

Welcome to the Lancaster Senior Games

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Welcome to the
Lancaster Senior Games
3 POINT SHOOTING

1. Winner is the person who makes the most baskets out of 3 tries from within each designated area.
2. The ball may be thrown in any style with feet remaining behind the line until the ball is released.
3. Only one practice shot at each spot is allowed at an assigned basket. No other practice is permitted.
4. Only basketballs provided will be used. Men's ball- 29.5" Women's ball 28.5"
5. Men must use Men's basketball. Women should use Women's basketball but may use Men's basketball if desired.
6. **Tie Breaker** – Winner is the person making the most consecutive shots.

Welcome to the
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9 PIN NO TAP

9 Pins on first ball =STRIKE

300 Game =\$15.00

1. Three games will be bowled consecutively.
2. Cumulative scores will be kept.
3. The winner will be the person with the highest score.
4. Change lanes. League play.
5. Awards given out immediately after tournament.
6. **Tie Breaker** – Winner will be based on the score of the 1st game.

Welcome to the
Lancaster Senior Games
BADMINTON

1. Official USA Badminton Rules will be followed, with the exception of a time limit.
2. Players shall play one game.
3. Players decide who serves and receives first. Flip a coin to decide.
4. All games of 15 points will constitute a game.
5. Must win by 2 points.
6. Service of shuttle shall be hit below the server's waist with the racket pointed downward. Must serve behind his/her service line with shuttlecock going beyond opponent's service line to be considered a good serve.
7. A proper serve is when the shuttle is served with-in or on boundary lines of the diagonally opposite service courts. If shuttle lands outside of service court, server loses serve.
8. Score on every serve (rally scoring). Even score serves from right side. Odd score serves from left side.
9. New players get 2 practice serves.
10. Rackets will be provided if necessary.

Welcome to the
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BENCH PRESS

Bench Press with a standard Olympic bar. Bar weighs 45 lbs.

1. Participants must check at Registration desk and weigh in prior to competing.
2. Lift bar off rack and stabilize bar.
3. A “Bench” command will be given by the judge. Lower the bar to chest. The bar must stop and be motionless.
4. A “Press” command will be given by the judge. Press the bar up.
5. A “Rack” command will be given by the judge. Rack the bar.
6. Feet must remain on floor and buttocks must remain in contact with the bench throughout the lift.
7. Three attempts total. Starting weight and ensuing lifts will be decided by participant.
8. Winners will be determined on a pound for pound basis, within each age group. Pound for pound = weight lifted divided by body weight.
9. The highest weight successfully lifted will be recorded for scoring.
10. **Tie Breaker** – Winner will be the person with the highest total of all weights successfully lifted.

Welcome to the
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BICEP CURL

Bicep Curl with an E-Z curl bar. Bar weighs 20 lbs.

1. Participants must check in at Registration desk and weigh in prior to competing.
2. Participants must un-rack the bar, stand in an upright position, arms fully extended, hands supinated position (palms up).
3. Throughout the duration of the lift, both feet must remain on the ground, participants cannot lean back or use momentum of their hips to assist with the lift. If a participant does not follow these guidelines, the lift will not be recorded and will be counted as one of the three lifts.
4. Participants must use their arms to curl the bar to their chest while keeping their elbows to the sides of body. Wait for the judge's okay before lowering bar, in a controlled manner, to the starting position.
5. Each participant is given a total of 3 attempts. Starting weight decided by participant. If lifted successfully, succeeding lifts will be decided by the participant.
6. The highest weight successfully lifted will be recorded for scoring.
7. Winners will be determined on a pound for pound basis, within each age group. Pound for pound = weight lifted divided by body weight.
8. **Tie Breaker** – Winner will be the one with the highest total of all weights successfully lifted.

Welcome to the
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BILLIARDS

1. Flip a coin to decide who breaks.
2. Single elimination tournament will be played.
3. One player takes the high numbers (striped) and the other takes the low numbers (plain). Players shoot until one player shoots all of his/her balls into pockets.
4. The first to shoot all of his/her balls into the pockets will then try to shoot the 8 ball into the pocket that he/she calls beforehand. If this is done successfully, then he/she is the winner.
5. If the 8 ball goes into a pocket not called by the player or it mistakenly goes in before being called, he/she loses the game.
6. If a player scratches (knocks the cue ball into a pocket) it is brought up and placed behind the line (at the dot) at the opposite end of where the balls are broken.
7. If the cue ball fails to hit any of the player's balls on his/her turn, it is treated as a scratch.
8. Illegally pocketed balls remain pocketed.
9. Finalists will play for 1st and 2nd place. Losers of next to last round will play for 3rd.

Welcome to the
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BOCCE

1. Teams of 2 will compete. Teammates are at opposite ends of the court.
2. Each player will play 5 rounds. A round consists of teammates at both ends, rolling 2 balls apiece.
3. Decide who will go first by flipping a coin.
4. Winner tosses the jack up the court (**the jack must go past the middle line and must be 1 inch from middle line**)
5. First player rolls the ball, then opposite team, then back to first team. In other words, alternate team rolls.
6. When all balls are rolled, points are scored.
7. Players do not change ends of court.
8. Lead team tosses jack from opposite side of the court and goes first.
9. Ball on the line is still in play. Ball over the line is out of bounds.
10. Scoring:
 - a. 1 point per ball if closer to the jack than opponents' (2 points if both balls are closer than the opponents').
 - b. If there is a tie, both teams get the point.
11. Finalists will play for 1st and 2nd place. Losers of next to last round will play for 3rd.

10' x 40'

Welcome to the
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BOWLING TOURNAMENT

1. Three games will be bowled consecutively.
2. Cumulative scores will be kept.
3. The winner will be the person with the highest score.
4. Change lanes. League play.
5. Awards given out immediately after tournament.
6. **Tie Breaker** – Winner will be based on the score of the 1st game.

Welcome to the
Lancaster Senior Games
CORNHOLE

1. Played with teams of 2 men, 2 women or mixed. Partners stand opposite of each other and remain in this position throughout the game. No changing sides. Single Elimination.
2. First throw is determined by coin toss. Winner of coin toss picks color of bags.
3. One player from each team will pitch 4 bags per frame (alternating throw with opponent).
4. Team with the highest score for the frame throws first in the next frame. If neither player scores, the team who threw first in the preceding frame shall throw first in the next frame. It is the responsibility of the players/teams to ensure the score is presented correctly to the score keeper.
5. The game ends when a frame is finished, and one team reaches 21 points or exceeds.

SCORING SYSTEM – Cancellation Method

The points of one player cancel out the points of their opponent. Only one team can score in each frame. Since only one team can score, there is no need for a tie breaker.

- | | |
|----------|--|
| 1 Point | A bag that is not in the hole but lands completely resting on the board. |
| 3 Points | A bag that lands completely in the hole. |
| 0 Points | A bag that comes into contact with the ground before the board is not a legal throw and will be removed from play before the next bag is thrown. A bag that is touching the ground while also sitting on the board will also be removed from play before the next bag is thrown. |

FOULS – bag is counted as zero.

Player steps past the front of the board, throwing out of turn, player throws bag before opponents' previously thrown bag comes to rest on the board.

Bags knocked into foul territory by a foul bag should be returned as closely as possible to their original position. This also applies to bags that are knocked into the hole by a foul bag.

PITCHING DISTANCES - measured from front of board to front of board.

- | | |
|---------|--|
| 20 feet | Men and Women all ages (measured from front of board to front of board). |
|---------|--|

Welcome to the
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DEADLIFT

Deadlift with a standard Olympic bar. Bar weighs 45 lbs.

1. All participants must check in at Registration desk and weigh in prior to competing.
2. Stand over the bar with about mid-foot under the bar. Feet about hip width apart. Standard deadlift.
3. Bend your knees, lower hips keeping weight back into your heels. Keep chest lifted and back straight.
4. Wait for judge's hand signal for the "OK" to lift.
5. Using your legs, pull the bar up vertically, keeping bar close to legs, press through heels.
6. Successfully complete the lift by standing tall and locking your hips and legs. Wait for judge to OK lift.
7. Each participant is given a total of 3 attempts. Weight is decided by participant. Once a lift is attempted, successful or not, you cannot go back down in weight.
8. The highest weight successfully lifted will be recorded for scoring.
9. Winners will be determined on a pound for pound basis, within each age group. Pound for pound = weight lifted divided by body weight.
10. **Tie Breaker:** Ties will be broken by the total of all weights successfully lifted.

Welcome to the
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FOOTBALL THROW

1. Two throws are permitted.
2. Must not allow foot to cross starting line until after the ball is released.
3. Measurement is taken from the starting line to point where ball first touches the ground.
4. Winner is the person with the longest throw.
5. No practice throws.
6. Equipment will be provided. Men's Football NFL Size Women's Football Pee Wee Size
7. **Tie Breaker** – Winner is determined by adding both throws together. Longest total distance wins.

Welcome to the
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FOUL SHOOTING

1. Participants will take 10 shots from foul line.
2. (2) practice shots are allowed at the assigned basket. No other practice is permitted. Practice shots cannot be counted as part of the 10 shots.
3. Foot may not cross the foul line until after the ball is released.
4. Winner is the person with the most shots made.
5. Only basketballs provided will be used. Men's ball- 29.5" Women's ball 28.5"
7. Men must use Men's basketball. Women should use Women's basketball but may use Men's basketball if desired.
8. **Tie Breaker** – Winner will be chosen by counting highest number of consecutive shots made. If consecutive shots are the same, the winner will be the one who made the shot 1st of the 10 shots. If the score is still tied, 2 awards will be given.

Welcome to the
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FRISBEE GOLF

1. Maximum 8 throws each hole.
2. No practice throws allowed.
3. Winner is the person with the lowest total score for 3 holes.
4. Only Frisbees provided will be allowed.
5. **Tie Breaker** – Winner is the person with the lowest score for the first hole. If still tied, use subsequent holes. If still tied after all 3 holes – award 2 medals for place.

Welcome to the
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FRISBEE THROW

1. Two throws are permitted.
2. No practice throws allowed.
3. Foot may not cross starting line until after Frisbee is released.
4. Measurement is taken from the starting line to point where Frisbee first touches the ground.
5. Winner is the person with the longest throw.
6. Equipment will be provided. Frisbees weigh 175 grams.
7. **Tie Breaker** – Winner is determined by adding both throws together. Longest total distance wins.

Welcome to the
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GOLF – 18 HOLE

1. Preferred lies everywhere except in bunkers and water hazards - players may move their ball 6 inches (scorecard length) no closer to the hole.
2. Men will play from the white tees. Ladies will play from the red tees.
3. All putts must be holed.
4. Players hitting out of bounds must go back to the spot from where they last played and play the next shot with a one stroke penalty. The white line on road on #9 defines out of bounds.
5. You may take free relief from all cart paths, staked trees – nearest point of relief plus one club length.
6. All other rules of golf apply USGA.
7. Hole #5 – water hazard – one stroke penalty.
8. Please replace divots and repair all ball marks.
9. Please have a person in the group other than the scorekeeper attest the scores.
10. Medals are awarded in each age group based on gross scores.
11. **Tie Breaker** – Winner is determined by matching cards beginning at hole #1, low number wins.

Welcome to the
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GOLF LONGEST DRIVE CONTEST

1. The choice of clubs is up to the individual.
2. Clubs (drivers) will be provided if needed.
3. No practice is permitted.
4. Three drives are permitted and will be taken consecutively.
5. Measurement will be taken from the tee to where the ball stops rolling. Out of bounds counts as a turn and is scored at a 0.
6. The winner is the person with the longest drive.
7. **Tie Breaker** – Winner is determined by adding the total of all 3 drives. Highest total wins.

Welcome to the
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HOMERUN DERBY

1. Three practice swings for warm-up.
2. Five competitive swings for points (all pitches count so swing at everything).
3. Points are awarded from swing at home base to zone where the ball first touches the ground.
4. Winner is the person with the highest number of points.
5. Must use equipment provided.
6. **Tie Breaker** – Winner is the person with the longest drive within that age group.

Welcome to the
Lancaster Senior Games
HORSESHOES

Pitching Distances – these are minimum distances, and you can always pitch further away.

40 feet (white line)	men 55-69
30 feet (yellow line)	women 55-69, men 70 and up
20 feet (orange line)	women 70 and up

1. Individuals will pitch 2 shoes per inning. A total of 5 innings (10 throws per person).
2. Both individuals pitch from the same side and then walk to the opposite side for next inning.
3. The point winner of each inning pitches both shoes first in the following inning.
4. If the inning is tied, the person who pitched last in previous inning will pitch first in the following inning.
5. A total of 5 innings will be played (total of 10 throws per person).
6. If a scoring shoe (ringer, leaner or close shoe) is knocked away from the stake, either by your opponent or yourself, the shoe's points are reduced or canceled.
7. Two finalists will play for 1st and 2nd place. Losers of the next to last round will play for 3rd place.
8. Must use equipment provided.
9. **Tie Breaker** – a sudden death playoff will take place. First person to score highest number of points will be the winner.

Scoring System

1 point	for landing closest to the stake.
2 points	for shoes of the same color landing closest to the stake
2 points	for each "leaner" (leaners of opposite colors cancel each other).
3 points	for each "ringer." A ringer is a shoe that encircles the stake far enough to allow touching of both heel calks simultaneously with a straight edge, and permits a clearance of the stake (ringers of opposite colors cancel each other).

Welcome to the
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HOTSHOT BASKETBALL

1. Winner is the person who makes the most baskets out of 5 tries from each of 3 hot spots.
2. The ball may be thrown in any style and must remain behind starting line until ball is released.
3. Hot spots are located:
 - a. 15 ft. from basket
 - b. 10 ft. from center of basket to the right and 4 ft. from the end line
 - c. 10 ft. from center of basket to the left and 4 ft. from the end line
4. Only 1 practice shot at each hot spot is allowed at assigned basket. No other practice is permitted.
5. Only basketballs provided will be used. Men's ball- 29.5" Women's ball 28.5"
6. Men must use Men's basketball. Women should use Women's basketball but may use Men's basketball if desired.
7. **Tie Breaker** – Winner is the person making the highest score from the foul line. 2nd tie breaker will be the highest score from the left side of basket, 3rd tie breaker will be from the highest score from the right side. If score is still tied, 2 awards will be given.

Welcome to the
Lancaster Senior Games
JAVELIN THROW

1. The javelin is thrown with one hand on the corded grip with the pinky facing forward.
2. The javelin is held at the side of face and above head then thrown forward.
3. At no time after the thrower is prepared to throw, can they turn around so that their back is toward the open field.
4. Two throws are permitted.
5. A running start is permitted, but not required.
6. Must not allow foot to cross starting line until after the javelin is released.
7. Measurement is taken from the starting to point where javelin sticks or first touches the ground.
8. Winner is the person with the longest throw.
9. Equipment will be provided.
10. **Tie Breaker** – Winner is determined by adding the total of both throws. Longest distance is the winner.

Weights for Age Groups and Genders

Men 55 - 59	700g	Women 55 - 59	500g
Men 60 - 69	600g	Women 60+	400g
Men 70 -79	500g		
Men 80+	400g		

Welcome to the
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LADDER GOLF

1. Played with teams of 2 men, 2 women or mixed. Partners stand opposite of each other and remain in this position throughout the game. Do not change sides.
2. Single elimination.
3. Toss line is 15 feet apart (measured upright ladder to upright ladder). Foot should not cross toss line when tossing or that throw is discounted.
4. First to throw is determined by coin toss.
5. One person from each team plays in a round. Coin toss winner throws all 3 bolas first, then opposite team player throws their 3 bolas. This ends the round.
6. Next round is played by the opposite players. Person to throw first is the person on the team that won the last round.
7. Bolas can be thrown in any manner including hitting the floor before a rung.
8. Game is played to an exact point total of 21. In order to win, the player must be the only one to score exactly 21 points at the completion of a round. If the player goes over the exact point total (21), that player's points for that round do not count.
9. **Tie Breaker** – Overtime rounds will be played as needed until one team ends a completed round with at least 2 points ahead of the other team.

Scoring System – Only Count Bolas Left on Ladder After Both Players are done

1 point	on bottom rung
2 points	on middle rung
3 points	on top rung

Welcome to the
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MODIFIED BOWLING

1. For novice or occasional bowler with an average of 130 or below.
2. Bumpers must be used. Ramps are available.
3. Two games will be bowled consecutively.
4. Winner will be the person with the highest score.
5. No lane changes.
6. **Tie Breaker** – Winner will be determined by the score of the 1st game.

Welcome to the
Lancaster Senior Games
PICKLEBALL

Best out of (3) games. Doubles game is played.

SERVE:

1. Must serve from behind the end line.
2. Start of game must serve from right hand side of court.
 - a. If no fault, server alternates sides of court until fault occurs.
 - b. When fault occurs, the serve goes to opponent.
3. Opponent serves from right hand court and continues serve, alternating court sides, until a fault occurs. Teammate then alternates serve until 2nd fault.
4. Ball returns to opponents. Now each team has both players serve before service goes to opposing team.
5. Serve underhand, dropped out of air or off bounce, diagonally and beyond the No Volley Zone (Kitchen).
6. If the ball hits No Volley Zone line, it is a fault.
7. Both teams, on serve, must let ball bounce before returning.

PLAY:

8. After first hit for both teams, a bounce is not necessary, but allowed.
9. Volley (hitting ball without bounce) is only allowed behind the No Volley Zone.
10. In the No Volley Zone, the ball must bounce before being returned.
11. Ball hitting any part of the line is considered good, except serve -ball may not hit the No Volley Zone.

SCORING:

12. Play to 11 points, must win by 2 points.
13. Before serve, server calls out team's score, opponent's score, and whether they are 1st or 2nd server. Example: Your team has 5 pts, opponent has 3 pts, and server is 2nd server- call out 5, 3, serving 2.
14. Points are scored only while serving.

Welcome to the
Lancaster Senior Games
PINOCHLE

4-Handed Cut Throat

1. Keep scores in straight line.
2. Cut cards at each table to see who starts to deal- high card deals first.
3. Play 5 games with 4 deals around per game.
4. Deck must be cut before deal.
5. Dealer deals 3 or 4 cards at a time.
6. There is no auction bid.
7. Low bid is 12 but if dealer is stuck with bid, he must make 12 or go back 12.
8. Trump must be lead first. No bare aces can be lead first.
9. Bid winner must take a trick in trump or go up. To trump a trick is not a trick in trump.
10. Anytime trump lead, it must be beaten if you can.
11. The two high scorers at each table will move to the next table.
12. Double Pinochle score 30 points.
13. If any players reneges, he/she loses meld and goes back the amount of the bid. The other 3 players get their meld and count after hand is over – must call it.
14. All hands dealt must be played out to last trick (one card at a time). No throwing more than one card.
15. Everyone has the option of checking the score each time.
16. You must take a trick to get your meld.
17. If you do not have a suit that is led, you must play trump.

No late entries to room. If player doesn't complete all games, score doesn't count.

Welcome to the
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PITCH AND PUTT

1. Limit play to one ball.
2. All players must tee from the mats.
3. If ball falls near shrubbery or other objects, lay away 2 club lengths, no penalty.
4. Ball off course, penalty of one stroke and distance.
5. Fix all dents on greens and replace all divots.
6. All clubs must be returned to shop after 18 holes of play.
7. **Tie Breaker** – Winner will be determined by matching cards beginning at hole #1, low number wins.

ALL LOCAL RULES APPLY

Welcome to the
Lancaster Senior Games
PUTTING CONTEST

1. Follow USGA rules whenever applicable.
2. Only putters may be used.
3. Ball must remain on playing surface.
4. Limit back swing to below knee level.
5. Golf spikes not permitted.
6. No mulligans are allowed.
7. All boundary fences and white O-B stakes are out of bounds.
8. All water is a hazard.
9. All ornamental mulch and flower beds are free drop areas (drop ball at nearest playable point of entry).
10. Winner is the person with the lowest score.
11. **Tie Breaker** – Winner is determined by matching cards starting at hole #1, low number wins.

Welcome to the
Lancaster Senior Games
RUNNING EVENTS

100 Meter Dash	all ages
200 Meter Dash	all ages
400 Meter Dash	all ages
1600 Meter Dash	all ages
3200 Meter Dash	all ages
5000 Meter Dash	all ages

Welcome to the
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SHOTPUT

1. The put must be made from the shoulder with one arm only without going behind shoulder.
2. The shot is **pushed** into the air, **not thrown**.
3. Each person will take 2 puts.
4. The distance will be measured from the point of impact to the inside of the putting circle at the center of the circle.
5. Each person will get 1 practice put.
6. If your foot touches the ring, it's a foul.
7. Weights for age groups and genders:

a. Men 55-69 years	12 lbs.	5.44 kg
b. Men 70-79 years	8.8 lbs.	4 kg
c. Men 80 + years	6 lbs.	2.72 kg
d. Women all ages	6 lbs.	2.72 kg

8. **Scoring** – the total distance of both throws added together.

Tie Breaker – Winner is determined by furthest distance of the first throw. If still tied, the winner is determined by the furthest distance of the second throw.

Welcome to the
Lancaster Senior Games
SHUFFLEBOARD

1. Partners stand at opposite ends of the court. Flip a coin – winner chooses color.
2. Black begins round. Black will shoot from the **right** side at **head** of court. Black will shoot from the **left** side at **foot** of court.
3. Each player will play 6 rounds. A round consists of players at each end shooting 4 discs a piece.
4. Teams will alternate on every round who goes first, regardless of score.
5. All four discs must be placed within the 10-off area prior to any shooting.
6. Player's feet must not cross the white line at any time.
7. The team with the most points at the end of the 6 rounds will be the winner.
8. Any disc touching a line does not score.
9. Any disc completely landing in the 10-off area will receive 10 points off their score – the lines in the middle do not mean anything.
10. Discs in dead zone will be removed by official before play continues.
11. Players may knock their own or another's disc into or out of any square.
12. The score that counts is indicated by the square in which the disc rests when all discs have been played.
13. Each player gets 2 pushes to practice. Players may only play in 1 age category.
14. Finalists will play for 1st and 2nd place. Losers of the next to last round will play for 3rd.
15. Must use equipment provided.
16. **Tie Breaker** – Winner is determined by each player shooting 1 round each until the tie is broken.

Scoring

10 points for disc in the 10 area

8 points for disc in the 8 area

7 points for disc in the 7 area

Deduct 10 points for disc in the 10-off area

Welcome to the
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SOCCER PENALTY KICK

1. Participant will attempt to make 6 shots into goal.
2. Three attempts with right foot and three attempts with left foot. Your dominant foot should be used for the first kicks.
3. The attempts will be made from a line 12 yards from the goal.
4. Scoring:
 - a. Center 8' line 1 point
 - b. Midway to discs 5' line 2 points
 - c. Corners 3' line 3 points
5. If ball crosses line on the fly, points will be doubled.
6. Only equipment provided will be used. Size 5 Soccer ball.
7. Person with the highest total points will be winner.
8. If the ball touches the tape, you will be scored the highest of possible points.
9. **Tie Breaker** – Winner will be determined by taking the points of the 1st kick. If still tied, the 2nd kick points will be used and so forth.

Welcome to the
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SOFTBALL THROW

1. Two throws are permitted. No practice throws allowed.
2. Must not allow foot to cross starting line until after ball is released.
3. Measurement is taken from starting line to point where ball first touches ground.
4. Winner is the person with the longest throw.
5. Equipment will be provided.

Men throw	12" ball
Women throw	11" ball

6. **Tie Breaker** – Winner is determined by adding both throws together. Longest total distance wins.

Welcome to the
Lancaster Senior Games
TABLE TENNIS

1. The ball will be regulation 40mm table tennis ball.
2. Serve is decided by toss of coin with winner choosing side of table from which to serve.
3. Alternate serves in each of 3 games played.
4. The server must throw the ball upward from the palm of the hand and the ball must be descending before it is struck. It must be served behind the endline of the table.
5. The server must hit first hit once on server's side of table, clear the net and then hit the table anywhere on other side of net.
6. The receiver must let the ball bounce before returning it.
7. If the serve hits the net and goes over, a let is called, and the server is given another opportunity.
8. A player retains the serve for a total of 5 points, including those scored by the opposition. (Service changed wherever total points add up to a multiple of 5).
9. A score of 21 points wins a game.
10. At time of 20-all, a player must get a 2 point lead to win the game. Players alternate serves on every point from 20-all on until the game is won.
11. The best of 3 games is the winner.
12. Finalists will play for 1st and 2nd place. Losers of the next to last round will play for 3rd.
13. Paddles will be provided if necessary.

Welcome to the
Lancaster Senior Games
WALKING

1. Contest is one mile walk – 8 times around the track.
2. One foot will be in contact with the ground at all times.
3. Running will disqualify contestant.