

TRI-STATE GAMES

AUSTRALIAS MULTI-AWARD WINNING
SPORTING EVENT FOR ATHLETES WITH A

DISABILITY

INFORMATION PACKAGE



www.tristategames.com.au

WHAT ARE THE TRI STATE GAMES?

The games are for athletes from regional areas in New South Wales, South Australia and Victoria who have a Disability. They are an annual event, held in the second week of November.

The games were set up in 1986 By The Christies Centre in Mildura. Staff and clients from the centre invited interested parties from other regional centers to come and enjoy some fun competition and social interaction.

Since then, the games have been held in a variety of regional areas, including Albury - Wodonga, Broken Hill, S.A. Riverland, Benalla, Victor Harbor, Murray Bridge, Seymour, Echuca and The Adelaide Hills.

The Tri State Games have grown and developed over the years to become Australia's largest 'grass roots' athletics carnival for people with a disability. Now around 250 athletes,, with the support of up to 100 coaches, carers and volunteers across three states, compete both individually and for their team during the week long carnival.

One of the main attractions of the Tri state Games is that it offers an opportunity for people with a significant / profound disability to participate in sporting activities that may generally not have had an opportunity to have.

The Tri State Games also provides disability awareness opportunities to the community hosting the games. This is generated through the training and inclusion of local volunteers, sports and service clubs.

STATEMENT OF PURPOSE

- Encourage and promote sport to people with disabilities residing in Victoria, South Australia and New South Wales
- To provide people with disabilities the opportunity to compete against their peers in a range of sporting activities
- Promote the fun aspect of participating in sporting activities
- Encourage participation in sport as a means of improving health, fitness and quality of life
- Promote the values of sportsmanship and team spirit

- Appoint a committee of management to represent and act on behalf of its members in accordance with these rules and good management practices
- Encourage people with disabilities to pursue sporting interests in mainstream competition
- Promote the sporting achievements of people with disabilities to the broader community

OVERSEEING BODY

The Tri State Games operate under an Executive Committee made up of representatives from the three states involved. This committee oversees the games and is responsible for duties such as:

- Determining rules, regulations and modifications
- Evaluation of previous games
- Promotion
- Handling grievances
- Determining successful applications from services interested in hosting the games beyond the next two years
- Collecting registrations and developing the Sports Program
- Acting as adjudicators during events at the games

HOSTING THE GAMES

Services or organizations usually host the games for a period of two years. Their responsibilities include:

- Organizing sporting and entertainment venues
- Organizing sponsorship and funding to assist them
- Finding volunteers and providing training for them in disability awareness and the specifics of the competition
- Sending out team information and registration packs
- Coordinate the running of the games
- Apply the official rules and regulations of the Tri State Games, as endorsed by the executive committee

GENERAL RULES OF 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
 - 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 committee member (who will be clearly identified as such). The Tri-State 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

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 for the Tri-State Games will win the coveted "Perpetual Shield".

All Trophies and the Shield will be awarded at the Gala Dinner & Awards Presentation Night.

HOW TO ENTER A TEAM

1. First step to entering a team, is to visit the Tri State Games website. The website has a list of the current committee members, as well as the organization hosting the next games. By contacted the Tri State Chairperson you can officially place an expression of interest in joining. The host organization will then send out the relevant information to you.
2. An initial team registration expression of interest is forwarded which needs to be returned to the Executive Committee, with a deposit of \$50 per athlete, or \$400 per team entered.
3. Regular newsletter updates will be sent to you throughout the year. An updated Rules & Regulations booklet can be downloaded from the website.
4. A few months prior to the commencement of the games, an official team package will be forwarded. This needs to be completed and returned with the remainder of your teams expenses by the allotted date. This package also includes individual athlete entry cards, an event program, expenses form and team information details. Entry cards are to be forwarded to the Executive Committee, and all expenses and insurance forms to the Host Organization.
5. On arrival, each athlete will receive a 'show bag', which will contain a nametag, athlete number, souvenir program and any other necessary items. Each team will also receive a package which will consist of the official sports program and other relevant Tri State forms. Please review the official sports program as soon as you receive it, and check all your athletes entered information is correct.

SUNDAY NIGHT INFORMATION SESSION AND BBQ

On the Sunday night prior to the games, the host organization may offer a bbq which also acts as a Team managers Information Night. This is a great way for the athletes to catch up with old friends from previous games, and for the Team Managers to be informed of any relevant issues for their teams while at the games.

STREET PARADE

The Monday morning Street Parade is a chance for the athletes and their teams the opportunity to enjoy being celebrated for their abilities by parading through the streets of the host organizations township. This is planned to end with an official opening ceremony, where the Tri State Games flag is raised.

TEAM SPORTS

Team Sport Day is designed as a come and try experience for athletes. It is held on the First day of competition, and individual athletes can choose the sport they wish to compete in. The idea is for athletes from different regions to be placed in teams together, thus promoting new friendships and expanding the athletes social group.

There are NO points awarded to teams for these sports. Ribbons are given out to the winning teams in each sport played.

There are 4 team sports for athletes to choose from each year. These sports may vary depending on the facilities and resources of the host organization. These are the sports which have been used in the past:

- PETANQUE / BOCCE
- LAWN BOWLS
- TEEBALL
- 10 PIN BOWLING
- BASKETBALL
- INDOOR CRICKET
- SOCCER

These sports can be played in **pairs**, for sports such as BOCCE, or **8** for TEEBALL and INDOOR CRICKET for example.

ATHLETICS

The athletics competition will be divided into the following sections:

1. MORNING - male track events, female field events
2. LATE MORNING - combined track events
3. AFTERNOON - female track events, male field events

Each competitor to nominate for up to two (2) athletic **track** events from the following events:

- 400 m run
- 200 m run
- 100 m run
- 50 m run
- 25 m run with verbal assistance
- 50 m run with verbal assistance
- 100 m run with verbal assistance
- 25 m run with physical assistance
- 50 m run with physical assistance
- 50 m walk with physical assistance
- 25 m walk with physical assistance
- 25 m manual chair race (someone pushing chair)
- 50 m manual chair race (someone pushing chair)
- 25 m power chair race
- 50 m power chair race

Each competitor to nominate for two (2) athletic **field** event from the following events:

- Shot put
- High jump
- Running Long Jump
- Standing Long Jump
- Bean Bag Accuracy Throw
- Bean Bag Distance Throw
- Tennis Ball Throw
- Cross Country Trial
- Discus
- Football Distance Kick

Please nominate one (1) field event as the athletes main event, and one (1) as a come & try event.

Important Instructions:

Prior to the games, complete all required information on the entry cards for each athlete.

"Entry time" means the time that it takes the athlete to complete the event. Ensure you enter the athlete's *personal best* time for the event. 25% rule applies for incorrect entry times.

"Entry distance/height" means the athlete's personal best distance or height that they have thrown or jumped in that event. Entry distances may not be required for certain events. These events will be highlighted in the team registration package.

If you do not have an entry time or distance for the event, enter "Time Trial". The athlete will be entered into the event but will not be competing for a medal. This can be very disappointing for an athlete so please try to get entry times for all athletes.

AQUATICS

The aquatics competition will be divided into 2 sections:

MORNING - assisted and non-assisted events across the width of the pool

AFTERNOON - swimming events 25m, 50m, 100m

Each competitor to nominate for up to two (2) aquatic events from the following events:

- Walk across the pool - minimum assistance
- Walk across the pool - minimum assistance (across & back)
- Walk across the pool - verbal assistance
- Walk across the pool - verbal assistance (across & back)
- Walk across the pool - no assistance
- Walk across the pool - no assistance (across & back)
- Ball across the pool - minimum assistance
- Ball across the pool - verbal assistance
- Ball across the pool - no assistance
- Kickboard across the pool - maximum assistance
- Kickboard across the pool - minimum assistance
- Kickboard across the pool - verbal assistance
- Kickboard across the pool - no assistance
- Noodle race across the pool - maximum assistance
- Noodle race across the pool - minimum assistance
- Noodle race across the pool - verbal assistance
- Noodle race across the pool - no assistance
- 25m freestyle
- 25m backstroke
- 25m breaststroke
- 50m freestyle
- 50m backstroke
- 50m breaststroke
- 100m freestyle

Important Instructions:

Complete all required information on the entry cards for each athlete.

"Entry time" means the time that it takes the athlete to complete the event. Try to enter the athlete's *personal best* time for the event.

If you do not have an entry time for the event, enter "Time Trial". The athlete will be entered into the race but will not be competing for a medal. This can be very disappointing for an athlete so please try to get entry times for all athletes.

Please refer to the Rules & Regulations Booklet when determining events for athletes. Athletes not abiding by the rules **will** be disqualified!!!!

INDOOR SPORTS

Indoor Sports are held over half a day only, and are played in either pairs or individually. Place getters will be awarded GOLD, SILVER & BRONZE medallions.

Each competitor to nominate for one (1) indoor sport only from the following sports:

- **CARPET BOWLS - pairs**
- **DARTS - pairs**
- **QUOITS - pairs**
- **POOL - pairs**
- **TABLE TENNIS pairs/single**
- **BEAN BAG TARGET THROW - single**
- **UPRIGHT BEAN BAG TARGET THROW - single**
- **TABLE TUNNEL BALL - single**
- **BASKETBALL THROW - single**

Please note, that TABLE TUNNEL BALL is designed for athletes who require physical assistance or are in wheelchairs only.

Indicate on the "Entry Card" the competitor's partner if in an event which is for pairs, and a grade in certain events. For example, Carpet Bowls has 2 grades. 1 grade is for those athletes who understand the concept of bias, while the other is for athletes who do not and may require assistance to compete in the event.