



# Virtual 2020 State Finals

## Sports Guidelines

This is a compilation of all sports guidelines for virtual State Finals Sports. Each event page and a corresponding video can be found the on website for that event at [www.ncseniorgames.org/sports-details](http://www.ncseniorgames.org/sports-details).

These guidelines will be updated for 2021  
by the Sports Management Clinic to be held February 3, 2021.



# 5K / 10K Runs

## Score Card and Guidelines for Virtual Competition

### Recommended Equipment

1. Comfortable running shoes.
2. Water Bottle
3. Timing device: Watch or Tracking app
4. Hat
5. Sunscreen

### Course Selection

- Anywhere you like. Trail, park or greenway are just a few recommendations
- Considerations include terrain, hills and other features
- Review community safety regulations before going for your run
- Alter your time of day if your favorite course is crowded
- Be prepared for limited access to public restrooms
- Run single file, not two abreast
- Let someone know where and when you will be running and when you expect to be back

### Scoring

Winners will be determined by the fastest times submitted on the NCSG website for each race by gender and age group.

	Write your time here so you will have them when you go to submit them on the NCSG website.
5k or 10k time (must run event for which you are registered)	



# Archery

## Scoresheet and Reference Notes for Virtual Competition

### Equipment

1. USA Archery equipment rules apply to the conventional bow shooter. National Field Archery Association (NFAA) equipment rules apply to the compound bow shooter.
2. Participants are required to use a lawful and safe archery range.
3. The center of the Gold on the target shall be approximately 51.25 inches from the ground.
4. Should equipment failure occur, unlimited repair time is allowed the archer. The end will then be completed.
5. Field glasses or scopes are permitted for spotting arrow hits.
6. No broadheads will be permitted.

### The Game

- The “600” round will be used for Virtual State Finals competition.
- There will be six divisions:
  - Conventional - Recurve Bare Bow
  - Conventional - Recurve w/ site
  - Conventional - Recurve w/ site & Release Aid
  - Compound - Bare Bow
  - Compound - w/ site
  - Compound - w/ site and Release Aid
- 60 arrows will be shot as follows:
  - 20 arrows from 60 yards (4 ends of 5 arrows)
  - 20 arrows from 50 yards (4 ends of 5 arrows)
  - 20 arrows from 40 yards (4 ends of 5 arrows)
- Each END will consist of 5 arrows unlimited time will be allowed for each END.

### Scoring

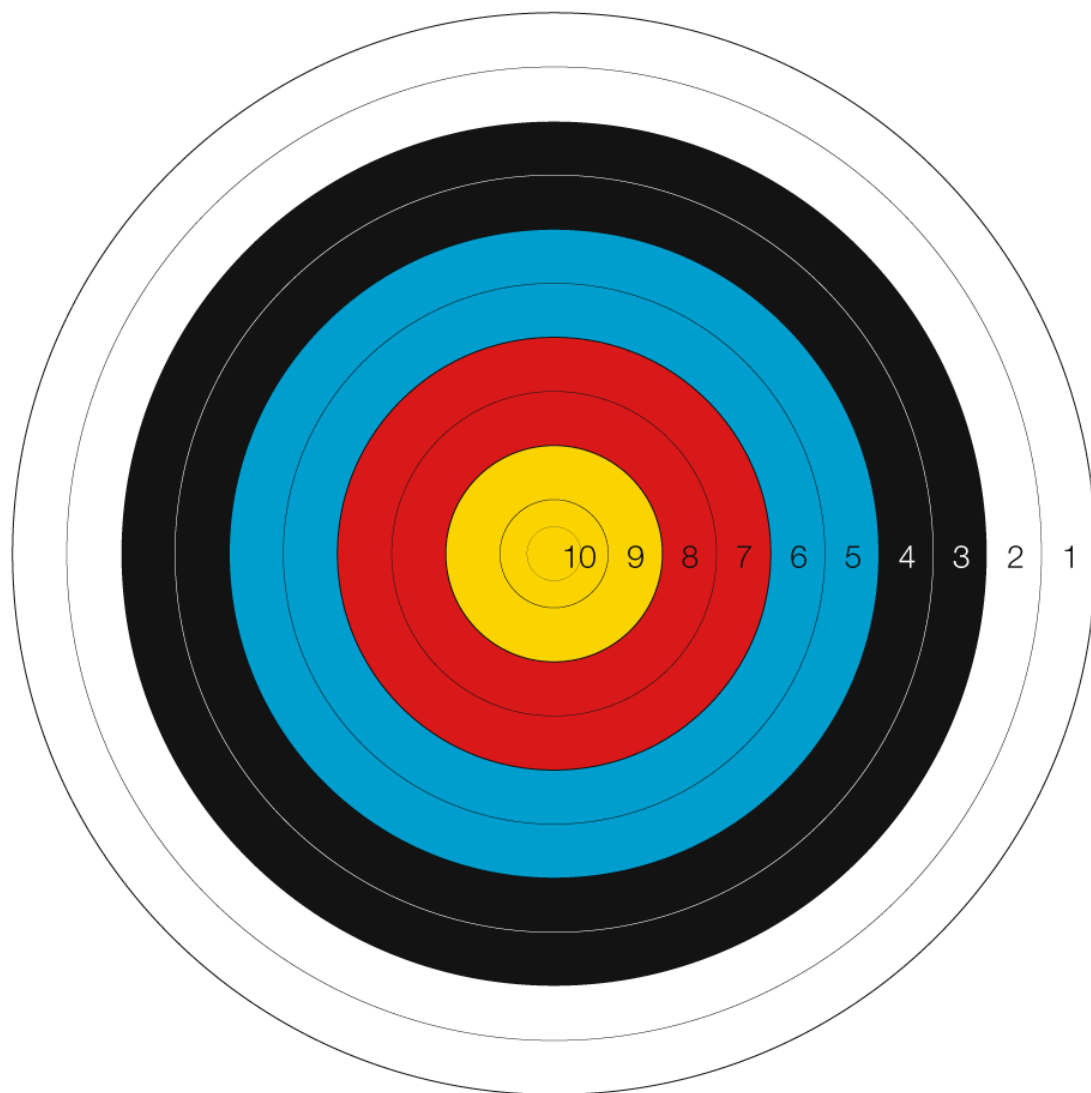
#### Scoring

1. Regulation 122 cm. (48") 5 color target face will be used, see diagram. Scoring values: gold (10-9), red (8-7), blue (6-5), black (4-3), white (2-1) -- 10 ring scoring. Note: each color is divided into 2 scoring areas by a thin black line.
2. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.
3. Winner shall be the archer(s) scoring the highest number of points in a single round of 60 arrows.
4. In case of a tie, 1. greatest # of scoring hits, If a tie remains, medals will be given to both.
5. Arrows that hit the target but bounce out will be scored as hits **if clearly witnessed** by the archer. If **not** clearly witnessed, there is no penalty and a replacement arrow is shot.



# Archery

Scoring Diagram





# Archery 600 Scoresheet

A 600 Round Consists of 4 ends of 5 Arrows per end. There are 4 ends at each distance with a possible 200 point total.

## 60 Yards

ENDS	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	Scoring Hits	End Total	Running Score
1								
2								
3								
4								
Totals:								

## 50 Yards

ENDS	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	Total Scoring Hits	End Total	Running Score
1								
2								
3								
4								
Totals:								

**40 Yards and Totals Next Page**



# Archery 600 Scoresheet

Page 2

## 40 Yards

ENDS	Arrow 1	Arrow 2	Arrow 3	Arrow 4	Arrow 5	Total Scoring Hits	End Total	Running Score
1								
2								
3								
4								
Totals:								

60 Yard Hits Total_____	60 Yard Score Total_____
50 Yard Hits Total_____	50 Yard Score Total_____
40 Yard Hits Total_____	40 Yard Score Total_____
<b>Final Hits Total</b> _____	<b>Final Score Total</b> _____



# Virtual Badminton Competition

Singles, Doubles, Mixed Doubles  
Score Card and Reference Notes

## Equipment

1. Badminton racquet
2. Birds/ shuttlecocks
3. Tape or rope if outside
4. 4 Empty 2 liter bottles or something similar in size
5. Measuring tape
6. Net or rope/string
7. Table
8. Buddy

## Challenges

- Serve Challenge-possible points
- Forehand Challenge- possible points
- Stamina Challenge-possible points

Winners are determined by age and gender by total points. Tie Breaker is Stamina Challenge.

- Doubles: Same gender pairs; Mixed Doubles: Opposite-gender pairs.
  - In Doubles and Mixed Doubles events, both players scores are combined for a team score. Maintain proper social distancing.
  - The age of the younger player will determine the age group.
  - A player may compete in only one age group; age groups are the same as in individual sports.
  - If an individual's partner cannot compete in Virtual State Finals, that person may select another partner who qualified in that sport at a Local Games in NC.
  - A list of partners-seeking-partners will be posted on the NCSG website.
  - The last day to change one's partner is September 18.
  - Only one partner is required to report scores for the team.

## Set Up Serve Challenge Court:

Mark 4 3x3 blocks on the ground as indicated below.

Square A is: 20 ft from the net and touching the side line (2 points for each bird attempts)

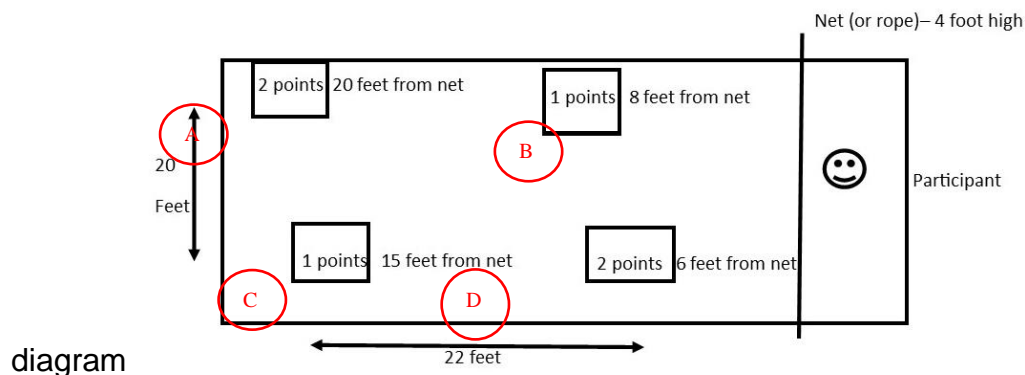
Square B is: 8 feet from the net and 1 foot from the side line (1 point for each bird/5 attempts)

Square C is: 15 feet from the net and 3 feet from the side line (1 point for each bird/5 attempts)

Square D is: 6 feet from the net and 3 feet from the side line (2 points for each bird/5 attempts)

## Serve Challenge

Serve 5 birds at each of the 4 targets. Points indicated on the



## Set up Forehand Challenge Area

4 empty 2 liter bottles, or something similar in size, 6 inches apart.

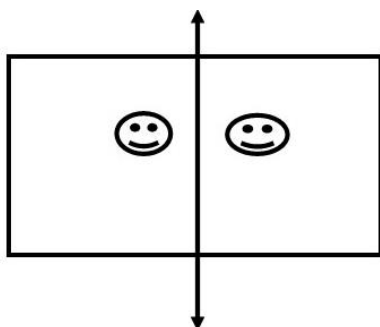
## Forehand Challenge

Participant stands 20 feet away from bottles. Buddy tosses shuttlecock to participant and participant hits with forehand. If bottle is contacted/moved, 2 points are awarded. 20 attempts. Total possible points 40

## Stamina Challenge

Hit the bird up in the air across the net run to the other side of the net and hit it back. 4 points awarded for each successful bird kept in the air. 20 attempts. Total possible points 80.

0 points







# Virtual Badminton Competition

## Score Card

- In Doubles and Mixed Doubles events, both players scores are combined for a team score.
- Only one partner is required to report scores for the team.

### Serve Challenge

Square A is: 20 ft from the net and touching the side line (2 points for each bird/5 attempts)

Square B is: 8 feet from the net and 1 foot from the side line (1 point for each bird/5 attempts)

Square C is: 15 feet from the net and 3 feet from the side line (1 point for each bird/5 attempts)

Square D is: 6 feet from the net and 3 feet from the side line (2 points for each bird/5 attempts)

Square A	1	2	3	4	5	Total birds in box	X 2 points each	Total points

Square B	1	2	3	4	5	Total birds in box	1 Point each	Total points

Square C	1	2	3	4	5	Total birds in box	1 Point each	Total points



# Virtual Badminton Competition

## Score Card -Page 2

Square D	1	2	3	4	5	Total birds in box	X 2 points each	Total points

<b>Total points for Serve Challenge</b>

### Forehand Challenge

Note number of times bottle is contacted down:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

Total times bottle contacted	X 2 points each	Total Points

# Virtual Badminton Competition

## Score Card -Page 3

### Stamina Challenge

					Total Birds kept in the air	X 4 points	Total Points	
1	2	3	4	5				
6	7	8	9	10				Total Points
11	12	13	14	15				

Total Serve Challenge Points	
Total Forehand Challenge Points	
Total Stamina Challenge Points	
Grand Total	



# Basketball Shooting

Score Card and Reference Notes for Virtual Competition

☐ = Miss (zero points)

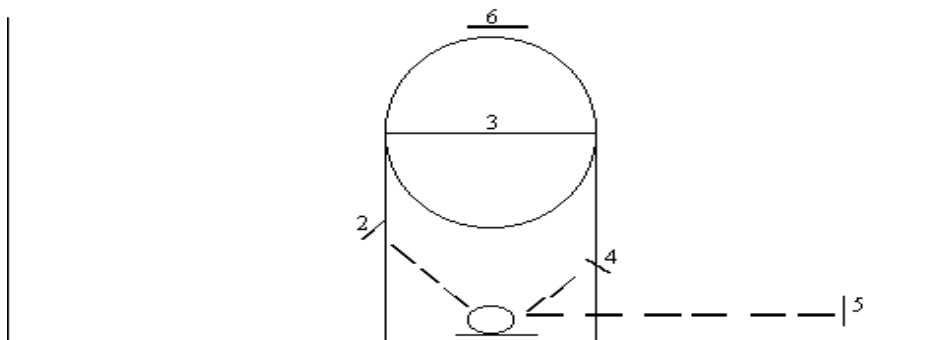
☒ = Successful Shot (1 point)

Shot 1 Lay up (either side)	Shot 2 9' shot (from the center of the basket)	Shot 3 Free Throw (15' from the backboard)	Shot 4 6' shot (from the center of the basket)	Shot 5 10' shot (from the center of the basket)	Shot 6 Top of Circle (19' 9" from the center of the basket)	Total
☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	

## Court

1. The basket will be 10 feet in height.
2. The court will be designed, as in the diagram given, to accurately reflect distances from the basket to the shooting lines.
3. Measurements made for the free throw made from the backboard. All other measurements are made from the center of the basket (use a plumb line or pole to locate that point on the floor) to the inside edge of the **2-inch** tape lines.

## Court Diagram



## Equipment

All participants may use either the men or women's regulation basketball. Participants may use their own properly inflated basketballs.

## The Game

1. The players will shoot 3 shots from each of 6 designated areas of the court for a total of 18 shots (see diagram).
2. Each shooter will be allowed 6 practice shots and 18 official shots. Participants may elect to "pass" any practice or official shot(s). Each shooter may use their first 6 shots as practice shot(s) or "pass on practice shot(s)". Participants must clearly state that they are "passing" on practice shot(s) or the first 6 shot(s) will be considered practice shot(s). The shooter must be behind the designated line (no part of his/her feet can touch on or beyond the line until the ball leaves his/her hands). Shoes are required.
3. The lay-up may be taken from **EITHER** side of the basket (the only fault on the lay-up is a miss, and the participant may shoot from a stationary position OR moving). All other shots must be from the designated lines.



# Virtual Basketball Team Challenge

## Individual Score Card and Reference Notes

The Virtual Basketball Team Challenge has three skills tests per player per team. The Team Captain for each team reports the scores for the team. Medals will be awarded by age/gender category. Tie breaker will be the team with the best shooting challenge score.

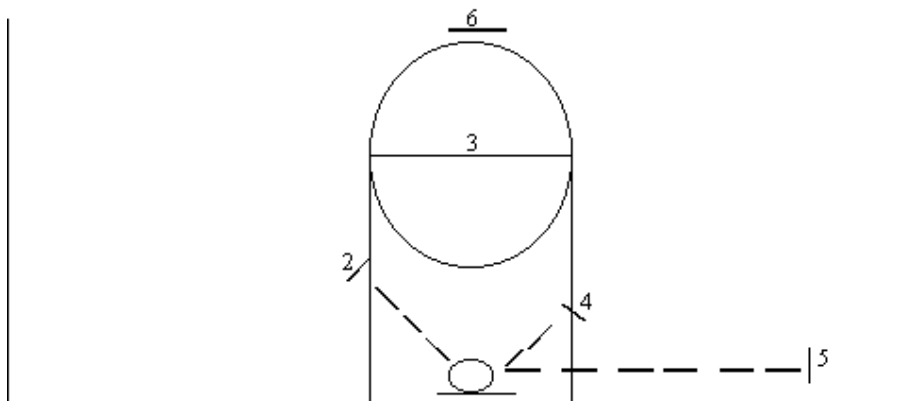
### Equipment:

- 10" Basketball goal
- Basketball
- Tape measure
- Chalk, tape, or other appropriate distance marker
- Scorecard and clipboard or something to bear down on
- Pencil or Pen

### Shooting Challenge:

Same challenge/competition as the Senior Games Basketball Shooting Activity. A series of shots as follows (See diagram for corresponding shot numbers). Total possible points is 18 points

Shot 1 Lay up (either side)	Shot 2 9' shot (from the center of the basket)	Shot 3 Free Throw (15' from the backboard)	Shot 4 6' shot (from the center of the basket)	Shot 5 10' shot (from the center of the basket)	Shot 6 Top of Circle (19' 9" from the center of the basket)	Total
□□□	□□□	□□□	□□□	□□□	□□□	



### Free Throw Challenge

Each player gets two rounds with 10 shots in each round for a total of 20 shots per player. 1 point per shot made. The player is lined up with the center of the goal. Shots should be made consecutively with a break in-between rounds.

Round 1 Free throws, note shots made:

Total score is number made x 2

1	2	3	4	5	6	7	8	9	10	Round 1 Score

Round 2 Free throws, note shots made:

Total score is number made x 2

1	2	3	4	5	6	7	8	9	10	Round 2 Score

<b>Free Throw Challenge Total Score</b>	
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### Three point Challenge

The distance for the 3-point line is 20 feet and 9 inches from the center of the goal (college line).

Each player gets two rounds with five shots in each round for a total of 10 shots. The player may shoot from any point along the 3-point line as long as it meets the distance requirement of 20'9" from the center of the goal. Shots 1-4 in each round will allow for 1 point per successful shot, the 5<sup>th</sup> shot (The Money Shot) is worth 3 points for a total of 14 possible points per player for this competition.

Round 1 3 pt shots

1 1 point	2 1 point	3 1 point	4 1 point	5 3 points	Round 1 Score

Round 2 3 pt shots

1 1 point	2 1 point	3 1 point	4 1 point	5 3 points	Round 2 Score

<b>3 Point Challenge Total Score</b>	
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<b>Total Individual Score (all three challenges combined)</b>	
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## Basketball Team Captain Summary Sheet

This summary sheet is to help you tally your player scorecards and prepare to enter your team's scores in the Google Form Scoresheet on the Basketball Tournament page of the ncsg website at [www.ncseniorgames.org](http://www.ncseniorgames.org)

Players	Shooting Challenge (18 possible points)	Free Throw Challenge (20 possible points)	Three-Point Challenge (14 possible points)	Total Score
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

TEAM  
TOTAL

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# Billiards

## Score Card and Guidelines for Virtual Competition

### Equipment

Play will take place on standard tables, 8' x 44" or larger; Billiard Balls #1 - #15 with cue ball. .

### The Game

**The Rack** - The balls are racked as shown in the illustration as shown in the diagram. Except as shown, all other balls may be placed entirely at random.

**Legal Break Shot (Defined)** - To execute a legal break, the shooter must shoot the cue ball from behind the head string, the head ball must be struck first and at least 4 object balls must be driven to rails or a ball must be pocketed. There is no penalty for an illegal break. Rerack and break again, no extra shot penalties for an illegal break.

After the break, choose which balls you wish to pocket first (high/stripes or low/solid). The choice of high/low is not affected by any balls being pocketed on the break.

- The break is shot number 1.
- If you chose **low/solid** balls, pocket all low balls first in any order with the exception of the 8 ball. Next, pocket all the high balls. Last, see 8 ball rules below. If a high ball is pocketed before all low balls are pocketed, there is a one shot penalty and the high ball(s) pocketed are removed from the pocket(s) and placed on the foot spot.
- If you chose **high/solid** balls, pocket all high/stripped balls first in any order with the exception of the 8 ball. Next, pocket all the low balls. Last, see 8 ball rules below. If a low ball is pocketed before all the high balls are pocketed, there is a one shot penalty and the low ball(s) pocketed are removed from the pocket(s) and placed on the foot spot.
- 8 Ball-After all the balls have been cleared except for the 8 ball: Call your own pocket.
  - If the 8 ball is pocketed in the wrong pocket, it is removed from the pocket and placed as close to where it was before the hit as possible and 3 shots are added to the tally before the next shot. The cue ball is then placed anywhere behind the head string for the next shot.
  - If there is a scratch on the 8 ball shot, the 8 ball stays where it is, a 3 shot penalty is added to the tally and the cue ball will be placed anywhere behind the head string for the next attempt.
  - If there is a scratch on the 8 ball shot and the 8 ball is pocketed in any pocket, the 8 ball is put on the foot spot and the cue ball is placed anywhere behind the head string. A 3 shot penalty is added to the tally.

**Legal Shot – Legal Shot** – All shots are legal except those that result in a scratch or 8 ball pocketed.



### Scoring:

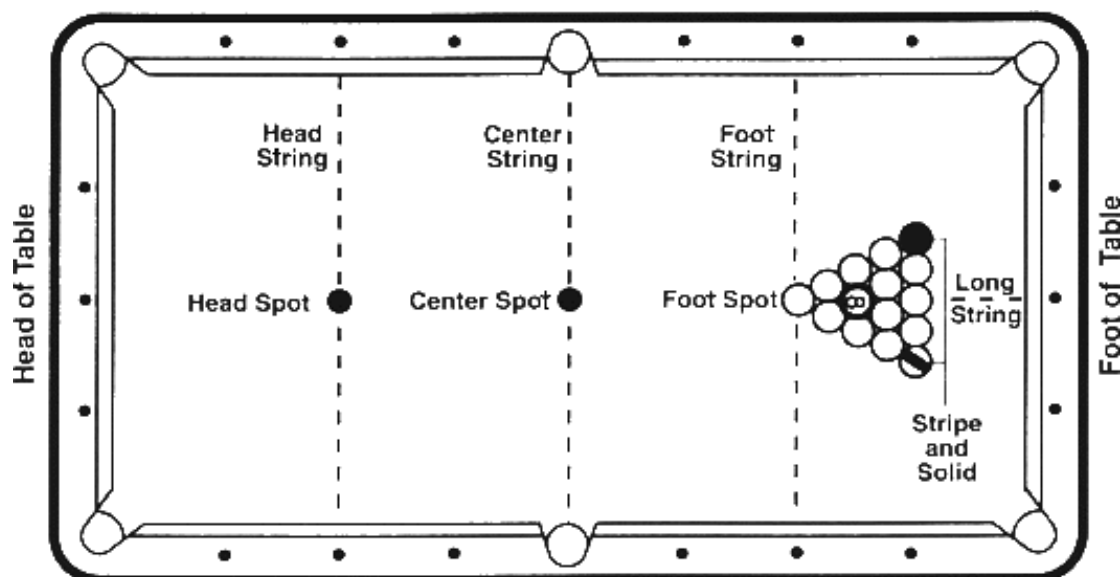
3 rounds for each individual. Score for each round is the number of shots in the round to pocket all balls plus shot penalties on fouls as described below. Final score is the number of shots for all three rounds total.

### Fouls:

A scratch (cue in pocket) results in 2 additional shots added to the tally and the cue ball can then be placed ball in hand anywhere on the table. If the 8 ball is accidentally pocketed, the 8 ball is returned to the foot spot and 2 shots are added to the tally. The cue ball stays where it is for the next shot.

Object Balls Jumped Off Table - If any object ball is jumped off the table, it is a miss, not a foul. The shooter's object ball(s) is spotted on the foot spot. The cue ball remains in same spot.

### Diagram:







# Bocce

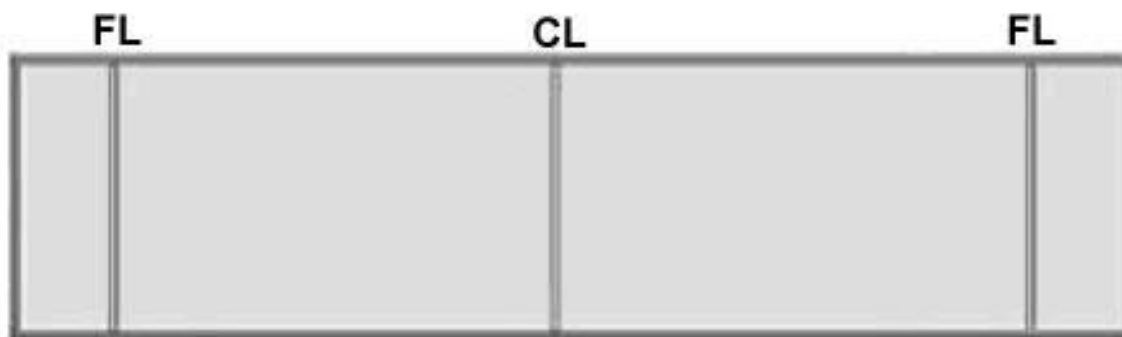
## Score Card and Reference Notes for Virtual Competition

### Court

**Playing Surface**-The playing surface shall be reasonably flat and level and may consist of packed dirt, fine gravel, artificial surface or short grass.

**Court Dimensions** -Court dimensions may range from 60' to 95' long and 12' to 15' wide. The recommended size is 60' long and 12' wide. The foul line range is 4' to 10', relative to the total length of the court.

Diagram:



<b>CL = Center Line</b> <b>FL = Foul Line</b>
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### Equipment

A set of bocce balls consists of eight large bocce balls, four balls each of two different colors, and a smaller pallino. Ball sizes may be from 107 mm (4.20") to 110 mm (4.33") and the pallino may be from 48 mm (1.875") to 63 mm (2.5").

## **The Game**

Start by placing the Pallino in the center of the center court line. From the end of the court, throw each of your 4 Bocce balls, waiting for the each one to come to rest before throwing the next one. Any Bocce ball that is within 18 inches of the Pallino after all balls come to rest counts for 1 point. If the Pallino has been moved while throwing the Bocce balls, place the Pallino back at the center of the court at the end of each round and repeat the process 10 times (the equivalent of 2 games).

### **Fouls**

- All bocce balls are thrown from behind the foul line. Foul Line rules apply (see below).
- Balls may be bounced off or played against the sideboards.

### **Foul Lines**

1. Foul lines must be clearly indicated by marks or posts at the sideboard or a chalk line for foul line violations to be officially called and penalties applied.
2. Players may step ON but NOT OVER the foul line before releasing the pallino or a bocce ball. The toe of the foot may not exceed the width of the foul line.
3. If a player steps beyond the foul line before releasing a ball (bocce or pallino), one warning will be given per game. Subsequent fouls will result in nullifying the pallino throw or removal of the thrown bocce ball from play. Standard Penalties apply.

### **Standard Penalties:**

1. For the violation of any rule that requires the removal of a bocce ball from play, that ball is immediately removed from play until that frame has been completed. The violation must be called and the ball removed before the next ball is thrown. If the ball is not removed before the next ball is played, the ball remains in play for the rest of the frame.
2. If possible, any balls moved because of the action of the violation ball are reset to their approximate original position.

# Bocce Score Card

Sample

Balls	# of balls w/in 18" of pallino	Total Score
4	1	1
8	3	4
12	2	6

Balls	# of balls w/in 18" of pallino	Total Score
4		
8		
12		
16		
20		
24		
28		
32		
36		
40		
Total		



# Bowling

Singles, Doubles, Mixed Doubles  
Score Card and Guidelines for Virtual Competition

## Equipment

United State Bowling Congress approved equipment must be used by participants.

## The Game

1. United State Bowling Congress rules will govern this event. Best total pin fall will determine the winners in all events (except in Doubles where both persons must score to win). Three games will be played per event.
- Doubles: Same gender pairs; Mixed Doubles: Opposite-gender pairs.
  - In Doubles and Mixed Doubles events, both bowlers' scores are combined for a team score for three games. Maintain proper social distancing. Combined total pins determine the winners.
  - The age of the younger player will determine the age group.
  - A player may compete in only one age group; age groups are the same as in individual sports.
  - If an individual's partner cannot compete in Virtual State Finals, that person may select another partner who qualified in that sport at a Local Games in NC.
  - A list of partners-seeking-partners will be posted on the NCSG website.
  - The last day to change one's partner is September 18.
  - Only one partner is required to report scores for the team.

## Tied Scores

When ties occur in Singles, the bowler with the highest single game score wins the higher place. In Doubles, the team with the highest combined game score wins the higher place. If the tie still stands medals will be awarded to both winners.



# Bowling

## Score Card

### Singles

NAME and DOB	Game 1	Game 2	Game 3	TOTAL SCRATCH

### Doubles

- Only one partner is required to report scores for the team.

NAME	DOB	Game 1	Game 2	Game 3	TOTAL SCRATCH
GRAND TOTAL					

### Mixed Doubles

- Only one partner is required to report scores for the team.

NAME	DOB	Game 1	Game 2	Game 3	TOTAL SCRATCH
GRAND TOTAL					





### **Distances**

- For Women 85+, the boards shall be measured to be 15' apart (front of board to front of board).
- For Men 70+ and Women 50-84, the boards shall be measured to be 20' apart (front of board to front of board).
- For Men 50-69, the boards shall be measured to be 24' apart (front of board to front of board).
- If only using one board the distances remain the same, for example Sara is 65, the spot where she throws from should be no less than 20' from the front of the board she is throwing to.

### **Equipment Needed:**

- One set of Cornhole boards
  - Boards shall be 24" x 48". The hole shall be 6" in diameter, centered 9" from the top of the board and 12" from each side edge. The front of the board is 3"-4" from bottom to top. The back of the board is 12" from bottom to top. The angle of the back legs of the board to the board should be approximately 109 degrees. The playing surface should be finish-sanded to a smooth texture.
  - Only one board is necessary to complete this virtual event- I think this should stay in just in case a person is hesitating on signing up thinking they have to have access to two boards.
- Cornhole bags
  - 8 bags; 4 each of two different colors. The bags shall be 6" x 6" square and weigh 1 pound each and the preferred (not required) filling is corn. A canvas like durable material is recommended.
- Scoresheet
- Clipboards or something to bear on when writing.
- Pencil or pen

### **The Game:**

- Three rounds to 21 points for each round.
- Throw consecutively until you get 21 points for each of the three rounds. Breaks between rounds are allowed. See scoring details below.
- Record the total number of throws it took you to get to 21 points.
- Record exactly how many bags went in the hole
- Winners will be decided by:
  - The person who gets to 21 with the least number of throws.
  - If there is a tie the deciding factor will be who achieved the most bags in the hole.
    - In the event there is still a tie, participants with the best 3<sup>rd</sup> round score will break the tie.
    - In the event there is still a tie, participants with the best 2nd round score will break the tie.
    - In the event there is still a tie, medals will be awarded for all ties.

**Scoring:**

- 1 point per bag on board
- 3 points per bag in hole
- A bag that comes into contact with the ground before the board is not a legal throw and will be removed from play and point consideration. A bag that is touching the ground while also sitting on the board will also be removed from play and point consideration. A bag must completely clear the hole to be in the hole. A bag hanging partially in the hole is a bag on board, is not in the hole.

**Fouls:**

- Thrower stepping over the plane of the front of the board extended.

# Croquet

## Score Card and Reference Notes for Virtual Competition

**Total strokes to go through the court twice: \_\_\_\_\_**

The **minimum** number of strokes to go through the course twice **while not factoring in strokes earned** and clearing one wicket per stroke is **16**.

### Sample Scoring Scenarios:

### Sample 1

Stroke 1: Player A's ball passes through wickets 1 and 2 with the very first stroke so he/she is awarded 2 strokes. 1 stroke minus the 2 stroke award for passing through wickets 1 and 2 with one stroke. Currently score is -1.

Stroke 2: Player A's ball approaches wicket 3 on the next stroke. 1 stroke – 0 awards. Current score before next stroke is 0.

Stroke 3: Player A's ball passes through wicket 3. 1 stroke of the ball minus the 1 stroke award for passing through wicket 3. Current score before the next stroke is 0.

## Sample 2

Stroke 1: Player B's ball passes through wicket 1 with the very first stroke so he/she is awarded 1 stroke. 1 stroke - minus the 1 stroke award for passing through wicket 1. Current score before next stroke is 0.

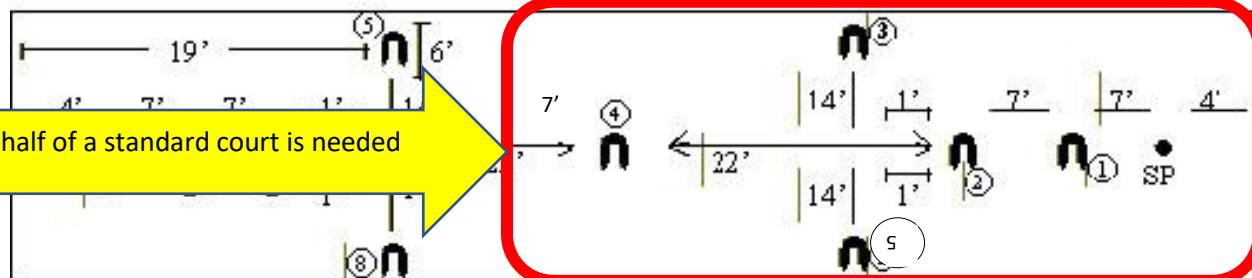
Stroke 2: Player B's ball passes through wicket 2 on the next stroke. . 1 stroke - minus the 1 stroke award for passing through wicket2. Current score before next stroke is 0. .

Stroke 3: Player B's ball does not pass through wicket 3 on the next stroke. 1 stroke – 0 awards. Current score before next stroke is 1. .

Stroke 4: Player B's ball passes through wicket 3 on the next stroke. 1 stroke – 1 stroke award for passing through wicket 3. Current score before next stroke continues to be 1.

### The court:

Boundary lines or corner stakes to indicate boundaries total space needed is 47 ft long by 29 ft wide. The playing surface may be level or hilly with grass cover. There are no penalties for hitting a ball out of bounds. The following dimensions govern the placement of the wickets and posts:



## **Equipment:**

- 1 mallet:- The head of the mallet shall be of wood or any other material, provided that the player shall gain no advantage over wood. Metal may be used for weighting or strengthening. The two end-faces shall be parallel, perpendicular to the bottom and must have identical playing characteristics. There may be a beveled edge, which shall not be considered as part of the face.
- 1 ball
- 5 wickets
- 1 turning post

## **The Competition**

1. The tour of the ball must go through wickets 1-5 then 2 1, strike the turning post, then repeat. Wickets 1-5, 2, 1 strike the turning post to finish.
2. The ball must pass completely through each wicket in the proper sequence and direction.
3. To start play, the ball is placed one-third the distance from the post to wicket 1, (28 inches) in a direct line with the post and the wicket.
4. The ball must be struck, not pushed, with the face of the mallet. It must also be a single clean hit. If a ball is pushed or the mallet hits the ball more than once, all balls are returned to their original positions and that stroke is lost.
5. A stroke is counted if there is any contact of the mallet on the ball, even if there is no movement of the ball or if it rolls back to its original position. A swing and miss does not count as a stroke.
6. Wickets may not be touched by the mallet in playing the ball. If any wicket is touched, all balls are returned to original positions and the stroke is counted.
7. The turning post may be touched or struck when playing the ball.
8. One (1) free stroke is awarded for passing completely through each wicket in the correct sequence and direction. Two (2) free strokes are awarded for passing through any 2 wickets in the correct sequence and direction in one (1) stroke. During the turn when an award is given for a passing through a wicket or striking a turning post, no other awards will be given.  
If a ball is bridged the wicket does not count until it's completely through, even if the ball is traveling in the correct direction.
9. One (1) stroke is awarded for striking the turning post in proper sequence, and must be taken from where the ball comes to rest or on the boundary line where it goes out of bounds. During the turn when an award is given for passing through a wicket or striking a turning post, no other awards will be given.



# Cycling

1 Mile

Recumbent - 1 Mile

5K

Recumbent – 5K

10K

Recumbent – 10K

## Score Card and Guidelines for Virtual Competition

### Course Selection

1. The only course requirement is that it is safe. Select a course that is as flat as possible in your area where you can ride “out and back”. Lots of uphill is an unfair disadvantage, lots of downhill is an unfair advantage. **Out and back defined:** Ride half the distance and turn around and return to the start line. This is to prevent riders from racing with a huge tailwind or straight downhill for the entire race.
2. Participants must complete the correct distance in one ride for each of the three activities. Example: Submitting a doubled 5k time for 10k is **not** permitted.
3. Ride where and when you like and report times for each event for which you are registered.
4. Drafting is not allowed. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side.
5. Cyclists must start each race from a stationary position, not in motion.

### Equipment

1. Participants shall provide their own bicycles. The bicycles will be non-motorized, with no device to reduce resistance, except that spoke covers may be used. Participants must use the type of bike (recumbent or traditional) indicated when registering for State Finals.
2. All riders must wear a protective helmet that is properly secured. Shirts or jerseys must be worn and shall cover the shoulders.
3. Participants need some way to time themselves. This can be any device operated by the participant themselves or another individual in which the start and stoppage of time can be controlled.
4. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.

### Scoring

Winners will be determined by age and gender for the fastest times submitted.

	Write your scores here so they will be easily accessible for submission
1 mile time	
5k time	
10k time	

8/4/20



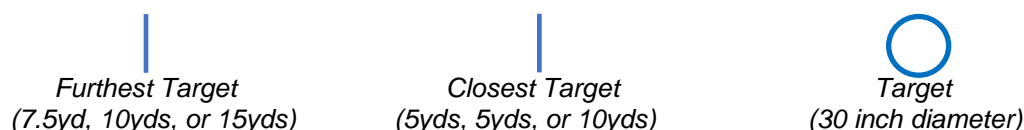
# Football Throw

## Score Card and Reference Notes for Virtual Competition

### Equipment:

- Target (hula hoop), approximately **30 inches in diameter with the center 6 ft off the ground**. Hang from a tree branch or other safe horizontal "post". Or make a a 30 inch circle or square on an outdoor solid wall with the center of the circle/square 6 ft off the ground.
- Intermediate-size or high school footballs may be used.
  - Intermediate = 12-14 oz., 10-11 in. long, 19-20 in. short circumference.
  - High school = 14-15 oz., 10 7/8 - 11 7/16 in. long, 20 3/4 - 21 1/4 in. short circumference

### Set-Up:



### The Game

- Each participant will make **five throws** from 2 distances by age and gender as follows
- Note: yards not feet

Gender/Age Category	10 Point Distance	20 Point Distance
Male 50-69	10 Yards	15 Yards
Male 70 and over	5 Yards	10 Yards
Female	5 Yards	7.5 Yards

- Take five throws from the shortest distance for your age group.
- After each throw, note on the score card whether or not your ball made it through the circle. Slash for made throw, circle the box if missed.
- After completing all five throws from that distance, record your score.
- Take five throws from the longest distance for your age group.
- After each throw, note on the score card whether or not your ball made it through the circle. Slash for made throw, circle the box if missed.
- Add up your points for throws from both distances and record your TOTAL score.
- Two warm-up or practice throws are allowed at each distance.
- If you touch the ground on or beyond the throwing line during the throw or follow-through, it is a scratch and scores no points for that throw.



# Football Throw

## Score Card

### EXAMPLE

TEN PT THROWS	TWENTY PT THROWS	TOTAL
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	100
10	80	



= Miss (zero points)



= Successful Shot

## Official Score Card

THROWS	TEN POINT THROWS 10 Yards or 5 Yards	TWENTY POINT THROWS 15 Yards, 10 Yards or 7.5 Yards	GRAND TOTAL
Made/missed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
TOTAL POINTS			





# Golf

## Score Card and Guidelines for Virtual Competition

### Equipment

United States Golf Association (USGA) approved equipment must be used. Range Finders are permitted for site and distance only.

### The Game

Rules not covered below will be in accordance with United States Golf Association and local course rules. Coaching or advising is not allowed during your round. Playing partners are not required to be registered State Finals participants, but they can not coach or advise.

If you are unsure of a rule, play two balls and try to get a ruling from the Golf Pro at your specific course. If the Golf Pro cannot determine a ruling, the higher score of the two balls for that hole is to be recorded.

### Scoring

- Scores will be determined by 18-hole (not two rounds of a 9-hole course) gross score played on a course with a minimum par of 70 and a United States Golf Association (USGA) slope rating of a minimum of 119 for men and a minimum of 113 for women.
- The slope ratings for most courses are located on the scorecard and the slope ratings vary based on the tees from which you play. If you are unsure if the slope rating on the course you wish to play meets the minimum requirements, please verify with the Golf Pro at that course.
- Handicap scores are not acceptable.
- Nine-hole gross scores are permitted only for those 90 and older.

Ties must be broken and will be done by NCSG event managers the following way. Best result (i.e. birdie, par, bogie) for the #1 handicap hole. If the tie remains, the best result on the #2 handicap hole, then #3, etc., will be used to break the tie.

### Tees

All women and men 80 and older play forward tees; men 50-79 play the senior tees. Playing from longer tees is acceptable in order to meet the required par and slope rating referenced above.

### Submitting Your Score

When your scorecard is complete and signed, take a picture with your smart phone. Submit your scores via the Google Form on the NCSG website AND email a picture of your scorecard to NCSG after submitting your score with the google form. Both must be received for results to be accepted.

### Play Safe

Please follow the current CDC, NC Department of Health and Human Services and your local Health officials' recommendations for COVID-19 to stay safe during your round. Good luck and play well.



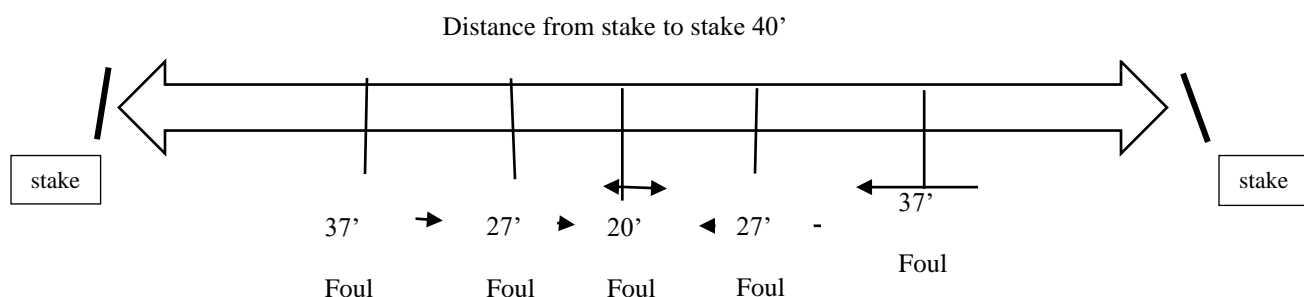
# State Finals Horseshoes

## Score Card and Guidelines for Virtual Competition

### Guidelines

Court:

1. Attempt to find an outdoor horseshoe court at a recreation or community center near your home. If unable to find then use the guidelines found on page 35 of the NCSG Official Rules Book for set up of court.
2. Mark the appropriate foul line:
  - **Men 50-69-60 - 37' foot line** (3 feet in front of the stake)
  - *Women 50-74 & Men 70+ -- 27' foot line*
  - **Women 75+ -- 20' foot line**



#### Equipment for Court:

- At least one stake
- Measuring tape
- Hammer

#### Equipment for Game:

- Two (2) horseshoes
- The ruler with 6 inches marked
- Score sheet or a piece of paper and a pen
- Clipboard or something to write on
- Optional: rag and gloves

**Game:**

1. Pitching distance & Shoes
  - a. **Men 50-69**-60 shoes from the **37' foot line** (3 feet in front of the stake)
  - b. *Women 50-74 & Men 70+ -40* shoes from the 27' foot line
  - c. **Women 75+** -20 shoes from the 20' foot line
2. In pitching the shoe from 37', the pitcher must stand on the pitcher's platform on either side of the stake. When pitching from the 27" and 20" foul lines, pitch from the area beside where the stake would be and not directly in front of the stake.
3. Throw 2 shoes and score both shoes by using a 6" straight edge. Ringers are to be recorded so that a player's ringer percentage may be tallied. Continue to throw the shoes 2 at a time and score until the set number of shoes for your age group is thrown.

**Foul Shoes:**

- a) When throwing the shoe, the pitcher must not touch or exceed the foul line before the shoe has left the hand. If this is done the pitcher will remove the shoe and get no point for that shoe.
- b) Any shoe pitched which lands outside the pit area of the opposite pitching box is a foul shoe. Any shoe that lands in foul territory but hits the backstop or any other object that deflects the shoe back into the pit shall is a foul shoe.
- c) A foul shoe is not scored, but is counted.

**Scoring:**

1. A shoe must be within six (6) inches of the stake to score and equals 1 point. A shoe touching the stake or leaning on the stake is 1 point.
2. If both shoes are within six (6) inches of the stake both shoes will be scored and equals 2 points
3. Ringer = 3 points
  - Definition of a ringer: a ringer is declared when a shoe encircles the stake enough to allow the touching of both ends of the shoe with a straight edge (ruler), and the stake is not touched with the straight edge (ruler).
4. Ringer and shoe within six (6) inches of the stake equals 4 points
5. Two ringers equal 6 points.
6. Tally up the total score and total ringers.
7. In the event of a tie the number of ringers will be counted. The person scoring the most ringers will be declared the winner. If a tie still exists ringers will be counted on the last throw. If a tie still exists ringers will be counted on the next to last throw. In the event of another tie, the same process shall be repeated and this procedure shall continue until the tie is broken.

# Virtual State Finals Horseshoes Scoresheet

Participant Name: \_\_\_\_\_ Male/Female (circle)

Age Group (circle) 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100+  
(Age group is determined by your age on December 31, 2020)

- a. **Men 50-69**-60 shoes from the **37' foot line** (3 feet in front of the stake)
- b. *Women 50-74 & Men 70+ -40 shoes from the 27' foot line*
- c. **Women 75+ -20 shoes from the 20' foot line**

Note: Ringer is 3 points, shoe within 6 inches of the stake is 1 point

Sample:

Shoes	Ringers	Shoes w/in 6"	Points this round	Total Score
2	-	0	-	<b>0</b>
4	-	1	1	<b>1</b>
6	1	0	3	<b>4</b>
8	2	0	6	<b>10</b>

Shoes	Ringers	Shoes w/in 6"	Points this round	Total Score
2				
4				
6				
8				
10				
12				
14				
16				
18				
20				
22				
24				
26				
28				
30				
32				
34				
36				
38				
40				
42				
44				
46				
48				
50				
52				
54				
56				
58				
60				
<b>Total</b>				



# Standing Long Jump

## Score Card and Guidelines for Virtual Competition

### Equipment

- Sand pit (or beach) is recommended.
- Measuring tape
- Rake to smooth sand
- Athletic tape, or something similar to create a foul line
- Scoresheet and clipboard
- Pencil

### Guidelines

1. The jumper must tape/mark a two-foot take-off from behind the restraining line.
2. No run or approach is allowed.

### Measurement

- From the edge of the restraining line farthest from the landing pit, perpendicular to the line, to the nearest break in the sand caused by ANY PART of the jumper's body.
- All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

### Scoring

Winners will be determined by age and gender by best distances performed. In case of ties, the second-best performance, then third best will be used to break the tie.

## Virtual State Finals Long Jumps Scoresheet

All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

1 <sup>st</sup> Jump Score	2 <sup>nd</sup> Jump Score	3 <sup>rd</sup> Jump Score	BEST Jump Score



# Virtual Mini Golf Competition

## Score Card and Reference Notes

### Equipment:

9. Long Hallway or Area at Least 3 ft. wide and 20 ft. long
10. Golf Ball
11. Putter
12. Tape
13. Tape Measure

### Setting Up the Course:

1. Designate your Tee Box with a 12-inch piece of tape attached to the ground.
2. Target 1 (5 ft.) Measure 5 ft. front the front of the designated tee box and put a SOLO cup on the surface (secure with tape or other object to prevent it from moving).
3. Target 2 (10 ft.) Measure 5 ft. front Target # 1 and put a SOLO cup on the surface (secure with tape or other object to prevent it from moving).
4. Target 3 (15 ft.) Measure 5 ft. from Target # 2 and put a SOLO cup on the surface (secure with tape or other object to prevent it from moving).

### Rules

1. To begin your shot, the ball must be placed anywhere on the 12 inch Tee Box piece of tape.
2. You get a maximum of 3 practice shots per hole.
3. Take 10 shots to Target # 1. Ball must land inside the cup to be counted. After the 10<sup>th</sup> shot, move the cup before proceeding.
4. Take 10 shots to Target # 2. Ball must land inside the cup to be counted. After the 10<sup>th</sup> shot, move the cup before proceeding.
5. Take 10 shots to Target # 3. Ball must land inside the cup to be counted.

### Scoring

1. Target # 1. 5 points for each ball hit into the cup. The last putt is the money ball and is worth 5 additional points (10 total) if you place it inside the cup.
2. Target # 2. 10 points for each ball hit into the cup. The last putt is the money ball and is worth 10 additional points (20 total) if you place it inside the cup
3. Target # 3. 15 points for each ball hit into the cup. The last putt is the money ball and is worth 15 additional points (30 total) if you place it inside the cup.

### Tie-breaker

1. Begin with the Target # 3 and the fifth shot. Add scores. If they remain tied, add Shot 4, then Shot 3 until tie is broken

### Example:

Player A: 3<sup>rd</sup> Target, 5<sup>th</sup> Shot 30 points  
Player B: 3<sup>rd</sup> Target, 5<sup>th</sup> Shot 30 points  
Move to Shot 4  
Player A: 3<sup>rd</sup> Target, 4<sup>th</sup> Shot 15 points  
Player B: 3<sup>rd</sup> Target, 4<sup>th</sup> Shot 0 points  
Player A declared the winner



# Virtual Mini Golf Competition

## Score Card

Fill in the number of points you score on each shot. Last shot on each hole is worth double point value.

Add the total number of points per target.

Total the number of points for all targets.

	Target # 1 5 points	Target # 2 10 points	Target # 3 15 points	
Shot 1				
Shot 2				
Shot 3				
Shot 4				
Shot 5				
Shot 6				
Shot 7				
Shot 8				
Shot 9				
	Money ball 10 points	Money ball 20 points	Money ball 30 points	
Shot 10				<b>GRAND TOTAL</b>
<b>Total Points</b>				

At the end of each target, total your scores.

At the end of all targets, add your 3 columns together for the Grand Total.



# Pickleball

Singles, Doubles and Mixed Doubles

## Score Card and Guidelines for Virtual Competition

State Finals Virtual Pickleball Competition will be a series of skills. Perform the skills tests and record your score. Report your scores and send a picture of your scoresheet to NCSG and awards will be based on total score. Tie Breakers will be the consistency/stamina challenge.

### Equipment:

- Pickleball Court with net and lines marked.
- Tape or chalk to mark 2 additional lines on the court
- Tape measure
- Pickleball racquet
- Pickleball balls
- A monitor is required to record your score. The monitor will sign and submit to NCSG
- A hit wall can be outside, inside or a large board, but must have a 34 inch line. All hits must be above the 34 in. line.

### Set up:

Add the following lines to one side of a pickleball court to create designated point areas for the various challenges. Use tape or chalk. See diagram for detail.

Line 1- measures from the back edge of the back line three feet

Line 2- measures from the outside edge of the side line three feet

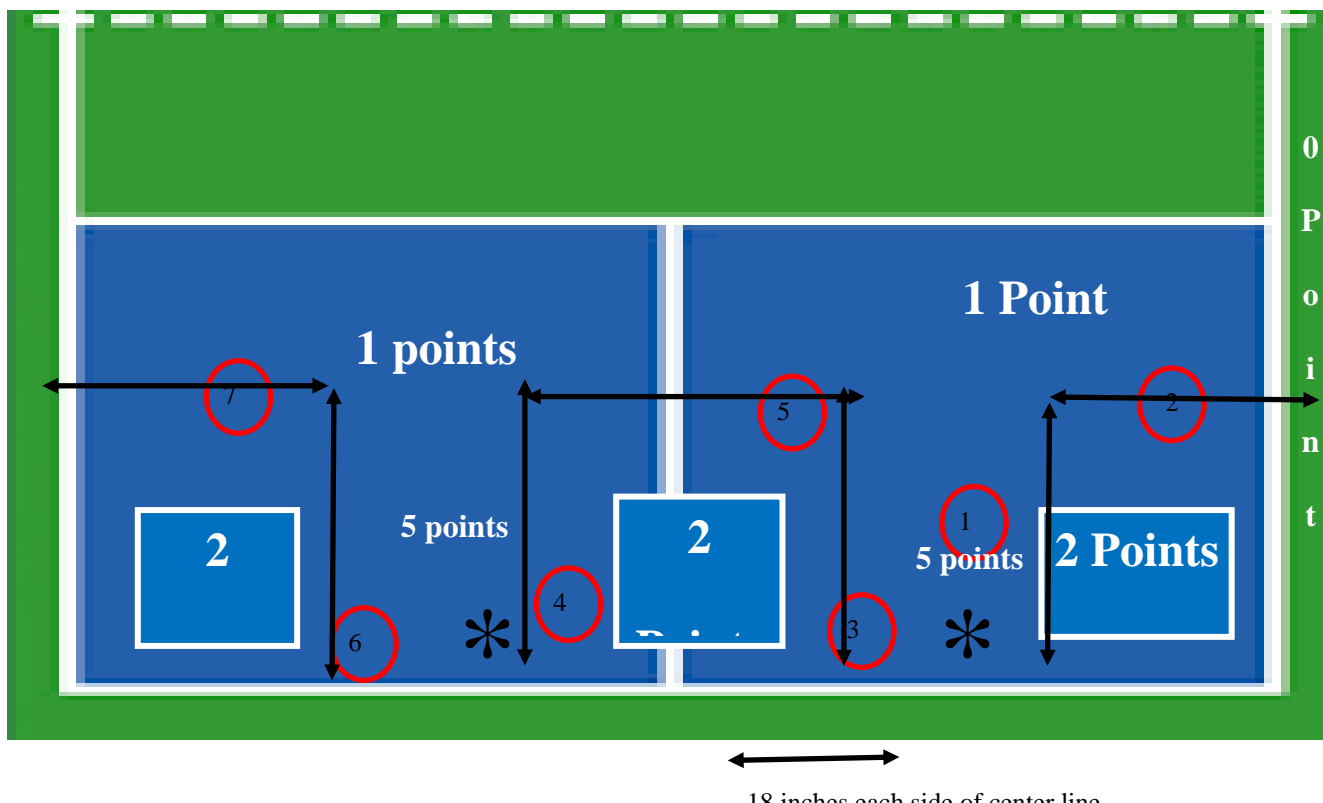
Lines 3 & 4 -measure 18 inches from the middle of the center line and three feet from the outside edge of the back line

Line 5 – Connect lines three and four to create a second 3 ft square box.

Line 6- measures from the back edge of the back line three feet

Line 7- measures from the outside edge of the side line three feet

Stars-1 star on each side of the court in the middle at the back edge. Use 8 12 inch pieces of tape to make the star.





- Doubles: Same gender pairs; Mixed Doubles: Opposite-gender pairs.
  - In Doubles and Mixed Doubles events, both scores are combined for a team score. Maintain proper social distancing.
  - The age of the younger player will determine the age group.
  - A player may compete in only one age group; age groups are the same as in individual sports.
  - If an individual's partner cannot compete in Virtual State Finals, that person may select another partner who qualified in that sport at a Local Games in NC.
  - A list of partners-seeking-partners will be posted on the NCSG website.
  - The last day to change one's partner is September 18.
  - Only one partner is required to report scores for the team.

### Serve Challenge – 72 possible points

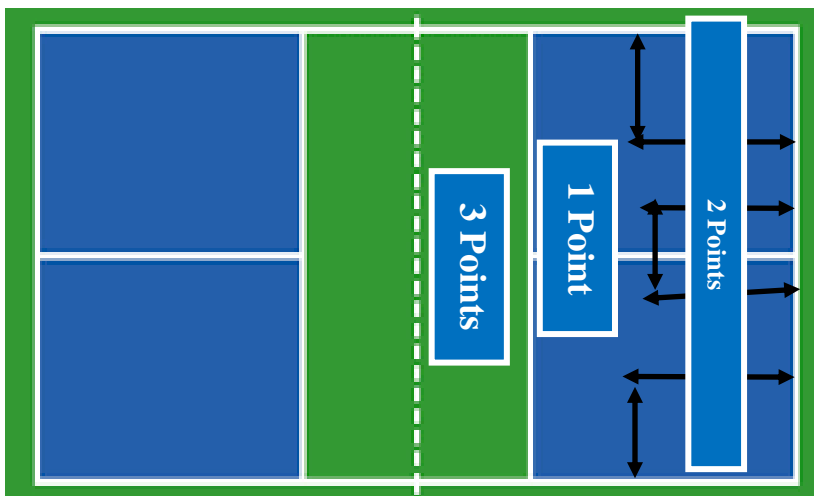
Participant performs 12 consecutive serves from each side as described below for a total of 24 serves.

1. Four (4) serves to back far corner of the court (2 points\*2 sides of the court=total possible points 16)
2. Four (4) serves to back middle STAR (5 points\* 2 sides of the court =total possible points 40).
3. Four (4) serves to" middle corner" (2 points\* 2 sides of the court=total possible points 16). Note this is the box at the back center of the court. Ball must land within the be the 18 inches on the "in side" of the box on the middle of the court. See diagram on scoresheet for detailed diagram.

Lines count as "in".

### Forehand Challenge – 36 possible points

Participant will stand in the receiving position at the center mark of the baseline (2 feet from backline). A volunteer opponent will be on the other side of the net hitting or tossing balls to the Participant. The participant will return the ball over using the Forehand drive for 12 consecutive balls. Each returned ball is scored from 0 to points 3 per hit depending on where the return lands (see Diagram below). The ball must go over the net and in play area or it will be scored a zero.



Forehand backhand court diagram. Lines are the same as those for the serve. Only point locations are different.

**Backhand Challenge – 36 possible points**

Participant will stand in the receiving position at the center mark of the baseline (2 feet from backline). A volunteer opponent will be on the other side of the net hitting or tossing balls to the Participant. The participant will return the ball over using the Backhand drive for 12 consecutive balls. Each returned ball is scored from 0 to 3 points per hit depending on where the return lands (See Diagram Above). The ball must go over the net and in play area or it will be scored a zero.

**Consistency/Stamina Challenges – points vary**

Using a Hit Wall with a Net line (32 inches high) the participant will stand 8 feet from the wall and count how many times in one minute they can hit above the line without stopping

- hits for one minute Forehand
- hits for one minute Backhand
- backhand and forehand hits with each return for one minute with Forehand hits. Alternating

5-minute break between each skill is permitted.

[illegible]



# Virtual Pickleball

## Score Card page 2

### Serve Challenge Side Two

13 back left (2)	14 back left (2)	15 back left (2)	16 back left (2)	17 back right (2)	18 back right (2)	19 back right (2)	20 back right (2)	21 STAR (5)	22 STAR (5)	23 STAR (5)	24 STAR (5)	Total Score

### Forehand Challenge

1	2	3	4	5	6	7	8	9	10	11	12	Total Score
0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	

### Backhand Challenge

1	2	3	4	5	6	7	8	9	10	11	12	Total Score
0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	0-3	

### Consistency/Stamina Challenge

#### Consistency/Stamina Challenge

Note number of serves in

# of forehands in 1 minute	# of back hands in 1 minute	# of alternating forehands and backhands in 1 minute	Total Score



# **Power Walking**

1500 Meter & 5k

## **Score Card and Guidelines for Virtual Competition**

### **Course Selection**

1. The only course requirement is that it is safe and participants complete the correct distance in one ride for each of the two activities.
2. Walk where and when you like and report your times for each event you registered for on the NCSG website.

### **Recommended Equipment**

1. Comfortable running shoes.
2. Water Bottle
3. Watch or Tracking app
4. Hat
5. Sunscreen

### **Course Selection**

1. Anywhere you like. Trail, park or greenway are just a few recommendations
2. Considerations include terrain, hills and other features
3. Review community safety regulations before going for your walk
4. Alter your time of day if your favorite course is crowded
5. Be prepared for limited access to public restrooms
6. Walk where and when you like and report your times for each event you registered for on the NCSG website.

### **Safety recommendations**

- Walk single file, not two abreast
- Let someone know where and when you will be running and when you expect to be back

## Rules

- All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein.
- Major points of the rules include:
  - a. One foot must be on the ground at all times. Loss of contact with the ground by both feet simultaneously is forbidden.
  - b. Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
  - c. Creeping, where the lead toe strikes prior to the heel is forbidden.
  - d. A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
  - e. Running or jogging is forbidden.
  - f. Unlike Race Walking, the advancing leg does not have to be completely locked as it passes under the body and moves forward (and when the heel strikes). Soft knee is acceptable however; excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
  - g. Any violation in the last 100 meters as determined by a single judge would result in immediate disqualification. Do not change your form for the last 100 meters.

## Scoring

Winners will be determined by gender and age for the fastest times submitted for each race.

	Write your times here so you will have them easily accessible to submit on the NCSG website.
1500 Meter Time	
5k time	



# Race Walk

5K 10K

## Score Card and Guidelines for Virtual Competition

### Recommended Equipment

1. Comfortable running shoes.
2. Water Bottle
3. Watch or Tracking app
4. Hat
5. Sunscreen

### Course Selection

7. Anywhere you like. Trail, park or greenway are just a few recommendations
8. Considerations include terrain, hills and other features
9. Review community safety regulations before going for your walk
10. Alter your time of day if your favorite course is crowded
11. Be prepared for limited access to public restrooms

### Safety recommendations

- Walk single file, not two abreast
- Let someone know where and when you will be running and when you expect to be back

### Rules

Rules not covered below will be in accordance with USA Track and Field rules.

1. Race Walking is a progression of steps taken so that unbroken contact with the ground is maintained.
2. These rapid steps must meet the rules for Race Walking which are as follows:
  - One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground.
  - The leg must be in a straightened position upon contact with the ground and remain straight until the body passes over it.
3. The following infractions of the rules would lead to a warning and/or eventual disqualification of an athlete during an in-person race walk competition. Participants are required to not do either of the following.
  - *Loss of Contact* - When a walker does not have continuous contact with the ground.
  - *Bent Knee* - When a walker fails to straighten the leg from the point of contact until the body passes over the leg.
4. A visually impaired competitor may be allowed assistance that does not give an advantage over other walkers.

*Note 1:* Pacesetting by a person entered in an event for that purpose is permitted.

*Note 2:* Competitors may carry or wear articles of personal equipment such as wrist chronometers and heart rate monitors.



## Race Walk

5K 10K

Score Card

### Scoring

Winners will be determined by age and gender for the fastest times submitted.

	<b>Write your scores here so you will have easily accessible to submit on the website.</b>
<b>5k</b>	
<b>10K</b>	





# Racquetball

## Score Card and Guidelines for Virtual Competition

State Finals Virtual Racquetball Competition will be a series of Challenges performed on a tennis wall since racquetball courts are unavailable. Perform the Challenges and record points scored. Report your scores to NCSG via the google form on the Racquetball event page. Awards will be based on total points scored by age and gender. Tie Breaker will be the Precision Serve Challenge.

### Equipment:

- Racquetball racquet
- Racquetball
- Tennis wall with court markings
- Chalk or tape
- Scoresheet, clipboard, pen

Skill and Description	Point Potential
4. <b>Drive Serve Challenge:</b> Participant performs 20 consecutive serves to the Tennis Hit wall from behind the base line closest to the hit wall. 2 points for each ball that lands inside the legal tennis service area where the serve is taking place.	40
2. <b>Precision Serve Challenge:</b> Participant performs 20 consecutive serves to the Tennis Hit wall from behind the base line closest to the hit wall. 5 points for each ball that lands inside the 5 foot square at the opposite back corner. Mark 1 chalk/tape line 5 ft from the back line of the court to create the box. (see diagram)	100
4. <b>Consistency/Stamina Skill:</b> Using a Tennis Hit Wall the participant will stand 15 feet from the wall and count how many times in one minute they can hit above the net line <b>alternating</b> Forehand and Backhand hits with each return. If you drop the ball or miss, restart and continue counting until 1 minute is complete. Anytime there is an errant ball, stop the clock, retrieve the ball and restart the clock when in position to resume. 2 points for each successful hit alternating forehand and backhand.	Will Vary

# Virtual Racquetball Score Card

## Consistency/Stamina

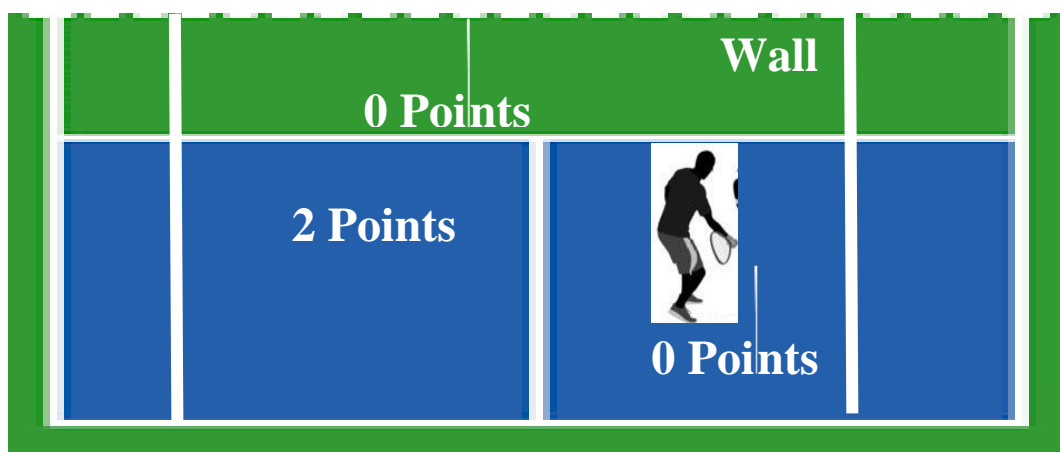
In 1 minute, how many times did you hit the ball to the wall, alternating forehand and backhand?

Total hits \_\_\_\_\_ X2 points \_\_\_\_\_ **Total points** \_\_\_\_\_

## Drive Serve Challenge-20 serves land in near side of court

Note number of serves in box x 2 points per successful serve = total points

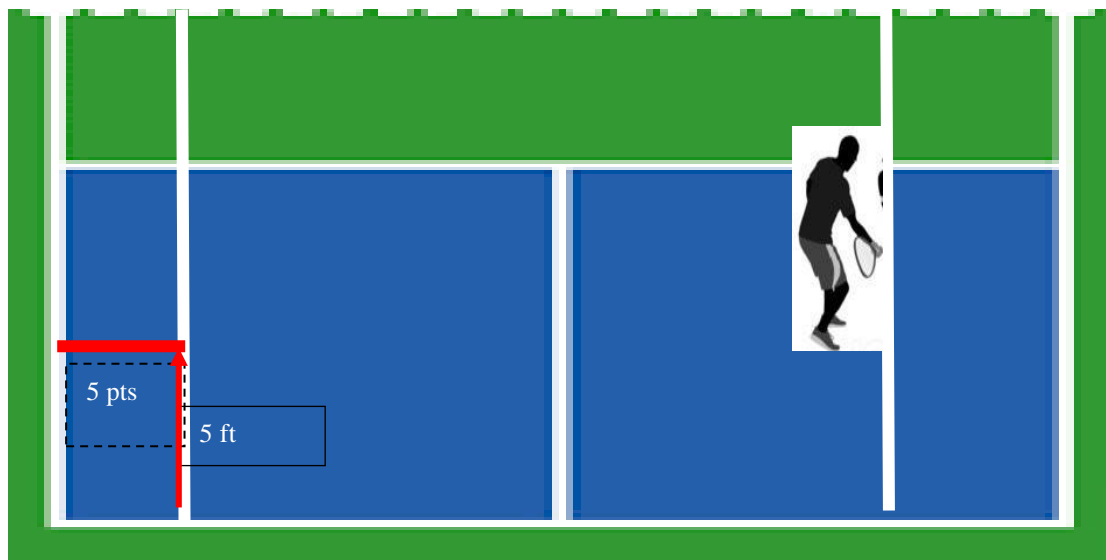
1	2	3	4	5	6	7	8	9	10	Total points
11	12	13	14	15	16	17	18	19	20	



## Precision Serve Challenge-20 serves land 5 ft square box in the opposite back corner of the court

Note number of serves in box x 5 points per successful serve = total points

1	2	3	4	5	6	7	8	9	10	Total points
11	12	13	14	15	16	17	18	19	20	



**GRAND  
TOTAL**



# Shuffleboard

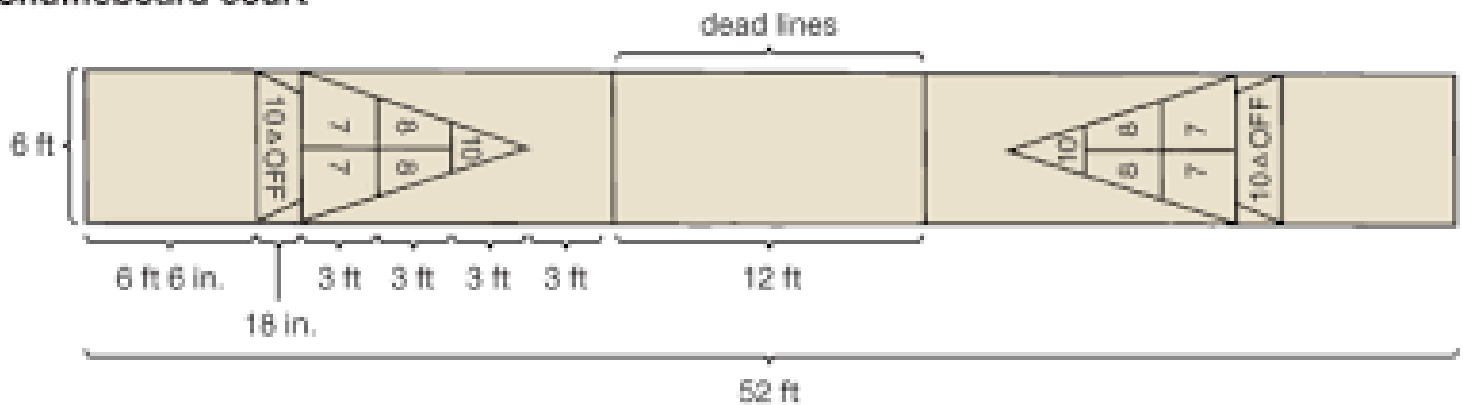
## Score Sheet and Guidelines for Virtual Competition

### Guidelines

#### Court:

Use an outdoor shuffleboard court at a recreation or community center near your home while practicing social distancing and wearing a mask.

#### Shuffleboard court



#### Equipment for Game:

- Discs (4)
- Shuffleboard cue -The cue shall not have an overall length of more than six feet, three inches- 6'3"
- Clipboard and pen

#### The Game:

- Each participant shoots 80 pucks (the equivalent of 2 games).
- Line up your pucks and shoot all four from the right.
- Walk to the other end of the court and add the scoring pucks and write them on score sheet.
- While at that end of the court, line up your pucks and shoot from the left. Continue to alternate sides. After 80 pucks, total your score and submit it via the Google form.

## Penalties

- Players shall place their four (4) discs within and not touching lines of their respective half of 10-Off area. PENALTY-5 off. Penalty not applied to a player until he/she has played a disc.
- DISC TOUCHING LINES: It is common practice with players to jockey or slide the playing disc backward and forward to see if there is sand which might interfere with disc sliding evenly. NO PENALTY is to be called on this practice if lines are touched or crossed while jockeying. Disc in motion may cross outside diagonal line. No penalty inflicted if disc being played STARTED in clear should touch or cross separation triangle.
- Players shall not step on or over baseline of court, or extension of baseline, except to gather and place their discs. PENALTY - 5 off for this offense when not in the act of executing a shot.
- Players must not touch a foot, hand, knee, or any other part of their body to the court on or over the baseline or extension of the baseline at any time while executing a shot. PENALTY-10 off.
- Any disc that stops short of the farthest dead line is a dead disc and shall be removed before further play. If a disc is touching that line, it is in play.
- A disc or discs returning or remaining on the court after having struck any object other than a live disc, shall be removed before further play. It is called a dead disc.
- If a dead disc moves or displaces a live disc, the players shall be credited with the scoring of all discs, plus or minus, that were scored before the violation occurred, and that half round played over, unless it was the result of the last disc (8th) played in the half round, then the half round will not be played over, and the players shall be credited with all the discs scored, plus or minus, which were scored before the shooting of the last disc of the half round. This rule applies only to a disc which has been shot on the player's own court. The player shooting the offending disc is also given a 10 off penalty.
- A disc which stops just beyond farthest baseline shall be removed at least eight (8) inches back from baseline.
- A disc which is more than halfway over side of court, or which rests or leans on edge, shall be immediately removed.

## Scoring

- SCORE ALL discs on court within and not touching lines; separation triangle in 10-off area is not considered. If a disc is touching any THICK lines, which are around the edges, it does not count. The THIN lines in the middle are only there to separate the two sides when shooting from a particular end and do not exist when shooting toward them.
- JUDGING A DISC: When judging a disc in relation to lines, look DIRECTLY DOWN.
- A MOUNTED DISC, or disc resting on top of disc, happens sometimes when players use excessive force in shooting. Each disc shall be judged separately according to scoring rules.





# Shuffleboard Scoresheet

Four Discs for each Frame

Sample

Frame Score	1 Right 5	2 Left 12	3 Right -5	4 Left 10	5 Right 7	6 Left 15	7 Right -10	8 Left 15	9 Right 7	10 Left -5	First 10 Frame 40 disc score:
Total Score	5	17	12	22	29	44	34	49	56	5	51

Frame Score	1 Right	2 Left	3 Right	4 Left	5 Right	6 Left	7 Right	8 Left	9 Right	10 Left	First 10 Frame 40 disc score:
Total Score											
Frame Score	1 Right	2 Left	3 Right	4 Left	5 Right	6 Left	7 Right	8 Left	9 Right	10 Left	Second 10 Frame 40 disc score:
Total Score											

**TOTAL SCORE**





# Team Softball

## Score Card and Reference Notes for Virtual Competition

### The Field:

- **Base Distances:** Base distance is 65 feet and the pitching distance is 50 feet from the back of home plate. Pitchers can pitch from up to 6 feet from the back of the rubber back.

### Equipment:

- Legal Bat
- Glove for pitcher
- Softballs: Men twelve (12") inch slow-pitch; eleven (11") inch slow-pitch. Only restricted flight softballs with a Ball COR of .44, and a Ball Compression of 375
- Bases
- Stopwatch
- Strike zone mat
- 3 bases
- Tape Measure
- 200-300 ft tape measure or rope
- Survey Flags -or- Tent Pegs -or- Stakes (3)-or something else to "mark the spot"

### The Competition:

Team competition will consist of 4 challenges performed by team members. The Team must be of all of one gender. Athletes may play on only one softball team. There is no minimum number of players needed to constitute a team for Virtual State Finals (i.e. a team can be one person if only one person on a qualified team wants to participate)

1. Running Challenge
2. Pitching Challenge
3. Batting Challenge (2)
4. Throwing Challenge

Points are awarded for each challenge. Medals will be awarded by age/gender category



## **Scoring:**

Results will be turned in by team captains. Winners will be determined by gender and age category.

### Running Challenge

- 10 attempts – time each runner – times will be averaged by number of individuals who participate for team score. Stop watch runs when runner leaves home plate.
- Runner runs from home plate to first base to second base and stop watch stops.
- Minimum of 50% or registered team members must complete
- 21 points for the team with the fastest team average time. 3 less points for each place below first place in descending order down to 0 points.

### Pitching Challenge

- Pitcher(s) at regulation rubber throws 20 pitches, if it hits the strike zone mat =1 point. All pitches that hit the mat are legal with no pitch height requirement.

### Batting Challenge 1<sup>st</sup>/2<sup>nd</sup>

- 25 attempts per team to hit the ball inbounds (bouncing or in air) between 1<sup>st</sup> and second base. Must pass between the bases to score-1 point 0 points for misses, foul balls, or balls that do not pass between the correct bases.
- Minimum of 50% or registered team members must complete

### Batting Challenge 2<sup>nd</sup>/3<sup>rd</sup>

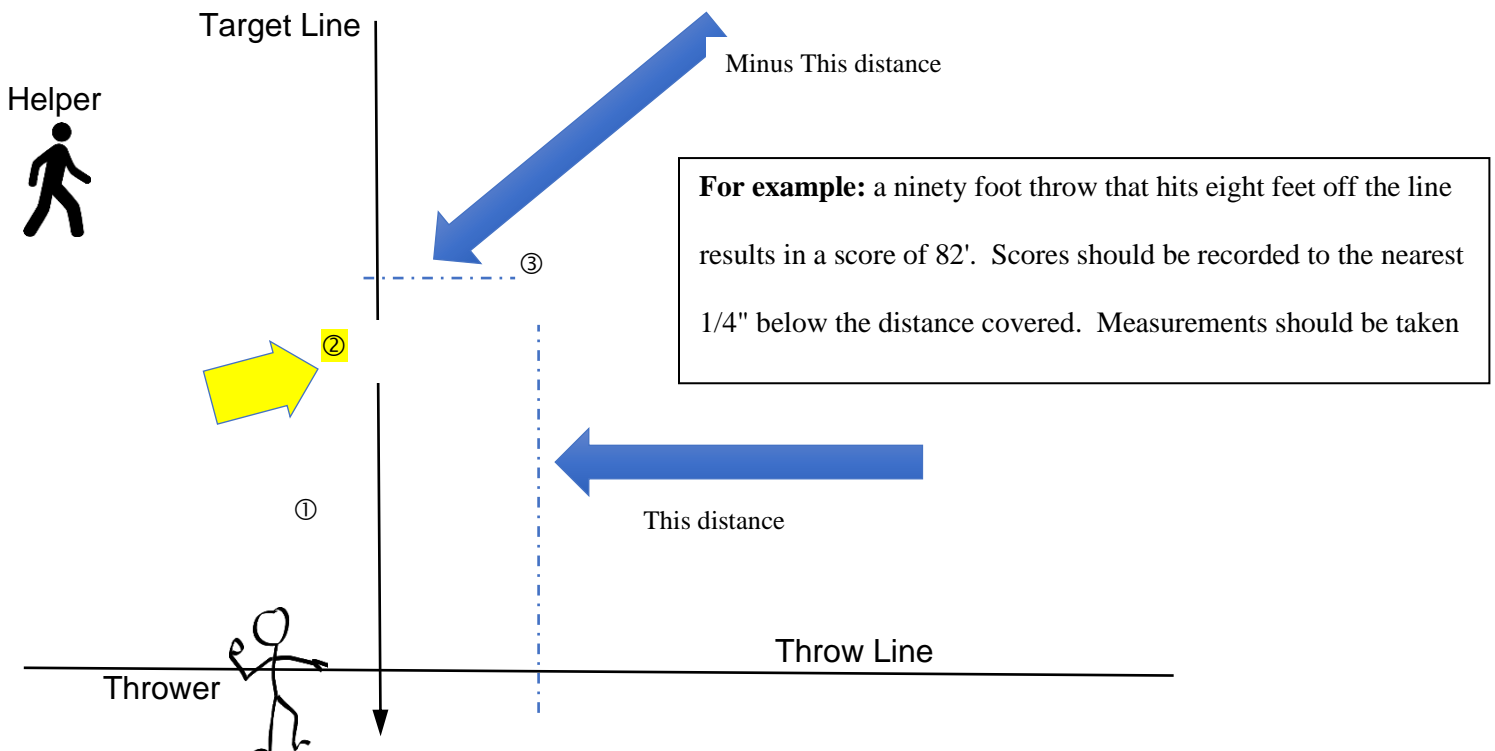
- 25 attempts per team to hit the ball inbounds bouncing or in air) between 2<sup>nd</sup> and 3<sup>rd</sup> base.- Must pass between the bases to score-1 point 0 points for misses, foul balls, or balls that do not pass between the correct bases.
- Minimum of 50% or registered team members must complete

## Throwing Challenge

- This is the same challenge/competition as the Senior Games Softball Throw event.
  - 21 points for the team with the longest team average distance. 3 less points for each place below first place in descending order down to 0 points.
  - Minimum of 50% or registered team members must complete.
- It is simplest to do this activity at an athletic field with marked foul lines or sidelines. If this is not possible, take a long section of string/twine, or a long tape measure (approx. 200 feet) and stretch it taut in the direction you will be throwing.
  - Mark a line perpendicular to the end of the line/ tape measure / string from which you will throw. This is the foul line. You are not to step past this line on a throw or during the follow through.
  - After warming up, station an assistant well out the line from where you will throw. He/she should have the survey flags / tent pegs / stakes with them to mark the throws.
  - Take one or two practice throws. This will give the assistant an idea of where he/she should be stationed to mark your competition throws.
  - You may now throw up to three (3) competition throws. Your assistant is to place a marker at the spot on each throw where the softball first hits the ground (not where it comes to rest).

Once the competition throws have been marked, it is time to measure and record them:

1. Take the tape measure place one end at the spot marked for the first throw and pull 90 degrees to the target line
2. Measure the total distance thrown minus the distance from the target line.





# Softball Team

## Score Card

Page 1 of 5

### Running Challenge

Run Home Plate to first base to second base

Runners	Time
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



# Softball Team

## Score Card

Page 2 of 5

### Throwing Challenge

Each Throw is distance from “throw line” minus distance from target line

Player	Throw 1	Throw 2	Throw 3	BEST THROW
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				





# Softball Team

## Score Card

Page 4 of 5

### Batting Challenge-Hit Ball between 1<sup>st</sup>/2<sup>nd</sup>

Batters	Successful attempts = 1 point
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
25.	



# Softball Team

## Score Card

Page 5 of 5

Batting Challenge: Hit ball between 2<sup>nd</sup>/3<sup>rd</sup>

Batters	Successful attempts = 1 point
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
25.	



# Softball Throw

## Score Card and Reference Notes for Virtual Competition

Each Throw is distance from “throw line” minus distance from target line

Throw 1	Throw 2	Throw 3	BEST THROW

### Space Needed:

200 to 250 feet of open space at least 30 feet wide

### Materials Needed:

- Softballs (Men 12”, Women 11”)
- Long Marked Line on Ground -or- Long Section of String/Twine
- Tape Measure
- Shorter Section of String or Twine (10-20 feet)
- Survey Flags -or- Tent Pegs -or- Stakes (3)-or something else to “mark the spot” where the ball hits

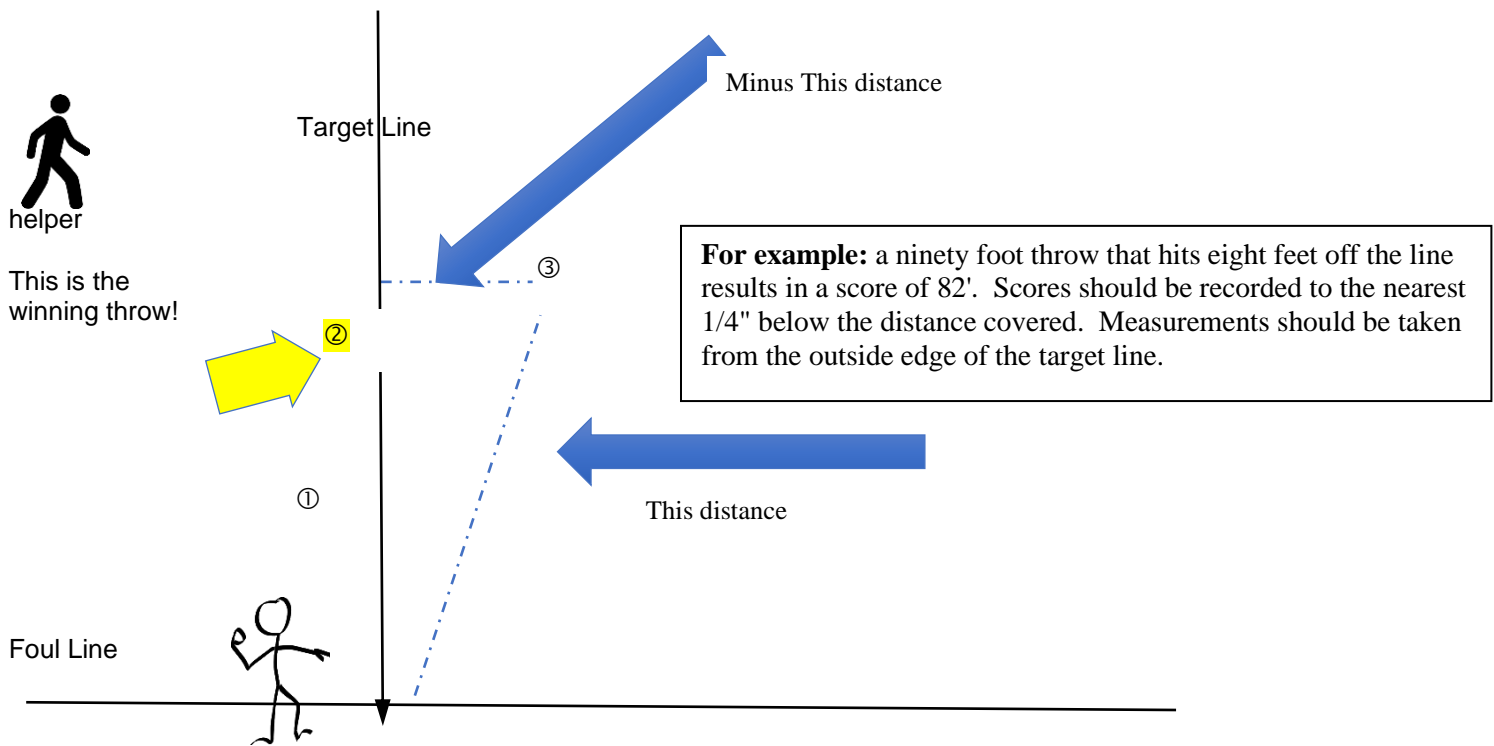
### Assistant:

1 Person to Mark Landing Spot of Softballs, can be socially distanced and wear a mask. (if participant throws further than they can accurately “see” where the ball lands).

### Preparation:

- It is simplest to do this activity at an athletic field with marked foul lines or sidelines. If this is not possible, take a long section of string/twine, or a long tape measure (approx. 200 feet) and stretch it taut in the direction you will be throwing.
- Mark a line perpendicular to the end of the line / tape measure / string from which you will throw. This is the foul line. You are not to step past this line on a throw or during the follow through.
- You should warm up sufficiently prior to throwing in order to avoid injury. Stretching and easy throwing for a few minutes before actually performing the activity is strongly recommended.
- After warming up, station your assistant well out the line from where you will throw. He/she should have the survey flags / tent pegs / stakes with them to mark the throws.
- Take one or two practice throws. This will give your assistant an idea of where he/she should be stationed to mark your competition throws.
- You may now throw up to three (3) competition throws. Your assistant is to place a marker at the spot on each throw where the softball first hits the ground.





Once your competition throws have been marked, it is time to measure and record them:

1. Take the shorter piece of string/twine, place one end at the spot marked for the first throw and pull 90 degrees to the target line
2. While the thrower holds the string on the target line, the assistant will take his/her end of the string and the marker and will pull it back in an arc in such a way as to subtract the distance off the line from the total distance. The assistant will then place the marker on the throwing line. Repeat this procedure for subsequent throws.
3. Using a tape measure, measure the distance from the foul line to each of the markers. Record on the scorecard the distance of all three throws to the nearest one-half inch and submit to NCSG.

### The Game

1. The objective is for men to throw a 12" soft
2. ball for distance and accuracy and women to throw an 11" softball for distance and accuracy.
3. The longest net distance (distance of throw less deviation) will determine the winner.



# Swim Meet

## Score Sheet and Reference Notes for Virtual Competition

### Details:

- **Entry Limit**
- Six events
- Sign up if you have access to a pool or will before your scores are due
- Swim safely
- Time self or have a buddy do so for you socially distanced
- Find out if the pool you are using is 25m or 25 yds, you will report this when you report your times. All times will be converted to one length in fairness to all.
- Record times here and then enter in google form with pool distance.
- Medals will be determined by time per age and gender category

### Rules

1. Rules not covered here will be in accordance with USA Swimming rules, including the U.S. Masters Swimming Section.
2. Don't use starting blocks. Dive in from side of the pool, where permitted and safe to do so, or start in the water.
  - All backstroke swimmers must start in the water. Regardless of stroke, all in-water starts must keep one hand on the wall or block prior to the start, except in backstroke when both hands must be on the wall or block and the feet entirely beneath the surface of the water.
3. Swim strokes properly and do turns properly as described to avoid DQ's
  - **Freestyle**
    - The swimmer may swim ANY style, except in a medley event, where freestyle means any stroke OTHER than backstroke, breaststroke or butterfly.
  - **Backstroke**
    - The swimmer must push off and continue swimming on the back throughout the race.
    - During the turn, the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position on the back upon leaving the wall.

- **Breaststroke**

- All movements of the legs shall be simultaneous.
- The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water.
- A part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, except at the start and each turn, the swimmer may take ONE arm stroke and ONE leg kick while completely submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- Touches at turns and at finish must be two hands simultaneously with the shoulder in line with the water surface.

- **Butterfly**

- The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke or whip kick, except after the last such kick before the turn or finish.
- After the start and after each turn, if breaststroke or whip kick is used, only one kick is allowed prior to the arm pull that brings the swimmer to the surface.
- Touches at turns and at finish for butterfly must be two hands simultaneously with the shoulder in line with the water surface.

- **Individual medley**

- Shall consist of four strokes in this order: butterfly, backstroke, breaststroke, and freestyle. Above rules for individual strokes will prevail.

## Score Sheet

**Pool length:** 25 yards or 25 meters?

**Times:**

50 yd. - Freestyle: \_\_\_\_\_

200 yd. - Breaststroke: \_\_\_\_\_

50 yd. – Backstroke: \_\_\_\_\_

200 yd. - Butterfly: \_\_\_\_\_

50 yd. - Breaststroke: \_\_\_\_\_

200 yd. - Individual Medley: \_\_\_\_\_

50 yd. - Butterfly: \_\_\_\_\_

400 yd. – Individual Medley: \_\_\_\_\_

100 yd. - Freestyle: \_\_\_\_\_

500 yd. - Freestyle: \_\_\_\_\_

100 yd. - Backstroke: \_\_\_\_\_

100 yd. - Breaststroke: \_\_\_\_\_

100 yd. - Butterfly: \_\_\_\_\_

100 yd. - Individual Medley: \_\_\_\_\_

200 yd. – Freestyle: \_\_\_\_\_

200 yd. - Backstroke: \_\_\_\_\_



# Table Tennis

Singles, Doubles and Mixed Doubles

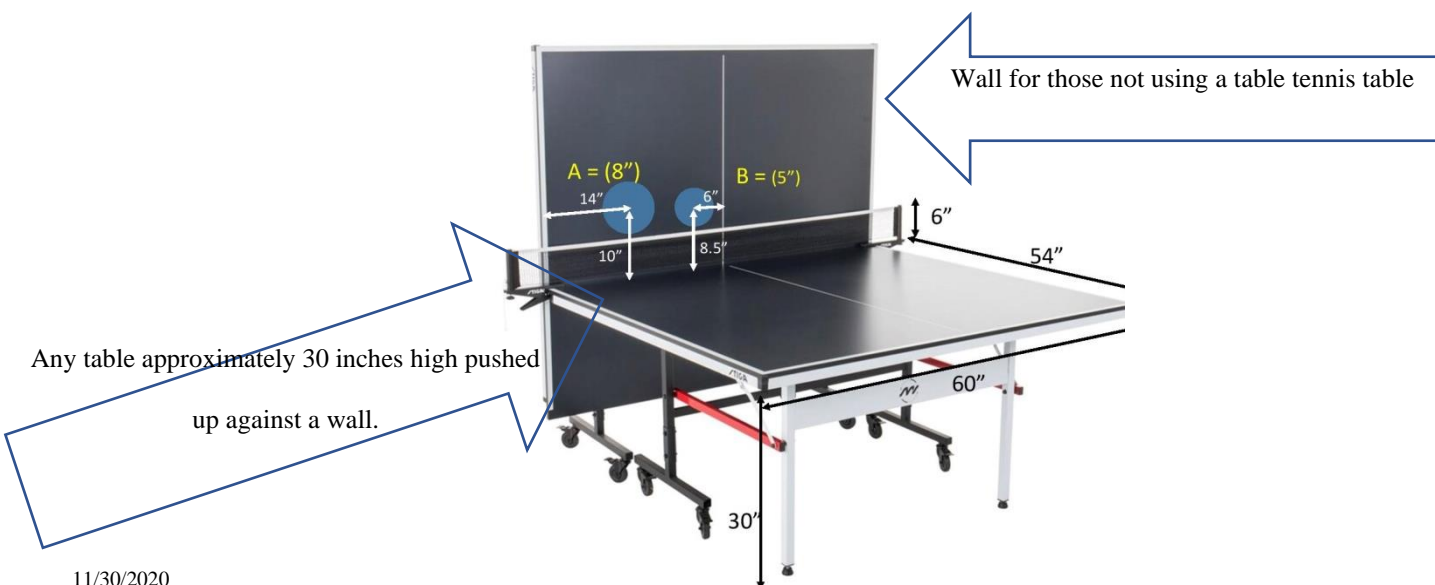
## Score Card and Reference Notes for Virtual Competition

### Equipment

- Folding table tennis table (if you do not have a table tennis table, use whatever hard surface table you have access to and butt it up against a wall.)
- Table Dimensions (60"w x 54"l x 30"h)
- Paddle
- Table Tennis Balls (2 max)
- Paper dinner plate (no larger than 8")
- Paper dessert plate (no larger than 5")
- Low stick tape (painters) tape or string and scotch tape
- Ruler or tape measure
- Scissors to adjust plate sizes if needed
- Stopwatch/timer
- Scoresheet/Pencil/clipboard

### SET UP

- Target A is a round piece of paper or cardboard and is to be no larger than 8 inches in diameter (standard paper dinner plates are this size "edges" are cut away). Hang with tape 14 inches from the "edge" of the playing table and 10 inches above the table
- Target B is a round piece of paper or cardboard and is to be no larger than 5 inches in diameter (standard dessert paper plates are this size once "edges" are cut away). Hang with low stick tape 8 ½ inches above the table and 6 inches from the center line.



**Guidelines:**

- Table tennis robots are not to be used for any of the challenges
- Stand on a flat, non carpeted/non skid surface
- Make sure the area is clear of any trip hazards (i.e. area carpet with rolled up corner)
- Remove any items on which you may be injured should you fall (i.e. End table, ottoman, etc.)

WARMUPS - Watch this great video for suggestions to warm up and practice anytime!  
(2:36 video) <https://youtu.be/SzH1whJ5M44>

**Serve Challenges**

(Targets A & B)

FOLLOW ALL SERVICE RULES FOR DOUBLES TABLE TENNIS (cross court)

Forehand (Target A) 2 rounds of 10 (10 point each time Target A is hit)

Backhand (Target A) 2 rounds of ten (10 points each time Target A is hit)

Forehand (Target B) 2 rounds of ten (20 points each time Target B is hit)

**Volley Challenges**

Score 2 points for each legal return made in each of the (six) thirty second sessions (Remove Targets)

- Number of forehand hits in 30 seconds (2 Rounds)
- Number of backhand hits in 30 seconds (2 Rounds)
- Number of alternating forehand/backhand hits in 30 seconds (2 Rounds)
- Must remain behind the baseline extended at all times, The baseline in this challenge is the end of a table tennis table closest to you or the taped line closest to you on a different size table. Extended is the imaginary horizontal line that extends indefinitely to the left and right of the table.
- You may hold a maximum of two table tennis balls.
- Must be a legal hit (can't bounce twice, can't touch the table with your non-paddle hand, etc.)
- Doubles: Same gender pairs; Mixed Doubles: Opposite-gender pairs.
  - In Doubles and Mixed Doubles events, both players' scores are combined for a team score. Maintain proper social distancing.
  - The age of the younger player will determine the age group.
  - A player may compete in only one age group; age groups are the same as in individual sports.
  - If an individual's partner cannot compete in Virtual State Finals, that person may select another partner who qualified in that sport at a Local Games in NC.
  - A list of partners-seeking-partners will be posted on the NCSG website.
  - The last day to change one's partner is September 18.
  - Only one partner is required to report scores for the team.



# Table Tennis

## Score Card

- Doubles and Mixed  
Doubles events, both players

scores are combined for a team score

- Only one partner is required to report scores for the team.

Serve Challenge			TOTAL PER ROUND
Forehand Target A - Round 1	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Forehand Target A - Round 2 -	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Backhand Target A - Round 1	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Backhand Target A - Round 2	□ □ □ □ □ □ □ □ □ □	10 Points Each	
Forehand Target B - Round 1	□ □ □ □ □ □ □ □ □ □	20 Points Each	
Forehand Target B - Round 2	□ □ □ □ □ □ □ □ □ □	20 Points Each	
		<b>TOTAL:</b>	

### Volley Challenge: 30 Seconds each Round

2 points for each return	Total hits per round	X 2	Total Points per Round
Forehand – Round 1			
Forehand – Round 2			
Backhand – Round 1			
Backhand – Round 2			
Alternating forehand/backhand- Round 1			
Alternating forehand/backhand- Round 2			
		<b>TOTAL</b>	

**OVERALL TOTAL**



# Tennis

## Score Card and Guidelines for Virtual Competition

State Finals Virtual Tennis Competition will be a series of skills. Perform the skills tests and record your score. Report your scores to NCSG and awards will be based on total score. Tie Breakers will be the Consistency/stamina skill.

- Doubles: Same gender pairs; Mixed Doubles: Opposite-gender pairs.
  - In Doubles and Mixed Doubles events, both players' scores are combined for a team score. Maintain proper social distancing.
  - The age of the younger player will determine the age group.
  - A player may compete in only one age group; age groups are the same as in individual sports.
  - If an individual's partner cannot compete in Virtual State Finals, that person may select another partner who qualified in that sport at a Local Games in NC.
  - A list of partners-seeking-partners will be posted on the NCSG website.
  - The last day to change one's partner is September 18.
  - Only one partner is required to report scores for the team.

Skill and Description	Point Potential
5. <b>Serve Skill:</b> Participant performs 10 consecutive serves from each side. An "in" serve scores 1 point.	20
3. <b>Forehand Skill:</b> Participant will stand in the receiving position at the center mark of the baseline. A volunteer opponent will be on the other side of the net hitting or tossing balls to the Participant. The participant will return the ball over using the Forehand drive for 20 consecutive balls. Each returned ball is scored from 0 to 3 points depending on where the return lands (*See Diagram). The ball must go over the net and in play or it will be scored a zero.	60
3. <b>Backhand Skill:</b> Participant will stand in the receiving position at the center mark of the baseline. A volunteer opponent will be on the other side of the net hitting or tossing balls to the Participant. The participant will return the ball over using the Backhand drive for 20 consecutive balls. Each returned ball is scored from 0 to 3 points depending on where the return lands (*See Diagram). The ball must go over the net and in play or it will be scored a zero.	60
5. <b>Consistency/Stamina Skill:</b> Using a Tennis Hit Wall with a Net line the participant will stand 15 feet from the wall and count how many times in one minute they can hit above the line <b>alternating</b> Forehand and Backhand hits with each return. Restart and continue counting until 1 minute is complete.	Will Vary

# Virtual Tennis Score Card

## Serve Skill-10 on side 1

Note number of serves in

1	2	3	4	5	6	7	8	9	10	Total Score

## Serve Skill-10 on side 2

Note number of serves in

1	2	3	4	5	6	7	8	9	10	Total Score

## Forehand Skill-

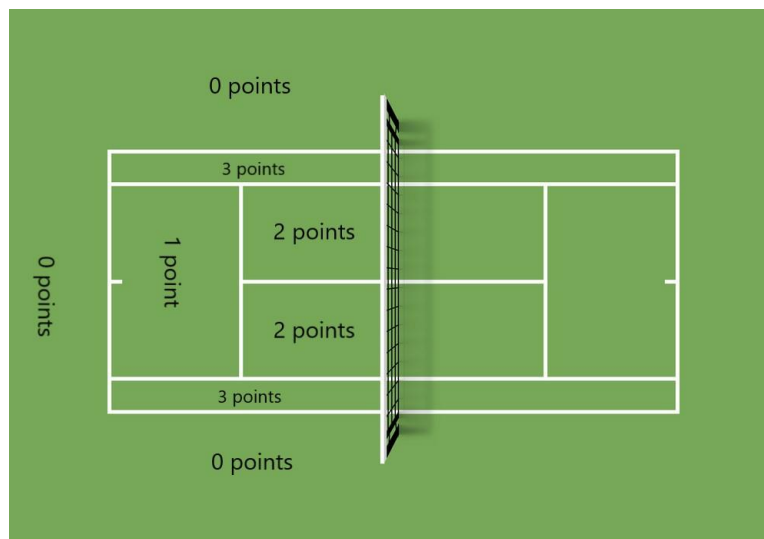
Note point scored for where each ball hit

1	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	Total Score

## Backhand Skill-

Note point scored for where each ball hit

1	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	Total Score



## Consistency/Stamina

In 1 minute, how many times did you hit the ball above the line, alternating forehand and backhand?





# Track (Running Events)

## Score Card and Guidelines for Virtual Competition

### Events

- 50 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 100 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 200 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 400 Meter Dash (must be run on a safe, dry track with supervision (friend or family member))
- 800 Meter Run (track and/or supervision recommended, but not required)
- 1500 Meter Run (track and/or supervision recommended, but not required)



## Equipment

### Recommended Equipment

6. Comfortable running shoes. Soft spikes recommended for synthetic track surfaces.
7. Water Bottle
8. Watch with digital timer or stop watch.
9. Sunscreen

### Course/Track Selection

12. Review community safety regulations before going for your dash/run
13. Alter your time of day if your favorite course/track is crowded
14. Be prepared for limited access to public restrooms
15. Run when you like and report your times for each event you registered for on the NCSG website.

### Safety recommendations

- Run single file, not two abreast.
- Let someone know where and when you will be running and when you expect to be back for the 800 and 1500.
- Only use a safe, dry track that is free of impediments for the 50, 100, 200 and 400. It is not safe to run these four events on grass, cement, uneven terrain, etc.

### Rules

1. USA Track & Field rules will govern this event as is relevant. It is understandable and noted that participants will not have access to sophisticated camera timing systems and should do what is necessary to simply stay safe when completing these events.

	Write your times here so you will have them easily accessible to submit on the NCSG website.
50 Meter Dash	
100 Meter Dash	
200 Meter Dash	
400 Meter Dash	
800 Meter Run	
1500 Meter Time	