

Annual Senior Games
RULE BOOK

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BASKETBALL SHOOT AROUND: GENERAL RULES

Equipment: Basketball court and balls at YMCA

Rule 1: Each player will make a total of 17 shots, 3 shots from each of the 5 designated points around the basket and 2 additional shots from any of the designated points. Highest total points determines winner. Awards given to top three finishing in each age category.

Rule 2: Point Values:

Rule 3: Official must see shot from beginning to end.

Rule 4: Tie Breakers - Will be determined by luck of the draw. Winner will take first place, opponent will take 2nd.

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BIKING EVENTS

Equipment: Provided by cyclists

BICYCLE RACE/TOUR RULES

- Ride single file, as near to the right side of the road as practical, with traffic.
- Obey all traffic rules and signal turns.
- A helmet must be worn at all times.
- No Aerobars allowed.
- Pass on the left side of the rider in front of you when traffic is clear.
- Be courteous, cautious and alert, especially at turns, for sand, stones, chuck holes or other obstacles.
- Winners will be determined by the fastest time in each category.s
- Ties will be determined by luck of the draw. Winner of draw will take 1st place, opponent will take 2nd.

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BOWLING: GENERAL RULES

Equipment: Provided by bowlers or rented from bowling alley

Rule 1: ABC rules apply to the elocution and demeanor of the game.

Rule 2: Three consecutive games shall constitute the match.

Rule 3: Handicap will be determined by subtracting the bowlers average from 200 "scratch" and multiplying the difference by 90%.

Rule 4: Ties will be broken by luck of the draw. Winner of draw will take 1st place, opponent will take 2nd.

If a bowler does not have a yearbook average on record, handicaps will be based on the following averages:

- Ladies - 135
- Men - 145

ie. Lady - $200 - 125 = 75 \times 90 = 67$ which is added to the score of each game for a total score.

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CHIPPING GOLF

Equipment provided by participant or available on site

The object of this field event is to chip a golf ball as close to the flag as possible. The closer one chips to the flag, the higher the points he or she earns.

Each participant chips the ball 15 yards from the flag. Five shots per player with 3 best shots counted toward score.

In the cup - 200 points

- 5 feet radius for 100 points
- 10 feet radius for 50 points
- 15 feet radius for 25 points

Ties will be determined by luck of the draw. Winner of draw will take 1st place, opponent will take 2nd.

NOTE: If it lands on line, give lesser point value.

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EUCHRE: GENERAL RULES

Equipment: Cards and Score Sheets provided by Senior Games Committee

1. Places for playing will be based on a persons sign-up time. (First come first play)
2. Game consists of eight deals and total points by one team.
3. There is a total of 10 games.
4. First Jack deals.
5. Must have one of the suit in your hand to call Trump.
6. Losers of each game move to next table. (Table 1 to 2, etc.)
7. Winners of each game remain at the table and become opponents in the next game.
8. Players should try, if possible, to play with different players as they change places during the day.
9. Prizes are awarded according to points.
10. Plaques and Prize money (if paid by player) are awarded for 1st, 2nd and 3rd place. Prize money distributed according to payout sheets for number of tables. If a winner did not participate in prize money - it will be distributed to next winner.
11. In the event of a renege (revoke), the opponents of the offender receive 2 points, 4 points if it's a lone hand.
12. A misplay is considered a renege if a card is misplayed and the trick turned down, opponents receive 2 points.
13. Irregularities:
 - A new deal by same dealer if a card is exposed in dealing or card is faced up in pack.
 - Deal by wrong player may be stopped before card is turned up. If error is not noticed until later, deal stands.
 - If a player makes a declaration (or turn down) other than a pass, out of turn, it is void and his side may not make trump.
 - If the dealer accepts the turn up card and plays to the first trick before discarding, he must play with the five cards dealt him and turn up card is out of play.

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FOOTBALL THROW

Equipment: Footballs and Measuring Tapes provided by YMCA

Rule 1. Each player will be allowed three throws. The score will be determined by measuring the distance minus the deviation from the line. The best of three throws will be recorded in feet and inches.

Rule 2. If player steps on or over the starting line before the ball leaves the hands, the score shall be disallowed.

Rule 3. Tie will be broken by luck of the draw. Winner will take 1st place, opponent will take 2nd.

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FRISBEE TOSS: GENERAL RULES

Equipment: All equipment provided by YMCA

Rule 1. Each player will be allowed five throws. The combination of the player's five throws, as determined under Rule 4, will be used to determine the winner.

Rule 2. A player can use any method for throwing the Frisbee. In throwing the Frisbee, if the player steps on, or crosses the foul line, the throw will be disallowed.

Rule 3. Field of Play: The distance from the throwing line to the center of the scoring area shall be 25 feet. The scoring area shall be a circle 10 feet in diameter. The center of the target area will be marked by a tub.

Rule 4. The score will be determined on the basis of accuracy. The combined total of the five (5) throws will determine the winner. The score will be determined on the following basis:

- Frisbee lands in tub - 10 points;
- Frisbee hits the stake - 5 points;
- Frisbee stops within 5 feet of the pole - 2 points;
- Frisbee stops within 10 feet of the pole - 1 point.

Ties will be broken by a playoff using the same procedures as normal play.

Rule 5. Ties will be broken by luck of the draw. Winner will take 1st place, opponent will take 2nd.

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GOLF: BASIC SCORING

Equipment: Provided by participants.

Rules may change based on number of players enrolled and determination made by Elmbrook Staff.

CALLAWAY SYSTEM (9 HOLES)

Class "A"

Par or less Scratch

Over Par to 37 1/4 worst hole

38 to 40 2 worst hole

41 to 43 3/4 worst hole

43 to 45 Worst hole

46 to 48 Worst hole plus 1/4 next worst hole

49 to 50 Worst hole plus 2 next worst hole

Class "B"

51 to 53 Worst hole plus 1/4 next worst hole

54 to 55 2 worst holes

56 to 58 2 worst holes plus 1/4 next worst hole

61 to 62 2 worst holes plus 3/4 next worst hole

Class "C"

63 to 65 3 worst holes

66 to 67 3 worst holes plus 1/4 next worst hole

68 to 70 3 worst holes plus 2 next worst hole

71 to 72 3 worst holes plus 3/4 next worst hole

73 to 75 4 worst holes

The 9th hole is not deducted

No holes can be scored at more than twice its par

Half strokes count as a whole

In case of ties lowest scratch takes preference

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HORSESHOES: Scoring Rules

Equipment: Horseshoes provided by Senior Games Committee or individual players

Horseshoe pits at Senior Center

The method of scoring will be the cancellation scoring method. All games shall be singles competition.

Rule 1: Section a: A regulation game shall consist of twenty-one (21) points.

Section b: A game is divided into innings and each inning constitutes the pitching of two shoes by each contestant.

Rule 2: Section a: A shoe must be within six (6) inches of the stake to score. All scoring shall be the responsibility of the contestants. Any disputes shall be settled by the officials present at each game.

Section b: Closest shoe to stake score - 1 point.

Section c: Two shoes closer than opponents - 2 points.

Section d: One (1) ringer scores - 3 points.

Section e: Two (2) ringers scores - 6 points.

Section f: One (1) ringer and closest shoe of same player scores - 4 points.

Section g: Party having two (2) ringers against one for opponent scores - 3 points.

Section h: All equals count as ties. If each contestant has a shoe touching the stake or each has a shoe equal distance from the stake, then the closer of the two shoes will be scored as a point, if within six (6) inches of the stake.

Section i: In case each contestant has a ringer, the next closest shoe, if within six (6) inches shall score - 1 point.

Section j: In case of a tie, such as four (4) ringers, or contestants shoes are equal distance from the stake, causing no score for either, party pitching last in the inning will start the next innings.

Section k: A leaning shoe has no value over one touching the stake.

Rule 3: Section a: The points shall be scored according to the position of the shoes at the inning's end, that is, after the contestants have each thrown two shoes.

Section b: Ringer credits shall be given on the same basis.

Section c: The winner of points shall call the result. In case of a tie, the

party pitching last shall call.

Rule 4: Section a: Definition of a Ringer. A ringer is declared when a shoe encircles the stake far enough to allow the touching of both heel caulks simultaneously with a straight edge and permit a clearance of the stake.

Rule 5: Section a: Definition of a Match. All matches shall be on the best two out of three basis.

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MINIATURE GOLF

There will be two levels of play for miniature golf--competitive and non-competitive, each on a separate course at Pirate's Cove.

Score cards must be completed, signed and turned in to event manager at the conclusion of play.

Lowest scores will win for the competitive play.

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1 MILE and 5K SPEED WALKS: GENERAL RULES

Equipment: Provided by participants

Rule 1: Section a. The Mile Speed Walk shall consist of one lap on the course as marked at the Traverse City Civic Center. The 5K Speed Walk will follow the outlined course, explained at the event by the event manager. Awards will be presented to the first three finishers in each age group for each event.

Rule 2: Section a: There must be one foot on the ground at all times.

Section b: A contestant shall be disqualified if he deliberately hinders the progress of another walker.

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1 Mile and 5K Runs General Rules

Rule 1: The 1 Mile and 5K Runs will follow the outlined course, explained at the event by the event manager.

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PINOCHLE: GENERAL RULES

Equipment: Provided by Senior Games Committee

1. Places for playing will be based on a persons sign-up time. (First come, first play)
2. Game consists of 4 deals and total points by one team.
3. There is a total of 8 games.
4. First game - 1st Ace deals - 2nd Ace is their partner
5. Partners at next table determined by draw of cards High draw of winner plays with High draw of loser.
6. Bid starts at 16 - dropped on dealer for 15.
7. Losers of each game move to next table (table 1 to table 2, etc.)
8. Winners of each game remain at table and become opponents in the next game.
9. Players should try, if possible, to play with different players as they change places during the day.
10. Prizes are awarded according to points.
11. Plaques and Prize money (if paid by player) are awarded for 1st, 2nd and 3rd place. Prize money distributed according to payout sheets for number of tables. If a winner did not participate in prize money - it will be distributed to next winner.
12. In the event of a renege, the opponents of the offender receive their meld, offender goes back their bid.
13. Reneges: Player fails to follow suit, trump, or play over when able, leads or plays out of turn, or exposes a card before their turn.

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9-BALL POCKET BILLIARDS

Different rules may be used based on number of participants enrolled

Equipment: Available at Wilderness Crossings; participants may use own cue sticks.

Except when clearly contradicted by these additional rules, the General Rules of Pocket Billiards apply.

OBJECT OF THE GAME: The object of the game is to pocket the 9-ball. Pocketing the 9-ball either on the break or any other legal shot, wins the game.

TYPE OF GAME: Nine Ball is a variation of *call shot rotation* in which the lowest numbered ball on the table must be the player's first *cue ball* contact. If a player complies, any called pocketed ball counts. For example, if a player strikes the one ball legally and the *caroms* or by *combination* pockets the nine ball which has called in the pocket he has designated, that player wins the game. Nine Ball is probably today's most popular action-oriented game, since it is fast, easy for spectators to follow and results in spectacular shot-making; a fast and exciting game.

When calling the shot it is never necessary to indicate details such as: cushions, banks, kisses, caroms, etc.

CALL SHOT: When a ball is pocketed in a designated pocket, additional balls pocketed during the same shot will count. When no ball is called or a *safety* is called and a ball is pocketed, or if called ball falls in wrong pocket, the incoming player has the option of shooting or forcing his opponent to shoot again. When calling the shot it is never necessary to indicate details such as; *cushions, banks, kisses, caroms, etc.* Unless obvious to both referee and/or opponent, the shooter must either declare a called shot, safety, or push. Any bank shot is never obvious and must be called.

PLAYERS: 2 or more

BALLS USED: Object balls 1-9, plus *cue ball*.

THE RACK: "Diamond" rack (rows 1-2-3-2-1) with the 1 ball on the foot spot, and the 9 ball in the diamond's center; other balls may be placed entirely at random. (See Diagram below)

OPENING BREAK: The starting player must, (1) Strike the one ball first, (2) Drive a minimum of four *object balls* to a rail or pocket any object ball. If starting player fails to do any of the above, the incoming player has *cue ball in hand* anywhere on the table. Nine Ball on *break* wins. Each rack of 9-Ball will begin when the

cue ball passes the *headstring* after being struck by the *cue tip*.

Calling the shot is not required on the break. Any object ball pocketed on the break counts and the player continues shooting, if he did not commit a *foul* or *scratch*.

If a player misses rack entirely, it is a foul. Cue ball is placed behind headstring and incoming player has choice of breaking or making the same player break again.

PLAY BEGINS: Each rack of 9-ball will begin when the cue ball passes the headstring after being struck by cue tip.

RULES OF PLAY:

1. A legal shot requires that the cue ball's first contact be with the lowest numbered ball on the table. A player must then (1) pocket a ball where called, or (2) cause the cue ball or any object ball to contact a cushion. Failure to meet this requirement is a foul.
2. A legally pocketed ball entitles a shooter to remain at the table until he fails to pocket a ball on a legal shot.
3. When a player legally pockets a ball, he must shoot again.
4. When the 9-ball is pocketed on any legal shot, it is a win; game is over.
5. It is a loss of game if a player commits three *successive fouls*.

ILLEGALLY POCKETED BALLS: All stay pocketed (except 9-ball), no penalty.

JUMPED OBJECT BALLS: All stay pocketed; no penalty (except 9-ball).

CUE BALL AFTER JUMP OR SCRATCH: Incoming player has *cue ball in hand*, anywhere on table.

PENALTY FOR FOULS: The incoming player is awarded *cue ball in hand*, anywhere on table.

DECLARATION OF SHOT: Unless obvious to both referee and/or opponent, the shooter must either declare a called shot, safety, or push. Any *bank shot* is never obvious and must be called.

SHOOT OUT OR PUSH AFTER BREAK: The player at the table immediately after the break has the option to Push Out or Shoot Out. A Push or Shoot Out means "intentionally committing an illegal shot to move the cue ball to better position on the required object ball." After a push, the incoming player has the option of shooting or forcing his opponent to shoot again. A push is not considered a foul.

After a scratch on the break the incoming player cannot push.

BALL IN HAND: After any scratch or foul, the incoming player will have the cue ball in hand anywhere on the table. This includes after a scratch on the break except if the cue ball fails to strike any ball on opening break (see opening break).

NO BALLS SPOTTED: All illegally pocketed balls, balls pocketed during a safety or push, or *jumped object balls* will not be *spotted*. Essentially, the 9-ball is the only ball that can be spotted.

FOUL ON CUE/OBJECT BALLS: Foul on cue balls only except during tournament finals or televised matches at which time foul on all balls will apply.

WINNER BREAKS: The winner of a game shall break in the next game until a match is completed.

JUMPED BALLS: When an object ball is jumped off the table and the called ball is pocketed, there is no foul and shooting player continues. When an object ball is jumped off the table and there is no called ball made, the incoming player has the option of shooting or having his opponent shoot again.

Nine ball on break wins.

For Senior Games a monitor will be present for defining the minor rules and mediation.

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PUTTING: GENERAL RULES

Equipment: Provided by participant or available on site.

1. Each competitor will play 3 "holes" of golf on the practice green, with play for the beginning of each hole marked.
2. For each hole, a maximum of 4 (four) putts will permitted. Play for any given hole will not exceed 4 attempts to avoid delays in competition.
3. Score will be kept for the total "game" of 3 holes.
4. Low scores win. Best 3 scores in each age category receive awards.
5. Ties will be broken by luck of the draw. Winner of draw will take 1st place, opponent will take 2nd.

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SHUFFLEBOARD: BASIC RULES

Equipment: Available courtside at Senior Center courts

Rule 1: Section a: Equipment shall consists of one cue for each player and two (2) sets of discs, one set painted red and one set painted black.

Section b: Choice of discs is made by playing two (2) discs to the farthest lagline, with the player of the second (2nd) disc closest to it receiving his choice of colors.

Section c: In starting a game, the contestant with the red disc shoots first, followed by black, then by red; alternating until all discs are shot.

Section d: Shooting all discs from one end of the court constitutes a frame with the lead changing after each frame.

Rule 2: Section a: Scoring: The scoring area contains one 10-point area, two 8-point areas, two 7-point areas, and one 10-off area.

Section b: To score, a disc must lie entirely within one of the scoring areas with no part of the disc touching any side line, except that the separation line in the 10-off area is not considered.

Section c: Match play shall be based on one game elimination consisting of 12 frames or 75 points, whichever occurs first.

Section d: If a tie score results at game point, two frames shall be played to determine the winner.

Rule 3: Section a: A disc returning or remaining on the court after having struck any object other than a live disc, shall be called a dead disc and shall be removed from the court before play is resumed. If a dead disc strikes a live disc, that half round shall be replayed. A disc that stops in the area between the farthest baseline shall be moved a distance of at least eight (8) inches from the baseline. Any disc stopping more than halfway over the sidelines, or which rests or leans on the edge shall be removed from the court.

Section b: Scoring discs may be indicated during play by other players. The persons shooting must remain behind the black line.

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SOFTBALL THROW: GENERAL RULES

Equipment: Softballs and measuring tape provided by Senior Games Committee

Rule 1: Each player will be allowed three throws. The score will be determined by measuring the distance minus the deviation from the line. The best of three throws will be recorded in feet and inches.

Rule 2: If player steps on or over the starting line before the ball leaves the hands, the score shall be disallowed.

Rule 3: Ties will be broken by luck of the draw. Winner will take 1st place, opponent will take 2nd.

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SOFTBALL TOSS: GENERAL RULES

Equipment: Softballs and Atarget@ frame provided by Senior Games Committee

Rule 1: Each player will be allowed six throws. The players score as determined under Rule 4 will be used to determine the winner.

Rule 2: A player may throw the ball underhand only. If the player steps on or crosses the foul line, the throw will be disallowed.

Rule 3: Field of play: The length from the pitching line to the target shall be 40 feet for men and 30 feet for women. The target shall be an opening 18" by 36" located 24" from ground level.

Rule 4: One point will be given for each ball that is thrown through the opening without first hitting the ground. Ties will be broken by a playoff using the same rules as normal play. Playoffs will only occur to determine the first, second and third place finishers in each category.

Rule 5: Ties will be broken by luck of the draw. Winner of draw will take 1st place, opponent will take 2nd.

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SWIMMING: GENERAL RULES

Equipment: Stop watches provided by Senior Games Committee
All other equipment provided by participants.

Rule 1: The swimming competition shall be on a timed basis with first place awarded to the individual who completes the distance in the shortest elapsed time.

Rule 2: All contestants must remain in their assigned lanes. Interference with another swimmer shall result in disqualification from the event.

Rule 3: Events shall be:

- 50 yard freestyle
- 25 yard backstroke
- Half-mile Swim (18 laps)

One length of the pool is 25 yards. The half-mile swim constitutes completion of 36 lengths of the pool.

Rule 4: In water start only. No diving starts.

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TABLE TENNIS

Equipment: Tables and balls provided at YMCA; paddles available for loan, if needed.

SERVING:

The right to serve or receive in the first game of each match is determined by coin toss. If the toss winner chooses to be server or receiver, his opponent has the choice of court, or vice versa. The player who serves first at the beginning of the first game receives at the beginning of the second game. At the end of each game the players change ends of the table.

Throughout the game except when the score is twenty all, the server becomes the receiver and the receiver becomes the server after each five points. When the score is twenty all, the server becomes the receiver and the receiver becomes the server after each point.

The server stands behind his end of the table and strikes the ball with his racket so that it bounces from the table on his (the server's) side of the net and passes over the net and bounces upon any portion of the table on the receiver's side.

The server's racket and the ball must be behind the end line of the server's court and between the imaginary extensions of the side lines when he first strikes the ball; should he miss the ball entirely he loses the point to his opponent.

RETURNING THE BALL:

The server having made a good service, the receiver attempts to make a good return, and thereafter the server and receiver alternately make a good return until a point is scored. In making a good return, the player strikes the ball in one stroke upon its first bounce, so that it passes directly over or past the end of the net and touches the playing surface of his opponent's side of the table. Striking the ball more than once is prohibited.

SCORING:

A player loses the point being played:

1. If he fails to make a good service.
2. If he fails to return a good service or good return by his opponent.
3. If he or his paddle touches the net while the ball is in play.
4. If he moves the table while the ball is in play.
5. If his free hand touches the playing surface while the ball is in play.

6. If the ball in play comes in contact with him before it has passed over the end lines or side lines of the table and has not yet touched the playing surface since being struck by his opponent.
7. If a player volleys the ball, that is, strikes or is struck by a ball within his court before it has dropped on the table, it is a let and another ball is served under the following conditions:
 - a. If a served ball touches the net or its supports in passing over the net, provided the serve is otherwise good.
 - b. If the ball is served when the receiver is not ready. If the receiver strikes the ball, he cannot be considered as being unready.
 - c. If either player loses the point because of an accident not under his control.

Violation of the service rules is a fault and scores one point for the receiver.

The player first winning twenty-one points wins the game, except that when the score is twenty all, the player wins who first makes two more points than his opponent. A match consists of the best two out of three games.

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RULES FOR TENNIS

Equipment: Courts used at YMCA and balance provided by participants.

AGE CATEGORIES FOR TENNIS COMPETITION: 50-59, 60-69 and 70+.

SERVER AND RECEIVER:

The players shall stand on opposite sides of the net; the player who first delivers the ball shall be called the server, and the other the receiver.

DELIVERY OF SERVICE:

The service shall be delivered in the following manner. Immediately before commencing to serve, the server shall stand with both feet at rest behind the base line, and within the imaginary continuations of the center-mark and sideline. The server shall then toss the ball by hand into the air and before it hits the ground strike it with his racket. The server is not permitted to touch the court inside the baseline until after the racket has made contact with the ball.

FROM ALTERNATE COURTS:

In delivering the service, the server shall stand alternately behind the right and left courts, beginning from the right in every game. The ball served shall pass over the net and hit the ground within the Service-Court, which is diagonally opposite.

FAULTS:

The service is a fault if the server commits any breach of rules 2 or 3; if he misses the ball in attempting to strike it; or if the ball served touches a permanent fixture (other than the net) before it hits the ground.

BALL IN PLAY UNTIL POINT DECIDED:

A ball is in play from the moment at which it is delivered in service. Unless a fault or a let be called, it remains in play until the point is decided.

PLAYER HINDERS OPPONENT:

If a player commits any act, either deliberately or involuntarily which, in the opinion of the Umpire, hinders his opponent in making a stroke, the Umpire shall in the first case award the point to the opponent, and in the second case order the point to be replayed.

BALL FALLING ON LINE:

A ball falling on a line is regarded as falling in the court bounded by that line.
Good ball.

GOOD RETURN:

It is a good return:

1. a.If the ball touches the net, posts, cord or metal cable, strap or band provided that it passes over any of them and hits the ground within the court;
2. If a player's racket passes over the net after he has returned the ball, provided the ball passes the net before being played and be properly returned;
3. If a player succeeds in returning the ball, served or in play, which strikes a ball lying in the court.

WHEN PLAYERS CHANGE SIDES:

The players shall change sides at the end of first, third and every subsequent alternate game of each set, and at the end of each set unless the total number of games in such set be even, in which case the change is not made until the end of the first game of the next set.

SCORING:

The winner will be the person who wins 2 out of 3 sets. The winner of a set is that player who first wins six games, unless both players have won five games; it then takes an advantage of two games to win.

If there are more than two (2) people in each tier, then scoring will go to a ten-game pro set. Finals: 2 out of 3 sets.

NOTE: All tennis players must bring their own gear, including one unopened can USTA tennis balls. Winning team takes extra can of tennis balls to next level of competition.

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TRIATHLON: GENERAL RULES

Combined times from 17.5 Mile Bike Race, 5K Run and Half-Mile Swim will determine the winners in the Senior Games Triathlon.

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