



NORTH CAROLINA SENIOR GAMES

VIRTUAL SPORTS

SCORESHEETS AND PROCEDURES

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NORTH CAROLINA SENIOR GAMES

VIRTUAL 5K & 10K

SCORESHEET & PROCEDURES

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 for each race by gender and age group.

SCORESHEET

	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)	



NORTH CAROLINA SENIOR GAMES

VIRTUAL ARCHERY SCORESHEET & PROCEDURES

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

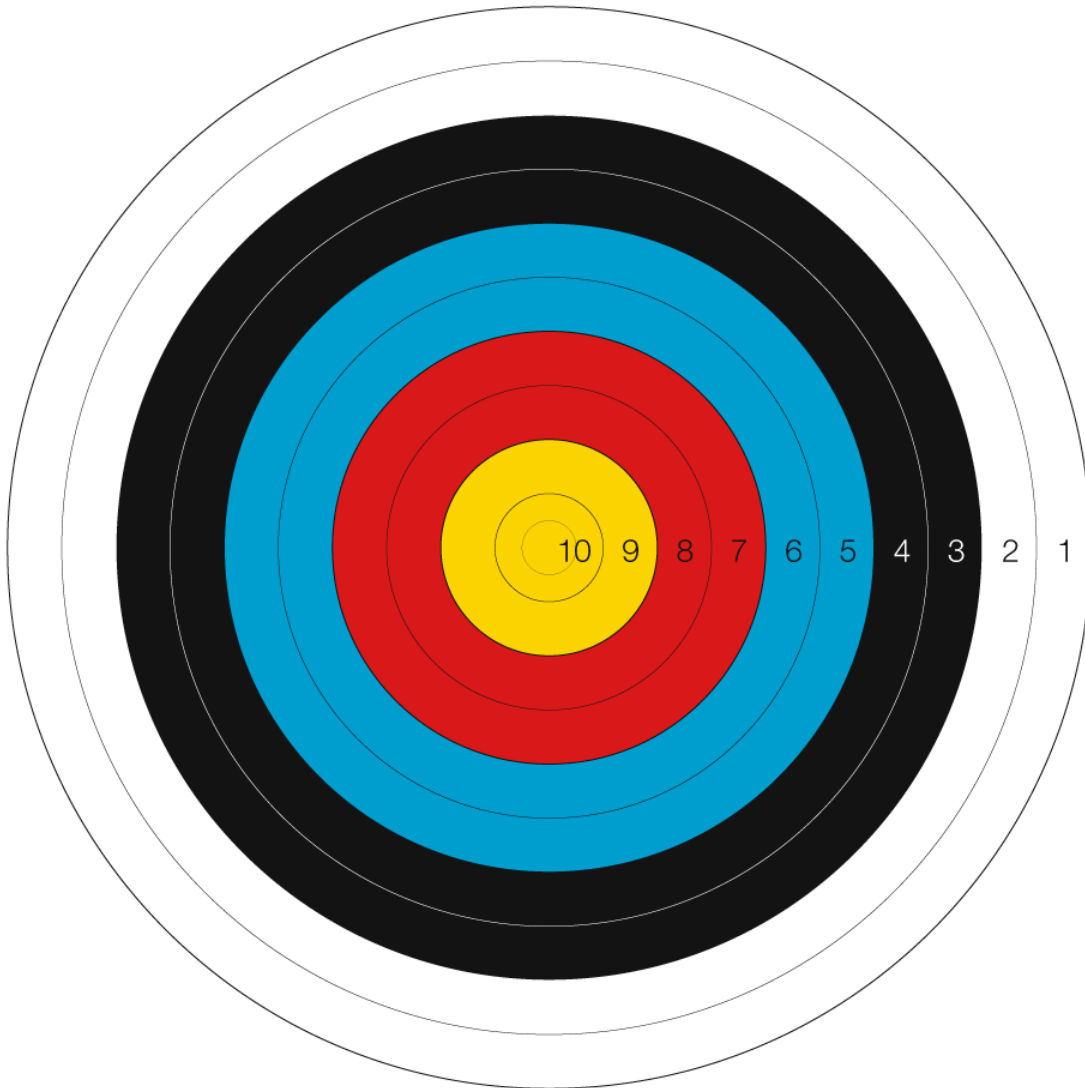
- The "600" round will be used for Virtual State Finals competition.
- There will be six divisions:
 - Conventional - Recurve Bare Bow
 - Conventional - Recurve w/ site
 - Conventional - Recurve w/ site and Release Aid
 - Compound - Bare Bow
 - Compound - w/ site
 - Compound - w/ site and Release Aid
- 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

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



Virtual 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	Total 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

Virtual Archery 600 Scoresheet

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_____
Final Hits Total _____	Final Score Total _____



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL BADMINTON

Singles, Doubles & Mixed Doubles

SCORESHEET & PROCEDURES

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. Combined score determines the winners.
 - The age of the younger player will determine the age group. Age groups are the same as in individual sports.
 - A player may compete in only one age group.
 - 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)

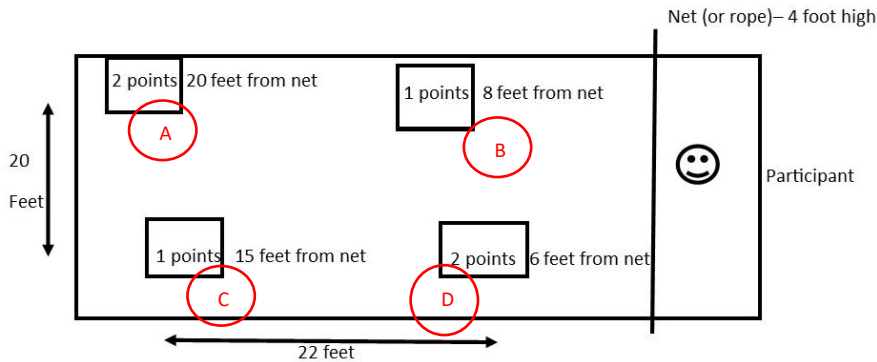
Square C is: 15 feet from the net and 3 feet from the side line (1 point for each bird/5 attempts)

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

VIRTUAL BADMINTON

Serve Challenge

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



Set up Forehand Challenge Area

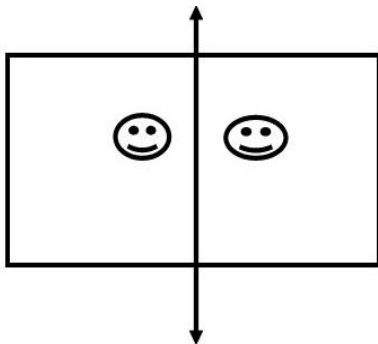
4 empty 2 liter bottles, or something similar in size, 6 inches apart.

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.



Virtual Badminton Score Card

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

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

Total points for Serve Challenge

Virtual Badminton Score Card

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

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	



NORTH CAROLINA SENIOR GAMES

VIRTUAL BASKETBALL SHOOTING

SCORESHEET & PROCEDURES

☐ = Miss (zero points)

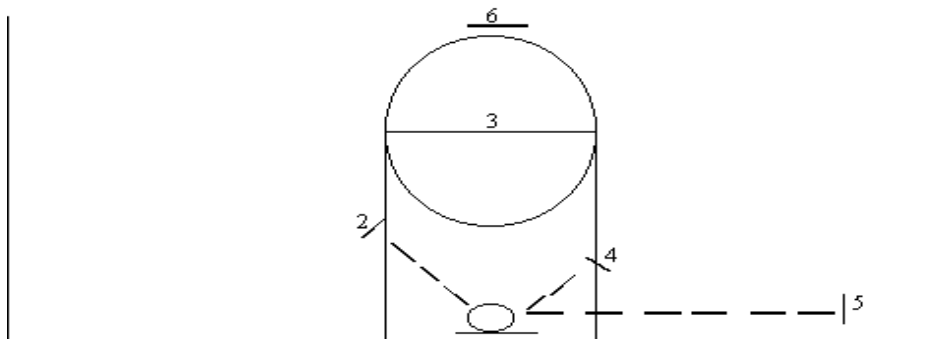
☒ = Successful Shot (1 point)

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
<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"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

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 TEAM BASKETBALL SCORESHEET & PROCEDURES

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.

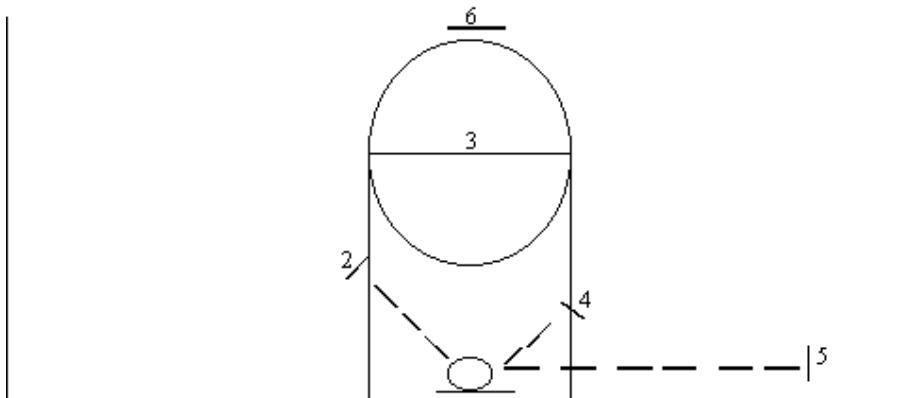
Equipment:

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



VIRTUAL TEAM BASKETBALL

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

Free Throw Challenge Total Score	
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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 5th 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

3 Point Challenge Total Score	
--	--

Total Individual Score (all three challenges combined)	
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Virtual Basketball Team Captain Summary Sheet

Use this summary sheet is to tally your player scorecards and prepare to turn in your team’s scores.

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



VIRTUAL BILLIARDS SCORESHEET & PROCEDURES

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 – (Defined)– All shots are legal except those that result in a scratch or 8 ball pocketed.

VIRTUAL BILLIARDS

Scoring:

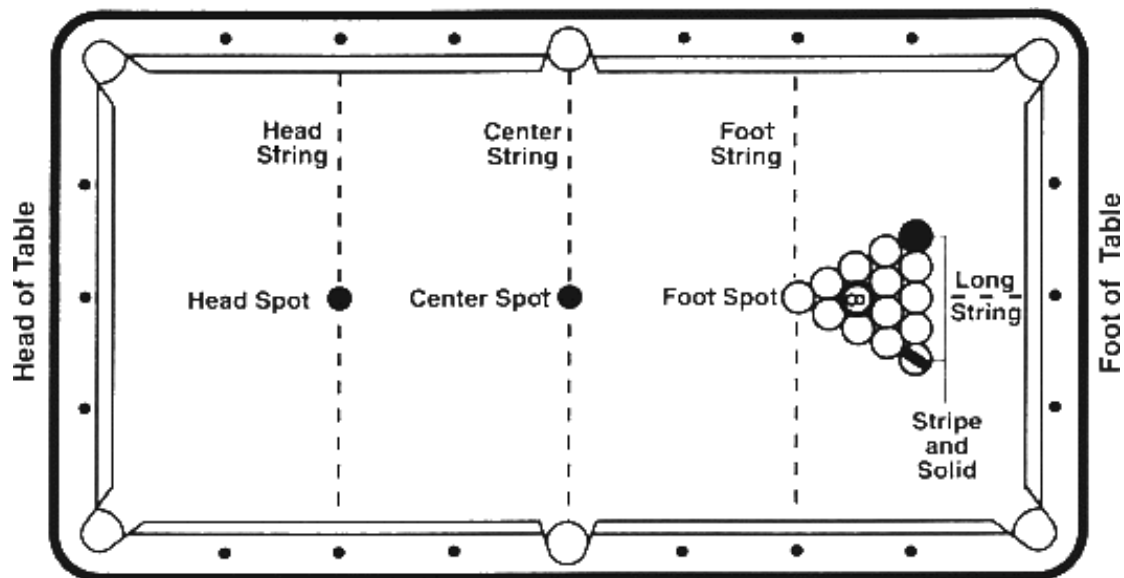
3 rounds for each individual. Score for each round is the number of shots in the round to pocket all balls plus shot penalties on fouls as described below. Final score is the number of shots for all three rounds total.

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:



Virtual Billiards Score Card

Round	Please mark the circles with an "X" for every shot taken including the break shot and mark "X" for fouls (review foul penalties carefully). Mark your final "X" when you legally pocket the 8 ball.																																																																																																				
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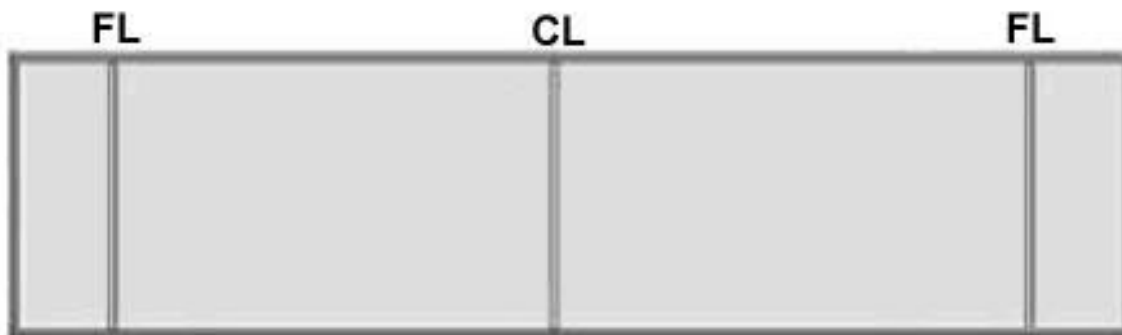
**NORTH CAROLINA
SENIOR GAMES**

**VIRTUAL BOCCE
SCORESHEET & PROCEDURES**

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:



CL = Center Line

FL = Foul Line

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").

Virtual Bocce

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.

Virtual 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		



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL BOWLING

Singles, Doubles, Mixed Doubles

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 score 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.
 - 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.

Virtual 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					

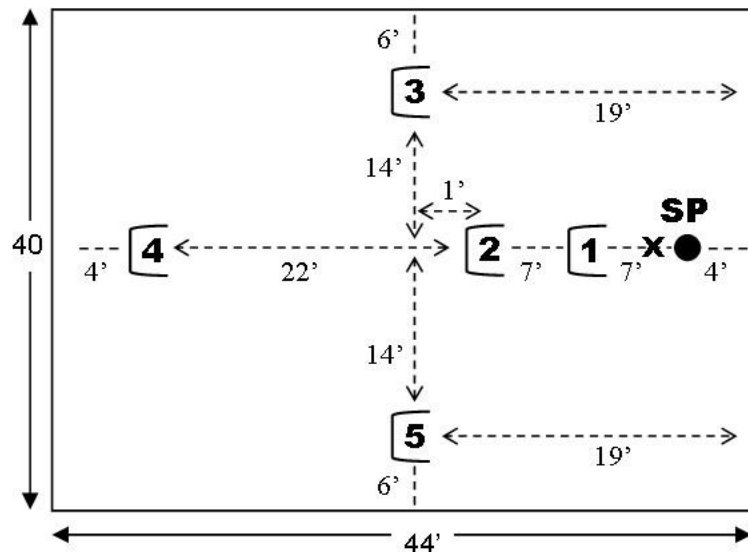


**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL CROQUET SCORESHEET & PROCEDURES

Court

The croquet court for virtual competition will be 44 feet long by 40 feet wide. Use stakes to mark the boundaries (See note below). Boundary lines all the way around the court are not necessary; players can eyeball the boundary line. The playing surface should be grass and as level as possible.



x – starting dot location - 28 inches in front of Starting Post in line with wicket 1

Equipment/Supplies

- **Partial Croquet Set.** If you do not have access to a croquet set, check with your local games to see if they have any available for loan.
 - 1 Ball (Just choose your favorite color!)
 - 1 Starting Post
 - 5 wickets
- **1 Croquet Mallet.** It may be a mallet from a croquet set, or a personal mallet that meets the following requirements: 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.
- **Rubber mallet** or something sturdy enough to tap the starting post and boundary line stakes securely into the ground. Do not use the croquet mallet. Using a croquet mallet for tapping in stakes could easily damage the mallet.
- **Tape Measure (at least 25 feet)**
- **Clipboard and Pencil**
- **Virtual Croquet Scoresheet**
- **Stakes for Boundary Markers.** We recommend 8 boundary markers: one for each corner of the court (4), one at the midpoint (20 feet) at each end of the court (2), and one marker on each side of the court at 19 feet from the starting end of the court (2). You could use survey flags or make your own stakes out of pencils with blue painters' tape on the end like a flag. Boundary lines all the way around the court are not necessary; players can eyeball the boundary line.

Scoring

1. The top places are earned by the participants that complete the course twice in the fewest strokes. Therefore, the score for virtual croquet will be the number of strokes needed to get through the course 2 times. The top 3 winners will be determined by the 3 lowest scores. Tie breakers will be determined by the lowest score on the second pass of the court.
2. A stroke is defined as each time the participant strikes the ball with the mallet. If an infraction is made during a stroke, the stroke is still counted and the ball is returned to its original position
3. There are no stroke awards given in virtual croquet. The player must count the number of strokes it takes to complete the course twice. The scoresheet has 2 outlines of the course and places to log your strokes and cross out the wickets or

starting post after you clear them. After each stroke, log it on the scoresheet in front of your next wicket or the starting post. Therefore, not all score slots on the score sheet will necessarily be filled in. Not only will this help you count your strokes, it will help you keep track of your next wicket.

The Competition

- A player must complete the virtual croquet course alone, but a socially distanced scorekeeper is allowed and would be helpful.
- Player must log the number of strokes it takes to complete the course 2 times.
- The tour of the ball must go as follows:
 - a. 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.
 - b. Go through wickets 1, 2, 3, 4.
 - c. After going through wicket 4, play the ball from rest and go back through the wickets 4, 5, 2, 1 and hit the starting post.
 - d. After hitting the starting post, play the ball from rest and then go back through wickets 1, 2, 3, 4 again.
 - e. After going through wicket 4, play the ball from rest and go back through the wickets 4, 5, 2, 1 and hit the starting post again to finish the game.
- The ball must pass completely through each wicket in the proper sequence and direction.
- 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, your ball should be returned to its original position and that stroke is counted.
- 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.
- Wickets may not be touched by the mallet in playing the ball. If any wicket is touched by your mallet, your ball is returned to its original position and the stroke is counted. The starting post may be touched by the mallet when playing the ball.
- A ball is bridged if the handle of the mallet laid across the wicket on the side from which the ball was struck touches the ball.
- 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. If the ball is bridged from the wrong direction, and the player then plays the bridged ball from the correct direction and clears the wicket, the wicket does not count because the player's ball did not pass completely through the wicket from the proper direction.
- There are no penalties for hitting a ball out of bounds. When a ball is hit out of bounds it is placed on the boundary line where it went out.

Virtual Croquet Scoresheet

Cross through each wicket or starting post as you clear them. Therefore, there will be 2 cross marks for wickets 1, 2 and 4. Log a hash mark in front of your next wicket or starting post for each completed stroke. Add up the total of strokes on each pass of the court. Then add them together for the final score. If needed, the tie breaker will be the lowest score on the 2nd pass.

1st Pass:

The diagram illustrates the stroke order for writing the character 'SP' in a 5-pass system. The strokes are numbered 1 through 5, with corresponding brackets indicating the sequence. Stroke 1 is a vertical line on the right. Stroke 2 is a horizontal line on the right. Stroke 3 is a horizontal line on the left. Stroke 4 is a horizontal line on the left. Stroke 5 is a vertical line on the left. A legend on the right shows the character 'SP' with a black dot and a vertical line, labeled 'hash mark for last stroke on 1st pass'.

Total Number of strokes on 1st Pass: _____

2nd Pass:

Diagram illustrating the five strokes for writing the number 3:

1. Vertical line down on the right (hash mark for final stroke).
2. Horizontal line across the middle.
3. Horizontal line at the top.
4. Horizontal line at the bottom.
5. Horizontal line on the left.

Total Number of strokes on 2nd Pass:

Final Score

Add Total Number of strokes on 1st Pass and 2nd Pass: _____



-
- 1 point per bag on board
- 3 points per bag in hole
- Fill in circles as you throw bags
- Event Managers will total points based on your total bags thrown and total bags in the hole.

Virtual Cornhole
Page 1 of 3

VIRTUAL CORNHOLE

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 3rd 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.

VIRTUAL CORNHOLE

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.



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL CYCLING

1 Mile	Recumbent - 1 Mile
5K	Recumbent – 5K
10K	Recumbent – 10K

SCORESHEET & PROCEDURES

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 stationery 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	



VIRTUAL DISCUS AND SHOT PUT SCORESHEET & PROCEDURES

Facilities

USA Track and Field specifications are required for the *Discus Throw* and *Shot Put* circles. Designated areas for shot put and discus with safety cages in place are required.

Assistant

A trained person to mark landing spot of implements, can be socially distanced and wear a mask. Must be able to “see” where implements land from a safe distance.

Preparation

- For measuring use a long section of string/twine, or a long measuring tape measure (approx. 200 feet) and stretch it taut in the direction you will be throwing.
- 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 which 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 and to be safely out of the way.
- 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 implement first hits the ground.

Equipment

<u>Sex/Age Group</u>	<u>Shot*</u>	<u>Discus</u>
Male 50-59	6 Kg	1.5 Kg**
Male 60-69	5 Kg	1.0 Kg
Male 70+	4 Kg	1.0 Kg
Male 80+ & Female 50-74	3 Kg	1.0 Kg
Female 75-79	2 Kg	.75 Kg

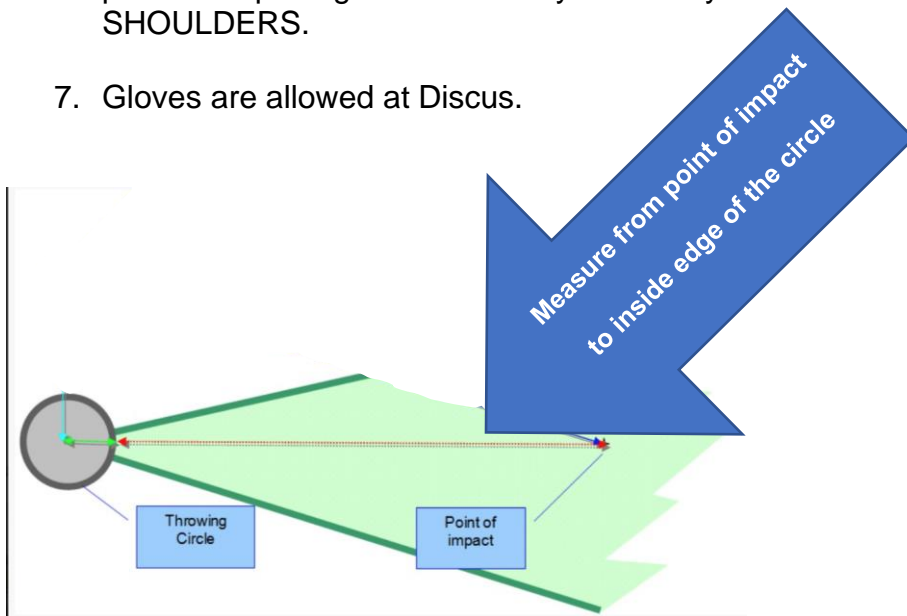
The maximum diameter for all shots shall be 130mm for men and 110mm for women.

* Local Games may use the 1.6 Kg discus for Male 50-59, but must use the same weight for all competitors in the age group.

VIRTUAL DISCUS AND SHOT PUT

Rules

1. Each participant shall be given three attempts. However, a participant may choose to waive that right and stand on one or two performances.
2. An infraction or scratch disqualifies that attempt only.
3. The competitor may touch the inside of the iron band or stop-board, but may NOT touch the top of the circle or stop-board or the ground outside the circle until the discus or shot has landed.
4. The competitor may interrupt a trial once started, if no foul has been committed, and leave the circle from the rear half.
5. The competitor may not leave the circle until the shot or discus has LANDED, and then must leave from the rear half of the circle.
6. The shot must be put from the shoulder with one hand only; in preparation the shot must touch or be in close proximity to the neck or chin and SHALL NOT drop below this position in putting. The shot may not at any time be brought BEHIND the line of the SHOULDERS.
7. Gloves are allowed at Discus.



Measurement

1. Shot and Discus - from the nearest mark made by the object to the inside circumference of the circle along a line from the mark to the center of the circle.
2. All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

VIRTUAL DISCUS AND SHOT PUT

Scoring

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

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

Using a tape measure or piece of string, measure the distance from the foul line to each of the markers. If a piece of string is used, measure the marked spots on the string with a measuring tape. Record on the scorecard the distance of all three throws to the nearest one-half inch and submit.

Shot Put

Throw 1	Throw 2	Throw 3	BEST THROW

Discus

Throw 1	Throw 2	Throw 3	BEST THROW

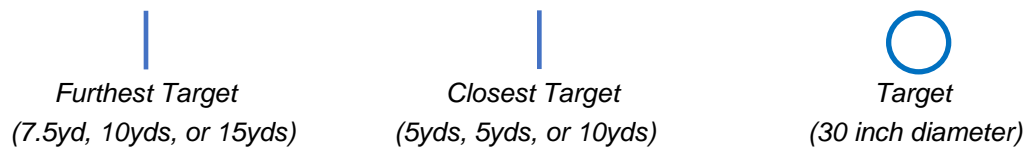


VIRTUAL FOOTBALL THROW SCORESHEET & PROCEDURES

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.

Virtual Football Throw Score Card

EXAMPLE

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



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL 1 MILE FUN WALK SCORESHEET & PROCEDURES

Recommended Equipment

1. Comfortable walking shoes
2. Water Bottle
3. Hat
4. Sunscreen

Course Selection

1. Anywhere you like. Trail, park, neighborhood or greenway that is 1 mile in length are just a few recommendations, considerations include terrain, hills and other features.
2. Review community safety regulations before going for your walk.
3. Alter your time of day if your favorite trail or greenway are crowded.
4. 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 walking and when you expect to be back.

Scoring

Report Completion



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL GOLF SCORESHEET & PROCEDURES

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 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

Submit your score as directed by your Local Games.

Play Safe

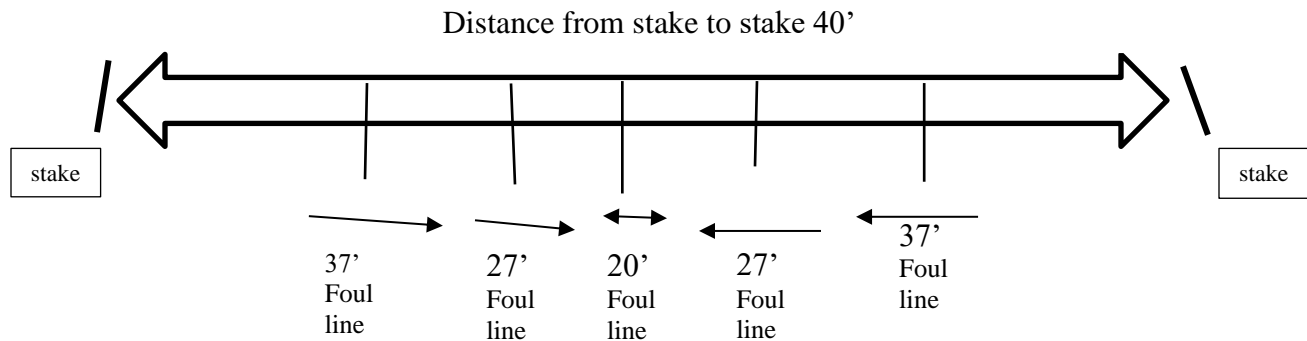
Please follow the current CDC, NC Department of Health and Human Services and your local Health officials' recommendations for COVID-19 to stay safe during your round. Good luck and play well.



VIRTUAL HORSESHOES SCORESHEET & PROCEDURES

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

VIRTUAL HORSESHOES

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.

Virtual 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, 2021)

- 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	-	0
4	-	1	1	1
6	1	0	3	4
8	2	0	6	10

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				
Total				



VIRTUAL LONG JUMPS SCORESHEET & PROCEDURES

Equipment

- Sand pit (or beach) is recommended for standing long jump. USTA certified long jump pit is required for running long jump.
- Measuring tape
- Rake to smooth sand
- Athletic tape, or something similar to create a foul line
- Scoresheet and clipboard
- Pencil

Running Long Jump requires a safety assistant to supervise, can be a friend or family member.

Guidelines

1. The jumper must tape/mark a two-foot take-off from behind the restraining line.
2. The landing pit must be level with the runway and consist of soft sand.
3. Each participant shall be given three attempts. However, a participant may choose to waive that right and stand on one or two performances.
4. An infraction or scratch disqualifies that attempt only.
5. Shoes are required to participate in Running Long Jump and Standing Long Jump.

Running Long Jump

The *Running Long Jump* requires a runway and a white take-off board 20 cm (8 inches) wide. For safety, the take-off board may be marked with white adhesive tape or paint within a meter of the landing pit (avoid enamel paint or any other slick surface).

The following are fouls and count as trials:

- Touching the ground or runway beyond the take-off board or take-off board extended with any part of the body, during an approach, whether jumping or not.
- Taking off from either side of the take-off board.
- Touching the ground outside the landing area nearer the take-off board than the nearest break in the sand.
- When leaving the landing area, making first contact with the ground outside the pit closer to the take-off board than the nearest break made in the sand.
- Employing any form of somersaulting prior to contact in the landing area.
- A safety assistant is required to supervise, can be a friend or family member.

Standing Long Jump

- The *Standing Long Jump* should be taken from behind a two-inch line at the end of a Long Jump runway and land in the pit.
- The jumper must take a two-foot take-off from behind the restraining line.
- No run or approach is allowed.

VIRTUAL LONG JUMPS

Measurement

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

Standing Long Jump - 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.

Running Long Jump - from the edge of the take-off board nearest the landing pit or that line extended, perpendicular to the nearest break in the sand caused by ANY PART of the jumper's body.

Scoring

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

Virtual STANDING Long Jump Scoresheet

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

1 st Jump Score	2 nd Jump Score	3 rd Jump Score	BEST Jump Score

Virtual RUNNING Long Jump Scoresheet

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

1 st Jump Score	2 nd Jump Score	3 rd Jump Score	BEST Jump Score



**NORTH CAROLINA
SENIOR GAMES**

**VIRTUAL MINI GOLF
SCORESHEET & PROCEDURES**

Equipment:

1. Long Hallway or Area at Least 3 ft. wide and 20 ft. long
2. Golf Ball
3. Putter
4. Tape
5. 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 10th shot, move the cup before proceeding.
4. Take 10 shots to Target # 2. Ball must land inside the cup to be counted. After the 10th 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: 3rd Target, 5th Shot 30 points
Player B: 3rd Target, 5th Shot 30 points
Move to Shot 4
Player A: 3rd Target, 4th Shot 15 points
Player B: 3rd Target, 4th Shot 0 points
Player A declared the winner

Virtual Mini Golf 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				GRAND TOTAL
Total Points				

At the end of each target, total your scores.

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



VIRTUAL PICKLEBALL

Singles, Doubles and Mixed Doubles

SCORESHEET & PROCEDURES

Virtual Pickleball Competition will be a series of skills. Perform the skills tests and record your score. Report your scores. 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

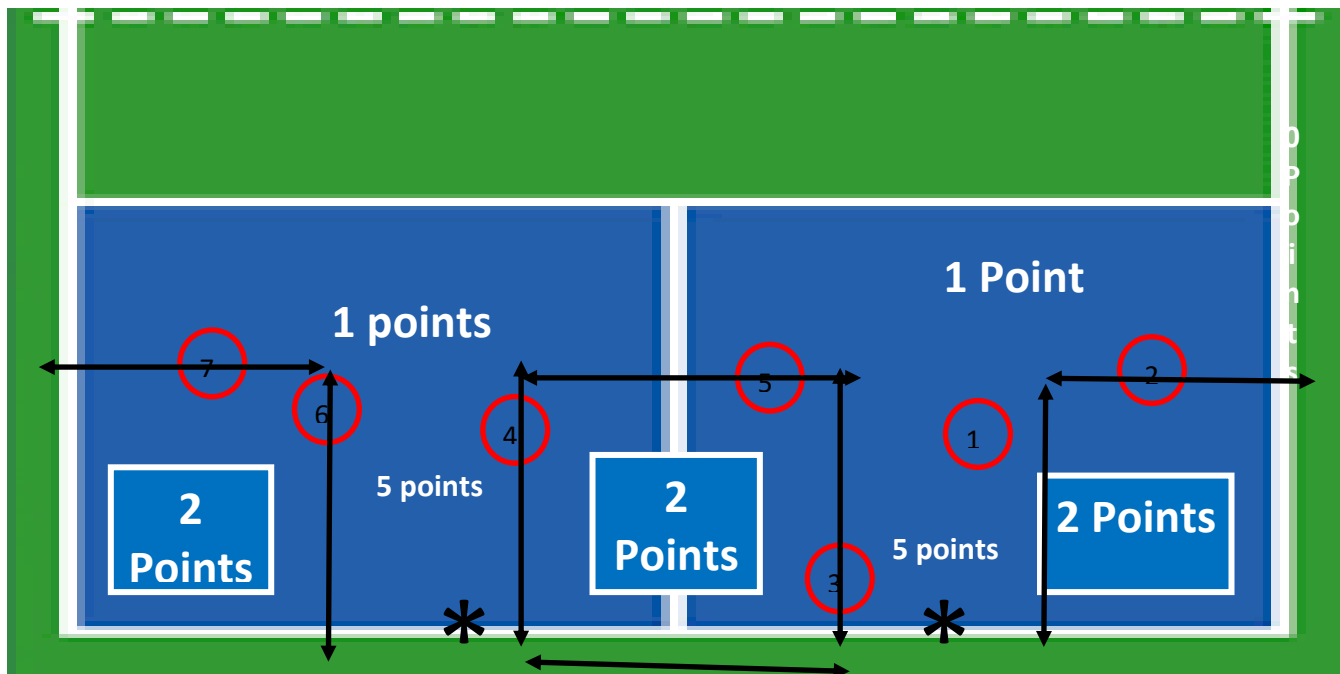
Lines 3 & 4 -measure 18 inches from the middle of the center line and three feet from the outside edge of the back line

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.



18 inches each side of center line

- 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. Combined score determines the winners.
 - The age of the younger player will determine the age group. Age groups are the same as in individual sports.
 - A player may compete in only one age group.
 - Only one partner is required to report scores for the team.

Serve Challenge – 72 possible points

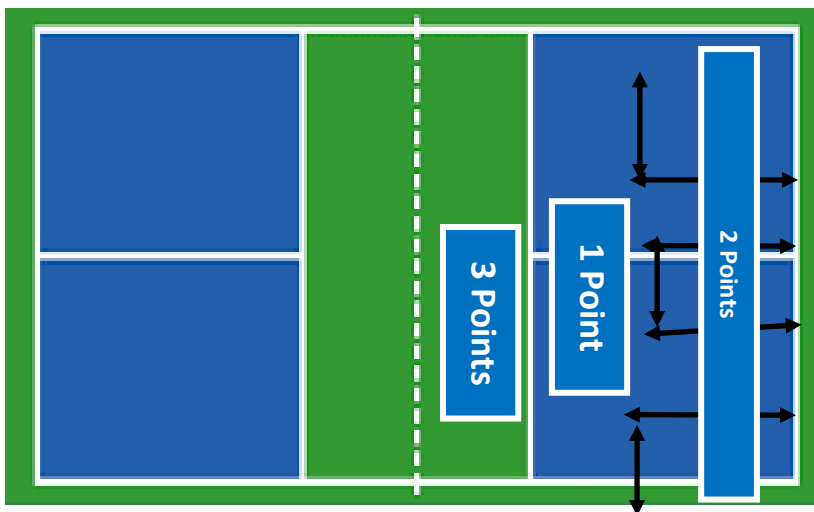
Participant performs 12 consecutive serves from each side as described below for a total of 24 serves.

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

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

5-minute break between each skill is permitted.

Virtual Pickleball

Singles, Doubles and Mixed Doubles

Score Card

Name _____ Monitor _____

When 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.

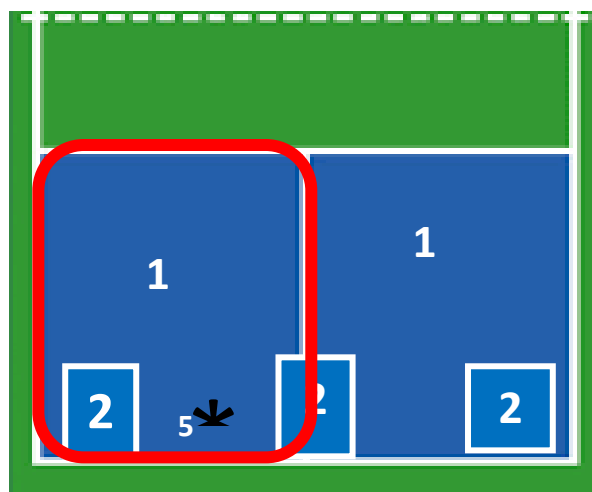
Doubles and Mixed Doubles:

Both partners scores are combined for a team score. Combined total determines the winners by gender and age category. Age category is determined by the age of the younger player. One partner should submit the team's scores and score cards via the google form on the NCSG website.

Serve Challenge-

For each Side-Scoring area for side one noted in the red box below

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. Lines count as in.



Side one:

1 back left (2)	2 back left (2)	3 back left (2)	4 back left (2)	5 back right (2)	6 back right (2)	7 back right (2)	8 back right (2)	9 STAR (5)	10 STAR (5)	11 STAR (5)	12 STAR (5)	Total Score

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

Virtual Pickleball

Singles, Doubles and Mixed Doubles

Score Card-page 2

Forehand Challenge

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

Backhand Challenge

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

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



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL POWER WALKING
1500 Meter & 5k
SCORESHEET & PROCEDURES

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 for which you are registered.

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	



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL RACE WALK
1500 Meter & 5k
SCORESHEET & PROCEDURES

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

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.

VIRTUAL RACE WALK

Scoring

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

	Write your scores here so you will have them easily accessible for submission
5k	
10K	



VIRTUAL DISCUS AND SHOT PUT SCORESHEET & PROCEDURES

Facilities

USA Track and Field specifications are required for the *Discus Throw* and *Shot Put* circles. Designated areas for shot put and discus with safety cages in place are required.

Assistant

A trained person to mark landing spot of implements, can be socially distanced and wear a mask. Must be able to “see” where implements land from a safe distance.

Preparation

- For measuring use a long section of string/twine, or a long measuring tape measure (approx. 200 feet) and stretch it taut in the direction you will be throwing.
- 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 which 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 and to be safely out of the way.
- 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 implement first hits the ground.

Equipment

<u>Sex/Age Group</u>	<u>Shot*</u>	<u>Discus</u>
Male 50-59	6 Kg	1.5 Kg**
Male 60-69	5 Kg	1.0 Kg
Male 70+	4 Kg	1.0 Kg
Male 80+ & Female 50-74	3 Kg	1.0 Kg
Female 75-79	2 Kg	.75 Kg

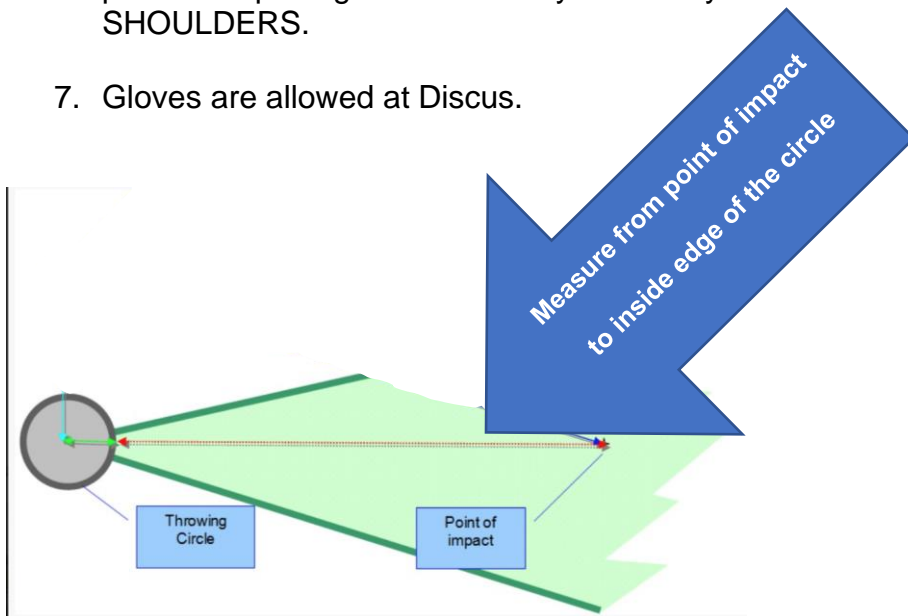
The maximum diameter for all shots shall be 130mm for men and 110mm for women.

* Local Games may use the 1.6 Kg discus for Male 50-59, but must use the same weight for all competitors in the age group.

VIRTUAL DISCUS AND SHOT PUT

Rules

1. Each participant shall be given three attempts. However, a participant may choose to waive that right and stand on one or two performances.
2. An infraction or scratch disqualifies that attempt only.
3. The competitor may touch the inside of the iron band or stop-board, but may NOT touch the top of the circle or stop-board or the ground outside the circle until the discus or shot has landed.
4. The competitor may interrupt a trial once started, if no foul has been committed, and leave the circle from the rear half.
5. The competitor may not leave the circle until the shot or discus has LANDED, and then must leave from the rear half of the circle.
6. The shot must be put from the shoulder with one hand only; in preparation the shot must touch or be in close proximity to the neck or chin and SHALL NOT drop below this position in putting. The shot may not at any time be brought BEHIND the line of the SHOULDERS.
7. Gloves are allowed at Discus.



Measurement

1. Shot and Discus - from the nearest mark made by the object to the inside circumference of the circle along a line from the mark to the center of the circle.
2. All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

VIRTUAL DISCUS AND SHOT PUT

Scoring

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

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

Using a tape measure or piece of string, measure the distance from the foul line to each of the markers. If a piece of string is used, measure the marked spots on the string with a measuring tape. Record on the scorecard the distance of all three throws to the nearest one-half inch and submit.

Shot Put

Throw 1	Throw 2	Throw 3	BEST THROW

Discus

Throw 1	Throw 2	Throw 3	BEST THROW

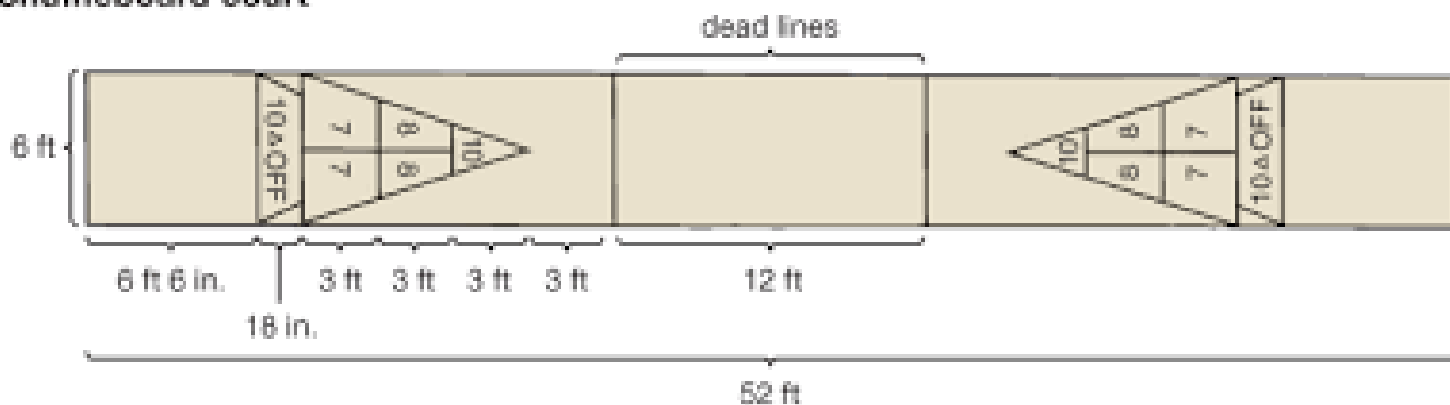


VIRTUAL SHUFFLEBOARD SCORESHEET & PROCEDURES

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.

VIRTUAL SHUFFLEBOARD

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.

Virtual 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



**NORTH CAROLINA
SENIOR GAMES**

**VIRTUAL SOFTBALL THROW
SCORESHEET & PROCEDURES**

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

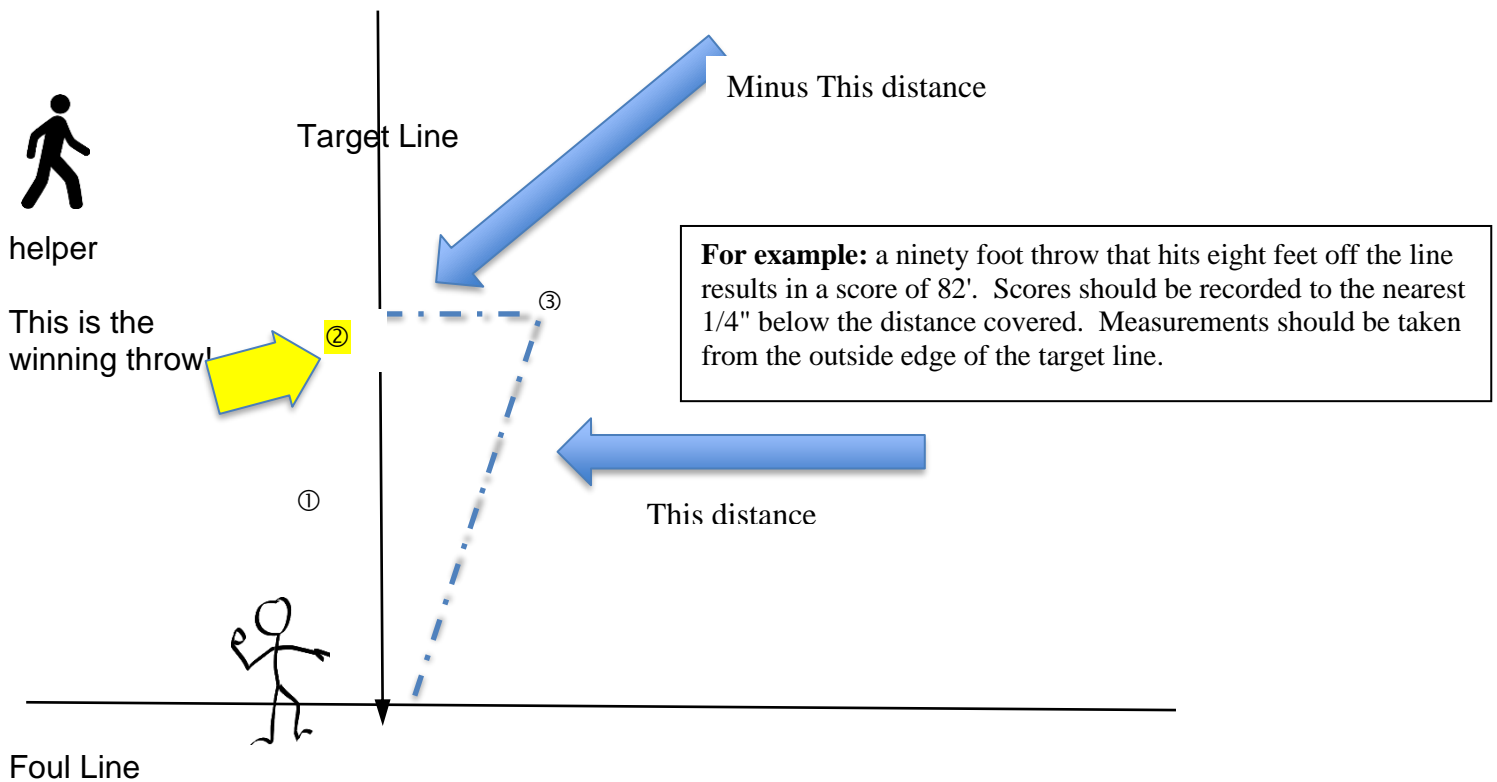
Assistant:

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.

VIRTUAL SOFTBALL THROW



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" softball for distance and accuracy and women to throw an 11" softball for distance and accuracy.
2. The longest net distance (distance of throw less deviation) will determine the winner.



VIRTUAL TEAM SOFTBALL SCORESHEET & PROCEDURES

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 (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.

VIRTUAL TEAM SOFTBALL

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 required of times (10) 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% of 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 1st/2nd

- 25 attempts per team to hit the ball inbounds (bouncing or in air) between 1st 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% of registered team members must complete

Batting Challenge 2nd/3rd

- 25 attempts per team to hit the ball inbounds bouncing or in air) between 2nd and 3rd 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% of registered team members must complete

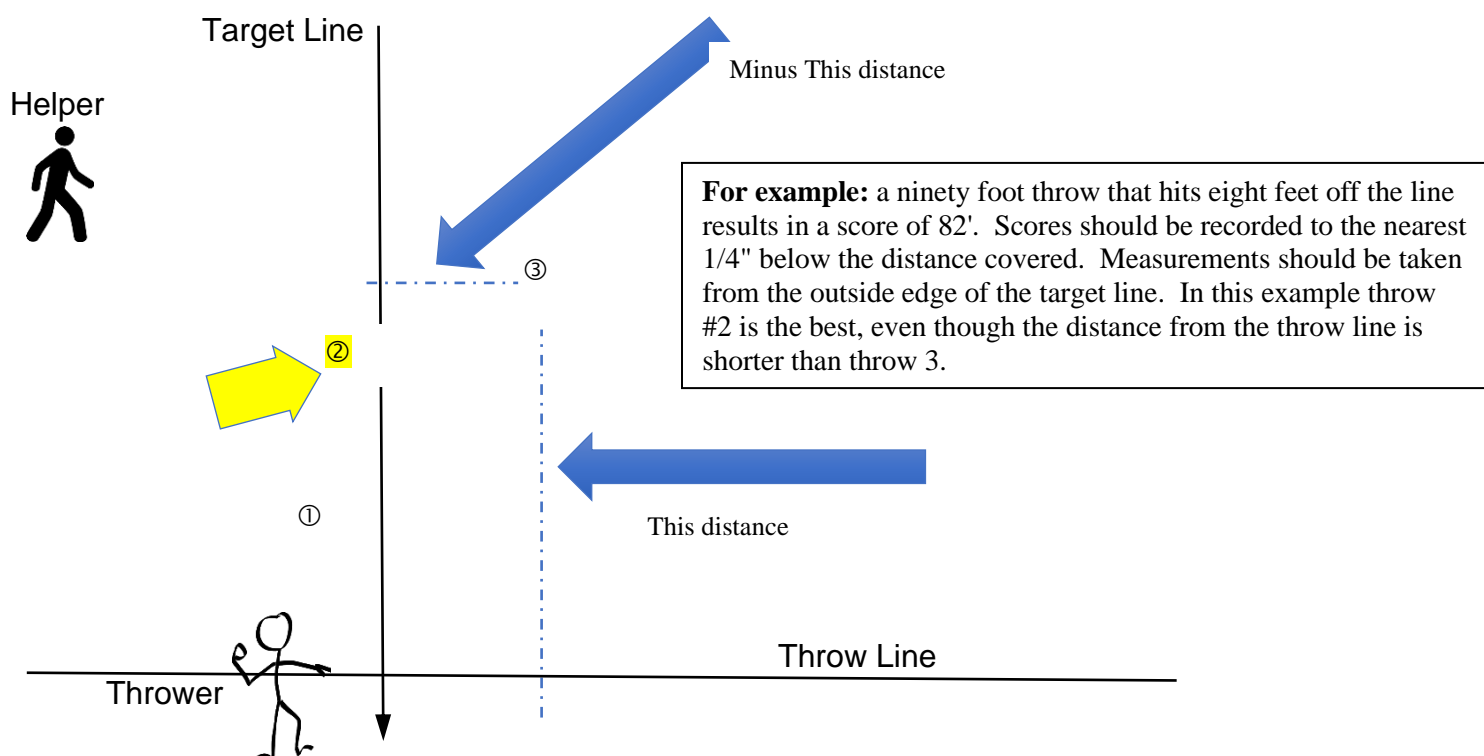
VIRTUAL TEAM SOFTBALL

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% of 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.



VIRTUAL TEAM SOFTBALL

Score Card

Running Challenge

Run Home Plate to first base to second base

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

VIRTUAL TEAM SOFTBALL

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.				

VIRTUAL TEAM SOFTBALL

Pitching Challenge

20 pitches thrown

Pitcher (s): _____

	Pitch 1	Pitch 2	Pitch 3	Pitch 4	Pitch 5	Pitch 6	Pitch 7	Pitch 8	Pitch 9	Pitch 10	Totals
Mat 1 pt											

	Pitch 11	Pitch 12	Pitch 13	Pitch 14	Pitch 15	Pitch 16	Pitch 17	Pitch 18	Pitch 19	Pitch 20	Totals
Mat 1 pt											
Grand Total											

VIRTUAL TEAM SOFTBALL

Batting Challenge-Hit Ball between 1st/2nd

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.	

VIRTUAL TEAM SOFTBALL

Batting Challenge: Hit ball between 2nd/3rd

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.	



VIRTUAL SWIM MEET SCORESHEET & PROCEDURES

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. Starting blocks may not be used unless provided for all swimmers at a designated location. 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.

VIRTUAL SWIM MEET

- **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.

VIRTUAL SWIM MEET

Score Sheet

Pool length: 25 yards or 25 meters?

Times:

50 yd. - Freestyle: _____

50 yd. – Backstroke: _____

50 yd. - Breaststroke: _____

50 yd. - Butterfly: _____

100 yd. - Freestyle: _____

100 yd. - Backstroke: _____

100 yd. - Breaststroke: _____

100 yd. - Butterfly: _____

100 yd. - Individual Medley: _____

200 yd. – Freestyle: _____

200 yd. - Backstroke: _____

200 yd. - Breaststroke: _____

200 yd. - Butterfly: _____

200 yd. - Individual Medley: _____

400 yd. – Individual Medley: _____

500 yd. - Freestyle: _____



NORTH CAROLINA SENIOR GAMES

VIRTUAL TABLE TENNIS

Singles, Doubles & Mixed Doubles

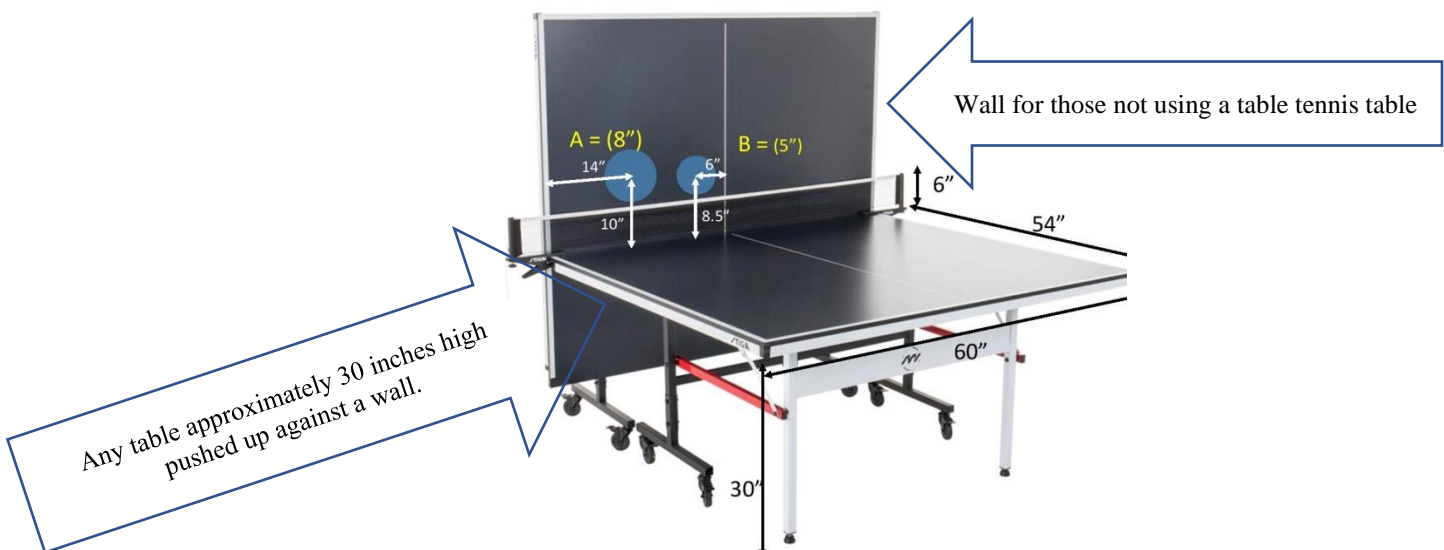
SCORESHEET & PROCEDURES

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.



VIRTUAL TABLE TENNIS

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. Combined score determines the winners.
 - The age of the younger player will determine the age group. Age groups are the same as in individual sports.
 - A player may compete in only one age group.
 - Only one partner is required to report scores for the team.

VIRTUAL TABLE TENNIS

Score Card

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	
		TOTAL:	

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			
		TOTAL	

OVERALL TOTAL



VIRTUAL TENNIS

Singles, Doubles & Mixed Doubles

SCORESHEET & PROCEDURES

Virtual Tennis Competition is a series of skills. Perform the skills tests and record your scores. Report your scores 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. Age groups are the same as in individual sports.
 - A player may compete in only one age group.
 - Only one partner is required to report scores for the team.

Skill and Description	Point Potential
1. Serve Skill: Participant performs 10 consecutive serves from each side. An “in” serve scores 1 point.	20
2. Forehand Skill: 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. Backhand Skill: 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
4. Consistency/Stamina Skill: 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 alternating 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-

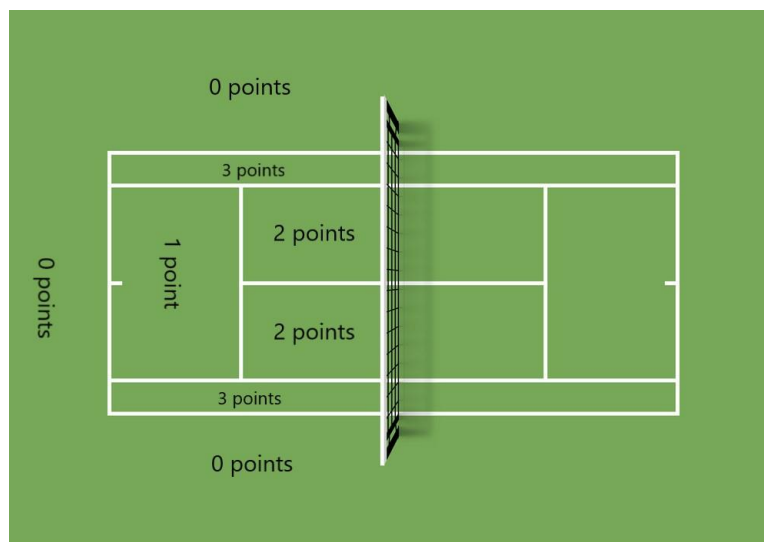
Note point scored for where each ball hit

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?



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL TRACK MEET
Running Events
SCORESHEET & PROCEDURES

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)



VIRTUAL TRACK MEET

Recommended Equipment

1. Comfortable running shoes. Soft spikes recommended for synthetic track surfaces.
2. Water Bottle
3. Watch with digital timer or stop watch.
4. Sunscreen

Course/Track Selection

1. Review community safety regulations before going for your dash/run
2. Alter your time of day if your favorite course/track is crowded
3. Be prepared for limited access to public restrooms
4. Run when you like and report your times for each event for which you registered.

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.
50 Meter Dash	
100 Meter Dash	
200 Meter Dash	
400 Meter Dash	
800 Meter Run	
1500 Meter Time	