

## FINAL SELECTION FOR BASKETBALL

### FACILITY

The best available basketball court in your district. Court should be 40' to 50' wide and 80' to 95' long. Rims should be straight and have nets on them. 4 small tables with chairs to be used for scoring.

### PLAYERS

The best 10 basketball players in your district. The 10 players will be divided into 2 teams of 5 players each.

Players should have identifying numbers. Two games will be played, one each day for two days. Second game, Sports Director can switch players from one team to another.

### COMPETITION

Rules to govern the games will be the rules that your district used in your last basketball league. Otherwise, NCAA rules will prevail. Each game will be 40 minutes in duration, or 2 halves of 20 minutes each half. A skills test may be given if deemed necessary.

### OFFICIALS

The District should provide 2 refs for each game.

### MSC

MSC will keep score and chart the statistics of the game. Stats will be:

- shots attempted/made
- passes attempted/made
- turnovers
- rebounds
- steals
- total points

### EQUIPMENT

MSC will evaluate each player.  
MSC will provide the following:

- Ref shirts
- basketballs
- time clock
- nets
- score book
- whistles

## FINAL SELECTION FOR VOLLEYBALL

### FACILITY

1 volleyball court 30' by 60'.  
Net is 8' high in center and on sides near pole.  
There should be at least 10 feet clearance along  
the sides of the court.  
A referee's stand so ref can stand 2 feet above the  
top of the net.  
4 small tables and chairs for MSC.

### PLAYERS

The 12 best volleyball players in your district.  
Players must wear number for identifying purposes.  
Two teams with 6 players on each team.

### COMPETITION

International Volleyball Association Rules will apply.  
Two matches will be played, with one match one day  
and the second match on another day.  
Each match will be 3 games. A team that wins two  
games will win the match.  
Each game will be 15 points.  
Second game - Sports Director may switch players.

### OFFICIALS

The district will provide 1 head ref and 3 line refs

### MSC

MSC will score and chart each game. MSC will chart  
the following: attempted spikes/successful  
attempted sets/successful  
attempted passes/successful  
attempted serves/successful  
MSC will evaluate each player.

### EQUIPMENT

MSC will provide the volleyballs, Volleyball net and  
whistles.

## FINAL SELECTION FOR SOFTBALL

### FACILITY

A softball field will be needed.  
46' between home and pitcher's plate.  
Baseline from home to first and third should be lined  
Batters box should be lined.  
3-4 small tables with chairs to be used for scoring.

### PLAYERS

The best 18 softball players in your district,  
divided into two teams of nine each.

### COMPEITION

Two games will be played, one game a day for two days  
International Softball Rules will be used.  
Each game will last at least 7 innings and can last  
longer if MSC would like to see the players  
for a longer playing time.  
A skills test may be given if deemed necessary by the  
sports director.  
2nd game - sports director can switch players.

### OFFICIALS

District should provide 4 umpires to umpire games.

### MSC

MSC will score the games and keep statistics.  
Stats will be fielding chances, throwing chances,  
batting, contact on hitting the ball, what  
type of pitch was hit or missed, etc.  
Msc will evaluate each player.

### EQUIPMENT

MSC will provide bats, (aluminum and wood), chest  
protector, softballs, catcher's mask, score-  
books, books, umpire's mask.  
Players will provide their own gloves.  
District will provide the bases.

## FINAL SELECTION FOR SWIMMING

### FACILITY -

A pool in sea water.  
Two ends to the pool so swimmers have a place to start  
and to touch or turn around.  
Pool should be 25 meters or 50 meters long.  
Pool only needs four (4) lanes, each lane 6' to 9' wide.

### PLAYERS

Only the four (4) best from your district in each event.  
Only 4 in each event will be timed.  
Each swimmer will be timed and then ranked with the  
swimmers from the other districts.

### COMPETITION

A swimming meet or time trial will be held over a  
period of two days. Most swimming events will  
be on the first day.

#### First Day

#### Second Day

100m Freestyle - men/women 200m Freestyle - men/women  
400m Freestyle - men/women 100m Butterfly - men/women  
100m Back - men/women  
100m breast- men/women

### OFFICIALS

The District should provide 4 timers and 2 judges.

### MSC

MSC will act as timers, judges and the starter.  
The Sports Director will be the starter.  
The Head Volleyball Coach will be the recorder and  
Head timer.  
Other Msc members will time and judge.

### EQUIPMENT

The MSC will provide stop watches, starting gun and  
shells and if possible, goggles for the  
swimmers.

Note: A memo will be coming soon with the height of the starting  
blocks above the water. MSC will try to make  
this as uniform as possible.

## FINAL SELECTION FOR TRACK AND FIELD

### FACILITY

- District will need a running area. Lanes should be 48" wide. Only 4 lanes are needed.
- Field event areas should be prepared. Events your district will enter should be prepared according to the inclosed sheets for deminsions of field events.
- Crowd control should be taken care of.

### PLAYERS

- ONLY the Best 4 in each event will be timed or marked. So only the best 4 can be in each event. An individual may enter as many even as possible. The District determines the 4 in each event.
- Runners should have identifying numbers.

### COMPETITION

- A track meet or time trial will be held over 2 d
  - Different events will be held each day.
  - Each athlete will be timed or marked and ranked with the athletes in other districts.
- Field event athletes will have 5 tries in each eve

#### First Day

100m - men/women  
400m - men/women  
1500m - men/women  
Long Jump - men/women  
Shot Put - men/women  
Jave~~l~~in - men

#### Second Day

200m - men/women  
800m - men/women  
5000m - men  
Triple Jump - men  
Discus - men/women  
High Jump - men/women

- Conditions of the track, weather, etc. will be taken into consideration for final selection

### OFFICIALS

The District will provide 3 timers and 3 field jud

### MSC

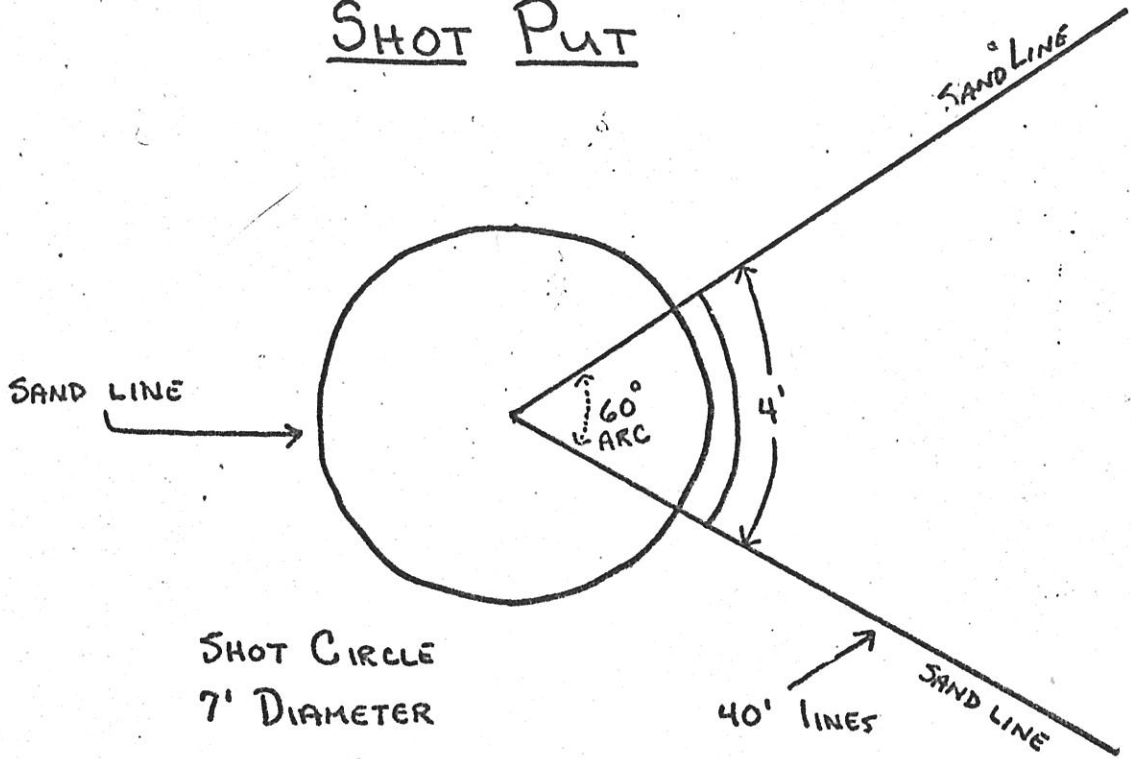
- The MSC will be timers, judges and field judges.
- The Sports Director will be the starter in all districts.
- Head Volleyball Coach will be head timer/recorde

### EQUIPMENT

- MSC will provide stop watches  
starting blocks  
starting gun/she~~l~~s  
shot putts  
discus  
javelin  
measuring tapes  
cross bar for high jump

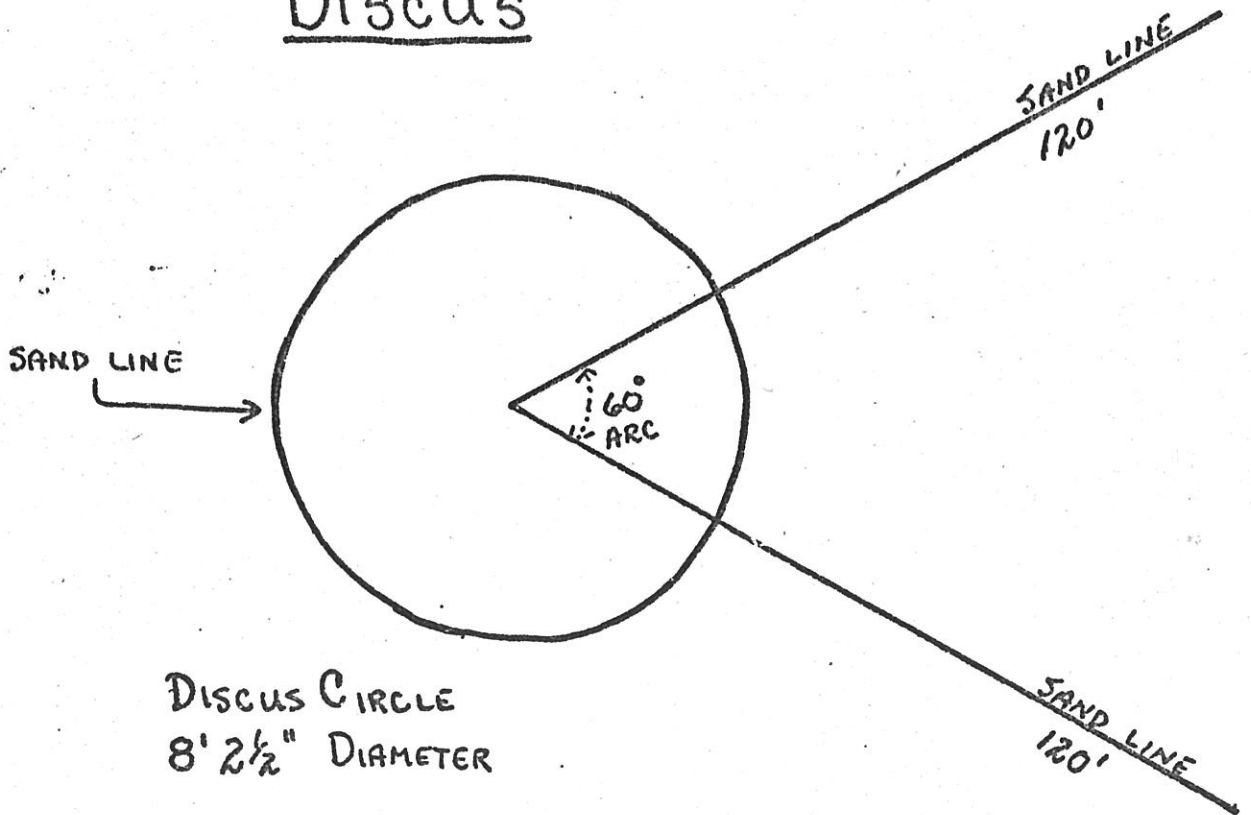
Note: A draw will be held to determine the lanes for runners.  
MSC will measure track to verify distance.  
If rain causes track problems, 100m and other races may be moved to a straight road or the airport.

# SHOT PUT



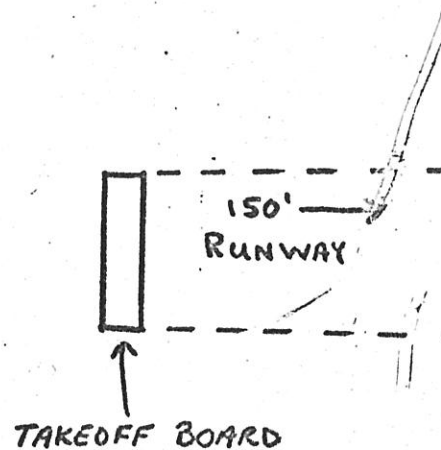
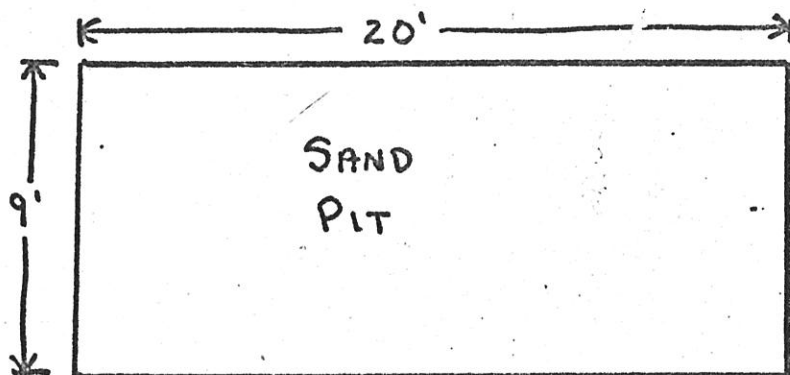
SHOT CIRCLE  
7' DIAMETER

# DISCUS



DISCUS CIRCLE  
8' 2 1/2" DIAMETER

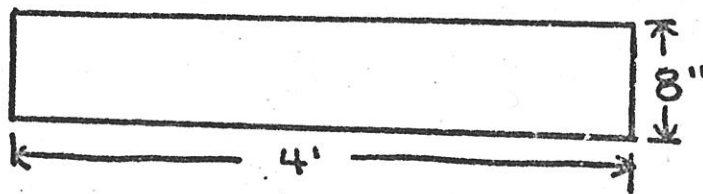
## LONG JUMP / TRIPLE JUMP.



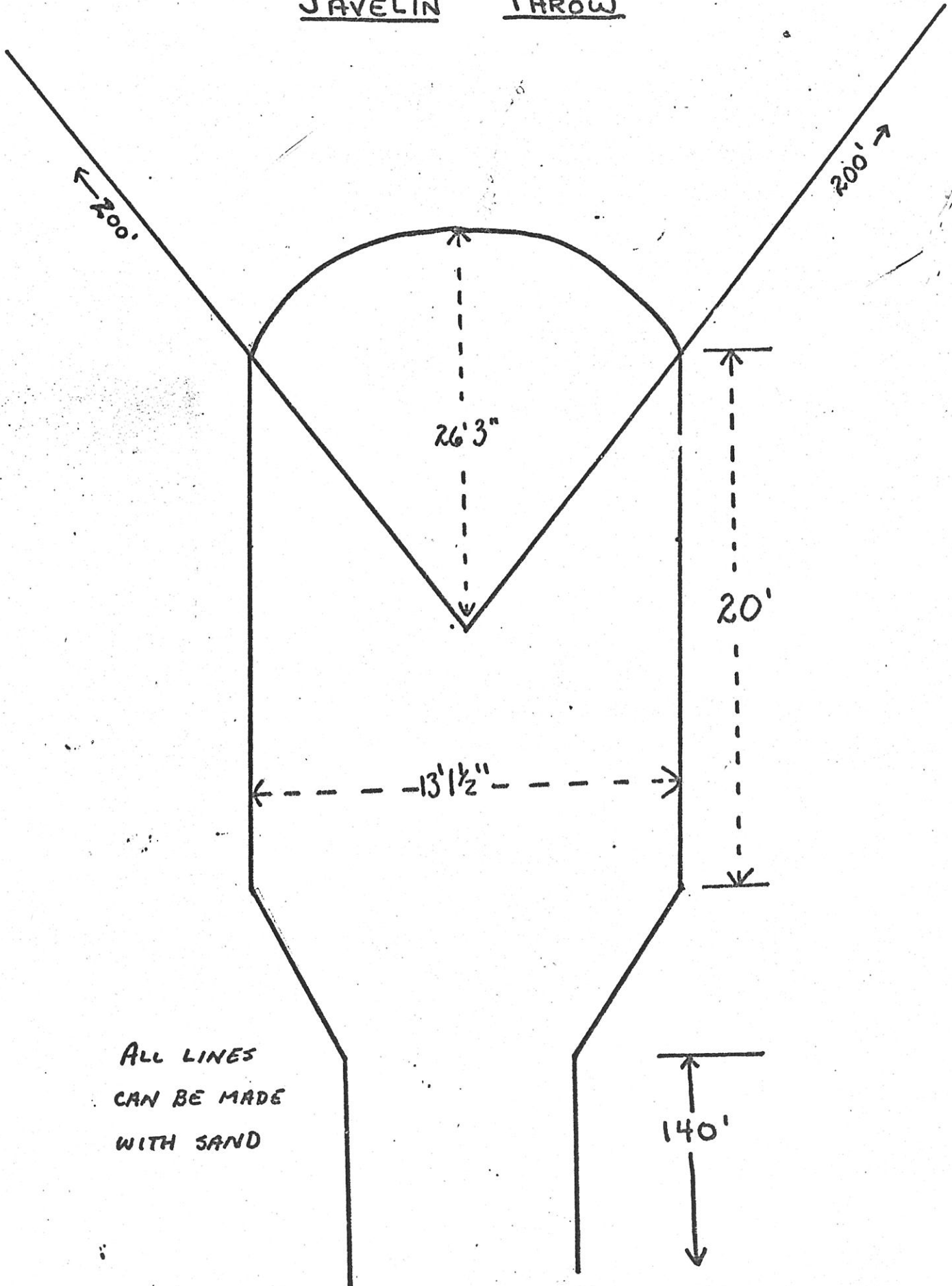
SAND SHOULD BE 10" DEEP

- IN THE LONG JUMP, THE TAKEOFF BOARD SHOULD BE 6' FROM THE PIT
- IN THE TRIPLE JUMP, THE TAKEOFF BOARD SHOULD BE 30' FROM THE PIT

### TAKEOFF BOARD DIMENSIONS



# JAVELIN THROW



ALL LINES  
CAN BE MADE  
WITH SAND



## FINAL SELECTION FOR TENNIS

### FACILITY

Your district will need a regulation court. Net should be 3 ft high in the middle of the net and  $3\frac{1}{2}$  ft high at the posts.  
3 or 4 small tables and chairs for selection committee to use.

### PLAYERS

The 2 best tennis players in your district.

### COMPETITION

Two matches will be played, one each day for two days.  
A match will be the player who wins two out of three games.  
International Lawn Tennis Federation rules will be used.

### OFFICIALS

The district will provide a Head Referee. This referee should sit about 5 ft above the top of the net.  
4 line judges will also be needed.

### MSC

MSC will keep score of the two matches. They will also chart the match. To be charted or marked will be:

Serves attempted/successful  
Serves attempted/returned  
Forehand drives attempted/successful  
Backhand drives attempted/successful  
Volleys attempted/successful  
Kills attempted/successful  
Ways in which points were scored.

MSC will also evaluate each player.

### EQUIPMENT

MSC will provide the tennis balls to be used in the matches.  
These balls will probably be Wilson Championship Tennis Balls - yellow in color.  
Players will provide their own rackets.

## FINAL SELECTION FOR TABLE TENNIS

### FACILITY

One table, painted a dark green. Table size is 5'-9  
3 or 4 small tables with chairs for scoring.  
Players can use own paddles if they are legal.  
Room and area over table should be well lit.

### PLAYERS

The 2 best Table Tennis Players in your district.

### COMPETITION

2 matches will be played. 1 match a day for two day  
International Table Tennis Ferderation rules will  
be used.

A match will be 5 games or the player who wins three  
games.

21 points will be a game, and winner must win by two  
points.

### OFFICIALS

District will provide one official to officiate the  
match/matches.

### MSC

MSC will score the match. They will also chart or  
mark the following:

attempted forehand/successful

attempted backhand/successful

attempted serves /successful

how points were scored.

MSC will evaluate each player.

### EQUIPMENT

MSC will provide extra paddles, official table tenni  
balls, extra nets and posts. The ball to be  
used will be a Dunlop Three Crown Barnum ball.  
This ball can be bought at the T-Fac Sporting  
good store in Anigue, Guam, for 45¢ each.

## FINAL SELECTION FOR GOLF

### FACILITY

The Whispering Palms Golf Course on Saipan or The Country Club of the Pacific on Guam.

### PLAYERS

The best 8 golfers will compete in a special tournament.

### COMPETITION

A 36 hole or 72 hole tournament will be held. This tournament will be 18 holes a day for either two or 4 days. The final dates are not finalized as of yet but will be around the Memorial Day Weekend in May.

### OFFICIALS

A representative from the Micronesian Sports Council to certify the legality of the tournament.

### MSC

MSC will certify the final scores and pick the 4 golfers to represent Micronesia in the 5th South Pacific Games.

### EQUIPMENT

The MSC will provide golf balls for the final tournament. Players must provide their own clubs, bags, etc. The proper number of clubs will be checked prior to the first tee each day of the tournament and upon completion of each days play.