



Alpine Skiing - Giant Slalom

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – SINGLES:

Division	Age Category	Number of Participants
Women	55+, 65+, 75+	One (1) per age group
Men	55+, 65+, 75+	One (1) per age group

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a competitor defaults part way through the competition, the results of that competitor will be removed from the standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

1. Length and difficulty of course will be determined at least one month prior to the event.
2. Participants will ski the course twice each day. (four times over two days at Ontario 55+ Winter Games)
3. Did Not Finish (D.N.F) and those Disqualified (DQ), who missed gates, etc. will receive a time which is twice the time of the slowest recorded time of that run.

Determining the Winners

1. The three best times of each skier will be totaled and the skier in every category with the lowest total time will be declared winner.
2. In the event of a tie after the three best times are totaled, the fastest fourth run time of the two tied competitors will determine the higher placing. If a tie still exists, two gold medals will be awarded; however, no silver medal will be awarded and the next best finisher will receive the bronze medal. In the event of a tie for bronze, two bronze medals will be awarded.

D) AWARDS

Gold (6)	Men 55+	Women 55+
	Men 65+	Women 65+
	Men 75+	Women 75+
Silver (6)	Men 55+	Women 55+
	Men 65+	Women 65+
	Men 75+	Women 75+
Bronze (6)	Men 55+	Women 55+
	Men 65+	Women 65+
	Men 75+	Women 75+

E) RULE SOURCE:

Current F.I.S. Rulebook will govern the competition with the exceptions listed under "Tournament Set-Up" and "Alpine Skiing Rules Summary"

Websites

www.alpineontario.ca

www.fis-ski.com (see Alpine skiing on menu, then Rules)

F) EVENT REQUIREMENTS

- Equipment**
1. All skiers **MUST** wear a protective helmet designed for skiing.
 2. All skiers are expected to dress in clothing that is safe, neat and clean.
 3. Downhill (racing) suits are **NOT** permitted.
 4. Equipment **MUST** conform to FIS rules and guidelines.
- Facilities**
1. The ski slope should have a minimum 150 metre vertical drop.
 2. The facility shall have a clearly indicated start and finish line.
 3. The facility should not have any obstructions which are dangerous to participants on the course.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Technical Delegate
- B) One (1) Chief of Race
- C) One (1) Chief of Course
- D) One (1) Chief Gatekeeper (and gate keepers as required)
- E) One (1) Race Starter and One (1) Assistant Starter
- F) One (1) Chief Timekeeper and One (1) Assistant
- G) Results Officials

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one (1) year prior to the beginning of Ontario 55+ Winter Games. The host committee is also responsible for any other officials required for the event.

Alpine Skiing Rules Summary

1. A medical examination two months prior to the event is strongly recommended.
2. If a skier loses a ski while on the course, he/she **MUST** leave the course and will receive a DNF for that run except in the event the equipment is lost between the last gate and the finish line.
3. In the case of missed times, re-runs will be granted.
4. Skiers should be familiar with all rules and regulations prior to the event. Failure to comply with any rule will result in disqualification.
5. Federation of International Skiing (F.I.S) rules will apply to course inspection.



Badminton

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – DOUBLES

Division	Age Category	Number
Women	55+, 65+	Two (2) per age group
Men	55+, 65+	Two (2) per age group
Mixed	55+, 65+	Two (2) per age group

Participants may compete in only one division at Ontario 55+ Winter Games.

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a team defaults part way through the competition, the results of that team will be removed from the standings. The organizers shall have an extra team available to play as a “floater” team in case there is an uneven number of teams or in case a team defaults. This team’s results will not count in the final standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition

NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.

C) TOURNAMENT SET-UP

1. Play will be Round Robin format, followed by a playoff, if time permits.
2. A match **in the Round Robin** will consist of **2 games with a time limit of 45 minutes for a match.**
3. **A match in Play-offs will consist of best 2 out of 3 games.**
4. The number of courts available and the number of teams entered will determine the number of points per game and the number of games per match so that the round robin and playoffs can be completed in the allotted time.
5. If possible, playoffs will consist of a Medal Round and a Consolation Round. The split will be determined by the number of teams participating. No more than 8 teams will qualify for the Medal Rounds..

Determining the Winners

1. In the Round Robin, the winning team in any game will be awarded **two (2)** tournament points. The losing team will receive **zero (0)**.
2. Placings in the Round Robin will determine seeding for the playoff format.
3. If at the conclusion of the Round Robin, there is a tie for placings, the following procedure will be used to break the tie:
 - a. Results of head to head games;
 - b. If necessary, the points scored for divided by the points scored against with the highest quotient winning;
 - c. If necessary, then an extra game should be played between the teams that are tied

D) AWARDS

Gold (12)	Men's Doubles 55+ Men's Doubles 65+	Women's Doubles 55+ Women's Doubles 65+	Mixed Doubles 55+ Mixed Doubles 65+
Silver (12)	Men's Doubles 55+ Men's Doubles 65+	Women's Doubles 55+ Women's Doubles 65+	Mixed Doubles 55+ Mixed Doubles 65+
Bronze (12)	Men's Doubles 55+ Men's Doubles 65+	Women's Doubles 55+ Women's Doubles 65+	Mixed Doubles 55+ Mixed Doubles 65+

E) RULE SOURCE

Badminton Canada - Laws of Badminton, with the exceptions listed under "Tournament Set-Up" and "Badminton Rules Summary."

Website

www.badminton.ca (see Rules of Badminton (under Resources))
www.ontariobadminton.on.ca

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F) EVENT REQUIREMENTS

- | | |
|-------------------|---|
| Equipment | <ol style="list-style-type: none">1. Regulation badminton nets are required (minimum of four)2. Yellow plastic birds shall be used in the competition.3. Participants are responsible for providing their own rackets and/or other personal equipment.4. It is recommended that participants wear protective eye wear while playing. |
| Facilities | <ol style="list-style-type: none">1. The facility must have well marked, regulation size badminton courts (minimum of four), sufficient for each division.2. The facility should be wheel chair accessible. |

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Convenor
- B) One (1) Referee/Scorer per Court
- C) One (1) Master Scorer

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one (1) year prior to Ontario 55+ Winter Games. The host is also responsible for any other officials required to run this event.

Badminton Rules Summary

1. A medical examination two months prior to the event is strongly recommended.
2. Rally point scoring to be utilized both at the provincial and district levels.



Curling

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – MIXED TEAM

Division	Age Category	Number of Participants
Mixed	55+	Two (2) Women & Two (2) Men

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a team defaults part way through the competition, the results of that team will be removed from the standings. The organizers shall have an extra team available to play as a “floater” team in case there is an uneven number of teams or in case a team defaults. This team’s results will not count in the final standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

1. Play will be Round Robin format, followed by a playoff, if time permits.
2. The number of sheets available and the number of teams entered will determine the number of ends per game so that the round robin and playoffs can be completed in the allotted time. **(Time limit for 6 end game will be 90 minutes, and 8 end games will be 120 minutes)**
3. If possible, playoffs will consist of a Medal Round and a Consolation Round. The split will be determined by the number of teams participating. No more than 8 teams will qualify for the Medal Rounds.

Determining the Winners

1. In the Round Robin, the winning team in any game will be awarded **two (2)** tournament points. The losing team will receive **zero (0)**. In the case of a tie, **one (1)** tournament point will be awarded to both teams.
2. Placings in the Round Robin will determine seeding for the playoff format.
3. If at the conclusion of the Round Robin, there is a tie for placings, the following procedure will be used to break the tie:
 - a. Results of head to head games;
 - b. If necessary, the points scored for divided by the points scored against with the highest quotient winning;
 - c. If necessary, then an extra game should be played between the teams that are tied

D) AWARDS

Gold (4)	One per team member
Silver (4)	One per team member
Bronze (4)	One per team member

E) RULE SOURCE

The current Canadian Curling Association Rulebook must be followed, with the exceptions listed under "Tournament Set-Up."

Websites

www.ontcurl.com (see Rules on top menu)
www.curlontario.com

F) EVENT REQUIREMENTS

- Equipment** 1. Curlers are permitted to use the stick, if required.
- Facilities** 1. The facilities shall have a minimum of ten (10) sheets available to complete the round robin and playoffs in the allotted time

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Convenor
- B) Two (2) Referees per venue
- C) One (1) Master Scorer

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other officials required to stage this event.

Curling Rules Summary

- 1. Mixed curling must always have four (4) players on the ice with two (2) men and two (2) women alternating delivery of stones.**



Duplicate Bridge

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – TWO PERSON TEAM

Division	Age Category	Number of Participants
Novice	55+	One pair
Open (ACBL Life Master 300-1500 points)	55+	One pair

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a team defaults part way through the competition, the results of that team will be removed from the standings. The organizers shall have an extra team available to play as a “floater” team in case there is an uneven number of teams or in case a team defaults. This team’s results will not count in the final standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	
Eligibility Restrictions	
<ul style="list-style-type: none"> • Players who are ACBL Life Masters are ineligible for the Novice Division, with the exception of those who are 75+ and are no longer competing actively in ACBL events. 	

C) TOURNAMENT SET-UP

1. At least 36 boards should be played each day (18 morning/18 afternoon). To make the weighting of N-S play equal that of E-W play, the same number of boards are played each day.
2. The number of teams entered will determine the number of boards that will be played.
3. **Games will be scheduled so that all participants play against as many different opponents as possible**

Determining the Winners

1. In the case of a tie, the same medal will be awarded to both teams. If there is a tie for Gold, no Silver medal will be awarded. If there is a tie for Silver, then no Bronze medal would be awarded. If there is a tie for Bronze, both teams will receive Bronze.

D) AWARDS

Gold (4)	One per team member per division
Silver (4)	One per team member per division
Bronze (4)	One per team member per division

E) RULE SOURCE

American Bridge League (ACBL) rules will apply with the exceptions listed under "Tournament Set-Up" and "Duplicate Bridge Rules Summary".

Websites

www.acbl.org (see ACBL Score on side menu)

F) EVENT REQUIREMENTS

- Equipment**
1. 20 regulation size card tables.
 2. 1 new deck of standard bridge playing cards for each board in play
 3. Duplicate Boards (at least 30)
 4. Player/Table assignment forms (one per team)
 5. ACBL Convention Sheets (one per competitor)
 6. Scoring Travelers (one per board)
 7. Pencils

- Facilities**
1. The facility must be well illuminated and large enough to appropriately space 20 regulation size card tables.
 2. The facility should be air-conditioned.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Convenor
- B) One (1) Director (Official ACBL Director)

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other officials required to host this event.

Duplicate Bridge Rules Summary

1. Before you play, you and your partner need to fill out a convention card. A convention card is just that: a card that shows the conventions you use along with your general approach to bidding. At first sight, the card can be intimidating. Don't worry about filling it out in detail. You'll see that it already has common conventions such as Stayman and Blackwood used by many social players. Dozens of other conventions exist to describe various hands, and you'll discover some you enjoy using.
2. Duplicate bridge is a sport and sports have rules. The rules ensure that the game is fair for everyone. You're not expected to memorize the entire Laws of Duplicate Bridge. But don't hesitate to politely call the director to your table if you think a rule has been broken. Never be intimidated when the director is called because you may have broken a rule. Director rules are just another learning experience. A good director will present the ruling in a manner that doesn't embarrass or offend anyone. Accept rulings with grace
3. Bridge is as friendly as the players and it's important to be a good partner and opponent. Thank your partner when she puts down the dummy. Wish the opponents good luck before you start the game. Don't get upset about a bad result. Instead, start fresh with the next 13 cards. Successful partnerships will discuss difficult hands and situations where something went wrong after the session in private. Bridge is a game. Have fun!



Ice Hockey

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – TWO (2) DIVISIONS

Division	Number of Participants
Open 55+	Goalies – Two (2) team members Coach – One (1) team member
	Maximum of fifteen (15) other team members
Open 65+	Goalies – Two (2) team members (60+ (one) goalie can be used for the 65+ division) Coach – One (1) team member
	Maximum of fifteen (15) other team members

Due to the number of games in two days, it is recommended that each team have fifteen (15) skaters and two goalies (maximum) for a maximum of seventeen (17) players + one coach. A team must have a minimum of ten (10) skaters plus a goalie dressed for each game.

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a team defaults part way through the competition, the results of that team will be removed from the standings. The organizers shall have an extra team available to play as a “floater” team in case there is an uneven number of teams or in case a team defaults. This team’s results will not count in the final standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

1. At the District level, play will be Round Robin format, followed by a playoff, if time permits
2. Round Robin pools will have with no more than four (4) teams in any pool.
3. **If possible, playoffs will consist of a Medal Round and a Consolation Round. The split will be determined by the number of teams participating. No more than 8 teams will qualify for the Medal Rounds..**
4. The number of teams entered and the number of facilities available will determine game length. No team shall play back-to-back games with less than two hours between games. Game length during round robin play may be shortened since teams will likely play three (3) games on day one.
5. All games will consist of two (2) fifteen (15) minute stop time periods if scheduling permits. The ice will be flooded after each game
6. At Ontario 55+ Winter Games, teams will play the round robin on Day One. The top two (2) teams in each pool will advance to the playoff round, if time and scheduling permits. If necessary, games may be scheduled on registration day.
7. On Day Two, **all** teams will be seeded according to round robin results in either championship or consolation playoff pools to determine final placings. Each team will be guaranteed at least one game in the playoff pools.
8. Game Points – Ten (10) points for a win, Five (5) points for a tie.
9. Period Points – Two (2) points for a win, one (1) for a tie.

Determining the Winners

1. Ties after the completion of round robin play will be broken in the following order:
 - a. Winner of round robin game between tied teams
 - b. The team with the fewest goals against
 - c. Goals for minus goals against
 - d. Goals for divided by goals against (highest quotient wins)
 - e. Best performance against first (1st) place team in division of tied teams
 - f. Least penalized team
 - g. Decision by tournament committee
2. The above rules will apply in sequence with no reverting back to determine placement of teams.
3. Ties in the semi-final and final will be broken by a five (5) minute sudden death overtime (stop time) period. If still tied, each team will compete in a best of five (5) shoot out. If still tied, an additional shoot out will take place using five (5) new skaters (I.E the skaters from the first round of the shoot out are ineligible for the second round). This process will continue until a winner is determined.

D) AWARDS

Gold (32 max)	Open 55+ Open 65+	One per team member
Silver (32 max)	Open 55+ Open 65+	One per team member
Bronze (32 max)	Open 55+ Open 65+	One per team member

E) RULE SOURCE

Canadian Adult Recreational Hockey Association (CARHA). Specific rules will reference to Canadian Amateur Hockey Association Rules, with the exceptions listed under “Tournament Set-Up” and “Ice Hockey Rules Summary.”

Website

www.carhahockey.ca (see Referees on side menu, then Official Rule Book on page)

F) EVENT REQUIREMENTS

Equipment

1. Teams should have 2 different sets of sweaters if possible.
2. All players must wear a Canadian Standards Association (CSA) approved helmet with the chin properly fastened. All players must wear at least a half face mask (full masks are strongly recommended).
3. CSA approved neck guards are **a must** for all players. Goaltenders shall be required to wear a CSA approved helmet with an approved facial protector that is securely attached and not modified or altered in any way.
4. All players are required to keep their helmets on, when on the ice, on the bench or in the penalty box.
5. Non compliance of equipment regulations will result in a minor penalty being assessed.
6. **FURTHER RECOMMENDED EQUIPMENT:**
 - i) Mouth guards (in mouth are recommended)
 - ii) Other necessary CSA approved protective equipment.

Facilities

1. Two regulation size arenas (minimum).
2. The facility should be accessible to the disabled.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Activity Convenor
- B) Two (2) referees
- C) One (1) scorekeeper
- D) One (1) Timer

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other official required to run this event.

Hockey Rules Summary

1. A medical examination two months prior to the event is strongly recommended
2. Players may play for one team only, in the same tournament.
3. A Player must play in at least one (1) round robin game to be eligible for the playoff rounds (NOTE: Players must play in at least one round robin game to be eligible for a medal).
4. Body checking is **NOT** permitted.
5. No Fighting, Any player assessed a Major Penalty for Fighting will be ineligible for the remainder of the tournament.
6. **NO** Slap Shots.
 - a. A player who uses a “slap shot” during the game shall be assessed a Minor Penalty. If an injury occurs as a result of a “slap shot”, a Major Penalty shall be assessed.
 - b. A player who uses the action of a “Fake Slap Shot” for the purpose of intimidating an opposing player and/or opposing goalie shall be assessed a Minor Penalty
7. Teams may replace a goalie in the event of an injury or sickness only. The tournament committee must approve replacement goalies.
8. A team may pull their goalie at any time.
9. Any player assessed three (3) penalties in a single game will be ejected for the remainder of the game. Double minors count as TWO (2) Penalties.
10. Major Penalties will result in a minimum suspension of one game. Dependant of the severity of the penalty the suspension could be more severe.



Nordic Skiing

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – TWO (2) DIVISIONS

Division	Age Category	Number of Participants
Prediction (5km)	Women 55+ Men 55+	Two (2)
Timed Trial - (5km) (open style) -	Women 55+, 65+, 75+ Men 55+, 65+, 75+	Six (6) (Under Review)
Participants may compete in only one division at Ontario 55+ Winter Games		

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a competitor defaults part way through the competition, the results of that competitor will be removed from the standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold, Silver and Bronze Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

1. Participants will predict the time it will take them to ski the 5000 meters (5km) course
2. At the provincial level, competitors will ski twice over a two-day period (once per day). Competitors' actual times for the two days will then be compared to their predicted times.
3. Timed Trial will be held over a 5000 meter (5km) course.
4. At the provincial level, competitors in the Timed Trials will ski twice (2) over a two-day period (once per day). The individuals race against the clock.

Determining the Winners

Prediction

1. The participants closest to their predicted times over or under win. In the event of a tie, two (2) medals will be awarded
2. At the provincial level, disregarding plus and minuses, the two differential times will be totaled. The person in each event whose total differential time is closest to zero wins the gold.

Timed Trial

1. In the Timed Trials, points will be awarded according to the order of finish. Points will be added together for the two days to determine the winners.

D) AWARDS

Gold (8)	Men's Prediction 55+	Women's Prediction 55+
	Men's Timed Trial 55+	Women's Timed Trial 55+
	Men's Timed Trial 65+	Women's Timed Trial 65+
	Men's Timed Trial 75+	Women's Timed Trial 75+
Silver (8)	Men's Prediction 55+	Women's Prediction 55+
	Men's Timed Trial 55+	Women's Timed Trial 55+
	Men's Timed Trial 65+	Women's Timed Trial 65+
	Men's Timed Trial 75+	Women's Timed Trial 75+
Bronze (8)	Men's Prediction 55+	Women's Prediction 55+
	Men's Timed Trial 55+	Women's Timed Trial 55+
	Men's Timed Trial 65+	Women's Timed Trial 65+
	Men's Timed Trial 75+	Women's Timed Trial 75+

E) RULE SOURCE

As there is no specific rule source for this event, the rules provided under “Tournament Set-Up” and “Nordic Skiing Rules Summary” will apply.

Websites

www.xco.org
www.cccski.com

F) EVENT REQUIREMENTS

Equipment

1. All skiers are expected to dress in clothing that is safe,

Facilities

1. The facility should have a clearly marked start and finish line.
2. The facility should be free from any obstructions which are dangerous to participants on the course.
3. Trails must be a minimum of five metres wide and five kilometers long.
4. All trails shall be machine groomed.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Technical Delegate
- B) One (1) Chief of Race
- C) One (1) Chief of Course
- D) Marshals
- E) One (1) Starter
- F) One (1) Assistant Starter
- G) One (1) Chief Timekeeper
- H) One (1) Assistant Timekeeper
- I) Results Officials

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other officials required to host this event.

Nordic Skiing Rules Summary

1. A medical examination two months prior to the event is strongly suggested.
2. Participants may choose to use either **classical or freestyle techniques**.
3. In the Prediction events, participants may not use watches, **electronic timing devices i.e cell phones, smartphone/tablet, etc** . There shall be no coaching from sidelines.
4. Participants are permitted to change their predicted time on the second day of competition.
5. The start clock will run continuously. Each skier's start time will be subtracted from his/her finish time to determine the actual ski time.
6. Timed Trials are to be run as a "race against the clock", with staggered starts.
7. The FIS rules will be followed and there will be an equipment check to confirm conformity with FIS standards.

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – TWO (2) DIVISIONS

Division	Age Category	Number of Participants
3 km Prediction (3000 metre)	Women 55+ Men 55+	Two (2)
1.5 km Prediction (1500 metre)	Women 75+ Men 75+	Two (2)

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a competitor defaults part way through the competition, the results of that competitor will be removed from the standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario Senior Games – Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

Prediction

1. Participants predict the time it will take them to skate the 3000-metre (3KM) course **or 1500 metre (1.5 km) course**
2. At the provincial level, competitors will skate twice over a two-day period (once per day).

Determining the Winners

Prediction

1. The participants closest to their predicted times (over or under) win. In the event of a tie, two (2) medals will be awarded.
2. At the provincial level, competitors' actual times for the two days will then be compared to their predicted times. Disregarding plusses and minuses, the two differential times will be totaled. The person in each event whose total differential time is closest to zero wins the gold.

D) AWARDS

Gold (6)	Men's 55+ Prediction Men`s 75+ Prediction	Women's 55+ Prediction Women`s 75+ Prediction
Silver (6)	Men's 55+ Prediction Men`s 75+ Prediction	Women's 55+ Prediction Women`s 75+ Prediction55+
Bronze (6)	Men's 55+ Prediction Men`s 75+ Prediction	Women's 55+ Prediction Women`s 75+ Prediction

E) RULE SOURCE

As there is no specific rule source for the prediction event, the rules provided under "Tournament Set-Up" and "Skating Rules Summary" will apply.

For Speed Skate events, see Speed Skate Canada www.speedskating.ca/redbook.cfm

Websites

www.skateontario.org www.skatecanada.ca

www.speedskatingontario.org www.speedskating.ca

F) EVENT REQUIREMENTS

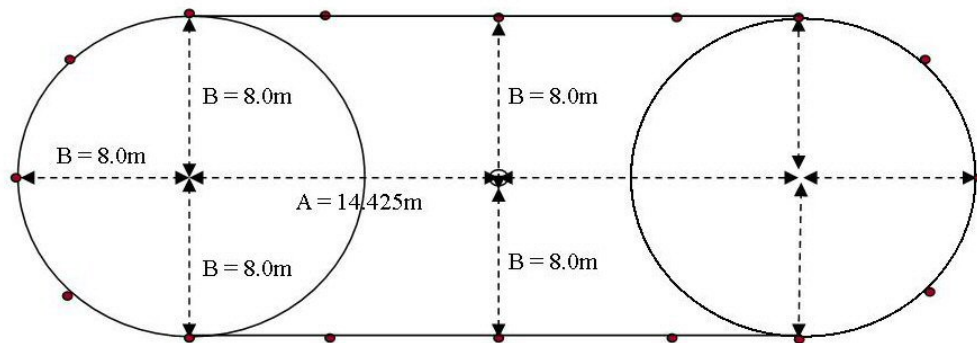
Equipment

1. All types of ice skates are permitted. A separate heat will be held for those participating with speed skates.
2. For Speed Skate, safety-type headgear which has a seal of certification meeting the actual ASTM F1849 standards and which must be securely fastened under the chin, cut-resistant and water-resistant gloves or mitts, shin guards, knee pads and long-sleeved clothing must be worn by all competitors.

Facilities

1. The facility shall be a regulation size arena (minimum 185x85 feet (56.39 x 25.91 metres))
2. The facility shall have a clearly marked start and finish line.
3. The facility should not have any obstructions on the course that could be dangerous to skaters.

PREDICTION SKATING - 3000 M (27 Laps)



1. Find the centre of the ice.
2. Measure 14.425 m (47' 5") from centre.
3. Use this point as a centre of the curve.
4. Use a long tape measure or string and measure 8.0 m. (26' 3") from this point to 5 or more points, forming an arc with the pylons.
5. Repeat at the other end.
6. Place more pylons to form the sides of the track.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Chief of Race
- B) One (1) Starter
- C) One (1) Assistant Starter
- D) Timekeepers
- E) Lap Counters
- F) Results Officials

The host committee will ensure that all officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other officials required to stage this event.

Skating Rules Summary

1. A medical examination two months prior to the event is strongly suggested.

Prediction

1. Skaters will skate in heats with no more than seven (7) skaters per heat. Participants will use a curved start.
2. Participants must register 45 minutes prior to the start of the event. At this time, the participants will give their predicted times to the officials. Predictions from competitors may be used to determine timed heats (Close predicted times may be grouped together).
3. **Participants are permitted to change their predicted time on the second day of competition.**
4. Music during the competition is **NOT** permitted.
5. The same arena shall be used for both days of competition.
6. Participants may not use watches, **electronic timing devices i.e cell phones, smartphone/tablet, etc** There shall be **no coaching from sidelines**. Convenors should ensure that any clocks in the facility are covered.
7. If a skater skates inside the track, this will be considered off tracking. In order for the skater to be considered back on track, the skater must re enter the track at the point from where the exit took place and complete the required laps. No time adjustments will be made for this error
8. A separate heat will be held for those participants using speed skates.



Table Tennis

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – DOUBLES

Division	Age Category	Number of Participants
Women	55+, 65+	Two (2) per age category
Men	55+, 65+	Two (2) per age category
Mixed	55+, 65+	Two (2) per age category

Participants may compete in only one division at Ontario 55+ Winter Games.

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a team defaults part way through the competition, the results of that team will be removed from the standings. The organizers shall have an extra team available to play as a “floater” team in case there is an uneven number of teams or in case a team defaults. This team’s results will not count in the final standings

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition

NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.

C) TOURNAMENT SET-UP

1. Play will be Round Robin format, followed by a playoff, if time permits
2. If possible, playoffs will consist of a Medal Round and a Consolation Round. The split will be determined by the number of teams participating. No more than 8 teams will qualify for the Medal Rounds..
3. Games will be played to a score of eleven (11) and matches will consist of five (5) games with a time limit of 45 minutes for a match.
4. The number of tables available and the number of teams entered will determine the number of pools used so that the round robin and playoffs can be completed in the allotted time.

Determining the Winners

1. In the Round Robin, the winning team in any game will be awarded **two (2)** tournament points. The losing team will receive **zero (0)**.
2. Placings in the Round Robin will determine seeding for the playoff format.
3. If at the conclusion of the Round Robin, there is a tie for placings, the following procedure will be used to break the tie:
 - a. Results of head to head games;
 - b. If necessary, the points scored for divided by the points scored against with the highest quotient winning;
 - c. If necessary, then an extra game should be played between the teams that are tied

D) AWARDS

Gold (12)	Men's Doubles 55+ Men's Doubles 65+	Women's Doubles 55+ Women's Doubles 65+	Mixed Doubles 55+ Mixed Doubles 65+
Silver (12)	Men's Doubles 55+ Men's Doubles 65+	Women's Doubles 55+ Women's Doubles 65+	Mixed Doubles 55+ Mixed Doubles 65+
Bronze (12)	Men's Doubles 55+ Men's Doubles 65+	Women's Doubles 55+ Women's Doubles 65+	Mixed Doubles 55+ Mixed Doubles 65+

E) RULE SOURCE

The ITTF Handbook – Laws of Table Tennis will apply, with the exceptions listed under “Tournament Set-Up” and “Table Tennis Rules Summary.”

Websites

www.ottacanada.com

www.ctta.ca (see Officials on side menu, then ITT F Handbook, then The Laws of Table Tennis on side menu)

F) EVENT REQUIREMENTS

- Equipment**
1. Regulation table tennis tables are required (minimum of four)
 2. Regulation nets are required (minimum of four)
 3. Regulation table tennis balls (adequate supply).
 4. Participants are responsible for providing their own table tennis rackets.

- Facilities**
1. The facility **must** have the potential to hold 4-6 table tennis tables while providing adequate regulation spacing.
 2. The facility should be wheel chair accessible.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Convenor
- B) One (1) Referee/Scorer per table
- C) One (1) Master Scorer

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one (1) year prior to Ontario 55+ Winter Games. The host is also responsible for any other officials required to run this event.

Table Tennis Rules Summary

1. A medical examination two months prior to the event is strongly recommended.



Ten Pin Bowling

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – Pins over Average – TWO (2) DIVISIONS

Division	Age Category	Number of Participants
Open	55+	Four (4)
Singles Men, Women	55+	One (1) Women One (1) Man
Participants may compete in only one division at Ontario 55+ Winter Games.		

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a competitor or team defaults part way through the competition, the results of those competitors will be removed from the standings. The organizers shall have an extra team available to play as a “floater” team in case there is an uneven number of teams or in case a team defaults. This team’s results will not count in the final standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

1. A minimum of three (3) games to be bowled at the district level, minimum of six (6) games at Ontario 55+ Winter Games over a two (2) day period (subject to availability of facilities).
2. The schedule should be arranged so that participants that bowl in the morning of Day 1 rotate to bowl in the afternoon of Day 2 if the scheduling permits.

Determining the Winners

1. Open Team Divisions: Pins over average:
 - Winners will be determined by utilizing the scores of all four (4) team members
 - If there is a tie for medal standings, the teams who are tied will bowl five (5) extra frames. If a tie still exists, medals will be given to both teams.
2. Single Divisions: Pins over average:
 - Winners will be determined by utilizing the scores of the individual competitor.
 - If there is a tie for medal standings, the participants who are tied will bowl five (5) extra frames. If a tie still exists, medals will be given to both participants.

D) AWARDS

Gold (6)	One per team member + one man + one women
Silver (6)	One per team member + one man + one women
Bronze (6)	One per team member + one man + one women

E) RULE SOURCE

Official rules and regulations of the Canadian Tenpin Federation shall apply, with the exceptions listed under "Tournament Set-Up" and "Ten Pin Bowling Rules Summary".

Websites

www.gotenpinbowling.ca (see Officials on side menu, then Playing Rules on top menu)
www.canadabowls.ca
www.otba.ca

F) EVENT REQUIREMENTS

- Facilities**
1. An air-conditioned, well illuminated room, with 10 -12 automated lanes if possible.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Activity Convenor
- B) One (1) Judge for each lane
- C) Three (3) others (sheets, boards, etc.)

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other official required to stage this event.

Ten Pin Bowling Rules Summary

1. Each bowler will submit either:
 - a. Their bowling average based on a minimum of 12 games played or
 - b. Their bowling average on the 3 games bowled in the qualifying district games, certified by a Bowling Centre Manager.

Only when this verified average is received will the team or individual bowlers be accepted for the event. .

2. District Coordinators must be prepared to present qualify scores if requested at Ontario 55+ Games.
3. At the District Level Only to involve non-league bowlers who have not bowled 12 games prior to the District Games, an average of 120 for women and 150 for men will be assigned ..
4. If a (1), team member is absent, the missing member's average less 10% will be applied to each game and the team may continue to play for a medal. This applies only to pre-registered team members.



Volleyball

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

A) FORMAT OF PLAY – MEN’S, WOMEN’S & CO-ED TEAMS

Division	Age Category	Number of Participants (maximum)
Women	55+, 65+	Ten (10) per age group Minimum seven (7)
Men	55+, 65+	Ten (10) per age group Minimum seven (7)
Mixed	55+, 65+	Five (5) Women & Five (5) Men, per age group. Minimum eight (8) (4 men, 4 women)
Participants may compete in only one division at Ontario 55+ Winter Games		

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a team defaults part way through the competition, the results of that team will be removed from the standings. The organizers shall have an extra team available to play as a “floater” team in case there is an uneven number of teams or in case a team defaults. This team’s results will not count in the final standings.

If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.

B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

C) TOURNAMENT SET-UP

1. Play will be Round Robin format, followed by a playoff, if time permits.
2. **If possible, playoffs will consist of a Medal Round and a Consolation Round. The split will be determined by the number of teams participating. No more than 8 teams will qualify for the Medal Rounds.**
3. The number of teams and the number of facilities available will determine the number of points per set and the number of sets per match. This will ensure that the round robin and the playoffs can be completed in the allotted time.
4. A set will consist of 2 games **with a time limit of 45 minutes for a set. In the Play-offs, a set will consist of the best 2 out of 3 games**

Determining the Winners

1. In the Round Robin, the winning team in any **game** will be awarded **two (2)** tournament points. The losing team will receive **zero (0)**
2. Placings in the Round Robin will determine seeding for the playoff format.
3. If at the conclusion of the Round Robin, there is a tie for placings, the following procedure will be used to break the tie:
 - a. Results of head to head games;
 - b. If necessary, the points scored for divided by the points scored against with the highest quotient winning;
 - c. If necessary, then an extra game to 15 points should be played between the teams that are tied

D) AWARDS

Gold (60)	Men's Team 55+ Men's Team 65+	Women's Team 55+ Women's Team 65+	Mixed Team 55+ Mixed Team 65+
Silver (60)	Men's Team 55+ Men's Team 65+	Women's Team 55+ Women's Team 65+	Mixed Team 55+ Mixed Team 65+
Bronze (60)	Men's Team 55+ Men's Team 65+	Women's Team 55+ Women's Team 65+	Mixed Team 55+ Mixed Team 65+

E) RULE SOURCE

OCAA Playing Regulations with the exceptions listed under "Tournament Set-Up" and "Volleyball Rules Summary."

Websites

www.volleyball.ca

www.ontariovolleyball.org (see Indoor, then Officials, then Handbook & Regulations)

F) EVENT REQUIREMENTS

- Equipment**
1. The net height will be set at 2.43 metres for both men's 55+ and co-ed 55+ competitions.
 2. The net height will be set at 2.34 metres for both men's 65+ and co-ed 65+.
 3. The net height will be set at 2.24 metres for women's competition.
 4. Players' jerseys must be numbered at least on the back, to allow referees to properly identify player rotation and substitutions.
- Facilities**
1. The facility must have well-marked, regulation size volleyball courts (minimum of two).
 2. The facility shall be wheel chair accessible.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Convenor
- B) One (1) Referee & One (1) Umpire per court
- C) Two (2) Linespersons per court (if available)
- D) One (1) Master Scorer
- E) Two (2) Scorekeepers

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other officials required to host this event.

Volleyball Rules Summary

1. A medical examination two months prior to the event is strongly suggested.
2. A district may send a team with only six (6) participants but must realize that any attempt to play with less than six (6) players will result in forfeit of that game.
3. In the Mixed Divisions, there must be 3 Males and 3 Females on the court at all times.
4. There will be unlimited substitutions per set. One or more players may be substituted at the same time.
5. There is no limit to the number of times a player may leave or re-enter the set as long as he/she leaves for the same player in the same position in the rotational ratio and the male/female order is maintained.
6. The method of substitution shall be left up to a team provided the method is declared at the start of a set and is used throughout the set. e.g. one to one, or rotation
The same substitution method does not need to be used by both teams.
7. Exceptional substitutions **ARE** permitted. An injured or ill player should be substituted legally. If this is not possible, the team is entitled to make an **EXCEPTIONAL SUBSTITUTION**. Any player of the same gender who is not on the court at the time of the injury/illness may substitute into the game for the injured/ill player. The replaced player is not allowed to re-enter during the set.
8. Libero players may be used as stated in the OVA rules.
9. For safety reason, a player **CANNOT** hit the ball with any part of the body below the knee.
10. Gloves and wrist supports **ARE** permitted. Track pants or shorts may be worn along with the team shirt.
11. A game (except in the deciding set) is won by the team which first scores twenty-five (25) points first with a minimum of a two (2) point lead to a maximum of 27.
The deciding game of a match is won by the team which first scores fifteen (15) points with a minimum of two (2) point lead.
12. Only two time-outs are permitted per set.

