
75+	Ladies' doubles	4
75+	Men's doubles	4
75+	Mixed doubles	4

Total number of participants per province/territory: 36

NOTE: The Mixed Double Teams may be created from the qualified Ladies and Men's doubles, or can be a separate mixed double entry. If two players from different age categories join to form a team in mixed doubles, the age of the younger player of the team will determine which age category they will compete in.

RULES INFORMATION

A round-robin format will be used, however, the type of format will depend on the number of entries. The decision on this format is to be determined by the marshal prior to the commencement of play.

A match will consist of the best two-out-of-three games.

A game is won by the first side to score 21 points.

The International Badminton Federation "Rules of Badminton" will apply.

Shuttlecock can be either plastic or feather. Provinces/Territories must be advised, well in advance of the Canada Seniors Games, which will be used.

BOCCE

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open Teams (fours)	2 teams of 4
55+	Open Teams (pairs)	4 teams of 2
70+	Open Teams (fours)	2 teams of 4
70+	Open Teams (pairs)	4 teams of 2

Total number of participants per province/territory: 32

RULES INFORMATION

The game of bocce is similar to lawn bowling and carpet bowling, with the object being to get as many bocce as possible closest to the pallino.

Bocce will be played on grass courts, with lanes 80 feet in length by 13 feet in width.

Modified grass-court rules will be in effect.

FOUR PLAYER BOCCE. - Each team will consist of four players. The leads and seconds from both teams will each throw two balls from the same end of the court to constitute one end played. The next end the thirds and skips will each throw two balls from the opposite end of the court, constituting another end played. Play will continue to rotate in this manner until the game is completed.

TWO PLAYER BOCCE. – Each team will consist of 2 players. The lead and skip of both teams will each throw two balls from the same end of the court to consist of an end played.

After the first end, the team which wins the previous end throws out the pallino and throws the first ball.

1. THE BOCCE COURT

The sport of Bocce will be played on a grass court. The ground should be level and firm and the grass cut short. For best results use lime to mark the court.

10 Feet

30 Feet

30 Feet

10 Feet

13 Feet

A

B

D

B

A

2. REGULATIONS

1. Players are not allowed beyond line “B” until all the bocce has been played. The referee is the only one allowed at the pallino end.
2. The small ball (pallino) must cross the centre line “D”.
3. A coin is flipped to determine who throws first. The team winning the toss has the option of throwing first or last. The team, which throws first, has the choice of bocce.
4. The team throwing the pallino has ONE attempt to place the pallino in the play area beyond the centre (line D). If this is not accomplished, the opposing team throws the pallino and the team, which threw the pallino first, throws the first ball.

3. THE GAMES AND THE TEAMS

1. The object of the game is to get one's own boccia as close as possible to the pallino.
2. The boccia may be either rolled (raffa) or lofted (volo) down the lane. The boccia is rolled or lofted underhand only.
3. Nearest Ball: The first player on team A rolls or lofts the pallino and then rolls or lofts one bocce. The first player on the opposing team (team B) then takes his/her turn. He/she must get his/her bocce closer to the pallino than team A's bocce. If he/she fails with his/her two bocce then the next member of team B tries. If team B is unable to get closer to the pallino than team A, then the remaining members of team A play their bocce. If a player from team B succeeds in getting his/her bocce closer to the pallino than team A's bocce, team A begins to play again. The play shifts from one team to the other depending upon whose bocce are closest to the pallino.
4. Each team has a skip – a player who has the right to address the referee with regard to the game and to ask him to verify the position of the played bocce.
5. Each player is allowed one minute to deliver one boccia.
6. Each team is allowed one, two-minute time out per game. This can be done only when a player from the team requesting the time out is about to play.
7. The substitution of players can only take place between games.

4. SCORING

1. Both the 2 Player game and the 4 Player game will consist of ten ends. Total score declares the winner. A team achieving fifteen points prior to the completion of ten ends shall be declared the winner.
2. When playing fours, the determination of the score for an end of play will be done by either the seconds or the thirds when the play is in their respective end of the court.

-
3. Points are computed by assigning one point to each boccia closest to the pallino with respect to the opponent's bocce.

5. THE PLAY AT POINT (PUNTO)

1. The play at point consists of throwing one's boccia as close as possible to the pallino. If the player's foot steps on line B, his boccia is removed immediately.
2. It is not permissible to play another boccia before the previous boccia comes to a stop.
3. If two opposing bocce are equidistant from the pallino at the conclusion of an end, a blank end is declared.

6. THROWING OF THE BOCCE

1. During the game, it is not permissible for the players to go beyond the throwing line (B) until both teams have finished playing.
2. A player cannot go beyond line B if he still has bocce not yet played.
3. Any bocce or pallino that exit a lane during regular play are considered to be no longer valid.
4. All bocce are valid as soon as they are delivered across the near B line. There is no hog line.
5. At the start of an end, if the pallino lands closer than one foot to the sideline or the far end, the referee then centres the pallino in the centre of the playing surface (recommend that the HC premarks this spot at each end prior to the start of the competition).
6. If a player throws out of turn, the non-offending team will have the option of letting the throw stand, or, after repositioning any displaced balls, have the offending team re-throw in the correct order.

7. DEFINITIONS

1. Punto: point.
2. At punto: in the attempt to get a point.
3. Raffa: the roll (a form of delivery).
4. Volo: loft or fling.
5. Pallino: small ball.
6. Boccia: large game ball.
7. Bocce: plural of boccia.

8. ADDITIONAL COMMENTS

1. If a pallino is knocked out of bounds, the team committing the error will be penalized two points. These two points will be awarded to the opposing team and the end will count as an end played.
2. Thirds are responsible for the count at the completion of each end. No balls are allowed to be touched until opposing thirds agree to the score. If the thirds cannot agree, then the referee will make a decision.

9. COMPETITION FORMAT

1. At the Canada 55+ Games, a complete round robin will be played.

A win will count two (2) points.

A tie will count one (1) point.

A loss will count zero (0).

Final placement in the standings will be calculated by the total number of game points, wins and ties.

If there is a tie for the total game points, the team that had the most wins is awarded the higher ranking.

If teams are still tied, the winner of game in the round robin between the tied teams is awarded the higher ranking. If a tie still exists, then the team with the greatest overall point differential will be declared the winner.

CANDLEPIN BOWLING

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55-64	Ladies' Singles (POA or Scratch)	2
65-74	Ladies' Singles (POA or Scratch)	2
75+	Ladies' Singles (POA or Scratch)	2
85+	Ladies' Singles (POA or Scratch)	2
55-64	Men's Singles (POA or Scratch)	2
65-74	Men's Singles (POA or Scratch)	2
75+	Men's Singles (POA or Scratch)	2
85+	Men's Singles (POA or Scratch)	2
55-64	Team (POA)	10
65-74	Team (POA)	10
75+	Team (POA)	10
85+	Team (POA)	10

Total number of participants per province/territory: 56

NOTE: When the Games are played in NB or NS, Candlepin will replace 5-Pin as a Core Activity.

RULES INFORMATION

The International Candlepin Bowler's Association Official Rules and Regulations will apply.

1. A round robin format will be used depending on the number of entries.
2. Teams must consist of five bowlers and may consist of any combination of men or women.
3. Singles Competition. The top three female and the top three male competitors in each age category with the highest scratch score will be awarded medals.

NOTE: For bowlers coming from outside of NB & NS, a conversion chart is included below that will allow conversion of 5-Pin averages to Candlepin averages. If your 5-Pin average is not shown on the chart, use a conversion factor of .526 to determine your Candlepin average. A good 5-pin bowler should fare well at candlepin as long as they remember that deadwood may be their best friend and that a score of 100 isn't too bad!

5 PIN AVE.	Factor	CANDLEPIN AVE.
220	0.526	115.8
219	0.526	115.3

218	0.526	114.7
217	0.526	114.2
216	0.526	113.7
215	0.526	113.2
214	0.526	112.6
213	0.526	112.1
212	0.526	111.6
211	0.526	111.1
210	0.526	110.5
209	0.526	110.0
208	0.526	109.5
207	0.526	108.9
206	0.526	108.4
205	0.526	107.9
204	0.526	107.4
203	0.526	106.8
202	0.526	106.3
201	0.526	105.8
200	0.526	105.3
199	0.526	104.7
198	0.526	104.2
197	0.526	103.7
196	0.526	103.2
195	0.526	102.6
194	0.526	102.1
193	0.526	101.6
192	0.526	101.1
191	0.526	100.5
190	0.526	100.0
189	0.526	99.5
188	0.526	98.9
187	0.526	98.4

5 PIN AVE.	Factor	CANDLEPIN AVE.
186	0.526	97.9
185	0.526	97.4

184	0.526	96.8
183	0.526	96.3
182	0.526	95.8
181	0.526	95.3
180	0.526	94.7
179	0.526	94.2
178	0.526	93.7
177	0.526	93.2
176	0.526	92.6
175	0.526	92.1
174	0.526	91.6
173	0.526	91.1
172	0.526	90.5
171	0.526	90.0
170	0.526	89.5
169	0.526	88.9
168	0.526	88.4
167	0.526	87.9
166	0.526	87.4
165	0.526	86.8
164	0.526	86.3
163	0.526	85.8
162	0.526	85.3
161	0.526	84.7
160	0.526	84.2
159	0.526	83.7
158	0.526	83.2
157	0.526	82.6
156	0.526	82.1
155	0.526	81.6
154	0.526	81.1
153	0.526	80.5

4. Team Competition: The top three teams in each age category with the best average will be awarded medals.
5. In the event of a tie, there will be a one game tiebreaker.
6. The decision as to whether bowlers playing singles can also participate on the team bowling will depend on the number of lanes available and thus as to whether singles bowling can be conducted separately from the team bowling. The host committee will inform the C55+GA as soon as possible

whether the schedule will allow for both events to be run separately. If this is possible, then bowlers playing singles may also play on a team.

INTRODUCTION TO CANDLEPIN BOWLING

The sport of Candlepin is a bowling game unique to the Canadian Maritime provinces and New England. It is an exciting skilful sport, requiring minimal physical strength while demanding great timing, dexterity and patience of the bowler. It is a sport enjoyed by all, young and old, strong and handicapped, male or female. Further information on it can be found at www.bowlcandlepin.com. However, as many of the bowlers may not have had the opportunity to watch this version of the game, let alone play it, the following is a ready reference to the main aspects of the game.

SCORING

Candlepin bowling, although using a ball just slightly smaller than a five-pin ball, consists of 10 pins, or sticks, and thus is scored in the same manner that 10 pin bowling is scored. Therefore the maximum score is 300, but be forewarned, no one has ever officially recorded a perfect game – in fact the highest recorded score is in the low 250's. The other thing that must be remembered is that 'deadwood' on the alley is in play, and often with proper foresight, can be used by the bowler to their advantage.

PLAYING RULES AND REGULATIONS

1. **FAIRLY DELIVERED BALL:** A ball is fairly delivered when in its forward motion it touches the playing area before the 10ft. lob line. Any ball touching down beyond the 10ft. lob line is deemed a foul.
2. **FAIR CONTACT:** A ball shall be considered to have made fair contact only when it strikes a standing pin or playable wood before it (the ball) leaves the lane. A ball otherwise shall be considered foul and shall suffer the same penalties as for a **GUTTER BALL**.
3. **REBOUNDING BALLS:**
 1. Should any ball, after making fair contact, for any reason rebound from any object on the deck or pit area, the pins so downed shall count in the scoring.
 2. If the ball did not make fair contact, the pins shall not count in the score.
4. **GUTTER BALL:** If a ball leaves the lane without making fair contact and comes back knocking down pins; the pins downed by that ball shall not count in the scoring. Only pins downed by fair contact shall count.
 1. If the first ball is foul and comes back to down pins, the pins shall be reset, and the bowler shall forfeit that ball and count only the pins downed fairly with the next two balls. (The first ball is considered foul even if no pins are downed by it).
 2. If the first and second balls are foul and come back to knock down pins, the pins shall be rest after each ball, the bowler forfeits both balls and shall count only the pins downed by the third ball.
 3. If the first and third balls are foul, but the second is fair, the player shall only count the pins downed by the second ball.
 4. If all three balls are foul, the player shall score zero (0) for the frame.
 5. If the first ball is fair and the second and/or third balls are foul, the pins shall not be reset. The player will forfeit all pins downed by the foul ball or balls and score only those downed by the balls

that were fair. If no pins are left standing by the foul action of the second ball, the player shall score only those pins downed by the first ball.

5. EXTRA BALLS: Rolling extra balls in any frame will constitute a foul and the bowler will receive zero (0) for that frame.
6. BOWLERS DROPPING BOWLING BALLS DELIBERATELY on the approach shall be warned and if a second offence occurs, the bowler shall be penalized under the deliberate foul rule.

PIN AND DEADWOOD RULES

1. DOWNED PINS – DEADWOOD LINE: All downed pins, called wood, remaining on the lane entirely behind the deadwood line are live and playable. Those touching or forward (toward the bowler) of the deadwood line are dead and shall be removed. Wood shall be judged live or dead only after it has stopped moving.
2. QUESTIONABLE DEADWOOD: Any questionable deadwood shall be removed by a designated official.
3. PIN – PIT AREA: A pin that sticks up out of the pit area is not playable.
4. WOOD – ACROSS PLATE AND GUTTER: Where wood is partly on the plate or lane and partly in the gutter, the ball must make fair contact with the wood while the ball is still touching the lane for any pins downed to count in the scoring.
5. BALL HITS DEADWOOD IN GUTTER AND CORNER PIN: If a ball makes contact with wood in the gutter (deadwood) at the same time as making fair contact with a corner pin or playable wood, the pins downed by such action shall count.
6. DOUBLE DEADWOOD IN THE GUTTER: When there is double deadwood in the gutter, it shall remain.
7. REBOUNDING PINS: Pins knocked down by pins rebounding from the sidewall, machine, rear cushion or any other object in the deck or pit area shall count as pins down.
8. PIN DOWNED, THEN STAND UP: If a downed pin is caused to stand erect again in the playing area, it shall be judged as down and shall remain on the lane to be played as wood.
9. PINS THAT FALL AFTER THE RESET BUTTON IS PRESSED, or the pinsetter sweep is in motion, shall not count.
10. MOVING WOOD: A bowler must wait until all wood has halted motion under penalty of foul. (Pins felled by ball shall not count). However, if the wood has apparently stopped rolling and then starts rolling again while the player is in the act of delivering the ball, or while the ball is in motion, there shall be no penalty.
11. PINS FALL BEFORE FAIR CONTACT: If a pin or pins fall after the ball is fairly delivered but before making fair contact, the following shall apply:
 1. ON FIRST BALL: The bowler resets and is entitled to three balls in the frame.
 2. ON SECOND OR THIRD BALL: Bowler is credited with making fair contact. (Example: Bowler knocks down nine pins with the first ball. Second ball is fairly delivered but before making contact, the remaining pin falls over. The bowler is credited with a SPARE).

FOUL RULES

1. FOUL LINE RULE: A player in delivering the ball must not let his action cause him to slide over, step on or over the foul line, nor permit any part of his body or clothing to come into contact with the lanes, gutters, ball returns, division boards, walls, uprights or floors which are beyond the foul line, at any time

after the ball passes over and beyond the foul line, nor until he shall have picked up a ball and completed his succeeding delivery, under penalty of foul. (See foul line and lob line penalty).

1. Any object which falls from the pocket or person of a bowler shall not constitute a foul.
2. Bowlers are not allowed beyond the foul line under any circumstances.
3. When a bowler, while in possession of a ball accidentally fouls while taking a practise slide, the bowler will lose that ball. The penalty is the same as the foot foul rule.
2. **LOB LINE RULE:** Bowling is a game of rolling, not throwing balls. Any ball that does not, in its forward motion, touch the playing area before the lob line, shall be considered a lobbed ball and shall suffer the foul penalty. See foul line and lob line penalties below. Continuous infractions of this rule will result in disqualification.
3. **FOUL LINE AND LOB LINE PENALTIES** are the same as for gutter balls.
4. **CLEARED GUTTERS:** Both gutters must be cleared of any pins or balls before the first ball is delivered in any frame. The penalty is the same as if the first ball is a foul.

ETIQUETTE

1. Like duelling, Candlepin bowling requires a certain degree of savoir faire before one attempts to kill their opposition. A few of the basic laws of etiquette are as follows:
 1. Before you throw the first ball of the first game, shake hands with the person in the adjoining lane. Remember this person well, as you will be bowling beside them for the entire game (unless there are an unequal number of bowlers on the two lanes).
 2. Bowlers bowl two frames at a time on the same lane, and then on the following turn switch lanes to bowl the next two frames, and so on.
 3. The bowler on the right hand lane will normally bowl his first ball before the bowler in the left lane does. Depending on the speed of the two bowlers, this is not necessary for the remaining balls, but bowlers should try to avoid delivering their ball at the same time that their opposing bowler is delivering theirs.

TEAM COMPOSITION

1. Teams may consist of any combination of men and women.
2. The age bracket for a team is determined by the age of the youngest bowler on the team. (for example: if four men all aged 75+ team up with a younger lady of the age of 55, they must bowl in the 55-64 age category – and they will be HAPPY!).

CARPET BOWLING

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open Team of 4	2 teams
70+	Open Team of 4	2 teams

Total number of participants per province/territory: 16

NOTE: When the Games are played in NB or NS, Candlepin will replace 5-Pin as a Core Activity.

RULES INFORMATION

1. Teams will consist of four players, any combination of men and women.
2. Bowls will be 4 inch indoor biased carpet bowls.
3. Carpet will be 30 feet by 6 feet.
4. Standings for a tournament will be based on Wins/Ties/Losses. A win shall count as 2 points, a tie as 1 point and a loss as 0 points.
5. Tournament play for a national final will be a round-robin event. If two teams are tied after round robin play, four extra ends (or more if necessary) will be played until the tie is broken. If a three way tie exists, the aggregate points scored against each team shall be divided into the aggregate points it has scored.
6. Bowls moved inadvertently before being measured will be put back in place. The thirds will be responsible for measuring. Dead bowls will be removed. All measurements will be supervised by the event official.
7. If a player bowls an opponent's bowl by mistake, he or she will replace it with one of their own, once the bowl has come to rest.
8. Penalties will apply for knocking the jack off the carpet. The points will be added to the score of the opposing team and the end will be counted as an end played, except the eighth end should be replayed if the jack is knocked off. Penalties are listed further on in these rules.

MODIFIED RULES FOR PERSONS WITH DISABILITIES

We have in mind persons who because of accidents or other ailments are unable to deliver their bowls in a standing position. Such persons should be permitted to deliver the bowls in a position which best suits them, whether sitting in wheel chairs, ordinary chairs or stools; even to resting their knee, if kneeling, or knees on the floor. Front wheels and legs of chairs, and the person's knee must be immediately behind the toe-line, otherwise standard rules and commonsense prevail.

EQUIPMENT

The diagram shows the plan of the carpet with the delivery rectangles, each of which is 24 inches by 20 inches by 9 inches. To protect the carpet while the bowls are being delivered, the footer at the delivery end must be covered by a mat which may extend behind the carpet. White lines parallel to the ends of the carpet and at a distance of 10 feet from each end are drawn across the carpet. Slippers or soft-soled shoes, without heels, should be worn. Equipment is to be supplied by the Host Committee.

A GAME

A game will consist of eight (8) ends. If the total number of points is equal at the conclusion of a match, the result will be a tie. If a winner is required, an extra end will be played and the opponents will toss as for the beginning of a game. If during the playing of an extra end the jack is knocked off the carpet, the penalty will be incurred and the end is not replayed. Control of the carpet passes to the opposing side as soon as the preceding bowl has come to rest.

THE PLAYERS

In a fours game, each plays two bowls, the leaders their two alternately, then similarly with the seconds, the thirds and the skippers.

Teams will toss and the winner of the toss will have the choice of the set of bowls to use, and will have the option of directing the opponent to bowl the jack and the first bowl or electing to do so himself. Each succeeding end will be started by the winner of the previous end at which a score was recorded. In deciding the winner of an end, penalty scores must not be considered. The first to play at an end that results in a tie (no score), a dead end, or a penalty, will again play first.

The “skipper” will have sole control of his players and the skippers will be the sole judges of all disputed points, except on measuring (done by the thirds).

If they are unable to agree, the dispute will be settled by the umpire. In the fours game, the third will be the measurer and the second will be the scorer. The Skipper is the director of the head except when bowling, then the third is the director of the head.

LOCATION OF PLAYERS

The directors of the head stand at the jack end of the carpet. All players, except the skippers, must remain at the delivery end until the skippers are due to bowl, and they will then change ends. All players except those controlling play, will stand or be seated beyond the end of the carpet at the delivery end or beyond the end of the carpet at the jack end if the players have changed ends. The skippers, after having changed ends will remain beyond the end of the carpet at the delivery end. The player controlling play for the team that has possession of the carpet may stand behind the carpet at the jack end or along either side of the carpet provided they remain less than 15 feet from the end of the carpet at the jack end. The player controlling play for the team that does not have possession of the carpet must stand beyond the end of the carpet at the jack end.

BOWLING THE JACK

If the jack, when bowled, runs off the carpet either at the ends or the sides, or if no part of it reaches the line 20 feet from the delivery end of the carpet, it will be sent back for the opponent to bowl it. After each leader has had one unsatisfactory throw, the jack will be placed approximately 24 feet from the delivery end of the carpet and in the centre of the carpet. The opponent’s throwing of the jack will not affect the order of playing of the bowls. If the jack, when bowled, comes to rest on the carpet between the line 20 feet from the delivery end and the front of the rectangle at the jack end, it will be placed at the centre of the carpet at a point opposite that at which it came to rest. If the jack, when bowled, comes to rest on the carpet at a point further from the delivery end than the front line of the rectangle at the jack end, it will be centred at the front of this rectangle. If at any time the jack is shifted by play and rebounds so that it comes to rest less than 15 feet from the delivery end of the carpet, the end will be dead and will be replayed.

DELIVERING THE BOWL

At the moment of delivery, a player must have at least part of one foot within, and on the footer. No portion of either foot may be on, or over, any portion of the carpet except the footer area. Any portion of either foot which is not on the footer must be outside the carpet. At the moment of releasing the bowl, a player must have the hand delivering the bowl within the boundaries of the delivery rectangle. The bowl need not contact the carpet before passing outside the delivery rectangle. The bowl must pass wholly over the front line of the delivery rectangle. It is permissible to deliver a bowl in such a way that the natural bias does not operate except that a bowl may not be delivered disc-over-disc. A bowl which comes to rest less than 10 feet from the delivery end of the carpet, or outside the boundaries of the carpet, is dead and will be removed. If a player bowls an opponent’s bowl by mistake, it will, when it has come to rest, be replaced by one of his own bowls.

DELIVERING THE JACK: The rules that govern the delivery of a bowl as to the footer and the delivery rectangle, will also apply to the delivery of the jack. If a player infringes these rules, the jack will be considered as improperly delivered.

JACK IN COURSE: If a jack in course is obstructed or deflected by a neutral object or neutral person or by an umpire, opponent, or a member of the opposing team, it will be redelivered by the same player. If it is obstructed or deflected by a member of the players own team, it will be redelivered by the Lead of the opposing team.

MOVEMENT OF JACK: If a jack is diverted from its course while in motion on the carpet as the result of play, or displaced while at rest on the carpet by one of the players, the opposing Skipper will restore the jack to its former position or allow it to remain where it rests and play the end to a finish, or declare the end dead.

BOWL IMPROPERLY DELIVERED: Should a player deliver a bowl not in accordance with earlier provisions of these laws, the umpire may after having given a warning, have the bowl stopped and declared dead. If the bowl has come to rest and has not disturbed the head, the bowl will also be declared dead. If the bowl has disturbed the head, the opponent will have the option of either resetting head; leaving the head as altered; or declaring the end dead.

MOVEMENT OF BOWLS: If a bowl, while in motion or at rest on the carpet, is interfered with or displaced by one of the players, the opposing Skipper will have the option of:

1. Restoring the bowls as near as possible to its original position
2. Letting it remain where it rests
3. Declaring the bowl dead
4. Declaring the end dead

If a bowl in its original course is interfered with by a neutral person or object and it has not disturbed the head, it will be replayed. If it has disturbed the head, the two Skippers will agree on the replacement of the head. If they are not able to agree, the end will be declared dead.

If the head is disturbed by a neutral object or person, the two Skippers will agree as to the replacement of the head. If they are unable to agree, the end will be declared dead.

If a bowl or the jack is inadvertently moved while being measured it will be replaced by the opposing measurer. If the movement is caused by an umpire, the umpire will make the replacement.

MEASURING

After all of the bowls have been played and come to rest, the measurers will decide the result. If the measuring is necessary, it may be carried out by either measurer. If the opposing measurer is not satisfied, he may then measure himself. If the measurers are not in agreement, they will call the umpire whose decision is final. One point is allowed for each bowl nearer the jack than the nearest bowl of the opponent. If the nearest opposing bowls are equidistant from the jack, the end is a tie and no score is recorded although it will count as an end.

PENALTIES FOR TAKING THE JACK OFF THE CARPET

- Leader: 1 point
- Second: 2 points
- Third: 3 points

Skipper: 4 points

The points will be added to the score of the opposing team, and the end will count as an end played.

Exception: The final end will be replayed if the jack is knocked off the mat and penalties will apply.

NOTE: In all cases, the team throwing the first in the end in which penalties were incurred, will throw first in the next end.

DEFINITIONS

Bowl in Course or Jack in Course: a bowl or jack from the moment it is released from the hand until it comes to rest.

End: the playing of the jack and all the bowls of all the opponents in the same direction.

Head: the jack and such bowls as have come to rest on the carpet and are not dead.

Displaced as applied to a jack or bowl: disturbed by any agency that is not sanctioned by these laws.

MEASURING CONDITIONS

The measurement will be made to the nearest point of each object. No measuring will be allowed until all the bowls in an end have come to rest. When the last bowl has come to rest, half a minute will elapse, if either team desires, before the shots are counted.

If a bowl requiring to be measured is resting on another bowl which prevents its measurement, the best available means will be taken to secure its position, whereupon the other bowl will be removed.

The same course will be followed where more than two bowls are involved, or where, in the course of measuring, a single bowl is in danger of falling or otherwise changing its position.

If a bowl is not stabilized and it changes its position on its own accord before being measured, its changed position will apply.

No bowl will be removed without first receiving the consent of the opposing measurer.

Nothing in these laws will be deemed to make it mandatory for the last player to play his last bowl in any end, but the player will declare to his opposing Skipper his intention to refrain from playing it before the commencement of determining the result of the end and this declaration will be irrevocable.

PLAY IRREGULARITIES

When a player has played before his turn, the opposing Skipper will have the right to stop the bowl in its course and it will be played in its proper turn; but in the event of the bowl so played having moved or displaced the jack or bowl, the opposing Skipper will have the option of allowing the end to remain as it is after the bowl so played comes to rest or having the end declared dead.

If the result of an end has been agreed upon, or the head has been touched in the agreed process of determining the result, then a player who forfeits or has omitted to play a bowl will forfeit the right to play it.

A player who has neglected to play a bowl in the proper sequence will forfeit the right to play such bowl, if a bowl has been played by each team before such mistake was discovered.

If, before the mistake is noticed, a bowl has been delivered in the reversed order, and the head has not been disturbed, the opponent will then play two successive bowls to restore the correct sequence. If the head has been disturbed, the opposing Skipper will have the option of allowing the end to remain as it is after the bowl so played had come to rest or having the end declared dead.

If a bowl, delivered out of the proper sequence, drives the jack off the carpet, the end will be declared dead and penalties will be assessed in accordance with earlier provisions of these laws.

No player or spectator will be permitted to interfere with a player in any way while a player is in the process of delivering his bowl.

CONTRACT BRIDGE

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open pairs	5 pairs

Total number of participants per province/territory: 10

RULES INFORMATION

1. All players must have the same partners throughout the competition.
2. Depending on the number of entrants, the tournament will be a round-robin or a modified round robin format with four hands per round.
3. The pair accumulating the highest total score during the entire tournament will be the winner.
4. All conversation shall be in English as recognized as standard procedure in international competitions.

OFFICIAL CONTRACT BRIDGE RULES

1. The provisions of the Laws of Contract Bridge as published by the American Contract Bridge League shall apply.
2. North Player has first deal, followed by East, South and West.
3. A round consists of a series of four deals that have been bid and played. If a deal is passed out, the same player deals again and the deal passed out does not count as one of the four deals.
4. Cards may not be picked up until the deal has been completed. If any of the four players do not have 13 cards, a misdeal is declared. The same person will re-deal, with the player on the left remaking the cards and the one on the right cutting again.
5. A misdeal is also declared if a 10-honour card or a face card is exposed during the deal. The same redealing procedure is followed.
6. One bid's must be played.
7. Honours must be scored before the next hand is dealt.
8. Vulnerability is not determined by previous scores but by the following schedule (Chicago system):
1st Hand – Neither team is vulnerable
2nd Hand – Dealer's team is vulnerable
3rd Hand – Dealers team is vulnerable
4th Hand – Both teams are vulnerable
9. For making a game (100 or more trick points), a side receives a premium of 300 points if on that deal it is not vulnerable or 500 points if on that deal it is vulnerable. There is no additional premium for winning two or more games, each game premium being scored separately.

10. Each hand is scored on its own merit (2 making 3 is 140 (90+50), 4H vulnerable is 620, etc.). There is no accumulation of part scores or games from deal to deal during the round
11. Players may not check back on the last trick once the next lead has been made.
12. In playing the hand, the player may not reach across and play from the dummy before the person on their left has played. No one else may touch or play a card from the dummy.
13. The penalty for revoking (reneging) is the value of two tricks awarded to the opponent.
14. The cards will be played to the last trick, unless it is obvious that one player has the remaining 'boss' tricks. Regardless, hands will be completely played out if requested by any player.
15. There will be two score cards at each table. A member of each pair is to keep score. After completion of the round and the totalling of scores, opponents will initial each other's card before they move on to the next table.
16. In the case of a tie for a medal position at the end of the round robin, the marshal will review the scores from only those games involving those teams that are tied to determine the winner. If, in the oft chance that a tie still exists after this, the teams tied will play an additional round (4 hands).
17. A qualified official to ensure fair play for all will oversee competition.

CONTRACT BRIDGE SCORING

SUIT VALUES

Clubs and Diamonds: 20 points.

Hearts and Spades: 30 points.

No Trump – first trick: 40 points, subsequent tricks 30 points.

If the bid is doubled, multiply by two.

If the bid is redoubled, multiply by four.

Points needed for a game: 100 (must be bid to be scored)

GAME PREMIUMS

Non-Vulnerable game: 300 points

Vulnerable game : 500 points

Part game: 50 points

Slams	Not Vulnerable	Vulnerable
Small Slam	500	750
Grand Slam	1000	1500
Overtricks	Not Vulnerable	Vulnerable
Not doubled, each	Trick Value	Trick Value
Doubled	100	200
Redoubled	200	400
Slams	Not Vulnerable	Vulnerable
Small Slam	500	750

Grand Slam	1000	1500
Overtricks	Not Vulnerable	Vulnerable
Not doubled, each	Trick Value	Trick Value
Doubled	100	200
Redoubled	200	400

PENALTIES – NOT VULNERABLE

Undertricks	Not Doubled	Doubled	Redoubled
1	50	100	200
2	100	300	600
3	150	500	1000
4	200	800	1600
5	250	1100	2200

PENALTIES – VULNERABLE

Undertricks	Not Doubled	Doubled	Redoubled
1	100	200	400
2	200	500	1000
Undertricks	Not Doubled	Doubled	Redoubled
3	300	800	1600
4	400	1100	2200
5	500	1400	2800

MAKING A DOUBLED OR REDOUBLED CONTRACT

Score an additional 50 points (Insult)

HONOURS HELD IN ONE HAND IN BID SUIT

Four Honours: 100 points

Five Honours: 150 points

Four Aces at No Trump: 150 points

CRIBBAGE

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open teams	5 teams of 2

Total number of participants per province/territory: 10

RULES INFORMATION

The provisions of the Laws of Cribbage will apply.

Also note the following:

One game of 121 points constitutes a match.

Neither penalty, nor extra premium will be scored for a skunk.

As soon as a player pegs out, no further counting can be done.

Cut for crib in each game. Lowest card wins the deal.

When counting, cards must be placed face up on the table.

In the event of a misdeal, the dealer will deal again.

Jacks that are 'cut' may be counted right up to and including the last hole.

Any points missed cannot be counted once a player has finished moving his peg.

Suit in the hand counts four. Suit in the hand plus deck card counts five. Suit in the crib plus the deck card counts five. Suit in the crib only does not count. No "muggings" are allowed.

(Players get whatever they have.) Opposition agrees with your score before you peg.

At the Canada 55+ Games, tournament play shall be a double round robin (normally one round per day.)

The scoring system will be based on wins plus losses with one point for a win and zero points for a loss. Should there be a tie; a winner is declared based on total points scored by those tied in all games played. If a tie still exists, go to "who beat who" in the round robin (amongst those tied).

No game may be conceded.

All pairs must have the same partners throughout the competition.

OFFICIAL CRIBBAGE RULES WHAT YOU NEED

All you need to enjoy the game is a standard cribbage board with pegs, a regular deck of 52 cards, and a table or playing surface.

SHOWING AND MAKING POINTS

The cribbage board is merely used to keep track of the score. Each player has a set of pegs that is moved up and back on his row of holes, or around the track if the board is of the continuous track type. The peg that is farthest advanced for each player indicates his total current score; the other peg shows the total after the previous play and the difference between the two is the number of points gained in the play just completed.

Points are made in two ways by the play of a hand and in the count or "meld" of the hand; that is, players deal and play out their cards as shown below and then pick up their hand again to make additional points through combinations contained in the hand.

PLAYING THE GAME

The easiest way into the game is to start playing it with special attention to some terms that have special meaning in cribbage and are underlined in the explanation that follows.

Each player cuts the deck for the low card to choose the dealer who deals five cards to each player one at a time. In looking over your hand, you'll find the counting of "pip" value corresponds to the numerals with the exception of face cards which all count for ten, and the aces, which count for one. It takes several deals to complete a game in which one player makes a total of 121 and the deal alternates among the four players.

After the deal, each player puts one (1) card face down on the table. These 4 cards make up the crib and are put aside till after the hands are played. Then the “pone” or dealer’s opponent to his left cuts the deck and the dealer takes the top card off the bottom section to obtain the starter which, like the crib, is set aside and has no significance during the play; if it happens to be a Jack, the dealer takes 2 points for “Nobs” by putting his leading peg in the second hole.

Then players, starting to the left of dealer (the pone), in turn play cards individually face up on the table. Cards are played around the table with the dealer being the fourth player with the opportunity to play. Each chooses a card that will make points when added to the first card played, adding up to 15 or mating the first card for a pair by placing it face up in front of them towards the middle of the table. The third card played in like manner by the next player might make a run of three if all three cards (regardless of suit) that have been played in sequence have pip values that are played or can be arranged in numerical order like 2-3-4, 4-3-2, 6-7-8, 8-7-6.

This continues until the total pip values played add up to 31 or until one player cannot play without going over 31; in that event the other player takes a point for “Go” and must play for as long as he can add pip values that do not exceed 31. After each 31 all cards played are turned over and any part of “run” cannot be carried over for counting into the next 31 series. Any time a card played hits 31 “on the nose” the player can take 2 points; otherwise each “card before the other player has to stop” counts one.

While some hands will play out without reaching 31, the hand will usually contain more than one 31 series and continues until all cards are played. Each time one player can’t play without exceeding 31, he tells the other player to “Go”. In summary, here are the points that can be scored in play: Fifteen: 2 points

Pair: 2 points

Triplets: 6 points

Fours: 12 points

Runs of 3 or more: 1 point for each card

Last card: 1 point

31 with last card: 2 points

Nobs in hand: 1 point

COUNTING THE HAND

After the last card is played, the hands are counted using the starter card as if it were a fifth card in each hand. The pone counts his hand first, taking points for any and all combinations that he finds, as listed above except of course “last card” and “31”. In addition he may take 4 points for a 4 card flush (4 cards in the hand all in the same suit) and 5 points for a 5 card flush, pegging off his count, as for example “15-two-four-six and eight, two pairs for 12 and four runs of three for 24”. The Jack of the same suit as the starter card, found in the hand is called “Nobs” and counts one point. Players continue to count in order with the dealer counting his hand and the crib last.

To count a flush in crib, all 4 cards must match the suit of the starter card. It should be noted that in counting the hands, the same cards can be used over and over so long as either a new card is added or the same cards for different combination. The example above is of a hand, which, with starter card, contains a pair of fours, a five and a pair of sixes.

EXAMPLES OF COUNTING:

Here are some examples of possible cribbage hands and how they add up after the play. Checking them out against the first six of the eight point values listed above and the 5 for a 5-card flush that apply to the "meld" will help you become accustomed to recognizing combinations that count.

The N stand for His Nobs or Jack of trump, and the asterisk (*) indicates that the whole hand and starter are of one suit (5-card flush). Impossible hand counts are 19, 25, 26 and 27. The first example counts out as follows: "fifteen-two, four, six, (the 10 and 1 combining with each of the three fours for two points each) and triplets are 12.

Hand	Score		Hand	Score
1, 4, 4, 4, 10	12		3, 3, 4, 4, 5	20
1, 1, 6, 7, 7	12		6, 6, 9, 9, 9	20
2, 6, 6, 7, 7	12		3, 3, 6, 6, 6	20
1, 1, 6, 7, 8	13		4, 4, 4, 7, 7	20
1, 4, 4, N, 4	13		3, 3, 4, 5, 5	20
Hand	Score		Hand	Score
3, 3, 6, 6, 9	14		6, 6, 7, 7, 8	20
4, 4, 7, 7, 7	14		7, 8, 8, 9, 9	20
4, 5, 6, Q, K*	14		4, 5, 6, 6, 6	21
3, 3, 9, 9, 9	14		5, 5, N, J, J	21
1, 2, 3, 3, 3	15		3, 3, 3, 4, 5	21
1, 1, 2, 2, 3	16		7, 7, 7, 8, 9	21
2, 3, 4, 4, 4	17		5, 5, 5, 10, 10	22
2, 3, 3, 3, 4	17		5, 5, 5, N, J	23
5, 5, J, Q, K	17		4, 5, 5, 6, 6	24
3, 3, 6, 6, 6	18		5, 5, 5, 5, 10	28
5, 5, 10, N, Q	18		5, N, 5, 5, 5	29

MISDEAL

There must be a new deal by the same dealer if a card is found faced in the pack, if a card is exposed in dealing, or if the pack were found imperfect.

WRONG NUMBER OF CARDS

If one hand (not crib) is found to have the wrong number of cards after laying away the crib, the other hands and crib being correct, a misdeal is declared and cards are re-dealt by the one who misdealt the hand.

ERROR IN PEGGING

If a player places a peg short of the amount to which he is entitled, he may not correct the error after he has played the next card. If he pegs more than his announced score, the error must be corrected on demand at any time before the play resumes.

The hand and crib must be laid out plainly when counting and must remain so until the opponents understand the count being carried out.

CROKINOLE

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open Pairs	5 Pairs

Total number of participants per province/territory: 10

NOTE: When the Games are played in NB or NS, Candlepin will replace 5-Pin as a Core Activity.

RULES INFORMATION

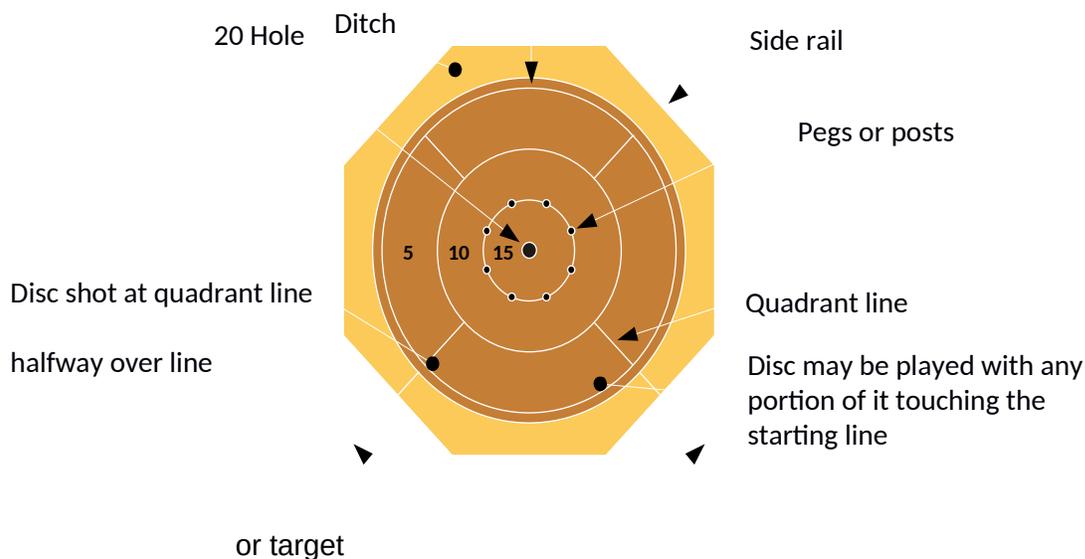
The game of Crokinole appears to have developed in rural Canada in the 1860s. A unique blend of several older English, French, German and East Indian games, Crokinole has been an enduring family favourite for close to 140 years. And while many rules and variant playing methods have developed throughout North America, it appears that one basic set or pattern of acceptable rules has emerged from it all. The following, then, is the distillation of what seems to be the most common, popularized, 'settle-the-squabble' rules for fair, enjoyable Crokinole play. The object of the game is to position shooting discs on the playing surface in such manner that they remain within the highest scoring circles by the end of the round. Each player seeks to make a "20" (centre hole) score whenever possible. At the same time, each player - in turn - will attempt to make such scoring opportunities difficult for his opponent. Games will be played to 100 points.

FOR 4 PLAYERS (2 Teams)

Each player will have 6 discs to shoot. Players of one team will sit opposite each other and will shoot the same colour.

THE RULES

1. To start the game, one player will take two discs (one of each colour) in his hands, shake them, leaving one disc in each hand, and then hold closed fists out to a member of the opposing team. That player will choose one of the hands. The colour in that hand will indicate which team begins the play.
2. Play proceeds in a clockwise fashion. The player to the left of the previous shooter always plays next.
3. Neither the board, nor the seats of the players may be moved during the game.
4. All players must keep their fingers, hands, and discs off the board unless it is their turn to shoot.
5. To shoot, place the disc on the board with any portion of it touching the "starting line." (See diagram) Each player will shoot discs only from within his particular quadrant of the board. A disc placed on a "quadrant line" must not be more than half way over that line. Shooting line



may not be more than

Shooting area for one player

6. The first player will try to shoot his disc into the centre "20" hole. If it successfully lands completely within the hole the disc is removed and set aside to count as 20 points at the end of the round. If it does not land in the "20" hole, and yet is still on the playing surface, the next player must shoot at that opposing disc in an effort to knock it into the "ditch." If she misses or does not in any way touch that opposing disc, her disc must come off the playing surface and be put in the ditch. Caroms - bouncing off a post or other disc - or combination shots are allowed. In a caroms shot, if the opponents disc is not touched, both the played disc and any of the shooter's same colour discs that have been moved, will be placed in the ditch. A shot that goes off the playing surface and bounces back on is considered out of play. It is removed to the ditch. Any other discs it may have touched will remain where they are.
7. A disc that touches the "shooting line" (after it is played, or has been hit) does not count and will be removed to the "ditch."
8. When that particular round is finished (all discs having been played), the person sitting to the left of the player who started the previous round will begin the new round, and so on with each round.

COUNTING

At the end of each round, each team will take count of their discs within each circle. Inner (or pin) circle counts 15 points for each disc. Middle circle counts 10 points for each disc. Outer circle counts 5 points for each disc. Discs that are touching the lines separating each circle will be counted at the value of the

lesser circle. Discs touching the “starting line” will not count. Add the “twenties” that may have been made during the game and which were set aside. The difference of the count between the teams is the score for that round. (Example: The team or player with the black discs has a total score of 65. The team or player with the tan discs has a score of 25. Subtract the lesser from the greater. Therefore the black team has 40 points for that round.) Begin the next round.

THE TOURNAMENT

Based on the number of teams entered, a round robin or a modified round robin will be played. Winners of each round get one point. If at the end of the round robin there is a tie between two teams for a Medal position, the result of the game between these two teams during the round robin will determine the winner. If a tie exists between more than two teams for a Medal position, then the best +/- score from the round robin of the teams tied will determine the final placing.

CYCLING

Competitors must be at least 55 years of age by December 31 of the year of the games. Canadian companion rules will apply.

Age	Events	Number of competitors per association
55+	Recreational - Ladies & Men	6 (3 male, 3 female)
65+	Recreational - Ladies & Men	6 (3 male, 3 female)
70+	Recreational - Ladies & Men	6 (3 male, 3 female)
55+	Competitive - Ladies & Men	6 (3 male, 3 female)
60+	Competitive - Ladies & Men	6 (3 male, 3 female)
65+	Competitive - Ladies & Men	6 (3 male, 3 female)
70+	Competitive - Ladies & Men	6 (3 male, 3 female)
75+	Competitive - Ladies & Men	6 (3 male, 3 female)
80+	Competitive - Ladies & Men	6 (3 male, 3 female)

Total number of participants per province/territory: 54

RULES INFORMATION EVENTS RECREATIONAL CYCLING

1. Time trial - distance 10 km - all age groups.
2. Road race distance 20 km - all age groups - EXCEPT- Ladies' 70+- is 15 km.
3. Cyclists may compete in one or both of the recreational events, but may not compete in the competitive cycling events.

COMPETITIVE CYCLING

1. Time trial – distance 20 km – all age groups
2. Road race distance 40 km – all age groups – EXCEPT – Ladies 70+ is 30 km.
3. Competitive cyclists may compete in one or both of the competitive events but may not compete in the recreational cycling events.

NOTE: All cyclists are to wear helmets.

DARTS

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' singles	4
55+	Men's singles	4
65+	Ladies' singles	4
65+	Men's singles	4
75+	Ladies' singles	4
75+	Men's singles	4

Total number of participants per province/territory: 24

Ladies and Men from singles may form men's, ladies or mixed doubles team and/or enter singles play if their Provincial/Territorial team has not submitted separate entries for these positions. Participants may play doubles without having to play singles.

RULES INFORMATION

Entry to the Games will be based on provincial/territorial results from the singles competitions.

Those playing singles may form pairs to play doubles and mixed doubles. If two players from different age categories in singles join to form a team in doubles, the age of the younger player of the team will determine which age category they will compete in.

Although not the ideal or recommended situation, if singles from different province/territories decide to team up because a partner is not available from their own, they may do so. If fortunate enough to win a medal, each player in the team will receive the appropriate medal; however, in the calculation of overall medals won by individual province/territories, each province/territory involved will receive credit only for ½ of a medal.

National Darts Federation of Canada Rules is in effect.

1. Singles and Doubles competitions will consist of 501-point games where the “double out” ruling is in effect. NOTE: the “double in” ruling is not in effect.
2. There will be a straight round robin for both the singles and doubles, with the standings at the end of the round robin determining final placing and the medal winners.
3. The round robin format for singles and doubles will consist of three (3) game matches. Each game will consist of three (3) legs where each winning leg will count as one (1) point. A loss is zero (0) points. All three legs must be played in each game.
4. The bull double, like all doubles, may finish a game if the correct total is reached.
5. After the round robin, if a two-way tie exists among those eligible for medals, an extra game (best of three legs) shall be played by those tied to determine the higher standing. If more than two are tied after the round robin, there will be one game of 501 points with all tied players playing concurrently on the

same board. The first player to finish will be awarded the highest position. Play is continued until all medal positions are filled.

6. The weight, length and configuration must conform to the specifications set by the N.D.F.C. Rules.

DUPLICATE BRIDGE

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open partners	5 pairs

Total number of participants per province/territory: 10

RULES INFORMATION

1. The provisions of the Laws of Duplicate Bridge, as published by the American Contract Bridge League, shall apply and are available from your Provincial/Territorial representative.
2. Enter with a partner. The Howell System is the recommended movement, but the Mitchell system may be used if the Host so prefers. The Team score card must be signed after each match by one member of the opposing team.
3. Standard Duplicate Bridge scoring.
4. Competition at Canada 55+ Games: In the event of a tie after completion of tournament, an additional four hands shall be played.
5. The Host Community will have the prerogative of filling in local participants for pairs that unexpectedly field less than two (2) players at the Games. A random draw will be used.
6. At the Canada 55+ Games; play will be monitored by an accredited official to ensure that rules and etiquette of Duplicate Bridge are followed.

FLOOR CURLING

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open Team	2 Teams of 4
70+	Open Team	2 Teams of 4

Total number of participants per province/territory: 16

RULES INFORMATION

A round robin tournament format will be used. If two teams are tied after complete round robin, a four end game will be played.

Games will consist of eight (8) ends.

Teams will consist of four (4) players.

The host community will have the prerogative of filling in a substitute for teams, which unexpectedly field less than four (4) players. A random draw will be used.

DESCRIPTION

The playing surface may be of hardwood, linoleum, well-laid tiles or smooth cement floors.

The standard rink should be 36 feet in length and 8 feet in width, however, if the available playing surface is less than 36 feet, the length will have to be reduced accordingly.

Circles 27 inches in radius are drawn in each end. The centre of the circle is located 45 inches from the middle of the end line and should be indicated by a circle of button 3 ½ inches in radius. Hog lines are marked across the rink 6 feet from the edge of the circle. A toe line is marked on each end line 27 inches each way from the centre of the end line. The toe line is, therefore, 54 inches in length and directly behind the circle of 54 inches in diameter. The player when delivering his rock must stand behind this toe line and within the 54-inch distance and directly behind the circle.

The area between the circles should be properly prepared before the game starts, with a light sprinkling of shuffleboard wax or cornmeal or a mixture of both, depending upon the type of surface. "Sun-Glo" or "Super-Glide" wax is commonly used.

EQUIPMENT

Sixteen circular disks are cut from maple or other hardwoods and equipped with handles. The weight of these rocks is two (2) pounds each. These rocks are seven (7) inches in diameter and approximately 1 ¾ inches in thickness.

The playing surface of these rocks is sanded smooth and then treated with a good grade of varnish or Swedish penetrating oil. Depending on the amount of use, the rocks should be treated with a paste wax periodically to maintain a good smooth playing surface. The paste wax should be removed by rubbing with a soft cloth 20 to 30 minutes after being applied.

The edges of the rocks are beveled slightly so as not to damage the playing surface.

The handles of the rocks and/or the rocks themselves must be painted various colours so they are easily distinguished by the players of each team.

There is no sweeping. Instead of a broom, as is used in ice curling, the skip uses a stick to direct the players as to where he wants the rocks delivered. The skip or vice-skip must not touch his team's rocks or those of his opponent. It is, therefore, important that the skip lifts his stick and moves behind the toe line as soon as the rock is delivered. These sticks should be of convenient length and painted or marked in the same colour as the team rocks.

THE GAME PROCEDURE

The team consists of four players: Skip; Third; Second; and Lead.

The Third players are responsible for deciding and recording the score. Rocks must not be removed until agreement has been reached by the Thirds.

If there is any doubt, the official Umpire of Draw Master should be called in to measure.

A pair of calipers or compasses should be used for measuring the distance that rocks are from the centre button in determining which team scores.

The scoreboard to be used in floor curling is the same as that used in ice curling. The figures in the centre denote the score. The tabs denote the ends played.

The rock is delivered from a standing position (see Modified Rules for the Disabled). No step or slide may be taken. Both feet of the player must be inside the marks on the sides of the toe line directly behind the circle and the player must stand immediately behind the toe line.

The Skip, while directing play, must not touch the rocks during play, nor shall Skips allow any rocks to touch them.

ROCKS WILL BE TAKEN FROM PLAY IF

1. The delivering player steps over the toe line.
2. The rock strikes the side boundaries of the rink or border of end lines outside the toe lines. NOTE: If a rock strikes another rock after bouncing off the side, then the rock so bumped will be put back as close as possible to its former position.
3. The rock does not completely cross the hog line. NOTE: If the rock being delivered strikes another rock that is just immediately over the hog line, that rock being delivered is in play even though it may not be completely over the hog line.
4. The rock is completely over the toe line. NOTE: Rocks resting between the circle and the toe line are still in play as it is possible that rocks played later may come to rest in scoring position.
5. A rock being delivered comes to rest on its edge, handle or another rock.

NOTE: A rock that is delivered rolling or upside down is termed an illegal delivery. However, if the rock being delivered on its handle or side rights itself before crossing the second hog line, it will be considered to be in play. The Skip or the player making an illegal delivery will make every effort to stop and remove from play such rock (between hog line and house) before it comes in contact with any rocks in play.

6. A rock, if delivered legally but is overturned AFTER striking rocks already in play, the delivered overturned rock must be removed and other rocks moved by that rock will remain in play in their new positions.
7. In the opinion of the Umpire or official, a rock is delivered in an unorthodox manner.
8. Skip or Vice-Skip moves the team's rocks(s) with stick or feet to gain advantage, then such rock shall be removed from play.

ROCKS WILL REMAIN IN PLAY IF

1. Skip or Vice-Skip moves an opponent's rock(s), then the opposing Skip will place the team's rock back to original position. Under no circumstances will the rock(s) in question be removed
2. Skip or Vice-Skip accidentally moves a rock(s); such rock shall be placed as close as possible to its original position, decisions to be made by Skips or Vice-Skips.
3. A rock(s) in play is/are moved by a rock diverted from an adjoining rink; such rock(s) in play will be placed as close as possible to its original position.
4. A rock, in delivery, upsets a rock already in play; such rock already in play shall be righted and placed in its former position.
5. A rock being delivered comes to rest on its edge, handle or another rock.

NOTE: If Skips cannot agree on any of the above circumstances, then the official Umpire and/or Draw Master intervene to make binding and final decisions.

SCORING

The rock, or rocks, belonging to one team, which are closer to the centre of the house than any of their opponents shall score a point for each rock in that end.

No rocks will be removed until agreement is reached.

If there is doubt, then the Umpire or Draw Master shall be called to measure. A pair of calipers or some other measuring device should be used for measuring. The Umpire or Draw Master's decision will be final.

Thirds are responsible for deciding and marking the score.

COMPETITION RULES FOR FLOOR CURLING

All games shall be eight (8) ends.

The two thirds will toss a coin to determine which rink will start play in the first end.

Each rink will play with four players at all times, with each player delivering two rocks in proper succession and in accordance with the rules of the game.

Personnel on the rink will play in the position fixed by the Skip in the playing of the first end of the game. No change in position will be made once the game has started.

Skips may have the choice of playing Lead, Second or Third rocks provided players play positions throughout the game as established at the beginning of the game.

If for any reason a substitute player is used, such substitute plays Lead and other players of the team move up.

In the event of a disagreement between Skips, the Umpire shall be asked for a decision. If either or both Skips dispute it, it may be appealed to the Draw Chairman whose decision shall be final.

If a player plays out of turn, the rock is stopped and returned to the player

When a player delivers a rock belonging to the opposing team, a rock belonging to his own team will be put in its place.

When a player delivers a rock out of proper rotation, it shall be removed from play immediately by the delivering team and returned to the player to be delivered in proper rotation. Where the error is not discovered until after the rock has come to rest or has struck another rock the end shall be continued, as if an error had not been made.

Where Skips agree that a rock has been missed, but are unable to agree as to which player missed his turn, the Lead of the team that made the error shall play the last rock for his team in that end.

When two rocks of a team are delivered in succession in the same end, the opposing Skip shall remove the rock played in error, replace any rock(s) displaced and continue the end as if an error had not occurred. The player who made the error shall deliver that rock for his team as last rock in the end.

If a player delivers three stones in any end, the end shall continue as if an error had not occurred and the fourth player of that team shall deliver only one rock.

MODIFIED RULES FOR THE PERSONS WITH DISABILITIES

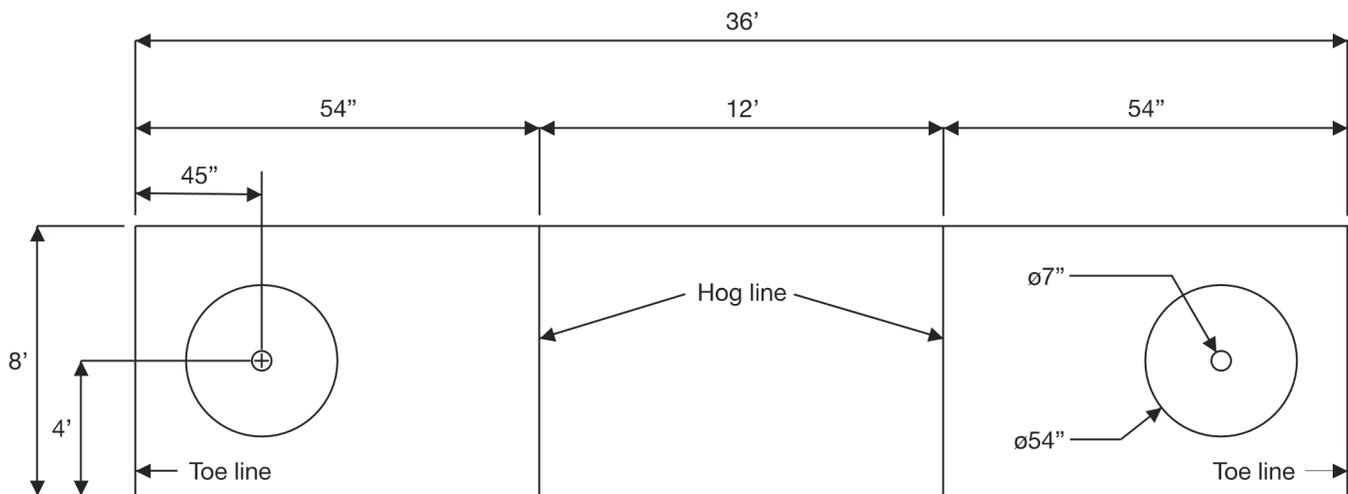
We have in mind a person who, because of accidents or other ailments, is unable to deliver their rocks in a standing position. Such persons should be permitted to deliver the rocks in a position which best suits them, whether sitting in a wheel chairs, ordinary chairs or stool-even to resting their knee, if kneeling, or

knees on the floor. Front wheels and legs of chairs, and the person's knee, must be immediately behind the toe line, otherwise standard rules and common sense prevail.

TIE BREAKING RULES

1. If, after a round robin, two teams are tied among those eligible for medals, a four end game shall be played to determine the winner.
2. If, after the round robin, more than two teams are tied among those eligible for medals, the following tie-breaking procedure will apply:
3. If a three-way tie exists, go to the most wins in the round robin.
4. If a three way tie still exists, go to who beat whom in the round robin (of those tied)
5. If a three-way tie still exists, go to total of points scored in the round robin.
6. If a two way tie occurs at any stage of this procedure, a four end game shall be played to determine the winner."

FLOOR CURLING DIAGRAM



NOTE: The symbol "ø" means diameter.

FLOOR SHUFFLEBOARD

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open doubles	3 teams of 2
70+	Open doubles	3 teams of 2

Total number of participants per province/territory: 12

Open doubles – each team can be comprised of two males, two females or one male and one female.

RULES INFORMATION

1. A game will consist of 8 frames. A frame is when all four players have played their discs. The choice of disc colour will be decided by the flip of a coin.
2. All players will be allowed 4 non-interrupted practice shots.
3. In doubles, the 2 partners stand at opposite ends of the court facing each other throughout the game and shall not leave their own end until the game is completed.
4. To start a game, yellow discs will be placed on the right-hand side of the court. All discs will be placed in the 10 off area. Yellow disc is shot first alternating until discs are all shot. Black shoots first to start the second frame, with the color alternating to start each frame.
5. Discs must be launched from anywhere within the shooting player's half of the court area. Players change sides halfway through the game and switch the colour of the disc so that the final frames are played with the opposite colour as the beginning frames. Scorekeepers will change the scoreboard at the halfway point to reflect this transition.
6. The shooting player's feet must not come in contact with the baseline or step over at any time during the execution of the shot. Penalty – 10 off.
7. A disc, which stops in the area between furthest deadline and starting area, is dead and shall be removed before further play. If a disc is touching furthest deadline, it is in play. A delivered disc coming in contact with a disc touching the deadlines becomes a dead disc and is removed unless this disc is also in contact with deadline.
8. A disc that comes to rest within the 10 off area without touching any outside lines is scored a minus ten. The separating triangle is not considered a line, so a disc coming to rest in contact with the triangle will be scored as a minus ten.
9. Any disc that clearly leaves the court beyond the furthest baseline, or comes to rest outside the sideline, is a dead disc.
10. A disc, which stops beyond the furthest baseline or beyond the sideline, shall be removed.
11. A disc or discs returning to, or remaining on the playing area, of the court after having struck an object outside the playing area, shall be removed from further play.
12. The baseline is the line continuing on the outside of the court for six feet six inches, at each end and also the line signifying the end of the court at each end.
13. SCORING: After all 8 discs have been shot, the score is counted. A disc scores in the area in which it comes to rest. Discs touching a division line do not score.
14. Discs cannot be removed until the scorekeeper, or umpire has verified the score. The penalty for this infraction will be: movement of own disc then that disc will not be counted; removal of opponent's disc, the disc will be put back as close as possible to previous position.
15. A standard playing court measuring six feet in width and 52 feet in length will be used.
16. The playing area shall be 39 feet in length from baseline to baseline.

FLOOR SHUFFLEBOARD COURTESIES

1. After a player has shot, he or she should take at least one step to the rear and hold their cue in an upright position. The player must not interfere in any way with the opponent.
2. Player must wait until opponent's disc comes to rest before shooting.

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3. Any remark or motion to partner that indicates coaching is prohibited.
 4. Players must not make remarks to disconcert opponent's play.
 5. Player must not leave court except with opponent's permission.
 6. Players must not intentionally delay or stall a game

OFFICIALS

A head judge will be identified at the start of the tournament. There will be a scorekeeper for each game.

EQUIPMENT

Participants may bring their own cues as long as they do not exceed six feet three inches in length. The Host Committee will supply discs. Open-toed shoes will not be allowed. Charting is NOT allowed without proof of a medical certificate.

TOURNAMENT DRAW

A round robin or double round robin will be played, depending on the number of entries. Two points will be awarded for a win and zero for a loss. The top three finishers win gold, silver and bronze. If a very large number of entries are received, then a two-division round robin can be played.

TWO DIVISION ROUND ROBIN: Playoff Elimination Draw

First in Pool A vs. second in Pool B

First in Pool B vs. second in Pool A

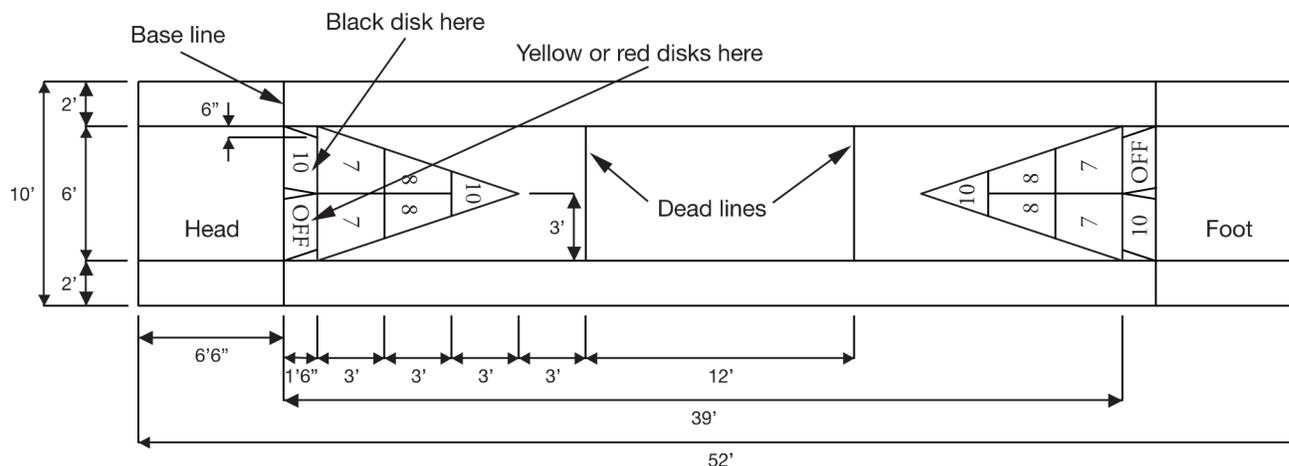
The winners from this will go on to play a game to determine first and second place. The losing teams will play a game to determine third place.

TIE BREAKING

1. If a game is tied at the end of 8 frames, the teams will play one extra frame (alternating last disc) until the tie is broken.
2. If there is a two-way tie, the winner of the previous meeting between the tied teams will advance.
3. If there is a three-way tie, points "for" minus points "against" will determine the winner. The team with the higher total advances.

MEDALS

Gold, silver and bronze medals will be awarded for first, second and third place respectively. All members of the winning teams will receive a medal at the completion of the tournament.



FORTY FIVES

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open Pairs	5 Pairs

Total number of participants per province/territory: 10

The history of 45's varies on whom one talks to. Some believe the game is based upon an old game played in Scotland & Ireland, while many others believe the game was invented in Nova Scotia. The book "Official Rules of Card Games" states that it is the "national game of Nova Scotia". Played mainly throughout the Maritime Provinces, rumour has it that it is played occasionally by DM's (displaced Maritimers) now located in western Canada.

45s is known by a few other names, formally as Auction 45s, Spoil Five and also as Auction 120s and 120s. The name is derived from "the four 5s" as the 5 of trump is the best card in play.

RULES INFORMATION PLAYERS

The game will be played with 4 players, in teams of two (those sitting opposite each other are on a team). The teams do not "table talk" nor see each other's hands but their points are kept as a total and strategy develops around that fact.

DEALING

Each player receives 5 cards, dealt in a group of 3, followed by a group of two. There is also a "kitty" of four cards from which the winning bidder can draw. The dealer deals 3 cards to the person to his left and to each subsequent player (including himself), then 2 to the kitty and 2 more to each player and to the kitty.

THE AUCTION (BIDDING)

Each "trick" is worth 5 points, except the trick involving the best card in play, which is worth 10 points. Thus, with 5 cards each, the total points for each hand is 30. Starting with the player to the left of the dealer, each player bids in multiples of 5 (starting at a minimum of 15), or passes. A player bids the number of points

they assume they (and their partner) can garner in the hand. A player may pass or bid higher than the bid currently on the table.

When the bid reaches the dealer, he may choose to "hold" it. If the bid stands at 20, and the dealer holds it, he is exercising his privilege of bidding 20 as well. The high bidder and the dealer may then auction up until one gives up.

Example: Player 1 bids 15. Player 2 passes. Player 3 bids 20. The dealer holds the bid. Player 3 bids 25. The dealer, not wanting to bid 25, allows Player 3 to take the bid at 25.

The high bidder must now call a suit which will be "trump" and then gets to pick through the kitty for any better cards that may be within in.

If someone bids 30, which means they must take all of the tricks; this is called a 30 for 60 bid. This means that if they manage to take all of the tricks, they add 60 points to their score as opposed to 30. If they lose their bid they still only lose 30.

Additionally, if a bidder has a poor hand but has won the bid, he may choose to discard his entire hand and then take the kitty before declaring trump.

DISCARDING

After the winner of the bid calls the suit, players may discard. A player may discard any, all or none of his cards.

Once players have discarded, the dealer fills each hand back up to 5, dealing no more than 3 cards at a time, as above.

ORDINAL VALUE OF CARDS TRUMP FACE CARDS

5, J, A♥, A, K, Q

NON-TRUMP FACE CARDS

K, Q, J

The lower valued cards are worth the same in the hierarchy whether they are trump or nontrump, though their value varies based on their colour. The "rule of thumb" is "highest in red, lowest in black," that is to say that the Ace (considered a one) of clubs is the best non-face club and the 10 of diamonds is the best non-face diamond.

To simplify, here is the breakdown from best to worst for each suit:

5♥ J♥ A♥ K♥ Q♥ 10♥ 9♥ 8♥ 7♥ 6♥ 4♥ 3♥ 2♥

K♥ Q♥ J♥ 10♥ 9♥ 8♥ 7♥ 6♥ 5♥ 4♥ 3♥ 2♥

5♣ J♣ A♥ A♣ K♣ Q♣ 2♣ 3♣ 4♣ 6♣ 7♣ 8♣ 9♣ 10♣

K♣ Q♣ J♣ A♣ 2♣ 3♣ 4♣ 5♣ 6♣ 7♣ 8♣ 9♣ 10♣

5♦ J♦ A♥ A♦ K♦ Q♦ 10♦ 9♦ 8♦ 7♦ 6♦ 4♦ 3♦ 2♦

K♦ Q♦ J♦ 10♦ 9♦ 8♦ 7♦ 6♦ 5♦ 4♦ 3♦ 2♦ A♦

5♠ J♠ A♥ A♠ K♠ Q♠ 2♠ 3♠ 4♠ 6♠ 7♠ 8♠ 9♠ 10♠

K♠ Q♠ J♠ A♠ 2♠ 3♠ 4♠ 5♠ 6♠ 7♠ 8♠ 9♠ 10♠

PLAYING A HAND

The person to the left of the dealer plays the first card and then the person to his left plays until it reaches the dealer. The best card laid takes the trick.

Players need only follow suit if trump is led.

NOTES

Trump beats any other card regardless of value

If no trump is played, then the suit of the first card laid is considered trump for determining the winner of that round

The winner of each round leads, and then each player lays a card in turn, going clockwise (to the left).

If the team who took the bid doesn't get points equal to or greater than their bid then they are "set". This means that, regardless of the points earned in the hand, the bidding player/team has the value of their bid deducted from their score.

The non-bidding team gains any points from the tricks they manage in the hand.

WINNING OR LOSING

This event will normally require a double round robin. In order to accomplish a full round robin in one day, each game will be played within a pre-specified time limit. This may vary based on the number of entrants, but will be in the vicinity of 15-20 minutes per game. If a team falls below -200 they automatically lose the game. If a team surpasses 120, they will automatically win the game.

Winners of each game receive 2 pts, 1 pt. for a tie and 0 pts. for a loss. In the event of a tie in a Medal position at the end of the round robin, the results of the game between those two teams during the round-robin will determine the winner. If a tie still exists because these two teams tied, or because there are more than two teams tied for a medal position, extra games may have to be played to determine the winner.

GOLF

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' Callaway	10
55+	Men's Callaway	10
55+	Ladies' Low Net	10
55+	Men's Low Net	10
55+	Ladies' Low Gross	2
65+	Ladies' Low Gross	2
75+	Ladies' Low Gross	2
80+	Ladies' Low Gross	2
85+	Ladies' Low Gross	2

55+	Men's Low Gross	2
65+	Men's Low Gross	2
75+	Men's Low Gross	2
80+	Men's Low Gross	2
85+	Men's Low Gross	2

Total number of participants per province/territory: 60

36 hole stroke play with 18 holes per day

Golfer's entering Low Net must ensure that their handicap is available on the internet via their home club.

Callaway or Low Gross: Golfers do NOT need to submit their handicap.

Golfers MUST submit proof of their current handicap at the Games time event registration, initialed by a club pro shop.

RULES INFORMATION

1. Golf Canada rules will apply.
2. In case of a tie, the retrogression method will be used.
3. For Low Callaway: Dependant on the golfer's score, a certain number of holes will be deducted from their gross score to determine a "handicap". The holes used for this deduction will be pre-determined prior to the commencement of play, but golfers will not be informed of which holes they are until after the competition is complete. No more than 'double par' can be deducted for any full hole taken off. The Modified Callaway Scoring System is depicted in the table at the bottom.
4. **NOTE:** The normal Callaway scoring system has been modified to ensure that the golfers play the game, not the system.
5. Groups may consist of two, three or four golfers, depending upon the number registered. If practical, players from the same association will not play in the same group. Groups will be men or women, but not mixed.
6. Medals will be awarded to both men & women in all five age categories and in both events. Medal winners in the Low Gross categories are not eligible to win medals in the Low Callaway category.
7. Whenever possible it is suggested to have a shot-gun start to ensure participants finish around the same time and medals can be presented at the venue at the completion of Day 2 competition.
8. The Host should endeavour to change the composition of the foursomes each day of the tournament.
9. NO caddies allowed: spotters may be allowed with permission ONLY from the host prior to the start of competition.

MODIFIED CALLAWAY SCORING SYSTEM

This table is for a Par 70 course

A	B	C	D	E	Handicap adjustment
68	69	70	71	72	no handicap
73	74	75	76	77	½ worst hole
78	79	80	81	82	worst hole

83	84	85	86	87	1-1/2 worst holes
88	89	90	91	92	2 worst holes
93	94	95	96	97	2-1/2 worst holes
98	99	100	101	102	3 worst holes
103	104	105	106	107	3-1/2 worst holes
108	109	110	111	112	4 worst holes
113	114	115	116	117	4-1/2 worst holes
118	119	120	121	122	5 worst holes
A	B	C	D	E	Handicap adjustment
123	124	125	126	127	5-1/2 worst holes
128	129	130	131	132	6 worst holes
133	134	135	136	137	6-1/2 worst holes
138	139	140			7 worst holes
-2	-1	0	+1	+2	Handicap Adjustment

All Players' scores are adjusted to a maximum of twice par on all holes.

Look up the adjusted score in the table and see the number of holes to deduct. Round up. If a player has a deduction of ½ a hole and his designated hole score is a 7 then he may deduct 4 (3.5 rounded up). Once the deductions are made look in the column where the adjusted net score scored is found and apply the number in the bottom row.

(The scores on the last two holes played may not be used for adjustments. If a shotgun start is used, the scorecard must clearly indicate which hole the golfers started out on).

Hole #	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14	15	16	17	18	In	Total
Par	4	4	4	3	4	5	3	4	3	34	4	5	3	4	4	3	4	5	4	36	70
Score	8	7	6	4	5	7	6	5	9	57	7	6	5	7	8	7	8	6	5	59	116

The player scored a 9 on the par three ninth hole. We adjust this down to twice par which makes it a 6 and we deduct the adjustment (3) from the total score. The adjusted total for this golfer is 113 (116-3). 113 lies in a row in the table which shows this golfer gets to subtract the first 4 ½ holes pre-designated by the tournament officials.

As an example, let's say that the first five holes designated by the officials were #'s 4, 7, 9, 13 & 16. Looking at the score card above, we would then deduct the following scores (4, 6, 6, 7 & 4 {half of 8} = 27), which applied to the adjusted gross score would be 113 – 27 = 86. Going back into the above table, we find 86 is in Column d. Next we look down column d, and at the bottom we have a +1 which we apply to the golfer and the final Calloway score is 87.

HORSESHOES

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
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55+	Ladies' Singles A-50% and over	5 Pairs
55+	Ladies' Singles B-35% to 49.9%	
55+	Ladies' Singles C-20% to 34.9%	
55+	Ladies' Singles D - 0% to 19.9%	
55+	Men's Singles A-50% and over	
55+	Men's Singles B-35% to 49.9%	
55+	Men's Singles C-20% to 34.9%	
55+	Men's Singles D – 0% to 19.9%	
65+	Ladies' Singles A-50% and over	
65+	Ladies' Singles B-35% to 49.9%	
65+	Ladies' Singles C-20% to 34.9%	
65+	Ladies' Singles D - 0% to 19.9%	
65+	Men's Singles A-50% and over	
65+	Men's Singles B-35% to 49.9%	
65+	Men's Singles C-20% to 34.9%	
65+	Men's Singles D – 0% to 19.9%	

Total number of participants per province/territory: 48

Ladies throw from 30 feet.

Men 65+ have the option of throwing from 30 or 40 feet.

Horseshoes Canada Association rules will apply.

RULES INFORMATION

1. Games will consist of 40 shoes thrown. Ringer percentage must be kept on all games and turned into the official score office immediately after each game.
2. All players must have a certified ringer percentage, which must be indicated on their Canada Senior Games registration form.
3. If the participant's ringer percentage is listed in the Horseshoe Pitchers' Association Schedule this percentage must be used.
4. If a participant does not have a ringer percentage, he/she must throw 50 shoes on location prior to the start of the Games to determine a percentage.
5. Men 65+ must state prior to the first game of the competition the distance they will be throwing from, and must continue to throw from that distance throughout the games.
6. A round-robin format will be used, with one game or more against each province, depending on the number of entries.
7. All tie breaking rules apply to Classifications A, B and C as well to both 30 and 40 foot competitions.
8. Horseshoes Canada Association rules will apply.

ICE CURLING

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' Team	5
55+	Men's Team	5
65+	Ladies' Team	5
65+	Men's Team	5
55+	True Mixed (2 Ladies & 2 Men)	5
65+	True Mixed (2 Ladies & 2 Men)	5

Total number of participants per province/territory: 30

NOTE: The number of competitors on each team has been increased to five to allow for teams to bring a spare with them if they so desire. Spares will pay the full registration fee, and are to be awarded a medal along with the remainder of that team if applicable.

RULES INFORMATION

Canadian Curling Association rules shall apply.

1. Preferably, all curling games shall be eight (8) ends; however, six (6) end games may be utilized, if necessary, for scheduling purposes.
2. All teams will be guaranteed a minimum of four (4) games.
3. The exact draw will be determined by the number of teams entered in each event.
4. A round robin should be played, however the exact system to be used will depend on the number of teams entered in each age group.
5. In the case of two teams tied after the round robin, the winner of the game between the two, in the round robin, will receive the higher placing.
6. If a three, or more - way tie exists, go to:
 1. Who beat who in round robin play among those tied, and, if still tied,
 2. Total points for/against, in the round robin.

ICE HOCKEY – MEN'S

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open	2 teams of 20 (maximum)
60+	Open	2 teams of 20 (maximum)
65+	Open	2 teams of 20 (maximum)
70+	Open	2 teams of 20 (maximum)

75+	Open	2 teams of 20 (maximum)
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Total number of participants per province/territory: 200 maximum

Canada 55+ Games players acknowledge that there is a risk of being injured when playing the game of hockey. It is your responsibility to be physically conditioned.

RULES INFORMATION

1. Rules of play shall be that of the Canadian Adult Recreation Hockey Association (CARHA) rule book for the current season including exceptions, if necessary, by the Host Hockey Committee.
2. Each team can have up to 20 players on its roster, but must dress a minimum of 11 players, including a goaltender, in order to participate and to be eligible for the play off games the player's name must appear on the team roster and he/she must have participated in one of the team's round robin games.
3. Home team status will have been predetermined by a coin toss and identified on the schedule prior to any team being slotted on the schedule.
4. The home team will wear light-coloured jerseys, or colours that do not conflict with the visiting team's colours. It is recommended that, if possible, teams bring two sets of jerseys to avoid colour conflict.
5. All games will be two (2), twenty (20) minute periods of stop time. Prior to the start of each game there will be a five (5) minute warm-up. At the conclusion of the warm-up, each team must have eleven (11) eligible players ready to play. FAILURE TO COMPLY WILL RESULT IN FORFEITURE. The score will be 2 – 0. (CARHA See Sec 7 # 9).
6. All games must be played to a conclusion. If teams are tied at the end of regulation, a five (5) minute stop time, sudden death overtime period will be played.

The overtime will be played four (4) on four (4).

If the teams are tied at the end of the overtime period, the game will be decided by a shoot-out (see CARHA shoot-out rules).

7. A player is allowed to score only three goals in regulation time. If a fourth goal is scored, it will be disallowed and the face-off shall take place at the nearest face-off spot in the neutral zone.
8. The above three-goal rule pertains to regulation time only. Three goal scorers are eligible to score in overtime or in the shoot-out.
9. The goaltenders masks must comply with the CARHA rule book: See Rule Sec 7 Para 15 re caution to those who choose to play with cat eye goalie masks.
10. No coach/manager may be under the age of 55 and MUST be registered as a participant.
11. Except for the 55+ Age Category, all goaltenders may be five years younger than the age category in which they might normally play. No goaltender may be under the age of 55. No coach/manager may be under the age of 55.
12. Referees are to report all Game Misconducts and Match Penalties to the Host Committee's Game Manager at the conclusion of that particular game. Named player, coach or manager shall be suspended from all succeeding games until the case is reviewed and dealt with by the Disciplinary Committee. Any player receiving a Fighting Major or Match Penalty may automatically be disqualified for the balance of the tournament.

13. Any player who is assessed any combination of three penalties (minor or major) shall be ejected from the game (match penalty). Depending on the circumstances, he may be able to play in the next game at the discretion of the Disciplinary Committee.

ICE HOCKEY – WOMEN'S

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open	2 teams of 20 (maximum)
60+	Open	2 teams of 20 (maximum)
65+	Open	2 teams of 20 (maximum)

Total number of participants per province/territory: 120 maximum

Canada 55+ Games players acknowledge that there is a risk of being injured when playing the game of hockey. It is your responsibility to be physically conditioned.

RULES INFORMATION

1. Rules of play shall be that of the Canadian Adult Recreation Hockey Association (CARHA) rule book for the current season including exceptions, if necessary, by the Host Hockey Committee.
2. Each team can have up to 20 players on its roster, but must dress a minimum of 11 players, including a goaltender, in order to participate and to be eligible for the play off games the player's name must appear on the team roster and he/she must have participated in one of the team's round robin games.
3. Home team status will have been predetermined by a coin toss and identified on the schedule prior to any team being slotted on the schedule.
4. The home team will wear light-coloured jerseys, or colours that do not conflict with the visiting team's colours. It is recommended that, if possible, teams bring two sets of jerseys to avoid colour conflict.
5. All games will be two (2), twenty (20) minute periods of stop time. Prior to the start of each game there will be a five (5) minute warm-up. At the conclusion of the warm-up, each team must have eleven (11) eligible players ready to play. FAILURE TO COMPLY WILL RESULT IN FORFEITURE. The score will be 2 – 0. (CARHA See Sec 7 # 9).
6. All games must be played to a conclusion. If teams are tied at the end of regulation, a five (5) minute stop time, sudden death overtime period will be played:
 1. The overtime will be played four (4) on four (4).
 2. If the teams are tied at the end of the overtime period, the game will be decided by a shoot-out (see CARHA shoot-out rules).
7. A player is allowed to score only three goals in regulation time. If a fourth goal is scored, it will be disallowed and the face-off shall take place at the nearest face-off spot in the neutral zone.
8. The above three-goal rule pertains to regulation time only. Three goal scorers are eligible to score in overtime or in the shoot-out.
9. The goaltenders masks must comply with the CARHA rule book: See Rule Sec 7 Para 15 re caution to those who choose to play with cat eye goalie masks.

10. No coach/manager may be under the age of 55 and MUST be registered as a participant.
11. Except for the 55+ Age Category, all goaltenders may be five years younger than the age category in which they might normally play. No goaltender may be under the age of 55. No coach/manager may be under the age of 55.
12. Referees are to report all Game Misconducts and Match Penalties to the Host Committee's Game Manager at the conclusion of that particular game. Named player, coach or manager shall be suspended from all succeeding games until the case is reviewed and dealt with by the Disciplinary Committee. Any player receiving a Fighting Major or Match Penalty may automatically be disqualified for the balance of the tournament.
 1. The Host will hold a mandatory Managers/Coaches meeting including the Technical Director preferably the night before the start of competition.
 2. The Host should endeavour to not have teams play two games on back to back days.
13. Any player who is assessed any combination of three penalties (minor or major) shall be ejected from the game (match penalty). Depending on the circumstances, he may be able to play in the next game at the discretion of the Disciplinary Committee.

ICE SKATING – PREDICTED TIME

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Men's	Unlimited
55+	Ladies'	Unlimited

Total number of participants per province/territory: Unlimited

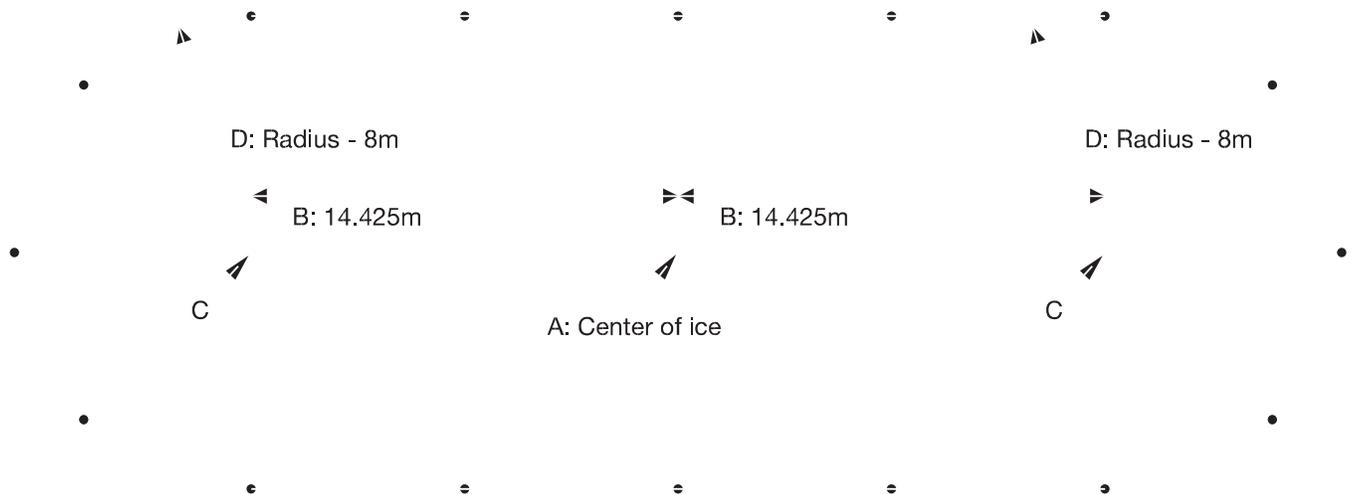
RULES INFORMATION

FACILITIES

1. The facility shall be a regulation size area (185' x 85').
2. The facility shall have a clearly marked start and finish line.
3. The facility should not have any obstructions on the course that could be dangerous to skaters.

COURSE DESIGN

1. Identify the centre point of the ice.
2. From the centre, measure 14.425m (47.5') towards each end of the facility.
3. Use these points as the centres of the curve.
4. Using a long tape measure or string, create an arc 8.0m (26.3') in radius from the centre of each curve as per C.
5. Outline both of these arcs, as well as the sides of the track with pylons.



RULES

1. Participants predict the time it will take them to skate the 3000 metre (3Km) course. The participants closest to their predicted times (over or under) win. In the event of a tie, two medals will be awarded; e.g. if there is a tie for first (1st) place, two gold medals will be awarded but no silver medal, with the next best finisher receiving the bronze.
2. Participants are permitted to change their predicted time on the second day of competition.
3. Participants may not use watches or any device that could be used for timing (e.g. radios or odometers). There shall be no coaching. Conveners should ensure that any clocks in the facility are covered.
4. Skaters will skate in heats with no more than seven (7) skaters per heat.
5. Participants will use a curved start.

LAWN BOWLS

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Men's Doubles	2
55+	Ladies' Doubles	2
55+	Mixed Doubles	2
70+	Men's Doubles	2
70+	Ladies' Doubles	2
70+	Mixed Doubles	2

Total number of participants per province/territory: 12

NOTE: The Mixed Doubles team may be created from the qualified ladies and men's doubles, or can be a separate mixed doubles entry.

RULES INFORMATION

1. Bowls Canada Boulingrin will apply.
2. Round-robin format will be used. Teams will be ranked in order based on the total match points earned.
3. Games will consist of 12 ends for both age categories.
4. The single re-spot rule will apply in the event a dead end occurs. The jack will be re-spotted on the centre line 2 metres from the ditch and play will continue.
5. There will be three (3) points awarded for a win, one (1) point for a tie and zero (0) for a loss.
6. If two or more teams are tied after determining the total match points earned during the round robin, the following format will be used:
 7. Compare the total match points earned from head-to-head matches between the tied teams.
 8. If still tied, compare the shot differential (shots for minus shots against) from the head-to-head matches.
 9. If still tied, compare the shot differential from all other matches played by those teams.
10. At the start of the tournament, a trial end for each team is permitted, and one burnt end per team per game is permitted.
11. Clothing will be the traditional white or cream, or the provincial colours.

MICRO MARATHONS (5km & 10km)

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' 5km	Unlimited
55+	Men's 5km	Unlimited
55+	Ladies' 10km	Unlimited
55+	Men's 10km	Unlimited
65+	Ladies' 5km	Unlimited
65+	Men's 5km	Unlimited
65+	Ladies' 10km	Unlimited
65+	Men's 10km	Unlimited

Total number of participants per province/territory: Unlimited

RULES INFORMATION

These runs may be set-up on the streets of the Host city, within the confines of a city park or on a regular track for ease of monitoring.

If conducted on the streets or on an irregular path in a park or similar location, the course is to be marked every Km.

Marshals must be positioned so that all runners are in visual contact with at least one marshal at all times. It is suggested that all marshals be equipped with a walkie-talkie or cell phone so that emergency personal can be called in immediately if required.

Water stations should be set-up along the course.

A medical examination within two months prior to the games is strongly recommended.

The two races should be held on separate days. The 10Km race may be cancelled if there is insufficient interest from participants.

MOUNTAIN BIKING

All participants must be at least 55 years of age by December 31 of the year of the games.

AGE CATEGORIES

Age	Events	Number of competitors per association
55+	Women & Men	Unlimited
60+	Women & Men	Unlimited
65+	Women & Men	Unlimited
70+	Women & Men	Unlimited
75+	Women & Men	Unlimited
80+	Women & Men	Unlimited

EVENTS

Events must be planned to be “Senior Friendly”. This means, there will be NO jumps, drop-offs, logs, steep descents, water/mud holes, or narrow passages between trees. Participants are responsible for their own equipment. Off Road routes without Stop signs or lights are necessary. Spotters are to be used along the entire route.

Over 2/3 days A Cross Country/Off Road Race which includes a Short Course and a Long Course will be offered. Distances will be determined by venues available.

Each participant will be individually timed, and participants will ride at least two races (i.e. 2 short/2 long) and the cumulative times will determine the winners in all age categories.

Team Relay(s) This is a “Fun Event”. The relay should be on a spectator and senior friendly condensed course. Two participants per team. Teams may be formed on site. Five different relays are recommended:

Men 55 – 64

Women 55 – 64

Men 65+

Women 65+

Mixed Open – one Man / one Woman

All participants are required to wear approved helmets. Numbered bibs and/or rider numbers are to be worn by all participants.

Medals Gold, Silver and Bronze will be awarded to the top three finishers in each age category male and female. Possibly ribbons for the fun relay.

NORDIC POLE WALKING – PREDICTED TIME

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' 800m	Unlimited
55+	Men's 800m	Unlimited

Total number of participants per province/territory: Unlimited

RULES INFORMATION INTRODUCTION

1. Nordic Walking, or Urban Pole as it is sometimes referred to, combines the aerobic and strength building benefits of cross-country skiing with the lower body technique of regular walking.
2. The poles provide additional balance, stability and increases confidence during walking for those people who may need it. It is a low impact activity reducing the stress on the back, hips and knees. Using Poles for walking also has a significant effect in terms of exercise tolerance, perceived functional independence and quality of life.

THE WALK

1. The competition, for both men and women, will be one walk of 800m in length. Competitors will provide event officials with their estimated time of walking prior to the commencement of the walk, and winners in both the ladies and the men's competition will be determined as to who achieves the closest time to their pre-game estimate.
2. Use of stop watches or having someone coach from the sidelines is not permitted.
3. Medals will be awarded to the top three in both the ladies and men's events.

TIPS FOR NORDIC WALKERS

1. Don't eat or drink anything out of the ordinary. This is not the time to experiment.
2. Wear comfortable clothing that breathes (quick dry material).
3. Don't wear new sneakers on race day – they should be broken in beforehand.
4. Don't make a sudden lane change without checking behind you.
5. Wear sun block.
6. Wear a hat with a visor.
7. Be courteous to other participants.
8. If you had a great time, tell the organizers.
9. Have fun laugh a lot you worked hard to get here.
10. After the event, drink fluids and have something to eat. Bananas and/or bagels may be available after the event, but check to make sure. If not, bring your own.

PICKLEBALL

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per province/territory
	<i>Recreation Up to 3.0</i>	
55+	Men, Women & Mixed (Doubles)	4-4-4
60+	Men, Women & Mixed (Doubles)	4-4-4
65+	Men, Women & Mixed (Doubles)	4-4-4

70+	Men, Women & Mixed (Doubles)	4-4-4
75+	Men, Women & Mixed (Doubles)	4-4-4
	<i>Competitive 3.5</i>	
55+	Men, Women & Mixed (Doubles)	4-4-4
60+	Men, Women & Mixed (Doubles)	4-4-4
65+	Men, Women & Mixed (Doubles)	4-4-4
70+	Men, Women & Mixed (Doubles)	4-4-4
75+	Men, Women & Mixed (Doubles)	4-4-4
	<i>Competitive 4.0</i>	
55+	Men, Women & Mixed (Doubles)	4-4-4
60+	Men, Women & Mixed (Doubles)	4-4-4
65+	Men, Women & Mixed (Doubles)	4-4-4
70+	Men, Women & Mixed (Doubles)	4-4-4
75+	Men, Women & Mixed (Doubles)	4-4-4

Total number of participants per province/territory: 60

NOTE: The mixed doubles team may be created from the qualified ladies and men's doubles, or can be a separate mixed doubles entry. If two players from different age categories join to form a mixed team; the age of the younger player of the team will determine which age category they will compete in.

RULES INFORMATION BASICS

Pickleball Canada rules as set out by the International Federation of Pickleball (IFP) will apply.

SKILLS LEVELS*

- Recreation (skill level up to 3.0)
- Competitive 3.5 (skill level 3.25 to 3.75)
- Competitive 4.0+ (skill level 4.0 and above)

*For participants without an assessed skill level, a self assessment guide can be found at: https://pickleballcanada.org/docs/PCO_Assessment_Guide.pdf

SKIP-BO

Competitors must be at least 55 years of age by December 31 of the year of the games.

RULES INFORMATION

Object

Be the first player to play every card in your Stock pile, by playing all of your cards in your

Contents

144 numbered cards and 18 SKIP-BO cards. 162 cards total.

Beginning Play

Shuffle the deck. Each player draws a card. The person with the highest card is the dealer. The dealer deals 30 cards to each player if there are two to four players. In five to six player games, each player is dealt 20 cards. These cards are dealt face down and form each player's Stock pile. Once all Stock piles have been dealt, each player flips the top card of their Stock pile right side up and places it on top of the pile. The remaining cards not dealt are placed face down on the table to form the draw pile.

Playing Area

Each player is going to need room for four Discard piles near their Stock pile. You will also need room for four Building piles in the center of the table near the draw pile. These piles are formed as the game progresses—so make sure you leave space for them.

Stock Pile

The top card is always face up. Each player has a Stock pile.

Draw Pile

This is the pile in the center of the playing area created with all cards remaining after Stock piles are dealt.

Playing Skip-Bo

Play begins to the left of the dealer. Draw five cards at the beginning of your first turn (and back up to five on subsequent turns). You can use a Skip-Bo (wild card) or a 1 to begin one of the four building piles in the center of the playing area. You may continue to play cards from your hand onto the building area (1-12 in sequence only). If you play all five cards in this manner, draw back up to five (this process can repeat if needed). You may also play the top card from your Stock pile onto a building piles, and can continue to play from the Stock pile as long as the play is legal. Remember, you win by running out of your Stock pile, so play from there when you can. Your turn ends when you can't or refuse to make a play. Discard one card from your hand onto one of your four discard piles. You may play the top card of any of your discard piles on any turn after the first. Play continues clockwise.

Winning the Game

The first player to use their entire stock is the winner playing one on one

Team Skip-Bo

You can play with partners. In team situations, you can legally play from your Stock and Discard piles as well as your partners. One catch—your partner can't talk during your turn, and you can't talk during theirs. Instead, you have to give verbal commands for any necessary actions involving their cards. If the other players catch you breaking this rule, you must take two cards from the draw pile (without looking at them) and place them on your stock pile. The round ends when all of the players on a team reach the end of their stock pile.

Special Rules:

If you draw too many cards, shuffle the extra cards into your stock pile

SCRABBLE

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Category A 1100+ Expert	3
55+	Category B 700-1099 Mid Level	3
55+	Category C 0-699 Beginner	5

Total number of participants per province/territory: 11

RULES INFORMATION

North American Scrabble Players Association Rules will apply.

1. The Official Tournament & Club Word List, latest Edition (OWL), published by Merriam-Webster, Inc, contains ALL acceptable 2- to 9- letter words and their inflections. The Long List contains ALL acceptable words of ten or more letters which are not listed in the OWL. Approved Software Self-Lookup programs for adjudicating challenges are posted on the North American Scrabble Players Association website.
2. Twelve (12) one hour games shall be played.
3. If both players have the same adjusted score, the game is ruled a tie. Each player is awarded 1/2 win.
4. The first place winner in each category shall have the most wins and the highest spread.
5. Players with equal wins, the highest point spread declares the winner.
6. Round Robin pairing to be used for the first six games.
7. The last game (12 th) will be "King of the Hill" pairing.
8. Word judges shall rule on all words that are challenged as either acceptable or unacceptable.
9. If there are an uneven number of players in any division, one player shall have a "bye" and be credited with a win and a +50 point of spread added to the player's total spread.
10. The Event Coordinator shall be the final decision maker.

SLO-PITCH

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	4 teams of 10min./16 max.	64
55+	2 teams of 10 min./16 max.	32
65+	2 teams of 10 min./16 max.	32
70+	2 teams of 10 min./16 max.	32

Total number of participants per province/territory: 160

NOTE 1: Each mixed team must include a minimum of three (3) ladies with at least two ladies playing at all times on a 16 person team.

NOTE 2: Open teams may have any combination of men and women on the team and can be all men or women.

NOTE 3: If a team has a non-playing coach, this person is not included in the 16 person team roster.

The tournament will be run in conjunction with the SPN Rule Book as modified by the rules below.

RULES INFORMATION

The following take precedence, if needed, over all others:

1. Safe-t-base to be used at first.
2. Runner commitment line to be in effect on third base line (designed to reduce collisions at home plate). At home plate, a small plate to be placed on run-by line. Player running home from third must touch the small plate to be called safe.
3. A home plate made of rubber or some other suitable material, and measuring 2 feet by 3 feet, is to be used.
4. A medical examination two months prior to the Games is strongly recommended.
5. Metal cleats will not be allowed.
6. Teams are not required to wear uniforms; however, all players must wear a number while playing.
7. A game tied after seven innings will continue until a winner is declared, using the International Tie Breaker Rule.
8. Miken Ultra 11 and titanium bats, so labeled will not be allowed. The A.S.A list of illegal bats will apply. Bats must be labeled 1.20 BPF. Bats will be inspected prior to the start of each game. Type of ball for Slo-Pitch is the .44 cor.
9. There is to be no tag by the catcher or other defensive player between the commitment line & the safe line or the small plate.
10. If the runner touches the strike plate he is an automatic out.
11. A safe base at first is mandatory. A runner must touch the outside of the safe base (orange) at first base. If there is no play at first, the first baseman is to give the runner the inner part of the safe base (white) regardless of whether the runner is proceeding to second base.
12. If a runner steps off any base after the ball crosses the plate or hits the ground, and no contact of the bat with the pitched ball is made, the runner is NOT called out.
13. The five run rule per inning is in effect, except for the last or extra innings, which are open innings.
14. A legally delivered ball striking any part of the strike plate before it touches the ground is a strike – regardless of the direction the ball deflects.
15. To be called a strike, the minimum height of a pitched ball shall be 6 ft. & the maximum height shall be 12 feet.
16. The bases are to be 65 ft.
17. Pitchers may pitch from 50 – 60 ft. from the point of the original home plate.
18. There is no run-by at second and third base.
19. A player on the line-up can be removed and inserted once during a game.
20. A courtesy runner can be used once per inning and must be on the line-up sheet.
21. Courtesy runners from home can be used if both managers agree.
22. Each team must have ten (10) eligible players ready to play. The 65+ and 70+ Open teams are allowed to field 11 players. FAILURE TO COMPLY WILL RESULT IN FORFEITURE. No coach/manger may be

under the age of 55 and MUST be registered as a participant. All age categories may have one extra player on the batting line-up card and are allowed unlimited substitution with this player.

23. For the mixed teams, when a male batter who is batting before a female, is walked, intentionally or otherwise, he will be awarded first and second bases and the next batter, the female, must bat.
24. There will be no sliding, however a player may slide or dive in returning to a base.
25. Bunting is not allowed
26. Carded umpires should be used.

PLAYOFFS

1. A round robin should be played, however the exact system to be used will depend on the number of teams entered in each age group.
2. In the case of two teams tied after the round robin, the winner of the game between the two, in the round robin, will receive the higher placing.
3. If a three, or more - way tie exists, go to:
 1. Who beat who in round robin play among those tied, and,
 2. Total points (runs) for/against, in the round robin.
4. Medal winners will be determined by the results of the round robin and ties will be broken in the same manner as discussed above.

NOTE:

The Host will hold a mandatory Managers/Coaches meeting including the Technical Director preferably the night before the start of competition.

SOCCER – WOMEN’S 7 ASIDE

FIFA Laws of the Game will apply, as modified by the rules below.

All participants must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	4 teams of 7min./12 max.	64
65+	2 teams of 7 min./12 max.	32

PARTICIPATION

A participant may only play for one team.

Each team must register a minimum of 7 and a maximum of 12 participants, including goalkeepers.

FIELD SIZE

Field is 75 yds X 50 yds or 70m x 50m

Penalty area is 12 yds X 32 yds or Metric Equivalent

Goal area is 4 yds x 20 yds or Metric Equivalent

Goalposts are standard width of 8 yds or Metric Equivalent

Penalty spot is 12 yds from centre of goal (on line of penalty area) or Metric Equivalent.

PLAYING RULES

1. A Match shall consist of two 30 minute halves with a 10-minute half-time.
2. Participants must wear visible numbers, of four inches in height, on their uniforms with no two identical numbers on the team.
3. Each goalkeeper wears colours which distinguish her from other participants.
4. Unlimited 'subbing on the fly" only from the team bench area.
5. No slide tackling. Only the Goalie can use legs on the ground to make a save or for legal clearances. Offence re-started with an indirect kick after the penalty.
6. No punting or drop-kicking by the Goalie. Punting/drop kicking offence re-started by an indirect free kick on the 12 yard line.
7. No off-side rule.
8. Team will forfeit if fewer than 5 participants on the field.
9. Duplicate team (2) lists required for each game.

COMPETITION

Tournament will be round robin.

Awarding of points in Round Robin play:

Teams shall receive 3 points for a win, 1 point for a tie and 0 points for a loss.

Ties will be broken by:

Results of the game(s) between tied teams.

Total goals for

Total goals against

Coin toss if needed

MEDAL GAMES

If teams are tied after regulation play, Extra Time will be added followed by a penalty kick competition if necessary. Two (2) by 10 minute periods will be played prior to the penalty kick competition.

MEDALS

Gold, Silver and Bronze shall be awarded to all participants, on the top three teams.

STICK CURLING

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open Teams (4)	8
70+	Open Teams (4)	8

Total number of participants per province/territory: 16

RULES INFORMATION

Canadian Stick Curling rules will apply.

SWIMMING

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies'	3
55+	Men's	3
60+	Ladies'	3
60+	Men's	3
65+	Ladies'	3
65+	Men's	3
70+	Ladies'	3
70+	Men's	3
75+	Ladies'	3
75+	Men's	3
80+	Ladies'	3
80+	Men's	3
85+	Ladies'	3
85+	Men's	3

Total number of participants per province/territory: 42

Swimmers may enter four (4) of the following events, plus the relay:

50m Freestyle

100m Freestyle

50m Backstroke

100m Backstroke

50m Breaststroke

100m Breaststroke

50m Butterfly

100m IM

FUN RELAY 4 x 50m (women)

FUN RELAY 4 x 50m (men)

NOTE: This is a non-medal event.

Relay teams to be determined on site.

RULES INFORMATION

Masters Swim Canada rules shall apply.

1. The following defines the strokes permitted.

-
1. Freestyle –Any stroke you wish to use.
 2. Breaststroke –Any stroke that resembles a breast stroke (arms must be pushed forward simultaneously above or below the water).
 3. Backstroke –Any stroke executed on the back.
 4. Butterfly – a stroke in which the arms are thrown together out of the water while the feet kick up and down. 1The arms are brought out over the surface of the water. The body must remain in the breast position at all times, all movement of arms and legs must be in simultaneous movement at all times. The swimmer must not swim underwater except on the first stroke following each turn. (Note: After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swimmer to the surface).
2. Swimmers are required to touch end of pool during turns. Swimmers using butterfly or breaststroke must have both hands touch at ends of the pool.
 3. Starts are permitted from blocks, edge of pool, or push off in the water supported by a hand on the end of the pool.
 4. False start rule: Any competitor who commits a false start during a third or subsequent attempt at a start shall be disqualified, no matter if the competitor has been blameless in all previous attempts at starting the race.

5. TIME PREDICTED SWIM

1. At the Canada 55+ Games, swimmers will be required to predict their time each day, a half hour prior to competing. The combined total difference for the two days will determine the winners. For example, if six (6) seconds over on the first day and three (3) seconds under on the second day; combined total time difference is nine (9) seconds.
 2. Swimmers are not to use watches or receive pacing information from the sidelines. In the case of a tie, the swimmer with the fastest time will be declared the winner.
 3. A medical examination two months prior to the games is strongly recommended.
6. 100m Individual Medley: four (4) different strokes must be used in the order of Butterfly, Backstroke, Breaststroke and Freestyle. Timers will be provided with special cards provided by the C55+GA to help keep track of this event.
 7. Competitors are to be timed to a tenth (1/10) of a second. If a tie still exists, then both competitors are declared winners.
 8. All swimmers must be in the possession of ID Cards at poolside. These are to be given to the timers when they race.
 9. The competition must be split into two different four (4) hour sessions, and each session must be held on separate days.

10. SCORING AND RESULTS

1. Medals will be presented immediately following the completion of the event, or at some other specified time if deemed more suitable.

TABLE TENNIS

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Ladies' Singles	4
55+	Men's Singles	4
65+	Ladies' Singles	4
65+	Men's Singles	4
75+	Ladies' Singles	4
75+	Men's Singles	4

Total number of participants per province/territory: 24

Ladies and Men from singles may form men's, ladies or mixed doubles team and/or enter singles play if their Provincial/Territorial team has not submitted separate entries for these positions. Participants may play doubles without having to play singles.

RULES INFORMATION

Players should NOT wear white clothing when playing with white balls, or yellow or orange clothing while playing with yellow or orange balls. The Host Committee will decide the color for balls in advance and inform players.

1. A game shall be won by the player, or pair, first scoring 11 points unless both players, or pairs, score 10 points, when the games shall be won by the player, or pair, first scoring subsequently two (2) points more than the opposing player or pair.
2. A match shall consist of three out of five games.
3. Competitors must toss the ball in the air for serve, according to rules, and not serve "off the hand" or from the fingers.
4. 3 Star balls should be used for the tournament. 1 and 2 Star balls may be used for practise. The size of balls to be used will be 40mm.
5. The "Laws of Table Tennis" shall apply as provided by The International Table Tennis Federation.

TENNIS

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Men's Doubles	4
55+	Ladies' Doubles	4
55+	Mixed Doubles	4
65+	Men's Doubles	4
65+	Ladies' Doubles	4

65+	Mixed Doubles	4
75+	Men's Doubles	4
75+	Ladies' Doubles	4
75+	Mixed Doubles	4

Total number of participants per province/territory: 36

RULES INFORMATION

1. A round-robin format will be used. Depending upon the number of provinces/territories entered, either a straight round robin with no playoffs to follow, or a two-pool round robin with subsequent playoffs between the top two pairs in each pool will be used. If the tennis tournament needs to be shortened due to weather or any other reason, it is recommended that the format be changed to a Best of Three with no add scoring. If it goes to three sets, the third set is the Super 10 point tie break.
2. Three set matches will be played, with the best two-out-of-three sets winning the match.
3. Tie - Breaking: If both players have won 6 games each and the set is tied, a tie-breaker game must be played. The scoring for this game is conventional and linear, starting from 0 to 1, 2, 3 - and so on. The first player to score 7 points wins the game and the set, provided he has a two point lead over his opponent. The tie-breaker game continues, till a player achieves the two point lead to win the game and set. During this game, the sides need to be changed after 6 points are scored.
4. Medals will be awarded to the top three teams in each event.
5. The Official Rules of Tennis Canada shall apply.

TRACK AND FIELD (ATHLETICS)

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Men's	3
55+	Ladies'	3
60+	Men's	3
60+	Ladies'	3
65+	Men's	3
65+	Ladies'	3
70+	Men's	3
70+	Ladies'	3
75+	Men's	3
75+	Ladies'	3
80+	Men's	3
80+	Ladies'	3

85+	Men's	Unlimited
85+	Ladies'	Unlimited

Total number of participants per province/territory: 36

Competitors can enter a maximum of four (4) events, plus the relay. Track events are 50m, 100m, 200m, 400m, 800m, 1500m and 3000m, ladies' 4 X 100m relay and men's 4 X 100m relay. Field events are long jump, triple jump, javelin, discus and shot put. You must enter these events with your registration. All relays will be additional events comprised of competitors at the games. One ladies team and one men's team per province/territory.

NOTE: This is a NON-medal event.

Teams to be determined on site.

PREDICTED WALK

Competitors can enter two (2) events: 400m walk each day for two (2) days (total 800m) and 1000m each day for two (2) days (total 2000m). Participants will be permitted to know their times after the first walk for the 400m and the first walk for the 1000m. The lowest combined total difference for each of the 400m and 1000m walked twice will determine the winner. For example: when 400m is walked the first time and the walker is over their predicted time by 6 seconds, and on the second walk they are under their predicted time by 3 seconds, the combined total time difference for that walker is 9 seconds.

Participants cannot enter the timed events, but can, if necessary, enter the relay in their proper gender and can also enter two (2) field events.

Walkers in the Predicted Time Event may use the assistance of walking aids (i.e. canes, poles, wheelchairs, etc.).

Age	Events	Number of competitors per association
55+	Men's	6
55+	Ladies'	6

Total number of participants per province/territory: 12

WEIGHTS DISCUS

Age	Events	Weight in kilograms
55+	Men's	1.5
60+	Men's	1.0
55+	Ladies'	1.0
75+	Ladies'	0.75

JAVELIN

Age	Events	Weight in grams
55+	Men's	700
60 – 65+	Men's	600
70 – 75+	Men's	500
80+	Men's	400

55+	Ladies'	500
75+	Ladies'	400

SHOT PUT

Age	Events	Weight in kilograms
55+	Men's	6
60 – 65+	Men's	5
70 – 75+	Men's	4
80+	Men's	3
55+	Ladies'	3
75+	Ladies'	2

RULES INFORMATION

1. International Amateur Athletic Federation rules shall apply.
2. If a province territory has insufficient people to fill out their quota from the above Track events, but have competitors interested in participating only in Field events, they may do so as long as their total team numbers do not exceed the total number of competitors allowed per province/territory as shown above.
3. A runner will receive a warning on the first false start, then disqualified on the second false start.
4. Participants have the option of a maximum of six (6) throws in the field events.
5. Competitors are to be timed to a tenth (1/10) of a second. If a tie still exists, then both competitors are declared winners.
6. A medical examination two months prior to the games is strongly recommended.

SCHEDULING:

In order to not have all sprints on the same day, and not all middle and long distance runs on the same day, it is recommended to the organizers that the schedule has the 100m and the 1500m in the morning of the first day, with the 400m in the afternoon; and on the second day have the 200m and the 3000m early in the morning with the 800m later in the afternoon. The field events can then be scheduled around these sprints.

WASHER TOSS

Competitors must be at least 55 years of age by December 31 of the year of the games.

Age	Events	Number of competitors per association
55+	Open Doubles	5 Pairs

Total number of participants per province/territory: 10

RULES INFORMATION

EVENT

Doubles competition open to men and women on an equal basis.

FORMAT

A modified round robin format of play will be used, teams will be numbered and play as designated by the Marshall. The number of rounds to be played will be determined by time available, at least 6 rounds are desirable. After each round of play the Marshall will designate the playing positions of the teams. The Marshall may enforce a time limit if necessary to complete a round in a timely fashion.

RULES AND PLAYOFF INFORMATION

1. Boxes are to be standard, '15" Flower Shop Boxes', if possible. Teams will use washers of different colours; each team will have two washers. A standard scoring stick is required at each pitch.
2. Boxes are to be placed 20 feet apart.
3. One player from each team will be designated to toss from each end of the pitch. When tossing the players front foot must be behind the front of the box at that end of the pitch.
4. The player from each team will toss their two washers in succession, following which the score for that end of play will be determined by the players at the other end of the pitch. At the start of the game the team to toss first will be determined by a coin toss, once a score has been made the team to score last will toss first.
5. The winning team will be the first team to reach or exceed 21 points. Note: To enable the games to precede more quickly the requirement for an exact score of 21 WILL NOT BE USED.
6. At the end of the game the winning team and the score will be submitted to the Marshall and be awarded 5 points in the competition. In the event that a game has been called for a time limit the team with the highest score will be awarded 5 points. In the event of a tie each team will be given 2 points.
7. The 1st, 2nd and 3rd place teams for the competition will be determined by the teams point total. If an unequal number of games have been played, the team(s) with the most games will have the score from their last game taken from their total points. In the event of a tie for 1st place the gold medal will be determined as follows:

NOTE: If only 2 teams are tied and one has beaten the other in the round robin play they will be awarded 1st and the other team 2nd place. If they have not played in the round robin, or split their games in a double round robin if it were played, a coin toss will determine the winner. With 3 or more teams tied, straws of different lengths will be drawn, with the longest straw determining the position. Ties for the silver or gold medal will be decided in the same manner. NOTE: If time permits, additional games may be played to break ties.

SCORING

1. After each team's player has tossed their two washers the score for that end will be determined. Only one team can score on a single end. The score for the washers thrown is as follows;
 1. 3 points - In middle cup
 2. 2 points - Inside the box
 3. 1 point - Outside the box, but close enough that it can be touched by the scoring stick while the stick is touching the box.

-
2. Washers outside the box can count anywhere around the box. Leaners and/or washers which go under the box will be considered the same as a washer touching the box. Washers of different colour at equal distance outside the box cancel.
 3. Washers of different colours in the same area, middle cup or box cancel.
 4. For washers of different colours outside the box the closest to the box scores. If 3 or 4 washers are within scoring distance outside the box, a team may score 2 points if both their washers are closer than the opponent's.

NOTE: Only one team can score on an end! However, either team's washer which has not been cancelled eliminates all washers of the other team in a lower position. For example; with a yellow washer in the middle zone, a silver washer in the box and a yellow washer in the scoring area outside the box, the yellow team scores 3 only. A team's score from an end is added to that team's previous score until one of the teams reach or exceeds 21 points. That team is then declared the winner and will be awarded 5 points in the overall competition.