



ARCHERY

NEAA Rules to be followed.

Rules:

Bounce outs or pass through shots will be re-shot. Ties will be settled by most high score arrows. Six(6) arrows will be shot at each distance of 10 and 20 yards. **Participants must use the equipment provided.** The draw strength of the bows is 20lbs. A mandatory safety briefing, beginning at 11:00 am, must be attended in order to participate.

Range Rules:

1. Obey whistle signals given by Range Master.
2. Only draw the bow when an arrow is nocked on the bowstring
3. When an arrow is nocked on the bowstring, the arrow **MUST** be pointed toward the target.
4. Begin shooting when you hear one (1) whistle blast from Range Master.
5. Do not remove arrows from target until they have been scored by volunteer.
6. Remove arrows and at a time from target. Lay each arrow on the ground after removal. Do not pick up arrows until all have been removed from the target.
7. Pick up arrows from the ground and return them to the arrow holders at the shooting line
8. Wait for the Range Master to signal to get arrows.



ARCHERY WHISTLE COMMANDS

3 Whistles = Get Arrows

2 Whistles = GET BOW

1 Whistle = Shoot at Target

5 or More Whistles = EMERGENCY!

Draw Down Your Bow



BADMINTON

Modified USA Badminton Rules Followed.

Rules:

Badminton (Singles)

Games played to 15 points instead of 21. All rules will be reviewed prior to the start of the event. Participants may bring their own rackets; shuttlecocks will be provided, and a limited number of rackets will be available for use. Check-in begins 30 minutes before the scheduled start time. Participants must check in by the start time in order to participate.

GAME PLAY: BADMINTON - SINGLES

Scoring System

- A match consists of the best of 3 games of 15 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- At 14 all, the side which gains a 2-point lead first wins that game.
- At 20 all, the side scoring the 21st point wins that game.
- The side winning a game serves first in the next game.
- The side winning a game serves first in the next game.

Interval and Change of Ends

- When the leading score reaches 11 points, players have a 60-second interval.
- A 2-minute interval between each game is allowed.
- In the third game, players change ends when the leading score reaches 11 points.

Singles

- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
- If the server wins a rally, the server scores a point and then serves again from the alternate service court.
- If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.



HOT SHOT BASKETBALL

Rules:

The winner in each age category is the contestant who makes the most baskets out of 7 from each of three "Hot Spots." A perfect score is 21. Competitors may throw the ball in any style but must use the ball provided. Each "Hot Spot" is 2' in diameter and located as follows: (a) at the foul line, 15' from the basket; (b) 10' from the center of the basket to the right and 6' in from the end line; and (c) 10' from the center of the basket to the left and 6' in from the end line. We WILL have shoot-offs for all those shooting the same score during regular competition. Please plan to stay the entire event if you would like to contend for a medal.

GAME PLAY: BASKETBALL (HOT-SHOT)

- Each participant will shoot 7 baskets from each of the three hot spots.
- Each hotspot is 2 inches in diameter.

- The locations will be as follows:
 - Shot #1: Foul line (which is 15 ft. from baseline)
 - Shot #2: 10 ft. from the center basket to the right and 6 inches from the baseline
 - Shot #3: 10 ft. from the center basket to the left and 6 inches from the baseline

- A perfect score is 21 completed baskets.
- We WILL have shoot-offs for all those shooting the same score during regular competition. Please plan to stay the entire event if you would like to contend for a medal.



FOUL-SHOT BASKETBALL

Rules:

The winner in each age category is the contestant who makes the most baskets out of 10 attempts from the foul line. A perfect score is 10. Competitors may throw the ball in any style but must use the ball provided. All women and men 80 yrs and older may shoot no closer than 10'. We WILL have shoot-offs for all those shooting the same score during regular competition. Please plan to stay the entire event if you would like to contend for a medal.

GAME PLAY: BASKETBALL **(HOT-SHOT)**

- 10 shots are allowed from the foul line
- Any style shot is accepted.
- Women and men aged 80 years old and up are eligible to shoot 10 feet from the baseline.
- A perfect score is 10 completed baskets.



BILLIARDS

Billiards Congress of America rules will be used unless specified below:

Rules & Game Play:

A coin flip determines who breaks. The winner of the flip will choose for the first game. The loser will break for subsequent games. The match is the best of 3 games. Scratch on a break results in all pocketed balls being returned to the table and the ball in hand behind the head string. Any other foul ball in hand means the player can place the ball anywhere on the table. 8 ball pocketed on the break does not result in an automatic win. The ball will be replaced on the table. Combination shots are legal provided the shooter's ball is contacted first. Each match will be a maximum of 30 minutes with each game having 10-minute max. If time is left over from the first 2 games it can be applied to the 3rd game with the 30-minute match limit still intact.



BOCCE

Rules:

11 points or 6 frames (whichever is First. Single elimination tournament. Teams assigned day of the event by random draw. Complimentary light refreshments provided to Bocce tournament participants. Check in begins 30 mins prior to start time. Participants must check into the event by the start time in order to participate.

GAME PLAY: BOCCE

Teams are comprised of 4 players. The winner of the coin flip may have the first toss of the pallino (small target ball), or choose the color of the balls. Two players from each team will be permanently stationed at each end of the court. Throwing two balls each.

Teams:

Two single elimination brackets will be played- one Men's and one Women's. Teams will be randomly selected~ teams will consist of mixed-age groups. Four people are on a team. Two people from each team will be on the ends of the bocce court. You will play from your end of the court for the entire game. Flip a coin to determine who goes first.

Game Play:

- The first person throws the jack ball. It must go over the middle line and be at least 12 inches from the side wall. If it fails to do so the opponent attempts. If they fail the referee will toss it into the playing area. The end box on the courts is where you throw from. You may touch the line but not go over it.
- Then the first person throws the ball. The opponent proceeds to throw the balls until one ball gets closer than the opponent's. Play continues as such until the balls run out.
- Only one team can get points. A point is scored for every ball closer to the jack ball than your opponent's first closest ball. It is possible to score up to 4 points on a single turn.
- The first team to score 11 points, or who is ahead at the end of 6 frames. wins. This is for regular games & semi-final games. Finals will be played to 11 points, with no time limit.
- Balls touching the line are good. If a ball goes out and in it is good. If the jack goes out then it comes in one foot from where it left the playing area.
- If 2 balls are the same distance from the jack they can cancel each other out and you go to the next ball. Ending the game;The bocce game will end in the following manner:The first team to score 11 points, or who is ahead at the end of 6 frames.

REFEREE'S DECISION IS FINAL



BOWLING

Rules:

Contestants will bowl 3 games at a cost of \$15 per player. Payable directly to the bowling alley. Rental of shoes included if needed.

Gameplay:

Winners will be determined by individual scores within the participant's respective age group. Contestants will bowl 3 games.



CORNHOLE

The American Cornhole League (ACL) rules will be followed unless otherwise noted

Rules & Game Play:

This is a bracketed, single-elimination event.

Each match will score 11 points or 8 frames with cancellation scoring. Regulation distance is 24 feet. Ages 70 years old and up are eligible to throw from 17 feet. Must use bags provided. Partners will be drawn at the event.



DARTS

Rules:

Game played is 301. A clock or 20-point face will be used with the throw line at 7'9" distance. Dart board will be 68" from the floor. Game continues until one player reaches zero exactly or 10 rounds are thrown. Limit of 30 darts (10 frames) or 15 minutes (player with the lowest score wins). Players do not need to double in/out. Bullseye counts as 25, inside circle of bullseye counts as 50. Equipment provided; players may NOT bring their own darts. This is a bracketed event, therefore participants MUST check-in 1/2 hour prior to competition start time. Failure to do so forfeits your activity registration.

Gameplay:

The game played is 301. The game continues until one player reaches zero exactly or 10 rounds are thrown, or 15 minutes. Players do not need to double in/out. The bullseye counts as 25, inside circle of the bullseye counts as 50.



FOOTBALL THROW

Rules:

The football throw for distance will be measured from the center point of the throwing line to the point of impact; best of two. Regulation football will be supplied. This event is held weather permitting.

Gameplay:

- Participants will throw the football from the center point of the throwing line.
- Participants will receive two attempts.



GOLF

Rules:

An 18-hole golf tournament will be conducted using the Low Gross scoring system (no handicapping) with winter rules in effect. Greens fees are \$35 per person with riding cart (required); pay at the course the day of the event, CASH ONLY. *Check-in and pay 30 minutes before scheduled tee time.* You will be contacted to schedule your tee time. Soft Spikes Required. *Jeffersonville Golf Club will be providing a complimentary light breakfast to all golfers.*

Gameplay:

Play is rain or shine! If the course is open, we will play. Carts may have to be on path only, depending on weather.

- An 18-hole tournament will be conducted using the Low Gross scoring system (no handicapping) with winter rules in effect.
- Greens fees are the participant's responsibility.
- You must pay at the course the day of the event, cash only. \$35 - 2026
- Check-in and make payment 30 minutes prior to tee time



HORSESHOES

Rules:

The National Horseshoes Pitchers Association of America rules will be followed. Singles (metal horseshoe) competition only will be followed. Regulation distances for metal horseshoes will be 40' for men 50 years - 69 years of age and 30' for men 70 years and older and will be 30' for women 50 years - 74 years of age and 20' for women 75 years and older. The official metal shoe shall not exceed 7- $\frac{1}{4}$ " in width and 7- $\frac{5}{8}$ " in length and shall not weigh more than 2 lb. 10 oz. A 24-shoe per player game will be thrown with a single elimination loss. Metal horseshoes will be provided for tournament play. In the event of inclement weather, call (610) 277-2400 between 11:30am-12:30pm. Check-in begins 30 minutes prior to start time. ***Participants must check into the event by the start time in order to participate. Participants must use equipment provided.***

Gameplay:

- The National Horseshoes Pitchers Association of America rules will be official.
- A 24-shoe (12 round) per player game will be thrown with a single elimination loss.
- Singles (metal horseshoe) competition only will be offered.
- Regulation distances for metal horseshoes will be 40' for men 50 - 69 years of age and 30' for men 70 years and older.
- Regulation distances for metal horseshoes will be 30' for women 50 - 74 years of age and 20' for women 75 years and older.
- The official metal shoe shall not exceed 7- $\frac{1}{4}$ " in width, 7- $\frac{5}{8}$ " in length and shall not weigh more than 2 lb. 10 oz.
- Metal horseshoes will be provided for tournament play; players may NOT bring their own shoes.
- This is a bracketed event, therefore participants MUST check-in 1/2 hour prior to competition start time. Failure to do so forfeits your activity registration.

This event is weather permitting



ORIENTEERING

Rules:

Navigate on foot using a map to find designated locations in the park. Each location has an electronic punching device that will clock your time. The trails at Norristown Farm Park are mostly paved trails. This beginner course is 1.5 miles long. Instructions will be given to participants prior to going on their courses. Medals will be awarded for the shortest time to complete the course. Wear comfortable walking shoes. This event is weather permitting. *Must check-in by 10:30am.*

Gameplay:

- Navigate on foot using a map to find designated locations in the park.
- Each location has an electronic punching device that will clock your time.
- The trails at Norristown Farm Park are mostly paved trails.
- This beginner course is 1.5 miles long.
- Instructions will be given to participants prior to going on their courses. Medals will be awarded for the shortest time to complete the course.
- Wear comfortable walking shoes.
- Must check in by 10:30am
- This event is weather permitting.



PICKLEBALL (DOUBLES)

Rules:

All levels, including beginners, are welcome. All doubles teams will compete in the age category of the younger partner. You and your partner should register separately, but check-in together. Best 2 of 3 formats. In order to keep the tournament on schedule, the first 2 games are to 11 points (with a cap of 13) or 11 minutes, whichever comes first. In the event of a tie after time expires, sudden death rules will apply. If a third game is required, a 7 point (with a cap of 9) or 7 minute format will be followed (sides will be switched at 4 points). Tournament staff reserves the right to further shorten games in the event of time constraints.

Check-in begins 30 minutes prior to start time.

Gameplay:

- Only contestants are allowed on the competition floor
- A coin flip will determine who serves first in sets 1 and 3.
- The loser of the coin flip serves first in set 2
- All first serves will take place from the side closest to the building entrance
- 2-minute warm-up before the FIRST game of the day
- 2 minutes between games to change sides
- Best 2 of 3 formats (except as noted below)
- First 2 games to 11 points or 11 minutes, whichever comes first. If tied after 11 minutes, the next point wins. Win by 2, cap at 13 points
- If the 3rd game is needed it is to 7 points or 7 minutes. Win by 2, cap at 9 points
- At the discretion of the Event Leader games may be one match to 15. Win by 2, no cap.
- Switch sides at 8



RUNNING

Rules:

The official track will be an all-weather surface. **NO SPIKES** - please bring appropriate all-weather surface footwear. There will be four running events: (1) 100-METER; (2) 400-METER; (3) 800-METER; (4) 1600-METER. Warm up, running and cool-down periods will be made available. The best times will designate the winners rather than extra heats. In the event of inclement weather, call (215) 659-3100 x1038 between 4:00pm-5:00pm for information.

Gameplay:

- There are four running events:
 - 100 Meter
 - 400 Meter
 - 800 Meter
 - 1600 Meter
- Volunteers will track and record participant race times.
- Winners will be determined by time. There will be no separate heat.
- Participants will have an opportunity to warm up and cool down on campus.
- **Spikes are not permitted.**



SHUFFLEBOARD

Rules:

National Shuffleboard Association rules will be followed. The regulation outdoor court size will be used (52' x 6') on an indoor surface. Singles competition only will be scheduled. A match will consist of 8 frames. A single elimination type tournament will be used. Shuffleboard equipment will be available; competitors may bring their own cues. *Check-in begins 30 minutes prior to start time. Participants must check into the event by the start time in order to participate.*

Gameplay:

- Shuffleboard equipment is provided.
- Entrants may bring their own cue.
- A match shall consist of a maximum of 8 frames. A coin flip will determine who shoots first in the opening frame
- Partners will play from opposite ends of the court. Each partner shall complete 8 frames.
- A single elimination tournament will be used.
- Portable courts will be used (52 feet x 6 feet)
- Play shall consist of alternating shots starting with whomever scored the previous frame
- To count, a disc must not be in contact with any court lines
- Event leader or judges will have final say in any questions regarding scoring.



SOFTBALL THROW

Rules:

The softball throw for distance will be measured from the center point on the throwing line to the point of impact; best of two. A regulation softball will be supplied. This event is held weather permitting.

Gameplay:

- Participants will throw the ball from the center point of the throwing line.
- Participants will receive two attempts.



STATIONARY BIKE

Rules:

This event will be conducted on a stationary exercise bicycle; riders will “race” against a 3-minute time limit. Winners are those who ride the greatest distance to the nearest 0.1 mile.

Gameplay:

- Participants will race for 3 minutes on the stationary bicycle.
- Winners are those who ride the greatest distance to the nearest 0.1 mile.



SWIMMING

Rules:

Six swimming events are offered; (1) 50 YD. FREESTYLE; (2) 50 YD. BACKSTROKE; (3) 50 YD. BREASTSTROKE; (4) 100 YD. MEDLEY (FREESTYLE, BACKSTROKE, BREASTSTROKE, FREESTYLE); (5) 200 YD. FREESTYLE and (6) 400 YD. FREESTYLE. The best times will designate the winners rather than extra heats. Either the elementary or back crawl will be accepted for the backstroke. Locker rooms are available and check-in begins at 1:30pm.

Gameplay:

- Six swimming events are offered:
 - 50 YD Freestyle
 - 50 YD Backstroke
 - 50 YD Breaststroke
 - 100 YD Medley (freestyle, backstroke, breaststroke, freestyle)
 - 200 YD Freestyle
 - 400 YD Freestyle

- Elementary or back crawl will be accepted for backstroke.
- Volunteers will track and record participant race times.
- Winners will be determined by time. There will be no separate heat.
- Locker rooms will be available on-site for participants.



TABLE TENNIS (SINGLES)

Rules:

Singles competition only will be available; “best of 5 games to 11 points” format will be used following International Table Tennis rules. Paddles and balls (2 star balls) will be available; competitors may bring their own paddles, but must use the provided ball. Competitors are not to wear white shirts. *Check-in begins 30 minutes prior to the start time.*

Participants must check into the event by the start time in order to participate.

Gameplay:

- Game winner will be the best of 5 games to 11 points.
- Competitors may use personal paddles.
- Competitors must use the provided ball.
- Competitors may not wear a white shirt.
- ITTA rules will be followed.



TENNIS (Men's & Women's Doubles)

Rules:

Matches begin at 8:30am. Balls will be provided. An 8 game pro set format (win by 1) will be followed. At 40-40 deuce, the next point will be played as the "sudden victory". In the event of inclement/threatening weather delaying matches, you will be contacted.

Gameplay:

- A game shall consist of an 8-game pro-set format (win by 1).
- At 40-40 deuce, the next point will be played as a sudden victory.
- Balls will be provided.
- No Ad. In event of a deuce, the next point wins.



WALKING

Rules:

A 1.5 mile walk is scheduled. One foot shall be in contact with the ground at all times. Running/jogging will disqualify an entrant. The course will be on a macadam surface. Proper footwear is encouraged. *This event is held weather permitting.*

Gameplay:

- The walk will consist of 1.5 miles.
- One foot shall be in contact with the ground at all times.
- Running or jogging will result in participant disqualification.
- The course will be on a macadam surface. Proper footwear is encouraged