



**Kambalda**  
**COMMONHEALTH GAMES**  
**For Seniors**

**Wednesday 22 October**

**9.30am - 2pm**

**Kambalda Recreation Centre**

## EVENT PROGRAM

**9.30am**

Registrations  
Morning Tea on arrival

**10am**

Official Welcome, National Anthem &  
Human Bingo

**10.30am**

Hockey, Volleyball & Ten Pin Bowling

**12pm**

Lunch & Guest Speaker

**12.30pm**

Ring Toss, Ping Pong & The  
Marshmallow Challenge

**1.30pm**

Cool Down with Chair Yoga

**1.45pm**

Award Presentations

*Tea & Coffee available throughout the  
day*

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# COMMONHEALTH GAMES

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## EVENT RULES

### Hockey

#### Setup:

- Two rows of 6 chairs facing each other, 1 metre apart.
- Each player has half a pool noodle (approx. 56 cm in length).
- A pop-up soccer goal is placed at each end of the rows, in line with the centre.

#### Game Play:

- Players remain seated on their chairs.
- Using their noodle only, teams aim to hit the ball into their goal.
- If the ball goes out of play, it is returned immediately to the centre, and play continues.

#### Scoring:

- Each goal scored is worth 1 point.

#### Game Duration:

- Each round lasts 5 minutes.
- The team with the most points at the end of time wins.

### Volleyball

#### Setup:

- Two rows of 6 chairs, facing each other, with a 2-metre gap between rows.
- A net divides the two teams down the centre.
- One balloon is used as the ball.

#### Game Play:

- Each team can use any part of their body to hit the balloon.
- A team may hit the balloon up to 3 times before sending it over the net.
- The balloon must be hit over the net into the opponent's side of play.
- If the balloon goes out of play, it is returned to the team who scored the point.

#### Scoring:

- 1 point is awarded to the opposing team if:
  - The balloon touches the ground on their opponent's side.
  - The other team hits the balloon more than 3 times before sending it over.

#### Game Duration:

- 5 minutes.
- The team with the most points at the end of time wins.

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### Ten Pin Bowling

**Setup:**

- Arrange 10 pins in a pyramid formation at one end of a clear, flat area.
- Mark a line 10 metres away from the pins.
- Use a plastic ball to roll along the ground toward the pins.

**Game Play:**

- Players must roll the ball from behind the line.
- Each player has up to 2 attempts per turn:
  - If all pins are knocked down on the first attempt, it's a STRIKE (no second attempt needed).
  - If pins remain after the first roll, a second attempt may be used to knock the rest down.

**Scoring:**

- STRIKE (all pins down on first attempt) = 15 points
- SPARE (all pins down across two attempts) = 10 points
- Pins remaining after 2 attempts = 1 point per pin knocked down

**Game Duration:**

- Play continues for 5 minutes.
- The team with the most total points at the end wins.

### Ring Toss

**Setup:**

- Place the Ring Toss board with pegs in a stable location.
- Mark a throwing line 3 metres away from the board.

**Game Play:**

- Players take turns tossing all 6 rings.
- Rings must be tossed from behind the line.
- The aim is to hook rings onto the pegs to score points.

**Scoring:**

- Each peg is worth 20, 30, or 50 points (depending on peg value).
- Points are tallied based on successful hooks.
- No points are awarded if a ring completely misses the target.

**Game Duration:**

- Play continues for 5 minutes.
- The player or team with the highest score at the end wins.

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### PingPong

**Setup:**

- Arrange 10 plastic cups in a pyramid formation on both ends of a table.
- Use a plastic ping pong ball for play.

**Game Play:**

- Teams take turns throwing or bouncing the ping pong ball across the table, aiming for their opponent's cups.
- When a ball lands in a cup, that cup is removed from play.
- Turns alternate between teams until time runs out.

**Scoring:**

- Each successful shot into a cup = 1 point.

**Game Duration:**

- Play continues for 5 minutes.
- The team with the most points at the end wins.

### Marshmallow Challenge

**Setup (per team):**

- 20 sticks of spaghetti
- 1 metre of tape
- 1 metre of string
- 1 marshmallow

**Objective:**

- Build the tallest freestanding tower with the marshmallow on top.

**Rules:**

- Entire marshmallow must be on top.
- No cutting or eating the marshmallow.
- Materials may be cut/broken as needed.
- No touching or holding the structure when time ends.

**Scoring:**

- 1st place: 20 points
- 2nd place: 15 points
- 3rd place: 10 points
- 4th place: 5 points

**Game Time:** 10 minutes.

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## Team Sizes

Each team can register up to 8 participants. For all games, except the Marshmallow Challenge, teams must have 6 participants.

While only 6 are needed for the games, all participants are encouraged to take part in the Marshmallow Challenge.

If a team has fewer than 6 members at the event, we will make every effort to fill the team with other attendees.

## Game Equipment

Game equipment and all necessary scoring equipment will be provided.

## Morning Tea & Lunch

Morning Tea and Lunch will be provided.

Tea and Coffee will be available to all attendees throughout the day.

## Award Presentation

Prize 1: “The Showstopper Award” - Best Dressed Team

Prize 2: “Commonhealth Champs” - Winning Team

Prize 3: “Golden Age Champion” - Oldest Competitor

Prize 4: “Spirit of the Game Award - someone who embodies what the Commonhealth Games is all about. Inclusivity, positivity and enthusiasm!