



March 24, 2012, 10:00am - 2:00pm

University of Texas at Austin Recreational Sports Center

Greetings! The 30th annual Games for Life is on the way! Alert your residents, families and trusty volunteers, and start practicing for the big day!

Enclosed you will find rules, all necessary information, and blank entry forms.

Please note the changes this year. The drop-off times for banners and arts & crafts projects has changed as we will not have the Recreational Sports Center on Friday evening. **Banners must be delivered in advance.** Arts & crafts projects may still be delivered on Saturday morning before 10am. Deliver to Recreational Sports Center on Friday 23 between 3pm and 4pm only.

Please have your completed Entry forms, Doctor's Orders, Release Statements and Arts & Crafts Entry Forms at the following address by February 24th, 2011 for the lowest fee. No entries the day of the games are accepted. Faxed entries will not be accepted. No entry forms will be processed after March 16th at 5:00pm. **NO EXCEPTIONS.**

Deliver/Mail Packets to:

Jeff Brown
 Gracy Woods II Nursing Center
 12042 Bittern Hollow
 Austin, TX 78758

Make checks payable to CASACA.

Cost If Received By:

Facility Licensed Size	2/24/12	3/2/12	Fees per Resident
1 bed- 60 beds	\$55.00	\$85.00	+\$3.00 each
61 beds- 120 beds	\$70.00	\$100.00	+\$3.00 each
121 beds +	\$80.00	\$110.00	+\$3.00 each

Fee for Arts and Crafts is \$3.00 per entry.

- There is no cost for residents who are spectators, but they must have a release form and Doctor's orders to attend.
- You will receive a follow-up letter with a checklist and more details in mid-March.

Note: Graduated Fees to encourage timely submission of completed entry forms.

Our publisher and printer are volunteers and they must have the entry information in plenty of time to

GENERAL RULES

1. Contestants must be at least 18 years of age by the date of the games, and a resident of a Texas nursing home. Birth dates must be on the entry form. Competition will take place between the following age categories: 18-34, 35-54, 55-70, 71-80, 81-89, 90-99 and 100+.
2. Each resident contestant and resident spectator must have current Doctor's orders giving permission to travel and participate in the Games for Life. Submit copies with Doctor's signatures along with entry forms. No orders accepted the day of the Games.
3. Contestants must have releases of responsibility regarding participation (see liability release). If no family or guardian is available, the administrator's signature is acceptable. If resident signs release for himself, two witnesses are necessary. (Resident must be own Responsible Party to sign himself)
4. All contestants must wear identification that includes their name, facility name, and the primary diagnosis (diabetes included). This may be a wrist band, arm band and/or name tag. Contestants must wear identification at all times.
5. There will be "open staging" for throwing events so athletes may do their throwing at any time. Contestants registered for throwing events will automatically be able to compete in both discus and shot-put, unless they decline. Coaches/volunteers, and contestants must coordinate throwing participation with racing and volleyball.

The top three contestants in each division for each event will receive awards.

6. Contestants in dominoes or 42 may only participate in that event and may not participate in any other competitive events except Arts & Crafts. Dominoes and 42 last until 12:45 pm.
7. Contestants may participate in Volleyball and in racing and throwing events.
8. Spelling tournament contestants may participate in other events, if previously registered, when disqualified from spelling tournament.
9. Only official "huggers" and Line Judges are allowed in finish line zone of races. This will be strictly enforced. Traffic in competition area must be kept to a minimum. Coaches or volunteers will pick up the contestant beyond this zone after their race is over.
10. Coaches are responsible for having athletes ready for their event when it takes place. Missed races cannot be made up if resident is involved in volleyball.

11. All ambulatory contestants and all supporters attending the Games must wear non-skid shoes (tennis shoes or comparable) or they will not be allowed to participate. NO BLACK RUBBER SOLED SHOES, UT REQUESTS, AS THESE LEAVE MARKS. This rule will be strictly enforced for safety reasons and protection of the gym floor.
12. UT employees will hang our banners and tape up any wall posters for us. So, banners and posters MUST be delivered between 3pm and 4pm on Friday 23 at the Rec Sports Center. (See Banner Contest for details on how to prepare your banner to be hung at UT).

NO BALLOONS ALLOWED AT THE UT REC CENTER, so do not include them in your decorations.

13. Arts & Crafts entries do not have to be brought the day before, but we highly recommend this. You may bring them and your T-Shirt Contest entries between 3pm and 4pm on Friday 23 at the Rec Sports Center. This will give the Arts & Crafts volunteers a head-start on setting up the many entries. The Rec Center will have security all night, so your entries will be safe.

If you bring them with you on Saturday 24, all Arts & Crafts and T-Shirt Contest entries must be submitted to the Arts & Crafts area by 10:00am or they will not be eligible for judging.

14. **Volunteers may not at any time physically help a contestant during an event. This includes giving verbal or physical cues to Dominos players.** This rule ensures fair competition for all participants.
15. Volunteers may not enter the "Competition Area" at any time while an event in progress (except in emergency situations).
16. A Grievance Committee is available for filing any type of complaint or clarifying a discrepancy should the need arise
17. The Scratch Sheet listing no-shows must be returned to the Registration Table upon arrival at the Games. (Throwing and volleyball no-shows need not be listed, but your no-shows in other events need to be listed on the Scratch Sheet to save confusion for the judges).

AWARDS

1. ALL RESIDENT CONTESTANTS will receive a participant medal with the Games For Life logo! First, second, and third place medals will be given to all winners after the final competition in each event.
2. The team with the highest overall points at the end of the competition for Nursing Home and Assisted Living will receive a championship trophy.
3. Arts & Crafts place winners will receive rosette ribbons which will be attached to their entries and may be picked up at the end of the day.
4. *The coveted Spirit Award* will be judged according to enthusiasm, sportsmanship, attire, decoration, and the team's enjoyment of the games. Judging will start at 10:30 and be completed by 12 noon.
5. 1st, 2nd, and 3rd place awards will be given for Banner Competition and T-Shirt Competition.
6. There is no separate awards ceremony. Winners are to report to Awards Table immediately following the announcement of their names by the MC to receive their awards. Arts and Crafts Awards are attached to winning entries and may be picked up at the end of the day.

ADDITIONAL INFORMATION

1. Nursing homes should coordinate their residents and volunteers lunch time with their event schedule. No lunch period will be designated on the program. Specified lunch breaks are provided only for dominoes and 42, and their lunches must be delivered to them by 11:30am.
2. Each team is responsible for bringing:
 - (a) A lunch and beverages for each participant (NON-GREASY finger foods - sandwiches are easiest - no pizza or fried chicken!) You may want to bring enough for your supporters as well.
 - (b) **Water and medications (first aid kit); a LICENSED NURSE in your group to give meds and monitor the athletes throughout the day's events (including immediate care for emergencies and injuries).**
 - (c) A banner to hang which will be recognized during the Opening Ceremony (optional). The banner must be delivered to either Gracy Woods II or the Rec Sports Center at the specified times on Friday 25.
 - (d) Decorations for your area (optional). Any posters for hanging on walls must be brought to the Rec Sports Center at the specified times on Friday 23.

(e) "Comfort props" for sitting in bleachers (optional)

(f) 1:1 VOLUNTEER FOR EACH ATHLETE (not optional!)

(g) Trash bags for your trash. (**double bagged to prevent leakage**)

3. Participants should wear something casual and comfortable. Matching attire representing your facility is ideal, however, this is only a suggestion.
4. Participating facilities will receive an update and additional information (seating area, parking and unloading instructions, etc) after entries are received.
5. If there is any doubt as to whether or not your home will be able to participate in the Games, let us help you work through any problems you might have.
6. Our Nursing Home Participations Committee will try to help you overcome obstacles that might come up that could keep you from participation (transportation, facility acceptance, etc.). Please call the following persons if you have any questions regarding your information packet or scheduling:

Donna Shelton
RNC
6909 Burnet Lane
Austin, TX 78757
Work: 452-5719
Cell: 422-9123

Jeff Brown
Gracy Woods II
12042 Bittern Hollow
Austin, TX 78758
Work: 228-3365
Cell: 221-3537