



# General Rules Book

BC Seniors Games Society  
203 – 2453 Beacon Avenue  
Sidney, BC V8L 1X7  
Tel.: 778.426.2940 Fax: 778.426.2941  
Email: [info@55plusbcgames.org](mailto:info@55plusbcgames.org)  
Website: [www.55plusbcgames.org](http://www.55plusbcgames.org)

*Revised: September 2021*

# Contents

Preface .....	3
Terminology .....	3
1. Eligibility .....	4
2. Membership .....	4
3. Isolation area status .....	4
4. Participation and Categories .....	5
5. Zone Playdowns .....	6
6. Accreditation .....	6
7. Spare, Replacements and Cross-Zone Participants .....	6
8. Withdrawals during the Games – Teams and/or Individuals .....	7
9. Rules, Draws, and Schedules .....	8
10. Grace Period .....	9
11. Disputes or Protests .....	9
12. Rules Committee .....	10
13. Medals .....	10
Appendix A – Suggested General Rules Change form .....	12
Appendix B – Suggested Sport Rule Change form .....	13
Appendix C – Index of updates .....	14

## Preface

The General Rules Book, in addition to the Policies and Procedures Manual, is to be used as a reference for the 55+ BC Games policies.

## Terminology

1. “*Host Committee*” is a committee within a community, which is formed to prepare and submit a bid application to host the 55+ BC Games. When a community is awarded the Games, the committee registers as a Society.
2. “*Host Society*” is the registered Society consisting of a Board of Directors elected by the Host Community to administer the 55+ BC Games. “*Host Society*” is also referred to when relating to Games financial and/or community matters.
3. “*Host Community*” is the overall community, which has been awarded to host the 55+ BC Games and is a general term which may be used interchangeably with “*Host Society*”. Where joint communities are awarded to host the Games, they will be referred to as “Host Communities”; however, only one Host Society will be registered and formed, which will encompass joint communities.
4. “*Zone*” refers to any of the 12 BC Seniors Games Society zones pertaining to geographical regions of British Columbia as established by the BC Seniors Games Society (refer to map and zone descriptions at [www.55plusbcgames.org](http://www.55plusbcgames.org)).
5. “*Host Zone*” is the geographic location of the community, which is hosting the 55+ BC Games.
6. “*BCSGS*” refers to the BC Seniors Games Society.
7. A “*team*” consists of two (pair) or more persons.
8. “*Games*” refers to the 55+ BC Games.

## 1. Eligibility

- a) Participants must be permanent residents of British Columbia who are 55 years of age or older by December 31<sup>st</sup> in the year of the Games, the exception being Track and Field participants who must be 55 years of age or older as of the first day of competition of the Games.
- b) Participants earn the right to compete in the Games by qualifying through zone playdowns or, if none are required, registering with the Zone Sport Coordinator or Zone Registrar in the zone in which they make their permanent residence.
- c) All participants must be active members of the BC Seniors Games Society prior to registering for the Games and participating in any zone playdown.

## 2. Membership

- a) All registered participants and supporters must be members of the BC Seniors Games Society. The membership year is from January 1<sup>st</sup> to December 31<sup>st</sup>. The annual membership fee is \$20.00 and is non-refundable under any circumstances.
- b) Membership forms (including the *Release of Liability Waiver of Claims and Assumption of Risk* form) are available throughout the zones from area or zone representatives at any time during the year and must be completed before competing in any zone or area playdown. Fees are due at the time the membership forms are submitted to a Zone representative and can be downloaded from [www.55plusbcgames.org](http://www.55plusbcgames.org)

## 3. Isolation area status

- a) Participants in some areas of the province have difficulty participating in zone playdowns because of distances to be travelled, transportation restrictions or prohibitive costs to attend. These areas have been given isolation area status and are considered part of the geographical zone listed. Isolation areas are Bella Bella (Zone 2), Haida Gwaii (Zone 10), Atlin (Zone 11), Dease Lake (Zone 11), and Fort Nelson (Zone 12). Participants residing in these areas have been given the option of transferring to the Yukon Seniors Games Society.
- b) Participants from isolation areas are eligible to compete for their isolation area but are considered a part of the geographical zone.
- c) Participants from isolation areas must register with the Zone Registrar of the geographical zone, but the number of their registered participants will not count against the eligible numbers for the geographical zone, with the exception of Five Pin Bowling participants.
- d) Participants from isolation areas may advance directly to the Games from their isolation area, with the exception of Five Pin Bowling participants.

- e) Five Pin Bowling participants from isolation areas must compete in any [zone playdown](#) to be eligible to become part of the zone team(s).
- f) Medals won by participants from isolation areas count towards their geographical zone totals.

## 4. Participation and Categories

- a) Each participant shall compete only for the zone in which they make their permanent residence. Exceptions to this rule may be considered for completing a team. Refer to [cross-zone participants](#) section
- b) Participants may compete in as many sports as they wish at the area or zone levels, but must register in the first sport, or event, that they qualify.
- c) Participants are allowed to compete in only ONE sport at the Games, but they may compete in more than one event within that sport. For example, a participant can compete in singles and doubles in Tennis.
- d) Some sports have more than one age category. A person must not be displaced by someone wishing to play in a younger or more competitive age category.
- e) Participants can only move up in skill level and can only move down in age category.
- f) Giving false information on your registration form may result in disqualification of yourself or your team.
- g) Participants must have their accreditation badge with them during competition. There will be random checks by the Host Society Sport Chair.
- h) Every team with more than five participants must have a UNIQUE and different name (maximum two words). This name must be entered on the sport form e.g. Hunting Eagles
- i) In team sports with five or more participants, a participant can play on one team only, the exception being Dragon Boat Racing where a woman can compete on both a women's team as well as a mixed team.
- j) Membership in a Provincial Sport Organization (PSO) is **not a requisite** for participation in the 55+ BC Games. Participants are however encouraged to look into/join membership in PSO's for other benefits that might accrue.
- k) Individuals or teams that withdraw for reasons other than illness or injuries, shall not be refunded any fees by the Society or Zone. A sport(s) cancelled by the Host Society will result in a refund of participation registration fees and sport fees. Registered Supporters of participants affected by a sport(s) being cancelled by the Host Society are also eligible for a refund of their supporter registration fees. Membership fees are non-refundable under any circumstances.
- l) All participants must be members in good standing of the Society before competing in any Area or Zone playdown or being named to compete in any sport.
- m) It is highly recommended that all participants in a physically active sport have a medical examination prior to competing in area or zone playdown or at the Games.
- n) All participants with a health problem or concern, e.g. diabetes or heart disease, should carry this information with them along with a list of medications or treatment being taken.

## 5. Zone Playdowns

- a) Zone playdowns will be held in all sports for which there are entries sufficient to require eliminations to meet zone participation limits (refer to sport specific rules for zone participation limits).
- b) Zone playdowns are held for determining which eligible zone participants qualify to represent the zone at the Games.
- c) Medals shall not be awarded at zone playdowns in any sport.
- d) Zone playdowns should be completed at the discretion of the zones so that a participant's registration paperwork is completed and submitted to the registrar to meet the zone's registration deadline.
- e) Some zones, due to factors of size, etc. may declare that the zone be divided into areas for playdown purposes. In such cases, participants will qualify to participate in the zone playdown by winning the area playdown (refer to [Isolation area status section](#) for exceptions).
- f) Playdowns are to be held at a time when there would be normal participation in the appropriate sport i.e. Ice Curling before the end of March, Golf in June, etc.
- g) All participants must be members in good standing of BC Seniors Games Society before competing in any zone playdown or being named to compete in any sport.

## 6. Accreditation

- a) All participants and supporters should report to the Accreditation Centre at the 55+ BC Games either on Tuesday or on Wednesday, according to the start date for their sport. Accreditation times will be posted on the 55+ BC Games website.
- b) Accreditation badges, sport schedules and other information will be in the accreditation packages available at the Accreditation Centre.
- c) If unable to attend in person, participants must arrange to have their accreditation package picked up for them. A designated person may pick up a team's package, or a partner's package, or two individual's packages using the *Accreditation Package Pick Up form*. The designated individual must show ID and sign for the package(s).
- d) Accreditation packages not picked up will be classified as a 'no show', which means the participant will not be allowed to compete in the Games.

## 7. Spare, Replacements and Cross-Zone Participants

- a) Spares shall be defined as the currently registered extra participant referred to in the sport specific rules.
- b) Bocce, Five Pin Bowling, Carpet Bowling, Floor Curling, Ice Curling rules include the use of spares.
- c) When and how a spare may be used will also be governed by those sport specific rules.

- d) When a team plays more than one game a day, the spare must play one of the games.
- e) Spares register as participants and must be assigned to one team only as shown on the sport form.
- f) Replacements shall be defined as a currently registered or new member who is willing to be upgraded to replace a participant on a team.
- g) The Host Society is asked to have a list of possible replacements, in case they are needed once the 55+ BC Games have begun. These names are to be forwarded to the Rules Committee Chair.
- h) Cross-Zone participant shall be defined as a registered member who is willing to participate on a team for another zone.
  - i. No requests by name
  - ii. Only current members may place their name on the list
  - iii. Members not placed until 10 days before registration closes
  - iv. Gold medal winners may not have the same cross-zone partner the following year, or be on the same gold medal team the next year.
- i) Participants without a place to compete in their home zone may place their name on a waiting list in the event another zone is looking for someone. They do this by completing a registration form and checking the appropriate 'application to be a replacement' box and submitting it to Zone registrar. The zone registrar sends the relevant information to the Rules Committee Chair.
- j) The purpose of cross-zone participation is to enable a zone to register a team (two or more participants). In these cases, exceptions are made to the rule, which states that a [participant must be a permanent resident of the Zone they are representing](#).
- k) There are no cross-zone participants in singles events.
- l) All cross-zone participants must register and pay fees in their resident Zone.
- m) All cross-zone participants must be approved by the Rules Committee Chair or their designate.

## 8. Withdrawals during the Games – Teams and/or Individuals

- a) A team/individual is unable to compete a full competition schedule DUE TO ILLNESS, INJURY, OR LIKE CAUSE, to one or more members of the team or to an individual
  - i. The results/points already scored shall stand and be recorded in the final results of the competition
  - ii. The results/points scored by opponents shall likewise stand and be recorded in the final results of the competition
  - iii. The pre-arranged schedule of events shall not be altered to accommodate such a withdrawal, and scheduled opponents(s) shall be accorded a forfeit, which shall be recorded as a win

- iv. If the withdrawal takes place in a Gold/Silver medal playoff round, the opponent(s) shall be awarded the Gold medal and the team/individual affected shall receive the Silver medal. Bronze medal finalists shall not be elevated to contest for the Silver/Bronze medals, but will continue to playoff for the Bronze medal.
- b) A team/individual makes a decision to withdraw from competition for reasons OTHER THAN illness, injury or like cause such as a losing record, disagreement with the conduct of the competition, etc.
- i. all accrued results/points will be forfeited, and such withdrawal may result in the Zone team/individual being barred from competing in the next 55+ BC Games;
  - ii. the results/points scored by opponents shall likewise stand and be recorded in the final results of the competition;
  - iii. the pre-arranged schedule of events shall not be altered to accommodate such a withdrawal, and scheduled opponent(s) shall be accorded a forfeit, which shall be recorded as a win;
  - iv. If the withdrawal takes place in a Gold/Silver medal playoff round, the opponent(s) shall be awarded the Gold medal and the Bronze medal finalists shall playoff for the Silver and Bronze medals.

## 9. Rules, Draws, and Schedules

- a) The Host Society must stage the sports in accordance with the rules as determined in the individual sport specific rules, except for the adjustment as noted in the General Rules Book. Any deviations can only be permitted with the approval of the Rules Committee Chair.
- b) In those events where a draw is necessary, the Host Society Sport Chair shall, if possible, avoid scheduling participants from the same zone competing against each other early in the draw.
- c) In order to balance a schedule the Host Society may be asked by the Rules Committee to add replacement participants to an event. Replacement participants would pay the BCSGS membership fee. These participants would be eligible for medals if they choose to pay the registration fee and sports fee, if applicable.
- d) Draws and schedules will be published within one week prior to the start of the Games. Copies of schedules will be included in each participant's accreditation package for their respective sport showing the venue location, time of competition and the name of opponent and zone, where applicable. All schedules are subject to change after they have been published.
- e) The prepared Track and Field schedule is within the Track and Field rules and if changes are needed because of the venue, they must be given to the Rules Committee Chair by January 15, year of the 55+ BC Games.
- f) At the close of registration, sport events with FEWER than 3 entries will be cancelled. The affected participants will be notified and given 3 days to enter a different sport or event, or to place their name on the cross-zone list, being assured of a refund, if not placed on a team. 80+ and 55-59 age categories are not affected by this rule. Field competitors moved down in age category will be allowed to use the equipment for their own age category.



## 10. Grace Period

- a) Participants in individual events who have not reported to begin the event at the scheduled start time could be subject to disqualification. Refer to sport specific rules, if applicable.

## 11. Disputes or Protests

### 1) Games Level

- a) Prior to the Games – Any disputes in terms of the application of these rules to the eligibility/numbers of participants from zones, or any other matter raised by zones shall be referred to the Rules Committee Chair, whose ruling shall be final in such matters.
- b) At the Games
  - (1) Disputes or protests are to be made in writing, signed and given to the Host Society Sport Chair within one hour of the incident.
  - (2) The time, date and location of the incident must be noted.
  - (3) In the case of a team event, only the manager (or captain if there is no manager) of the team may sign the protest.
  - (4) A Dispute Resolution Committee will rule on the incident.
  - (5) The decision of the Dispute Resolution Committee shall be given in writing within 24 hours to the person who signed the protest with a copy to the Host Society Sport Chair.
  - (6) The decision of the Dispute Resolution Committee is final.
  - (7) The Dispute Resolution Committee shall be composed of:
    - a) Host Society Sport Chair
    - b) Competition official in charge (chief referee or umpire)
    - c) Chair or member of the Rules Committee.

Communication procedures should be arranged for members of this committee to follow in case of disputes or protests (i.e. cell phones).

(8) The Host Society Sport Chair and/or the Head Official is in charge of play and no person is allowed to create a disturbance by claiming procedure is incorrect. Protest procedure, as outlined, shall be followed or person causing such disturbance may be asked to leave.

(9) Default rule: Any team or individual that defaults a scheduled game (including exhibition games) may be disqualified from the event.

### 2) Zone Level Playdowns

(1) Disputes or protests are to be made in writing, signed, and sent to the Zone Director within three days of the incident in question.

(2) The time, date and location of the incident must be noted and all significant circumstances surrounding the dispute.

(3) In the case of a team event, only the manager (or captain, if there is no team manager) of the team may sign the protest.

(4) The Zone Dispute Committee will rule on the incident.

(5) The decision of the Zone Dispute Committee will be given in writing to the person who signed the protest with a copy to the Zone Director.

(6) The decision of the Zone Dispute Committee is final.

(7) The Zone Dispute Committee will consist of 3 to 5 persons knowledgeable in the Games rules and familiar with all the Games sports. The Zone Dispute Committee will be selected by the Zone Director and the Zone Sport Coordinator.

## **12. Rules Committee**

(a) The Rules Committee for the BC Seniors Games Society shall be composed of the Vice President, six Directors and a Chair who is appointed by the President of the Society.

(b) Any request for a change to a sport rule or sport format should be sent in writing to the Rules Committee Chair within 30 days after completion of the Games. Support from other zones for the change would be expected. The suggested rule change form is at the end of this document. It can also be found on the BCSGS website.

(c) The Rules Committee Chair will be responsible for a roster of Committee members during the 55+ BC Games. Duties will include presence at the Corrections Table during Accreditation and solving disputes or protests during the 55+ BC Games. The Chair will be responsible for providing clear guidelines to committee members.

(d) All schedules are checked and approved by the Rules Committee Chair prior to posting on the Host Society website within one week prior to the start of the Games.

(e) The Rules Committee in consultation with the Host Society Sport Chair may change any sports rule to cover adequate participation. Any changes that affect partnerships/names must be forwarded in writing to the BCSGS Event Manager(s) who will then inform the Registration and Results Director to immediately make the changes.

(f) The Rules Committee may adjust any PSO rules given to them after the November Board Meeting has finalized and passed all rule changes for the next year's 55+ BC Games.

## **13. Medals**

a) Medals shall be awarded each year:

- 1st place finish - Gold Medal
- 2nd place finish - Silver Medal
- 3rd place finish - Bronze Medal

- b) The medals should be presented at a formal ceremony at the event. The time(s) should be included in the published schedule of each sport. Multi-age group sports may have more than one ceremony in a day or days.
- c) The Host Society will arrange to have unclaimed medals, with a list of intended medal recipients, delivered to the appropriate BC Seniors Games Society Zone Directors by October 1<sup>st</sup>. The Zone Directors will present or deliver the medals to their participants.

# Appendix A – Suggested General Rules Change form



## Suggested General Rules Change Form

(fillable form available on website)

Note: this form must be used to request a General Rules change, it is not to be used for specific sport rule changes.

***This form must be submitted within 30 days after the completion of the Games to:  
BCSGS President and the Administrative Assistant, BCSGS  
[president@55plusbcgames.org](mailto:president@55plusbcgames.org) and [info@55plusbcgames.org](mailto:info@55plusbcgames.org)  
or mail 203-2453 Beacon Avenue, Sidney, BC V8L 1X7 or fax 778-426-2941***

General Rules changes are reviewed by the Rules Committee and approved by the Board of Directors. Only suggested changes made in writing on this form will be considered. Forms can be submitted by mail or electronically sent (e-mail) or fax.

Submitted by: \_\_\_\_\_ E-mail \_\_\_\_\_

Proposed General Rule amendment: Please use one form for each suggested change.

Section: \_\_\_\_\_ Page No: \_\_\_\_\_ Bullet No: \_\_\_\_\_

Change -or- new rule to read as follows:

---

---

---

Reason for suggested change/comments:

---

---

---

*(Use back of form if necessary)*

Date: \_\_\_\_\_ Printed name: \_\_\_\_\_

Zone: \_\_\_\_\_ Signature: \_\_\_\_\_

# Appendix B – Suggested Sport Rule Change form



## Suggested Sport Rule Change Form

(fillable form available on website)

Vote Results: Yes \_\_\_ No \_\_\_ Abstained \_\_\_

Note: This form must be used to request a rule change; suggested changes should take into account the rules of the National or Provincial Organizations and any Memorandum of Understanding (MOU) with that body.

**This form must be submitted within 30 days after the completion of the Games to:**

**Administrative Assistant, BC Seniors Games Society**  
203 - 2453 Beacon Avenue, Sidney, BC V8L 1X7 or  
[info@55plusbcgames.org](mailto:info@55plusbcgames.org) or fax 778-426-2941

Rule Changes are reviewed by the Rules Committee and approved by the Board of Directors. Only suggested changes made in writing on this form will be considered. Forms can be submitted by mail or electronically sent (e-mail) or fax.

**Meeting Chair:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Proposed Rule Amendment:** Please use one form for each suggested Rule Change.

**Sport:** \_\_\_\_\_ **Page No.:** \_\_\_\_\_ **Rule No.:** \_\_\_\_\_

**Change -or - New Rule - to read as follows:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Reason for suggested change/comments:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*(Use back of form if necessary)*

**Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Meeting Participants' Signatures:**

Zone 1 Signature: \_\_\_\_\_ Zone 7 Signature: \_\_\_\_\_  
Zone 2 Signature: \_\_\_\_\_ Zone 8 Signature: \_\_\_\_\_  
Zone 3 Signature: \_\_\_\_\_ Zone 9 Signature: \_\_\_\_\_  
Zone 4 Signature: \_\_\_\_\_ Zone 10 Signature: \_\_\_\_\_  
Zone 5 Signature: \_\_\_\_\_ Zone 11 Signature: \_\_\_\_\_  
Zone 6 Signature: \_\_\_\_\_ Zone 12 Signature: \_\_\_\_\_

## Appendix C – Index of updates

Created November 2019

November 2019	General formatting updates, wording and sections updated to align with Policies and Procedures manual
	Section 2 Bullet f) revised // now becomes <u>Section 4 Bullet g)</u>
	Section 2 Bullet d) revised // now becomes <u>Section 4 Bullet e)</u>
	Section 7 Bullet f) revised // now becomes <u>Section 9 Bullet f)</u>
	Section 4 Bullet b) wording 'or event' added
September 2021	Remove section 11. Zone Standings – under review – to be referred to the Development Committee