

Rules and Guidelines

*To promote total health and physical fitness,
events of longer duration and lower intensity are strongly recommended.
High-intensity types of activities are offered primarily for the conditioned, trained athlete.*

RULES – All events will be conducted in accordance with the 2007 edition of the North Carolina Senior Games Official Rules Book. A copy of the official rules for each event will be at the event site. You may view a copy of the Official Rules Book online at www.ncseniorgames.org

EQUIPMENT – Participants are required to provide their own equipment for Golf and Tennis. At other event sites, equipment will be provided. In most other events, participants may use their own equipment if it meets the official standards.

LIMITS OF EVENTS – In compliance with North Carolina Senior Games recommendations, the time required to complete the events, and health & safety factors, the following entry limits have been placed on these sports:

Tournament Sports – limit of 3 sports (not including Bocce)
Swimming – limit of 5 events
Tennis – Limit of 2 events

ELIGIBILITY

AGE CATEGORIES – Participants must be aged 55 or better. Your age category is determined by what your age **will be** on December 31, 2007. Men and women compete in separate categories in the following five-year age categories:

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

You must compete at the scheduled time with your age/sex category. In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player on the team.

RESIDENCY – A participant must be a North Carolina resident for a minimum of three (3) consecutive months of the year.

DOUBLES EVENTS – You must compete with the partner that you registered with. Each partner must submit an individual Entry Form by April 2, 2007 or neither can compete in that doubles event. Please communicate with your partner. Partners compete in the age category of the younger partner.

TEAM SPORTS – Each member of the team must submit an individual Entry Form by April 2, 2007 to be eligible to compete with the team. No changes can be made to the roster after April 1. The age category of the team will be determined by the age of the youngest player. Age divisions will be Women 55+, 60+, 65+, 70+; Men 55+, 60+, 65+, 70+.

(Continued on next page)

