



## 2010 Games Sports Information



### BADMINTON

**Format:** Competition in men's and women's singles. Elimination tournament, rally scoring to 21.  
**Equipment:** **Players must bring their own racket.** Shuttlecocks will be provided.

### BALLROOM DANCING (Demonstration)

**Format:** Competition in this event will be showcase style for partner dances.

Three Divisions

Latin -- [Rumba, Cha Cha, Jive, Paso Doble and Samba],

Smooth -- [Waltz, Foxtrot, Quickstep, Viennese Waltz and Tango]

Nightclub -- [Argentine Tango, Lindy Hop, West Coast Swing, Hustle, and Salsa]

At least one dancer in the pair must be a transplant athlete. Judging will be based solely on performance of athlete. Partners may be mixed or same gender and any age. Each competitor's performance must be choreographed and between 1 1/2 to 2 1/2 minutes. Competitors must supply own music both digitally and on analog CD.

### 3-on-3 BASKETBALL

**Format:** Basketball includes five divisions: Open, Recreation, Co-ed Open, Coed Rec, and Youth. Teams entered in the co-ed division require one woman on the court at all times. Teams in the youth division are for athletes 13-and-under. All teams (except youth) will play in an opening first round with the usual seeding procedures (medalists from previous Games will be seeded). Teams winning in the first round will advance to the "Open" division and will play for the Open medals. Teams losing in the first round will advance to the "Recreation" division and will play for the Recreation medals. All teams will be guaranteed at least two games in this format.

\*\*\*\*\***ONLY 1 team can be submitted. All players must wear court shoes.**\*\*\*\*\*

### BOWLING

**Format:** Events are men's and women's singles, men's and women's doubles and mixed doubles. There will be a three game series in both the singles and the doubles competition. The highest combined score in each competition is the winner.

*Children 10 and under will use gutter pads.*

### CYCLING

**Format:** The first event is a five kilometer closed course time trial (one kilometer for athletes 13 and under). The winner in each age group will be the individual with the lowest elapsed time. The second event will be a 20 kilometer road race by age groups. Some age group races will be combined in the interest of competition. **All competitors will be allowed 30 minutes to complete the course after the first competitor in the heat finishes; after 30 minutes, the race is over.**

**Equipment:** ***Bicycles will not be available for rent; participants must bring their own bicycle.*** Helmets must be worn. Bicycles must be in a safe and rideable condition. There will be

a mandatory safety inspection. Aerobars are not permitted in the road race. Numbers shall be worn on the back and front.

## **GOLF**

**Format:** Events are men's and women's individual and men's and women's team. In the individual event, golfers will compete in an 18-hole stroke-play individual tournament. Ties will be resolved by ranking the holes by difficulty and then comparing the scores one at a time until the tie is broken.

**\*\*\*\*\*For the team event, due to the limited number of possible entries, each team in the Games will be allowed ONE golf team entry.\*\*\*\*\***

**Equipment: Players must provide their own clubs; no rentals will be available.**

## **RACQUETBALL**

**Format:** Competition in men's and women's singles. Final format will be determined based on the number of entries.

**Equipment:** Players must provide their own rackets. Eye protection and appropriate footwear are required.

## **5K ROAD RACE**

**Format:** The event will be staged over a road course. Events are men's and women's individual (by age group) and men's and women's team (not by age group).

The individual medalists will be the first three finishers in each age group. The team medalists will be determined by adding the finish times for the first three individuals of each gender from each team, with the lowest combined time the winner.

## **SWIMMING**

**Format:** The following events will be held: freestyle (50, 100, 200, 500); breaststroke (50, 100); backstroke (50,100); butterfly (50); 200 individual medley; 4x50 freestyle relay; and the 4x50 medley relay. All events will be timed finals.

The University of Wisconsin pool is 25 yards.

## **TABLE TENNIS**

**Format:** Competition in men's and women's singles. First round(s) will be round robins, two out of three games to 11 points; top individuals advance to a single elimination tournament, best three out of five games to 11 points.

**Equipment: Players must provide their own racket; rackets must have different colored sides. No sandpaper rackets are permitted.**

## **TENNIS**

**Format:** Competition in men's and women's singles, men's and women's doubles and mixed doubles. Eight-game pro-set matches. Ties at seven games will be resolved using a 12-point tie-breaker (must win by two points).

**Equipment:** Surface is indoor, hard court. **Players must bring their own rackets.** Balls will be provided.

## **TRIATHLON (Virtual)**

**Rules:** This event will be contested by adding the individual times in the following three events: 5K Road Race, 500 Yard Freestyle Swim, and the 20K Cycling Event, with the lowest total elapsed time ranked first. This event counts as two of the maximum allowed four events.

**Format:** Competition by gender only. To be eligible, an athlete must be deemed to have competed in each of the three events according to the rules of each event.

### **TRACK AND FIELD**

**Format:** Track Events: 100, 200, 400, 800, 1500, 1500 racewalk, 4x100 relay, 4x400 relay. All events except the 100 are timed finals. In the 100, preliminary heats if necessary, eight fastest times to final. **Spikes maximum ¼”.**

**Field Events:** Shot put, discus, ball throw, long jump and high jump. Three attempts.

### **VOLLEYBALL**

**Format:** Teams will consist of six players, with at least one woman on the court at the beginning of play. Teams may continue play in the event of injury. After check-in, brackets will be drawn; play will commence no later than one hour after check-in. The first round will be played as a round-robin, where each team in a group plays against each other team in the group. The top team(s) in each group will then progress to the bracketed playoff round. The first round will be games of two sets to 25; rally scoring, win by two points or first team to 27. Ties between teams are broken by considering the scores of the sets. The team with the best ratio of points scored divided by points lost is the winner. The bracketed playoff round will be the best two of three games, games to 25 points, rally scoring, win by two or first team to 27. Third game, if needed, to 15 points.

**\*\*\*\*\*Due to the limited number of possible entries, each team in the Games will be allowed ONE volleyball team entry.\*\*\*\*\***