

Asheville-Buncombe

Senior Games

This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.

Rules

All events will be conducted in accordance with the 2019 edition of the North Carolina Senior Games, Inc. Official Rule Book. A copy of the official rules will be available at the games. The official rule book is also available online at www.ncseniorgames.org.

Game Officials reserve the right to cancel or postpone events to a later time in case of inclement weather or unforeseen circumstances. However, participants should come prepared to participate in inclement weather. For inclement weather cancellations, call 828-251-4082.

Fees

Early Registration: Feb 3rd - March 9th

\$5.00

Registration After March 9th: **\$10.00**

Military Veterans with ID: FREE

Age Categories/ Eligibility

Your age category is determined by your age as of December 31, 2020. Age brackets for both men and women are as follows:

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

Registration Process

1. All participants MUST fill out a registration form to compete.
2. Mail or submit forms to:
*Senior Opportunity Center
36 Grove St
Asheville NC 28801
828-350-2062*

OR

*Stephens-Lee Recreation Center
30 George Washington Carver Ave
Asheville NC 28801
828-259-3058*

3. You may also register online at www.ncseniorgames.org

Important Dates:

Feb. 3rd: Registration Opens

March 9th: Early Registration Ends

April 14th: Opening Ceremonies

April 14th: Archery Registration deadline

April 21st: Pickleball Registration deadline

April 24th: SilverArts Drop-Off

May 15th: Closing Ceremonies

May 18th: SilverArts Pick-Up

2020 Asheville-Buncombe County Senior Games Official Registration Form

Name: _____

Date of Birth: _____

Age Category (as of 12/31/2020):

___ 50-54	___ 55-59	___ 60-64	___ 65-69
___ 70-74	___ 75-79	___ 80-84	___ 85-89
___ 90-94	___ 95-99	___ 100+	

Gender: (Circle One): Male Female

Please provide this info to help us. It will be kept confidential. Thank you

My Ethnicity: ___ Black or African American; ___ Asian; ___ American Indian or Alaska Native;
___ White; ___ Native Hawaiian or other Pacific Islander; ___ Hispanic; ___ or Unknown/Refused.

Address: _____

*Must be a North Carolina Resident for a minimum of 3 consecutive months of the year.

City: _____ State: _____ Zip Code: _____

Home Phone: _____

Cell/Work: _____

Email Address: _____

T-Shirt Size: (Circle One) Small Medium Large Extra Large XX-Large

First year participating in Senior Games? Yes No

Attending Closing Ceremonies? Yes No Will you be bringing guest(s)? If so how many? _____

Asheville-Buncombe Senior Games Events

To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended.

High-Intensity types of activities are offered primarily for the conditioned, trained athlete.

Check ALL events you plan to participate:

Individual Sports:

- Basketball Shooting
- Bocce
- Croquet
- Discus
- Shot-put
- Running Long Jump
- Standing Long Jump
- Football Throw
- Softball Throw
- Golf
- Cycling 1 Mile
- Cycling 5k
- Cycling 10k
- 50 Meter Dash
- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Dash
- 1500 Meter Run
- 1500 Meter Race Walk
- 5K Race Walk
- Mini Putt-Putt **(new)**
- Rowing **(new)**

Archery:

- Conventional Recurve w/ Site
- Recurve w/ Site-Release Aid
- Recurve Bare Bow
- Compound w/ Site-Release Aid
- Compound Bare Bow
- Compound Site

Cheerleading:

- Cheerleading

Bowling:

- Singles Bowling
- Doubles Bowling
- Partner*
- Name* _____
- Mixed Doubles Bowling
- Partner*
- Name* _____

Swimming:

- 50 Meter Backstroke
- 100 Meter Backstroke
- 200 Meter Backstroke
- 50 Meter Breaststroke
- 100 Meter Breaststroke
- 200 Meter Breaststroke
- 50 Meter Butterfly
- 100 Meter Butterfly
- 200 Meter Butterfly
- 50 Meter Freestyle
- 100 Meter Freestyle
- 200 Meter Freestyle
- 500 Meter Freestyle

Tournament Sports:

- Billiards
- Badminton
- Cornhole Singles
- Cornhole Doubles
- Partner*
- Name* _____
- Horseshoes
- Pickleball Single
- Pickleball Doubles
- Partner*
- Name* _____
- Pickleball Mixed Doubles
- Partner*
- Name* _____

- Racquetball
- Shuffleboard
- Table Tennis Singles
- Table Tennis Doubles

Tennis:

- Tennis Singles
- Tennis Doubles
- Partner*
- Name* _____
- Tennis Mixed Doubles
- Partner*
- Name* _____

TEAM SPORTS (new):

- Softball
- Team*
- Name* _____
- Team Basketball
- Team*
- Name* _____

Silver Arts:

- SilverArts Heritage
- SilverArts Visual Arts Show
- SilverArts Performing Arts
- SilverArts Literary Arts
- SilverArts Contemporary Arts

****SilverArt Participants must complete SilverArt Entry Form****



SILVER-ARTS RULES AND REGULATIONS (*PLEASE READ CAREFULLY*)

1. All artwork must be the artist's own creation and not part of a kit.
2. All SilverArts categories will be judged: first, second, and third places.
3. Medals will be awarded in each subcategory in Visual, Literary, Heritage, Performing and Contemporary Arts. Only first and second place winners in each Literary Arts subcategory are eligible to compete in State Finals (only one entry per person per subcategory is eligible for State Competition). First, second, and third place winners in each Visual and Heritage Arts subcategory are eligible to compete in state Finals (only one entry per person per "Best in Show" in the Performing Arts category is eligible to compete in State Finals).
4. SilverArts entries will not be accepted if entered in a previous SilverArts show.
5. Please bring art to 72 Gashes Creek, Asheville NC 28805 between 9:00am and 5:00pm on April 24th.
6. Artists may pick up their work between 10am - 4pm on May 18th at 72 Gashes Creek, Asheville NC 28805. ARTISTS MUST HAVE A RECEIPT GIVEN TO THEM AT THE TIME OF DROP-OFF TO PICK UP ARTWORK.
7. All artists must sign the Liability Waiver Form. (provided at drop-off)
8. Asheville-Buncombe Senior Games has the right to refuse or remove any or all pieces that are deemed obnoxious or offensive.
9. Art pieces will be displayed at various Buncombe County Libraries between April 27th - May 11th.



Literary Arts Entry Form

Categories - Poem, short story (fiction), essay/article, and life experience

Name: _____ Phone Number: _____

Address: _____

LITERARY ARTS

1. TITLE: _____ Category: _____

2. TITLE: _____ Category: _____

- All entries must be typed, double-spaced, on 8-½ x 11 paper and have a minimum of 1" margins. A minimum font size is 10-point type.
- Poems can be no longer than 40 lines. Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of work, sub-category, and name of artist.
- Entries must be the original work of a writer, must be created after the writer is age 50.



Performing & Contemporary Arts Arts Entry Form

Categories: Solo, Small Group, Large Group

NAME OF GROUP: _____

CATEGORY OF ACT: _____ TITLE OF ACT: _____

LENGTH OF ACT (maximum 3 minutes): _____ TOTAL NUMBER OF PERFORMERS: _____

PERFORMERS (first and last names in alphabetical order):

1. _____

2. _____

3. _____

4. _____

Performing Arts Requirements:

- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification.
- Performing entries may be one of the following:
 - Soloists or soloists with an accompanist
 - Small group (2 to 4 performers) or
 - Large Group (5 performers or more)
- If a compact disc is used, artist/group leader must provide Asheville-Buncombe County Senior Games a compact disc with the track number clearly labeled. Artist should pick up their CD after the performance.
- Artists need to provide all props for their performance.
- Voice presentations must be a live performance by the artist. Lip-sync is not permitted as a performing art.
- The group leader must complete the SilverArts entry form for the group and submit it with his/her entry form. Other members of the group submit their own entry form.
- The performance at State Finals must be the same performance that wins at the local games
- Only the "Best in Show" in the Performing Arts Showcase is eligible for State Finals competition.



Heritage & Visual Arts Entry Form

Categories to Choose From: Quilting (hand-stitched), quilting (machine-stitched), woodwork, crochet, basket weaving, jewelry, needlework, tole painting, weaving, knitting, pottery, stained glass, woodcarving, woodturning.

1. TITLE: _____ CATEGORY: _____
SIZE: _____ WEIGHT: _____ # OF PIECES IN SET: _____
2. TITLE: _____ CATEGORY: _____
SIZE: _____ WEIGHT: _____ # OF PIECES IN SET: _____

Heritage Arts Guidelines:

- Entries must be the work of the individual and not a group effort.
 - Must be an original work.
 - Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- All framed work must be securely wired, ready to be hung (no serrated hooks or string), and not larger than 36" X 42", including matting and frame, and weigh no more than 50 pounds. Two-dimensional work not properly framed and wired will not be displayed.
- All three-dimensional entries must be able to be displayed in an area 3 x 3 feet.
- Groupings (sets) may have no more than 3 pieces per group (set).
- Artist name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with Entry Form and Registration Form. Photos cannot be returned.
- The Heritage Arts pieces entered at State Finals must be the same pieces that won at the Local Games.
- An artist may only submit one (1) entry per category at State Finals.

**CITY OF ASHEVILLE
WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT
ASHEVILLE - BUNCOMBE SENIOR GAMES
SANCTIONED BY THE NORTH CAROLINA SENIOR GAMES, INC.**

1. I agree that prior to participating in the Asheville-Buncombe Senior Games (Games) that I will inspect the Games' facilities and equipment to be used, and if I believe anything is unsafe, I will advise a Games coach, volunteer or supervisor of such condition(s) and refuse to participate.
2. I acknowledge and fully understand that each Games participant will be engaging in activities that involve risk of injury, including permanent disability and death, and severe social and economic losses which might result not only from his/her own actions, inactions, or negligence, but the actions, inactions, or negligence of others, the rules of play or the condition of the premises for or any equipment used. Further, that there may be other risks not known or reasonably foreseeable.
3. I assume all the foregoing risks and accept personal responsibility for damages following such injury, permanent disability, or death. I understand that to promote health and physical fitness, events of longer duration and lower intensity are strongly recommended and that higher-intensity activities are offered primarily for a conditioned, trained athlete.
4. I release, waive, discharge, and covenant not to sue the City of Asheville, North Carolina Senior Games, Inc., the Asheville-Buncombe Senior Games, it's affiliated clubs, administrators, directors, agents, coaches, and other employees and/or volunteers of the entities, other participants, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the Games, all of which are hereinafter referred to as "Releasees," from any and all liability to each of the undersigned, their heirs and next of kin for any and all claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise.
5. I agree all press coverage of the Senior Games may be used for the promotion of the City of Asheville, Asheville-Buncombe Senior Games, and/or the North Carolina Senior Games, Inc.. Anyone officially connected with the Games or with radio, television, or newspaper may interview or take my picture for official use.
6. I agree I am responsible for: (a) checking with the Local Games Coordinator to determine if I qualified for State Finals or Nationals and to get a North Carolina Senior Games Entry Packet if internet access is unavailable; (b) understanding the North Carolina Senior Games (NCSG) office must receive my completed registration with payment and all required items in the NCSG office in Raleigh by 11:59pm on August 1, 2020; (c) acknowledge the State Finals deadline is strictly enforced in fairness to all; and (d) acknowledge it is my responsibility that all registration forms are submitted and received.
7. In signing this release, I acknowledge and represent that I have read this Agreement, understand it and sign voluntarily as my own free act; no oral representations, statements or inducements, apart from the foregoing written agreements, have been made; I am at least 18 years of age and fully competent; and I execute this release for full, adequate and complete consideration fully intending to be bound by same.

Date: _____ Printed Name: _____ Signature: _____