



# **RULES & REGULATIONS BOOKLET**

Developed by:  
Tri-State Games Inc Executive Committee

(Revised 2009)

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## **DEFINITION OF TERMS**

**PHYSICALLY ASSISTED** The term physically assisted means that the athlete needs full support from a carer to complete the event. Assisting the athlete does not mean forcibly pulling or dragging them. The athlete should have choice over outcomes of the event. If these guidelines are not adhered to, the athlete may be disqualified.

**VERBALLY ASSISTED** No physical assistance, only verbal.

**MINIMUM SUPPORT** In swimming events, this means an athlete who is able to touch the bottom of the pool, cannot swim any stroke and requires support under one arm to assist them. If these guidelines are not adhered to, the athlete may be disqualified.

**MAXIMUM SUPPORT** In swimming events, this means an athlete who is unable to touch the bottom of the pool, weight bear, cannot swim any stroke and requires total physical assistance by 2 support carers. Events will be separate for men and women.

**BASELINE** Point from which a jump or throw must be taken.

**GRIEVANCE** A disagreement with a disqualification or a ruling given by a referee. All grievances to be handled by the tri state executive committee.

**GRIEVANCES FORM** A form (provided) that allows you to document any grievances.

**REFEREE** An independent official shall be present at each event, who will be responsible for monitoring adherence to the rules. They are invested with the power to disqualify athletes if deemed necessary. The referee will be a person that is considered to be neutral with no association with any athletes competing in the event in question.

**TRI-STATE EXECUTIVE COMMITTEE** This is a committee that has been formed to oversee the games and provide continuity of procedures, practices and traditions of the Tri-State Games. They are also invested with the responsibility of receiving event entry cards and in preparation of the sports program. Members of the executive committee shall be responsible for all grievances and shall act as referees during specific events through the week of the games. All queries regarding results and disqualifications are to be dealt with by the committee not the host organization.

**GRADING OF TIMES** When specified, athletes are placed according to the times sent in prior to participation. If no times are entered for an athlete, they will be placed in the highest category for each event.

**EXPECTATION OF CARERS** Ensure competitors abide by the rules for the events. E.g. adhere to definition of terms. It is imperative that carers and team managers are aware of the grading system and place their athletes accordingly. If unsure they should contact the Tri State Chairperson.

## **GENERAL RULES OF THE COMPETITION**

- 1) Teams must consist of eight (8) or less competitors. It is suggested that if a team cannot fill all 8 spots, that they contact the host organization. They may ask to be joined with another team, which will enable them an opportunity to win the perpetual shield.
- 2) Team Managers and each team member must be clearly identifiable with a tag displaying their name and team.
- 3) Each team member may be nominated for the following:
  - a. 1 Team Sport
  - b. 2 Athletic Track Events
  - c. 2 Athletic Field Event (1 of which counts for points & 1 which is come & try)
  - d. 2 Swimming or non Swimming Events
  - e. 1 Indoor Sport
- 4) The Host Organization has the right to cap the number of teams allowed to enter the Tri State Games. This is based on their capacity to cater for both functions and events during the games. The Host Organization can also cap the numbers of athletes who can compete in certain events. For example, certain Team Sports venues may only be able to cater for a certain number of athletes safely. In this instance, the Host Organization will use a preference system, which will be ratified by the executive committee, for that sport.
- 5) If for any reason an athlete is pulled out before the games, and another is added as a replacement, they must have new times entered. Replacement athletes cannot compete in an event under another athletes entered time. If there is not enough opportunity for times to be recorded, then the new athlete will be placed in the highest category for each event.
- 6) Separate events will be run for males & females in athletics & swimming. If there is limited number of competitors for an event, then the event will still be run for those athletes. For example, if there is only one female athlete competing in a 400m run, she may compete in the same heat as the male 400m runners, but will be timed according to her category. She will automatically be awarded a gold medal for 400m run female.
- 7) If an athlete enters a time for an event, and their race time exceeds that time by 25%, no points or medals will be awarded. If the time falls between 25-50%, a personal best ribbon will be given, while athletes who finish with a time 51% or more over their entered time will be disqualified.
- 8) Team Officials must accompany athletes to the event and remain with them until the Marshall crosses them off the competitors list.
- 9) Each team to ensure at least one support person is available to assist in the pool if required during swimming events.
- 10) Referees will be appointed for all sports. Any protests must be lodged immediately following the event and the Referees decision will be final.
- 11) If anyone has a grievance during the course of the games, complete a "Grievances Form" then seek out a Tri-State Executive Committee member (who will be clearly identified as such). The Tri-State Executive Committee will collectively consider the situation.

### 12) ELIGIBILITY

Teams – To be eligible to compete, a team must represent an organization that supports people with disabilities. They must operate in either New South Wales, Victoria or South Australia.

Individuals – Anyone with a disability can compete in the Tri State games if they are 18 years and over. They must however be a part of a team, not competing as individuals. There are some eligibility criteria regarding those competing in Special Olympics. Anyone in this group may compete at the games with the following exception:-

'If a registered Special Olympic Athlete is chosen to represent their state at the national games, then in that year, they can only compete in events in the Tri State Games which they do not compete in at Special Olympics'

13) GOLD, SILVER and BRONZE medallions will be presented to place getters on the day of competition for all events except relays. Relay winners will be awarded ribbons.

14) SCORING SYSTEM

Points will be awarded in all individual events (not relays) as follows:

GOLD	3 points
SILVER	2 points
BRONZE	1 point

15) Team Sports –Team sports day is designed as a fun day, promoting interaction between teams.

Teams will be made up of athletes from various regions at the discretion of the Coordinator hosting the games. No points are awarded for these events.

16) Teams receiving the highest aggregate points each day (except Team Sports) will be presented with a trophy. Individuals (both male & female) with the highest overall score of the games will receive a trophy. The team with highest overall score (per team of 8 athletes) for the Tri-State Games will win the coveted "*Perpetual Shield*".

**TEAM SPORTS**

**BASKETBALL**

The official rules of basketball will be followed!

**BOCCE**

The specific rules for Bocce often change from club to club. Here are some basic guidelines:-

1. Each team is to be made of 4 players
2. Each player gets 2 throws per end
3. Each game to take no longer than 5 ends or 15 minutes, whichever comes first
4. Bocce boule must be thrown under arm
5. Points are awarded to the team who manage to get their boule closer to the kitty
6. Team with most points after 15 minutes or 5 ends wins

**INDOOR CRICKET**

The official rules of indoor cricket will be followed, which include:-

1. Game will consist of 16 overs, 8 overs a team.
2. Maximum of eight players per team.
3. All players on the fielding team get 1 over per innings.
4. Each batting pair gets to face 2 overs from the bowling team.
5. Batsman will be given out for the same modes of dismissal as outdoor cricket, except LBW.
6. If a batsman is given out, they continue to bat, but have five (5) runs deducted from the team total.
7. Once the ball has been returned to either the wicketkeeper or bowler, the batsman must stop running.
8. Batsman can be caught off the net.
9. Runs are scored by the batsman swapping ends up to the halfway point, or by hitting the ball into the nets. See scoring zones diagram below.
10. Team with the highest score wins the match.

<u>Bowling end</u>	<u>Batting end</u>
2 runs	1 run
4 runs on the ground	0 runs
6 runs if hit on the full	

## **LAWN BOWLS**

The official rules of lawn bowling will be followed!

**PLEASE NOTE THAT AS TEAM SPORTS ARE PLAYED FOR FUN AND DO NOT COUNT FOR POINTS, THESE RULES MAY BE ALTERED IF NECESSARY BY THE HOST ORGANISATION ON THE DAY IF NECESSARY**

## **ATHLETICS**

### **TRACK EVENTS**

**All** athletes will be graded according to the times sent in to the host organization, regardless of ability. This includes those in wheelchairs (self propelled also). 25% rule applies to all entered times. Refer to point 7 under general rules for more information.

Ensure that the time you send in is accurate, if no times are entered for an athlete, they will be placed in the highest category for each event. Athletes requiring verbal assistance or physical assistance shall enter races of that category.

### **Push Chair races**

These are all walking races.

Athletes will only compete against athletes of the same sex.

All wheels must be on the ground at all times.

### **Track Races**

All track races are now based purely on the times sent in, whether the athlete walks or runs. There are no longer any solely walking events (except for physically assisted events and wheelchair races). An athlete can either run or walk, depending on their preference, and based on the times entered. If an athlete walks in their event, there is no set standard as far as appropriate technique.

***For all assisted athletes, please refer to definition of terms –PAGE TWO.***

### **FIELD EVENTS**

**All** athletes will be graded according to the distance or height sent in to the host organization, regardless of ability. The only exception to this will be for Bean bag accuracy throw and Cross Country Trial, where there are two grades. (See below for definition of grades)

### **Standing Long Jump**

Athlete must stand on line with both feet together and take a jump. Measurement is made from the base line to the nearest mark left in the sand. Foul is called should the athlete place hand or other body part over the base line on completion of the jump. That jump will be forfeited. Each athlete will have 3 jumps.

### **Running Long Jump**

Athlete must not place foot over base line when jumping. Measurement is taken from the baseline to the closest mark left in the sand from that jump. Each athlete will have 3 jumps.

### **High Jump**

Each athlete has 3 attempts at the set height. With a successful attempt (i.e. the bar not being dislodged), the athlete progresses to the next height. At any height should the athlete fail to clear the bar on 3 consecutive attempts they will be disqualified and their highest successful jump will be recorded.

### **Shot Put**

Foot must not move outside the boundary. Each shot must be Putt, not thrown. A short run up is allowed of no more than 2 meters. **Measurement will be taken from the baseline to the first contact with the ground.** Each athlete will have 3 throws. Longest shot is recorded for each. Official Shot Putt is 2kg in weight.

### **Discus**

Foot must not move outside the boundary. Each throw cannot have a run up. Each throw is carried out with a correct discus action, being from the side of the body, moving the arm from behind the back to a forward movement or throw. **Measurement will be taken from the baseline to the first contact with the ground.** Each athlete will have 3 throws. Longest shot is recorded for each. Official Discus is 1kg in weight.

### **Bean Bag Distance Throw**

Measurement is taken from the base line to the first ground contact the bag makes. Longest shot is recorded for each individual. Throw must be made in a stationary position and all throws are to be underarm. Each athlete will have 3 throws. Longest shot is recorded for each.

### **Football Distance Kick**

Measurement is taken from the base line to where first contact with the ground occurs within the boundaries of the field. Kick can be taken using a run up, but must be delivered before the base line. Each athlete will have 3 kicks. Longest kick is recorded for each.

### **Bean Bag Accuracy Throw**

Board with scoring areas is placed 3 meters from throw line. Scores are recorded for each throw, giving a total for points placing. Each athlete will have 3 turns consisting of 5 bags. There will be 2 grades for this event.

A grade – no assistance

B grade – physically assisted

### **Tennis Ball Distance Throw**

Measurement is taken from the base line to where the first contact with the ground occurs within the boundaries of the field. Throw must be taken in a stationary position and all throws are to be over arm. Each athlete will have 3 throws. Longest shot is recorded for each.

### **Cross Country Trial**

This is a timed race for wheelchair athletes to complete. There are 2 groups,

Grade A - assisted

Grade B - self-propelled.

Assisted chairs must ensure carer has 1 foot on the ground at all times. Restart will occur if this rule is broken. After 3 attempts the athlete will be disqualified. This is an obstacle course, where athletes will be required to follow the set course.

***For all physically assisted athletes, please refer to definition of terms –PAGE TWO***

## **AQUATICS**

All athletes will be graded according to the times sent to the host organisation, regardless of ability. 25% rule applies to all entered times. Refer to point 7 under general rules for more information.

Ensure the time that you send is accurate. If no times are entered for an athlete, they will be placed in the highest category for each event

In assisted events athletes should be entered according to ability, ensuring that their safety is guaranteed.

### **Assisted Athletes**

Maximum support – an athlete who is unable to touch the bottom of the pool, weight bear, cannot swim any stroke and requires total physical assistance from 2 carers. Events will be separate for men and women.

Events available include:-

Kickboard across pool

Noodle across pool

Minimum support – is able to touch the bottom of the pool, cannot swim any stroke and requires support under the arm to assist them. Assistance does not mean forcibly pushing or pulling, giving them no choice in the outcome of the event.

Events available include:-

Walk across pool

Kickboard across pool

Noodle across pool

Ball across pool

Verbal support – cannot swim any stroke and requires constant verbal reassurance in the pool.

Events available include:-

Walk across pool

Kickboard across pool

Noodle across pool  
Ball across pool  
Walk across pool

### **Non Assisted Athletes**

Athletes should be entered into events that are realistic for their ability i.e. if an athlete can swim 50m, then they should compete in these events. There will be non-swimming events for those who do not need physical or verbal assistance.

Events available include:-

freestyle  
backstroke  
breaststroke  
walk across pool  
Kickboard across pool  
Noodle across pool  
Ball across pool

**EXPECTATIONS OF CARERS** - Ensure competitors abide by the rules of the events.

**Walking across pool** must be walking not running or paddling or pulled/pushed by assistant.

**Kickboard across pool** must involve competitor using legs for propulsion by kicking without pushing self forward from using the bottom of the pool. Standing if necessary to regain control or rest is allowed but if an unfair advantage is gained competitor will be disqualified.

**Noodle across pool** must involve competitor using legs for propulsion by kicking without pushing self forward from using the bottom of the pool. Standing if necessary to regain control or rest is allowed but if an unfair advantage is gained competitor will be disqualified.

Noodle is to be fitted under the arms of competitor and can be performed either on their back or on their front.

**Ball across the pool** is a walking event, not running. The idea is to guide the ball across the pool, without grabbing it, with arms extended in a V-shape. Ball must remain in the V-shape until the finish of the race. Athletes must ensure that their arms touch the finish line with ball in between. Ball will be soccer ball size.

**Each team** must have a coordinator in the marshalling area to assist in identifying competitors by name and number and also preparing them for the event. Team assistants need to be helping with their own competitors in the pool.

**Please refer PAGE TWO to 'definition of terms'.**

## **INDOOR SPORTS**

All Indoor Sports will be played singularly or in pairs (can be mixed pairs). Place getters will be awarded GOLD, SILVER and BRONZE medallions. Athletes may use their own equipment in these events.

### **CARPET BOWLS**

Played in pairs.

There will be two grades:

Grade A - The competitor who understands bias and is able to operate independently. No assistance allowed.

Grade B - The competitor does not understand bias and needs assistance.

**RULES:**

Two (2) Bowls per competitor per round. Each game lasts five (5) rounds or for 15 minutes. If 15 minutes expires, complete existing ends only – Total bowls equal 10.

These rules are much relaxed from the official formal rules of indoor bowling, as consideration must be taken into account of the special requirements of the competitors.

There is to be no restriction on the method of delivery of the bowls and there is no necessity for formalities as would be observed in official rules. The role of a skipper is optional and may be done away with if desired. Any simplifications that may be found necessary so as to allow faster progress of a game can be adopted, to allow for easy progression of the competition.

### **The Mat**

The mat is a standard indoor bowls mat approx. 30 feet long and 6 feet wide. A spot mark is on the mat at approximately the 24-foot point from each end, on the centre line of the mat. This spot mark is used when the delivery of the jack at the beginning of the end is not legal, and the jack is placed onto this spot mark, and it is also used when the jack is taken off the mat during play (See taking the jack off the mat).

### Mat Assistants

There shall be assistants provided at each mat to oversee the game, to determine the result of each end and mark the score on a score-sheet. The assistant will convey the result to the scoring official, who will be responsible to see that the result is correctly recorded. The assistant shall place the jack onto the appropriate mark when the jack needs re-spotting during the game. The mat assistant shall do the measuring.

### Duties of players:

Each team shall be of two players, who will play two bowls each, in turn, alternating with the opposing player. The opponents shall toss and the winner of the toss shall have the choice of the set of bowls to use, and shall bowl the jack and the first bowl in the game. The winner of the previous end at which a score was recorded shall start each succeeding end. The first to play in an end that results in a tie (no score), shall again play first. Players of both teams shall remain at the delivery end of the mat until all bowls have been delivered and after which shall proceed to the other end to commence the next end of the game.

### Bowling the Jack

If the jack comes to rest between the 20-foot line and the front line of the rectangle at the jack end of the mat, it shall be placed at that distance in the centre of the carpet at a point opposite that at which it came to rest.

If the jack, when bowled, runs off the mat either at the ends or the side, or if no part of it reaches the 20-foot mark from the delivery end of the carpet, it shall be set up approximately 24 feet from the delivery end of the carpet, and in the centre of the carpet on the spot mark on the mat.

If the jack comes to rest at a point past the front line of the rectangle, but still on the carpet, it shall be placed in the centre of the carpet, on the same spot mark on the mat, as above.

### Delivering the bowl:

The bowl shall be delivered from the delivery end of the mat with the bowler being positioned at that end of the mat in such a manner as to be able to deliver the bowl effectively.

A bowl that runs off the mat is dead, and shall be removed. If a player bowls an opponent's bowl by mistake it shall, when it comes to rest, be replaced by one of his or her own bowls.

### Taking the Jack off the mat

If during play the jack is moved and it goes off the mat then it will be replaced onto the spot mark, approx. 24 feet from the delivery end of the mat by the assistant. If there is a bowl, or bowls, covering the spot then the jack is placed at the nearest available point on the centre line, to the front of the obstructing bowl or bowls. In this instance the assistant will place the jack as near as possible to the covered spot.

### Scoring

After all the bowls have been played and come to rest the mat assistant shall decide the result. If measuring is necessary, the mat assistant will carry this out. If the measurer is uncertain of the result they shall call the umpire, whose decision shall be final.

One point is allowed for each bowl nearer the jack than the nearest bowl of the opponent.

If the nearest opposing bowls are equi-distant from the jack, the end is a tie and no score is recorded, although it shall count as an end.

The team with the highest number of points scored in that game is declared the winner.

If both teams finish with equal points then another deciding end will be played.

The mat assistant will record the score, and the final result will be passed, by the mat assistant, on to the score official.

### Penalties

There shall be no penalties for taking the jack off the carpet, and the jack shall be re-spotted, on the appropriate mark, or as near as possible to it, and the game resumed.

### Umpire

There will be a person appointed as umpire who will adjudicate any disputes with rules interpretation or anomalies, and the decision of the umpire will be final. The umpire will be a person that is associated with indoor bowling only, and is considered to be neutral, and there is no association by that person with disabled persons, or their organisations, that are competing at these games.

### **DARTS**

Darts will be played in pairs.

There will be no assistance given to athletes.

RULES:

- Each game will commence with a toss of a coin by an official scorer and the team captain of the first team shall make the call.
- Officials: A Safety Official will be appointed with 1 Caller and 1 Scorer for each dartboard as required for the competition.
- One game per team will be played with the losing team being eliminated from the competition and the winning team will move on to the next round. The winners of Dart Board 1 will play off against the Winners of Dart Board 2 for gold and silver placings. The losing teams in the final round of Dart Boards 1 & 2 will play off for the bronze medal.
- A player from Team A will be allowed to throw 3 darts. After the completion of the 3 darts being thrown, a total score will be called out by the Caller and added to the team score by the official scorer. A player from Team B will then throw using the same method and vice versa.
- The game commences with a score of 0. First pair to reach 301 is the winner. If after even throws, both teams are over 301, highest score wins.

### **QUOITS**

Played in pairs.

There will be two grades:

A grade - no assistance required

B grade - physical assistance required (refer to definition of terms at appendix)

**RULES:**

- Each competitor has four (4) games of ten (10) rings - total forty (40) throws per competitor, standing 1.5 metres in front. Best team score wins.
- The throwing distance must be 1.5 metres from the centre of the wooden peg to the line. The toe line must be marked by a piece of tape at least 10cm thick and 3 feet long.
- The peg shall be at least 1 metre clear of any wall, with a space of not less than 1 metre clear on the sides and behind the player.
- If a quoit is thrown or falls from the hand of a player and rolls, or in anyway reaches a distance of 2 metres from the player, it shall be thrown again. The referee shall have the power to order back a quoit to be thrown again if, in his/her opinion, the player has been interfered.

### **POOL**

Played in pairs.

No assistance for athletes.

**RULES:**

Toss a coin to decide the break. If the blackball is potted off the break, the balls will be restacked & the game commenced again.

When potting two (2) different combinations (e.g.; high/large ball & low/small ball) the player then has a choice of combination he/she continues with.

An additional shot will be awarded when the following fouls occur;

- If a player pots the white ball
- If a player hits an opponent's ball before his own or pots an opponent's ball.
- If a player does not hit any balls or hits the black ball first.
- If a player goes "in off" after hitting the black ball at the end of the game, the game will continue
- By not using the white ball.
- If the player hits a ball off the table or deliberately causes the white ball to jump over another ball.

A player will lose the game if:

- The player pots the black ball before potting all his/her combinations (except the break).
- The black ball is potted and in the process commits a foul.

After 20 minutes, time is called. Team with most balls down wins or play continues for next ball to be potted.

### **TABLE TENNIS**

Played in pairs or singles.

No assistance for athletes.

**RULES:**

The official rules of table tennis will be followed with the following rule exceptions:

Toss a coin to decide server. Server to have five serves before changing over. Serves need to bounce once on both sides of table to be legal. If serve hits net on the way over it will be regarded as a Let. Subsequent hits need to land on the other side of the table. In doubles, players in each team need to alternate each shot. Teams are to play best of 3 sets of 21 points. Should the scores reach 20 – 20, continue to play to a 2-point advantage.

### **BEAN BAG TARGET THROW**

There will be two grades:

Grade A – Does not require physical assistance.

Grade B - The competitor needs physical assistance (refer to definition of terms at appendix)

Four (4) rounds with ten (10) throws at the target per round. Total of forty (40) throws per competitor.

Target is a large hoop. The middle target area scores 5 points, the next circular target is worth 3 points, and the final target is worth 1 point. (Host organization may supply an alternative form of target). It is the judge's discretion to determine the score if a bean bag is partially within the target. No half scores will be recorded.

If in a wheelchair, the competitor will be 1 metre from target

If standing the competitor will be 1.5 metres from target.

### **BASKETBALL THROW**

There will be two grades:

Grade A – Does not require physical assistance. Shots will be taken from the free throw line.

Grade B - The competitor needs physical assistance or is in a wheelchair. Shots will be taken from a distance of 1 meter from the hoop . (refer to definition of terms at appendix)

Four (4) rounds with ten (10) throws at the hoop per round. Total of forty (40) throws per competitor.

Target is a normal basketball hoop, with a backboard. 1 point will be awarded for each successful shot. If after all athletes have completed their throws, there is a tie for points, a shoot off will be held to determine the medal placing.

### **UPRIGHT BEAN BAG TARGET THROW**

There will be two grades:

Grade A – Does not require physical assistance.

Grade B - The competitor needs physical assistance (refer to definition of terms at appendix)

Four (4) rounds with ten (10) throws at the target per round. Total of forty (40) throws per competitor.

Target is an upright board, with three circular target areas. The middle target area scores 5 points, and is an open hole in the board, which the bean bag must pass through. The next circular target is worth 3 points, and the final target is worth 1 point. (Host organization may supply an alternative form of target). It is the judge's discretion to determine the score after each round.

If in a wheelchair, the competitor will be 1 metre from target

If standing the competitor will be 1.5 metres from target.

### **TABLE TUNNEL BALL – **(INDIVIDUAL EVENT FOR PHYSICALLY ASSISTED COMPETITORS ONLY)****

Five (5) rounds with six (6) rolls of the ball per round. Total of 30 rolls per competitor.

#### **Rules**

Only one ball is rolled at a time during the round.

If a ball does not enter the tunnel but is dislodged during the remainder of the round it is scored accordingly, however at the completion of the six balls, if a ball still remains outside the tunnels it will be given a zero.

Each ball rolled must be in contact with the table before the foul line, or the ball will be removed by the scorer and receive a zero score.

### **Scoring**

Highest possible score per round is 36 points, should all six balls enter the tunnel worth 6 points. Each ball is counted for the points it attracts according to the tunnel it enters. There are six tunnels, the two centre tunnels being 6 and 5 and two outside tunnels being 1 and 2 with 3 and 4 the in between. Eg. 2,4,6,5,3,1. After each round scores are added and recorded by the scorers.

At the completion of the game, should there be any players on the same score a count back will result on the basis of the player who gained the most 6's and if any players drew then a count back on the most 5's will take place and so on until a result is reached.

### **Dimensions of game**

Table length From players end to start of tunnels is 8 feet.

Foul line From players end to foul line is 1 foot.

Tunnel width Each tunnel approximately 10 centimeters wide.

Table width Approximately 70 centimeters wide. Has sides to hold ball on.

Ball size Approximately 6 centimeters in diameter.

Table height Set suitably for a wheelchair to get along side and the player being able to release the balls without dropping them any great distance. There is also a slight decline to the tunnels in order that the balls will always roll towards the tunnels when released.

### **Practice at home**

*Could use a shorter table with chocks to give decline towards tunnels.*

*Tunnels could be made by cutting 10-centimeter arches in the sides of shoe boxes and then taping the boxes down on a table. Tennis balls can be used as practice. The competition balls will most likely be solid wood and painted different colors.*