

# SPORTS INFORMATION & EVENT CODES

## ANGLING - ICE HOCKEY

### ANGLING (Bass Fishing)

**2-PERSON TEAM:** Safe light + 6 hours, Thurs. July 29

**INDIVIDUAL:** Safe light + 6 hours, Fri. July 30

Clearlake, Lakeport, California. All meetings, on-site registration, free launching, and weigh-ins will take place at Konocti Vista Casino, Resort Marina & RV Park located at 2755 Mission Rancheria Road, Lakeport, CA 95453; Tele: (707) 262-1900; Web-Site: [www.konocti-vista-casino.com](http://www.konocti-vista-casino.com). Confirmation letter will provide details. **Please note that Clearlake is 6 hours west of Reno and well north of San Francisco. It is ranked as among the best "trophy" Bass lakes in California.**

Western States Police & Fire Games Federation and Anglers Choice Rules will be used.

**Mandatory meeting:** 6:00 PM, Wed. July 28, Konocti Vista Casino Resort Marina and RV Park. Draw for starting order for both days, and draw for boats for non-boaters, will take place at the meeting. Confirmation letter will provide details.

All competitors must attend the mandatory meeting to be eligible to compete.

**ON-SITE REGISTRATION WILL BE AVAILABLE.** All persons shall have previously submitted an Entry Form or entered on-line. Competitors MUST bring their agency ID with them to check-in at the venue. Please refer to additional requirements under the Registration Guidelines.

Individual and 2-person Team. Awards for the Individual event will be made on the basis of Heaviest

Bass and Heaviest Bag with a 5 fish limit. Awards in the Team event will be made on the basis of Combined Heaviest Bag with a 5 fish limit (total for Team) and Heaviest Bass taken during Team competition. Penalty will apply for short and/or dead fish.

**ARTIFICIAL BAIT ONLY.** All competitors shall supply their own fishing gear. California fishing license is required. Bass stamps required.

Fishing from a boat is required. All competitors will state on their Entry whether they will be bringing a boat ("Boater" or "Non-Boater"). In the Individual event, team members will not be in the same boat. In the Team event, team members will be in the same boat.

If you do not have a boat, the Host will attempt to accommodate you, but there is no guarantee. Boaters in the Team event without a partner will be assigned one, if available. Both team members in the Team event may bring a boat for the Individual event to allow for more non-boaters to participate.

All boats must have a live well, in good working order, for each competitor during the Individual event. 1/4# penalty for dead fish. Nets will be allowed. Only two people allowed in the boat (competitors only). All water vessels must have a Mandatory Boat Inspection for Invasive Mussels prior to launching at Clearlake. Also, for those of you traveling, check your boat before leaving home. You will not be allowed across the state border with a contaminated vessel. Use the California Fish and Game web site for inspection procedures and current information (<http://www.dfg.ca.gov/invasives/quaggamussel/>)

**AGE CATEGORIES & MEDALS:** Individual and Team events are Unisex Open; medals through 3rd place.

**INDIVIDUAL:**

HEAVIEST BASS .....AFA11020  
HEAVIEST BAG .....AFA12020

**2 PERSON TEAM:**

HEAVIEST BASS .....AFA13020  
HEAVIEST BAG .....AFA14020

### ARCHERY

**3-D Round – Short Course:**

Thurs. July 29

**3-D Round – Regular Course:**

Fri. July 30

**28-Target Field Round:**

Sat. July 31

9:00 AM daily. Silver Arrow Bowmen, Inc. Western States Police & Fire Games Federation and National Field Archery Association Rules. 900 Target Round will not be held. 3-D Rounds on Regular Course and Short Course will be offered instead. 3-D Round will be a one-arrow, unmarked yardage shoot; 28 targets.

**AGE CATEGORIES & MEDALS:** All events are Unisex. Open [18+] and Grand Master (C) [60+]. All medals through 3rd place.

**FIELD ROUND:**

**Open:**

Barebow .....ARA11015  
Freestyle Unlimited .....ARA12015  
Freestyle Limited  
Compounds .....ARA13015  
Freestyle Limited  
Recurves .....ARA14015  
Bowhunter .....ARA15015  
Bowhunter Freestyle  
Unlimited .....ARA16015

- Bowhunter Freestyle Limited .....ARA17015
- Traditional (Long Bow or Recurve).....ARA18015
- Grand Master (C)**
- Freestyle Unlimited All Classes.....ARA19015
- Freestyle Limited All Classes.....ARA20015

**3-D ROUND (Regular Course):**

- Open:**
- Barebow.....ARA31020
  - Freestyle Unlimited .....ARA32020
  - Freestyle Limited Compounds.....ARA33020
  - Freestyle Limited Recurves.....ARA34020
  - Bowhunter.....ARA35020
  - Bowhunter Freestyle Unlimited .....ARA36020
  - Bowhunter Freestyle Limited .....ARA37020
  - Traditional (Long Bow or Recurve).....ARA38020
  - Grand Master (C):**
  - Freestyle Unlimited All Classes.....ARA39020
  - Freestyle Limited All Classes.....ARA40020

**3-D ROUND (Short Course):**

- Open:**
- Barebow.....ARA21020
  - Freestyle Unlimited .....ARA22020
  - Freestyle Limited Compounds.....ARA23020
  - Freestyle Limited Recurves.....ARA24020
  - Bowhunter.....ARA25020
  - Bowhunter Freestyle Unlimited .....ARA26020
  - Bowhunter Freestyle Limited .....ARA27020
  - Traditional (Long Bow or Recurve).....ARA28020
  - Grand Master (C):**
  - Freestyle Unlimited All Classes.....ARA29020
  - Freestyle Limited All Classes.....ARA30020

**BASEBALL**

8:00 AM, Mon. July 26 through Fri. July 30, Local Area High Schools; Confirmation Letter will provide details.

Western States Police & Fire Games Federation and National Collegiate Athletic Association Rules. 7 inning games; 24-person team maximum plus a non-playing coach (minimum 9 players on the field). Round Robin followed by a Single Elimination Playoff.

Teams that are incomplete at the time of the Bracketing Meeting in June will NOT be considered as eligible teams. **Limit of 10 teams for this competition.**

Tentative Team Roster must be sent with Entry Form by Team Captain. Confirmation of starting time/date will be forwarded to Team Captain only. A mandatory Team Captain/Coaches' Meeting will be held the afternoon/evening prior to the beginning of competition. A representative from each Team MUST be present. Details to appear in the Confirmation Letter.

All team members shall wear uniforms. Unique, individual numbers on all uniforms are mandatory. Metal cleats allowed.

AGE CATEGORIES & MEDALS: Unisex event with medals through 3rd place.

Unisex Open.....BSA01020

**BASKETBALL**

**IMPORTANT:** Competitors may compete in both 5 x 5 and 3 x 3 Basketball. However, if a conflict in game schedules occurs due to a competitor entering both events, the competitor must choose which event he/she will compete in. The Host will not adjust games' schedules to accommodate competitors/teams.

Information regarding the 3x3 tournament follows the 5x5 information.

**5 X 5 BASKETBALL:**

8:00 AM, Mon. July 26 through Sat. July 31. Truckee Meadows Boys and Girls Club. Western States Police & Fire Games Federation and National Collegiate Athletic Association Rules.

Men's and Women's Open tournaments. A 35-second clock will be used for men; 30-second for women. 12-player maximum plus one non-playing coach. Tentative Team Roster must be sent with Entry Form by Team Captain. Confirmation of starting time/date will be forwarded to Team Captain only. Double Elimination Tournament.

A mandatory Team Captain/Coaches' Meeting will be held the afternoon/evening prior to the beginning of competition. A representative from each Team MUST be present. Details to appear in the Confirmation Letter.

AGE CATEGORIES & MEDALS: Open [18+]. Medals through 3rd place.

**5 X 5; MEN:**

Open .....BKE01015

**5 X 5; WOMEN:**

Open .....BKP01015

**3 X 3 BASKETBALL:**

8:00 AM, Wed. July 28 through Sat. July 31. Local Area High Schools; Confirmation Letter will provide details.

Western States Police & Fire Games Federation Rules. Unisex Team composition may be all men, all women, or any combination thereof.

Half-court; a 30 second clock will be used. All events are Double Elimination.

A mandatory Team Captain/Coaches' Meeting will be held the afternoon/evening prior to the beginning of competition. A representative from each Team MUST be present. Details to appear in the Confirmation Letter.

Teams consist of a maximum of 6 players, plus one non-playing coach. Tentative Team Roster must be sent with Entry Form by Team Captain. Confirmation of starting time/date will be forwarded to Team Captain only.

AGE CATEGORIES & MEDALS: Open [18+]; Senior [30+]; Master [40+]; Grand Master [50+] and Women's Open [18+]. Medals through 3rd place.

**3 X 3; UNISEX:**

Open .....BLA01015  
Senior..... BLB01015  
Master..... BLC01015  
Grand Master .....BLD01015

**3 X 3; WOMEN:**

Open ..... BLP55015

## BENCH PRESS

8:00 AM, Wed. July 28. Reno Ballroom. Western States Police & Fire Games Federation Rules.

THIS IS A RAW/CLOSED MEET; NO POWERLIFTING FEDERATION CARDS WILL BE REQUIRED TO PARTICIPATE.

You must enter into your estimated weight on the Sports Entry Form and attempt to make that weight; however, you shall lift at your weight at weigh-in or the next highest available class. **Weigh-ins will be held at the American Iron Gym, 650 S. Rock Blvd. Suite 13, Reno, NV 89502.**

**Weigh-ins for Men and Women in all weight categories** will be held Tues. July 27<sup>th</sup> from 5:00 PM - 7:00 PM. Late weigh-ins will be held Wed. July 28<sup>th</sup> from 7:00 AM – 8:00 AM.

**A MANDATORY Rules' Briefing will be held from 8:30 AM–9:00 AM the morning of your scheduled event. Lifting starts at 9:30 AM.**

**Bench Press Team Event:** A team shall be comprised of no less than 10 lifters and no more than 20. 10 points will be awarded to first place; 8 points to second place and 6 points to third place in each individual category. Participants will lift at their own age and weight category. If they place 1<sup>st</sup> – 3<sup>rd</sup>, their points will be added to their teams' total. [Note: There will be no Federation-sanctioned pooling in this event for 2010. Tentative Team Roster must be sent with Entry Form by Team Captain. **You must enter the Individual competition to be eligible to enter the Team event.**

**Changing Divisions (Age):** A Senior, Master or Grand Master has the option to compete in the OPEN division and must so state on his or her entry form.

COMPETITOR LIFTING OUTFIT AND GEAR: All competitors' gear (lifting costume, T-shirt, under-shorts, shoes and belt) used in competition during all WSPFG Bench Press competitions SHALL conform to all requirements of the WSPFG Bench Press Technical Committee. The use of supportive apparel is not permitted. This exclusion includes, but is not limited to: specialized bench shirts, support shirts, reinforced lifting suits, and specialized support briefs. **Wrist wraps (3"x 12" or 3"x 24" or 3" x 36") will be permitted.** If the wrist wraps have a thumb loop, the thumb loops must be off the thumbs prior to gripping the bar. Wrist wraps must be approved by the WSPFG during weigh-in.

MANDATORY: A T-shirt SHALL be worn under your lifting costume during the performance of the Bench Press (men and women). The T-shirt SHALL be plain, but may contain the competitor's agency logo, or be the official T-shirt of the Games' Host. The T-shirt SHALL be

made of cotton or polyester, or combination thereof, but not of denim or stretch material. It SHALL NOT have sleeves, which terminate below the elbow or at the deltoid.

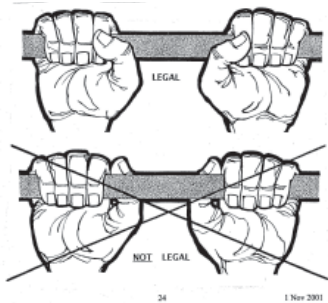
MANDATORY: The lifting costume shall consist of a ONE-PIECE NON-SUPPORTIVE, FULL LENGTH LIFTING SUIT, such as a Wrestling singlet or Weightlifting costume. The suit must have legs that are a minimum of 3 centimeters, as measured from the middle of the crotch. The legs may exceed 15 cm, but may NOT reach the knee. Only costumes officially approved by the WSPFGF Lifting Technical Committee shall be permitted in the competition.

MANDATORY: Shoes and/or boots SHALL be worn. Shoes or boots with metal spikes or cleats are NOT permitted. Maximum height of the heel shall be 5 cm.

OPTIONAL LIFTING BELT: Your lifting belt SHALL be made of leather, vinyl or similar NON-STRETCH material in one or more laminations, which may be glued and/or stitched together. **The width of the lifting belt cannot exceed 10cm.** It SHALL NOT have additional padding, bracing or supports of any material on the surface or concealed within the laminations of the belt. The belt may have a buckle with one or two prongs, or be a "quick release" type. A 10 cm Velcro belt fastening is also acceptable.

SAFETY RULING: The ONLY LEGAL GRIP for the Bench Press shall be as follows:

1. As a lifter grips the bar, the palms shall be facing outward and away from the face at all times.
2. As a lifter grips the bar, the thumbs shall be placed around the bar toward the palm side of the hand with the thumbnail in close proximity to the tip of each forefinger.



AGE CATEGORIES & MEDALS: MEN: Open [18+]; Senior (A) [30-34]; Senior (B) [35-39]; Master (A) [40-44]; Master (B) [45-49]; Grand Master (A) [50-54]; Grand Master (B) [55-59]; Grand Master (C) [60-64]; Grand Master (D) [65-69]; Grand Master (E) [70+]. WOMEN: Open [18+]; Senior [30-39]; Master [40-49]; Grand Master 50+]. Unisex Team [18+]. All medals through 3rd place.

**MEN; OPEN:**

- 123.50 lbs & under ..... BPE12025
- 132.25 lbs & under ..... BPE13025
- 148.75 lbs & under ..... BPE14025
- 165.25 lbs & under ..... BPE16025
- 181.75 lbs & under ..... BPE18025
- 198.25 lbs & under ..... BPE19025
- 220.25 lbs & under ..... BPE22025
- 242.50 lbs & under ..... BPE24025
- 275.50 lbs & under ..... BPE27025
- Over 275.50 lbs ..... BPE38025

**MEN; SENIOR (A):**

- 123.50 lbs & under ..... BPF12025
- 132.25 lbs & under ..... BPF13025
- 148.75 lbs & under ..... BPF14025
- 165.25 lbs & under ..... BPF16025
- 181.75 lbs & under ..... BPF18025
- 198.25 lbs & under ..... BPF19025
- 220.25 lbs & under ..... BPF22025
- 242.50 lbs & under ..... BPF24025
- 275.50 lbs & under ..... BPF27025
- Over 275.50 lbs ..... BPF38025

**MEN; SENIOR (B):**

- 123.50 lbs & under ..... BPG12025
- 132.25 lbs & under ..... BPG13025
- 148.75 lbs & under ..... BPG14025
- 165.25 lbs & under ..... BPG16025
- 181.75 lbs & under ..... BPG18025
- 198.25 lbs & under ..... BPG19025
- 220.25 lbs & under ..... BPG22025
- 242.50 lbs & under ..... BPG24025
- 275.50 lbs & under ..... BPG27025
- Over 275.50 lbs ..... BPG38025

**MEN; MASTER (A):**

- 123.50 lbs & under ..... BPH12025
- 132.25 lbs & under ..... BPH13025
- 148.75 lbs & under ..... BPH14025

- 165.25 lbs & under ..... BPH16025
- 181.75 lbs & under ..... BPH18025
- 198.25 lbs & under ..... BPH19025
- 220.25 lbs & under ..... BPH22025
- 242.50 lbs & under ..... BPH24025
- 275.50 lbs & under ..... BPH27025
- Over 275.50 lbs ..... BPH38025

**MEN; MASTER (B):**

- 123.50 lbs & under ..... BPJ12025
- 132.25 lbs & under ..... BPJ13025
- 148.75 lbs & under ..... BPJ14025
- 165.25 lbs & under ..... BPJ16025
- 181.75 lbs & under ..... BPJ18025
- 198.25 lbs & under ..... BPJ19025
- 220.25 lbs & under ..... BPJ22025
- 242.50 lbs & under ..... BPJ24025
- 275.50 lbs & under ..... BPJ27025
- Over 275.50 lbs ..... BPJ38025

**MEN; GRAND MASTER (A):**

- 123.50 lbs & under ..... BPK12025
- 132.25 lbs & under ..... BPK13025
- 148.75 lbs & under ..... BPK14025
- 165.25 lbs & under ..... BPK16025
- 181.75 lbs & under ..... BPK18025
- 198.25 lbs & under ..... BPK19025
- 220.25 lbs & under ..... BPK22025
- 242.50 lbs & under ..... BPK24025
- 275.50 lbs & under ..... BPK27025
- Over 275.50 lbs ..... BPK38025

**MEN; GRAND MASTER (B):**

- 123.50 lbs & under ..... BPL12025
- 132.25 lbs & under ..... BPL13025
- 148.75 lbs & under ..... BPL14025
- 165.25 lbs & under ..... BPL16025
- 181.75 lbs & under ..... BPL18025
- 198.25 lbs & under ..... BPL19025
- 220.25 lbs & under ..... BPL22025
- 242.50 lbs & under ..... BPL24025
- 275.50 lbs & under ..... BPL27025
- Over 275.50 lbs ..... BPL38025

**MEN; GRAND MASTER (C):**

- 123.50 lbs & under ..... BPM12025
- 132.25 lbs & under ..... BPM13025
- 148.75 lbs & under ..... BPM14025
- 165.25 lbs & under ..... BPM16025
- 181.75 lbs & under ..... BPM18025
- 198.25 lbs & under ..... BPM19025
- 220.25 lbs & under ..... BPM22025
- 242.50 lbs & under ..... BPM24025
- 275.50 lbs & under ..... BPM27025
- Over 275.50 lbs ..... BPM38025

**MEN; GRAND MASTER (D):**

- 123.50 lbs & under ..... BPN12025
- 132.25 lbs & under ..... BPN13025
- 148.75 lbs & under ..... BPN14025
- 165.25 lbs & under ..... BPN16025
- 181.75 lbs & under ..... BPN18025
- 198.25 lbs & under ..... BPN19025
- 220.25 lbs & under ..... BPN22025
- 242.50 lbs & under ..... BPN24025

- 275.50 lbs & under ..... BPN27025
- Over 275.50 lbs ..... BPN38025

**MEN; GRAND MASTER (E):**

- 123.50 lbs & under ..... BPO12025
- 132.25 lbs & under ..... BPO13025
- 148.75 lbs & under ..... BPO14025
- 165.25 lbs & under ..... BPO16025
- 181.75 lbs & under ..... BPO18025
- 198.25 lbs & under ..... BPO19025
- 220.25 lbs & under ..... BPO22025
- 242.50 lbs & under ..... BPO24025
- 275.50 lbs & under ..... BPO27025
- Over 275.50 lbs ..... BPO38025

**WOMEN; OPEN:**

- 97.00 lbs & under ..... BPP09025
- 105.75 lbs & under ..... BPP10025
- 114.50 lbs & under ..... BPP11025
- 123.50 lbs & under ..... BPP12025
- 132.25 lbs & under ..... BPP13025
- 148.75 lbs & under ..... BPP14025
- 165.25 lbs & under ..... BPP16025
- 181.75 lbs & under ..... BPP18025
- 198.25 lbs & under ..... BPP19025
- Over 198.25 lbs ..... BPP20025

**WOMEN; SENIOR:**

- 97.00 lbs & under ..... BPQ09025
- 105.75 lbs & under ..... BPQ10025
- 114.50 lbs & under ..... BPQ11025
- 123.50 lbs & under ..... BPQ12025
- 132.25 lbs & under ..... BPQ13025
- 148.75 lbs & under ..... BPQ14025
- 165.25 lbs & under ..... BPQ16025
- 181.75 lbs & under ..... BPQ18025
- 198.25 lbs & under ..... BPQ19025
- Over 198.25 lbs ..... BPQ20025

**WOMEN; MASTER:**

- 97.00 lbs & under ..... BPS09025
- 105.75 lbs & under ..... BPS10025
- 114.50 lbs & under ..... BPS11025
- 123.50 lbs & under ..... BPS12025
- 132.25 lbs & under ..... BPS13025
- 148.75 lbs & under ..... BPS14025
- 165.25 lbs & under ..... BPS16025
- 181.75 lbs & under ..... BPS18025
- 198.25 lbs & under ..... BPS19025
- Over 198.25 lbs ..... BPS20025

**WOMEN; GRAND MASTER:**

- 97.00 lbs & under ..... BPU09025
- 105.75 lbs & under ..... BPU10025
- 114.50 lbs & under ..... BPU11025
- 123.50 lbs & under ..... BPU12025
- 132.25 lbs & under ..... BPU13025
- 148.75 lbs & under ..... BPU14025
- 165.25 lbs & under ..... BPU16025
- 181.75 lbs & under ..... BPU18025
- 198.25 lbs & under ..... BPU19025
- Over 198.25 lbs ..... BPU20025

**UNISEX TEAM** ..... BPA55015

# BIATHLON

8:00 AM, Sun. July 25. Washoe County Regional Shooting Facility. Western States Police & Fire Games Federation, National Rifle Association and USA Track & Field Rules.

Individual and 2-Person Team. Events are 25 yard pistol shooting and cross country running. Sequence of events: One mile run, 12 rounds-standing, one mile run, 12 rounds-standing, one mile run.

**Police Service Weapons:** (Pistol, Semi-Automatic or Revolver) **Weapons shall be .38 caliber and above for Revolver; 9mm and above for Semi-Automatic.** The weapon must be a factory manufactured weapon with no external modifications such as an extended or modified front or rear sight, heavy or unusual barrel, and shall be a service type model as advertised. **Trigger:** May have both single and double action, and must be capable of lifting no less than 3.5 pounds for the Semi Auto and 3 pounds for the Revolver. Trigger shall be weighed. When cocked for single action firing, the firing cycle must be completed in a single pull of the trigger, in a normal manner. **Sights:** Fixed or Adjustable may be used. No shrouds, sight covers or ramp covers will be allowed. **Barrel:** Not to exceed 6 inches.

## EAR & EYE PROTECTION IS MANDATORY.

One hand or two hand shooting. Specially designed silhouette targets. Add-Time penalties for: round outside scoring area but in torso-10 seconds; missed round (outside torso)-30 seconds; shooting too many or too few rounds - 60 seconds. Wrong shooting stance (prone, sitting, kneeling) - other penalties apply. Not wearing ear or eye protection, each phase - 60 seconds. Bonus for each round inside or around head X-ring.

**Two Person Team:** Aggregate of Individual times used to determine Team times. **You must enter the**

## Individual competition to be eligible to enter the Team events.

AGE CATEGORIES & MEDALS: Individual; Open [18+]; Senior (A) [30-34]; Senior (B) [35-39]; Master (A) [40-44]; Master (B) [45-49]; Grand Master (A) [50-54]; Grand Master (B) [55-59]; Grand Master (C) [60-64]; Grand Master (D) [65+]. Team: Open [18+]; Senior [30-39]; Master [40-49]; Grand Master [50+]. Medals through 3rd place.

### INDIVIDUAL; MEN:

Open .....	BTE01020
Senior (A) .....	BTF01020
Senior (B) .....	BTG01020
Master (A) .....	BTH01020
Master (B) .....	BTJ01020
Grand Master (A) .....	BTK01020
Grand Master (B) .....	BTL01020
Grand Master (C) .....	BTM01020
Grand Master (D) .....	BTN01020

### WOMEN:

Open .....	BTP01020
Senior (A) .....	BTQ01020
Senior (B) .....	BTR01020
Master (A) .....	BTS01020
Master (B) .....	BTT01020
Grand Master (A) .....	BTU01020
Grand Master (B) .....	BTW01020
Grand Master (C) .....	BTY01020
Grand Master (D) .....	BTZ01020

### TEAM; MEN:

Open .....	BTE02015
Senior .....	BTF02015
Master .....	BTH02015
Grand Master .....	BTK02015

### TEAM; WOMEN:

Open .....	BTP02015
Senior .....	BTQ02015
Master .....	BTS02015
Grand Master .....	BTU02015

### TEAM; MIXED:

Open .....	BTA02015
Senior .....	BTB02015
Master .....	BTC02015
Grand Master .....	BTD02015

# BODY BUILDING

**PRE-JUDGING:** 8:30 AM

**FINALS:** 6:00 PM

Mon. July 26. Eldorado Hotel Casino Showroom. Western States Police & Fire Games Federation and National Physique Committee Rules.

**"FIGURE COMPETITION".** Women only. Open age category only; no weight categories. Two height classes are offered. The contestants will be brought out in their two-piece swimsuit with heels in one or two lines for the quarter turns. The judges will score the degree of athleticism by assessing the degree of firmness, symmetry, proportion and overall physical appearance, including complexion, poise and overall presentation. No body oil allowed. Thong suits will not be permitted. **An entrant may compete ONLY in the Figure Competition, without having to enter the "regular" Body Building competition.**

### BODY BUILDING COMPETITION:

Classes may be combined or weight class limits adjusted if the number of competitors in each class so dictates. Weigh-ins will be Sun. July 25 from 7:00 to 9:00 PM in the Reno Ballroom, 401 N. Center Street, Reno, NV 89501 (1/2 block east of Host Hotels). Confirmation Letter will provide details.

**MIXED PAIRS:** (Open, Senior & Master Only) no height or weight restrictions apply. **Competitors must be entered into an Individual event to be eligible for Mixed Pairs.**

Posing outfits for contestants shall be of a solid color, opaque and non-reflective, devoid of embroidery, stripes or other embellishment and in good taste.

For males, no boxer shorts or training shorts are permitted; for females, posing outfits shall consist of a two-piece bikini-style suit (without cut-outs) whose ties match the rest of the suit in color and material. Agency initials are not to appear on any apparel worn during the Pre-Judging or Finals. Cosmetics, body oils and body coloring agents may be used. Women may display painted nails.

Music, used at the competitor's option, must be furnished on compact disk (CD) by the competitor, and will be used in the Finals only. It shall be limited to 90 seconds duration.

Pre-Judging: only those competitors who are in the top 5 in each age and weight division in the Pre-Judging will be allowed to go to the Final Judging during the evening show.

The order for the Pre-Judging and Final competitions will be as follows: Group Facings, Individual Posing, and Comparison Posing.

N.P.C. sanctioned. All participants are required to join NPC and have a current NPC Card (may be purchased on-site). Visit [www.npcnewsonline.com/new/application.html](http://www.npcnewsonline.com/new/application.html) for application information.

**AGE CATEGORIES & MEDALS:**  
Individual; MEN: Open [18+]; Senior (A) [30-34]; Senior (B) [35-39]; Master (A) [40-44]; Master (B) [45-49]; Grand Master (A) [50-54]; Grand Master (B) [55+]. WOMEN: Open [18+]; Senior (A) [30-34]; Senior (B) [35-39]; Master (A) [40-44]; Master (B) [45-49]; Grand Master [50+]. MIXED PAIRS: Open [18+]; Senior [30-39]; Master [40+]. FIGURE COMPETITION WOMEN: Open [18+]. All medals through 3rd place.

**MEN;**

**OPEN:**

154.25 lbs & under ..... BBE01030  
176.25 lbs & under ..... BBE02030  
198.25 lbs & under ..... BBE03030  
Over 198.25 lbs ..... BBE04030

**SENIOR (A):**

154.25 lbs & under ..... BBF01030  
176.25 lbs & under ..... BBF02030  
198.25 lbs & under ..... BBF03030  
Over 198.25 lbs ..... BBF04030

**SENIOR (B):**

154.25 lbs & under ..... BBG01030  
176.25 lbs & under ..... BBG02030  
198.25 lbs & under ..... BBG03030  
Over 198.25 lbs ..... BBG04030

**MASTER (A):**

154.25 lbs & under ..... BBH01030  
176.25 lbs & under ..... BBH02030  
198.25 lbs & under ..... BBH03030  
Over 198.25 lbs ..... BBH04030

**MASTER (B):**

154.25 lbs & under ..... BBJ01030  
176.25 lbs & under ..... BBJ02030  
198.25 lbs & under ..... BBJ03030  
Over 198.25 lbs ..... BBJ04030

**GRAND MASTER (A):**

154.25 lbs & under ..... BBK01030  
176.25 lbs & under ..... BBK02030  
198.25 lbs & under ..... BBK03030  
Over 198.25 lbs ..... BBK04030

**GRAND MASTER (B):**

154.25 lbs & under ..... BBL01030  
176.25 lbs & under ..... BBL02030  
198.25 lbs & under ..... BBL03030  
Over 198.25 lbs ..... BBL04030

**WOMEN;**

**OPEN:**

125 lbs & under ..... BBP01030  
140 lbs & under ..... BBP02030  
Over 140 lbs ..... BBP03030

**SENIOR (A):**

125 lbs & under ..... BBQ01030  
140 lbs & under ..... BBQ02030  
Over 140 lbs ..... BBQ03030

**SENIOR (B):**

125 lbs & under ..... BBR01030  
140 lbs & under ..... BBR02030  
Over 140 lbs ..... BBR03030

**MASTER (A):**

125 lbs & under ..... BBS01030  
140 lbs & under ..... BBS02030  
Over 140 lbs ..... BBS03030

**MASTER (B):**

125 lbs & under ..... BBT01030  
140 lbs & under ..... BBT02030  
Over 140 lbs ..... BBT03030

**GRAND MASTER:**

125 lbs & under ..... BBU01030  
140 lbs & under ..... BBU02030  
Over 140 lbs ..... BBU03030

**MIXED PAIRS:**

Open ..... BBA05015  
Senior ..... BBB05015  
Master ..... BBC05015

**"FIGURE COMPETITION"**

**WOMEN ONLY; OPEN:**

Up to 5' 4" ..... BBY95030  
Over 5' 4 ¼" ..... BBY96030

## BOWLING

8:00 AM, Wed. July 28 through Fri. July 30. National Bowling Stadium. Western States Police & Fire Games Federation, United States Bowling Congress Rules.

**TEAM EVENTS:** Unisex, 4-person teams; no separate Men's and Women's Team event. Team

events will be held in three Unisex skill divisions: OPEN, "A" and "B". The criteria for eligibility in these divisions is based on the COMBINED AVERAGE of the bowlers on the team. The combined averages are as follows: Open Division: 760 & over; "A" Division: 680 - 759; "B" Division: 679 & under. All bowlers entering the "A" or "B" Team event must have a verifiable Average as outlined in "Averages" below. **Tentative Team Roster must be sent with Entry Form by Team Captain.**

**DOUBLES EVENTS:** The Open (skill) Doubles is a Unisex Event. Men's and Women's Doubles events will be held in skill divisions "A" and "B". The criteria for eligibility in these divisions is based on the COMBINED AVERAGE of the bowlers on the Doubles team. The combined averages are as follows: Open Division: 380 & over; "A" Division: 340 - 379; "B" Division: 339 & under. All bowlers entering "A" or "B" Doubles events must have a verifiable Average as outlined in "Averages" below.

**SINGLES and "ALL EVENTS"** will be offered in 8 separate divisions. The criteria of eligibility for these divisions is based on the AVERAGE, GENDER and AGE of the bowler. Grand Master entrants (50+) may compete either at the Open (age) level or Grand Master level, but not both. The averages are as follows for all age and gender categories: Unisex Open (Skill) Division: 190 & over; "A" Division: 170 - 189; "B" Division: 169 & under.

**AVERAGES:** "A" and "B" Division competitors must obtain a verification card/form from his/her local bowling association listing the competitors' highest **21-game league Average as of April 15, 2010**. NO EXCEPTIONS. This verification card/form must be signed by a Bowling Association Official and list the phone number where that official can be contacted. It must be presented at check-in prior to competition. Falsification of averages will result in disqualification. Averages must be

noted on the Entry Form in the space provided. If the bowler's Average changes after submitting his/her entry form and this change effects the bowler's division, the bowler MUST notify the Host Coordinator of the correct April 15<sup>th</sup> Average at least one week prior to the Games. This requirement applies to all bowlers. Male competitors with no verifiable Average will compete in "Open" Division for Singles and All Events. A 200 Average will be used for placement in Team and Doubles events. Women competitors with no verifiable Average will compete in "A" Division for Singles and All Events. A 189 Average will be used in Team and Doubles events.

**Every bowler who is a current member of USBC must bring their USBC card to the event and submit their membership number with their Entry.**

Bowlers competing only in Open events need not bring a verification phone number to check-in. If you do not provide a verifier's phone number at check-in, you are automatically in Open Division.

"All Events" is an overall medal category, representing the best combined scores from the Singles, Doubles and Team events. **To be eligible to enter "All Events", you must also enter Singles, Doubles, and Team competitions.**

PBA T.V. style roll off will be held for the top 5 bowlers regardless of division.

**AGE CATEGORIES & MEDALS;** for all skill divisions: Open [18+] and Grand Master [50+]. All medals through 3rd place.

**The Event Fee includes lane and scoring fees for the Singles, Doubles and Team events.**

**OPEN (Skill); UNISEX  
OPEN (Age) DIVISION:**

Team.....	BWA01025
Doubles.....	BWA02025
Singles.....	BWA03025
All Events.....	BWA04015

**GRAND MASTER; UNISEX:**

Singles.....	BWD03025
All Events.....	BWD04015

**"A" DIVISION:**

Unisex Team.....	BWA11025
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**MEN:**

Doubles.....	BWE12025
Singles.....	BWE13025
All Events.....	BWE14015

**WOMEN:**

Doubles.....	BWP12025
Singles.....	BWP13025
All Events.....	BWP14015

**GRAND MASTER; UNISEX:**

Singles.....	BWD13025
All Events.....	BWD14015

**"B" DIVISION:**

Unisex Team.....	BWA21025
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**MEN:**

Doubles.....	BWE22025
Singles.....	BWE23025
All Events.....	BWE24015

**WOMEN:**

Doubles.....	BWP22025
Singles.....	BWP23025
All Events.....	BWP24015

**GRAND MASTER; UNISEX:**

Singles.....	BWD23025
All Events.....	BWD24015

**BOXING**

6:00 PM, Mon. July 26; Tues. July 27; Wed. July 28 and Fri. July 30. Reno Ballroom, 401 N. Center Street, Reno, NV 89501 (1/2 block east of Host Hotels). Western States Police & Fire Games Federation and USA Boxing Rules.

**MEN'S & WOMEN'S BOXING.**

Single Elimination. 10-point must system; three 2-minute rounds; 12 oz. thumbless gloves (provided). For Light Heavyweight divisions & above, the Host may require 14 oz. thumbless gloves (provided). All Boxers shall provide and wear Boxing shoes and Boxing shorts with tank top. WOMEN shall provide their own chest protector, to be worn during all bouts.

The Boxing competition will be sanctioned and regulated by USA Boxing, Inc., the National Governing

Body for all amateur Boxing in the United States. Therefore, all participants, both athletes and officials, must be registered with their Local Boxing Committee (LBC). For information relating to the location of your LBC, visit [www.usaboxing.org/pages/44](http://www.usaboxing.org/pages/44) or contact USA Boxing at (719) 866-4506 and talk to the Membership Services Director. Proof of registration with the LBC will be required for entry in this event. A copy of the LBC application form or membership card should be submitted with your entry form and the original must be available at weigh-ins. **Note:** The fee to join USA Boxing, Inc. for both participants and coaches is \$45.

**SAFETY RULINGS:** No person who has fought in any professional bouts or exhibitions shall be allowed to compete in the Western States Police & Fire Games in Boxing.

Men's Novice, Intermediate, Open and Women's Open: No entries or competition shall be allowed by applicants who are **36 years of age or older** as of the opening date of the Games (July 24).

**Men's Novice:** Shall not have fought in more than 5 amateur bouts. **Men's Intermediate:** Shall not have fought in more than 10 amateur bouts. **Men's Open:** Boxers who do not qualify for Novice or Intermediate shall box in Open Class.

A **medical exam report**, in the form of the Western States Police & Fire Games Federation's "Report of Physical Examination", signed by a licensed physician, is **required**. This report must be current and based on a physical examination completed within 6 months of competition. You may obtain this form by request to: WSPFGF-Boxing, 8304 Clairemont Mesa Blvd., #107, San Diego CA 92111; Telephone: 858.571.9919; E-Mail: [4info@cpaf.org](mailto:4info@cpaf.org). The completed form may be submitted with your Entry Form, or mailed to the above address up to 3 weeks prior the Games. After that time, it is best to submit it at the time you register at the Host Registration Center.

You shall attempt to make the weight listed on the Entry Form; however, you will fight at your weight at weigh-in.

Weigh-ins will be held Sun. July 25 from 4:00 – 6:00 PM at the Reno Ballroom. Attendance is required for all participants at a clinic/orientation with Games' officials immediately following weigh-ins. Confirmation Letter will provide details.

**It is the responsibility of the competitor to check the brackets to find out when they are scheduled to fight.** The schedule is usually posted by 10:00 PM the day of weigh-ins.

AGE CATEGORIES & MEDALS: Men's Novice, Intermediate, Open and Women's Open [18-35]. Medals through 3rd place.

**MEN:**

**139# & UNDER**

Novice ..... BXA11050  
 Intermediate ..... BXB11050  
 Open (Skill) ..... BXC11050

**147# & UNDER**

Novice ..... BXA22050  
 Intermediate ..... BXB22050  
 Open (Skill) ..... BXC22050

**156# & UNDER**

Novice ..... BXA33050  
 Intermediate ..... BXB33050  
 Open (Skill) ..... BXC33050

**165# & UNDER**

Novice ..... BXA44050  
 Intermediate ..... BXB44050  
 Open (Skill) ..... BXC44050

**179# & UNDER**

Novice ..... BXA55050  
 Intermediate ..... BXB55050  
 Open (Skill) ..... BXC55050

**190# & UNDER**

Novice ..... BXA66050  
 Intermediate ..... BXB66050  
 Open (Skill) ..... BXC66050

**201# & UNDER**

Novice ..... BXA77050  
 Intermediate ..... BXB77050  
 Open (Skill) ..... BXC77050

**OVER 201#**

Novice ..... BXA88050  
 Intermediate ..... BXB88050  
 Open (Skill) ..... BXC88050

**WOMEN (All Classes):**

125# & Under..... BXP25050  
 132# & Under..... BXP32050  
 139# & Under..... BXP39050  
 147# & Under..... BXP47050  
 156# & Under..... BXP56050  
 165# & Under..... BXP65050  
 179# & Under..... BXP78050

**CROSS COUNTRY**

7:30 AM, Tues. July 27. Rancho San Rafael Regional Park. Western States Police & Fire Games Federation and USA Track & Field Rules.

**INDIVIDUAL EVENT:** 5,000 Meter (3.1 miles) OR 10,000 Meter (6.2 miles.) **Participants may not compete in both the 5 Km and 10 Km events.** Team competition and Heavyweight events are restricted to the 10K only. Weigh-ins for Heavyweight competitors will be held on-site on the day of competition.

**TEAM EVENT:** A Team consists of a maximum of 4 runners. Team members must enter the Individual event to be eligible for the Team event. Aggregate of the best 3 Individual times is the Team score (i.e. one race only). At least 3 runners must finish course to be eligible for Team awards. **Tentative Team Roster must be sent with Entry Form by the Team Captain.**

AGE CATEGORIES & MEDALS: Men's & Women's Individual (Lightweight): Open [18+]; Senior (A) [30-34]; Senior (B) [35-39]; Master (A) [40-44]; Master (B) [45-49]; Grand Master (A) [50-54]; Grand Master (B) [55-59]; Grand Master (C) [60-64]; Grand Master (D) [65-69]; Grand Master (E) [70-74]; Grand Master (F) [75+]. Men's Individual (Heavyweight): Open [18-39] and Master [40+]. Women's Individual (Heavyweight): Open [18-34] and Senior (B) [35+]. Team Events: Men's Open [18-39]; Master [40-49] and Grand Master [50+]; Women's Open [18-34]; and Senior (B) [35+]. All Medals through 3rd place.

**10,000 METER**

**MEN; INDIVIDUAL:**

Open ..... CXA01015  
 Senior (A)..... CXB01015  
 Senior (B) ..... CXC01015  
 Master (A) ..... CXD01015  
 Master (B)..... CXE01015  
 Grand Master (A) ..... CXF01015  
 Grand Master (B)..... CXG01015  
 Grand Master (C)..... CXH01015  
 Grand Master (D) ..... CXI01015  
 Grand Master (E)..... CXJ01015  
 Grand Master (F)..... CXX01015

**HEAVYWEIGHT (200# & Over)**

Open ..... CXA25015  
 Master..... CXD25015

**WOMEN; INDIVIDUAL:**

Open ..... CXN01015  
 Senior (A)..... CXO01015  
 Senior (B) ..... CXP01015  
 Master (A) ..... CXQ01015  
 Master (B)..... CXR01015  
 Grand Master (A) ..... CXS01015  
 Grand Master (B)..... CXT01015  
 Grand Master (C)..... CXU01015  
 Grand Master (D) ..... CXV01015  
 Grand Master (E)..... CXW01015  
 Grand Master (F)..... CXX01015

**HEAVYWEIGHT (140# & Over)**

Open ..... CXN25015  
 Senior (B) ..... CXP25015

**TEAM - 10,000 METER**

**MEN:**

Open ..... CXM33015  
 Master..... CXM44015  
 Grand Master ..... CXM55015

**WOMEN:**

Open ..... CXZ77015  
 Senior (B) ..... CXZ88015

**5,000 METER (Individual Only)**

**MEN:**

Open ..... CVA55015  
 Senior (A)..... CVB55015  
 Senior (B) ..... CVC55015  
 Master (A) ..... CVD55015  
 Master (B)..... CVE55015  
 Grand Master (A) ..... CVF55015  
 Grand Master (B)..... CVG55015  
 Grand Master (C)..... CVH55015  
 Grand Master (D) ..... CVI55015  
 Grand Master (E)..... CVJ55015  
 Grand Master (F)..... CVK55015

**WOMEN:**

Open ..... CVN55015  
 Senior (A)..... CVO55015  
 Senior (B) ..... CVP55015

Master (A) .....CVO55015  
 Master (B) .....CVR55015  
 Grand Master (A) .....CVS55015  
 Grand Master (B)..... CVT55015  
 Grand Master (C)..... CVU55015  
 Grand Master (D)..... CVV55015  
 Grand Master (E)..... CVW55015  
 Grand Master (F)..... CVX55015

Events, Men's & Women's: Open [18-29]; Senior (A) [30-34]; Senior (B) [35-39]; Master (A) [40-44]; Master (B) [45-49]; Grand Master (A) [50-54]; Grand Master (B) [55-59]; Grand Master (C) [60-64]; Grand Master (D) [65+].

Grand Master (B)..... CYL03015  
 Grand Master (C)..... CYM03015  
 Grand Master (D)..... CYN03015  
**WOMEN:**  
 Open ..... CYP03015  
 Senior (A)..... CYQ03015  
 Senior (B) ..... CYR03015  
 Master (A) ..... CYS03015  
 Master (B) ..... CYT03015  
 Grand Master (A) ..... CYU03015  
 Grand Master (B)..... CYW03015  
 Grand Master (C)..... CYY03015  
 Grand Master (D)..... CYZ03015

## CYCLING

**CRITERIUM:** 8:00 AM, Sun. July 25. Air Center Circle, Reno, NV

**TIME TRIALS:** 8:00 AM, Mon. July 26. Bowers Mansion County Park, Franktown Road, Carson City (Washoe Valley), NV 89704

**SPRINTS:** 8:00 AM, Tues. July 27. Boynton Lane, Reno, NV

**ROAD RACE:** 8:00 AM, Wed. July 28. Red Rock Road, Reno, NV

**MOUNTAIN BIKE-CROSS COUNTRY:** 9:00 AM, Thurs. July 29. Northstar at Tahoe, 50 Trimont Lane, Truckee, CA 96161

**MOUNTAIN BIKE-DOWNHILL:** 9:00 AM, Fri. July 30. Northstar at Tahoe, 50 Trimont Lane, Truckee, CA 96161

Western States Police & Fire Games Federation, United States Cycling Federation Rules (Street Bike) and National Off Road Association Rules (Mt. Bike). Hard helmets required. Road distances are subject to change.

The practice times for the Mountain Bike Downhill will be announced in the Confirmation Letter.

**INDIVIDUAL STAGE RACE:** Medalists will be determined by a point system or the sum of the times in Road Race, Criterium, and Time Trials, with a time deduction for placing in Sprint (1<sup>st</sup> place – 60 secs; 2<sup>nd</sup> place -30 secs; 3<sup>rd</sup> place -15 secs). In this “overall” medal event, each event must be entered separately and ridden successfully. In the event of ties, a tie-breaking system will be used.

### SPRINTS: (800 meters)

**MEN:**  
 Open .....CYE01015  
 Senior (A)..... CYF01015  
 Senior (B) ..... CYG01015  
 Master (A) ..... CYH01015  
 Master (B) ..... CYJ01015  
 Grand Master (A) ..... CYK01015  
 Grand Master (B)..... CYL01015  
 Grand Master (C)..... CYM01015  
 Grand Master (D)..... CYN01015

**WOMEN:**  
 Open .....CYP01015  
 Senior (A)..... CYQ01015  
 Senior (B) ..... CYR01015  
 Master (A) ..... CYS01015  
 Master (B) ..... CYT01015  
 Grand Master (A) ..... CYU01015  
 Grand Master (B)..... CYW01015  
 Grand Master (C)..... CYY01015  
 Grand Master (D)..... CYZ01015

### TIME TRIALS (10 miles)

**MEN:**  
 Open .....CYE02015  
 Senior (A)..... CYF02015  
 Senior (B) ..... CYG02015  
 Master (A) ..... CYH02015  
 Master (B) ..... CYJ02015  
 Grand Master (A) ..... CYK02015  
 Grand Master (B)..... CYL02015  
 Grand Master (C)..... CYM02015  
 Grand Master (D)..... CYN02015

**WOMEN:**  
 Open .....CYP02015  
 Senior (A)..... CYQ02015  
 Senior (B) ..... CYR02015  
 Master (A) ..... CYS02015  
 Master (B) ..... CYT02015  
 Grand Master (A) ..... CYU02015  
 Grand Master (B)..... CYW02015  
 Grand Master (C)..... CYY02015  
 Grand Master (D)..... CYZ02015

### CRITERIUM (10 miles)

**MEN:**  
 Open .....CYE03015  
 Senior (A)..... CYF03015  
 Senior (B) ..... CYG03015  
 Master (A) ..... CYH03015  
 Master (B) ..... CYJ03015  
 Grand Master (A) ..... CYK03015

### ROAD RACE (25+ miles)

**MEN:**  
 Open .....CYE04015  
 Senior (A)..... CYF04015  
 Senior (B) ..... CYG04015  
 Master (A) ..... CYH04015  
 Master (B) ..... CYJ04015  
 Grand Master (A) ..... CYK04015  
 Grand Master (B)..... CYL04015  
 Grand Master (C)..... CYM04015  
 Grand Master (D)..... CYN04015

**WOMEN:**  
 Open .....CYP04015  
 Senior (A)..... CYQ04015  
 Senior (B) ..... CYR04015  
 Master (A) ..... CYS04015  
 Master (B) ..... CYT04015  
 Grand Master (A) ..... CYU04015  
 Grand Master (B)..... CYW04015  
 Grand Master (C)..... CYY04015  
 Grand Master (D)..... CYZ04015

### MOUNTAIN BIKE; DOWNHILL:

**MEN:**  
 Open .....CZE07025  
 Senior (A)..... CZF07025  
 Senior (B) ..... CZG07025  
 Master (A) ..... CZH07025  
 Master (B) ..... CZJ07025  
 Grand Master (A) ..... CZK07025  
 Grand Master (B)..... CZL07025  
 Grand Master (C)..... CZM07025  
 Grand Master (D) ..... CZN07025

**WOMEN:**  
 Open .....CZP07025  
 Senior (A)..... CZQ07025  
 Senior (B) ..... CZR07025  
 Master (A) ..... CZS07025  
 Master (B) ..... CZT07025  
 Grand Master (A) ..... CZU07025  
 Grand Master (B)..... CZW07025  
 Grand Master (C)..... CZY07025  
 Grand Master (D) ..... CZZ07025

### MOUNTAIN BIKE; CROSS COUNTRY

**MEN:**

- Open .....CZE08015
- Senior (A).....CZF08015
- Senior (B) ..... CZG08015
- Master (A) ..... CZH08015
- Master (B).....CZJ08015
- Grand Master (A) ..... CZK08015
- Grand Master (B).....CZL08015
- Grand Master (C).....CZM08015
- Grand Master (D).....CZN08015

**WOMEN:**

- Open ..... CZP08015
- Senior (A).....CZQ08015
- Senior (B) ..... CZR08015
- Master (A) ..... CZS08015
- Master (B).....CZT08015
- Grand Master (A) ..... CZU08015
- Grand Master (B).....CZW08015
- Grand Master (C).....CZY08015
- Grand Master (D).....CZZ08015

**INDIVIDUAL STAGE RACE**

**MEN:**

- Open ..... CYE25015
- Senior (A).....CYF25015
- Senior (B) ..... CYG25015
- Master (A) .....CYH25015
- Master (B).....CYJ25015
- Grand Master (A) .....CYK25015
- Grand Master (B).....CYL25015
- Grand Master (C).....CYM25015
- Grand Master (D).....CYN25015

**WOMEN:**

- Open .....CYP25015
- Senior (A).....CYQ25015
- Senior (B) .....CYR25015
- Master (A) .....CYS25015
- Master (B).....CYT25015
- Grand Master (A) .....CYU25015
- Grand Master (B).....CYW25015
- Grand Master (C).....CYY25015
- Grand Master (D).....CYY25015

**DODGE BALL**

8:00 AM, Sun. July 25. Damonte Ranch High School. Western States Police & Fire Games Federation and International Dodge Ball Federation (IDBF) Rules.

Round Robin play, followed by medal round. Teams may have a maximum of 10 players with a maximum of 6 players per team on the court at the start of each game. The "starting" 6 players must play a full game unless an injury

prevents one of these 6 players from competing. A match will consist of two out of three games.

Tentative Team Roster must be sent with Entry Form by Team Captain. Confirmation of starting time/date will be forwarded to Team Captain only. A mandatory Rules' Briefing will be held prior to the start of competition. A representative from each team competing must be present. Team representatives will submit their final Team Rosters at this Team Captain/Coaches' Meeting. **NO ADDITIONAL PLAYERS MAY BE ADDED TO THE ROSTER AFTER THIS MEETING.**

An IDBF-sanctioned ball will be provided by the Host. Games will last 5 minutes or will be over when all players from an opposing team have been ruled out. "Head Shots" will not be allowed!

AGE CATEGORIES & MEDALS: Unisex Open [18+], with medals through 3rd place.

- Unisex Open.....DBA01015

**FLAG FOOTBALL**

8:00 AM, Mon. July 26 through Wed. July 28. Golden Eagle Regional Park. Western States Police & Fire Games Federation Rules.

20-person team, plus one non-playing coach. The game is played with 7 players allowed on the field (may continue with 6, but not 5 or less) with free substitution. **ROUND ROBIN FOLLOWED BY DOUBLE ELIMINATION.** If 8 teams or less enter, the tournament will be a single Round Robin with no additional play-offs.

Tentative Team Roster must be sent with Entry Form by Team Captain. Confirmation of starting time/date will be forwarded to Team Captain only. A mandatory Team Captain/Coaches' Meeting will be held the afternoon/evening prior to the beginning of competition.

A representative from each Team **MUST** be present. Details to appear in the Confirmation Letter.

AGE CATEGORIES & MEDALS: Unisex Open [18+] with medals through 3rd place.

- Unisex Open.....FFA01015

**GOLF**

8:00 AM, Mon. July 26 through Wed. July 28. D' Andrea Golf Club (Sparks), LakeRidge Golf Course (Reno) and Wolf Run Golf Club (Reno). Check-in one day prior to play at the "Golf Registration" table in the Host Hotel, and at least 1 hour prior to tee time on the day of play. Check your course assignment and handicaps when you register at the Games. Western States Police & Fire Games Federation and United States Golf Association (USGA) rules.

**Starting Times:** All courses will have an 8:00 AM shotgun start. If there are less than 96 golfers at a course, tee times may be assigned. Updated information, as it relates to start times, will be sent out in the confirmation letter.

Early entry is recommended, as entries are limited. Your entry does **NOT** automatically reserve a space for your partner. The tournament is a 54-hole, 3 day event, with each golfer playing 3 different courses.

This is a stroke play tournament. Medals will be awarded through 3rd place. Ties: "Back Nine" method is used. The lowest aggregate score of the last nine holes of the last round is used, (If different courses are played both cards will be used for the last course played by each tied golfer),

**Required Attire:** Appropriate Golf attire is required; including a neat, collared shirt and slacks or shorts. No denim is allowed. **SOFT SPIKE SHOES ONLY. NO METAL SPIKES ALLOWED.**

**Every golfer MUST POSSESS AND**

**SUBMIT A VERIFIABLE; ESTABLISHED INDEX NUMBER AND MUST SUBMIT THEIR GOLF ASSOCIATION NAME (SCGA, NCGA, etc.) AND MEMBERSHIP NUMBER (GHIN) with their Entry.** Your handicap will be checked via the internet. By submitting your Membership Number on the application, you will not have to mail a copy of your Handicap card to the Host. If your Index Number cannot be verified through your association or through the internet using the information you have provided, you must send a copy of your Handicap Card, showing your Index Number, to the Host no earlier than **May 11 and no later than June 11**. Send to: Kathy Hooven 4 Amador Newport Coast, CA 92657.

**IT IS THE RESPONSIBILITY OF THE GOLF ENTRANT TO SEE THAT THE REQUIRED INFORMATION IS SUBMITTED. If the Host has to contact you to get information to verify your Index Number, a fee of \$25 for this service will be due at the Games. Your golf entry fee will be forfeited if you do not submit an index by June 11, 2010.** Bring a copy of your current Handicap Card showing your membership number and your Index Number to the Golf check-in table, along with your Participant Pass and your Agency I.D. Failure to adhere to these requirements can result in your disqualification from the Golf competition.

**EVENTS:** The 4 available events are Handicap Singles (separate Men's & Women's Singles), 2-person Handicap Team, Scratch Singles (separate Men's & Women's Singles) and 2-person Scratch Team. When we receive your entry into any or all of the four possible events, you will be placed in the proper age and skill categories (see below). In both Scratch and Handicap Singles events, men shall compete in the category corresponding to their actual age.

**SCRATCH SINGLES:** Men's: Open [18-49], Grand Master [50+]; Women's: Open [18+], Grand Master [50+]

**SCRATCH TEAM:** Scratch Unisex

2-Person Team is "Best Ball" scoring.

**MEN'S HANDICAP SINGLES:** Age categories are Open [18-39], Master [40-49], Grand Master [50-59] and Grand Master (C) [60+]. Each age category is divided approximately in thirds by skill to a maximum of 18 Index Number, to form "A", "B", "C" and "D" Divisions.

**WOMEN'S HANDICAP SINGLES:** All female golfers must enter "Women's Handicap Singles". This is an Open Age Event. Handicap Division will be determined by entrants actual Index Number, and the number of competitors will be used to determine the amount of age divisions.

**HANDICAP TEAM:** 2-Person Unisex Team. Teams may be any combination of genders. "Best Ball" scoring. Team age categories are: Open [18-39], Master [40-49], Grand Master [50+]. Each age category is divided approximately in thirds by skill to form "A", "B", and "C" Divisions. The age category of the team shall be the age of its youngest member. The skill category is established by averaging the team members' Index Numbers. A maximum 8 stroke differential will be used.

**ATTENTION:**

**1) In order to pay green fees and cart fees, all golfers must enter the Handicap Singles event, even if their primary interest is in another event.**

**2) Two separate documents will be required of all golfers when they check in at each course: a) your Participant Pass; obtained when you register; b) your Agency Identification.**

**3) No guests or caddies may accompany golfers.**

**4) It is the responsibility of each golfer to know the rules.**

**HANDICAP EVENTS:**

MEN; SINGLES.....GOE02250  
WOMEN; SINGLES.....GOP02250  
UNISEX TEAM.....GOA01015

**SCRATCH EVENTS:**

MEN; SINGLES.....GOE03015  
WOMEN; SINGLES.....GOP03015  
UNISEX TEAM.....GOA04015

## HORSESHOES:

8:00 AM, Fri. July 30 and Sat. July 31. Evans Park. Western States Police & Fire Games Federation and National Horseshoe Pitching Association (NHPA) Rules.

**DIVISIONS "A" & "B":** Medals will be awarded in two divisions in Full Distance Singles & Doubles. Divisions will be determined by a competition-based seeding system. A preliminary Round Robin will determine in which play-off division entrant will ultimately be placed.

Horseshoes will have a Full Distance (40 feet) and Short Distance (30 feet) pitch for Singles only. Those eligible for the Short Distance pitch are men age 70 and over, and all women. Clay pits will be used.

**AGE CATEGORIES & MEDALS:** Full Distance, Unisex Open [18+]. Short Distance: Men, 70 years & over and all Women (18+). Medals through 3rd place in each division.

**FULL DISTANCE:**

SINGLES.....HSA01015  
DOUBLES.....HSA02015

**SHORT DISTANCE:**

SINGLES.....HSD03015

## ICE HOCKEY

8:00 AM, Mon. July 26 through Fri. July 30. South Lake Tahoe Ice Arena, 1176 Rufus Allen Blvd, South Lake Tahoe, CA 96150. Western States Police & Fire Games Federation and USA Hockey Inc. Rules.

**ON-SITE REGISTRATION WILL BE AVAILABLE.**

All persons shall have previously submitted an Entry Form or entered on-line. Competitors MUST bring their agency ID with them to check-in at the venue. Please refer

to additional requirements under the Registration Guidelines.

**The tournament will be limited to the first 16 teams.** A team may consist of a maximum of 20 persons (18 players and 2 goal keepers), plus one Non-Playing Coach. Teams must have a minimum of 12 competitors.

Tentative Team Roster must be sent with Entry Form by Team Captain. Confirmation of starting time/date will be forwarded to Team Captain only. A competitor may play on only one team in this sport.

A mandatory Team Captain/

Coaches' Meeting will be held the afternoon/evening prior to the beginning of competition. A representative from each Team MUST be present. Details to appear in the Confirmation Letter.

Competitors shall be responsible for providing their own personal equipment, including uniforms and sticks. All required safety equipment, including helmets, must be worn in accordance with the USA Hockey rules. No "body checking" is permitted in any division.

Pool Play - Round Robin followed

by a Single Elimination Playoff tournament or a "Double Elimination tournament format. If fewer than 8 teams enter, this event will be held as a straight Round Robin tournament with no additional playoff.

AGE CATEGORIES & MEDALS: Unisex Open (18+). Teams may be composed of all men, all women, or any combination thereof. Medals through 3rd place.

OPEN.....HKA01085