

GENERAL INFORMATION



PARTICIPATION: As long as events are not held at conflicting times, you may enter as many events as you desire. You must be a member of a team to enter the team events.

ELIGIBILITY: Athletes must be 50 years old by April 21, 2012 and age determines athlete's competition age group. It is recommended that participants consult a physician prior to competition and train accordingly.

AGE DIVISIONS: (Individuals and Team Sports) 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+ - Athletes may choose to play against a younger age group but are not allowed to play up.

ON-LINE REGISTRATION: To register online or for sponsorship information, please go to jccdallas.org and click on Special Events.

REGISTRATION FEES: The basic \$25 Players Package includes registration (total for unlimited events) if paid by April 1, 2012; \$35 if registered after April 2, 2012. \$50 Gold Star Package includes full registration, access to the Deca Sports blog for contests and nutrition information and special access to a virtual training and tracking website. *T-shirts, goody bags, opening and closing ceremonies are included in all packages.*

RECEIPT OF ENTRY: Upon receipt of your registration (including signed waiver and appropriate fees) the form is processed within two weeks and you will receive registration confirmation via email. If you

have not received confirmation by April 16, 2012 please call 214-239-7149.

CANCELLATIONS: The JCC reserves the right to cancel any event due to weather or insufficient entries. In the event of insufficient registration, every attempt is made to combine age groups. If changes do occur the information will be posted on the website. *All refund requests must be received in writing.*

NO REFUNDS are considered after April 16, 2012. A \$10 processing fee applies to all player cancellations.

EQUIPMENT: Participants are required to provide their own equipment except as specified per their sport.

RULES DECISION: The Deca Challenge Committee Chair (Shelly Whitlock) is the final authority for rules interpretation.

AWARDS: Medals are announced for first, second, and third place finalists at the end of competitive events. Medals are given at the closing ceremony or may be picked up at the JCC Front Desk no later than May 30, 2012. Medals can also be mailed with a written request accompanied by a check payable to the JCC in the amount of \$3 per medal for shipping.

PHOTOGRAPHERS: Pictures taken during the games are available for purchase on-site at the Closing Ceremony.

Welcome to our inaugural DECA CHALLENGE.
We are honored to present this day of sportsmanship
and the opportunity to make new friends.



DECA CHALLENGE

Spirited Competitions for Men and Women Age 50 Plus

SUNDAY, APRIL 22 AT AARON FAMILY JEWISH COMMUNITY CENTER
7900 Northaven Road, Dallas, TX 75230 214-739-2737

APRIL 19, 12 NOON-6:00 PM GOODY BAG PICK-UP
The JCC, 7900 Northaven Road

APRIL 22, 7:00-9:00 AM OPENING CEREMONY
The JCC, 7900 Northaven Road
Check-in, refreshments and entertainment

APRIL 22, 6:00-8:00 PM CLOSING CEREMONY
300 Dallas Bowl, 3805 Belt Line Road, Addison
Awards, dinner and pictures

Games contact: Heather Cordova, 214-239-7149 or
hcordova@jccdallas.org. Game Day contact: 214-739-2737.

THE GAMES



RECREATIONAL EVENTS

BILLIARDS
5:00 pm at 300 Dallas (Bowling Alley), 3805 Belt Line Road, Addison, TX 75001
Round-robin, 8 ball tournament, individual play only

TABLE GAMES
Begins at 9:00 am
Scrabble: Players draw for opponents. Two players per board. Games last no longer than 50 minutes.
Mah Jongg: Players draw for opponents. Four players per table. A total of three games are played with four rounds per game. Best score for each game wins.
Duplicate Bridge: Two players per card. Conventions for bidding to be filed by each pair.

NINTENDO WII
Begins at 9:00 am
Wheel of Fortune and Jeopardy, Tennis (two out of three games) and Golf (three-hole course.)

COMPETITIVE EVENTS

2K FUN WALK
Begins at 8:00 am
Course includes both grass and concrete terrain. (Medals awarded only for 1st place male/female in all age groups.)

BASKETBALL FREE THROW
Begins at 9:00 am
One minute time line to shoot free throws from the free throw line. 65+ women shoot from 11 feet.

3-ON-3 BASKETBALL
Begins at 9:00 am
Half court with two ten-minute halves. The roster limit is six including non-playing coaches

and captains. All players must register as a team. No mixed gender teams. The number of entries determine tournament format. Age division of the team is determined by the age of the youngest player. NCAA rules apply.

BOWLING
5:00 pm at 300 Dallas (Bowling Alley), 3805 Beltline Road, Addison, TX 75001
Singles bowl one set of three games. Scratch scores. High scratch series determines the place winners in each category.

INDOOR CYCLING
Begins at 9:00 am
Ride with **Elite One** cycling coach Richard Wharton. You may participate in a 20K road race simulating the outdoors with an increasing grade of 2% and a 5K time trial. Bring your own bike and rear skewers.

SWIMMING
Begins at 1:00 pm
50, 100, and 200 freestyle, 100 and 200 individual medley, 50 butterfly, 50 breaststroke, 50 backstroke. All swimming events are timed finals. Warm-up begins at 12:30 pm.

TABLE TENNIS
Begins at 1:00 pm
Singles and doubles. Balls are furnished. Play shall consist of a three game match; winner is the first to win two games. Tournament format is based on number of entries.



All events held on-site
except as noted.

DECA CHALLENGE 2012



SPECIAL THANKS TO OUR SPONSORS



Aaron Family JCC
7900 Northaven Rd
Dallas, Texas 75230

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REGISTRATION FORM



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AARON FAMILY JCC, DALLAS