



Cabarrus County Senior Games 2015 Event Rules & Information Book

April 6 - May 16, 2015

See the Schedule of Events on page 3 for specific information.

Early Bird Deadline - March 11 (save \$5), 5 p.m.

Final Entry Deadline - March 27, 2 p.m.



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For more information, contact:

CABARRUS COUNTY SENIOR GAMES

Susan Donaldson, Local Coordinator

Cabarrus County Senior Center - Concord

Post Office Box 707, Concord, NC 28026-0707

704-920-3484 jsdonaldson@cabarruscounty.us

Special Thanks to

Humana

Cabarrus Senior Games Gold Sponsor

**Don't forget to pick up a copy
of the 2015 CSG Entry Packet!**

... for the artist & athlete in you ...

General Rules & Information

ELIGIBILITY

To participate in Cabarrus County Senior Games, you must:

- be 50 years of age or older on or before Dec. 31, 2015
- be a resident of Cabarrus County or participate in programs of the Cabarrus County Senior Centers an average of 3 times per month **OR**
- live in a county where an event is not offered **AND**
- be able to show proof of NC residency (minimum of 3 consecutive months of the year)
- **show a photo ID card at each event check-in (required)**

AGE CATEGORIES

Age categories are determined by participant's age on December 31, 2015. In athletic events, men & women compete in separate categories in the following 5-year increments:

50-54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75 - 79,
80 - 84, 85 - 89, 90 - 94, 95 - 99, 100+

In team/doubles competition, age categories are determined by the age of the youngest team member. Competition in the SilverArts and bridge will be without regard to age or gender.

FEES FOR THE GAMES

- FULL ENTRY fee \$15 (\$20 after 3/11)
- Bridge ONLY entry fee \$8 (\$13 after 3/11)
- SilverArts Showcases ONLY entry fee \$8 (\$13 after 3/11)
- EVENT fees (5K Run, Golf, Bowling & Luncheons)
Opening Ceremonies/Events Day luncheons: \$3 each
- GUEST fees:
Opening Ceremonies/Events Day luncheons: \$3 each
Cheerleader Showcase/SilverArts Follies \$5 adult/\$3 child
Closing Ceremonies Dinner/Dance \$15 (limit 1)

Your FULL ENTRY fee includes:

- participation in athletic and/or arts events,
- admission to Pre-Games Clinics/Socials, SilverArts Showcase & Reception, Opening Ceremonies, Closing Ceremonies Dinner Dance, Cheerleader Showcase/SilverArts Follies and Ice Cream Social
- participant t-shirt
- basic entry fee for Senior Games State Finals (if funding is available for those who qualify, register, and return entry form to Cabarrus Senior Games by June 10 at 5 p.m.)

The SilverArts Showcase and Bridge ONLY entry fees include

- participation in SilverArts Showcase or Bridge ONLY

ENTRY PROCEDURES

1. Complete and sign required forms in the Entry Packet
2. Submit Entry Packet, payment and required items (literary arts entry, music, etc.) as specified in the Event Rules & Information Book by published deadline to:
Cabarrus Senior Games, P.O. Box 707,
331 Corban Ave SE, Concord, NC 28026-0707

AWARDS

Athletic events: 1st, 2nd and 3rd place finishers in each age group, male and female, will receive Gold, Silver or Bronze medals at the event sites.

SilverArts: 1st, 2nd and 3rd place finishers in each sub-category will receive Gold, Silver or Bronze medals. Awards for Visual, Heritage and Literary Arts will be presented at the SilverArts Showcase reception. Awards for Performing Arts & Cheerleaders will be presented immediately following the Cheerleader Showcase/SilverArts Follies.

Bridge: 1st, 2nd and 3rd place teams in each division will receive medals immediately following the tournament.

Medals not picked up at scheduled times will be available at the Closing Ceremonies Dinner/Dance or at the Concord Senior Center during business hours.

STATE FINALS QUALIFYING INFORMATION

Athletics: Gold, Silver and Bronze medalists in sanctioned events, in each age category, male and female, qualify to compete at North Carolina Senior Games State Finals.

(Exception: In addition to winning a medal, golfers must also meet minimum performance scores (MPS) to qualify for the State Finals Golf Tournament. See Rules & Information Book.)

SilverArts: Qualifiers in each sub-category are:

Literary Arts	Gold & Silver Medalists
Heritage & Visual Arts	Gold, Silver & Bronze Medalists <i>(if different artists)</i>
Cheerleader Showcase	"Best of Show"
Performing Arts	"Best of Show"

Tournament Events: Qualifiers limited to 3 tournament events at State Finals.

SilverStriders Fun Walk: Successful completion of this event will qualify participants for NCSG State Finals Fun Walk.

PLANS FOR INCLEMENT WEATHER

The decision to continue, delay or reschedule an event due to inclement weather will be made by the Cabarrus County Senior Games Events Director and/or SilverArts Coordinator, in conjunction with the Local Coordinator. Unless conditions are hazardous to the safety of participants and volunteers, events will continue. Call 704-920-3484 for updates. If there is no message regarding cancellation or delay, participants should report to their event site as scheduled. Event Managers will have the latest information.

NOTE: Luncheon tickets are not included with Entry package. Purchase on page 3 of the Entry Packet.

2015 Schedule of Events

Friday, March 6

2 pm.....Pre-Games Social & Clinic: Concord Senior Center

Wednesday, March 11

9 am.....Senior Health & Wellness Day: Arena & Events Center

5 pm.....Senior Games Registration EARLY BIRD DEADLINE (save \$5)

Wednesday, March 25

10 am.....Pre-Games Doubles Social: Concord Senior Center

Friday, March 27

10 am.....Pre-Games Social: Concord Senior Center

2 pm.....Senior Games Registration FINAL DEADLINE

Monday, March 30

2 pm.....SilverArts Follies Group Leader Meeting: Concord Senior Ctr

Monday, April 6

11 am.....Opening Ceremonies: Frank Liske Park Amphitheatre

11:30 am.....Opening Ceremonies Luncheon: Frank Liske Park Barn (\$3)

12:30 pm.....Disc Golf Clinic: Frank Liske Park

2 pm.....Miniature Golf*: Frank Liske Park

Tuesday, April 7

2 pm.....Men's Billiards: Concord Senior Center

Wednesday, April 8

2 pm.....Women's Billiards: Concord Senior Center

Thursday, April 9

9:30 am.....Bowling Singles: Foxfire Lanes (\$3.00)

1 pm.....Basketball Shooting, Badminton: Academy Center

Friday, April 10

9 am.....Cornhole Singles: Concord Senior Center

Monday, April 13

8:30 am.....5K Race Walk: Harrisburg Town Park

10:30 am.....Croquet: Harrisburg Town Park

3-6 pm.....SilverArts Check-In: Concord Senior Center

Tuesday, April 14

10 am.....Cycling: Charlotte Motor Speedway

2 pm.....Table Tennis: Concord Senior Center

Wednesday, April 15 - Thursday, May 14

9 am - 7 pm ..SilverArts Showcase: Concord Senior Center

Thursday, April 16

9:30 am.....Bowling Doubles: Foxfire Lanes (\$3.00)

Friday, April 17

2 pm.....Swimming: YMCA - West Cabarrus Branch

Monday, April 20

2 pm.....Disc Golf Tournament*: Frank Liske Park

Tuesday, April 21 & Tuesday, April 28

9 am.....Shuffleboard Singles: Concord Senior Center

9 am.....Horseshoes: Concord Senior Center

Wednesday, April 22

9 am.....Bocce Singles, Men's: Concord Senior Center

Thursday, April 23

9:30 am.....Bowling Mixed Doubles: Foxfire Lanes (\$3.00)

Friday, April 24

9 am.....Bocce Singles, Women's: Concord Senior Center

9:30 am.....Bridge Pairs*: Concord Senior Center

Sunday, April 26

3:30 pm.....SilverArts Follies Rehearsal: Concord Middle School

Monday, April 27

9:30 am.....Golf Tournament: Irish Creek Golf Club (\$48)

Wednesday, April 29

8 am.....SilverStriders Fun Walk: Concord Middle School

8:30 am.....Walking & Track Events: Concord Middle School

10 am.....Discus, Shot Put, Long Jumps: Concord Middle School

Thursday, April 30

9 am.....Pickleball Singles, Doubles, Mixed Doubles: Carolina Courts

6:30 pm.....Cheerleading/SilverArts Follies: Concord Middle School

Saturday, May 2

9 am.....Boomers Mixer (ages 50-59): Concord Senior Center

Bocce, Cornhole, Horseshoes & Shuffleboard Singles

Monday, May 4

9 am.....Shuffleboard Doubles*: Concord Senior Center

Tuesday, May 5

2 pm.....Cornhole Doubles*: Concord Senior Ctr

Wednesday, May 6 (raindate May 11)

9 am.....Cornhole Mixed Doubles*: Les Myers Park

9 am - 12 pm Softball & Football Throw, Spin Casting: Les Myers Park

12 pm.....Lunch: Les Myers Park (\$3.00)

Thursday, May 7

9 am.....Bocce Mixed Doubles*: Concord Senior Center

Monday, May 11

6 pm.....SilverArts Reception/Awards: Concord Senior Center

7 - 8 pm.....SilverArts Showcase Pick-Up: Concord Senior Center

Tuesday, May 12

9 am.....Bocce Doubles*: Concord Senior Center

2 pm.....Archery: Mecklenburg Wildlife Club, Charlotte

Thursday, May 14

9 am.....Shuffleboard Mixed Doubles*: Concord Senior Center

Saturday, May 16

6 pm.....Closing Ceremonies Dinner Dance: Concord Senior Center

Saturday, June 6

9:30 am.....5K Run: Frank Liske Park (\$12)

Tuesday, June 9

2 pm.....Ice Cream Social: Concord Senior Center

Wednesday, June 10

5 pm.....State Finals Entry Forms due: Concord Senior Center

2015 NORTH CAROLINA SENIOR GAMES

AUGUST 1, 5 pm NCSG State Finals Entry Deadline: NCSG Office NO EXCEPTIONS!

September 1-4: Softball Tournament, Raleigh

October 6-7: Golf Tournament, Winston-Salem

October TBA: Pickleball Tournament, Concord

September 21-27: NCSG State Finals, Raleigh/Cary

October 6-7: Bocce & Cornhole Tournament, Clayton

October TBA: 3-on-3 Basketball Tournament, Greenville

Senior Games Special Events

Cabarrus Senior Games involves more than just participating in the arts & athletics! There is a variety of social, training and educational events included. Join us for this "Celebration of the Human Spirit"!

Friday, March 6, 2 pm... Concord Senior Center

Pre-Games Social & Clinic

Learn more about some of the events that will be a part of the Games -- horseshoes, shuffleboard, billiards, cornhole and bocce. Take time at this event to try something new, complete your Entry Form and enjoy old and new friends!

Wednesday, March 11, 9 am ... Cabarrus Arena & Events Center

Senior Health & Wellness Day

LOTS of information on wellness programs and events available to older adults in Cabarrus County. Lunch will be served. Come by the Senior Games booth and try out a couple of events & get registered!

Wednesday, March 25, 10 am ... Concord Senior Center

Pre-Games Doubles Social

Come practice with your doubles partner or meet potential doubles partners for bocce, cornhole and shuffleboard.

Friday, March 27, 10 am ... Concord Senior Center

Pre-Games Social

One last chance to practice before the games begin for billiards, bocce, cornhole, horseshoes and shuffleboard.

Monday, April 6, 11 am ... Frank Liske Park

Opening Ceremonies

Join us as we "kick off" the Games! Enjoy the torchlighting, cheerleaders and fun as we get into the spirit of the Games! Lunch follows (\$3 advance ticket required) at 11:30 am at the barn.

Wednesday, April 15 - Thursday, May 14, 9 am - 7 pm (Fridays until 5pm) ... Concord Senior Center

SilverArts Showcase

Come and see the display of visual, heritage and literary arts talents of area older adults. OPEN to the public.

Thursday, April 30, 6:30 pm ... Concord Middle School

Cheerleader Showcase -- SilverArts Follies

Enjoy the Cheerleaders and SilverArts Performers, then stay for the awards. Concessions available beginning at 5 pm. Admission included with Full Entry Fee (if requested) for participants. *Guest tickets may be purchased for \$5.00 (adults) or \$3.00 (children 12 & younger) on the Entry Form, at the Cabarrus County Senior Centers, or at the door (if available).*

Saturday, May 2, 9 am ... Concord Senior Center

Boomers Mixer

Are you ages 50-59 and want to participate in Cabarrus Senior Games events, but cannot get time off from work?. Competition in Billiards, Bocce, Cornhole, Horseshoes and Shuffleboard will be offered. Register on the Entry Forms.

Saturday, May 16, 6 pm ... Concord Senior Center

Closing Ceremonies Dinner Dance

All participants are invited to attend this final games event. We'll officially close the games and then enjoy dinner and dancing. Ticket included with Full Entry Fee (if requested) for participants. *Guest tickets may be purchased for \$15.00 on the Entry Form or at the Concord Senior Center until Friday, May 8 (if available); limit 1 per Senior Games participant.*

Tuesday, June 9, 2 pm ... Concord Senior Center

Ice Cream Social

Enjoy some ice cream with your favorite toppings with old and new friends. The final day to complete and submit your State Finals Entry Form so that Cabarrus Senior Games will pay your basic entry fee (if funds are available) is JUNE 10 at 5 pm.

Event Rules & Information

INFORMATION FOR ALL EVENTS...

- Report directly to your event site at least 15 minutes prior to the event start time. (Exception: golfers should report 30 minutes prior to start time.) Events will begin on time. Failure to report at the match time may result in a forfeit.
- Participants must compete and score to be eligible for an award and to qualify for State Finals (no score necessary for tournament and team sports).
- Ties will be decided in all events except cycling, race walking, swimming and track.
- TOURNAMENT EVENTS, particularly Bocce, Horseshoes and Shuffleboard, will have specific start times for age groups. Players will be notified of their age group start time prior to the tournament.
- In Doubles, Mixed Doubles and Team events, the age of the youngest player determines age group for competition. If a partner/team member cannot attend State Finals, another partner/team member may be substituted who qualified at a local games. Substitute team members must also be approved in writing by both team captains.
- NCSG rules can be found at www.ncseniorgames.org/rulesbook2015.pdf and take precedence over national governing bodies rules.

*Indicates events NOT offered at NCSG State Finals.

5K RUN -- June 6, 9:30 am -- Frank Liske Park, 4001 Stough Rd, Concord -- Additional event fee of \$12 is required. Cabarrus Senior Games 5K will be conducted as a part of the 5K sponsored by the Cabarrus County Active Living & Parks Department. Volunteers will assist with course direction.

ARCHERY -- May 12, 2 pm -- Mecklenburg Wildlife Club, 2301 Wildlife Rd, Charlotte -- Conventional - Recurve Bare Bow, Conventional - Recurve with Site, Conventional - Recurve with Site and Release Aid, Compound - Bare Bow, Compound - with Site, Compound - with Site and Release Aid. National Archery Association equipment rules apply to the conventional bowshooter. National Field Archery Association rules apply to the compound bowshooter. Field glasses and/or scopes are permitted for spotting arrow hits. No broadheads will be permitted. Sixty (60) arrows will be shot (20 arrows from 60 yards, 20 arrows from 50 yards, 20 arrows from 40 yards -- 4 ends of 5 arrows at each distance). ONLY targets are provided.

BADMINTON -- April 9, 1 pm -- Academy Recreation Center, 147 Academy Ave, NW, Concord -- Singles, Doubles, Mixed Doubles. USA Badminton rules apply. Matches will be the best of 3, 21-point games.

BASKETBALL SHOOTING -- April 9, 1 pm -- Academy Recreation Center, 147 Academy Ave NW, Concord -- 3 shots will be taken from each of 6 specific locations for a total of 18 shots. Each basket will count 1 point.

BILLIARDS -- April 7, 2 pm (Men), April 8, 2 pm (Women) -- Concord Senior Center, 331 Corban Ave, SE, Concord -- Eight Ball. NCSG Eight Ball rules will apply. The player pocketing his/her group of balls first, and then legally pocketing the eight ball, wins. Competition will be best of 3 games, 15 minute time limit per game. Winner of the coin toss determines who breaks.

BOCCE -- Doubles* -- May 12, 9 am; Mixed Doubles* -- May 7, 9 am; Singles -- April 22, 9 am (Men) -- April 24, 9 am (Women) -- Concord Senior Center, 331 Corban Ave, SE, Concord. Bocce Standards Association rules will govern play with some NCSG modifications. Each game is divided into a maximum of 5 frames OR first person to score 7 points, whichever comes first. A coin toss will determine who chooses color and throws the pallino first. Matches will be best of 3 games. Doubles & Mixed Doubles are not NCSG sanctioned events and not offered at State Finals.

BOWLING -- Singles -- April 9, 9:30 am; Doubles -- April 16, 9:30 am; Mixed Doubles -- April 23, 9:30 am -- Foxfire Lanes -- 225 Security St, Kannapolis -- Singles, Doubles, Mixed Doubles. Additional fee of \$3.00 is required per event. US Bowling Congress rules will govern play. Scores will be determined by the scratch total for the 3 games bowled. In Doubles & Mixed Doubles, scores will be determined by the combined scratch total for the team; both players must score to win.

BRIDGE PAIRS* -- April 24, 9:30 am -- Concord Senior Center, 331 Corban Ave, SE, Concord. Played "duplicate" style; hands are premade and played by all competitors. Play divided into: 1) ACBL (American Contract Bridge League) members and non-members who choose to play in this division; 2) Non-ACBL member players. ACBL points awarded to top pairs in the ACBL section. Gold, Silver and Bronze medals awarded to top 3 East -West and North-South pairs.

**Visit www.ncseniorgames.org
for rules details!**

Event Rules & Information, cont.

CORNHOLE -- Singles -- April 10, 9 am; Doubles* -- May 5, 2 pm -- Concord Senior Center, 331 Corban Ave, SE, Concord; Mixed Doubles* -- May 6, 9 am -- Les Myers Park, 338 Lawndale Ave, Concord. NCSG rules will govern play. Each game is played to a maximum of 7 frames OR first person to score 21 points, whichever comes first (inning must be completed). Bag cancellation method will apply. Matches will be best of 3 games. Winner of coin toss chooses side, order and bag color.

CROQUET -- April 13, 10:30 am -- Harrisburg Town Park, 191 Sims Parkway, Harrisburg. NCSG rules will apply.

CYCLING -- April 14, 10 am -- Charlotte Motor Speedway, 5555 Concord Parkway, S, Concord -- 1 Mile, 5K, 10K. Participants must provide their own equipment (non-motorized bicycle, protective helmet -- required). US Cycling Federation rules apply. Start will be in 1-minute intervals - time trial start (participants race clock). Recumbent bicycles are not allowed.

DISC GOLF* -- April 20, 2 pm -- Frank Liske Park, 4001 Stough Road, Concord -- Scratch. Played similarly to golf with flying discs. One stroke counted for each disc thrown. Low gross score will determine winner.

FIELD EVENTS -- April 29, 10 am -- Concord Middle School, 1500 Gold Rush Dr, Concord -- Discus, Shot Put, Running Long Jump, Standing Long Jump. USA Track & Field rules will govern competition with some NCSG modifications.

Shot Put: 3 "puts" will be taken from within the shot put circle. The best "put" will count as the final score. Weights are: 2 Kg - women 75+; 3 Kg - women 50-74 and men 80+; 4 Kg - men 70-79; 5 Kg - men 60 - 69; 6 Kg - men 50 - 59.

Discus: 3 throws will be taken from within the discus circle. The best throw will count as the final score. Weights are: .75 Kg - women 75+; 1 Kg - women 55-74 and men 60+; 1.5 Kg - men 55 - 59.

Standing Long Jump: 3 jumps will be taken from a 2-foot stationary take off from behind a 2-inch scratch line. Measurement -- back of scratch line to nearest point in which any body part breaks sand. Longest jump is final score.

Running Long Jump: 3 jumps will be taken from a 1-foot running take off board. Measurement -- back of scratch line to nearest point in which any body part breaks sand. Longest jump is final score.

In accordance with ADA regulations, anyone in need of reasonable accommodations to participate in any program should call the ADA liaison at 704-920-3484 at least two weeks prior to the program.

GOLF -- April 27, 9:30 am -- Irish Creek Golf Club, 1196 Fairway Dr, Kannapolis -- Scratch. An additional event fee of \$48 is required. USGA and local course rules will apply. Equipment is responsibility of players. Golfers play 18 holes (9 holes for 90+) and are on their honor to play ethically. Low gross score will determine winners. **To qualify for State Finals, golfers must meet a minimum performance score (see below) and finish in the top 3 in their age group.**

Male	50-59	(88)	Female	50-59	(97)
	60-64	(91)		60-64	(99)
Male	65-69	(93)	Female	65-69	(102)
	70-74	(95)		70-74	(105)
	75-79	(99)		75-79	(109)
	80-84	(103)		80-84	(113)
	85-89	(108)		85-89	(118)
	90+	(9 hole) (57)		90+	(9 hole) (61)

HORSESHOES -- April 21, 9 am (Men) & April 28, 9 a.m. (Women), Concord Senior Center, 331 Corban Ave, SE, Concord. National Horseshoe Pitcher's Association rules will apply with some NCSG modifications. A match will consist of the best of 3 games, 20 shoes per game per pitcher or 21 points, whichever comes first. The cancellation method of scoring will be utilized. Coin toss will determine choice of first pitch. Pitching distances: 40 feet - men 50 - 69, 30 feet - men 70+ and women 50 - 74, 20 feet - women 75+.

MINIATURE GOLF* -- April 6, 2 pm -- Frank Liske Park, 4001 Stough Road Concord -- Scratch. Golfers will play 18 holes. Lowest score will determine winners. Equipment will be provided by Frank Liske Park Staff.

OPEN EVENTS -- May 6, 9 am - 12 noon -- Les Myers Park, 338 Lawndale Ave, SE, Concord; raindate: May 11

Football Throw: 5 throws will be taken from 2 different distances for a total of 10 throws. Football must pass through the target to count. Each successful throw from the lesser distance will count 10 points, from the greater distance 20 points. Distances are: 10 & 15 yards - men 50 - 69; 5 & 10 yards - men 70+; 5 & 7.5 yards - all women.

Softball Throw: 5 throws will be taken using a 12" softball. Each score will be the distance minus the accuracy (distance away from the marked line). Best throw will count as final score.

Spin Casting: 5 casts will be taken towards each of 3 targets at distances of 30, 40 and 50 feet, for a total of 15 casts. 3 points will be awarded for a weight that hits the target and 5 points for a weight (3/8 to 5/8 oz.) passing through a target.

PICKLEBALL -- April 30, 9 am -- Carolina Courts, 24 Spring St, SW, Concord -- Singles, Doubles and Mixed Doubles. USA Pickleball Association Rules will govern play. Matches will be best of 3 games to 11 points or one game to 15 points. Two point minimum margin required for win. Paddles not provided.

Event Rules & information, Cont.

RACE WALKING -- 1500-meter RACE WALK -- April 29, 8:30 am -- Concord Middle School, 1500 Gold Rush Dr, Concord; 5K RACE WALK -- April 13, 8:30 am -- Harrisburg Town Park, Sims Parkway, Harrisburg. USA Track & Field rules will apply. Race walking is a progression of steps taken so that unbroken contact with the ground is maintained. Race walkers must wear attire that leaves the knees exposed or enables the judges to see knee extension. Disqualification will occur if, in the opinion of 3 judges, a competitor fails to comply with the race walking definition.

RACQUETBALL -- Dates/times/location TBD -- Singles. Racquetball Association rules will govern play. Matches will be best of 3 games. The first 2 games will be played to 15 points, and, if necessary, the third game to 11 points. Eye guards or shatterproof glasses are mandatory and the responsibility of the player. Participants will be notified of pairings to schedule matches at their convenience. Matches will be self-officiated.

SHUFFLEBOARD -- Singles -- April 21, 9 am (Women) -- April 28, 9 am (Men); Doubles* -- May 4, 9 am; Mixed Doubles* -- May 14, 9 am -- Concord Senior Center, 331 Corban Ave, SE. NCSG rules will govern play. Preliminary matches will be best of 3 games of 8 frames. Medal round matches will be best of 3 games of up to 12 frames. Participants will shoot 4 discs each per frame. Only discs completely within the lines will score. Discs touching any part of the line, except for 10-off area, will not be scored.

SILVERSTRIDERS FUN WALK -- April 29, 8 am -- Concord Middle School, 1500 Gold Rush Dr, Concord -- A non-competitive 1-mile walk. Participants who complete the event will qualify for the NCSG State Finals Fun Walk.

SWIMMING -- April 17, 2 pm -- YMCA West Cabarrus Branch, 5325 Langford Ave, NW, Concord -- 50, 100, 200 yard Backstroke; 50, 100, 200 yard Breaststroke; 50, 100, 200 yard Butterfly; 50, 100, 200, 500 yard Freestyle; 100, 200 yard Individual Medley. USA Swimming rules will govern events. Swimmers are limited to 6 races. In all events, except backstroke, swimmers have their choice of "in-water" or "diving" start. All backstroke swimmers must start in the water.

TABLE TENNIS -- April 14, 2 pm -- Concord Senior Center, 331 Corban Ave, SE -- Singles, Doubles, Mixed Doubles. USA Table Tennis rules will govern play. Participants must avoid wearing white or distracting multi-colored shirts. Matches will be best of 3 games to 11 points. Knowledge of a legal serve is mandatory. If unsure, request observation of service motion prior to first match.

TEAM SPORTS -- Age of youngest participant will determine age group in which the team will compete. Team members must qualify together in order to compete in NCSG State Finals, unless an additional member is approved in writing by both team captains. Team members must provide personal equipment. Tournament pairings will be given to team captains after the Final Entry Deadline.

BASKETBALL 3-on-3 -- Dates/times/location TBD. NCAA rules will govern play. Game will be played half court with 2 teams of 3 players each and will consist of two 10-minute halves with a running clock, except during last 2 minutes of game when clock will stop in accordance with normal basketball rules. A 20-second clock will be used.

SOFTBALL -- Dates/times/location TBD. American Softball Association (ASA) rules will govern play with some NCSG modifications: Minimum # of players per team: men 50+, 55+, 60+ - 9; men 65+, 70+, 75+ and all women - 10. Length of game shall be 7 innings or 1 hour and 15 minutes.

TENNIS -- Dates/times/location TBD -- Singles, Doubles, Mixed Doubles. USTA rules will govern play with some NCSG modifications. Matches will be best of 3 sets. The 12-point tiebreaker will be in effect when the set is tied at 6-all. In Doubles and Mixed Doubles, the age of the youngest participant will determine age group of team. Participants will be notified of pairings and will schedule matches at their convenience. Matches will be self-officiated.

TRACK EVENTS -- April 29, 8:30 am -- Concord Middle School, 1500 Gold Rush Dr, Concord -- 100, 200, 400-meter Dashes; 800, 1500-meter Runs. USA Track & Field rules, including Article VI, Section II (Masters athletics), will govern competition. A waterfall start will be used for the 800 and 1500-meter Runs; lanes will not be utilized. For all other events, lane assignments will be used and runners must remain in their lanes during the race.



**National Sports Organizations
Available at www.ncseniorgames.org**

SilverArts Rules & Information, cont.

SILVERARTS SHOWCASE -- April 15 - May 11, 9 am - 7 pm, Mondays - Thursdays and 9am - 5pm Fridays -- Concord Senior Center, 331 Corban Ave, SE, Concord

SILVERARTS SHOWCASE AWARDS PRESENTATION -- May 11, 6 p.m. -- Concord Senior Center, 331 Corban Ave, SE, Concord

FOR ALL VISUAL & HERITAGE ARTISTS

- Artist's name, sub-category and the title of entry must be attached to the artwork.
- Entries must be the work of an individual, not a group.
- **Framed** artwork **must** be securely wired, ready to be hung (no serrated hooks or string). Dimensions of framed entries must be less than 36" x 42".
- Entries must not exceed 3 ft. x 3 ft. x 5 ft. freestanding display area.
- Artwork must weigh less than 50 pounds
- Groupings/sets may not have more than 3 separate pieces. Objects within each piece of the set must be connected to or contained within one of the 3 pieces.
- No more than 3 entries will be accepted in any one Visual or Heritage Arts sub-category.
- Entries for Heritage & Visual Arts Showcase must be checked in April 13, 3-6 pm and picked up May 11, 7-8 pm at the Concord Senior Center. Cabarrus Senior Games is not responsible for entries left before or after these dates.

HERITAGE ARTS

Sub-Categories: Basket Weaving, China Painting, Crocheting, *Flower Arranging (fresh), *Flower Arranging (artificial), *General Craft, Jewelry, Knitting, Needlework, Pottery (hand built or thrown), Quilting, Rugs (hooked, braided, woven), *Scrapbooking, Stained Glass, Tatting & Needlelace, Tole & Decorative Painting, Weaving, Woodcarving, Woodturning, Woodworking.

Format/Rules:

- Patterns may be used, but stamped work is not allowed.
- Latch hook rugs and pieces from ceramic molds do not qualify.
- Judged scrapbook pages may not exceed 5. Complete scrapbooks may be entered with pages to be judged clearly tabbed.
- Cabarrus Senior Games SilverArts Committee reserves the right to dispose of wilted flowers after judging.
- Entries are judged on color, composition, eye appeal, function, proportions and production/skill/workmanship.

VISUAL ARTS

Sub-Categories: Acrylics, Drawing, Mixed Media, Oil, Pastels, Photography, *Recycled Art, Sculpture, Watercolor

Format/Rules:

- Artwork, except sculpture and recycled art, must be framed and securely wired for hanging.
- Recycled art entries must be made from recycled materials, i.e. plastic, cardboard, aluminum, etc.
- Entries will be judged based on color, composition, eye appeal, originality, perspective and technique

LITERARY ARTS

Sub-Categories: Essay, Life Experience, Poem, Short Story-Fiction

Format/Rules:

- All entries must:
 1. have a separate title page that includes title of work, sub-category and name of artist. The artist's name may not appear on subsequent pages.
 2. be typed and double-spaced.
 3. have minimum font size of 10 point.
 4. be printed on 8 1/2 x 11 paper with minimum of 1" margins.
 5. be submitted with Entry Forms by final registration deadline of March 27 at 2 p.m.
- Poems must be no longer than 40 lines.
- Short Stories, Essays, and Life Experiences must be no longer than 8 pages.
- Copy of work should be of high quality and reproducible.
- All entries must be the work of an individual, not a group.
- Literary Entries **MUST** be included with the Senior Games Entry Form by the final registration deadline.
- No more than 3 entries in a sub-category will be accepted.
- No bound, framed or matted entries accepted.
- Entries are judged based on creativity, message conveyed by words, rhythm/flow/readability and technique

*Indicates sub-categories NOT eligible for State Finals.



ADDRESSES OF EVENT & ACTIVITY VENUES

Academy Recreation Center
147 Academy Avenue, NW, Concord

Cabarrus Arena & Events Center
4751 NC Highway 49 N, Concord

Cabarrus County Senior Center - Concord
331 Corban Avenue, SE, Concord

Carolina Courts
24 Spring St, SW, Concord

Charlotte Motor Speedway
5555 Concord Parkway, S, Concord

Concord Middle School
1500 Gold Rush Drive, Concord

Foxfire Lanes
225 Security Street, Kannapolis

Frank Liske Park
4001 Stough Road, Concord

Harrisburg Town Park
191 Sims Parkway, Harrisburg

Irish Creek Golf Club
1196 Fairway Dr, Kannapolis

Les Myers Park
338 Lawndale Avenue, SE, Concord

Mecklenburg Wildlife Club
2301 Wildlife Road, Charlotte

YMCA West Cabarrus Branch
5325 Langford Avenue, NW, Concord

This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.

Cabarrus Senior Games is coordinated by Cabarrus County Active Living & Parks and the Parks & Recreation Departments of Harrisburg, Concord and Kannapolis.



Cabarrus Senior Games
A program of the Cabarrus County
Active Living & Parks Department
PO Box 707
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