

## NAFCA'S SPORTS RULES

1. Games are to be played in the spirit of fun.
2. Any member or guest may participate in as many games as the schedule permits, as long as they adhere to rules 3 and 4.
3. Participants are asked to be in the playing area 15 minutes prior to playing.
4. Showing up 5 minutes late constitutes a team forfeit.
5. The chapter hosting the event will furnish equipment and judges.
6. Pairing will be set up by the chapter or person hosting the event. All decisions concerning the running of the events will be determined by the aforementioned person. Any questions in regard to the rules of the individual Sports shall be handled by the Chairman of the Sports Rules Committee. All decisions shall be rendered immediately and shall be binding.

### GRUNT

A family game for all ages, the two (2) boards are spaced 12 feet apart. Each player has 3 disks. The game is 21 points. The 1st hole counts 1 point, 2nd hole 3 points, and the 3rd hole counts 5 points. The game may be played by 2 or 4 people.

EXAMPLE 1: The first player gets a 3 & 1 and the second player gets a 3. The first player scores 1 point. When 2 disks land in the same hole, the top disk cancels out the other.

EXAMPLE 2: If the first player has 17 points and tosses a 5 on the first toss, he already has 1 point over 21. His remaining disks must hit the playing surface of the back of the board or he goes back 1 point for each disk that does not hit the board. The opposing player's disk must also hit the board, or his score will go back 1 for each disk which missed.

EXAMPLE 3: The player who has 17 points tosses a 5 (which was not covered by his opponent) and missed the board with one of his disks. His score is now 11. If the game becomes a tie at 21, the game becomes 22.

If 4 people are playing, the one (team) that scores the most points throws first. If either team scored, the team who tossed the last goes first. If the disk hits the ground and bounces into the hole, there is no score. The players stand on the front of the board to toss their disks; no part of the foot may extend over the front edge of the board.

### BOCCE

#### A. TEAMS

1. A team shall consist of 4 players.

#### B. BALLS

1. 8 balls and 1 "Jack".
2. Different color balls for each team.
3. "Jack" to be 2 3/8 inches in diameter.
4. Ball to be 4 1/2 inches in diameter.

#### C. Scoring

1. Game shall be 21 points.
2. 1 point for each ball closest to the Jack.

#### D. Playing area

1. The area will be set up as a court with the teams throwing the balls back-and-forth.

#### E. Playing

1. Opponents will be determined by draw.
2. Only one bye per team per tournament, unless all have previously drawn a bye.
3. Tournament will be governed by single elimination system.
4. The team first to throw the target ball (Jack) shall be determined by lot.
5. The "Jack" is thrown by members of team A in any direction or any distance the member chooses. The same player then rolls or throws a ball, followed by a player from team B; other players follow, alternating teams.

### CRIBBAGE

Teams will play for five (5) games with the winners of the first game remaining in their place for all five games. The losers of the first game will move one space to the next team, and each subsequent game regardless of whether they win or lose.

Scores will be kept for each team which will show the number of points by which the team won or lost, with 121 points required for a win. The winning team will be the one with the most wins or in the event of a tie, the team with the most points.

### POTTY

A family game for all ages! Players throw alternately. The last scorer throws first.

SCORING - 1 bag in the hole equals 1 point. (6 bags equals 6 points, etc.). The last bag in the hole scores ALL POINTS. Game equals 21 points.

The last person who throws a bag and knocks in a bag from either side, gets all the points.

Any bag hitting the ground and bouncing onto the board should be removed from the board before next bag is thrown.

BEAN BAGS - Cut cloth 4.25" x 6.25". Sew 3 sides, turn right side out, fill with 1 cup of beans, then sew the 4th side. A total of eight (8) bags are required - 4 in one color and 4 in a different color.

POTTY (2 required) - The top is 21" square with a 7" diameter hole cut in the center. The square is attached to a sloping base. The back of the base measures 9" in height, the front 3" in height. From front to back of the base measures 22 inches. The 2 "Potties" are attached by an 18' rope in the middle of the front of the base (3 inch section) in such a fashion that the "potties" are about 20 feet apart, center of hole to center of hole, when they are spaced as far apart as the rope allows.

### VOLLEYBALL

#### A. TEAMS

1. Teams to consist of 6 players from chapter; always a minimum of 2 women to play. An unlimited number of players to participate in the game of volleyball with a maximum of 9 players per game.

2. Winning team to represent state at Spring Safari.
3. All teams will draw for a number which will determine their respective opponents.
4. Tournament will be governed by a single elimination system.
5. The finals for the championship will be the best 2 out of 3 games.

#### B. COURT

1. Net must be standard volleyball net, measuring 8 feet from the ground to top of net. It must be level at this height and pulled tight.

2. Courtsize is 30 feet wide by 60 feet long - net across middle of width. Serving box is 3 feet by 10 feet.

#### C. Scoring rules

1. Game to consist of 21 points.

2. Winner of one game shall advance to the next round of play.

3. Finals to consist of best 2 out of 3 games.

4. Point is scored only for team scoring. Referee must denote points. Score should be announced by giving serving team score first.

#### D. Play

1. Serve must be made with at least one (1) foot in serving box. Open hand or closed fist, thumb up is allowed. Only underhand serve is allowed. First serve to be determined by flip of coin. Winner has choice of court; loser serves. Only one (1) serve per turn, regardless of sex. Ball must clear net. Ball may be handled twice by the same player only if teammate touches the ball legally in between. A legal hit may be made only from the elbows down. Contact with any other part of the body is a foul. Palming or throwing is also a foul. Contact with the net, stepping over centerline, or contact with players on opposite team is a foul.

2. A team scores points when serving and a) Opposite team commits a foul. b). Opposite team allows the ball to touch the ground in bounds.

3. A foul is: a) an illegal serve - lose service only; b) too many hits - 3 maximum - 2 hits by the same player in succession; c) allowing ball to touch ground in bounds; d) illegally hitting ball; e) touching net with any part of the body while ball is in play; f) stepping over centerline while ball is in play; g) coming in contact with opposing player.

4. All but "a)" could be a point for the serving team. If any foul is committed while serving, serve is lost only.

#### E. RULES

1. Any team that a chapter wants to enter should be aware of the rules prior to the day of contest.

2. Chapter in charge should have available a) equipment, b) officials for each net-(referee, scorekeepers, and back line judges).

ALL OFFICIALS SHOULD BE VERY FAMILIAR WITH RULES!

### HORSESHOE PITCHING

#### A. TEAMS

Open to men, women, and teens, anyone can play. A drawing is held to pick partners. Women, teens, and anyone over 70 may pitch from 30 feet. Prizes will be awarded for 1st and 2nd place winners, single elimination, and all games will be 21 points.

#### B. OFFICIAL SHOE

1. All participants will provide own shoes.

2. No shoe shall exceed the following regulations: a) 7" with 2 1/2 pounds weight. b) No toe or heel caulk shall project more than 3/4". c) The opening between heel caulks shall not exceed 3 1/2" inside measurement.

#### C. OFFICIAL STAKES

1. Stakes are to be 40 feet apart, 1 inch diameter, 14 inches high above level pit, 2 inches forward pitch.

2. Women and teens and anyone over 70 years of age are allowed a 10 foot advantage when pitching (30 feet from throwing line to center of target stake).

#### D. SCORING RULES

1. In the tournament, regulation game shall consist of 21 points.
2. Contestants to pitch two shoes in succession.
3. Men will pitch from 40 feet from stake; women, teens, and anyone over 70 will pitch 30 feet from center of target stake.
4. All shoes shall be within 6" of stake to score.
5. The closest shoe scores 1 point.
6. 2 shoes clear, then opponent scores two points.
7. 1 ringer score 3 points, 2 ringers scores 6 points.
8. 1 ringer and closest shoe of same player scores 4 points.
9. If a contestant shall have 2 ringers and his opponent 1, the player having 2 ringers shall score 3 points.
10. If each contestant has 1 ringer, next closest shoe scores.
11. If each contestant has 2 ringers, no score.
12. If each opponent's closest shoes are equal distance from the stake, it shall be counted a tie and the next closest shoe scores.
13. A leaner shoe shall have no advantage over a shoe laying flat on the ground and against the stake.
14. Chapter in charge will: a) lay out horseshoe pitching area; b) provide stakes; c) have appropriate measuring devices; d) attempt to rope off playing area so that participants and judges are the only ones in playing area.

### Dominoes (Chickenfoot)

This game is for two or more players.

Description: This is a matching game in the classic Domino tradition with some special rules for the playing of "doubles". The object of the game is to get rid of all of your dominoes and "go out" while the other players have pieces and points that will count against them.

To start: Each player takes a specific number of dominoes; in other words, if you're playing a double 15 game, each player would draw 15 tiles. If you are playing a double 9 game, each player would draw 9 tiles, etc. Each player reviews his or her drawn tiles for any doubles. The player with the highest double places that tile in the center of the play area. Then playing clockwise, each player has to lay a matching tile around the first double until the six (6) positions are full. As the player's turn arrives, they either provide a matching tile, or if they do not have one, they draw one (1) tile. If that tile has a matching number to the center double, they play it. If the drawn tile does not match the set of double tile, the player just adds it to their collection. This process is done with all six positions around the center double are filled. After that, each player is on their own to play matching tiles or any doubles they may have. If another double is played, each player is required to provide a matching tile to the double until three (3) matching tiles are branching from the newly played double. If the clockwise play arrives at a player's location, and they do not have a matching tile, they have to draw one (1) tile from the boneyard. If the tile matches the double, it

### "NAFGO" (Ladder Ball)

NAFGO goals are set approximately 25 feet apart.

Players stand on the side of the goal, feet not to go past the footings of the goal.

Object of the game: To be the first player to score EXACTLY 21 points.

Each of the bars of the goal represents a different denomination. The top bar is worth 5 points, the middle bar worth 3 points, and the bottom bar worth 1 point.

The first player throws his three NAFGO balls and then the second player follows and throws his three balls. When thrown, if a ball hits the ground first before wrapping around the bar, it is disqualified.

If the second player's balls land on the bar that already has the first player's balls on it, It cancels the points of each player on that bar. If a second ball lands on the same bar, those points DO count.

To WIN: You must score exactly 21 points to win. If you go over the 21 points, you must subtract that score and continue on with the game. In other words, if player number one has 19 points and his ball goes around the middle bar (worth 3 points), this puts him over the 21 points and he must subtract the 3 points from the 19 points that he had before that toss. His score would now be 16 points.

The GAME: If both players score 21 points, continue that round until one scores the highest.

Materials needed to build a Nesco game:

- Three-quarter size PVC pipe (four 10 foot lengths)
- 4 elbows (45°)
- 12 Tees
- 12 golf balls. Nice if different colors (6 of each color)

7/32 size nylon string (white, or, if balls cannot be different colors, then strings can be).

Gorilla glue or glue gun and glue sticks for balls and

Note: Dimensions are before assembly.

Cut PVC pipes in the following lengths for EACH goal. You'll need two (2) goals for this game:

6 at 12 1/2 inches (for side supports)

3 at 26 inches (for the crossbars)

4 at 13 inches (for the bases)

Attach elbows to top of goal and Tees yo Connect the bars and the bases.

Glue all connections except the Tees. (This allows you to fold the gold flat for storage.)

Drill A small hole in edge of bases to anchor down with Ford spikes.

For the scoring balls, you will need to drill a hole through the middle of the ball with the 15/64 inch drill bit. Then drill out one side of this whole I'll little larger to accept and not push you were all 18 inches of rope/through the whole in the ball.

Tie one end and glue this onto the golf ball. Fill hole containing the knot with glue to make smooth. Do the same for the ball on the opposite end of the rope.