



## Overview of Events and Rules

*For all events, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places will be awarded.*

### PREDICTION EVENTS

#### **PREDICTION BIKE**

Participants predict the time in minutes and seconds it will take them to bike 1.5 miles on a Schwinn Airdyne. They will pedal for 1.5 miles without the aid of a clock, watch, head set or coaching, and their actual time is compared to their predicted time. Brief rests are allowed but participants will be disqualified if they stop completely. The participant who predicts the closest to their actual time will be declared the winner.

#### **PREDICTION WALK**

Participants predict the time in minutes and seconds it will take them to either walk one-half or one mile. Participants will walk without the aid of a clock, watch or coaching and the participant who predicts the closest to their actual time will be declared the winner.

#### **PREDICTION JOG**

Participants predict the time in minutes and seconds it will take them to jog one-mile. They will jog without the aid of a clock, watch, head set or coaching and the participant who predicts the closest to their actual time will be declared the winner.

#### **PREDICTION NU STEP**

Participants will predict the time in many minutes and seconds it will take them to reach 1,000 steps at their own predetermined workload without the aid of a clock, watch, head set, coaching or step counter. The participant who predicts the closest to their actual time will be declared the winner.

#### **PREDICTION ROW**

Participants will predict the time in minutes and seconds it will take them to row 1,000 meters. They will row without the aid of a clock, watch, head set or coaching and the participant who predicts the closest to their actual time will be declared the winner.

#### **PREDICTION SWIM**

Participants will predict the time in minutes and seconds that it will take them to swim either 50 and/or 100 yards. The participants will swim without the aid of a clock/watch or coaching and the participant who predicts closest to their actual time will be declared the winner.

## INDIVIDUAL EVENTS

### **BASKETBALL**

Basketball shooting is a game in which the objective is to score the highest point total (shots made) in one minute. Each athlete shoots from five designated positions marked on the court. A shoot-off will take place in the event of a tie. 3 points behind the 3-point line, 2 points at the free throw line, and 1 point inside the free throw line.

### **BOWLING**

Each participant completes one 10-frame game competing against other participants. The participant with the highest score will be declared the winner.

### **GOLF PUTTING**

Golf putting is a game in which the objective is to score the lowest point total in number of putts on the prepared temporary putting course. Each athlete will play the entire course (nine holes) and the lowest score wins.

### **SOCCER SHOOT**

Each participant takes five shots on goal from designated positions within the penalty box. The soccer goal consists of a regular sized goal and a smaller goal set inside the larger soccer goal. Five points are awarded to a goal scored in the small goal. Two points are awarded to a goal scored in the larger goal. The participant with the highest number of points is declared the winner. In the event of a tie, those players will repeat the event in a shootout. There will be a men and women's team.

### **SOFTBALL THROW**

Participants will have three chances to see how far they can throw a softball. Three warm-up throws will be given. The winner will be determined based on the farthest distance thrown. Participants may take a walking or running start prior to throwing as long as they do not cross the throwing line. There will be a women and men's throw.

### **TABLE TENNIS (SINGLES)**

Table tennis is a game played by two opposing athletes. A point will be awarded after the end of each play; it is not necessary to have the serve to be awarded a point (Rally Scoring). The winner must have a total of 15 points and be at least 2 points ahead; however, a 17-point cap will be instituted. The winner of each round will continue to advance and play other participants. It is the responsibility of the athlete to be available for the next round, should he or she advance.

### **DISC GOLF**

In this event, participants start each hole by "tee-ing off" from the designated area, throwing their disc toward the basket (target). Scoring is similar to traditional golf in that one stroke is counted for each

throw of the disc as the participant advances toward the basket. A penalty stroke will be given if a disc is thrown in any hazards, i.e. trees, bushes, water, etc. In the event that a penalty stroke occurs due to a throw into a hazard, the next throw will be made from the point of the penalty, but no closer to the basket. The individual with the lowest score wins. In the event of a tie, participants will be contacted and need to be available for a playoff.

### **RACQUETBALL**

A singles tournament, with a game to 15 points (win by 2 points). Best of 3 games will advance. Protective eyewear will be required.

## **TEAM EVENTS**

### **BOCCE**

This team sport will be played on an open grass field. The game of Bocce is played with eight large balls and one small target ball called the “pallino”. The object of the game is for each team to roll their balls closer to the pallino than their opponent. A team consists of four players and each player rolls one ball. Teams alternate rolling balls and one point is awarded to the team whose ball(s) are closest to the pallino. Only one team scores per round. The first team to 15 points wins the game.

### **TEAM TENNIS**

Participants will play doubles with a winner and losers’ bracket. One 5-game no-add set will be played. Games will be played outdoors on a hard surface court.

### **VOLLEYBALL**

This game is played by two teams of six players each. Rally Scoring will be used allowing teams to score a point each time the ball is served. A maximum of three hits will be allowed on each side before the ball is returned. No bounces will be allowed. The first team to accumulate 21 points will advance. It is the responsibility of the team to be available for the next round.

### **GOLF TOURNAMENT**

A team of four will play using a scramble format on a nine-hole course. The team with the lowest score wins. Men will play from the men’s tees and women from the women’s tees. Each team member’s tee shot must be used at least two times during the nine holes. Indicate on the scorecard the golfer’s drive used on each hole. If a selected shot is to be played from a hazard, bunker, rough, or fringe of the green, all shots must be played from the life condition. On the green, balls must be placed within 2” of the original ball, not near the hole.

### **BEAN BAG TOSS**

A team is comprised of two players. Equipment consists of 2 playing boards and 8 bean bags. The boards are placed 27 feet apart when measured from the front edge of each board. One player for each

team is placed at opposite ends of the court and alternate tossing their bean bags (4 per player). When tossing the bean bags players must stay behind the front edge of the board on their side. Three points are awarded for each bag that goes into the hole and 1 point is awarded for each bag that lands on the board. Any bag that is tossed and hits the ground before settling on the board does not count and is removed from play. A cancellation scoring system is used, in that only one team scores per round. The first team to 15 points wins the game.

## **PICKLEBALL**

Pickleball is a sport in which two or four players (individual or teams of two) use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a [wiffle ball](#), over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. The first team scoring 11 points and winning by two will win.

## **EVENTS FOR EVERYONE**

### **GAME OF KNOWLEDGE**

Each participant will answer a series of questions related to the exercise, nutrition, risk factors for heart disease, and anatomy/physiology of the heart. The questions will be in multiple choice format. To stay in the game, you must continue to answer the questions correctly. To keep the game fair, no healthcare professionals may participate.