

DESCRIPTION OF EVENTS & RULES

- 50 FOOT DASH/(50 FOOT WALK)

Division 1: Unassisted

Division 2: Assisted (walker/cane)

Two divisions of competition are available: Unassisted race and assisted (walker/cane) race. A 50-foot section of the track will be marked off. The contestants will line up at the starting line as their names are called. The heat will begin when the starter says "GO" with a starting flag. Both voice and flag start must be used for hearing impaired residents. (i.e., starter says – "ready, set, go"). The contestants will be identified as to place of finish by judges at the finish line. Walker or cane used (Division 2) must touch the ground with every step. They are not to be picked up and held while the race is taking place. Walkers with rollers (wheels) on them, will form a separate heat if the demand arises.

A foul will occur in the following instances:

a. If a contestant crosses the starting line before the starter says "Go". The guilty person(s) will be given only one warning for this infraction. Disqualification results if he fouls a second time.

b. If a contestant crosses into another contestant's lane which results in an interference to that contestant. This will result in the guilty person(s) disqualification with the judges determining the place of finish of the foul victim if he had not had the interference.

A "Rabbit" heat will be established if some contestants need to be re-qualified rather than disqualified for running: However, please practice all participants for walk racing.

50 FOOT WHEELCHAIR RACES

This event is for wheelchair bound residents only! An ambulatory resident may not enter this event. No motorized chairs will be allowed. For each race, the contestants will line up at the starting line as their names are called. The heat will begin when the starter says "GO" with a starting flag. Both voice and flag start must be used for hearing impaired residents. (i.e., starter says – "ready, set, go"). The contestants will be identified as to place of finish by judges at the finish line. A foul will occur in the same instances as the walking races.

NOTE: Residents may use both their hands and feet to propel the chair, but they must remain seated. One representative contestant may stand behind each contestant to encourage him to start when the start when the starter says go. However, the representative may not cross the starting line or "push " the contestant to start the race. If either of these should occur, the contestant will be disqualified

THREE WHEELCHAIR RACES: ACTIVITY DIRECTORS, ADMINISTRATORS & SUPPORT STAFF

There will be three special wheelchair races: one for Activity Professionals, one for Administrators and one for support staff (like CNAs, Nurses, Maintenance). Facilities must provide their own wheelchair for the races. Contestants must have hips touching seat of chair throughout the race and may use both legs and arms. Only actual Activity Professionals and Administrators may race in their races - no substitutes!

THROWING EVENTS

Throwing event participation is a combined entry unless a contestant declines to throw one of the items.

SHOT-PUT (Whiffleball Throw)

Division 1	35-65 feet
Division 2	20-34 feet
Division 3	1- 19 feet

There will be a line marked on the ground that each contestant must stay behind when throwing the whiffleball. The contestant can walk up to, run up to or just stand at the line to make the throw. A foul will occur when the line is crossed by either of the contestant's feet. Each contestant is allowed one (1) throw (overhand or underhand is acceptable). The distance of the throw will be recorded from the starting line to the point at which the ball hits the ground. A plastic whiffleball covered with duct tape will be used in competition (due to space and safety restrictions).

DISCUS (Frisbee Throw)

Division 1	35-65 feet
Division 2	20-34 feet
Division 3	1- 19 feet

There will be a line marked on the ground that each contestant must stay behind when throwing the Frisbee. The contestant can walk up to, run up to or just stand at the line to make the throw. A foul will occur when the line is crossed by either of the contestant's feet. Each contestant is allowed one (1) throw. There is no particular way in which the Frisbee may be thrown. The Frisbee throw will be judged as the farthest distance in flight perpendicular to the starting line, in the event the Frisbee returns towards the contestant like a boomerang. A Frisbee with an "official" stamp must be used.

NOTE: Contestants will ultimately be placed in divisions based on the farthest distance thrown the day of the meet, and competition will be judged accordingly

Volunteer may stand with contestant during the shot-put and discus throws.

BANNER CONTEST

1. May be made by volunteers, residents, staff, or any combination of the aforementioned.
2. May be made of any fabric or paper, may be hand sewn, machine sewn, or glued.
3. Must be a panel no larger than 4' x 6' (four feet by six feet). Larger banners will be disqualified and will not be allowed to compete
4. The Banner must be brought to Blossom Athletic Center between 6-8pm on Friday night before the Games. CASACA volunteers will hang the banners at each team's bleacher section. The Banner must have 3 evenly spaced grommets in the top for hanging (ends and center).
5. Banners will be judged on the following criteria: ORIGINALITY, OVERALL APPEARANCE, AND REPRESENTATION OF THE NURSING HOME GAMES. Special Judges' choice awards may also be given.
6. You are not eligible to win with the same banner on consecutive years. Banners may be reused, but if banner wins 1st, 2nd , or 3rd place, it is not eligible to win the next year. It may be reentered for competition the next year, but we encourage you to make a new banner each year as a way to involve your residents.

SPELLING TOURNAMENT

1. A list of words to be used in the competition may be obtained online or from Donna Shelton at RNC (452-5719). This list has been compiled by the Spelling Chairperson. Words will be selected at random from this list. The narrator will give the word and its meaning upon request.
2. Contestant will repeat the word and spell. Two judges will listen to the spelling of the word and will declare if it is correct or not. If correct, the contestant will remain in the competition. If the word is misspelled, the contestant will be eliminated from the competition. As long as the contestant continues to spell words correctly given him, contestant will remain in the competition. When only two (2) contestants are remaining, it will be the judges and chairperson's discretion to randomly choose a tie-breaking word which will not be on the list of possible spelling words. The last remaining person in competition will be declared the winner provided he spells the last word called correctly. First, second and third places will be awarded.
3. Spelling contestants may attend the Opening Ceremony, then quickly report to Spelling Area.
4. Spelling contestants may participate in other events, if previously registered, when eliminated from spelling competition.

42 TOURNAMENT

1. Players may attend the Opening Ceremony, then report to 42 area at 10:30am. The first round will begin at 10:45am. Lunch break 11:30-12:00. 2nd round will begin at 12:00 and play must be finished by 12:45. Our time schedule permits only a 30 min. lunch break.
2. Table positions will be assigned prior to beginning of play.
3. A team consists of 2 nursing home residents. A nursing home may enter an unlimited number of teams. Volunteers may not substitute in place of a resident.
4. Highest total team score places 1st, then 2nd and 3rd, respectively.

Rules of Play

1. Standard "42" rules will be followed with the following exceptions: Each session will last 45 minutes with a 45 min. lunch break. Partners will change tables and resume play for another 45 minute session. Total marks scored will be recorded each session. Play begins at 10:45am; 2nd session begins at 12:00pm. If at the end of set time the score is tied, the tied teams shall each receive medals. Time allowed for bidding is limited to 2 minutes; this limit includes the first bid and any succeeding bids. Opening with a bid of one mark or two marks is not allowed. Successive bids can only be increased by one mark. Mark bidders do not have to reveal the source. The last player must bid if no one else has done so.
2. Score will be kept by "marks". Nello, sevens or nears and Plunge will not be allowed. Total "marks" scored each session will be added together with top 1st, 2nd and 3rd place partners winning.
3. Winners will be determined by highest score.

Each domino and 42 participant must be accompanied at all times by a one to one volunteer provided by the facility. If the participant does not have a volunteer provided by the facility, he/she will not be able to participate. NO EXCEPTIONS.

Resident's volunteer may not help resident in any way (except to play a domino chosen by the resident if resident is physically unable to do so). Resident will be disqualified from play if volunteer coaches him/her in any way.

If you have a player with no partner, do sign them up. Upon arrival, please notify the judge who will try to match up partner-less players. If one of these teams wins, both persons will receive a medal and points for their facility.

There can be no official points given to a resident who plays with a volunteer.

DOMINOES

1. Players may attend Opening Ceremony, then report to Dominoes area at 10:30am. The first round will begin at 10:45am. Lunch break 11:30-12:00. 2nd round will begin at 12:00 and play must be finished by 12:45. Our time schedule permits only a 30 min. lunch break.
2. Table positions will be assigned prior to beginning of play. Partners will move to a new table for the 2nd sessions of play.
3. A team consists of 2 nursing home residents. A nursing home may enter an unlimited number of teams. Volunteers may not substitute in place of a resident.

Rules of Play

1. Standard rules of Dominoes will apply.
2. Scoring will be kept by marks in increments of 5.
3. Winners will be determined by high score. The game is over when the time limit has been reached. When the time limit has been reached the team with the highest score will be declared the winner. If at the end of that time the score is tied, both teams will win medals.
4. Head judge will begin and end each round.
5. Maximum time for making each play is 1 minute.

Each domino and 42 participant must be accompanied at all times by a one to one volunteer provided by the facility. If the participant does not have a volunteer provided by the facility, he/she will not be able to participate. NO EXCEPTIONS.

Resident's volunteer may not help resident in any way (except to play a domino chosen by the resident if resident is physically unable to do so). Resident will be disqualified from play if volunteer coaches him/her in any way.

If you have a player with no partner, do sign them up. Upon arrival, please notify the judge who will try to match up partner-less players. If one of these teams wins, both persons will receive a medal and points for their facility.

There can be no official points given to a resident who plays with a volunteer.

VOLLEYBALL TOURNAMENT

Volleyball will be played tournament style with winning teams progressing to the next games.

Adapted Volleyball is played with a large balloon (punch) ball. Players are seated in chairs or wheelchairs with a net at the height of five (5) feet. Court size is 14 feet wide by 18 feet long. Boundaries are 2 feet of either side of chairs including the back side. A team consists of eight players. Substitutes (alternate) may be used during the games if someone is also entered in the racing or throwing event; but substitutions will not be allowed to occur when the game is in progress. The names of alternates must be checked in the volleyball portion of your entry form. The team serving first will be determined by flip of coin. Each team will have an easily identifiable volleyball captain who is responsible to organize their team in getting on and off the court. This is necessary to insure efficiency in running the games to avoid delays.

Rules of Play

1. A team player may have two tries, if needed to serve. If both attempts fail to put the ball in play, the serving team loses the point and the serve.
2. A player or team may hit the ball as many times as necessary to get the ball over the net during volley. All players must remain seated during play. An infraction of this rule causes that team to give up the ball.
3. Points are scored by either team on each serve when the ball lands on the floor of the opponent side or when the opponent hits the ball out of bounds.
4. A team hitting the ball out of bounds on either side of the net gives up the ball and loses the point.
5. A ball touching the floor in bounds of a team's side causes that team to give up the ball and lose that point.
6. Tournament is single game elimination and games will be played to 15 points (or less, depending on the number of teams entered and time constraints).
7. Boundary tape will be checked often during the competition to ensure accuracy of boundaries.

ARTS & CRAFTS

1. All items must have been made within the past 12 months. "Date Completed" must be on entry form.
2. Entry forms for each item must have a picture of the resident and a small paragraph telling about resident's interests. Ex: Mary Smith is 92 years old, was born in Austin, Texas and enjoys sewing, music and bird watching. The picture and form will be displayed with the craft project.
3. Group Projects will be accepted. Four or more residents must have worked together in completing a project (projects such as collages, quilts, murals, etc.). Group projects must be listed on master entry form.
4. Please complete the enclosed Arts & Crafts, entry form (one form per entry) in addition to the master entry form. Forms are to be submitted with other registration paperwork.
5. Long tables will be provided and already set up prior to the time designated persons arrive to set up and arrange their resident's items entered. Entries may be brought to Blossom Athletic Center between 6-8pm on Friday night (there will be security provided all night) or brought Saturday morning by 10:15am (entries arriving after 10:15am will not be eligible for judging)
6. Items MUST be transported by individual facilities to Blossom Athletic Center. Items will NOT be accepted through the mail and arrangement of the items will need to be made by a representative of individual facilities. This includes set-up and end of the day break-down.
7. Items will only be accepted from those facilities who have at least one or more entries in the other events; i.e., throwing, racing, volleyball, spelling, dominoes and/or 42.
8. Facilities wishing to enter Arts & Crafts contest may make as many entries as desire, but only one item per contestant in each category, please. Contestants may enter as many categories as they wish, but only one item per category. There is a \$3 fee for each craft entry, and each entry must have a completed entry form and picture.
9. See separate list of categories.
10. Judging begins at 10:15am for arts and crafts and t-shirts.
11. The T-shirt competition has been divided into two areas: 1) Professional Shirts and 2) Homemade shirts. A description of your entry is to be submitted with the other entry forms. A sample t-shirt must be turned in to the Arts & Crafts area for judging before 10:15am on Games day. (May also be turned in the night before from 6-8pm)

12. No previously registered entries will be accepted for judging after 10:15am on Saturday. Absolutely NO new entries will be accepted for judging in Games day. (There will be a “display only” table for late or unregistered entries.)

ARTS & CRAFTS CATEGORIES

1. Original Paintings: the creation of original work by applying acrylic paint, oil paint, pastels or watercolors to a surface. The surface is not limited to canvas; it can be wood, plaster, leather, metal, glass, etc.
2. Kit Paintings: same as above but using a purchased kit as in color, paint or pencil by number.
3. Sculptures: the creation of three-dimensional forms by carving (stone), modeling (clay), or assembling (welding) plastic, or other hard materials into a work of art. NOTE: if the medium is wood it must be entered into wood carving or woodworking
4. Ceramic Figurines: the creation of an item using a bisque ware and glazing process.
5. Pottery: the creation of an item using earthenware and fired clays.
6. Plaque Painting: a design using a flat material (ie. handprint in clay, a painting carved in clay) NOTE: if the medium is wood it must be entered in wood carving or woodworking.
7. Mosaics: a design made by inlaying small colored pieces of stone, glass, wood, tile, etc. into a surface to create a design.
8. Woodworking: refers to items constructed of wood that have a useful purpose such as a jewelry box, chess set or clock.
9. Wood Carving: is three-dimensional pieces achieved by carving away unwanted wood from the original whole piece of wood.
10. Floral Arrangements: the art of creating flower arrangements in vases, bowls and baskets, or making bouquets and compositions from cut or artificial flowers, foliage, herbs, ornamental grasses and other botanical materials.
11. Door Decorations: original designs that are created for decorating doors. These are seasonal or non-seasonal. (winter, spring, summer, fall).
12. Door Decorations: original designs that are created for decorating doors. These are holiday themed.
13. Table Decorations: original designs that are created for decorating tables. These are seasonal or non-seasonal (winter, spring, summer, fall).

14. Table Decorations: original designs that are created for decorating tables. These are holiday themed.
15. Wall Decorations: original designs that are created for decorating walls. These are seasonal or non-seasonal. (winter, spring, summer, fall)
16. Wall Decorations: original designs that are created for decorating walls. These are holiday themed.
17. Fun Foam Art: any designs made from fun foam, original design or from kits.
18. Plastic Canvas Art: type of embroidery in which yarn is stitched through a plastic canvas. Canvas work is a form of counted-thread embroidery. Includes flat and three-dimensional designs.
19. Yarn work/Crewel: a decorative form of surface embroidery using wool and a variety of different embroidery stitches to follow a design outline applied to the fabric.
20. Yarn work/Embroidery: is the art or handicraft of decorating fabric or other materials with designs stitched in strands of thread or yarn using a needle. Includes Cross-stitched items.
21. Needlework/Knitting: needlework created by interlacing yarn in a series of connected loops using straight eyeless needles or by machine creating knitted wear.
22. Needlework/Crochet: Needlework done by interlocking looped stitches with a hooked needle.
23. Needlework/Sewing: an ancient art involving the stitching of cloth, leather, animal skins, furs, or other materials, using needle and thread.
24. Beadwork: designs incorporating beads is called beadwork. Beads of any kind may be used to create designs such as belts or scarves made on a beading loom.
25. Jewelry: pieces made through casting, channeling, lost-wax, polymer-clay beads, wire-wrapping, etc.
26. Collage: A design or image created by assembling pieces of paper.
27. Decoupage: the art of decorating surfaces by applying cutouts of paper and coating with several layers of a clear finish such as varnish or lacquer.
28. Scrap-booking: a method for preserving a legacy of written history in the form of photographs, printed media, and memorabilia contained in decorated albums, or

scrapbooks.

29. Rubber Stamping: pressing a design onto a book cover, paper or other item using ink, metal foil, colored foil applied with raised rubber designs.
30. Card Making: using any combination of art medium to create all occasion cards for sharing or framing.
31. Sketching: original art created using pencil, ink or charcoal.
32. Drawing: original art using colored pencils and markers.
33. Literature: poetry or prose.
34. Photography (Color): a photograph developed in color and must be mounted or framed.
35. Photography (Black & White): a photograph developed in black & white and must be mounted or framed.
36. Group Projects: a project made by the combination of efforts from four or more residents.
37. Miscellaneous: this category includes anything that is not covered above. Please name your craft if it is not above and you send it as miscellaneous. We'll want to add it next year. Thanks.