



WELCOME TO OUR TEAM OF VOLUNTEERS FOR THE 2023 NATIONAL SENIOR GAMES PRESENTED BY HUMANA

You are part of the team of individuals who have generously offered their time and efforts to make the National Senior Games a memorable experience for all involved. A team of outstanding volunteers is vital to hosting an event of this size and scale. You all are the direct communication for the nearly 11,000 senior athletes coming to Pittsburgh to compete in their respective sports. You will leave a lasting impression on these visiting athletes by representing the Pittsburgh community.

This handbook contains guidelines and reference materials to make your volunteer experience as easy and fun as possible. Please take the time to read and familiarize yourself with this information so that you can better assist our visiting athletes from around the country.

On behalf of the entire National Senior Games Association staff and the Local Organizing Committee of the 2023 National Senior Games presented by Humana, we thank you for helping make this event possible!

The 2023 National Senior Games presented by Humana will feature nearly 11,000 athletes, ages 50 and over. Athletes will compete in 19 medal-contending sports from July 7th-July 18th. All competitions and events are free and open to the public, and we encourage the Pittsburgh community to embrace and support these amazing athletes.

Expectations:

Always be polite and courteous. For many people, you are the face of the National Senior Games. Please carry out your duties in a pleasant and professional manner. Smile! If a situation should arise that you do not feel comfortable addressing, please seek out the Volunteer Coordinator.

- Volunteers are expected to become familiar with this Volunteer Guide.
- All volunteers should report to their appropriate venue to check-in at least 10-15 minutes prior to the start of the scheduled shift. This location will be in your final communications.
- Volunteers are expected to report all accidents, injuries and illnesses (no matter how minor) to the Volunteer Coordinator; please see emergency information below.
- Volunteers are asked to notify the National Senior Games at least 24 hours prior to their shift if they are unable to volunteer as scheduled.
- Volunteers are asked to stay home if they are not feeling well.

- Feel free to cheer on the athletes and congratulate them!
- **Have FUN!**

During event hours, everyone's work is necessary and important. Volunteers are provided general job descriptions at sign up but may be reassigned on the day of the event to fill in as needed. If you do not know where to go, or what to do next, please check with the Volunteer Coordinator at your location. If you need a bathroom break, or otherwise need to leave your post, please make sure the Volunteer Coordinator who covers your area is aware before you leave your station.

What to Wear and What to Bring:

T-shirts will be provided at check in. Dress casually and comfortably! Layers are best; you can take them off if the temperature increases. Wearing sunscreen, a hat, a watch, and/or sunglasses may be a good idea. Please do not bring personal items; leave valuables at home. There will not be a secured location available for storing personal items and the National Senior Games is not responsible for lost, damaged or stolen items. If you need to bring personal belongings with you, please keep an eye on them and do not leave them unattended.

Where to Go and What to Do:

Please check in at the venue location listed on your final confirmation. Plan to arrive 10-15 minutes before your scheduled start time; this will provide you time to check in and receive your t-shirt. You will also meet your Volunteer Coordinator and receive a brief training on your assignment.

Frequently Asked Questions:

INCLEMENT WEATHER, SHOULD I STILL REPORT?

Yes, you should report as scheduled. You will receive instructions when you arrive at the venue. If weather cancels the event beforehand, you will receive an email of cancellation and reschedule information.

WILL THERE BE FOOD AVAILABLE?

Yes. There will be water available for all athletes and volunteers at the venues. If you are within the David L Lawrence Convention Center, the concessions will be open. If you have any dietary allergies or restrictions, please plan accordingly. If you're working more than one shift at a time, please plan to pack a meal/snacks.

WHAT IF I LOSE/FIND PERSONAL ITEMS?

Please do not bring any valuables, NSGA will not be responsible for any lost or stolen items. If you find an item, bring it to the Athlete Check-In at each venue. These items will be taken to the athlete village at the end of each day.

CAN I ADD ADDITIONAL VOLUNTEER SHIFTS?

Yes! You can add additional shifts throughout The Games. Simply log on to NSGA.com/volunteer and register for any remaining open volunteer shifts. You are also able to sign up on site at any time at the David L Lawrence Convention Center Volunteer Check-In.

Press Interviews:

We encourage volunteers to speak to the press about why you decided to volunteer or what you enjoy about the experience. However, please refrain from answering questions about the conduct or performance of the athletes; policies or finances; situations regarding medical assistance to athletes, staff or volunteers; incidents that involve the loss of property or injury to spectators or athletes; or other aspects of the marathon itself. Only a National Senior Games representative can answer any questions from the media regarding these topics.

Lost and Found:

If you lose personal items, please check with your Volunteer Coordinator to see if anything has been turned in at the station. All lost and found items will be returned to the P3R office at the end of the day; please call 412-586-7785 if your item was not returned to the coordinator.

Receiving Complaints or Comments:

If someone has complaints or comments about the National Senior Games events, please:

- Thank them for their comments and their concern and confirm someone will look into the situation.
- If possible, collect contact information (email address and/or phone number).
- Volunteers receiving comments should provide this information to their Volunteer Coordinator before leaving the volunteer area. If unable to do so, the volunteer should email this information to volunteers@p3r.org within 36-hours of the events.
- Follow-up will occur as soon as possible; customer service extends beyond pre-race questions, to post-race concerns.

In Case of Emergency:

For non-emergency situations, immediately contact your Volunteer Coordinator. In case of an emergency, immediately dial 9-1-1.

FOR ANY ADDITIONAL QUESTIONS, PLEASE REFER TO THE FOLLOWING WEBSITES:

Sport Schedules: www.NSGA.com/sports

Volunteer: www.NSGA.com/volunteer

Email: volunteers@p3r.org

The following pages will provide a brief guide to each sport, to help prepare you for your shift. Some of the information provided may not be applicable to these events.

Thank you for donating your time and efforts to support the National Senior Games. A great deal of our success is dependent on the generosity of our volunteers. We could not do it without YOU!

ARCHERY

Veterans Park
3848 37th Street Extension
Beaver Falls, PA 15010

Archers may only compete in one style.

Archers must provide their own bows and target arrows.

There are three types of bows used in archery – recurve, compound and barebow.

Recurve

- The recurve bow is the only one used at the Olympic Games.
- A recurve archer pulls the string towards their face with their fingers and aims at the target through a sight. The arrow is then released downrange towards the target.
- The bit where the bow is held is called the riser, off which limbs (or the arcs) of the bow extend. The bowstrings are wrapped at the end of each limb.
- An adjustable sight, a rod-like object to which a 'sight pin' – which helps archers view the target - is set up, is also attached to the riser.
- Archers use long and short rods to stabilize the bow, which helps in windy conditions or keeping the bow steady when the arrow is released. To protect themselves from the string, archers wear finger tabs and arm-guards to protect the forearm from rubbing the bowstring.

In a recurve event, archers shoot over a distance of 70 meters at a target face which has a diameter of 122cm with the innermost 10-point ring measuring 12.2cm in diameter.

Compound and Barebow

- A compound bow is similar to a recurve bow, except that the bowstrings are attached to the limbs through pulleys (also called cams). It thus makes archery less physical, allows more accuracy and power from a greater distance.
- A compound archer also views his target through a scope with a magnifying lens in addition to a sight pin. A compound competition is held in World Archery Championships and Archery World Cup but not in the Olympics.
- The target in a compound event is set at 50 meters. The target face is 80cm in diameter with the innermost 10-point ring 8cm in diameter.
- A barebow is the most primitive form of bow in archery, with archers allowed no stabilizers or sight pins to shoot at their targets.
- Barebow archers shoot at targets set at 50 meters, with the target face measuring 122cm in diameter.
- **RULES**
- In the individual event, each archer shoots 72 arrows in the qualification phase, the total score of which is used to determine the rankings for the matchplay phase – where archers go head-to-head.
- In the matchplay phase, archers compete in best-of-five sets. A set is a predetermined number of arrows shot by an archer or a team, and the ones with a better aggregate score earn two points for winning a set. If the set is drawn, each archer or team is awarded one point.
- For individual events, three arrows constitute a set, while it is four arrows for a mixed team event and six arrows for a team event.
- As per **archery rules**, the first archer or team to accumulate six points is declared the winner in a matchplay, with the losers being eliminated. This format continues until the final, where the winner takes the gold medal and the loser takes silver.

In case the scores are level after five sets, the matchplay goes into a tie-break. In individual events, the winner is determined by the archer whose arrow lands closest to the target.

In a mixed team or team event, each archer shoots an arrow and the team with the better total is declared the winner.

BADMINTON

South Fayette High School (Main Gymnasium)

3640 Old Oakdale Road, McDonald, PA 15057

Scoring System

A match consists of the best of 3 games of 21 points.

- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- At 20 all, the side which gains a 2-point lead first, wins that game.
- At 29 all, the side scoring the 30th point, wins that game.
- The side winning a game serves first in the next game.

Interval and Change of Ends

- When the leading score reaches 11 points, players have a 60 second interval.
- A 2-minute interval between each game is allowed.
- In the third game, players change ends when the leading score reaches 11 points.

Singles

- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
- If the server wins a rally, the server scores a point and then serves again from the alternate service court.
- If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

Doubles

- A side has only one 'set'.
- The service passes consecutively to the players as shown in the diagram.
- At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.

BASKETBALL

David L Lawrence Convention Center
1000 Fort Duquesne Blvd Pittsburgh PA 15222

Two- and Three-points

The most basic ways to score in basketball are two- and three-point field goals. When a player puts the ball through the hoop during play, it is known as a field goal. Field goals are worth either two or three points. The amount of points a basket is worth depends on where it is shot from on the court. Shots taken from within the three-point arc are worth two-points, and shots taken beyond the three-point line are worth three points.

The three-point arc is a curved line that runs from the end line near the basket out to a little over halfway between the end line and mid-court. Based on the level of play, the distance of the arc from the basket varies.

Free Throws

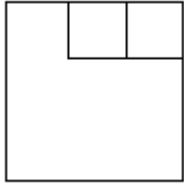
A free throw occurs after a player is fouled by another player in the act of shooting the ball. After the player is fouled, gameplay stops, and the player goes to the free throw line, which is located 15 ft. from the front of the backboard. The player is then given one, two or three separate attempts to shoot the ball into the basket. The number of free throws a player is given depends on if they were shooting a two- or three-pointer and if they made the shot when they were fouled. Each free throw the player successfully makes is worth one point. When shooting a free throw, players must make sure that both of their feet are behind the free throw line to be awarded the points.

BOWLING

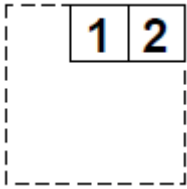
AMF Mt. Lebanon Lanes
1601 Washington Road, Pittsburgh, PA 15228

Even though automatic scores are used, it's important that you know how to keep score. While learning to do the math on paper is a bit old school, this information is valuable during competitions, when the game is close, and it will help you know what is needed to get the win.

To start, below is the basic layout of a frame:



This is a frame



You get to roll the ball 2 times in one frame, unless you get a strike

In ten-pin bowling, there are 10 frames in 1 game.

1	2	3	4	5	6	7	8	9	10

Scoring Symbols

X Strike

A strike is marked when you knock down all the pins with your first roll. A strike gives you extra pins as a bonus. You do not add up the score for this frame until you have rolled the ball two more times.

/ Spare

A spare is marked when you knock down all the pins with two rolls. A spare gives you extra pins as a bonus, too. You do not add up the score for this frame until you have rolled the ball one more time.

— Miss or Open

If you roll the ball into the gutter on the first roll, it means no pins were hit. Remember, you have two rolls per frame so you still have a chance to knock down some pins or maybe you might knock them all down and get a spare.

If you knock down eight pins on your first roll and then you miss the two pins that were standing on the second roll, that also is a miss and you only get to add the eight pins you knocked down to your score.

Frame-by-Frame Scoring Walk-Through

Using a completed scoring sheet below, let's walk through how this game was scored from start to finish:

1	2	3	4	5	6	7	8	9	10
8 -	5 / 7	3 / 5	8 / 1	7 / 1	X	9 / 7	X	X	8 / 7 -
8	21	29	38	46	66	86	114	134	150

1st Frame

- Roll #1 – Athlete knocks down 8 pins.
- Roll #2 – Athlete misses the 2 pins left standing, for a score of 8 in the first frame.

2nd Frame

- Roll #1 – Athlete knocks down 5 pins.
- Roll #2 – Athlete knocks down the 5 pins left standing for a spare. We won't write anything in the second frame until the next roll.

3rd Frame

- Roll #1 – Athlete knocks down 3 pins; now the score for the second frame goes in. How do you do this? Simply add the 8 from the first frame, plus 10 for the spare in the second frame plus the 3 pins that were knocked down on the first roll in the third frame: $8+10+3 = 21$.
- Roll #2 – Athlete knocks down 5 of the 7 pins that were left standing, so the total for the third frame is 29 ($21+8 = 29$).

4th Frame

- Roll # 1 – Athlete knocks down 8 pins.
- Roll # 2 – Athlete knocks down 1 of the 2 left standing, so the score in the fourth frame is 38 ($29+9= 38$).

5th Frame

- Roll #1 – Athlete knocks down 7 pins.
- Roll #2 – Athlete knocks down 1 of the 3 pins left standing, so the score in the fifth frame is 46 ($38+8 = 46$).

6th Frame

- Roll #1 – Athlete knocks down all 10 pins for a strike, so mark an X.
- Roll #2 – Since the athlete knocked them all down on the first roll, they do not get to roll again until the next frame.

7th Frame

- Roll #1 –Athlete knocks down 9 pins but you must wait to add the score for the sixth frame since the athlete gets one more roll before that happens.
- Roll#2 – The athlete knocks the pin down for a spare, so the score for the sixth frame is 66; the 46 plus 10 for the strike, then 10 for the next two rolls: $46+10+10 = 66$.

8th Frame

- Roll #1 – Athlete knocks down all 10 pins for a strike, mark an X and a score of 86 goes into the seventh frame: $66+10+10 = 86$.
- Roll #2 – No roll, cannot add score yet

9th Frame

- Roll #1 – Athlete knocks down all 10 pin for another strike, mark an X.
- Roll #2 – No roll, cannot add score yet.

10th Frame

- Roll #1 – Athlete knocks down 8 pins, since strikes count 10 plus the next two rolls, a score of 114 gets marked in the eighth frame. Here is how it works: After the strike in the eighth, the first roll was a strike in the ninth frame and the second roll was the 8 pins knocked down in the 10th frame ($86+10+10+8 = 114$).
- Roll #2 – Athlete knocks down the two pins standing for a spare, which is the second roll for the strike that was rolled in the ninth frame so 20 ($10+10$) gets added to the 114 for a score of 134 in the ninth frame. Since the athlete got a spare they get one more bonus roll.
- Roll #3 – Athlete knocks down 6 pins, now 16 ($10+6$) pins are added to the 134 for a total score of 150.

CORNHOLE

David L Lawrence Convention Center
1000 Fort Duquesne Blvd Pittsburgh PA 15222

Court Layout

The following dimensions and measurements will serve to determine how far apart to place cornhole boards as well as positioning of players during game play.

Court Dimensions

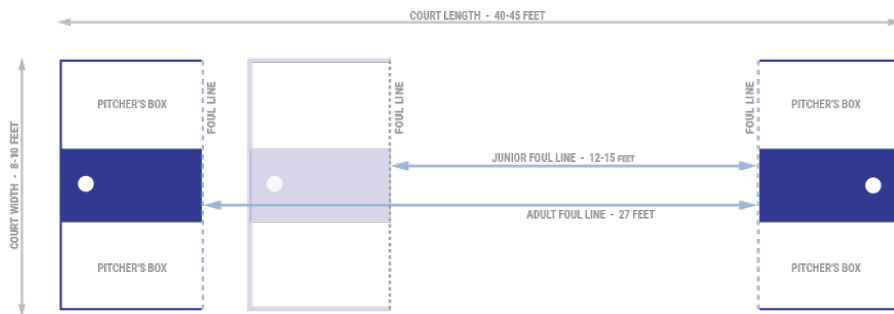
A cornhole court shall be a level rectangular area 8-10 feet wide and a minimum of 40-45 feet long. The court should consist of two cornhole boards, designated pitcher's boxes, and foul lines.

Pitcher's Box

The pitcher's box is the rectangle 4 feet by 3 feet at each end of the court, parallel with, and on both sides of the boards. Each player must remain in the pitcher's box while pitching a cornhole bag.

Foul Lines

There are two sets of foul lines: open adult-play and junior-play for children 12 and under. The adult foul lines shall be defined as an imaginary line 27 feet between the front of each board. The junior-play foul lines are defined as an imaginary line 12-15 feet between the front of each board. The foul line should be parallel to the front of the opposite board to meet ACA guidelines.



How to Play

Every match is broken down into innings of play. During an inning of play, each player must pitch all four of his/her bags. An inning is never completed until all players pitch all four of his/her bags.

Singles Cornhole Matches

Two single players compete against one another until a single winner is determined.

- Both players stay in their designated lane for the whole game.
- Players start the game at the headboard and will alternate pitching bags until each player has pitched all four of his/her bags.
- Players then walk to the end of their lane to the other court, take score, and resume pitching back to the other board.
- The top of an inning is completed when the first player pitches all four bags; the bottom of the inning is completed when the remaining player pitches all four bags.

Doubles Cornhole Matches

Two teams, consisting of two players, compete against one another until a winning team is determined.

- Each team will stay in their designated lane for the whole game.

- Players at the headboard will alternate pitching bags until each player has pitched all four of his/her bags.
- Players at the footboard will take score and resume pitching back to the other board.
- The top of an inning is completed when both players pitching from the headboard pitch all four bags; the bottom of the inning is completed when the remaining players pitching from the footboard pitch all four bags.

Scoring

The approved method of scoring for the sport of cornhole is “cancellation” scoring. In cancellation scoring, the points of one player cancel out the points of their opponent. Using this method, only one player/team can score in each inning.

- Bag In-The-Count (Woody): Any bag which comes to rest anywhere on top of the board. Each is worth one (1) point.
- Bag In-The-Hole (Cornhole): Any bag which is thrown through the hole or knocked through the hole by another bag. Each is worth three (3) points.
- Foul Bags – Refers to any bag that has not been determined as Bag In-The-Count or Bag In-The Hole or was designated a foul bag as the result of rules violation

Player Pitching Rotation

The player or team who scored in the preceding inning has honor pitching first in the next inning. If neither player or team scores, the player or team who pitched first in the preceding frame shall retain first pitch in the next frame.

Position of Players During Pitching

- The pitcher must be within the pitcher’s box or behind the foul line at the time of release.
- A player must pitch all four bags from their designated pitcher’s box.
- Players must pitch the bag with an under-hand release.

Foul Bag Rule Violations

The following are rule violations that must be spotted and called by a player or assigned judge. The penalty is to declare the bag a foul bag, which requires the bags to be removed from the court prior to resuming play.

- Any bag pitched when the player has made contact with or crossed over the foul line
- Any bag pitched when the player has started or stepped completely outside the pitcher’s box before the bag is released
- Any bag not delivered within the 20-second time limit
- A bag pitched from a different pitcher’s box than the first bag
- Any bag that contacted the court or the ground before coming to rest on the board
- Any bag that struck a previously defined object such as a tree limb, wire, indoor court ceiling, etc.
- Any bag removed from the board before scoring has been agreed upon for that bag.
 - The offending team (who touches the bags) forfeits all remaining bags and tallies the score of just the bags thrown before the foul was reported
 - The non-offending team tallies twelve (12) points as if they had thrown four Bag In-The-Holes during the inning
- A bag that leaves a player’s hand once the final forward swing of the delivery process has started shall count as a pitched bag
- A bag that is accidentally dropped by a player before the final forward swing has started shall not be considered foul and may be picked up and pitched. Protests – If a player desires to make a protest, the protest shall be made to the judge or official at the time the problem occurs. The judge shall make the final ruling on all protests.

Determining Winners - Traditional 21

The game shall be played to the predetermined number of twenty-one points. The first player/team to reach (or exceed) that amount at the conclusion of an inning is the winner.

CYCLING TIME TRIALS

5K Time Trials

July 13, 2023 - 7 AM

North Park (Start/Finish Location: Boat House)

10301 Pearce Mill Rd, Allison Park, PA 15101

10K Time Trials

July 14, 2023 - 10:45 AM

HOV Lanes (Start Location: Reedsdale Street near Acrisure Stadium)

Pittsburgh, PA 15229

20K Road Race

July 16, 2023 - 7 AM

Plain Grove (Start/Finish Location: Plain Grove Township Building)

Plain Grove, PA 16156

40K Road Race

July 17, 2023 - 8:30 AM

Plain Grove (Start/Finish Location: Plain Grove Township Building)

Plain Grove, PA 16156

Time-trialing involves individual riders setting off at prescribed intervals. With no drafting allowed, riders push themselves as hard as they can to achieve the best time. A pure test of ability, it's the best individual performance that wins the day.

Competing on courses covering set distances makes racing against the clock a fantastically accessible way for a cyclist to indulge their competitive side.

GOLF

Montour Heights Country Club
1491 Coraopolis Heights Road, Coraopolis, PA 15108

Quicksilver Golf Club
2000 Quicksilver Road, Midway, PA 15060

Shadow Lakes Country Club
2000 Beaver Lakes Blvd, Aliquippa, PA 15001

KEEPING SCORE FOR STROKE PLAY

Stroke play is where you are counting each stroke for every hole that is played; you count every stroke made in the attempt to hit the ball. Even if a golfer swings and misses, it is still considered a stroke. You will count the number of strokes they made for each hole. On the scorecard, you place the number beside their name and under the hole that was just played.

COUNTING PENALTIES

Hitting balls into the water and out of bounds are considered penalties. You also draw a penalty if you lose your ball. If the ball is hit into the water, it is a 1-stroke penalty that is added into the total number of strokes for that hole. Lost balls and balls that go out of bounds are 2-stroke penalties.

IN/OUT COLUMNS

On the scorecard, you will see an "In" column header and an "Out" column header. Tally the total number of strokes for the first 9 holes in the Out column. The last nine holes are tallied and the total is placed under the In column. Take the In and Out columns and add them together to get the total number of strokes for the game.

CHECK YOUR SCORES

Each person checks their scores that were kept by their opponents to look for inaccuracies.

KEEPING SCORE FOR MATCH GAME

Keeping scores for match games involves winning by the total number of strokes being less than your opponent's strokes. So if you made two strokes on the first hole and your opponent made four strokes, you win that hole and are "one up". You can also concede difficult holes to keep the golf game moving along for difficult holes. If you concede a hole, the opponent wins that hole and you start fresh on the next hole.

On the score card, you don't mark down the number of strokes. Instead, you place in 1+ in the column for the played hole if the opponent wins that hole or a -1 if they lost the hole. For draws where both players have the same number of strokes, you write "AS" in the column.

The end of the match game is when one player has more holes won than there are holes left in the game, since the other opponent can't win enough at that point. This is called the "four and three." So if you are ahead by four holes versus your opponent, and there are only three holes left to play after the 15th hole, you win.

PICKLEBALL

David L Lawrence Convention Center
1000 Fort Duquesne Blvd Pittsburgh PA 15222

Scoring

Singles Scoring

- Singles scoring is very similar to doubles except that there is no second server.
- The serve is always done from the right side when the server's score is even and from the left side when the server's score is odd.
- It is the server's score that determines serving position, not the score of the receiver. The receiver lines up on the right or left side according to the server's score.
- The score is called simply as: server score, receiver score.

Doubles Scoring

- Points are scored only on the serve; the receiving side cannot score a point.
- At the start of the game, the player on the right side (even court) serves to the diagonally opposite court.
- If a point is scored, the server moves to the left side (odd court) and serves to the diagonally opposite court.
- Players on the serving side continue to move from the right to left or left to right each time a point is scored.
- Players on the serving team do not alternate sides unless a point is scored. The receiving side never alternates sides.
- The first server continues to serve until the serving team loses a rally by committing a fault; then the serve passes to the second server on the team. [See * below for an exception]
- When the second server loses the serve, the serve goes to the other team and the player on the right serves first. That pattern continues throughout the game.
- Calling the Score:
 - The score should be called as three numbers.
 - Proper sequence for calling the score is: server score, receiver score, then, for doubles only, the server number: 1 or 2.
 - To start a match, the score will be called as: zero - zero – two*
- The server number (1 or 2) applies for that service turn only. Whoever is on the right side (depending on the score) when the team gets the serve back is the first server for that service turn only. The next time that the team gets the serve back, it might be the other player that is on the right and is therefore the first server for that service turn only. Beginning players often mistakenly assume that the player keeps the same server number throughout the game.
- *First Server Exception: To minimize the advantage of being the first team to serve in the game, only one player, the one on the right side, gets to serve on the first service turn of the game. Since the serve

goes to the other side when that player loses the serve, that player is designated as the second server. Therefore, at the start of the game, the score should be called, "0-0-2." The "2" indicates the second server and means that the serve goes to the other side when the serve is lost.

- When a team's score is even, the player who served first in that game must be on the right (even) side of the court and on the left (odd) side when the score is odd. Or, expressed alternately, when the first server of that game is on the right side of the court, that team's score should be even. If this is not the case, then either the players are positioned on the wrong side of the court or the called score is inaccurate.

POWER WALK

1500M - South Fayette High School (Stadium)
3680 Old Oakdale Road, McDonald, PA 15057

5K – Highmark Stadium (Station Square Dr.)
510 W Station Square Drive, Pittsburgh, PA 15219

Just like Race Walking, Power Walking is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements. The National Senior Games Association Power Walking rules are:

- One foot must be on the ground at all times. Loss of contact with the ground may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- 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, and may result in a red card issued by a judge or monitor.
- Continued violation can result in disqualification.
- Creeping, where the advancing leg is stretched forward beyond a normal walk form, and the knee is bent into a running form, may result in a red card issued by a judge or monitor.
- Continued violation can result in disqualification.
- A slightly bent knee is the accepted form; however, a bent knee in a running or jogging form may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- Running or jogging mode is forbidden, and may result in a red card issued by a judge or monitor.
- Continued violation can result in disqualification.
- Any violation of the above rules in the last 100 meters, as determined by a single judge or monitor, is cause for immediate disqualification.
- The advancing leg as it moves forward, and when the heel strikes the ground, does not have to be completely locked as it passes under the body, as it does in Race Walking. A soft knee is acceptable; however, an overly-excessive bent knee that is deemed to be in a creeping or running shuffle is not acceptable, and may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
- People requiring a cane as an aid will be allowed to compete, but walking sticks or walkers are not allowed.
- Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors, or by the race director, during the course of the competition.
- Each athlete is responsible for counting his or her own laps, even if lap counters are provided.
- Rules are strictly enforced to maintain the integrity of the sport.
- Officials and Course Recommendations
- Power Walking shall be considered as a fun but competitive event. Since Power Walking does not require the advancing knee to be straight, the judging or monitoring is much easier, with the goal of preventing athletes from running, jogging or moving forward in a creeping mode (creeping, where the advancing leg is stretched forward beyond a normal walk form, and the knee is bent into a running form, is forbidden and should be warned).
- Race officials or Judges can be from the Race Walking events, or can be other officials or monitors assigned by the race director.
- At least three (and up to six) judges or monitors are recommended, and should be positioned equally along the course.
- Each judge or monitor should use the above rules to prevent the athlete from infringing on the rules. Verbal warnings from the judges or monitors are encouraged if an athlete is violating the rules.

- Continued violation by an athlete should result in a red card issued by the judge or monitor. All cards are to be turned into the head judge.
- If an athlete accumulates three red cards from three different judges or monitors, the athlete is disqualified and should be asked to leave the course by the head judge, monitor or race director.
- If the event has been completed, but the athlete had accumulated three red cards during the race, the head judge shall notify the athlete and disqualify him or her from the final results. The head judge or race director shall have the final decision on all athlete disqualifications.
- Race Course Recommendations
- Race courses can vary, but for judging or monitoring purposes, a looped course is recommended.
- Events such as the 1500-meter and 3000-meter Power Walks should be conducted on a 400-meter track.
- Events such as the 5000-meter Power Walk should be conducted on the road, with a 1000-meter loop recommended (500 meters from turnaround to turnaround).
- Cones should be placed at each turnaround, and in the center line.
- Although each athlete is responsible for counting his or her own laps, if the event has a large participation, it is recommended that lap counters (volunteers) be used to record each athlete's lap, ensuring that all athletes complete all laps.

RACE WALK

1500M - South Fayette High School (Stadium)

3680 Old Oakdale Road, McDonald, PA 15057

5K – Highmark Stadium (Station Square Dr.)

510 W Station Square Drive, Pittsburgh, PA 15219

Race walking is an event contested in all levels of the sport of track & field, from youth athletics up to and including the Olympic Games. Race walking combines the endurance of the long distance runner with the attention to technique of a hurdler or shot putter. Producing less impact, this technically demanding event continues to grow in popularity across the younger and older age groups for its fitness and competitive aspects.

Race walking differs from running in that it requires the competitor to maintain contact with the ground at all times and requires the leading leg to be straightened as the foot makes contact with the ground. It must remain straightened until the leg passes under the body. Judges evaluate the technique of race walkers and report fouls which may lead to disqualification. All judging is done by the eye of the judge and no outside technology is used in making judging decisions.

RACQUETBALL

Baierl Recreation Center, University of Pittsburgh
3719 Terrace Street, Pittsburgh, PA 15261

How to Score Racquetball

The only time you can score a point in racquetball is when you are serving. The player serving has two possible outcomes:

- a point is scored
- the serve is lost

Beginners Tip: Since you can only score while you are serving, it is important not to lose a serve from an avoidable fault or out serve. Make sure you put the ball in play if you are on your second serve.

There are many scenarios to be aware of during a serve that can result in a loss of serve. If you are new to the game, be sure to check out racquetball serve rules.

How to Score a Racquetball Game

Tournament racquetball games are played to 15 points. You only need to win by one point, so that means the first person to reach 15 points wins that particular game.

In recreational games, you may decide to play to 21, or sometimes 7 in cutthroat, or some other score that all players agree upon. The variation from 15 points usually happens if you are short on time, or can only play one game instead of a complete match.

Some players may insist on winning by two points, but this is not how normal tournament racquetball is played.

Racquetball Match

A racquetball match is won by a player (or team) winning a majority of the games. Racquetball matches usually consist of a best of three games, including most tournament play. In some professional racquetball tournaments 5-game matches are played.

Tiebreakers in Racquetball

If a player or team each win a game, then a third tiebreaker game is played to determine the winner. Tiebreaker games are typically played to 11 points only winning by one point. The person who serves first in a tie breaker game is the person who scored the most points between the two games. Should that number be even, use the same method you used to determine who served first.

SHUFFLEBOARD

David L Lawrence Convention Center
1000 Fort Duquesne Blvd Pittsburgh PA 15222

Scoring shuffleboard is a straightforward process in which each of the player's shuffleboard weights are assigned a specific value based on the position on the board. It is also based on the position of the opponent's weights at the end of each round relative to the other player's discs.

Scoring is similar to that of curling, only with the end of the playing area being the highest value versus that of curling which uses more of a bull's eye approach to scoring.

The scoring area is at each end of the playing surface, and made up of three zones.

The zone closest to the point from which the weights are shuffled is worth one point, the next furthest zone is worth two points, and the furthest zone away from the players is worth three points. If a puck travels to the end of the playing surface and hangs over the edge, the scoring value is four points.

Once all the shuffleboard pucks have been played the points are tabulated based on which player's pucks are closest to the far end without going beyond the scoring area. The only points awarded are based on the furthest puck of an individual player and any subsequent puck shuffled by the same player that go beyond all the other pucks played by the opponent. Therefore, only one player is able to score points on any particular round.

As an example if Player "A" has two of their four weights that have landed in the three-point zone and two in the one-point zone. Player "B" has three pucks in the two-point zone that are not as close to the end as the first player's and one in the one-point zone Player "A" receives six points for the round and Player "B" receives zero.

Determining which player's puck went further is based on drawing an imaginary line perpendicular to the playing surface and agreeing on which puck is indeed closer to the end. In the unlikely event of a tie neither puck is counted toward the point value.

The winner of the game is the first one to reach either fifteen or twenty-one points. This is determined prior to the beginning of play. Some games can be handicapped using a different scoring shuffleboard system in which a lower skilled player is given an additional point for each zone and hanger beginning after the foul line.

This makes the game more fun for the novice player and more competitive for the more proficient player.

SWIMMING

Trees Hall Pool, University of Pittsburgh
Allequippa Street and Darragh Street, Pittsburgh, PA 15213

TIMING

For each heat you should start the watch on the strobe flash located on the starting horn. Timers stop the watch at the moment the swimmer touches the wall at the completion of their race. After each heat the time on the watch is recorded next to the swimmers name on the event form.

TABLE TENNIS

David L Lawrence Convention Center
1000 Fort Duquesne Blvd Pittsburgh PA 15222

Singles matches will be won by winning the best of seven games.

Team matches consist of four singles matches and one doubles match, each played over the best of five games.

Games are won by the first player/team to score 11 points while winning by two. If there is a 10-10 tie, the game is won by the first player/team to score two points more than the opposition. In the last possible game of a match, the players/teams change ends when either player/team has scored five points.

A point can be won on every serve and a player can score a point whether he or she is serving or receiving. A player scores a point if the opponent does any of the following:

- Fails to make a good service
- Fails to make a good return
- Obstructs the ball from landing on the table
- Allows the ball to touch his/her court twice successively
- Deliberately hits the ball twice successively
- Strikes the ball and it passes over the player's court or beyond the end line without touching the court
- Strikes the ball with a side of the racket that is not covered by an approved material
- Moves the playing surface
- Allows his or her free hand to touch the playing surface while the ball is in play
- Allows any part of his or her body or anything he or she wears or carries, to touch the net assembly while the ball is in play
- In doubles, strikes the ball out of the sequence established by the server and receiver

In determining the server for points, after the initial serve is determined by a coin toss, the receiving player/team becomes the serving player/team after two points have been scored. This rotation continues until the end of the game, or until a game is tied at 10, at which point players/team alternate service after every point. The player or pair who served first in a game receives first in the next game of the match. In doubles, after each game, the serving rotation changes so the players receive from the server they did not receive from in the previous game.

TENNIS

Alpha Tennis and Fitness
1 Alpha Drive E
Pittsburgh, PA 15238

Carnegie Mellon University Tennis Courts
CMU Campus
Pittsburgh, PA 15213

Mellon Park Tennis Center
Fifth Avenue
Pittsburgh, PA 15206

Pine Richland High School Tennis Facility
700 Warrendale Road
Gibsonia, PA 15044

Oxford Athletic Club
100 Village Club Drive
Wexford, PA 15090

OVERVIEW

Tennis is a game played on a rectangular-shaped court, which can be one of many surfaces. It is either played with two players (singles match), or four players (doubles match). Players stand on opposite sides of the net and use a stringed racquet to hit the ball back and forth to each other.

GAMEPLAY

Each player or team has a maximum of one bounce after the ball has been hit by their opponent to return the ball over the net and within the boundaries of the court. In wheelchair tennis, players get a maximum of two bounces. When a player then fails to return the ball into the correct court, the opponent wins a point.

The aim of tennis is to win enough points to win a game, enough games to win a set, and enough sets to win a match.

SCORING A GAME

POINT SYSTEM

Tennis has a different point system than most sports. Before we go into detail, here is your guide to scoring a game:

- 0 points= Love
- 1 point = 15
- 2 points= 30
- 3 points= 40
- Tied score= All
- 40-40 = Deuce
- Server wins deuce point = Ad-In
- Receiver wins deuce point = Ad-Out

WHO WINS?

In order to win the game, a player must win at least four points. If you are up 40-30, 40-15 or 40-love, and win one more point, you win the game. If the score is tied in a game or set, you use the term "all" when announcing the score. For example, if you and your opponent have both won two points in the game, the score would be 30-all.

WHAT IS A DEUCE?

The only time this is different is when both you and your opponent have won three points each and the score is 40-40. This is called deuce. When the score reaches deuce, one player or team will need to win at least two points in a row to win the game. When the server wins the deuce point, it is called Ad-In, but when they lose the deuce point, it is called Ad-Out. If the team with the advantage (Ad-In or Ad-Out) wins another point, they win the game, or it goes back to deuce.

SWITCHING ENDS

Players or teams switch ends of the court on odd games. This means that after the first game is complete, they switch sides, as well as every two games after that.

SETS

ADVANTAGE SET

In an advantage set, a player or team needs to win six games, by two, to win the set. This means that there is no tiebreak game played at 6-6. The set continues until one player/team wins by two games.

TIEBREAK SET

In a tiebreak set, a player or team needs to win six games to win a set. If the score gets to 5-5 (5-all), one player must win the next two games to win the set. If the score reaches 6-6 (6-all) in the set, a tiebreak game is played.

SCORING A TIEBREAK GAME

In a tiebreak game, the next person who was due to serve will start the tiebreak game, and serve one point to the deuce side of the court. The following two points will then be served by the opponent starting on the ad side. In doubles, the player on the opposing team due to serve will serve these points.

Players or teams switch ends of the court every six points (e.g. when the score is 4-2), and to score this tiebreak game, you use, "zero" "one", "two", "three", etc. The first player or team to win seven points, by two, wins the tiebreak. This means the score can end up being very high (e.g. 15-13) or as low as 7-0 through 7-5.

Whoever wins the tiebreak game, wins the set by a score of 7-6.

SERVING AFTER A TIEBREAK SET

Since the set is an odd-numbered score (7-6), whichever end of the court the players or teams ended up on when the tiebreak game finished, they will need to switch sides to start the next set. Whoever started serving the tiebreak game will be receiving serve in the first game of the next set.

SCORING A MATCH

The most common format used to play a tennis match is best-of-three tiebreak sets. This means that if you don't win the first two sets, the third set will decide the match!

VOLLEYBALL

David L Lawrence Convention Center
1000 Fort Duquesne Blvd Pittsburgh PA 15222

The Basics

The basic rules of volleyball are the same across all variations of the sport. Play is typically comprised of two teams organized in a formation on either side of a net. Each team attempts to score points by sending the ball over the net to their opponent, with the goal of having the ball hit the ground to end each rally.

To begin play, one team serves the ball over the net to the opposing team. Once the serve has been received (serve receive) the receiving team has up to three contacts before they must send the ball back over the net to continue the rally. The rally continues, with each team allowed as many as three consecutive touches, until either a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point and serves the ball to start the next rally. Players rotate clockwise around the court in a set order depending on who has possession of the ball.

Most rallies consist of the first two touches used to set up an attack, where the team tries to put the ball in the most advantageous position possible to score a point against the other team by sending the ball over the net in a way that their opponents are unable to keep the ball from hitting the ground. Players can legally contact the ball with any part of the body.
layers from the starting lineup.

Formats and Variations

6 vs. 6

This is the format of play that is most popular for indoor volleyball throughout the world and is the fastest in terms of overall pace of play of all the variations of volleyball.

This format of play allows for six total players on the court at a time, designating "front row" and "back row" positions on the court differentiated by a 3m line (10 ft.). All players rotate in a clockwise order through the six positions on the court. The order in which players rotate is called "serving order."

When players are in the front row, they are permitted to jump and attack above the plane of the net. When they are behind the 3m line, or back row, they may only attack from behind the 3m line and occupy a primarily defensive position.

In 6 vs. 6 volleyball, you see the greatest specialization of players with positions dedicated to passing/digging, setting and attacking/blocking. In order to gain the greatest advantage against an opponent, teams usually organize their player rotations to strategically place their players in the best possible positional combination to allow for offensive plays.

For example, many teams will run a 5-1 with one designated setter, or a 6-2 where two setters are designated, but each setter only sets from the back row to allow three front row players to attack.

Overall, 6 vs. 6 is one of the most exciting and powerful variations of the sport. Sitting volleyball is also played indoors 6 vs. 6.

4 vs. 4

This variation of the game (played on an indoor court, sand or grass) is typically played at a more recreational level. Each team has four players per side, and each player is permitted to attack at the net regardless of their starting position on the court. While players must maintain serving order, during play they can occupy any position on the court. 4 vs. 4 allows for a moderately paced variation of play that requires each team to cover more ground and allows players to compete in a less specialized style of play.

Coed

Coed variations of volleyball allow both male and female players to compete together on the same team. Coed competitions can be held with any format of play (typically 6 vs. 6, 4 vs. 4 or 2 vs. 2). This variation of play is often seen in recreational leagues and local tournaments, and allows both genders to compete and play together.

Reverse Coed

Reverse coed volleyball is a fun variation where male and female players compete on the same team in 4 vs. 4 competition played on a women's height net, where the male players may only attack from behind the 3m line. This format of play is typically seen in recreational and local leagues and tournaments.

Scoring

Scoring can vary by format or variation of play, but typically all volleyball is played at a minimum of best of three sets. In indoor volleyball at the collegiate and international level, matches are played best of five sets. In each format, the final set will be played to 15 points if it is necessary to determine the winning team. Points are scored any time a ball lands on the ground. Who last touched the ball and whether it lands in or out of bounds will determine who receives the point for that rally.