

Senior Olympics Recreational Events Rules

Playing Format

1. The Sports include Frisbee Accuracy Throw, Frisbee Distance Throw, Huachas, Soccer Accuracy Kick, and Softball Distance Throw.
2. Each sport will be managed and planned by a volunteer Sport Coordinator identified and trained by New Mexico Senior Olympics Event Coordinator.
3. All sport equipment will be provided for competitors and must be used.
4. Object of the game for each sport is defined in playing rules.
5. Competition schedule for each age group is published in registration athlete booklet and available at the Game check-in Sport Table area or by calling Sport Coordinator.
7. Tie-breakers will be addressed at the conclusion of each age division.
8. **Playing Rules** for Specific sports are listed below.
9. A foot fault will be called if a player steps on or over the designated line and will automatically nullify the attempt.

Frisbee Accuracy Throw

- a) Object of the Game: Throw the Frisbee disc/apparatus through a large hoop opening to earn points.
- b) Each competitor will be allowed eight throws from the following distances. Frisbee disc is 160 grams.
Women: 4 throws from 7 yards and 4 throws at 10 yards
Men: 4 throws from 10 yards and 4 throws at 12 yards
- c) The target opening is an approximately 67" to 78" ring (made by attaching 2 hula hoops together). The target ring is three feet above the ground.
- d) Scoring: Each player scores 1 point for each Frisbee thrown through the target at the shorter distance and 2 points for the longest distance.
- e) The competitor who scores the highest points will be declared the winner for each age division for men and for women.
- f) **Tie Breaker:** Competitors will throw **three** additional throws at the conclusion of the each age division from the following distances:
Women - 7 yard distance
Men - 10 yard distance
Reminder: A competitor must be present for the play-off or he/she will concede and accept the next lower award. Tie breakers will be limited to three attempts.
- g) **ONLY** when tie breakers cannot be completed, awards will be as follows:
First place tie: award two first place medals, one third place medal, one fourth place ribbon and one fifth place ribbon.
Second place tie: award one first place medal, two second place medals, one fourth place ribbon and one fifth place ribbon.
Third place tie: award one first place, one second place, two third place medals, and one fifth place.

Recreational Events Playing Format (cont)

Frisbee Distance Throw

- a. Object of the Game--To throw one Frisbee disc/apparatus as far as possible within the designated playing field area. Person delivering the longest throw will be declared the winner.
- b. Each competitor will receive three throws. Frisbee is a 160 gram.
- c. Measurements will be marked using a tape measure from the center of the starting line to the point where the Frisbee hits the ground.
- d. Measurements will be recorded in feet and inches to the closest 0.25 inch below the recording point.
- e. A foot fault will automatically nullify the throw.
- f. The longest throw will be the official recorded throw.
- g. **Tie-breaker:** one additional throw will be allowed to declare the winner.
Reminder: A competitor must be present for the play-off or he/she will concede and accept the next lower award.
- h. ONLY when tie breakers can not be completed, awards will be as follows:
 - First place tie:** award two first place medals, one third place medal, one fourth place ribbon and one fifth place ribbon.
 - Second place tie:** award one first place medal, two second place medals, one fourth place ribbon and one fifth place ribbon.
 - Third place tie:** award one first place, one second place, two third place medals, and one fifth place.

Recreational Events Playing Format (cont)

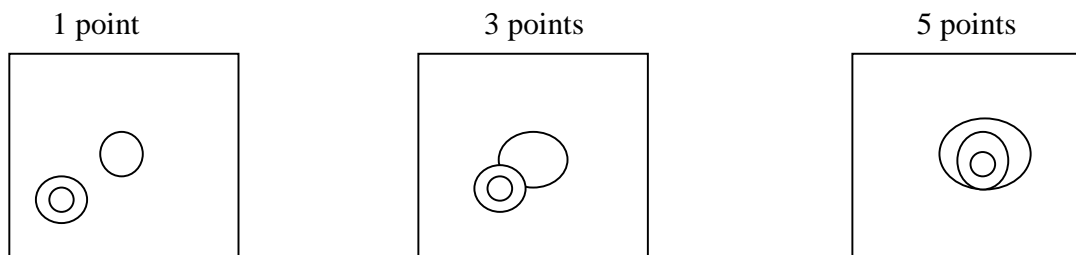
Huachas (Washers) 1 Hole Board Rules

- a) Object of the Game: Washers are pitched underhand to the opposite board into the cup opening. The opening is a 3" diameter in the center of the board. Player reaching 11 points first or highest score after 20 throws (5 throws of the 4 washers) wins the game.
- b) Position: Boards are placed 18 feet from the front of (board 1) to the front of (board 2) for distance from cup to cup 21 feet. Players may stand lined with the back of the board to pitch.
- c) To determine who will pitch first to start the game: Each player will throw one washer toward the opposite box and whoever gets closest to the hole will be the first to throw. This is called the "Diddle." After the game has started the person/team who scores last throws first.
- d) Scoring: *Only one player may score per round but scores points for all washers that are closer than their opponents.*
- e) Playing the Game: Player A will pitch all four 4 washers (one at a time) in a row followed by Player B, this is a "round." The idea is to land in the cup if possible and if not--as close as possible--similar to horseshoes and hand-grenades. Scoring is determined after both players have pitched all of their washers.
- f) Scoring: 1 Point for being on the board
3 Points for leaning over the edge of the cup
5 Points if washer in the cup.

Example – If Player A has 2 washers in the cup and Player B has 3 washers in the cup then player B will get 5 points.

The winner is the Player reaching 11 points first.

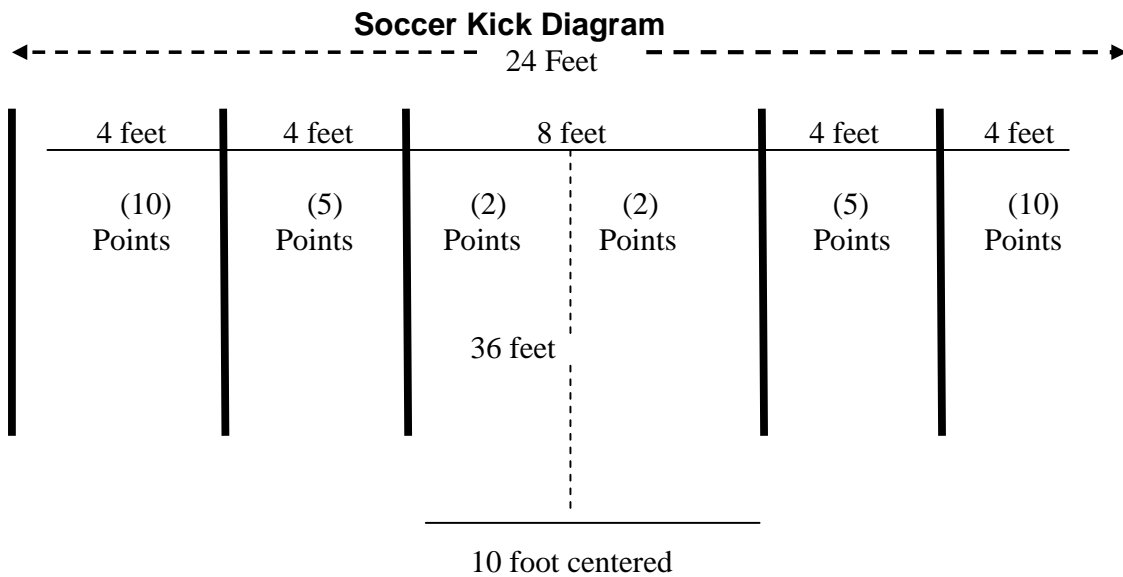
If Player A reaches 11 and Player B has yet to pitch their washers then B is allowed to finish the round in the hopes that they can get more points or nullify Player A's points. A "Skunk" can be called at 6-0.



Recreational Events Playing Format (cont)

Soccer Kick Accuracy

- a) Object of the Game: Kick the soccer ball(s) through designated areas for points.
- b) Playing area: measured 24' X 36' with five marked areas: one 8 ft and four areas, each four feet in width.
- c) The official size of the ball will be 5.
- d) Each player will be allowed five (5) kicks in a row.
- e) Players must kick from behind a **centered 10 foot line** 36 feet and parallel to the center points, which will be marked.
- f) Players may use walker/cane/wheelchair for balance to kick balls.
- g) Points will be scored as follows: See diagram.
 - 10 points-- for ball kicked through any one outer section, either side.
 - 5 points-- for ball kicked through inside 4 ft. sections on either side.
 - 2 points-- for ball kicked through center 8 ft. section.
- h) Final score is the total points after 5 kicks.
- i) Player with the highest score will be declared the winner for each age category
- j) **Tie-breaker** - an additional 3 kicks will be allowed to determine the winner. A player involved in a tiebreaker must be present at the conclusion of the age category event to participate in the play-off or he/she will concede and accept the next lower award.
- k) Contestants must use soccer balls that are provided.
- l) Shoes cannot be altered to enhance kicking ability.



Recreational Events Playing Format (cont)

Softball Distance Throw

- a. Object of the Game - To throw one softball as far as possible within the designated playing field area. Person receiving the longest throw will be declared the winner.
- b. Each competitor will receive three throws behind the designated line. The ball may be thrown underhand or overhand. A foot fault will occur if player steps on or over the designated line.
- c. An ASA approved 12 inch softball will be provided and must be used.
- d. Measurements will be marked using a tape measure from the center of the starting line to the point where the softball hits the ground.
- e. Measurements will be recorded in feet and inches to the closest 0.25 inch below the recording point.
- f. To cross over the line (foot fault) will nullify the throw.
- g. The longest throw will be the official recorded throw.
- h. **Tie-breaker:** one additional throw will be allowed to declare the winner.
Reminder: A competitor must be present for the play-off or he/she will concede and accept the next lower award.
- i. ONLY when tie breakers can not be completed, awards will be as follows:
 - First place tie:** award two first place medals, one third place medal, one fourth place ribbon and one fifth place ribbon.
 - Second place tie:** award one first place medal, two second place medals, one fourth place ribbon and one fifth place ribbon.
 - Third place tie:** award one first place, one second place, two third place medals, and one fifth place ribbon.