



## Western Valley Forever Young Friendship Games Policy

The **Western Valley Forever Young Friendship Games** is organized and operated under the authority of the Western Valley Recreation Association, Inc.

The association is a voluntary organization committed to the development of recreation services in the Western Valley Region, encompassing communities from Nackawic to Plaster Rock (Plaster Rock, Perth-Andover, Florenceville-Bristol, Centreville, Bath, Hartland, Woodstock and Nackawic).

The policies and guidelines contained in this document have been adopted by the Western Valley Recreation Association, Inc. as the official policy manual for the operation and administration of the **Western Valley Forever Young Friendship Games**.

### **Authority**

The sponsor and governing authority of the **Western Valley Forever Young Friendship Games** and the Western Valley Recreation Association, Inc. herein after noted as the “Association”.

The Association initiates and/or ratifies all decisions, policies, recommendations, etc. relevant to the operation of the **Forever Young Friendship Games**.

### **Mission of the Games**

To provide adults, 50 years plus in the Western Valley Region with an opportunity to increase their social interaction with others, and to maintain, enhance their physical and physiological well-being through participation in recreational activities and sport.

### **Eligibility Criteria**

- Participants must be 50 years of age or over, as of 1<sup>st</sup> of January of the current year.

**Player equipment**

The Host Committee will be responsible for providing all equipment, except personal and team gear (i.e. golf clubs; tennis racquets; etc). Each community must be responsible for providing equipment for their participants.

**Games Dates**

The **Forever Young Friendship Games** will be held **third week in September**. The **Forever Young Friendship Games** will be held on one day.

**Recreational Activities and Sports/Participation**

A maximum of 10 activities (5 in the morning and 5 in the afternoon). **(This may vary depending on the host community).**

**Host Community**

The host community is picked on a rotational basis, (between Hartland and Woodstock) with the option to decline or switch with another community.

**Rules of Play**

- Fair Play concept will be promoted and adhered to.
- Rules for each sport shall be adhere to, unless stated in the policy manual. (Appendix A). **Some rules will be modified due to time constraints and/or number of participants registered in each sport/activity.**

**Communications**

All directives relating to the **Forever Young Friendship Games** such as activities/events, registration deadlines, schedules, rules etc. **will be sent out to the group by the first of August for circulation to our senior population.**

**Ceremonies**

The opening and closing ceremonies will be the responsibility of the Host Committee. The ribbons, plaque and **Forever Young Friendship Games** Trophy will be presented at the closing ceremonies.

**Awards and Point System**

The plaque will be awarded to the region with the highest point accumulation. The plaque will be presented to the winning community at the closing ceremonies. The Host committee will have the plaque on display at the official opening.

Adopted: September, 2005  
Revised: **January, 2012**  
Revised: **January 2014**  
Revised: **January 2020**

The point system for the **Forever Young Friendship Games** are as follow:

1 <sup>st</sup> Place	-	10 points
2 <sup>nd</sup> Place	-	08 points
3 <sup>rd</sup> Place	-	06 points
participation	-	02 points

The Host Committee will be responsible for ensuring that ribbons printed with the Games' name and year are presented to all first, second and third place participants.

### **Financing Participation**

All costs of participation (i.e. transportation, senior games shirts, etc.) will be borne individually by the participating communities. The Host Committee may submit a funding proposal to the Sport and Recreation Branch of the Department of Tourism, Culture and Heritage. Acknowledgement of such funds shall be made at opening ceremonies and in any printed promotional material.

### **SUMMARY OF DATES**

#### **May Meeting**

→ Games host from the rotational schedule.

#### **June Meeting**

→ Activities/events, registration deadlines, schedules, rules etc. should be approved at the Western Valley Recreation Association meeting in June.

## APPENDIX A: Sport Rules

### 1. WASHER TOSS

- Provide at least 8 washer toss games
- Games consist of 21 or a 15 minute time limit per game (no cancellation)
- Scoring system (3 points in the middle, 2 points in the box)
- Each Participant is guaranteed to play 2 (Make sure that you have enough time to get a schedule done in the allotted time)

### 2. CARPET BOWLING

- Same as normal bowling
- Play will be 3 stings if time permits

### 3. GOLF

- Host Committee provides motorize carts
- 9 holes with a shotgun start
- Individual play

### 4. CARDS – 45 (2 vs 2 partners) scoring is done on individual basis.

- Partners try to win tricks and prevent their opponents from doing so. Play four hands and then the winners rotate and switch partners.
- Each trick counts for 5 points, and the highest trump in play is an additional 5. After the hand, each team counts what they have taken. If the bidder's team has taken at least the amount of their bid, they score all they have won. If this team fails, the amount of their bid is deducted from their score. The other team in either case always scores what it has won in tricks.
- The highest trump is the 5, then the Jack, then the Ace of Hearts (no matter what suit is trump). After that it goes Ace of suit, King, Queen, and then in black suit it goes 2 through 10 and in the red suit it goes 10 through 2 (both skipping the 5).
- Each player is dealt 5 cards in batches of 3 then 2. After the initial 3 cards to each player, 3 are dealt to a kitty followed by 2 more to each player and kitty.
- The bidding starts with the player to the left of the deal and continues clockwise. Each player may bid or pass. Bids are made in multiples of 5 up to 30, with the minimum opening bid being 15. No suits are mentioned during the bidding process, until all bids have been made. The highest bidder names the trump suit.
- Each player discards as many cards (up to 4) as he/she wishes from their hand. The dealer then restores each player's hand to 5 cards, starting with the player to his left, Cards are dealt all at once to each player.
- The bidder makes the opening lead. The hand is played out in 5 tricks. If a trump is lead and have any trump cards, you must follow suit. If an off-suit card is lead, any card may be played. A trick is won by the highest trump or the highest card of the suit if no trump are played.
- The three highest trumps (%, J, Ace of Hearts) have the privilege of renegeing when the lower trump is led.
- Winners must rotate and switch with a new partner

## 5. CARDS – CRIBBAGE (Partners) scoring is done on individual basis.

- The cards A to 9 are worth their value of 1 to 9. the cards 10 and above have a value of 10. The ace does not follow the king in runs, it is only used with the 2.
- A player from each team cuts the deck to see who deals – lowest card deals – Ace is low.
- The dealer gives each player 5 cards.
- Each player discards 2 cards to the Crib. Dealer owns the Crib (extra hand)
- Pone (non dealer-person from behind) cuts the deck for a starter card and then play a card to start the table game. If the starter card is a Jack then the dealer gets 2 points.
- Alternating, each player plays a card, adding it's value to the count as long as it does not exceed 31. If the count is equals to 15 then the player gets 2 points. If the count equals 31, the player gets 2 points and the other player starts a new round resetting the count to 0.
- If a player can't play a card without exceed 31 he/she calls GO and the other player may play if he/she can.
- When all players can't play then the last player to play a card gets 1 point for GO. The opponent starts a new round restarting the count at 0. You play rounds until all cards are played.
- While playing a round, if a run of minimum 3 cards is formed, the player gets 1 point per cards.
- Once all cards are played, if the count is not equal to 31, the last player to play gets 1 point for last card.
- Pone counts his hand 1<sup>st</sup> (person sitting clockwise) then the next person sitting clockwise and so on until it is the dealer and they count their hand plus the crib.
- The hand is over. Dealer alternates until someone makes a total of 121 points or more. Then the game is over.

## 6. TENNIS

- Match play to 7 games
- Each participant guaranteed to play 2 matches

## 7. HORSESHOES (Count-all Scoring)

- A horseshoe court shall be a level rectangular area 6 ft wide and a minimum of 46 ft long.
- Pitcher's box is the square 6 ft by 6f ft area at each end of the court. The stakes are placed in the center of the pit; 1 inch in diameter; 14 inches above pit level and should be at least 40ft apart. Place courts at least 10 feet apart for safety reasons.
- Horseshoes could be made of plastic but have the original ones there as well.
- The game is broken down into innings. Each inning consists of four pitched shoes, two by each participants.
- A ringer is a shoe which comes to rest encircling the stake. A ringer has a value of 3 points.
- A shoe which is not a ringer but comes to rest with any portion of it within 6 inches of any part of the stake is a shoe in count. A shoe in count has a value of one point. A LEANER, or another shoe that is touching the stake (not a ringer), counts for two points.

- Length of the game is 40 points Or 40 shoes thrown depending on the number of participants registered.
- Each participant will count their score after each inning. No cancellation allowed.
- Men pitch their horseshoes 37 feet from the stake, and women pitch 27 feet from the stake.

## 8. TIMED WALK

- Participants must predict the time it will take them to walk a 1000 metre course
- Participants can not use stop watches  
The facility will have a clearly define start and finish line.

## 9. SHUFFLEBOARD (Partners)

- Scoring occurs once all eight disks have been played and is according to the areas marked on the court with 10 points being deducted for any disks in the 10-off area. A disk must be entirely within one of the five areas and not touching the outside lines of that area in order to score the amount marked within. Disks that lie beyond the 10-off area are ignored. For the purposes of scoring the penalty 10-off area, however, the small triangle that delineates the left and right halves of the 10-off area is ignored. Disks still score if they are on top of another disk. Judges should position the eye directly above any disks that are controversially positioned in order to decide whether or not a line is being touched.
- The game is won by the first person to reach 75 points or a fifteen minute time limit depending on the registration of participants.

## 10. Darts (Singles)

- Darts must be thrown behind the line which is seven feet from the dartboard.
- Nine Throws are generally allowed for each person as a warm-up before the game begins.
- One dart is then thrown by each player. The player who's dart closest to the Bull's Eye will go first in the game.
- Each player starts the game with 301 points and the object of the game is to reach "Zero" by subtracting the amount of points gained each turn.
- In order to begin subtracting points, the player must first "Double In" meaning that one of their darts has to land in the outer double ring.
- Also, in order to win the player must again land a dart in the double ring by "Doubling Out". But a score can't go below zero, so the double out must be made to go out evenly. Example: A player with a score of 16 must win by landing a dart in the double 8 ring.
- Each player takes turns throwing their three darts, and their scores are added up after all six darts have been thrown.
- Darts must be left in the board for at least five seconds to count.
- Any dart that sticks into another dart or falls off the board does not count. Also, any dart thrown in front of the line does not count.
- Darts making it to the board score in the following
- Manner: In the wedge: the amount posted on the outer ring. The double ring (the outer, narrow ring): twice the number hit. The triple ring (the inner, narrow ring): three times the number hit. Bull's eye (outer bull): twenty-five points. Double Bull's eye (inner bull): fifty points.

## 10. Bocce Ball (Partners)

- Bocce ball is played with a set of 9 balls. The first is the smaller “object ball” called a pallino and the other eight are in sets of four with two different colours.
- The playing surface for bocce ball should be reasonably flat and level. Packed dirt, loose gravel, or short grass can all be used.
- The object of the game is for one player to get as many of their balls closer to the pallino than the opposing player’s closest ball.
- The toss of a coin determines which player will start. The player who wins the coin toss will throw the pallino into the fair area and then rolls his or her first ball as close to the pallino as possible. It is now up to the opposing player to roll a ball closer to the pallino than the starting player.
- If the opposing player uses all four balls and fails to get closer to the pallino than the starting ball, the starting team rolls each of their remaining balls, trying to place them closer than the opponent’s closest ball.
- However, if the opposing player succeeds in placing one of their balls closer to the pallino, the starting player must then roll again to attempt to get closer or “better the point”. Each team continues to roll until it beats the point of the opposite player.
- When rolling a player must try to get their ball in the fair area. Balls that go past the fair area and into the foul area will not be counted. Any balls that land in the area between the throw line and fair area will also not be counted, however, they can be knocked into the fair area by other balls and can then be counted.
- While the object is to get closer to the pallino, it is permissible for a player to roll his or her ball as to knock an opponent’s ball away from the pallino. Likewise, a player may knock or move the pallino toward his or her own balls. The pallino is playable anywhere on the playing surface.
- Scoring: After all of the balls have been played, this concludes the frame and ONE player is awarded one point for each of his or her balls which is closer between the pallino and the opponents closest ball. Thus, a player may score up to four points per frame. If the closest ball of each team is equal in distance from the pallino, NO points are awarded. The player that scores in a frame starts the next frame by throwing out the pallino and playing their first ball. Play continues until a player wins by reaching a score of sixteen points or a 15 minute time limit.

## Dominoes (Mexican train)

### MEXICAN TRAIN DOMINOES

#### **Contents:**

- Wood Storage Box
- (1) Wood Train Station
- (8) Cast Metal Train Tokens
- Set of Double Twelve Dominoes (91 dominoes in total)
- Score Pad

**Number of Players:** 2–8 (Front Porch Classics® Mexican Train Dominoes is most fun when played by 4–8 players.)

**Object of the Game:** To be the player with the lowest total score after all rounds are played.

**Set Up:** The game is played in “rounds,” and at the beginning of each round players draw dominoes to create their “hand.” The number of dominoes drawn varies according to the number of players as follows:

- 2 players draw 16 dominoes each
- 3 players draw 15 dominoes each
- 4 players draw 14 dominoes each
- 5 players draw 12 dominoes each
- 6 players draw 11 dominoes each
- 7 players draw 10 dominoes each
- 8 players draw 9 dominoes each

Place the wooden train station in the middle of the game table. In round #1, the double 12 is pulled from the deck and placed in the center of the wooden train station. This starter double 12 (or whichever double is used to start a particular round) is referred to as the “engine.” In round #2 the double 11 is pulled and becomes the “engine,” in round #3 the double 10, and so on until all 12 rounds are completed.

Shuffle the remaining dominoes face down (so spots don’t show) after which players will draw their hand as directed above. The remaining dominoes are set aside and are referred to during the game as the “bone pile” and used as additional tiles are required.

**Scoring:** The first player to rid their hand of all their dominoes wins the round and all other players then count the total pips on the remaining dominoes in their “hand” and note the number on the score pad under the correct round. (“Pips” are the dots on the dominoes.) At the end of 12 rounds (or however many rounds the group decides to play) total points are tabulated and the player with the lowest score is the WINNER!

**Game Play:** To determine who plays first, all players draw one domino and the highest pip count goes first with play rotating clockwise to the left. In round #2, the next player to the left of the starter in round #1 goes first and so on. Players start their train in one of the eight train station sidings and should select a station siding which allows them to build their train towards them. Players rid dominoes from their hand by matching ends of dominoes to each other (or to the “station” domino on the first turn).

- **Player's First Turn:** Players may play a domino or string of dominoes from their hand as long as one domino matches the denomination of the station and all other dominoes in the chain have ends of matching denominations. For example, if the "station" is double 12, then a domino with 12 pips on one end can be played off the station. After all tiles in a matching series have been played, the leftover tiles in a player's hand are extras and will be used on subsequent turns.

If a player cannot start their train with the dominoes initially drawn from the pile, then they must draw one additional domino from the "bone pile" and if that domino matches the engine, they may play it at that time. If, however, they still cannot start their train they end their turn by placing a train marker (cast metal train token) in the position where their train would have started. No player may play on an opposing player's train during their first turn and they may only play on an opposing player's train when marked with a cast metal train token.

- **Subsequent Turns:** Players may play only one domino. If a player is unable to play during their turn, they must draw one extra domino from the "bone pile." If they are unable to play that domino, then they must place a train marker on their personal train designating that their turn is over. Their train is now open for play by the other players. A player may remove the train marker from their train on a future turn when they are able to play a matching end. Each player has one train marker for use during the game.

- **Playing Doubles:** If a player plays a double (tile with identical denomination on both ends) it is placed sideways and the player must play a second domino perpendicular to the double or onto any other eligible train. (It is not required for this second domino to be played on the double just played.) If the player cannot play a second domino, they must then place a train marker on their train and their turn is over.

Players may rid dominoes from their hand in one of three ways:

1. By playing an "end matching" domino to the engine and building their "personal" train.
2. By playing an "end matching" domino on the Mexican Train.
3. By playing an "end matching" domino on an opponent's train once it is made "public" and marked (by train token).

**The Mexican Train:** A train separate from all players' personal trains may be started on any turn (except the first turn) by any player who so chooses to play a domino from his extras, but must have one end that is the same denomination as the engine in the center. The Mexican Train grows as others play. The Mexican Train is always public, and there can only be one Mexican Train built within each round.

**Other General Rules:** Players must always play if they have an eligible tile. If there are no more tiles in the "bone pile," a player must pass and place a marker on his train. The round is over when one player has played his final tile or when the game is blocked because no one holds a playable tile and all tiles in the "bone pile" have been drawn. Then all players count their pips and enter their score on the scorecard accordingly.

It is possible, though unlikely, that a player may rid their hand of all dominoes on the first turn. Should this occur, other players get to play their first turn before the round ends, and scores are counted.