



**TRI STATE
GAMES**

**RULES
&
REGULATIONS
BOOKLET**

Developed by:
Tri State Games
Executive Committee

(Revised 2015)

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DEFINITION OF TERMS

PHYSICALLY ASSISTED The term physically assisted means that the athlete needs full support from a carer to complete the event. Assisting the athlete does not mean forcibly pulling or dragging them. The athlete should have choice over outcomes of the event. If these guidelines are not adhered to, the athlete may be disqualified.

MINIMUM SUPPORT In swimming events, this means an athlete who is able to touch the bottom of the pool, cannot swim any stroke and requires support under one arm to assist them. If these guidelines are not adhered to, the athlete may be disqualified.

MAXIMUM SUPPORT In swimming events, this means an athlete who is unable to touch the bottom of the pool, weight bear, cannot swim any stroke and requires total physical assistance by 2 support carers. Events will be separate for men and women.

BASELINE Point from which a jump or throw must be taken.

GRIEVANCE A disagreement with a disqualification or a ruling given by a referee. All grievances to be handled by the tri state executive committee.

GRIEVANCES FORM A form (provided) that allows you to document any grievances.

REFEREE An independent official shall be present at each event, who will be responsible for monitoring adherence to the rules. They are invested with the power to disqualify athletes if deemed necessary. The referee will be a person that is considered to be neutral and have no athletes competing in the event in question.

TRI STATE EXECUTIVE COMMITTEE This is a committee that has been formed to oversee the games and provide continuity of procedures, practices and traditions of the Tri State Games. They are also invested with the responsibility of receiving event entry cards and in preparation of the sports program. Members of the executive committee shall be responsible for all grievances and shall act as referees during specific events through the week of the games. All queries regarding results and disqualifications are to be dealt with by the committee not the host organization.

GRADING OF TIMES When specified, athletes are placed according to the times sent in prior to participation. If no times are entered for an athlete, they will be placed in the highest category for each event.

EXPECTATION OF CARERS Ensure competitors abide by the rules for the events. E.g. adhere to definition of terms. It is imperative that carers and team managers are aware of the grading system and place their athletes accordingly. If unsure they should contact the Tri State Games Executive Committee.

GENERAL RULES OF THE COMPETITION

- 1) A regular team consists of eight (8) athletes. Teams may however be made up of more (max 9) or less than eight (8) athletes but the overall point scoring system works on eight (8). If a team nominates nine (9) competitors the team's total score is adjusted to 8/9 of the final score. If a team nominates seven (7) or less competitors the final score is as tallied. If a team nominates 8 members but one is unable to complete due to illness or injury up to 14 days before the start of the games they may be replaced with a competitor with new times and distances. If the time frame is less than 14 days before the games or during the games the score will be adjusted to 8/7 of the final score.
- 2) Athletes must be clearly identifiable with a tag displaying their name, number and team .
- 3) Each athlete may be nominated for the following:
 - a. 1 Team Sport
 - b. 2 Athletic Track Events
 - c. 1 Athletic Field Event
 - d. 2 Swimming or non-Swimming Events
 - e. 1 Indoor Sport
- 4) The Executive Committee has the right to cap the number of teams allowed to enter the Tri State Games. This is based on the capacity to cater for both functions and events during the games. The Executive Committee can also cap the numbers of athletes who can compete in certain events. For example, certain Team Sports venues may only be able to cater for a certain number of athletes safely. In this instance a preference system may be used for that sport.
- 5) If for any reason an athlete is pulled out before the games, and another is added as a replacement, they must have new times entered. Replacement athletes cannot compete in an event under another athletes entered time. If there is not enough opportunity for times to be recorded, then the new athlete will be placed in the highest category for each event. Likewise athletes cannot change their events or entry details during the week of the games unless agreed to by the Executive Committee. Only exceptions in this instance will be in regard an error in preparation of the sports program, or to ensure an athlete is able to compete in the appropriate category. No other changes will be accepted.
- 6) Separate events will be run for males & females in athletics & swimming. If there is limited number of competitors for an event, then the event will still be run for those athletes. For example, if there is only one female athlete competing in a 400m run, she may compete in the same heat as the male 400m runners, but will be timed according to her category. She would be awarded a gold medal for 400m run female.
- 7) If an athlete enters a time/distance for an event, and their race time or distance exceeds that time by 25%, no points or medals will be awarded. A personal best ribbon will be given. Coaching of athletes in timed events 'such as telling an athlete to slow down to avoid breaking their time' is prohibited and will result in the athlete being disqualified.
- 8) Team Officials must accompany athletes to the event and remain with them until the Marshall crosses them off the competitors list.
- 9) Each team to ensure at least one support person is available to assist in the pool if required during swimming events.
- 10) Referees will be appointed for all sports. Any protests must be lodged immediately following the event and the Referees decision will be final.
- 11) If anyone has a grievance during the course of the games, complete a "Grievances Form" then seek out a Tri State Games Executive Committee member (who will be clearly identified as such). The Tri State Games Executive Committee will collectively consider the situation.
- 12) **ELIGIBILITY**

Teams – To be eligible to compete, as a team they must support people with disabilities. They must operate in New South Wales, Victoria or South Australia. Independent athletes may compete in Tri State Games but are solely responsible for organizing their own events, accommodation & transport. Anyone with a disability can compete in the Tri State games if they are 18 years and over. There are some eligibility criteria regarding those competing in Special Olympics. Anyone in this group may compete at

the games with the following exception:- 'If a registered Special Olympic Athlete is chosen to represent their state at the national games, then in that year, they can only compete in events in the Tri State Games which they do not compete in at Special Olympics'. Example If a Special Olympic athlete is chosen to swim 50m freestyle then they are only able to swim in the 25m 100m events at the TRI STATE Games.

13) GOLD, SILVER and BRONZE medallions will be presented to place getters on the day of competition for all events except Team Sports (refer point 15).

14) SCORING SYSTEM

Points will be awarded in all individual events as follows:

GOLD	3 points
SILVER	2 points
BRONZE	1 point

15) Team Sports –Team sports day is designed as a fun day, providing Come & Try sports.

16) Teams receiving the highest aggregate points each day (except Team Sports) will be presented with a trophy. Individuals (both male & female) with the highest overall score of the games will receive a trophy. The team with highest overall score (per team of 8 athletes) for the Tri State Games will win the "*Perpetual Shield*".

TEAM SPORTS

Team Sports are run on the Monday during the week of the Tri State Games, and are designed as a 'Come & Try' sporting opportunity for participating athletes. Over the years a number of different sports have been run, with these being determined each year by the current Host Organization. Normally the Team Sports chosen are those which the local community has the necessary facilities for.

Teams have the option of entering all their athletes into the same Team Sport, or spreading them over several if they wish. All attempts will be made to place athletes with members of their own team. Team Sports run in the past include:

- Basketball
- Lawn Bowls
- Soccer
- Indoor Cricket
- Bocce / Petanque
- 10 Pin Bowling
- Tee ball

PLEASE NOTE THAT AS TEAM SPORTS ARE PLAYED FOR FUN AND DO NOT COUNT FOR POINTS, SPECIFIC RULES WILL BE DETERMINED BY THE ORGANISERS AND ALTERED IF NECESSARY.

ATHLETICS

TRACK EVENTS

All athletes will be graded according to the times sent in to the Executive Committee, regardless of ability. 25% rule applies to all entered times. Refer to point 7 under general rules for more information.

Ensure that the time you send in is accurate, if no times are entered for an athlete, they will be placed in the highest category for each event. Athletes requiring physical assistance shall enter races of that category.

Push Chair races

These are all walking races.

Athletes will only compete against athletes of the same sex.

All wheels must be on the ground at all times.

Track Races

All track races are now based purely on the times sent in, whether the athlete walks or runs. There is one

solely walking event (except for wheelchair races) the 25m walk for competitors who have competed in 25m events only. An athlete can either run or walk, depending on their preference, and based on the times entered. If an athlete walks in their event, there is no set standard as far as appropriate technique. Athletes in ALL races may be verbally supported to start the race if necessary and carers may stay in the athlete's lane if necessary (as long as they do not interfere with other athletes).

For all assisted athletes, please refer to definition of terms –PAGE TWO.

FIELD EVENTS

All athletes will be graded according to the distance sent in to the Executive Committee, regardless of ability. The exceptions to this will be for Bean Bag Accuracy Throw, Football Distance Kick, Tennis Ball Throw and Cross Country Trial. (See below for definition of grades)

Standing Long Jump

Athlete must stand on line with both feet together and take a jump. Measurement is made from the base line to the nearest mark left in the sand. Foul is called should the athlete place hand or other body part over the base line on completion of the jump. That jump will be forfeited. Each athlete will have 3 jumps.

Running Long Jump

Athlete must not place foot over base line when jumping. Measurement is taken from the baseline to the closest mark left in the sand from that jump. Each athlete will have 3 jumps.

Shot Put

Foot must not move outside the boundary. Each shot must be Putt, not thrown. A short run up is allowed of no more than 2 meters. Measurement will be taken from the baseline to the first contact with the ground. Each athlete will have 3 throws. Longest shot is recorded for each. Official Shot Putt is 2kg in weight.

Discus

Foot must not move outside the boundary. Each throw cannot have a run up. Each throw is carried out with a correct discus action, being from the side of the body, moving the arm from behind the back to a forward movement or throw. Measurement will be taken from the baseline to the first contact with the ground. Each athlete will have 3 throws. Longest shot is recorded for each. Official Discus is 1kg in weight.

Bean Bag Distance Throw

Measurement is taken from the base line to the first ground contact the bag makes. Longest shot is recorded for each individual. Throw must be made in a stationary position and all throws are to be underarm. Each athlete will have 3 throws. Longest shot is recorded for each.

Football Distance Kick

Measurement is taken from the base line to where first contact with the ground occurs within the boundaries of the field. Kick can be taken using a run up, but must be delivered before the base line. Each athlete will have 3 kicks. Longest kick is recorded for each.

Football Accuracy Kick

This is an AFL style goal kicking event from a distance of 25 meters. Points will be awarded based on accuracy and in the same way that goals and points are scored in AFL matches (6 points for a goal and 1 point for a behind) that will be accumulated to decide the total points for the event. Kick can be taken using a run up, but must be delivered before the base line. Each athlete will have 5 kicks. If a tie the main placegetters will be provided another 3 kicks from a further distance of 5 meter increments.

Bean Bag Accuracy Throw

Board with scoring areas is placed 3 meters from throw line. Scores are recorded for each throw, giving a total for points placing. Each athlete will have 3 turns consisting of 5 bags. There will be 2 grades for this event.

A grade – no assistance

B grade – physically assisted

Tennis Ball Distance Throw

Measurement is taken from the base line to where the first contact with the ground occurs within the boundaries of the field. Throw must be taken in a stationary position and all throws are to be over arm. Each athlete will have 3 throws. Longest shot is recorded for each.

Cross Country Trial

This is a timed race for wheelchair athletes to complete. There are 2 groups,

Grade A - assisted

Grade B - self-propelled.

Assisted chairs must ensure carer has 1 foot on the ground at all times. Restart will occur if this rule is broken. After 3 attempts the athlete will be disqualified. This is an obstacle course, where athletes will be required to follow the set course.

For all physically assisted athletes, please refer to definition of terms –PAGE TWO

AQUATICS

All athletes will be graded according to the times sent to the Executive Committee, regardless of ability. 25% rule applies to all entered times. Refer to point 7 under general rules for more information.

Ensure the time that you send is accurate. If no times are entered for an athlete, they will be placed in the highest category for each event.

In assisted events athletes should be entered according to ability, ensuring that their safety is guaranteed.

Assisted Athletes

Maximum support – an athlete who is unable to touch the bottom of the pool, weight bear, cannot swim any stroke and requires total physical assistance. Events will be separate for men and women.

Events available include:-

Kickboard across pool

Noodle across pool

Minimum support – is able to touch the bottom of the pool, cannot swim any stroke and requires support under the arm to assist them. Assistance does not mean forcibly pushing or pulling, giving them no choice in the outcome of the event.

Events available include:-

Walk across pool

Kickboard across pool

Noodle across pool

Ball across pool

Non Assisted (Open) Athletes

Athletes should be entered into events that are realistic for their ability i.e. if an athlete can swim 50m, then they should compete in these events. There will be non-swimming events for those who do not need physical assistance. Carers can if they wish provide verbal support to these athletes and may be in the water with them if necessary, but cannot physically assist them.

Events available include:-

freestyle

backstroke

breaststroke

Butterfly

Walk across pool

Kickboard across pool

Noodle across pool

Ball across pool

EXPECTATIONS OF CARERS - Ensure competitors abide by the rules of the events.

Walking across pool must be walking not running or paddling or pulled/pushed by assistant.

Kickboard across pool must involve competitor using legs for propulsion by kicking without pushing self forward from using the bottom of the pool. Standing if necessary to regain control or rest is allowed but if an unfair advantage is gained competitor will be disqualified.

Noodle across pool must involve competitor using legs for propulsion by kicking without pushing self forward from using the bottom of the pool. Standing if necessary to regain control or rest is allowed but if an unfair advantage is gained competitor will be disqualified.

Noodle is to be fitted under the arms of competitor and can be performed either on their back or on their front.

Barbell across the pool is a walking event, not running. The athlete will be given an underwater barbell. The bar or a part of the barbell must remain in the water at all times while the athlete walks across the pool.

Each team must have a coordinator in the marshalling area to assist in identifying competitors by name and

number and also preparing them for the event. Team assistants need to be helping with their own competitors in the pool.

Please refer PAGE TWO 'definition of terms'.

INDOOR SPORTS

Indoor Sports will be played singularly or in pairs (can be mixed pairs). Place getters will be awarded GOLD, SILVER and BRONZE medallions. Athletes may use their own equipment in these events. Pairs scoring. In pairs events each competitor in the gold (winning) pair gets 3 points for their individual score. The team receives 3 points 1.5 for each competitor. If the competitors are from different teams then each team gets 1.5 points.

Similarly for silver and bronze.

CARPET BOWLS

Played in pairs.

RULES:

Two (2) Bowls per competitor per round. Each game lasts five (5) rounds or for 15 minutes. If 15 minutes expires, complete existing ends only – Total bowls equal 10. These rules are much relaxed from the official formal rules of indoor bowling, as consideration must be taken into account of the special requirements of the competitors. Carers may assist athletes bowl the ball using the correct bias.

There is to be no restriction on the method of delivery of the bowls and there is no necessity for formalities as would be observed in official rules. The role of a skipper is optional and may be done away with if desired. Any simplifications that may be found necessary so as to allow faster progress of a game can be adopted, to allow for easy progression of the competition.

The Mat

The mat is a standard indoor bowls mat approx. 30 feet long and 6 feet wide. A spot mark is on the mat at approximately the 24-foot point from each end, on the centre line of the mat. This spot mark is used when the delivery of the jack at the beginning of the end is not legal, and the jack is placed onto this spot mark, and it is also used when the jack is taken off the mat during play (See taking the jack off the mat).

Mat Assistants

There shall be assistants provided at each mat to oversee the game, to determine the result of each end and mark the score on a score-sheet. The assistant will convey the result to the scoring official, who will be responsible to see that the result is correctly recorded. The assistant shall place the jack onto the appropriate mark when the jack needs re-spotting during the game. The mat assistant shall do the measuring.

Duties of players:

Each team shall be of two players, who will play two bowls each, in turn, alternating with the opposing player. The opponents shall toss and the winner of the toss shall have the choice of the set of bowls to use, and shall bowl the jack and the first bowl in the game. The winner of the previous end at which a score was recorded shall start each succeeding end. The first to play in an end that results in a tie (no score), shall again play first. Players of both teams shall remain at the delivery end of the mat until all bowls have been delivered and after which shall proceed to the other end to commence the next end of the game.

Bowling the Jack

If the jack comes to rest between the 20-foot line and the front line of the rectangle at the jack end of the mat, it shall be placed at that distance in the centre of the carpet at a point opposite that at which it came to rest.

If the jack, when bowled, runs off the mat either at the ends or the side, or if no part of it reaches the 20-foot mark from the delivery end of the carpet, it shall be set up approximately 24 feet from the delivery end of the carpet, and in the centre of the carpet on the spot mark on the mat.

If the jack comes to rest at a point past the front line of the rectangle, but still on the carpet, it shall be placed in the centre of the carpet, on the same spot mark on the mat, as above.

Delivering the bowl:

The bowl shall be delivered from the delivery end of the mat with the bowler being positioned at that end of the mat in such a manner as to be able to deliver the bowl effectively.

A bowl that runs off the mat is dead, and shall be removed. If a player bowls an opponent's bowl by mistake it shall, when it comes to rest, be replaced by one of his or her own bowls.

Taking the Jack off the mat

If during play the jack is moved and it goes off the mat then it will be replaced onto the spot mark, approx. 24 feet from the delivery end of the mat by the assistant. If there is a bowl, or bowls, covering the spot then the jack is placed at the nearest available point on the centre line, to the front of the obstructing bowl or bowls. In this instance the assistant will place the jack as near as possible to the covered spot.

Scoring

After all the bowls have been played and come to rest the mat assistant shall decide the result. If measuring is necessary, the mat assistant will carry this out. If the measurer is uncertain of the result they shall call the umpire, whose decision shall be final.

One point is allowed for each bowl nearer the jack than the nearest bowl of the opponent.

If the nearest opposing bowls are equal-distance from the jack, the end is a tie and no score is recorded, although it shall count as an end.

The team with the highest number of points scored in that game is declared the winner.

If both teams finish with equal points then another deciding end will be played.

The mat assistant will record the score, and the final result will be passed, by the mat assistant, on to the score official.

Penalties

There shall be no penalties for taking the jack off the carpet, and the jack shall be re-spotted, on the appropriate mark, or as near as possible to it, and the game resumed.

Umpire

There will be a person appointed as umpire who will adjudicate any disputes with rules interpretation or anomalies, and the decision of the umpire will be final. The umpire will be a person that is associated with indoor bowling only, and is considered to be neutral, and there is no association by that person with disabled persons, or their organisations, that are competing at these games.

DARTS

Darts will be played in pairs.

There will be no assistance given to athletes.

RULES:

- Each game will commence with a toss of a coin by an official scorer and the team captain of the first team shall make the call.
- Officials: A Safety Official will be appointed with 1 Caller and 1 Scorer for each dartboard as required for the competition.
- One game per team will be played with the losing team being eliminated from the competition and the winning team will move on to the next round. The winners of Dart Board 1 will play off against the Winners of Dart Board 2 for gold and silver placings. The losing teams in the final round of Dart Boards 1 & 2 will play off for the bronze medal.
- A player from Team A will be allowed to throw 3 darts. After the completion of the 3 darts being thrown, a total score will be called out by the Caller and added to the team score by the official scorer. A player from Team B will then throw using the same method and vice versa.
- The game commences with a score of 0. First pair to reach 301 is the winner. If after even throws, both teams are over 301, highest score wins.

QUOITS

Played in singles.

Assistance may be provided to athletes who require physical assistance.

RULES:

- Each competitor has four (4) games of ten (10) rings - total forty (40) throws per competitor, standing 1.5 metres in front. Best team score wins.
- The throwing distance must be 1.5 metres from the centre of the wooden peg to the line. The toe line must be marked by a piece of tape at least 10cm thick and 3 feet long.
- The peg shall be at least 1 metre clear of any wall, with a space of not less than 1 metre clear on the sides and behind the player.
- If a quoit falls from the hand of a player it shall be thrown again. The referee shall have the power to order back a quoit to be thrown again if, in his/her opinion, the player has been interfered.

POOL

Played in pairs.

No assistance for athletes.

RULES:

Toss a coin to decide the break. If the blackball is potted off the break, the balls will be restacked & the game commenced again.

When potting two (2) different combinations (e.g.; high/large ball & low/small ball) the player then has a choice of combination he/she continues with.

An additional shot will be awarded when the following fouls occur;

- If a player pots the white ball
- If a player hits an opponent's ball before his own or pots an opponent's ball.
- If a player does not hit any balls or hits the black ball first.
- If a player goes "in off" after hitting the black ball at the end of the game, the game will continue
- By not using the white ball.
- If the player hits a ball off the table or deliberately causes the white ball to jump over another ball.

A player will lose the game if:

- The player pots the black ball before potting all his/her combinations (except the break).
- The black ball is potted and in the process commits a foul.

After 20 minutes, time is called. Team with most balls down wins or play continues for next ball to be potted.

TABLE TENNIS

Played in pairs or singles.

No assistance for athletes.

RULES:

The official rules of table tennis will be followed with the following rule exceptions:

Toss a coin to decide server. Server to have five serves before changing over. Serves need to bounce once on both sides of table to be legal. If serve hits net on the way over it will be regarded as a Let. Subsequent hits need to land on the other side of the table. In doubles, players in each team need to alternate each shot. Teams are to play best of 3 sets of 11 points. Should the scores reach 10 – 10, continue to play to a 2-point advantage.

BEAN BAG TARGET THROW

Played in singles.

There will be two grades:

Grade A – Does not require physical assistance.

Grade B - The competitor needs physical assistance (refer to definition of terms page 2)

Four (4) rounds with ten (10) throws at the target per round. Total of forty (40) throws per competitor.

Target is a large floor mat. The middle target area scores high points, the next circular target is worth less points, and the final target is worth less points again. (Host organization may supply an alternative form of target). It is the judge's discretion to determine the score if a bean bag is partially within the target. No half scores will be recorded.

If in a wheelchair, the competitor will be 1 metre from target

If standing the competitor will be 1.5 metres from target.

BASKETBALL THROW

Played in singles.

Four (4) rounds with ten (10) throws at the hoop per round. Total of forty (40) throws per competitor.

Target is a normal basketball hoop, with a backboard. 1 point will be awarded for each successful shot. If after all athletes have completed their throws, there is a tie for points, a shoot off will be held to determine the medal placing.

UPRIGHT BEAN BAG TARGET THROW

Played in singles.

Four (4) rounds with ten (10) throws at the target per round. Total of forty (40) throws per competitor.

Target is an upright board, with three circular target areas. The middle target area scores high points, and is an open hole in the board, which the bean bag must pass through. The next circular target is worth less points, and the final target is worth less points again. (Host organization may supply an alternative form of target). It is the judge's discretion to determine the score after each round.

If in a wheelchair, the competitor will be 1 metre from target

If standing the competitor will be 1.5 metres from target.

HANDBALL ACCURACY

Played in singles.

Four (4) rounds with ten (10) handballs at the target per round. Total of forty (40) handballs per competitor.

This is an AFL style handball event where the ball is handballed using a clenched fist not an open palm.

Target is upright with designated scoring areas. The middle target area scores high points, and is an open hole in the target, which the football must pass through. The next circular target is worth fewer points, and the final target is worth fewer points again. It is the judge's discretion to determine the score after each round.

If in a wheelchair, the competitor will be 1 metre from target

If standing the competitor will be 1.5 metres from target.

BIG BOBS –

(INDIVIDUAL EVENT FOR PHYSICALLY ASSISTED COMPETITORS ONLY)

Five (5) rounds with six (4) rolls of the ball per round. Total of 20 rolls per competitor.

Ball is rolled using a tube or assisted device only. Target is placed on the floor and athletes use the assisted device to roll the ball at the target.

If a ball does not enter the scoring zone but is dislodged during the remainder of the round it is scored accordingly, however at the completion of the 4 balls, if a ball still remains outside the scoring zone it will be given a zero. There are 10 scoring zones in the target to determine the athletes score. Distance from the target will be determined by the type of surface the event is played on i.e. hard surface in a basketball stadium, carpet or grass.