

# **LSOG GENERAL RULES and INFORMATION**

## **MISSION**

Louisiana Senior Olympic Games, Inc. (LSOG), is a sports organization that promotes physical fitness and quality life for people age 50 and over. We plan, promote, and conduct a statewide program which includes competitions held at the local and district level, an annual state event, and participation in the biennial National Games.

## **DISTRICT GAMES**

LSOG has nine District Games located in all major geographic areas of the state. They are the LSOG sanctioned sites to qualify athletes for State Games in certain sports. They are held in the spring and are open to all age 50 and above athletes. A district may qualify the maximum number of in-district athletes for an event in addition to the out-of-district athletes that finished higher. (See next paragraph for State Games Qualification Requirements)

## **STATE CHAMPIONSHIP GAMES**

The annual State Championship Games are held in the Fall in Baton Rouge. Most events are open to out of state participants, however, athletes must qualify at one of the District Games to be eligible for the State Games in the following events: Bowling Singles, Dance Teams, Golf, Horseshoes Advanced, Shuffleboard Advanced & Doubles, Table Tennis, Discus, Hammer, Javelin, Shotput & Weight.

## **LSOG GENERAL RULES (cont.)**

### **NATIONAL SENIOR GAMES— THE SENIOR OLYMPICS (NSGA)**

The NSGA holds the national competition every two years during odd years. Athletes must qualify for these Games at an NSGA sanctioned qualifying site during the preceding year (for example, athletes qualify in 06, 08, 10 at a State Games in order to participate in the National Games in 07, 09, 11). The Annual Louisiana State Senior Olympic Games is the only Louisiana qualifying site for the biennial National Games. In those events that have advanced and recreational categories, athletes must compete in the advanced category to qualify for the National Games. In most sports up to 3<sup>rd</sup> place will qualify for the National Games. Please check the rules for each sport for the National Qualifying standards. Upon qualifying at the State Games in an even year, your name will be submitted to the National Games. You will receive an Entry Form from Nationals in January of the odd year. Please check with the State Games Office if you are in doubt.

### **ELIGIBILITY**

Any Louisiana resident who is at least 50 years of age DURING THE CALENDAR YEAR OF COMPETITION is eligible to participate in the games. **Competition is for amateurs as determined by NSGA rules** (Must not earn more than 49% of lively hood from the sport. Must not have played professionally for the past 20 years). An athlete's age on December 31 of the competition year will be the determining age for age groups. Participants will compete according to age groups based on the following divisions: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99. Age division for doubles & teams will be determined by the age of the youngest partner or team member. There are six age divisions for team play: 50+, 55+, 60+, 65+, 70+, 75+.

LSOG will qualify out of state athletes for the biennial National Senior Games in individual sports but not in team sports. The State Games are open to out-of-state athletes, and LA teams may include out-of-state players up to the numbers allowed by NSGA.

## **LSOG GENERAL RULES (cont.)**

Athletes must pre-register with the State Office for the State Games. Entry Forms will be published by July 15 each year. Current LSOG members are on automatic distribution for an Entry Form. Forms are also available at the State and LSOG District Offices, and on the LSOG web-site ( [www.lso.net](http://www.lso.net) ). The entry form must be postmarked no later than midnight on the **entry deadline**.

### **MASTERS ATHLETES**

The Louisiana State Championship Track & Field and Archery meet is open to Master Athletes age 40+ however athletes under age 50 are not eligible for the National Games. Some of the District Games are also open to masters athletes. Please check with the local district coordinator.

### **MEMBERSHIP**

LSOG is a not-for-profit organization supported by annual membership fees and sponsor donations. Members receive a discount on their State Games Entry fees and are automatically mailed an Entry Form for the State Championship Games.

### **EVENT CANCELLATION**

In the event of inclement weather, natural disaster or other extenuating circumstances, GAMES OFFICIALS reserve the right to cancel or postpone to a later time than originally scheduled. In the event that rescheduling is not possible, entry fees will **NOT** be refunded.

### **EVENT SELECTION**

Those events designated **advanced** events have more stringent rules than **recreational** events, and are intended for athletes with higher skill levels. Choose the event in which you will be capable of competing to allow a better game for all concerned. Participants must choose between the two events, in the following categories:

\*Advanced or Recreational Horseshoes, \*Advanced or Recreational Shuffleboard Singles \*Racewalk (advanced) or Walkathon (recreational) and events that are run simultaneously.

## LSOG GENERAL RULES (cont.)

It is the responsibility of every entrant to carefully select their events to avoid conflicts and to be in the right category for national qualifying. Participants may not enter two events scheduled at the same time. (See sports rules for exceptions.) Not all sports offered by LSOG are offered at the national level. National qualifying sports are designated under specific sports rules.

### AWARDS

State Games: In each sex and age group, medals will be presented to the first, second, and third place winners. In the **event of ties** in those events without tie-breakers, ties for awards will **eliminate places** below that level. In sports that are open to out-of-state participants, duplicate awards may be presented (an out-of-state athlete or team will receive the award they earn. They will not take a place away from an in-state participant. In state athletes will receive awards based on in-state results – called qualifying down). Example: 1<sup>st</sup>-3<sup>rd</sup> Place finishes are “out-of-state participants”, 4<sup>th</sup>-6<sup>th</sup> Place finishes are in-state, the in-state participants will move up and share the 1<sup>st</sup>-3<sup>rd</sup> Place Awards. The same is not true for out-of-state, they do not move up or down, they receive awards based on results of their overall performance. **In the case of partners of which one lives in-district/state while the other partner lives out of district/state, the team is considered out-of-district/state.** An Awards presentation will be scheduled by the sport coordinator.

Awards not received at the event will be available at Games Headquarters after results are posted. After the close of the State Games, awards may be picked up at the State or District Office.

### PROTEST PROCEDURES

Any athlete desiring to make a protest with regard to any aspect of a sport competition at the State Games shall make such protest to the Competition Manager of the sport competition in question. Initial protests may be oral or written, If an oral protest is denied, a written protest may subsequently be submitted to the Competition Manager provided it is done within thirty (30) minutes of the conclusion of the competition. (Protest forms will be on hand at the venue). If a written protest is submitted, the Competition

## **LSOG GENERAL RULES (cont.)**

Manager will evaluate the protest and render a decision. If the Competition Manager's response to a written protest is such that a further hearing is desired, a protest may be made to the Games Director. This may be done only after the Competition Manager denies a written protest. All decisions by the Games Director are final and not subject to further appeal.

### **HEAD-TO-HEAD COMPETITION**

The following events are considered head-to-head competition: Badminton, Basketball 3 on 3, Billiards, Horseshoes, Pickleball, Racquetball, Softball, Shuffleboard, Table Tennis, Tennis, Volleyball, Washer Pitch, which is a bracketed sport.

All head-to-head competitors, with the exception of washer pitch, will play a round robin schedule.

One competitor (Individual, doubles pair, or team) in an age group will play down to the next age group. If the lone competitor or competitors are in the youngest age group, a player/team in the next higher age group will be asked to play an exhibition match/game to demonstrate the competency of the lone competitor/team. Two competitors will play a best two out of three matches/games. Three to five competitors will play a round robin. Six or more competitors will be divided into pools of a minimum of three individual competitors, partners, or teams per pool. The first and second place winners of the pools will advance to a bracketed play-off. Supplemental instructions for round robin and pool play are on file at the State & District Offices. Copies will be given to the head-to-head event coordinators.

### **POINTS OF EMPHASIS**

**ONLY PARTICIPANTS WILL BE ALLOWED ON THE FIELD OF PLAY.** No individual coaching is allowed during competition, except in team sports. Participants will be scratched from the event list if they have not reported by the published check in times or **LAST CALL**; there will be no refund of fees if such incident occurs. Recording table is **OFF-LIMITS** to participants and LSOG spectators. Event coordinators and scorers will not be allowed to give out scores of competitors.

## **LSOG GENERAL RULES (cont.)**

UNDER NO CIRCUMSTANCES shall competitors or spectators be allowed to confer with event coordinators or scorers during the running of the event or following the completion of the event. Results will be announced by OFFICIAL SCOREKEEPER on a scheduled basis. Participants cannot officiate an age/sex category in an event in which they compete. Competitors must wear appropriate attire for the sport in which they are competing.

strongly recommends participation only in those events appropriate to the athlete's physical condition. It is also **very strongly recommended** that participants consult their doctor in regard to practice, participation, and competition in the Senior Games. The LSOG Rule Book is published by the State Office. The rules are devised by the LSOG Games Committee, a group of LSOG athletes and officials. The are in compliance with the NSGA and national governing body rules when feasible. LSOG, Inc. reserves the right to differ from the National Governing Body in recreation sports.