

Basketball Bounce:

Location – Gym

Limit 3 athletes from each community

Rules:

- 1 standard size basketball – The standard size of basketball in the NBA is 29.5 to 29.875 inches (74.93 to 75.88 cm) in circumference.
- Official game ball recommended PSI of 7.5 to 8.5.
- 1 Brute 44 Gallon Trash Can (31.5 in. High / 24 in diameter), heavy duty professional grade.

How to play the game:

1. Standing/sitting line will be 7 feet away from the front of the trash can
2. The athlete must bounce the ball one time prior to landing in trash can
3. Each athlete is allowed 10 bounce opportunities to make the basket
4. Winner will have the highest number of baskets out of the ten tries
5. In case of a tie, each athlete will play again with only 5 attempts for a new score to break the tie

.5 Mile Walk

AGE GROUPS: 74 and Under ~ Men & Women
75 and Over ~ Men & Women

Location: indoor Track

Limit: 3 athletes from each community

Rules:

1. This is a **“walking”** competition – *absolutely no running and no motorized assistance*. Walkers and canes are allowed. For your safety **“NO HEADPHONES ALLOWED”**
2. Running or unsportsmanlike conduct is grounds for disqualification.
3. 5 walkers will line up at the starting line.
4. Starting announcement for each group – **“On your mark, get set GO!”**
5. A group of 5 walkers will be sent at a time.
6. 1 volunteer will be assigned per athlete to keep track of their laps and time.
7. Stop watch/timer is needed for every volunteer.
8. Clip board with every participants name (roster) and space to write down start/end time for completing the .5 mile – one copy for each volunteer.

Wii Bowling:

Location: Skating Rink

Limit: three athletes from each community. There will be three winners.

Three TV's will constantly have Wii Bowling games going. There will be a fourth TV that will allow athletes to practice while they wait.

The remotes will be standardized remotes.

Rules:

1. Each player will play one whole bowling game on their own.
2. Distance between TV and the player is minimum of seven feet away.
3. Practice rounds are available for participants on a separate TV.
4. In case of a tie, players will play against each other for a final game and the highest score wins.
5. Unsportsmanlike conduct is grounds for disqualification.

Cornhole:

Location – Gym

Limit – Two teams from each community

Layout & Materials:

- Two cornhole boards will be placed 21ft apart.
- Two different colored set of standardized beanbags

How to play the game:

- Each team will alternate pitching bags until each player has pitched all four of his/her bags.
- The scorer will take score and resume pitching back to the other board.
 - 3 points for beanbag through the hole and 1 point for landing on the board
- Each team will have 10 total attempts to pitch their bean bags (five each player).
 - If an individual steps over the line, that throw does not count and they will not be able to re-throw that attempt.
- Winner will have the highest number of points made out of 10 total attempts
- In case of a tie, each athlete will play with only 4 attempts (2 each player) for a new score to break the tie.

Obstacle Course

STATION 1

Lateral Shuttle Run

Participant must move sideways either Right shuffle or Left shuffle from Dot 1 (START) to DOT 2, Back to start, then to DOT 3, Back to start, then to DOT 4 to exit the station

***Each DOT IS 6 FEET APART from the other

STATION 2

10 Sit to Stands – beginning from the standing position, glutes must touch the chair 10x to count the sit to stand

STATION 3

Cone Taps – 10x

If cone falls, the participant picks it back up and starts the count back at 1 until 10 alternating feet taps are completed

Cone is 6 ½ inches high

STATION 4

Hoop RUN

Step through 10 hoops without disrupting the hoop or stepping on any of them

Hoops touch

STATION 5

Step Ups

Using a step aerobics bench with 2 risers (one on each side)

Step up and down 10 times with either foot being the 'lead' foot

1= up, up, down, down

STATION 6

Ladder Walk – use an 8 rung agility ladder

ONE FOOT in the ladder and balance and clap 3 times, step into the next space and balance and clap 3 times, complete all 9 spaces

Start over if your foot touches the floor before the 3 claps are complete

Start over if you step on any part of the ladder

Max tries to complete: 3 times

STATION 7

Soccer ball kick

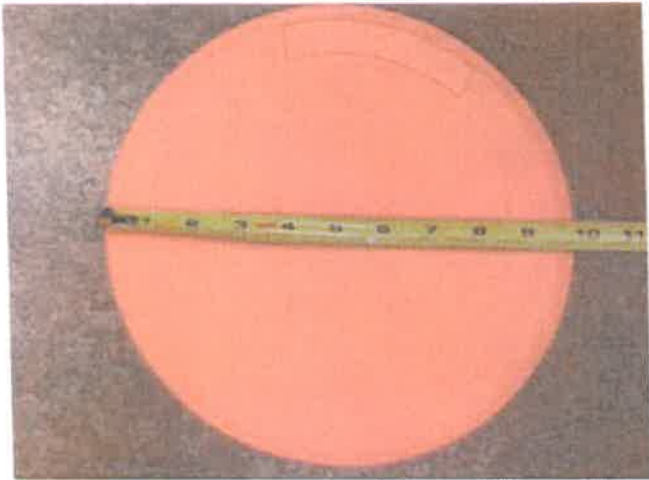
Kick one soccer ball 15 feet away into the net. Only one chance to make it in.

STATION 1

Lateral shuttle run: Dots are 6 feet apart and 9 ¾ inch diameter



Must move sideways leading with the right or left-athlete's choice



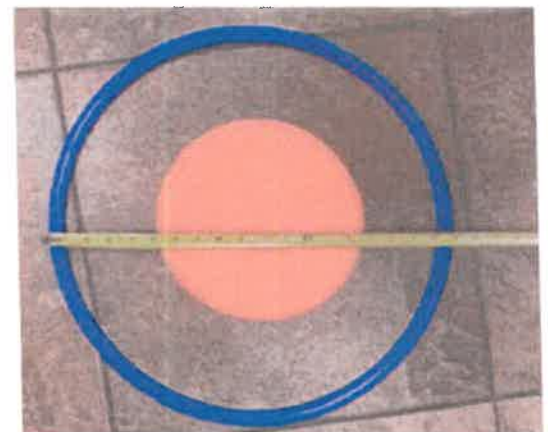
STATION 2

10 Sit to Stands, Arms Crossed, Start standing and count each time the Glutes Touch the chair 10 times successfully to exit station 2



STATION 3

CONE TAP 10 X



STATION 4

Hoop RUN: 10 hoops touching, starting with R foot

Hoops are 19 inch diameter outside rim to rim

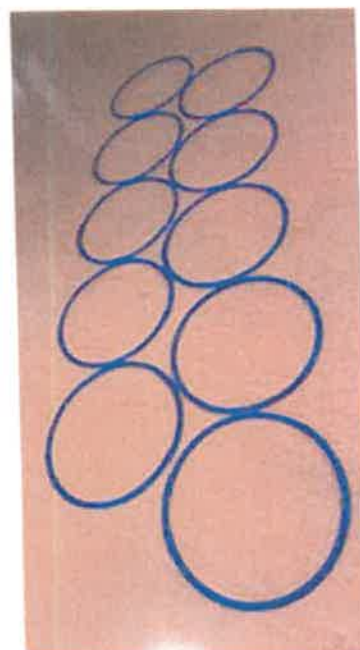
STATION 5

Step ups 10 times



STATION 6

LADDER WALK, Clap 3 times and balance on one foot while moving through the ladder (picture to come)



STATION 7

Soccer Kick from 15 feet away

One shot – in for a bonus point in case there is a tie

