

Scotland County Senior Games and Silver Arts

WHO

Scotland County Senior Games & Silver Arts is open to all residents of Scotland County who are 55 or better! Participants must be prepared to present a Photo ID to show proof of age and Scotland County residency (minimum of 3 consecutive months per year). Rules for each event will remain constant for all participants regardless of ability or disability.

WHAT?

Scotland County Senior Games & Silver Arts consist of artistic and athletic competition similar to the Olympics in format for individuals of all skill levels. Scotland County Parks and Recreation will be your hosts for the majority of the events. However, some of the activities and events will take place in various locations around Scotland County.

WHY?

Scotland County Senior Games & Silver Arts offers those 55 or better a chance to “come out and play” competitively for medals and have a great time doing so! The events that will take place during the games are for everyone, spectators as well as participants! Your family and friends are encouraged to come with you to all the festivities. The excitement of just watching you participate makes special memories for all of us!

HOW?

Scotland County Senior Games & Silver Arts provides an opportunity for participants to compete in a variety of athletic events as well as a variety of visual, heritage, literary and performing arts. In the athletic events, with the exception of mixed doubles events, competition is among those of the same sex and participants will compete against those in their age group (i.e. 55-59, 60-64, 65-69, etc). For doubles and mixed doubles events, the age of the team is determined by the youngest team member. The Event Director reserves the right to combine age categories for competition purposes. Age is determined as of December 31, 2009. Competition in the arts will be among participants according to sub-category (i.e. painting, quilting, jewelry making, vocal solo, instrumental, large group performance, etc).

WHEN?

Scotland County Senior Games & Silver Arts takes place from April 24 to May 8th, 2009. See the master schedule of events toward the back of this booklet for specific information.

HOW MUCH?

Scotland County Senior Games & Silver Arts is inexpensive to enter. The entry athletic fee includes participation in all events.

**\$10 Local Senior Games entry fee for athletic participation.
Athletic participants receive Senior Games T-Shirt.**

****There is no charge to participate in Silver Arts****

Silver Arts participants and other guests may attend banquet by purchasing Banquet ticket for \$10. All Senior Games Participants are invited to attend the Silver Arts Showcase & Banquet May 8th at 11:30 am

WHAT DO I RECEIVE?

- **Participation in Athletic and/or Artistic events**
- **T-shirt for Athletes**
- **Admission to the Opening Ceremony**
- **Admission to the Silver Arts Exhibit**
- **Admission to the Performing Arts Show**
- **Lunch on Friday, May 8th**
- **AND SO MUCH MORE!!!!!!**

ARE THERE AWARDS?

Yes, please see the detailed awards section.

HOW DO I ENTER?

Entry Forms will be available at Scotland Place April 6th. You will also be able to pick up the entry forms at other times at Scotland Place, Scotia Village and Art By Design. Application deadlines are as follows:

Senior Games applications due by 5 p.m. on Friday April 17th.

Silver Arts Performing Arts applications due by 5 p.m. on Friday May 1st.

Silver Arts- Literary, Visual and Heritage Arts drop-off and applications will be accepted on Thursday May 7th from 12:00 to 2:00 at Scotia Village.



**Scotland County Senior Games • P.O. Box 1668 • Laurinburg, NC
28353**

“Come Out And Play”

SCOTLAND COUNTY SENIOR GAMES AND SILVER ARTS IT'S EASY TO ENTER

Athletics:

- 1. Complete the applicable information on the Entry Form. Entry forms available after April 6th at Scotland Place or from your SG Ambassadors.**
- 2. Sign the liability waiver (required).**
- 3. Include total payment as required. Do not send cash.**
- 4. Make check or money order payable to: SCSG**
- 5. Return all of the above to SCSG so that you meet the deadline for your activity. Please review complete schedule at back of event.**
- 6. To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High intensity types of activities are offered primarily for the conditioned, trained athlete.**

Silver Arts

- 1. Silver Artists and Cheerleaders must complete “Silver Arts Form”. Entry forms available at Scotland Place, Scotia Village or Art By Design or from your SG Ambassadors.**
- 2. Silver Artists must also sign the liability waiver.**

DEADLINES

Athletic Applications Due by Friday, April 17, 2009 5:00 pm

Performing Arts Applications Due By Friday, May 1, 2009 5:00pm

Literary / Visual Arts Drop Off Thursday, May 7th, 2009 12:00 – 2:00pm



The Scotland County Senior Games Event Director will make the decision to continue, delay or reschedule an outdoor event due to inclement weather. Unless the weather has made conditions hazardous to the safety of volunteers and participants, events will continue in the rain. Participants should report to the event site and check-in, regardless of the weather. Up to date

information will be available from the Event Manager in charge of each specific event.

Failure to check-in will result in disqualification!

HOW CAN I TRAIN?

Training opportunities will be available at Scotland County Parks & Recreation facilities during the months preceding the games.

WHERE DO I GO NEXT?

Winning a gold, silver, or bronze medal in any athletic event (except golf where you must also meet the minimum qualifying score for your age group) will qualify you to compete at the NC State Finals competition to be held at various venues across the state during the months of September and October. In all Silver Arts events the same as above applies, however, only the gold & silver medal winners in the literary, heritage and visual arts will qualify for State Finals and only the “Best In Show” from the performing arts will qualify. Applications for NC State Finals will be available at Scotland Place. Join us at 2 p.m. on Thursday, May 28th to fill out your state finals applications. The deadline to enter NCSG State Final events is August 1, 2009. For more information on NC Senior Games please visit www.ncseniorgames.org or call 919-851-5456.

MORE QUESTIONS?

If you have questions or concerns, please call Scotland County Senior Games at 910-277-2585,

VOLUNTEERS NEEDED

Do You Have a Heart of Gold for the Golden Years?

If so, let your Heart of Gold be motivated and inspired to help make the 2008 Scotland County Senior Games possible. If you are interested in volunteering, please call 277-2585 to request a volunteer brochure. Church, School and Civic Groups are welcome!

In appreciation of your time and energy contributed to the Scotland County Senior Games, you will receive:

- 2009 Volunteer T-Shirt
- Light Refreshments and /or Meals at most events
- A chance to meet some of the greatest people in the area
- The feeling you get when you do something for someone else



HOSPITALITY

MEALS

Celebration Of The Games – Continental Breakfast

Silver Arts Showcase – Luncheon

Most Events – Light Snacks



AWARDS INFORMATION

MEDALS

Participants finishing 1st, 2nd or 3rd place in each age category in athletic events will be awarded an Olympic style metal. Medalists in the Silver Arts sub-categories will be awarded medals, certificates, or ribbons as deemed most appropriate by the awards committee.

MEDAL PRESENTATION

- **Week Day and Off-Site Athletic Events – medalists will receive their awards at the event site immediately following the conclusion of the event.**
- **Silver Arts – medalists will receive their awards during the Silver Arts Showcase Friday, May 8th 11:30AM at Scotia Village**

CELEBRATION OF THE GAMES

All participants, past and present, of Scotland County Senior Games are invited to attend and participate in this exciting event! The Celebration of the Games will be kicked off by a Parade of Athletes and Artist, followed by a ceremony to officially open the 2009 Games. This event is free and open to the public. Participants are encouraged to bring their family and friends and to wear their Scotland Senior Games T-Shirt.

LOCATION & TIME

Scotland Place

Friday April 24^h, 2009

Participants arrive by 9:00



BILLARDS TOURNAMENT

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Monday May 4th, 1pm

Location: Scotia Village

Time: Tournament brackets will be mailed to you with match times.

Registration and Check-In:

Report directly to Scotia Village 15 minutes prior to the time of your match. Keep your participant number and wear it during all of your athletic events!!

Format/Rules:

- **Eight Ball rules will apply. The player pocketing his/her group of balls first, and then legally pocketing the eight ball, wins the game.**
- **Competition will consist of the best 2 of 3 games, no time limit.**

Parking: Please park in the parking lot at Scotia Village.



BOCCE TOURNAMENT

Fees: Participation covered in entry fee. No additional fee.

Location: Scotland Place

Dates of Competition: Tuesday, May 5th

Time: 8 am – Women

11am - Men

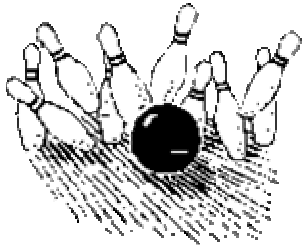
Registration and Check-In:

Report directly to Scotland Place prior to the start of the tournament. If this is your first event, you will receive your registration packet at that

time. Keep your race number and wear it during all of your athletic events!

Format/Rules:

- Participants must play as scheduled.
- Failure to report at the match time, more than likely will result in a forfeit.
- Each player will throw 4 bocce balls per frame. The object of the game is for each player to get their bocce balls closer to the pallino ball, than their opponent.
- The player who has a ball closest to the pallino ball will score 1 point for each of the four balls that are closer to the pallino ball for a maximum of 4 points per frame.
- Matches will be best 2 of 3 games. Each game is divided into a maximum of 9 frames OR the first player to score 12 points, whichever comes first.



BOWLING EVENTS

Singles, Doubles & Mixed Doubles

Fees: Participation covered in entry fee. No additional fee.

Dates and times of Competition: Monday, April 27th,
9am – Mixed Doubles
1 pm Doubles
Wednesday, April 29th,
2pm Singles

Location: Laurinburg Lanes

Registration and Check-In:

Report directly to Laurinburg Lanes, preferably 30 minutes prior to the start of the tournament. If this is your first event, you will receive your registration packet at that time and a warm up time will be provided. Keep your participant number and wear it during all of your athletic events!!

Format/Rules:

- American Bowling Congress rules will govern play.

- Competition will consist of the scratch total for the three games bowled.
- In doubles and mixed doubles:
 - The scratch combined total for the team will determine the score.
 - The age of the youngest participant will determine the age group in which the team will compete.
 - Teams must qualify together in order to compete in the 2009 North Carolina State Finals.



CROQUET TOURNAMENT

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Friday, April 24th

Location: McKay Residence

Time: 1 pm

Registration and Check-In:

If this is your first event, you must pick up your registration packet at Scotland Place. Keep your participant number and wear it during all of your athletic events!!

Format/Rules:

- With a mallet, move your designated ball around the course in the correct direction.
- An extra shot will be accumulated by successfully passing through each wicket.
- Extra shots may also be accumulated by roqueting (striking) an opponent's ball and taking two additional shots, or executing a croquet or a roquet-croquet and taking one additional shot.



Cycling Events

1 Mile, 5 Kilometer and 10 Kilometer

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Monday, May 4th

Location: TBA

Time: 8:00 am

Registration and Check-In:

Report directly to designate start point 15 minutes prior to the race. You will receive your registration packet at that time as well as a briefing on

the races. Keep your participant number and wear it during all of your athletic events!!

Format/Rules:

- Participants must provide their own non-motorized bicycle, as well as a protective helmet.
- Each participant will begin the race in 1 minute intervals, so you are racing against the clock and not other cyclists (time trial start).



5 K Walk

5 Kilometer

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Tuesday, April 28th

Location: Market Park

Time: The race will begin promptly at 8:00 am

Registration and Check-In:

Report directly to Market Park preferably 15 minutes prior to the start of the race. If this is your first event you will receive your registration packet at that time as well as a briefing on the race. Keep your participant number and wear it during all of your athletic events!!

Format/Rules:

- The race will be conducted on the Market Park paved walking path.
- Volunteers may be located at various places along the route so as to ensure that each walker follows the course correctly.
- USATF rules will apply
- Participants competing in the racewalk events must wear shorts in which knees are exposed.
- Racewalking is a progression of steps taken so that unbroken contact with the ground is maintained.
- Racewalking disqualification will occur if in the opinion of the judges, a competitors mode of progression fails to comply with the definition of racewalking.



FIELD EVENTS

Shotput, Discus, Standing and Running Long Jumps

Event Fee: Participation covered in Entry Fee. No additional Fee.

Date of Competition: Friday, May 1st, 2009

Location: Scotland High- Pate Stadium

Time: 9:15 Standing Long Jump

9:30 Running Long Jump

10:30 Shot-put

11:00 Discus

Registration and Check-In:

If this is your first event, you must pick up your registration packet at Scotland Place. Keep your participant number and wear it during all of your athletic events!!

Format/Rules:

Shotput – 3 “puts” will be taken from within the shotput circle.

The best “put” will count as the final score.

Discus-3 throws will be taken from within the discus circle. The best throw will count as the final score.

Standing Long Jump-3 jumps, from a two foot stationary take off, will be taken from behind a 2” scratch line. The measurement will be taken from the back of the scratch line to the nearest point in which any body part breaks the sand. The longest jump will count as the final score.

Running Long Jump – 3 jumps from a one foot running take off, will be taken from off of a take-off board. The measurement will be taken from the front of the take off board to the nearest point in which any body part breaks the sand. The longest jump will count as the final score.

Equipment Weights:

Shot Put – 3Kg, all Women • 4Kg, Men 70 and above • 5Kg, Men 60-69 • 6Kg, Men 55-59 **Discus**-1Kg, all Women and Men 60 and above • 1.5Kg, Men 55-59

Parking: Please park along service road at Pate Stadium



HORSHESHOE TOURNAMENT

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Wednesday, May 6th

Location: Scotland Place

Time: Woman 8am ---Men 10am

Registration and Check-In:

Report directly to Scotland Place, preferably 30 minutes prior to the start of your first match. If this is your first event, you will receive your registration packet at that time. Keep your participant number and wear it during all of your athletic events!!

Format/Rules;

- National Horseshoe Pitcher's Association rules will apply.
- A match will consist of the best 2 of 3 games of 20 shoes per game for each pitcher or 21 points, whichever comes first.
- The cancellation method of scoring will be utilized.

Pitching Distances:

40 feet-Men 55-69•30 feet – Men 70 and over, Women 55-74•20 feet-Women over 75



GOLF TOURNAMENT

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Thursday, May 7th

Location : Cypress Creek Golf Course

Time: The tournament will begin promptly at 9:00 am.

Registration and Check-In:

Report directly to Cypress Creek preferably 30 minutes prior to the start of the tournament. If this is your first event, you will receive your registration packet at that time. Keep your participation number and wear it during all of your athletic events!!

Format/Rules:

- US Golf Association rules and local course rules will govern this tournament.
- The tournament will begin with a shotgun start.
- Golfers will play 18 holes and are on their honor to play ethically.

- Medal winners in each age group will be determined by low gross score.

Minimum Performance Standards:

A participant must place 1, 2 Or 3 in his/her age group and meet the following minimum scores:

<u>55-59</u> 99/Women	88/Men & 97 Women	<u>60-64</u>	91/Men &
<u>65-69</u> 105/Women	93/Men & 102 Women	<u>70-74</u>	95/Men &
<u>75-79</u> 113/Women	99/Men & 109 Women	<u>80-84</u>	103/Men &
<u>85-89</u> 123/Women	108/Men & 118/Women	<u>90-95</u>	114/Men &

**Basketball Shoot, Spin Casting,
Football Throw & Softball Throw**

Event Fee: Participation covered in Entry Fee. No additional fee.

Date of Competition: Basketball Tuesday May 5th

Time: 1:00 at Laurel Hill Community Center

Basketball Shoot-3 shots will be taken from 6 different locations for a total of 18 shots. Each basket made will count as 1 point

Date of Competition: SpinCasting, Football Throw and Softball Throw
Monday, May 4th

Time: 10:00 at Scotland Place

Registration and Check-In:

Please refer to the Field Events information.

Format/Rules:

Softball Throw- Two practice throws. Three consecutive throws with the best throw recorded as the final score. Longest throw (distance of throw minus deviation) wins.

Football Throw-Two practice throws will be allowed at each distance. Distances are : Males 55-69 10yds & 15 yds; Males 70 and over 5yds & – 10yds; and Females 5 yds and 7.5 yds. Each successful throw from lesser distance will count 10 points, and from the greater distance will count as 20 points.

Spin Casting-5 casts will be taken towards 3 targets set at different distances, for a total of 15 casts. 3 points will be awarded for a weight that hits the target and 5 points for a weight passing through the target.

Important Information:

Ties must be broken. The event judge will inform participants while they are still at site so tie can be broken.



SHUFFLEBOARD TOURNAMENT

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Men: Tuesday, April 28th 9:30 am

Women: Wednesday, April 29th 8:30 am

Location: Scotland Place

Time: Tournament brackets will be mailed to you with match times.

Registration and Check-In:

Report directly to Scotland Place 15 minutes prior to the time of your first match. If this is your first event, you will receive your registration packet at that time. Keep your participant number and wear it during all of your athletic events!!

Format/Rules;

- North Carolina Senior Games rules will govern play.
- Matches will consist of 10 frames. Participants will shoot 4 discs each per frame.
- After the completion of each frame **ONLY** discs which have come to rest completely within the lines, will score. Discs touching any part of a line will not be scored.



TABLE TENNIS EVENTS

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Thursday, April 29th

Location: Scotia Village

Time: 11:00 am

Registration and Check-In: Report to Scotia Village 15 minutes prior to the start of the game.

Format/Rules:

- US Table Tennis Association rules will govern play.
- Participants must play as scheduled and avoid wearing white or distracting multi-colored shirts.

- **Failure to report at the match time, more than likely will result in a forfeit.**
- **Matches will be best 3 of 5 games to 11 points.**
- **Knowledge of a legal serve is mandatory. If a participant is unsure if their serve is legal, please request that the Event manager observe your serving motion prior to your first match.**



Tennis

Location: Scotland Tennis Center

Time: Friday, May 1st 9:00am

Registration and Check-In:

Report directly to the Tennis Center located on Atkinson Street prior to the start of the tournament. ALL PARTICIPANTS MUST BE AVAILABLE THURSDAY, MAY 1st. NO EXCEPTIONS!!

Format/Rules:

- **USTA rules will govern play.**
- **Participants must play as scheduled.**
- **Failure to report at the match time, more than likely will result in a forfeit.**
- **Matches will be best 2 of 3 sets. The 12 point tie breaker will be in effect when the set is tied at 6-all.**
- **In doubles and mixed doubles:**
 - The age of the youngest participant will determine the age group in which the team will compete.**
 - Teams must qualify together in order to compete in the 2008 North Carolina State Finals.**



TRACK EVENTS

100, 1500 Meters

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Friday, May 1st

Location: Scotland High School – Pate Stadium

Time: 8:30 Men's 1500 Meter Walk
8:50 Women's 1500 Meter Walk
10:00 100m Dash

Registration and Check-In: On Thursday, April 30th report directly to Pate Stadium.

Format/Rules:

- USA Track & Field rules will govern these events.
- Events will begin on time.



Fun Walk

Fees: Participation covered in entry fee. No additional fee.

Dates of Competition: Friday April 24th, 10:00am

Location: Scotland Place

Registration and Check-In:

If this is your first day of competition, you may report directly to your event prior to the time of the race. Keep your participant number and wear it during all of your athletic events!!

Format/Rules:

- The Fun Walk is a non-competitive one mile walk in which registered participants may enter on site. Family members and friends are encouraged to participate along with you during this event.
- Participants completing the Fun Walk will qualify for the 2009 NC Senior Games State Finals.

TEAM SPORTS



Softball

Fees: Participation covered in entry fee. No additional fee

Date: Monday, April 27th

Time and Location: 6:00 Presbyterian Park

Format/Rules:

- **Amateur Softball Association rules will apply with some modifications by NC Senior Games.**
- **Minimum number of players per team: Men 55+ and 60+ - 9, Men 65+, 70+ and Women - 10.**

The length of the game shall be 7 innings or one hour and fifteen minutes.



Designed to have participants focus on the joys and benefits of artistic creativity, while simultaneously celebrating personhood.

VISUAL ARTS.

Categories: acrylics, drawing, mixed media, oil, pastels, photography, sculpture, watercolor

Entry Rules:

- Artwork must be original and created after the artist turned 55.
- Artwork must be completed within the past two years.
- Artwork, except sculpture, must be framed, securely wired and ready to be hung.
(No serrated hooks or string)
- Dimensions must be less than 36" x 42" and must weigh less than 50 pounds.
- Artists name and the title of entry must appear on the back of the artwork.

HERITAGE ARTS

Categories: basket-weaving, china painting, crocheting, rugs (hooked,/braided/woven), jewelry, knitting, needlework, ceramics & arts and crafts (see disclaimer) quilting, stained glass, tatting & needlelace, tole/decorative painting, weaving, woodcarving, woodworking, woodturning, pottery

Entry Rules:

- Entries must be the original and created after the artist turned 55.
- Artwork must be completed within the past two years.
- Patterns may be used, however stamped work is not allowed.
- All framed work must be securely framed and wired and ready to be hung.
(Two-dimensional work not framed will not be accepted)
- Framed entries must not exceed 36" x 42" and must weigh less than 50 pounds.
- All other entries must not exceed 3' x 3' display area.
- Groupings (sets) may not have more than 3 pieces per group.
- The artist's name and title of the entry must appear on or be attached to the entry.

- Ceramics and Arts and Crafts Disclaimer- CERAMICS and Arts and Crafts entries will be judged on the local level ONLY, winners will NOT QUALIFY for the North Carolina State Finals.

FOR ALL VISUAL AND HERITAGE ARTISTS

- Complete Silver Arts Entry Form
- Deliver entries, with completed Silver Arts Entry Form, to Scotia Village between the hours of 12:00 and 2:00 on Thursday, May 7th.

LITERARY ARTS

Categories: essay, "Life Experience", poem, short story

Entry Rules:

- Poems must be no longer than 40 lines and must be typed.
- Short stories and "Life Experience" essays must not be longer than 8 pages typed, double-spaced.
- All entries must have a title page which includes title of work, category, and name of artist. Artist's name must not appear on the content pages.
- Copy of work should be of a high quality and reproducible. No framed or matted entries accepted.
- Entries must be the original work of the artist, created after the artist turned 55.
- Entries must have been created within the past two years.

FOR ALL LITERARY ARTISTS

- Complete Literary Entry Form
- Deliver entries, with completed Silver Arts form to Scotia Village Place Thursday, May 7th between 10 am and noon.
- All literary entries will be displayed at the luncheon on May 8th.

PERFORMING ARTS

Categories: comedy, drama, dance, instrumental, vocal (lip sync prohibited),

line dancing, cheerleading (no limit to group size).

Size of act: solo, small group (2-4 people), or large group (5 or more).

Note: Accompanist is not counted in-group size but must register as a participant.

Entry Rules:

- Acts are limited to three minutes on-stage time except Cheerleaders-they will have five minutes for their routine. Timing

begins with the first note or movement and ends with the exit of the last performer.

- **If a cassette is used, it must be of high quality and must be cued and ready to play. There must not be any taped instructions on the disc or tape.**
- **Props will be the responsibility of the performer.**
- **Voice presentations must be a live performance by the artists. Background music may be taped, however, lip-synching is prohibited.**
- **All performers must enter stage right and exit stage left or begin and end at designated area.**

FOR ALL PERFORMING ARTISTS

- **Complete Entry Form.**
- **Deliver completed entry form to Scotland Place by 5pm on Friday, May 1st.**

Additional information on Rules and Regulations can be found at

www.ncseniorgames.org