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* **LIBRARY** OF *
ATHLETIC SPORTS

HAND BOOK

OF

SPORTING RULES

AND

TRAINING.

ILLUSTRATED.

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SPORTING RULES

—AND—

TRAINING.

CONTAINING FULL AND AUTHENTIC CODES OF RULES GOV-
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PREFACE.

The remarkable success of Spalding's Library of Athletic Sports and its very general recognition as a *national authority* on all matters connected with the subjects of which they treat, suggested the publication of this the thirteenth number of the *Library of Athletic Sports*. The rules and descriptions which it embodies, are gathered for the purpose of supplying a thorough knowledge of any sport in which the reader is liable to be called upon to participate, to referee, or to render a decision in any capacity. The laws for the different sports are intended to cover all disputed points, and we desire to see them adopted by common consent of athletes, and athletic clubs. Before signing articles for a contest of any kind, each participant should be particular to become familiar with some certain rules and see that the papers contain a clause to the effect that those rules are to govern the match; by so doing the chances of disagreement or an unsatisfactory termination will be very slight compared to a decision given simply on the judgment of the referee.

The object of this book is not to give all the various codes or rules adopted by the various societies under different names, but to give *one reliable* set of rules governing each prominent sport.

Respectfully,

THE PUBLISHERS.

WHY ATHLETIC SPORTS

ARE A HYGIENIC NECESSITY,

THEIR INFLUENCE ON HEALTH.

Health is that condition of bodily perfection, which enables us to perform our natural functions easily and happily; a perfect working of the entire structure and parts, of which the body is composed.

If these essential conditions do not exist in our bodies, then disease takes the place of health. The question most important to every person, therefore, is how to acquire those necessary conditions, in fact, "how to be healthy."

The science of hygienics teaches us that there are three indispensable conditions necessary to the enjoyment of perfect health. They are *pure air*, *proper food*, and *exercise*.

Air is free to all, and its quality is much more apt to be pure and healthy than food or drink.

Food, though not so free as air, is perhaps better understood in regard to its quality than temperance. Intemperance, both in eating and drinking is one of the most serious causes of ill health. Simple food, without spices or stimulants, in moderate quantities, is healthier, and practicable to all.

Exercise purifies the blood, improves the action of the heart and lungs, and puts the whole organism in better working order. It is of equal importance with *air* and *food*. Exercise must have *air* during the time it is being taken; it must have *food* after it has been taken. The first is secured by an irresistible inclination to breathe freely and deeply, while exercise is progressing. The desire for food is caused by the cravings of the appetite, improved by the action of the nutritious organs, during the period of exercise.

The question, then, of most importance to all, either in search of health or who desire to retain perfect health, is, how to get the best and most beneficial exercise, in the most certain, safe, and pleasant manner.

Athletic sports, as they are now patronized in nearly all the larger and settled communities, furnish the best influence by which to mould the physical system. The practical athletes are, to the rest of the world, the standards of physical excellence and the reminders of their physical duties.

This is a question that our best educational institutions have considered and settled in the affirmative, and one that every individual should consider and settle for himself. In the battle of life six hours of close confinement to business, to mental labor will use up as much vital strength as does a whole day's work of manual labor.

Recreation and exercise are the best recuperators for this daily loss of vitality. They furnish to the physically weak a means of gaining strength and acquiring muscular development. They relieve the deadening "grind" of daily labor, by a period of healthy enjoyment.

TRAINING.

The term "out of condition" in a popular sense means, that the muscles of the body are not in a state to allow of the performance of severe, sudden, or difficult feats of strength or endurance. The difference between "in training" and "out of condition" is one state that of too little exercise fat accumulates around the muscle and impedes its perfect action, or the muscular fibers may even degenerate into fat. In training, however, the opposite condition is obtained. The quantity and hardness of the muscle is increased, the fat deposited in a period of quietude is absorbed, and the muscle is to be felt hard and firm beneath the skin. The consequence is, the amount of strength within the muscle is increased as is evident by the increased power and capacity to execute muscular feats which were previously impossible.

The object of training is to enable the person "in training" to put his physical condition in the best possible shape to endure the exertions and hardships of a contest in any line of sport. When properly conducted and rigidly followed it will bring out all the latent powers of the individual; it will transpose him from a state of physical incapacity into a perfect state of health, with greatly increased strength, activity, wind and power of enduring continued exertion.

In the days gone by the regular course of training for a foot-race, a rowing match, or a boxing contest, included many observances now almost obsolete. The man was drugged, sweated, and exercised until he could bear the system no longer. Under that system some men really improved; but now that we have the modern system, a much more simple plan is pursued, with far less risk to the general health.

The old system served well enough to reduce weight and give temporary power; the new system improves the health, strengthens the body, exercises the limbs, and brings the entire

frame into that fine excellent condition which enables a man to undergo great exertion without great fatigue, and perform feats of strength and endurance without danger to his future usefulness in the path of life.

"The ancient Greeks underwent ten months of the strictest regimen, laborious hard work in the gymnasium daily, and absolute temperance, while preparing for the solemn contest at the public games. The Roman gladiators went through a long and very severe course of training and dieting, while preparing for their ferocious and bloody combats in the arena with man and beast, also for the battle with the castus, an iron glove or band worn over the hands, with sharp spikes on the back, long enough to penetrate the body like so many daggers, and produce instant death. In training they were first subjected to the evacuating process, by means of emetics, which were preferred to purgatives, after which they were daily flogged in a nude condition with the branches of a tree that were tough and pliable, until the blood flowed freely. This cupping was to exercise their patience, and accustom them to bear pain. All their exercises took place in the open air, whether wet or dry, and they became so accustomed to the changes and vicissitudes of the weather by the exposure, that it ceased to affect them. After exercising, they immersed in a tepid bath, and the skin was carefully gone over with the sturkil (a peculiarly constructed brush of woolen pieces), then they were diligently rubbed dry, anointed with oil, and if thirsty they were given a small quantity of warm water to drink. Their diet consisted of unfermented bread (they would not eat leaven bread), dried figs, new cheese, and boiled grain in the early stages; later on animal food was taken, pork being preferred to any other kind of meat. Ancient scientists asserted that there was more nutriment in pork than any other animal food. The strictest temperance and sobriety was adhered to, and after at least nine months' exposure to all sorts of weather, the greatest self denial, a strict diet, and terribly severe daily castigations, which they bore like stoics, they were considered in proper shape to do battle with man or beast in the Roman arena. For the modern athlete six to eight weeks is plenty of time to get into the very best possible condition."

The modern system is based on the principle that perfect health and bodily vigor are attainable by strict attention to the three indispensable requisites to life: Fresh air, good exercise and wholesome food, and no excesses.

We give to the reader the process of training as described by one of the celebrated athletes of the present day:

"I rise at daybreak, muffle myself up in heavy flannels, put on heavy boots, take a short thick stick, and start off for a two-mile run, leaving my trainer behind to have my things ready by the time I come back. I am bathed, rubbed and washed with a decoction of arnica, borax and Jamaica rum; then lie down on the bed, and after a short rest go down to breakfast with an appetite. I generally breakfast off a couple of mutton chops, four slices of toast, four fresh eggs, and a bowl of English breakfast tea. After breakfast, take a rest, then put on heavy flannels for a run of twelve miles, at a ten-mile-an-hour gate, get another good rubbing down, and dine on roast beef or leg of mutton or broiled chicken with greens, potatoes and toast, a bottle of Bass' ale and calves' foot jelly and custard to fill up with. After an hour's rest I play with light dumb-bells, fight the bag a while, then take a turn kicking the foot ball, and about half-past three start out on another long tramp at an easy gait, and strike at every object I meet with the short stick I carry, so as to strengthen my wrist. After the afternoon's walk it is generally supper time, then I take a sponge bath. The supper is generally toast or stale bread, gruel, port wine and currants, boiled eggs and tea. At 9 P. M. go to bed and sleep."

The reader will notice that the above system, and, in fact, all other systems of training, are for the purpose of enabling the person "in training" to perform some particular feat, or to take part in some kind of contest. For the purpose of improving the general health, the same attention to active exercise, bathing and temperate living will, even if but moderately taken, prove of certain benefit to anybody.

Another method, successfully used by one of the most celebrated trainers of his day, is as follows:

"First.—Take a black draught. Any druggist will put it up. Second.—Be sure and get at least seven or eight hours of good sleep every day. Third.—In the morning when you first get up drink a glass of hard cider, or sherry, with a raw egg in it. Then start out and walk briskly for a couple of miles. When you come back take a sponge bath and rub yourself dry with a coarse towel. Rub until your skin is all aglow. Fourth.—For breakfast eat a beefsteak, cooked rare, and stale bread. Use no milk, no butter, no sugar and no potatoes, with the exception of about once a week. If you wish you can eat a roast or baked potato in the morning. Drink sparingly of tea or coffee. Tea is the best. Fifth.—For dinner eat rare roast beef and stale bread. Use no potatoes or vegetables of any kind with this meal. For change you can occasionally have a mutton chop. Sixth.—For supper a lean steak or mut-

ton chop without fat. Do not eat any warm biscuit or warm bread at any time. Stick to good, wholesome stale wheat bread. Eat no pies, cakes or pastry of any kind, and use pepper, salt and other seasonings very sparingly. Seventh.—Use no stimulants of any kind. Do not smoke. Drink sparingly of water. Do not eat berries or vegetables of any kind, except occasionally a raw onion. Eighth.—If you feel weak in the morning before breakfast, it comes from the bathing, and should be discontinued for a few days.

“The system most approved of for hardening the muscles, etc., is to be first sponged with a decoction of arnica flowers, alum, borax and Jamaica rum, then bathed with hartshorn liniment. The proportion of the ingredients used in the sponge bath has hitherto been a profound secret with professional trainers. For the benefit of the fraternity we here print them: Take two pounds of arnica flowers, five cents' worth of borax, five cents' worth of alum, and steep all together; after pulverizing the alum and borax in a gallon or so of Jamaica rum, and after letting it steep for twenty-four hours, apply as before stated.”

In training for any purpose, no special rules can be made that will apply to every constitution. The exact details of how much to eat, how much to drink, how far to walk, and how long to sleep, cannot be told. The same system of training will not suit every one, nor every purpose. The amount of exercise and particular diet necessary for a short race will, of necessity, be quite different from that followed for a struggle of several hours.

Bear in mind, however, that the benefits derived from regularity of diet and continued exercise are the basis of all processes of training. The trainer or the person training should study the needs of his constitution, and by his judgment endeavor to adapt every portion of his system to the requirements of the particular case.

The requisite average amount of food required for different men of the same size varies considerably, according to their vigor and the activity with which their bodily functions are performed. To illustrate the very slight danger that is liable to result from under feeding, we give the following table of results from investigations respecting the average amount of food required by man under different circumstances of existence.

Daily Diet for	Substance only.....	1 lb.,	8.5 ozs.
“ “ “	Quiet Life.....	2 lbs.,	0.5 “
“ “ “	Moderate Exercise.....	3 “	4.1 “
“ “ “	Active Labor.....	3 “	11.8 “
“ “ “	Hard Work.....	3 “	13.8 “

We give below a table showing the quantity of plain food necessary daily for a man when engaged in severe training or hard muscular labor :

1. Flesh, about	1 lb.,	0.	ozs.
2. Bread, "	1 "	8	"
3. Butter, "		1.5	"
4. Potatoes, "		12	"
5. Milk, "		9.25	"
6. Sugar, "		1.25	"
7. Water, "	2 lbs.,	7.25	"
8. Water, including that contained in the food eaten	4 "	12	"

Under ordinary circumstances, the times at which food will be most conveniently and most beneficially taken are as follows :

1. Immediately after rising in the morning, say at six or seven, drink a glassful (about half pint) of cold water. This should be taken after the mouth has been well rinsed and the throat gargled. With some people, however, cold water in the morning causes a depressing and heavy feeling in the region of the stomach, which lasts for an hour or two, and deprives the early riser of the anticipated enjoyment attendant on early rising. When such a condition ensues it will be found better to take a small glass of milk ; to this a wholesome biscuit, about one ounce in weight, is a very grateful and satisfying addition.

2. At breakfast, say at nine o'clock, one or other of the following will be found sufficient :

A couple of eggs, and a medium sized or small well done steak, or a couple of eggs, with broiled chicken or other fowl, or one egg with a fat chop, well done, or two eggs with bacon or ham, bread, to the amount of one or two slices of stale or aerated bread, with a fair amount of butter, coffee, limited to one cup, with milk in liberal proportions, and but little sugar, is by far the best fluid for breakfast ; Apollinaris water is a good substitute for coffee, tea or milk for breakfast.

After breakfast is the best time to eat whatever fruits are in season. The best for a man in training are : Grapes, rejecting both the skin and the stones, oranges, figs, and pears quite ripe.

3. At dinner time, say one o'clock, the following ought to be sufficient :

Boiled fowl in rice, or a chop, steak, or cutlets well done, a slice of stale bread, two medium sized, well boiled potatoes, a glass of cold water, or Apollinaris water. Avoid spiced meats, sauces, or new potatoes.

4. At supper, about seven o'clock, one in training must be most careful. Avoid soups, or shell fish, entrees, etc.

Eat meat cut from the joint, or fresh boiled fish.

With the meat eat one or two well boiled potatoes, a slice or two of stale bread, cauliflower, rice, baked apples or pears.

Sweets, such as pastry, puddings, etc., should be avoided.

As dessert, grapes, oranges, figs, and bananas may be indulged in moderately, but the morning is the better time for the consumption of fruits.

Drink a small cup of coffee, with milk and little sugar, or tea (first infusion) with milk.

In case a person is accustomed to it, a small quantity of beer or ale can be taken with this meal. Wine should never be taken unless symptoms of over training appear; then, and only then, should a wine glassful be given during the meal.

While the meals should consist of light food, at the same time something pleasant and tempting should be given to set the appetite at work.

BATHING AND EXERCISE.

On getting up in the morning the body should be carefully wiped all over with a sponge dampened with tepid sea-water, and rubbed perfectly dry with soft, coarse towels. A moderate walk of fifteen to twenty minutes, should then be taken to create an appetite for breakfast, after which a rest of an hour or more should be taken.

For the morning exercise, a walk of seven to ten miles, ending in a fast walk or moderate run to heat the body and prepare it for another sponging and rubbing, after which the body should be thoroughly dried and wrapped with warm clothing.

After dinner another rest of an hour or two. The afternoon exercise should consist of at least one hour's hard work, fighting the bag, swinging clubs, light sparring, running, walking, rowing, or kicking a foot-ball, after which a long tramp at an easy gait, followed by sponging and rubbing as before.

After supper a gentle walk, or other amusement to pass away the time before retiring, which should be at an early hour.

As regards sleep, the proper amount to be taken is about eight hours, retiring early and rising with the sun if possible. The sleeping apartment should be particularly well ventilated, with windows open at the top. Only sufficient clothing should be used to keep the body comfortably warm. A firm hair mattress with low pillows are the healthiest to sleep on, and the clothing worn during the day should not be worn during the night.

No man should start suddenly on any task at which he is expected to undertake severe muscular exertion. If he is not in the habit of walking, let him commence a fortnight or three weeks before and gradually get himself into good condition.

The ordinary man, working daily, should, if he contemplates

undertaking any severe physical task, and not have time for a regular course of training, adopt some such scheme as the following :

1. On arising in the morning, if not accustomed to take a cold bath, sponge first one limb and then another carefully with water with the chill taken off, dry each limb before sponging another; cover up each part as soon as it is dried, so as to expose as little of the body at a time as possible.

2. Breakfast taken within half an hour from time of getting out of bed, may consist of eggs and bacon, or a steak or chop. Drink anything except tea or alcoholic stimulants; coffee, well diluted with milk, is the best breakfast beverage; should this be unsuitable, any pure water is better than tea or milk.

3. Walk to the office, if it be a reasonable distance, if not, take a walk with this object in view. At first two miles, then three miles, and at the end of the week five or six miles must be walked. Walk at the usual pace at first, then increase it to a moderate, and finally a fairly quick pace.

4. For luncheon have a chop, one medium sized potato, and about a tumblerful of water, with stale bread or toast and butter. Walk about same distance in the afternoon as in the morning. The walk should be so arranged as to arrive at home half an hour before dinner, and rest or dress until it is time to dine.

5. Dine not later than 7;30 or 8 o'clock, eat at dinner wholesome food, and drink; if you must have some stimulant, one glass of light ale or dry sherry is all that ought to be indulged in.

6. Go to bed not later than eleven. If troubled with sleeplessness put on an extra blanket, or take a bowl of oatmeal gruel before going to bed. Cold and hunger are chief causes of sleeplessness in healthy people.

If some such care is not taken with the exercise and diet, any man whose life is spent indoors will certainly come to grief by persisting—in defiance of all teaching—to believe that he is still young, and that his system can stand everything.

BATHING.

The beneficial influence of the bath and a thorough and brisk rubbing of the entire body with a coarse towel cannot be overestimated. There are but few so delicate as to be injured or even shocked by a liberal application of tepid or even cold water. The body should be immersed, or thoroughly sponged over, and followed by a continued rubbing to restore the body to its proper degree of heat.

The plunge will be found perhaps the most beneficial form of bath, although the results of the shower produces the same condition of freedom from fatigue.

SWEATING.

For the purpose of reducing the weight of a person contemplating training for any particular purpose, the natural means is to clothe the body, particularly those portions which are over supplied with flesh, with two or three thicknesses of thick underclothing, thus clothed, a brisk walk or run continued until the body perspires profusely, followed by sitting for an hour or so near to a good fire, well covered with thick blankets. The clothing should then be removed, and the body well sponged with hot salt water and dried with a coarse towel. In this operation, care should be taken to expose each portion of the body for the shortest possible time.

Artificial sweating may be produced by a Turkish bath, or when this is not convenient a simple method may be used to produce this result. Strip the body and wrap it including the arms in a sheet partly saturated with cold water, around this wrap a thick blanket or two, and get between two feather beds or mattresses. In a short time a reaction will begin and a profuse perspiration will be produced all over the body. Continue the sweating for an hour or so, then take a cold shower bath, and rub dry.



SPORTING RULES.

DEFINITION OF AN AMATEUR.

An amateur is any person who has never competed in an open competition, for money, or under a false name, or with a professional for a prize or wherever gate money is charged, nor has ever at any time taught, pursued or assisted at athletic exercises for money, or for any valuable consideration. But nothing in this definition shall be construed to prohibit the competition between amateurs for medals, cups or other prizes than money.

RECORDS.

Credit for records are only given for feats accomplished in public matches or meetings, and which are properly attested to by regularly appointed judges and officials.

THE REFEREE.

The duties of a referee are to enforce the proper obedience to the rules, and to decide disputed questions. He should be familiar with the rules, and experienced in that branch of sport in which he is called to officiate.

JUDGES.

This important position should only be filled by persons having a practical experience in the style of contest for which they are called upon to decide. Cool judgment and impartiality are absolutely necessary to properly fill so important an office. In the event of the judges being unable to decide as to the winner of the contest, they shall so inform the referee, whose decision will be final.

BETTING.

1. In all bets there must be a possibility to win. A bet made on a sure thing, as in the case of collusion or fraud, deprives one party to the bet of any chance to win, and is therefore void.
2. In a bet where a forfeit is posted, the bet cannot be declared off, except by mutual consent.
3. In all cases the winner of the stake or prize is the winner of the contest, (i. e., the person handicapped can only win by being first to pass the scratch.)
4. In all matches which are decided "a draw," all bets are off.
5. All bets on men, horses, or otherwise, which are disabled before the time set for the contest, are void.
6. Unless otherwise agreed or understood, a contest shall be decided on the first trial.

ATHLETIC SPORTS.

The following rules are those generally adopted, and should, in all cases, be rigidly enforced :

1. The officers of a running race shall be: A referee, two judges, time-keeper, starter, and clerk of the course. The referee, judges, and clerk of the course shall constitute an executive board.
2. The referee shall have general supervision of the race meeting. He shall give judgments on protests received by him; shall decide all questions or objections respecting foul starting from the wrong mark or such like offences, which he may be personally cognizant of, or which may be

brought to his attention by the judges or other officers. He shall act as he may think for the best in cases of misconduct, and shall disqualify any competitor who may become liable to disqualification. He shall decide all questions whose settlement is not otherwise provided for in these rules. His decision in all cases shall be final.

3. The judges shall decide the positions of the men at the finish. One shall take the winner, another the second man; they shall also note the distance between them as they finish.

4. The timekeepers shall time every event, and in case of disagreement, the intermediate time of the watches shall be the official time. Time shall be taken from the flash of the pistol.

5. The scorer shall record the time made by each competitor, the order of the men at the finish, and the time as given to him by the timekeepers. Scorers shall have such assistance as may be necessary.

6. It shall be the duty of the starter, when it has been reported to him by the clerk of the course that all the competitors are ready, to see that the timekeeper is warned, and before starting the men to say, "Are you ready?" and if no reply to the contrary be given, to effect the start by report of pistol. Should the pistol miss fire, the start will be made at the word "Go." The starter may, at his discretion, put back to a distance not exceeding one yard any competitor starting before the signal is given. In case of a false start, the competitors shall be called back by the starter, and restarted. Any competitor refusing to obey shall at once be disqualified. Time handicaps shall be started by the word "Go."

7. The clerk of the course shall call competitors in ample time for each event, and see that they are provided with numbers properly worn. He shall report the contestants to scorers, see that they are on their appointed marks, and call their numbers for the scorers, as they cross the line at the end of each lap.

8. The race may start from a scratch or flying start.

9. In a flying start twenty yards shall be allowed for scoring, unless otherwise mutually agreed upon.

10. When both men have one or both feet over the line the starter shall give the word "Go," and whoever refuses shall be deemed to have lost.

11. In back-tracking the hind man shall not tread on his opponent's heel, or do anything to attempt to interfere with, or trip him up, on penalty of being ruled out of the race.

12. In the event of a dead heat, it shall be optional with the contestants, whether they run over again, or divide the stakes.

13. In case either party stops voluntarily or through accident or exhaustion, it shall be optional with the referee to order the other contestant to discontinue, unless the umpires insist on his running the original distance.

ARCHERY.

The "Field Captain" shall have entire control of the ranges, targets and order of shooting, and he shall appoint a "Target Captain" for each target, who shall direct the order of shooting at his target.

Each "Target Captain" shall appoint a "Scorer" and a "Herald" to act at his target. The "Scorer" shall keep a record of each arrow shot, upon blanks provided for the purpose by the association. The "Herald" shall announce the result of each shot.

An arrow must remain in the target until the value of the "hit" is recorded, otherwise the "hit" shall not be counted.

The targets shall be four feet in diameter, and placed on easels, the center of the "gold" being four feet from the ground.

The "gold" shall be 9 6-10 inches in diameter, and each ring shall be 4 8-10 inches in width.

The value of colors shall be: Gold, 9; red, 7; blue, 5; black, 3; white, 1. In case an arrow cuts two colors, it shall count as having hit the inner one.

All disputes shall be referred for decision to the captain of the target where they arise.

Every archer shall shoot with arrows bearing his distinctive mark, and every arrow leaving the bow shall be deemed as having been shot, unless the archer can reach it with his bow while standing inside the line from which he is shooting.

No person, unless competing for prizes, shall be allowed within the bounds of the Archers' grounds during the progress of the shooting.

ROUNDS AND DISTANCES.

Matches shall be shot at one of the following "rounds," each archer shooting three arrows at an end:

The "York Round," consisting of—

72	arrows	at	100	yards
48	"	"	80	"
24	"	"	60	"

—
144 arrows.

The "American Round," consisting of—

30	arrows	at	60	yards.
30	"	"	50	"
30	"	"	40	"

—
90 arrows.

The "Columbia Round" (for ladies), consisting of—

24	arrows	at	50	yards.
24	"	"	40	"
24	"	"	30	"

—
72 arrows.

BASE BALL.

The laws of base ball are revised and altered each season at the meeting of the National League of Base ball Clubs. It is therefore inadvisable to insert them permanently in this work.

The revised rules are published in cheap pamphlet form each year by A. G. Spalding & Bros., under the official authority of the National League. Price, postpaid, by mail, 10 cents.

BADMINTON.

Badminton is a modification, although not derived from the game of Lawn Tennis. It is played over a net as in Tennis, but the materials used are more after the order of the ordinary shuttlecock and battledore, although the framework of the latter is covered with string like a racquet, instead of parchment. The shuttlecock should be large and solid, made of cork weighted with lead.

The rules of Badminton are simply the rules of Lawn Tennis adapted to this game, and there is but little actual difference between the two games.

BAGATELLE.

This game is played by any number of players, either separately or with an equal number on each side, from two upward, with nine balls, two of which are usually colored and count double.

The king ball is placed on the spot, and the player strikes at it with the other colored ball, endeavoring to hole it and his own ball by the same stroke. He then plays with the other balls successively until the whole nine have been sent up the table.

Any number of rounds may be played as agreed on at the commencement of the game, and he who obtains the greatest score wins the game.

If the ball struck at rebounds from the cushion and passes the string line, it is taken up and is considered lost for that round. Sometimes two lines are drawn across the table, one to determine the string and the other the lost balls.

It is an extremely easy game to play, and some persons are so extremely dexterous as to be able to fill all the holes, with the colored balls in the eight and seven, in a single round. The colored balls counting severally sixteen and fourteen, it is possible to obtain sixty in a single go; or if the red ball were placed in the center hole (the nine) and the black in the eight hole, it is possible to score as many as sixty-two. But such score is very unusual; a hundred in three goes being considered good play.

BICYCLING.

1. Entries and awards in amateur events shall be confined strictly to amateurs, and persons entering for these races, who are not members of bicycle or other athletic clubs whose rules of membership exclude professionals, must satisfy the executive board that they are not professionals, either by their own statements in writing, or otherwise.

2. The officers of a race meeting shall be: A referee, three judges at the finish, three timekeepers, one starter, one clerk of the course, with assistants if necessary; one scorer, with assistants if necessary, and one umpire for every one-eighth of a mile; the referee, judges and clerk of the course shall constitute an executive board.

3. The referee shall have general supervision of the race meeting. He shall give judgments on protests received by him; shall decide all questions or objections respecting foul riding, starting from the wrong mark or such like offences, which he may be personally cognizant of, or which may be brought to his attention by an umpire or other officers. He shall act as he may think for the best in cases of misconduct by attendants, and shall disqualify any competitor who may become liable to disqualification. He shall decide all questions whose settlement is not otherwise provided for in these rules. His decision in all cases shall be final.

4. The judges shall decide the positions of the men at the finish. Two shall stand at one end of the tape, and the third at the other. One shall take the winner, another the second man, and the other the third man; they shall also note the distance between the first three as they finish. In case of disagreement the majority shall decide. Their decision as to the order in which the men finish shall be final and without appeal.

5. The timekeepers shall compare watches before the races are started, and shall note any variance. They shall each time every event, and in case of disagreement, the intermediate time of the three watches shall be the official time. Time shall be taken from the flash of the pistol.

6. The scorer shall record the laps made by each competitor, the order of the men at the finish, and the time as given to him by the timekeepers. Scorers shall have such assistance as may be necessary.

7. It shall be the duty of the starter, when it has been reported to him by the clerk of the course that all the competitors are ready, to see that the timekeeper is warned, and before starting the men to say "Mount," in a few seconds after to say "Are you ready?" and if no reply to the contrary be given, to effect the start by report of pistol. Should the pistol miss fire, the start will be made at the word "Go." The starter may, at his discretion, put back to a distance not exceeding ten yards any competitor starting before the signal is given. In case of a false start, the competitors shall be called back by the starter, and restarted. Any competitor refusing to obey shall at once be disqualified. He shall announce to the competitors the distance which they are to run, and shall indicate the commencement of the last lap by ringing a bell as the riders pass over the mark for the final lap. In case of a fall within ten feet of the scratch line, the contestants shall be recalled and the race started over again. Time handicaps shall be started by the word "Go."

8. The clerk of the course shall call competitors in ample time for each event, and see that they are provided with numbers properly worn. He shall report the contestants to scorers, see that they are on their appointed marks, and call their numbers for the scorers, as they cross the line at the end of each lap.

9. It shall be the duty of an umpire to stand at such part of the field as the referee may direct, to watch closely the riding, and immediately after each race to report to the referee any competitor or competitors whose riding he may consider unfair, to the end that the referee, before making any decision, may be credibly informed by an official as to the facts.

10. It shall be the duty of the executive board to adjudicate any questionable entry, and they shall have the power to make any alteration in the programme that they may deem necessary, or to disqualify competitors without any protest being lodged by another competitor.

11. No person whatsoever shall be allowed inside the track, except the officials. Authorized persons shall wear a badge. Competitors not engaged in the race actually taking place shall not be allowed inside or upon the track.

12. Any competitor making a false entry will be disqualified and debarred from any place or prize.

13. Choice or change of machine, and choice of costume, are not limited, except that shirt and breeches must not bare shoulder nor knee. In races distinctly stated on the programme of events to be for a particular class of machine, this rule shall not apply so far as choice or change of machine is concerned.

14. Every competitor will receive, in the dressing room, a ticket bearing a number corresponding with his number on the programme, which ticket must be worn by him on his back during the race. He shall inform himself of the times at which he must compete, and await the call of the clerk in the dressing room.

15. The drawing for positions in each event shall be done by the promoters of the meeting, and the positions of the men shall appear on the programme. When it becomes necessary to draw for positions on the grounds the work shall be done by the clerk and starter in conjunction. In heat races, the winner of the first heat shall take the pole in the next succeeding heat. When races are run in heats and a final the winner of the fastest heat shall take the pole in the final.

16. All starts, bicycle or tricycle, shall be from a standstill, with the left hand toward the curb; and the machines are to be held in position by an attendant (the driver touching the starting line) until the signal is given by the starter. Attendants, when pushing off competitors, must have and keep both feet on the ground behind the mark from which the competitor actually starts. Should the attendant overstep that mark with either foot, while touching the cycle, the competitor shall be disqualified. Any competitor shall be at liberty, with the consent of the referee, to start from a

mark behind the one allotted him in the race; but in such case, as in all others, the point of contact of the first part of the machine with the ground shall be considered the starting mark, which the attendant shall not overstep.

17. The finish of all races shall be judged by the first part of the driving wheel which touches a tape fastened flat on the ground at the winning post.

18. Riders must pass on the outside (unless the man passed be dismounted), and must be at least a clear length of the cycle in front before taking the inside. The inside man must allow room for his competitor to pass on the outside. A competitor overtaking another may pass between him and the pole if there be ample room, but he does so at his risk; and should a foul be claimed, the referees must decide if the rider was justified in his course. Riders are cautioned that they must not pass inside, except as a last resort.

19. Any competitor guilty of foul riding shall be disqualified and debarred from any place or prize.

20. Any protest against a competitor respecting his qualification as an amateur must be lodged with the referee before starting; and any protest respecting foul riding or breach of rules must be made to the referee immediately after the heat is finished. A competitor, upon being disqualified, shall forfeit any entry fees he may have paid.

21. Competitors may dismount during a race at their pleasure, and may run with their cycles if they wish to, but they must keep to the extreme outside of the path whenever dismounted. If a rider be dismounted by accident, or to change his machine, he shall not be allowed a push off in starting again, but an attendant may hold his machine while he mounts it, and he must so mount at the extreme outside of the path.

22. Clubs may reverse the right to reject any or all entries, except entries to championships run under their auspices.

23. The officers of a race meeting shall not be permitted to compete in any race with which they are officially connected.

24. A novice's race is open only to those who, up to date of event, have never won a prize, excepting in a club contest, and should properly be the first race of a meet.

25. In a race without hands, the start shall be made as usual. Ten seconds from the time of starting the starter shall ring his bell, and this shall be the signal for the riders to take their hands off. The competitors must then ride with the arms folded, or the hands and arms otherwise kept quite off the machine. Any competitor touching any part of his machine with his hands or arms shall be disqualified.

26. In a slow race, a straightaway course not less than three nor more than five feet in width should be marked out for each competitor. Any competitor who rides outside of these lines—to be judged by the center of the driving wheel—or who comes to a standstill, or who is dismounted, or who fails to start at the signal, shall be disqualified.

27. In a lap race, the position of each rider must be taken at the finish of every lap. The first man shall count a number equal to that of the contestants at the start; the second man shall count one less; the third, two less, and so on. The competitor who scores the greatest number of points shall be declared the winner, whether he rides the whole distance or not.

28. In a team race the position of each rider must be taken at the finish of every mile. The riders shall count as in a lap race, and the aggregate scores of the team members shall decide the victory.

29. The contestants in a run-and-ride race shall be started on foot in the usual manner, and umpires shall be stationed on the track at the mounting and dismounting stations, who shall take account of the fairness of mounting and dismounting. Mounting before reaching or dismounting after passing the station shall be sufficient cause for disqualification. The alternating distance shall be one-quarter of the distance of the entire race.

30. Entries in a consolation race shall be limited to those who have won no prize in any event at the meeting.

31. Ignorance of any of the foregoing will not be considered a valid excuse for violation.

BILLIARDS.

THREE BALL GAME.

The Three-ball Carom Game, is (as the name indicates) played with three balls, two white and one red. The billiard table has *three* spots in a line, dividing the table lengthwise, running from the center of the head cushion to the center of the foot cushion. One of those spots, cutting the line in two equal parts, is called the center spot, and the other two are situated half way between the center spot and the head and foot cushions.

The spot at the head of the table is called the white spot, and the one at the foot of the table the red spot. The center spot is only used when a ball forced off the table finds both red and white spots occupied. Therefore, should the white ball when forced off the table have its spot occupied, it would be placed on the red spot, or on the white spot if it be the red ball that is forced off the table.

In beginning the game, the red ball and one white are placed on the respective spots; the other white remains in hand, and is placed near the white spot previous to the opening stroke of the game.

The player can take any position within six inches of the white spot on a line parallel, or nearly parallel, with the head cushion, but he must strike the red ball first before a count can be effected.

In playing the game the following Rules should be observed:

1.—The game is begun by stringing for lead, the player who brings his ball nearest to the cushion at the head of the table winning the choice of balls, and the right to play first, as in the American game. Should the player fail to count, his opponent then makes the next play, aiming at will, at either ball on the table.

2.—A carom consists in hitting both object-balls with cue ball in a fair and unobjectionable way. Each carom will count one for the player. A penalty of one shall also be counted against the player for every miss occurring during the game.

3.—A ball forced off the table is put back on its proper spot. Should the player's ball jump off the table after counting, the count is good; the ball is spotted, and the player plays from the spot.

4.—If, in playing a shot, the cue is not withdrawn from the cue-ball before the cue-ball comes in contact with the object-ball, the shot is foul, the player loses his count, and his hand is out.

5.—If the balls are disturbed accidentally, through the medium of any agency other than the player himself, they must be replaced by the referee, and the player allowed to proceed.

6.—If, in the act of playing, the player disturbs any ball other than his own, he cannot make a counting stroke, but he may play for safety. Should he disturb a ball after having played successfully, he loses his count on that shot, his hand is out, and the ball so disturbed is by the referee placed back as nearly as possible in the position which it formerly occupied on the table, the other balls remaining where they stop.

7.—Should a player touch his own ball with the cue, or otherwise, previous to playing, it is foul, and counts one for his opponent, and the player cannot play for safety. It sometimes happens that the player, after having touched his ball, gives a second stroke; then the balls remain where they stop, or are by the referee replaced as nearly as possible in their former positions, at the option of the opponent.

8.—When the cue-ball is very near another, the player shall not play

without warning his adversary that they do not touch, and giving him sufficient time to satisfy himself on that point.

9.—When the cue-ball is in contact with another, the balls are spotted, and the player plays with his ball in hand.

10.—Playing with the wrong ball is foul. However, should the player using the wrong ball play more than one shot with it, he shall be entitled to his score just the same as if he had played with his own ball. As soon as his hand is out, the white balls must change places, and the game proceed as usual.

CUSHION CAROMS.

A cushion carom is, as the name implies, when the cushion is struck by the cue-ball at *any time* before *effecting a carom*, either by striking the cushion before an object-ball, or by taking a cushion after contact with the latter ball.

A ball frozen to a cushion must be played at or away from that cushion to secure a carom. A doubt in the fairness of the stroke must be decided against the striker. A direct carom on balls, from a ball frozen to a cushion, is foul.

The making of a *direct* carom first, and then, afterward, a carom by cushion on *either* ball, must be counted a fair cushion carom.

A doubtful stroke, calling for a "close decision," must be given in favor of the doubt and against the striker, *i. e.*, when it is difficult to say whether the cue-ball has struck a cushion before or after contact with the *carom-ball*.

The rules of the Three Ball Carom game govern cushion caroms except where they conflict with rules herein.

BALK LINE GAME.

1.—The table shall be prepared by the introduction of four lines distinctly marked upon the cloth, eight inches from each cushion and extending from end to end and from side to side of the table. The game is played with three balls.

2.—The player winning the bank may require his antagonist's ball to be placed on the radius spot and take the lead himself or he may have his own ball spotted and require his opponent to open the game. The player opening the game may play from anywhere within a six inch radius of which the spot at the head of the table is the base, but can make no count until his ball has hit the red before hitting the white. After the opening stroke the striker plays at either ball from any position in which he may find his own, subject to the rules governing foul strokes in the three ball French carom game of billiards, and the following special rules for this game:

1st. It is a foul if more than two successive shots are made on balls, both of which are within any one of the eight interdicted spaces. The only way in which more than that number can be made in succession is by sending one or both balls out and bringing them back in again. Both balls being within the space, the striker can play once on them without sending either out. The next stroke must send at least one out. Should it return and both balls be again inside, he can play one shot as before without sending either out. This process may be repeated ad libitum. Should the second stroke fail to send a ball out, it does not count. The striker's hand is out, and the next striker plays at the balls as he finds them.

WHEN PLAYED AS A FOUR-HANDED MATCH.

In a four-handed match—two playing in partnership against two—the foregoing rules of the single match must be substantially observed, with the following additions:

In this double match the player's partner is at liberty to warn him against playing with the wrong ball, but he must not give him any advice as to the most advantageous mode of play, etc., except it has been otherwise agreed before the opening of the game.

AMERICAN, OR FOUR-BALL GAME.

The game is played with four balls, and consists of 34 points.

Each carom, whether on the two reds or on the white and red, counts one. A carom on the three balls counts two.

1.—Whoever playing from within the string against the lower cushions can bring his ball nearest to the cushion at which he stands, is entitled to the choice of balls and the lead, provided that the player's ball in stringing has not touched any other ball upon the table, in which case he loses the choice.

2.—In leading, the player's ball must be played with sufficient strength to pass below the deep-red ball, or he loses his choice; but it must not be played with so much strength as to repass the deep-red ball the second time, after having rebounded from the foot of the table. In the latter case, he loses his choice of balls and lead, if his opponent so decides it.

3.—The player who has the "lay out" must play his balls so as to rest between the deep-red and the lower cushion.

4.—The next player must hit the white ball before either of the reds before he can count.

POOL.

FIFTEEN BALL POOL.

The fifteen numbered balls are placed in a form of a triangle upon the table. Each player is to pocket as many balls as he can; the number of each ball pocketed being scored to his credit, so that not he who pockets the largest number of balls, but he whose hazards, when added up, yield the largest total, will win the game.

There is only one cue-ball (the white) used, each player playing with it as he finds it on the table, or from behind the string if it be in hand. The following are the rules:

The player may use the mace (not the butt of the cue), and jam his own ball against the others, not being obliged to withdraw the mace before the cue-ball comes in contact with the object-ball.

As the sum total of the figures on the fifteen balls amount to one hundred and twenty, of which sixty-one is more than half, whoever makes the latter number first is winner; but if one player has a forfeit of three points against him for any cause, and the other player scores fifty-nine, the one having fifty-nine wins the game.

Three points are deducted from a player's score, for making a miss or a losing hazard, or forcing the cue-ball off the table.

If the player pockets one or more of the object-balls and his own ball at the same time, he cannot score, and the numbered balls must be placed on the spot, or in a line behind it, if the spot be occupied, and he forfeits three for his losing hazard.

PYRAMID POOL.

The game of Pyramid Fifteen-Ball Pool is played with fifteen object-balls and one white ball not numbered. The latter is the cue-ball, and each player plays with it as he finds it on the table, or from behind the string if it be in hand. The fifteen balls are numbered from one to fifteen respectively, and are all of one color (usually deep-red). Before commencing the game these fifteen balls are placed in the form of a triangle

upon the table, a triangular frame being used for this purpose to insure correctness. The triangle is so placed that the apex rests upon the deep-red spot pointing toward the head of the table. Each player is to pocket as many balls as he can, and he who first scores eight balls wins the game. The numbers on the balls are simply used for convenience in "calling" the balls and do not in any way affect the score of the players.

A player shall forfeit one ball for making a miss, pocketing his own ball or forcing his own ball off the table. Should a player having no ball to his credit incur a forfeit, the first ball he scores thereafter shall be at once placed upon the table as provided in rule fifth.

If a player pockets one or more of the object-balls and his own ball goes into a pocket or off the table, he cannot score for the numbered balls which must be placed upon the deep-red spot; or, if that be occupied, as nearly below it as possible.

When the cue-ball is in hand, the player must play from within the string; and he is not entitled to play at any ball which is not outside the string. Should none of the balls be outside, that ball which is nearest outside the string must be spotted on the deep-red spot, and the player may play at it.

BOATING.

START.—All races shall be started in the following manner: The starter shall ask the question, "Are you ready?" and receiving no reply, after waiting at least three seconds, shall give the signal to start.

FALSE START.—If the referee considers the start false, he shall at once recall the crews to their stations; and any boat refusing to start again shall be disqualified.

A start shall be considered false if, during the first ten strokes, any of the competing boats shall be disabled by the breaking of an oar or any other accident.

PROPER COURSE.—Each boat shall keep its own water throughout the race, and any boat departing from its own water shall be disqualified.

A boat's own water is its straight course from the station assigned to it at starting to the finish, and the umpire shall be sole judge of a boat's deviation from its own water during the race.

FOUL.—No fouling whatever shall be allowed; the boat committing the foul shall be disqualified.

It shall be considered a foul when, after the race has commenced, any competitor, by his own oar, boat or person, comes into contact with the oar, boat or person of another competitor, unless, in the opinion of the referee, such contact is so slight as not to influence the race.

A claim of foul must be made to the referee by the competitor himself previous to his getting out of the boat.

The referee, when appealed to, but not before, shall decide all questions as to a foul.

In the event of a foul, the referee shall have the power: 1. To place the boats, except the boat committing the foul, which is disqualified, in the order in which they come in, provided that the fouled boat comes in first, or that the first boat had a sufficient lead at the time of the foul to warrant the race being assigned to it. 2. If the fouled boat does not come in first, or if unable to decide which boat is in error, to order such of the leading boats to row over again as in his opinion are entitled to another competition.

ACCIDENTS.—Every boat shall abide by its accidents.

DEAD HEATS.—In the event of a dead heat taking place, the same crews shall contend again, or the crew or crews refusing shall be adjudged to have lost the race.

ASSISTANTS.—No boat shall be allowed to accompany a competitor for

the purpose of directing his course or affording him other assistance. Any boat receiving such direction or assistance shall be disqualified at the discretion of the referee.

THE REFEREE.—The jurisdiction of the referee extends over the race, and all matters connected with it, from the time the race is specified to start until its final termination, and his decision in all cases shall be final and without appeal.

Any competitor refusing to abide by the decision, or to follow the directions of the referee, shall be disqualified.

Boats shall be started by their sterns, and shall have completed their course when the bows reach the finish.

The referee, if he thinks proper, may reserve his decision, provided that in every case such decision be given for the day of the race.

If, in conformity with the rules, a second race is ordered, it shall not be called on the day when the first was rowed.

BOXING.

QUEENSBERRY RULES.

To be a fair stand-up boxing match, in a 24ft. ring, or as near the size as practicable.

Two judges and a referee, who are familiar with the rules, shall be appointed. Their decisions in all cases shall be final.

No wrestling or clinching allowed.

The rounds to be of three minutes' duration, and one minute time between rounds. The number of rounds to be mutually agreed upon.

If either man fall, he must get up unassisted; ten seconds to be allowed him to do so, the other contestant meanwhile to return to his corner, and when the fallen man is on his feet the round is to be resumed and continued until the three minutes have expired. If either man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his decision in favor of the other man.

A contestant hanging on the ropes in a helpless position shall be considered down.

No seconds or other person, except the referee, to be allowed in the ring during the rounds.

Should the contest be stopped by any unavoidable interference, the referee to name time and place, as soon as possible, for finishing the contest; so that the match must be won and lost, unless the backers of both men agree to draw the stakes.

The gloves to be fair-sized boxing gloves of the best quality, and new.

Should a glove burst, or come off, it must be replaced to the referee's satisfaction.

A man on one knee is considered down, and if struck is entitled to the stakes.

No shoes or boots with spikes to be worn.

The contest in all other respects to be governed by the revised rules of the London Prize-ring.

The only recognized authority on amateur boxing contests in the United States are the rules of the New York Athletic Club, which are as follows:

1. Competitors shall spar in a space of twenty-four feet square, or other suitable place, in slippers, or shoes, without spikes.

2. One attendant allowed outside the ring to each competitor.

3. There shall be three rounds both in the trial and final bouts, and each round shall last three minutes.

4. No wrestling, roughing, or struggling at the ropes.
5. Time between each round, thirty seconds.
6. Style in sparring is essential.

The division of weight shall be: Feather, 115 lbs. and under; light, 135 lbs. and under; middle, 158 lbs. and under; heavy, over 158 lbs.

PRIZE RING RULES.

The London Prize Ring Rules, according to the last revised code, are as follows:

1. The ring shall be four-and-twenty feet square, formed of eight stakes and ropes, the latter extending in double lines, the uppermost line being four feet from the ground, and the lower two feet from the ground.

2. That each man shall be attended in the ring by two seconds.

3. Two umpires shall be chosen by the seconds or backers to watch the progress of the battle, and take exception to any breach of the rules hereafter stated. A referee shall be chosen by the umpires, unless otherwise agreed on, to whom all disputes shall be referred; and that the decision of this referee, whatever it may be, shall be final and strictly binding on all parties.

4. At the conclusion of the round, the seconds shall step into the ring, affording their principals the necessary assistance.

5. On the expiration of thirty seconds the referee appointed shall call "Time," upon which each man shall walk to his own side of the scratch unaided; the seconds immediately leaving the ring.

6. On no consideration whatever shall any person except the seconds or the referee be permitted to enter the ring during the battle.

7. It shall be a fair "stand up fight," and if either man shall willfully throw himself down without receiving a blow, whether blows shall have previously been exchanged or not, he shall be deemed to have lost the battle; but that this rule shall not apply to a man who in a close slips down from the grasp of his opponent to avoid punishment, or from obvious accident or weakness.

8. Butting with the head shall be deemed foul, and the party resorting to this practice shall be deemed to have lost the battle.

9. A blow struck when a man is thrown or down shall be deemed a foul. A man with one knee and one hand on the ground, or with both knees on the ground, shall be deemed down; and a blow given in either of these positions shall be considered foul, providing always that, when in such positions, the man so down shall not himself strike or attempt to strike.

10. A blow struck below the waistband shall be deemed foul, and that, in a close, seizing an antagonist below the waist, by the thigh or otherwise, shall be deemed foul.

11. All attempts to inflict injury by gouging or tearing the flesh with the fingers or nails, and biting, shall be deemed foul.

12. Kicking or deliberately falling on an antagonist with the knees or otherwise when down, shall be deemed foul.

13. All bets shall be paid as the battle money, after a fight, is awarded.

14. Referee and umpire shall take their positions in front of the center stake, outside the ropes.

15. Should the fight not be decided on the day, all bets shall be drawn, unless the fight shall be resumed the same week, between Sunday and Sunday, in which case the referee's duties shall continue and the bets shall stand and be decided by the event. The battle money shall remain in the hands of the stakeholder until fairly won or lost by a fight, unless a draw be mutually agreed upon, or, in case of a postponement, one of the principals shall be absent, when the man in the ring shall be awarded the stakes.

16. Any pugilist voluntarily quitting the ring previous to the deliberate

judgment of the referee being obtained, shall be deemed to have lost the fight.

17. On an objection being made by the seconds or umpire the men shall retire to their corners, and there remain until the decision of the appointed authorities shall be obtained; that if pronounced foul the battle shall be at an end; but if fair "time" shall be called by the party appointed, and the man absent from the scratch eight seconds after shall be deemed to have lost the fight. The decision in all cases to be given promptly and irrevocably, for which purpose the umpires and referee should be invariably close together.

18. If a man leaves the ring, either to escape punishment or for any other purpose, without permission of the referee, unless he is involuntarily forced out, shall forfeit the battle.

19. The use of hard substances, such as stones, or sticks, or rosin in the hand during the battle shall be deemed foul, and that on the requisition of the seconds of either man the accused shall open his hands for the examination of the referee.

20. Hugging on the ropes shall be deemed foul. That a man held against the stakes, or upon or against the ropes, shall be considered down, and all interference with him in that position shall be foul.

21. All glove or room fights be as nearly as possible in conformity with the foregoing rules.

BOWLING.

TEN PINS.

The games to be played shall be the American Ten Frame Game.

1.—In all games to be played a line shall be drawn sixty feet from the head or front pin.

2.—No balls shall be used exceeding twenty-seven inches in circumference, and the dead wood must be removed from the alley after each ball. Should a pin fall in removing the dead wood, it must be respotted.

3.—A regulation pin must be used in match playing. Each pin, except the king pin, to be not over fifteen inches in circumference at the thickest part, and from fifteen to sixteen inches in length.

4.—No lofting or throwing of balls upon the alley will be allowed; the balls must be rolled. Such balls will be considered foul at the discretion of the Umpire.

5.—In playing, two alleys shall be used; two players to play at a time, and to change alleys every frame. The game shall consist of ten frames on each side. All strikes and spares made in the tenth frame shall be completed before leaving the alley, and on same alley as made. Should there be a tie at any single game, play shall continue until a majority of points upon an equal number of frames shall be attained, which shall conclude the game.

6.—Five men shall constitute a full team, and may be either active or honorary members, in good standing in the club they represent, thirty days prior to the beginning of such Tournament.

7.—In all cases of disputes and differences the decision of the Umpire shall be final. He shall, after each game, and before leaving the alley, declare the winning club.

8.—A player must not step on or over the line in delivering his ball, nor after it has been delivered, nor allow any part of his body to touch on or beyond the line. Any ball so delivered shall be deemed foul, and the pins made on such balls, if any, shall be respotted. Should any ball delivered leave the alley before reaching the pins, or any ball rebound from the back cushion, the pins, if any, made on such balls, shall not count, but must be respotted. All such balls to count as balls rolled.

9.—Any club that shall be detected in tampering with the persons setting up the pins, or by any unfair means seeking to win a victory, shall, on proof of the same, forfeit their rights in all games played by them.

10.—Each person or club shall play one game with every other person or club in the Tournament. The club winning the greatest number of games shall be entitled to the match.

11.—Should there be a tie between two or more contestants such tie or ties shall be played off according to these rules on such alley and at such date as may be agreed upon.

NINE PINS.—HEAD PIN OUT.

1. The pins are placed on all spots, except head spot.
2. The player is entitled to three balls of any style in each inning, if requisite.
3. One pin of the nine must be left standing—no more or no less, or the inning goes for naught.
4. There are no penalties attached, nor is the dead wood removed.
5. Ten innings constitute a game.
6. Ten points are the maximum.

COCKED HAT.

This game, in an American sense, cannot be placed under the above heading, as in days gone by it was termed more scientific than that of American Ten-Pins. It is played with only the head and two lower corner pins set up on the alley.

Any style of ball within the regulation size (27 inches in circumference) can be bowled, but the smallest balls, or what are termed "Pony" balls, are generally used. They must be rolled, not thrown.

The rules of American Ten-Pins govern the game, strikes and spares counting in the same ratio as if the ten pins were set up. If a bowler bowls down the three pins with his first ball, it is a strike, and is marked on the board in the same manner as in the parent game. Whatever the bowler scores with his next two balls is placed to his credit on the inning the strike was made in; for instance, if the bowler bowls down two pins with his next two balls, 2 is added to the 3 made by the strike, making 5 in all. Spares also possess the same value as in the parent game; in fact, the game is played precisely like American Ten-Pins, excepting poodles, or balls rolled down the gutter, go for naught, and the dead wood is allowed to remain. The maximum is 90.

FOUR BACK.

1. The pins are spotted on the four back spots only.
2. Each pin counts 1, and spares and strikes count as in the American ten-pin game.
3. There are no penalties attached, nor is the dead wood removed.
4. Ten innings constitute a game.
5. Three balls of any size are allotted to each inning, if requisite.
6. 120 points are the maximum.

CALEDONIAN GAMES.

RUNNING HIGH JUMP.

1. The height of the bar at starting shall be determined by a referee.
2. The bar must be cleared without displacement.
3. Each competitor will be allowed three trials at each height.
4. Competitors must jump in rotation, as their numbers or names are called.

5. The bar shall be raised at the discretion of the referee.
6. The raising of the bar shall be continued until only one competitor can clear it, who shall be declared the victor.
7. When a competitor displaces the bar, the next in rotation will take his turn. When only two remain, the first having cleared the bar, the other must then make his three trials in succession, or make the jump clear.

Each competitor shall start at the lowest bar, and take his jumps in regular order.

RUNNING LONG JUMP.

1. At the starting point two lines must be drawn thirty-six inches apart, the scratch and the foul line. The spring must be taken between these lines. If the toe passes over the scratch line it will be declared a foul, and must stand as one of the three trials.
2. Measurement to be made from the toe to the first break made by the heel or foot.
3. Falling backward, or if any part of the body touches the ground within the space cleared by the jump, it is a foul, and must stand as one of the three trials.
4. The run is unlimited. Each competitor shall be allowed three trials. The contestant covering the greatest number of feet and inches to be declared the victor.

STANDING WIDE OR BROAD JUMP.

1. Competitors must toe the scratch mark and jump from the first spring.
2. Each competitor shall be allowed three trials.
3. Stepping any part of the foot over the scratch mark shall be declared "no jump," and shall count as one of the three trials.
4. The measurement shall be from the scratch line directly in front of the jumper's toes, to the first break of ground made by the rear heel or foot.
5. Falling backwards or if any part of the body touches the ground within the space covered by the jump, it is a foul, and must stand as one of the three trials.

STANDING HIGH JUMP.

1. Competitors are allowed to stand facing, or right or left side to the bar.
 2. No double spring will be allowed. When the feet leave the ground it must be declared either a jump or as one of the three trials.
- All other rules shall be the same as in the running high jump.

HURDLE RACING.

1. The distance shall be 120 yards, over ten hurdles, height, three feet six inches upright, not less than twelve or more than twenty feet apart, unless otherwise agreed. First hurdle shall be placed fifteen yards from the scratch mark.
2. Hurdle races may be arranged for any distance and any height of hurdle.
3. Hurdles must be cleared with a jump. Touching the hands to the hurdle will be declared foul, and the offender disqualified.
4. Each contestant must keep as nearly as possible in his direct line of starting. Any willful deviation from such line will subject the offender to disqualification.

VAULTING WITH POLE OR POLE-LEAPING.

1. The uprights shall be nine feet apart, and the bar placed on pins projecting two inches.

2. The pole must fall so as not to touch the bar.
3. A competitor touching the bar without causing it to fall shall be considered to have cleared it.
4. The height of bar at starting shall be determined by the referee.
5. Competitors will be allowed three trials at each height.
6. The bar shall be raised at the discretion of the referee, and so continued until only one competitor vaults over it, who shall be declared the victor.
7. Three balks shall be called "no vault," and must be recorded as one of the three trials.

THROWING THE HAMMER.

1. The hammer head shall be of solid iron, perfectly round, standard weights, 12 lbs. for light and 16 lbs. for heavy, exclusive of handle. Length of handle, three feet six inches over all. The handle should be made from seasoned *hickory* wood.
2. The competitor must stand at the scratch with one foot touching the scratch-mark. A throw with one or both hands is a fair throw.
3. Touching the ground, over the scratch-mark, with any portion of the body before the hammer strikes, shall be declared "no throw," and must be recorded as one of the three trials.
4. Permitting the hammer to swing a competitor from his balance or letting the hammer slip out of time must stand as one of the three trials.
5. When the head and handle strike the ground at the same time the head or iron is the measuring mark, at the first break of the ground made by it. Should the hand strike first, one length of the handle, in a direct line with the throw, must be added. The measurement must be from the scratch-mark, midway between the thrower's feet, to the first break, in accordance with above rules.

PUTTING THE SHOT.

1. The shot must be of solid iron and perfectly round, standard weight 16 pounds. The shot must be put from the shoulder with one hand, not thrown from the side or under swing.
2. Competitors will take their position between two parallel lines, said lines being seven feet apart. Passing the toe mark, or touching the ground outside of the mark, with any part of the body before the shot strikes the ground, will be judged and recorded a foul, "no put," and must stand as one of the three trials.
3. Each competitor is entitled to three trials. The measurement shall be from the scratch-line or mark opposite the toe print to the first or nearest break of the ground made by the shot.

TUG OF WAR.

1. The rope shall be one and one-half inches in diameter.
2. The mark on the rope shall be of red or white and sewed into the layers of the rope. The side creases twelve feet on each side from center crease.
3. The center crease to be over scratch-mark when the word "heave" is given or the pistol is fired.
4. The team hauling the center crease to its own side to be declared the winners.
5. No foot holes for bracing to be made before the signal to heave is given.
6. Boots or shoes must be without projecting nails or spikes.
7. Immediately after weighing, the captains of all the competing teams shall draw and tug in the order of drawing.

8. The captains must draw or toss for choice of ground. If the same two teams tug more than once, they must change ends at each successive tug.

9. With two teams they must tug best two out of three, unless stipulated single tug.

10. With three teams 1 and 2 shall pull, then 2 and 3, next 3 and 1.

11. With four teams 1 and 2 shall pull, next 3 and 4, and the winners pull the final.

12. With five teams, first round or pull, 1 and 2, next 3 and 4; the winner of first heat will now pull with 5, and the winner of this heat pulls the final with the winner of second heat of first round.

13. With six teams, first round of pull, 1 and 2, next 3 and 4, then 5 and 6.

14. Second round or pull shall be with winners of first and second heats, the winner of this heat now pulls the final with winner of third heat in first round.

15. When more than six teams are entered, they shall tug on the same principle as in the above examples.

16. No man shall be substituted for another who has already pulled in one trial, nor shall any man be allowed to pull with more than one team in any of the trials for the same prize.

17. The limit of time must be agreed upon.

18. The weights in "Tug of War" shall be: Feather weight, 125 lbs. and under; light weight, 150 lbs. and under; middle weight, 175 lbs. and under; heavy weight, any weight above 175 lbs. Men to be weighed in their regular exercising dress.

19. The earth shall be dug up or loosened to a width not exceeding three feet, and a depth not less than six inches.

THROWING FIFTY-SIX POUND WEIGHT.

1. This must be of solid iron. No restriction as to shape of weight or handle. The weight, including handle, must weigh exactly 56 lbs.

2. The competitor must stand at the mark or scratch, grasping the weight by the handle, and throw it with one hand.

3. Touching the ground over the scratch-mark with any portion of the body before the weight strikes shall be declared "no throw," and must be recorded as one of the three trials.

4. Each competitor allowed three trials.

5. Each competitor shall be credited with the best of his three throws.

6. The measurement must be from scratch-mark in center of thrower's left foot, if he throws with the right hand, or the reverse if with the left, to the first break of the ground made by the weight.

HITCH-AND-KICK.

1. The contestants must spring, kick, alight and hop twice on the same foot before touching the other to the ground.

2. The run unlimited.

3. The height of tambourine at starting shall be determined by the referee.

4. Three trials allowed at each height.

5. Each competitor must take his trial in the order of his number or name being called.

6. Touching the tambourine or object with foot or any part of the leg below the knee, counts as a fair kick and nothing else.

7. Springing and kicking without touching the object kicked at counts as a try, and must be recorded as one of the three trials.

RUNNING HOP, STEP AND JUMP.

If the competitor passes the scratch-mark he loses the jump, and is counts as one trial.

Three trials allowed each contestant. The measurement to be from the toe mark to the nearest heel mark. No weights to be used. All other rules the same as for Running Jump.

TOSSING THE CABER.

The caber shall be 16 feet in length, not over 8 inches in diameter at the larger end and not less than 4 inches at the smaller end. The contestants shall toss from the scratch-mark. Three trials shall be allowed each contestant. The caber shall be tossed so that the small end shall fall beyond the butt.

The distance of the toss to be measured from the scratch to the farther end of the caber as it lies.

WALKING AND RUNNING.

(See Rules governing Athletic Sports.)

CLUB SWINGING.

Two judges and a referee shall be appointed. The judges shall report their decision to the referee, who will announce the victor. In the event of the judges disagreeing, the referee shall decide as to the winner, and his decision shall be final.

The weight of club shall be optional with each contestant, unless otherwise agreed. In a contest for a given weight of club the contestants shall use the same clubs.

The points to be taken into consideration are: 1. Number of movements; 2. Number of difficult movements; 3. Number of combinations; 4. Perfection of movements; 5. Ease and grace in swinging; 6. Arrangement of routine and effect of performance.

Juggling shall not be considered as club swinging.

CRICKET.

1. The ball must weigh not less than five ounces and a half, nor more than five ounces and three-quarters. It must measure not less than nine inches, nor more than nine inches and one-quarter in circumference. At the beginning of each innings either party may call for a new ball.

2. The bat must not exceed four inches and one-quarter in the widest part; it must not be more than thirty-eight inches in length.

3. The stumps must be three in number; twenty-seven inches out of the ground; the bails eight inches in length; the stumps of equal, and of sufficient thickness to prevent the ball from passing through.

4. The bowling crease must be in a line with the stumps; six feet eight inches in length; the stumps in the center; with a return crease at each end toward the bowler at right angles.

5. The popping crease must be four feet from the wicket, and parallel to it; unlimited in length, but not shorter than the bowling crease.

6. The wickets must be pitched opposite to each other by the umpires at the distance of twenty-two yards.

7. It shall not be lawful for either party during a match, without the consent of the other, to alter the ground by rolling, watering, covering, mowing, or beating, except at the commencement of each innings, when the ground may be swept and rolled unless the next side going in object to it. This rule is not meant to prevent the striker from beating the ground with his bat near to the spot where he stands during the innings, nor to

prevent the bowler from filling up holes with saw-dust, etc., when the ground is wet.

8. After rain the wickets may be changed with the consent of both parties.

9. The bowler shall deliver the ball with one foot on the ground behind the bowling crease, and within the return crease, and he shall bowl one "over" before he change wickets, which he shall be permitted to do twice in the same innings; and no bowler shall bowl more than two overs in succession.

10. The ball must be bowled; if thrown or jerked the umpire shall call no ball.

11. The bowler may require the striker at the wicket from which he is bowling to stand on that side of it which he may direct.

12. If the bowler shall so toss the ball over the striker's head, or bowl it so wide that in the opinion of the umpire it shall not be fairly within the reach of the batsman, the umpire shall adjudge one run to the party receiving the innings, either with or without an appeal; which run shall be put down to the score of wide balls; such balls shall not be reckoned as one of the four balls; but if the batsman shall by any means bring himself within the reach of the ball, the run shall not be adjudged.

13. If the bowler delivers a "no ball," or a "wide ball," the striker shall be allowed as many runs as he can get, and he shall not be put out except by running out. In the event of no run being obtained by any other means, then one shall be added to the score of "no balls," or "wide balls," as the case may be. All runs obtained for "wide balls" to be scored to "wide balls." The names of the bowlers who bowl "wide balls," or "no ball," in future to be placed on the score, to show the parties by whom either score is made. If the ball shall first touch any part of the striker's dress or person (except his hands)—and a run be scored—the umpire shall call "leg bye."

14. At the beginning of each innings the umpire shall call "play;" from that time to the end of each innings, no trial ball shall be allowed to any bowler.

15. The striker is out if either of the bails be bowled off, or if a stump be bowled out of the ground.

16. Or, if the ball, from the stroke of the bat, or hand, but not the wrist, be held before it touch the ground, although it be hugged to the body of the catcher.

17. Or, if in striking, or at any other time while the ball shall be in play, both his feet shall be over the popping crease, and his wicket put down, except his bat be grounded within it.

18. Or, if in striking at the ball he hit down his wicket.

19. Or, if under pretence of running, or otherwise, either of the strikers prevent a ball from being caught, the striker of the ball is out.

20. Or, if the ball be struck, and he wilfully strike it again.

21. Or, if in running the wicket be struck down by a throw, or by the hand or arm (with the ball in hand) before his bat (in hand) or some part of his person be grounded over the popping crease. But if both bails be off, a stump must be struck out of the ground.

22. Or, if any part of the striker's dress knocks down the wicket.

23. Or, if the striker touch or take up the ball while in play, unless at the request of the opposite party.

24. Or, if with any part of his person he stops the ball which, in the opinion of the umpire at the bowler's wicket, shall have been pitched in a straight line from it to the striker's wicket, and would have hit it.

25. If the players have crossed each other, he that runs for the wicket which is put down is out.

26. A ball being caught, no run shall be reckoned.

27. A striker being run out, that run which he and his partner were attempting shall not be reckoned.

28. If a lost ball be called, the striker shall be allowed six runs; but if more than six shall have been run before "lost ball" shall have been called, then the striker shall have all which have been run.

29. After the ball shall have been finally settled in the wicket keeper's or bowler's hand, it shall be considered dead; but when the bowler is about to deliver a ball, if the striker at his wicket go outside the popping crease before such actual delivery, the said bowler may put him out unless (with reference to the 21st law) his bat in hand, or some part of his person, be within the popping crease.

30. The striker shall not retire from his wicket and return to it to complete his innings, after another has been in, without the consent of the opposite party.

31. No substitute shall in any case be allowed to stand out or run between wickets for another person without the consent of the opposite party; and in case any person shall be allowed to run for another, the striker shall be out if either he or his substitute be off the ground in manner mentioned in laws 17 and 21, while the ball is in play.

32. In all cases where a substitute shall be allowed, the consent of the opposite party shall also be obtained as to the person to act as substitute, and the place in the field which he shall take.

33. If any fieldsmen stop the ball with his hat, the ball shall be considered dead, and the opposite party shall add five runs to their score; if any run they shall have five in all.

34. The ball having been hit, the striker may guard his wicket with his bat or any part of his body except his hands, that the 23d law may not be disobeyed.

35. The wicket keeper shall not take the ball for the purpose of stumping, until it has passed the wicket; he shall not move until the ball be out of the bowler's hand; he shall not by any noise incommode the striker; and if any part of his person be over or before the wicket, although the ball hit it, the striker shall not be put out

THE UMPIRES' DUTIES.

36. The umpires are the sole judges of fair and unfair play, and all disputes shall be determined by them, each at his own wicket; but in case of a catch, which the umpire at the wicket bowled from can not see sufficiently to decide upon, he may apply to the other umpire, whose opinion shall be conclusive.

37. The umpires in all matches shall pitch fair wickets, and the parties shall toss up for choice of innings. The umpires shall change wickets after each party has had one innings.

38. They shall allow two minutes for each striker to come in, and ten minutes between each innings. When the umpire shall call "play," the parties refusing to play shall lose the match.

39. They are not to order a striker out, unless appealed to by their adversaries.

40. But if one of the bowler's feet be not on the ground behind the bowling crease and within the return crease when he shall deliver the ball, the umpire at his wicket, unasked, must call "no ball."

41. If either of the strikers run a short run, the umpire must call "one short."

42. No umpire shall be allowed to bet.

43. No umpire is to be changed during a match, unless with the consent of both parties, except in violation of 42d law; then either party may dismiss the transgressor.

44. After the delivery of four balls, the umpire must call "over," but not until the ball shall be finally settled in the wicket-keeper's or bowler's hands—the ball shall then be considered dead; nevertheless, if an idea be entertained that either of the strikers are out, a question may be put previously to, but not after the delivery of the next ball.

45. The umpire must take especial care to call "no ball" instantly upon delivery; "wide ball" as soon as it shall pass the striker.

46. The players who go in second shall follow their innings, if they have obtained 80 runs less than their antagonists, except in all matches limited to one day's play, when the number shall be 60 instead of 80.

47. When one of the strikers shall have been put out, the use of the bat shall not be allowed to any person until the next striker shall come in.

SINGLE WICKET.

1. When there shall be less than five players on a side, bounds shall be placed twenty-two yards each in a line from the off and leg-stump.

2. The ball must be hit before the bounds to entitle the striker to a run, which run cannot be obtained unless he touch the bowling stump or crease in a line with his bat, or some part of his person, or go beyond them returning to the popping crease as at double wicket, according to the 21st law.

3. When the striker shall hit the ball, one of his feet must be on the ground, and behind the popping crease, otherwise the umpire shall call "no hit."

4. When there shall be less than five players on a side, neither byes nor overthrows shall be allowed, nor shall the striker be caught out behind the wicket, nor stumped out.

5. The fieldsman must return the ball so that it shall cross the play between the wicket and the bowling stump, or between the bowling stump and the bounds; the striker may run until the ball be so returned.

6. After the player shall have made one run, if he start again, he must touch the bowling stump, and turn before the ball cross the play to entitle him to another.

7. The striker shall be entitled to three runs for lost ball, and the same number for ball stopped with hat, with reference to 28th and 33d laws of double wicket.

8. When there shall be more than four players on a side, there shall be no bounds. All hits, byes, and overthrows shall be allowed.

9. The bowler is subject to the same laws as at double wicket.

10. Not more than one minute shall be allowed between each ball.

CROQUET.

TIGHT CROQUET.

1. The *grounds* shall be smooth, well leveled and graded, and shall not be less than forty feet in width by sixty feet in length, nor more than sixty feet in width by one hundred feet in length, and shall be laid out in the same manner as any regular croquet field, with nine arches, the wires of the middle arch being placed on a line with the starting and turning posts.

The *arches* shall be of round iron, not to exceed half an inch in thickness, and shall be seven inches in width in the clear. They shall be set firmly into the ground, and shall be designated by the numbers one to seven inclusive, from the starting post to the turning post, and by the letters A to G inclusive from the turning post to the starting post.

The *balls* shall be of lignum-vitæ, and shall be three and three-eighths inches in diameter.

The *mallets* may be of such size and shape as may suit the whims and tastes of the players.

2. At the beginning of a game, the player must place his ball on a straight line equidistant from the starting post and the middle of the first arch; but if there is a ball in the way, so as to obstruct the player from making his first arch, the player has the right to place his ball at right angles,

at one side of said starting point, so that he has an unobstructed play, so far as possible, for the first arch.

3. The ball must be struck, and not pushed, shoved, or poked, and always with the face of the mallet. In making a stroke, the mallet must not follow the ball after croquetting another, or hitting a wire of an arch.

4. The balls are to be played in the order of starting.

5. If a player play out of his turn he loses his next turn; but if not discovered until he has made the second stroke, he will be entitled to finish his run.

6. If the player play with the wrong ball, or make a roquet with the wrong ball, he must replace the ball or balls and lose his turn.

7. If a ball fails to make the first arch, it is in the game, but it can not roquet another ball until it has passed through the first arch. A ball may by one stroke be driven through more than one arch. A ball is not through an arch if a straight edge when laid across the two sides of an arch from whence the ball came, touches the ball without moving the arch. If a roquetted ball stops so that any part of the roquetting ball is placed within the arch that it is for, in making the croquet, the roquetting ball must return out of the arch before it can pass through.

8. A ball after passing through an arch or arches, or hitting the turning post, by one stroke, is entitled to another stroke.

9. If a ball after passing through an arch, or hitting the turning post, roquets another ball, it must croquet that ball, after which it is dead on that ball, and has no right to roquet it again until after another arch or the turning post is made.

When a ball roquets another ball, it must croquet it before proceeding with another stroke, to which it is then entitled. A croquet can not be waived.

10. A stroke counts if the ball is moved.

11. A croquet is made if the croquetted ball is moved.

12. When a ball roquets another ball, the play of the roquetting ball is finished at the place of contact with the roquetted ball (provided a ricochet is not made), and should the ball, before stopping, make an arch or hit a stake, it can not be counted. A ball may roquet or croquet another ball through an arch or against a post, which will be counted.

13. In a ricochet, if the ball makes an intermediate arch or turning post, the arch or turning post will be counted. In a ricochet the balls must be croquetted in the order in which they were roquetted, before proceeding with another stroke.

14. When a ball is croquetted, if it hit another, the ball so hit must be replaced.

15. When a ball, in croquetting, escapes from the hand or foot, if it hit another ball, the ball so hit and the croquetting ball, whether it hit or not, must be replaced, when the player is entitled to proceed with another stroke.

16. A ball is entitled to play upon a ball, upon which it is dead, for the purpose of roquetting another ball, or making an arch or post, but the ball upon which it was dead, so hit, must be replaced before proceeding with another stroke. A ball is entitled to carrom from an arch or post in making a roquet, arch or post.

17. When a stroke is made, and the ball or balls pass outside the boundary line and hit the boundary rail of the ground, the stroke is finished at the point of contact with the boundary rail, and if the ball or balls, before stopping, return within the boundary line and hit another ball or make an arch, or hit a post, it will not be counted, but the balls will remain as they are.

18. When a ball is struck or driven outside the boundary line, it must be placed just within the boundary line, at a right angle from the boundary rail, and in case of a roquet, the roquetted ball must be placed at a suffi-

ent distance within the boundary line to allow the croquetting ball to be placed just within the boundary line, before proceeding with the croquet.

19. When a stroke is made and the ball passes outside the boundary line and stops at a right angle behind another ball, just within the boundary line, the player has the option of placing his ball on either side of the other ball, at a distance of the diameter of a ball. When balls are replaced within the boundary line, they must be placed at a distance of a diameter of a ball from each other.

20. When a stroke is made by a ball outside of the boundary line, or a roquet is made upon a ball outside of the boundary line, the play will thereupon cease, and the player will lose his turn. Should a player croquet a ball and then make an arch and hit the croquetted ball, within the boundary line before the croquetted ball has stopped, the play will cease, and the player will be debarred from making another stroke in that inning.

21. A player playing upon a ball upon which he is dead (except as hereinbefore provided) will lose his turn and play, and the ball so hit must be replaced. If such play is not discovered until after the second stroke is made, the player will continue his run, and the balls will remain as they are at the close of the run.

22. A rover can not be put out by an opponent's ball, or by a ball that is not a rover. To put a rover out of the game, the rover must hit the starting post, or be roquetted or croquetted against it by a partner's rover ball.

23. If a rover roquets a partner's rover ball against the starting post, the ball so roquetted is out of the game and must be removed, and the roquetting rover must make his next stroke from where his ball stops, or where it is brought inside the boundary line.

24. Previous to making a stroke the ball must not be displaced by picking it up, or intentionally moving it. After a roquet is made, the roquetted ball, if within the boundary line, must not be displaced by picking it up or intentionally moving it in making the croquet. A person offending against this rule will lose his succeeding play.

25. During a game the players and spectators are strictly prohibited from doing or saying anything that will tend, in the least, to annoy or disconcert a player or players, and should an offense against this rule be committed by a player, he will lose his next turn. Should the offense be committed by any of the spectators, it will be the duty of any member of the club to call their attention to this rule, and if the offense is repeated it will then be the duty of any member of the club to politely request and insist that the person so offending shall leave the grounds.

26. During a game a player can ask an opponent or partner as to what arch or place he or they are for, or as to what ball or balls he or they are alive or dead upon, and the player so asked is required to give the desired information, if within the scope of his knowledge; but such questions must not be asked when the player is about to deliver his stroke. Partners can advise and consult each other in their play. An umpire may be chosen in any game, whose duties shall be to see that these rules are observed and enforced.

27. In lagging for partners the two balls nearest the starting post will be partners on one side, and the two balls next nearest will be partners on the other side. The partners nearest to the starting post will have the choice of the stroke, in beginning the game. The side that is beaten in a game will have the choice of stroke in beginning the succeeding game.

In lagging for partners, each person must lag for himself, and should a person refuse to play after lagging, his position will revert to the ball next nearest the starting post. Lagging for position for another is prohibited. When there are more than four members of the club present who wish to play, after a game is finished, the members of the club will lag again.

28. The game is finished and won by the rover's side who first succeed in hitting the starting post.

LOOSE CROQUET.**RULE I.—THE FIELD.**

SECTION 1. The field shall be either a parallelogram, or an ellipse in shape, not less than forty feet by sixty feet, nor more than sixty feet by one hundred feet.

SEC. 2. There shall be a distinct boundary line, formed by laying a white cord upon the surface, at least thirty inches inside of any permanent inclosure.

SEC. 3. The field shall be furnished with posts and wickets placed, numbered and lettered.

RULE II.—IMPLEMENTS.

SEC. 1. The implements of the game shall consist of a ball, mallet and tally-clip for each player.

SEC. 2. Until some better material shall be found, the standard ball shall be of composition known as "Tenax," three and three-eighths inches in diameter, and weighing three-fourths of a pound troy.*

SEC. 3. The colors of the balls shall be red, white, blue and yellow, covering the whole surface, and they shall be played in the order of their colors as above.

The tally-clips shall be painted in corresponding colors. The wickets and posts shall be painted white.

SEC. 4. The wickets shall be of three-eighths inch round iron, not less than five nor more than six inches span, and shall stand not less than ten nor more than twelve inches out of the ground.

SEC. 5. The cage or center wicket shall be in the form of a cross, not less than five nor more than six inches in width, by fourteen inches in length of channel.

SEC. 6. The posts shall be one and a half inches in diameter, and shall stand not less than six nor more than twelve inches out of the ground.

SEC. 7. The mallets shall be such as each player may choose.

* Since the adoption of this rule the manufacturers have ceased making the "Tenax" ball. Instead of the Tenax the Committee would recommend Spalding's "Ebonite Croquet Balls," which are equally as good as the Tenax.

RULE III.—THE PLAYERS.

SEC. 1. The game shall consist of four players, two on a side, playing alternately, in the order of their colors; or two persons, playing two balls each, may constitute a game.

SEC. 2. When a game has been arranged, the captains shall lag for choice of inning, from a point abreast of the second wicket, and the one landing his ball nearest the home post shall have the choice,

SEC. 3. Partners may confer together during the progress of the game, but not to delay the game more than one minute at any one time, and in case of controversy between partners the player shall finally decide.

SEC. 4. In case of a match game the captains shall choose the umpire. If they fail to agree, they shall lag for choice.

SEC. 5. No player shall refuse, when asked, to give any information regarding points of the game, position or condition of balls, or rights of play; but he shall not be required to volunteer information.

SEC. 6. No player or other person shall be permitted to interfere with the result of a game by any word or act calculated to embarrass the player, nor shall any one speak to a player while in the act of shooting, except to prevent an error.

SEC. 7. The umpire shall preserve order, and decide all questions promptly, without debate; but he shall not voluntarily interfere to prevent errors or otherwise.

RULE IV.—RIGHTS AND PRIVILEGES.

SEC. 1. At the opening of each game the side which has won the choice of inning shall have the right to open or follow, as they may elect, and may also name the member of their own team to open the game.

SEC. 2. At the opening of each inning the player is entitled to one shot. If this results in a point, he is then entitled to another shot. If it results in a hit, he is then entitled to a split and a straight, but failing to make a point or a hit, his play terminates.

SEC. 3. A ball which has failed to make first wicket, must remain where it rests, unless displaced by following players, who have full rights upon it under the rules.

SEC. 4. All balls are alive to the runner at the opening of each inning, and also after each point made, but a ball hit is dead to the runner until another point is made, in the same inning.

SEC. 5. Making two or more points at the same shot gives no more rights than one.

SEC. 6. A ball may advance either by a shot, a hit, or a contact.

SEC. 7. A ball may be advanced by a mate any step in the game, either by a hit or a contact.

SEC. 8. A ball may be advanced by an opponent any step in the game, except the last.

SEC. 9. A ball gains no additional privileges by becoming a rover.

SEC. 10. The runner may strike a dead ball at any time, but gains no rights unless, by the same shot, it also makes a point or a hit.

SEC. 11. A shot can not be made by striking any intervening object with the mallet.

SEC. 12. No play shall be allowed outside of the boundary line, but a ball shot or driven over the boundary shall be immediately returned at rights angles to the boundary line.

SEC. 13. If a runner, when brought in, interferes with a live ball, it shall be deemed a hit, and the player may move the captive, if necessary, two balls' diameter within the line; but if it interferes with a dead ball, the runner shall be placed a ball's diameter on either side, as the player may elect.

SEC. 14. A hit gives the player two shots, namely, a split, and a straight. The split must always be played, but the straight may be declined.

SEC. 15. A player may, with consent of opponents, take his ball out of a hole or depression which would be liable to cause an overshot, but he shall not move it to the right or the left, but directly backwards in the same line of play.

SEC. 16. Where a field is furnished with a cushion, players shall be entitled to any advantage gained by carrom or rebound from the cushion.

SEC. 17. At the end of his run, each player shall place his tally-clip upon his next objective point.

RULE V.—SHOOTING.

SEC. 1. When the ball is struck intentionally, with the face of the mallet, a blow sufficient to cause a perceptible movement of the ball, it shall be deemed a shot.

SEC. 2. The ball shall be struck one distinct, fair blow, with the face of the mallet, and not pushed or shoved, either in a straight or curved line; but this shall not be construed to bar the follow shot.

RULE VI.—RUNNING WICKETS.

SEC. 1. A ball has not made its wicket when it can be touched by a straight edge laid across the front of the wicket.

SEC. 2. If a ball, in running its wicket, collides with a dead ball lying less than a ball's diameter beyond the wicket, it is not a hit; the

runner must pass clear of the front of its wicket, in order to renew its life.

SEC. 3. The normal condition of the wickets shall be true and upright, but if a player shoots for a leaning wicket, he shall not be allowed to straighten, or in any manner move the wicket in determining his position.

SEC. 4. In running the cage, a straight edge laid against the front of the last wires, shall determine if the ball is through.

SEC. 5. If a ball fails to make the cage at one shot, but rests wholly within its outer limits, it shall be deemed to be in position, and may complete the run at a subsequent inning.

RULE VII.—POSITION.

SEC. 1. The position of a ball shall not be reckoned while it is in motion; its position can only be determined when it is at rest.

SEC. 2. A ball driven from in front of its wicket, and resting under the wire, is in position.

SEC. 3. A ball driven from behind its wicket, and resting under the wire, is not in position.

SEC. 4. A runner laid under a wicket for the purpose of a split is not in position.

SEC. 5. A ball driven through its wicket in the wrong direction into position, from whence, without resting, it rolls back through in course, has not made the wicket.

SEC. 6. A ball driven through its wicket in course, and, subsequently, without resting, rolling back to position, has not made the wicket.

SEC. 7. A ball driven from behind, but not through its wicket into position, from whence it rolls through in course, has made the wicket.

SEC. 8. A ball may be deprived of position either by a hit or a contact.

* RULE VIII.—ERRORS AND PENALTIES.

SEC. 1. If a player shoots out of turn, and the error is announced before the next player has made a shot, the player in error forfeits his inning, and the next player in regular sequence takes the balls where they rest. *Example:* Red has played. Blue plays in error, but is detected before next inning. Blue forfeits, and White plays in regular sequence.

SEC. 2. If a player shoots out of turn, and the error is not announced before the next player has commenced his run, the original error shall stand but the second player shall forfeit his inning, unless he is playing in regular sequence, in which case he shall finish his run, and the player in error forfeits his next inning. *Example:* White has played; Yellow plays in error, but finishes; Blue plays in regular sequence. Error announced, but stands. Blue proceeds, and Yellow forfeits next inning. Or, White has played; Yellow plays in error, but finishes; Red plays in sequence to Yellow whose error stands, and Red forfeits, and Blue plays.

SEC. 3. If a player shoots with a wrong ball, and the error is announced by his opponent, they shall have the right to transpose the balls and take them where they rest, the player in error losing his play. *Example:* Owner of Red shoots with Blue and leaves it near Yellow. White and Yellow detect the error, and demand transposition of Blue and Red. Red forfeits his inning.

SEC. 4. If a player shoots with a wrong ball, and the error is announced by his side, he shall have the right to transpose the balls and finish the run. *Example:* Owner of White shoots with Blue, but discovers the error and elects to transpose Blue and White and proceed.

SEC. 5. If an error in sequence is discovered, and the error can not be located, the error shall stand, the other balls following in the order of their colors.

SEC. 6. If a player omits a point in his regular course, he shall forfeit his play and all points made in that inning.

SEC. 7. If a player misplaces his tally-clip, and an opponent is mis-

led thereby to his disadvantage, the player in error shall forfeit his next inning.

SEC. 8. If a player fails to properly place his tally-clip at the end of his run, no other error resulting, he shall forfeit a point.

SEC. 9. If a player fails to move the captive in executing the split shot, his oponents shall have the option to allow the shot to stand or demand its repetition.

SEC. 10. If a player uses a wrong ball, the play is void, and the balls revert to the next player where they rest, unless correct play has been resumed before the error is announced.

SEC. 11. If a ball is stopped by an opponent, the player may repeat the shot, or not, at his option.

SEC. 12. If a ball is stopped by a partner, the opponents may demand a repetition of the shot if they choose to.

SEC. 13. If a ball is interrupted by any person or object not pertaining to the field, the shot may be repeated, or allowed to stand, at the option of the player.

SEC. 14. If a player intentionally moves any ball, except by a fair shot or as provided in Sections 12, 13, or 15, Rule IV., he shall forfeit his play.

RULE IX.—ACCIDENTS.

SEC. 1. If a runner makes a hit, and subsequently a wicket at the same shot, the hit only can be claimed.

SEC. 2. If a player makes a wicket and subsequently a hit at the same shot, he shall take both.

SEC. 3. If a runner is frozen to a dead ball, the player may strike his ball as he likes, but his play terminates unless he makes a point or a hit at the same shot.

SEC. 4. If a runner is frozen to a live ball the player shall use them as in case of a hit.

SEC. 5. If a runner strikes several balls at the same shot, the first live one only is a hit.

SEC. 6. A ball accidentally misplaced must be returned to its former position.

CURLING.

1. Each player has a large stone of from thirty to fifty lbs. weight, with an iron handle in the top. The first player's object is to slide the stone as near the tee as possible, and in front of it. The next endeavors to beat the first, either by getting the stone nearer to the tee or by driving that of the first player away. A stone gliding by the tee is almost sure to be cut out of the game. Those of the same side, either guard their partner's stone, if it is in a very likely place, or attempt to obtain a better position for themselves. A piece of level or strong ice is selected upon which a "rink" or course is planned out. The course shall be ten feet wide and from thirty to fifty yards in length, as the ice will admit. At each end of the occurs a small hole is made called a "tee." Around the tee two circles are drawn called "brougs," one larger than the other. The brougs are intended for the more ready measurement of the distance of each stone from the tee. A line called the "hog score" is drawn across the rink at each end at a distance from the tee equal to one-sixth of the rink, whatever that may be. When all have been played, the stone nearest the tee counts one, and all those of the same side which are not beaten by one of the other also score one "shot" as it is called. The full number of counts to the game is thirty-one.

FLY CASTING.

1. No rod shall exceed eleven feet six inches in length, and it shall be used with a single hand.
2. Any style of reel or line will be allowed, but a leader, or casting line of single gut, of not less than eight feet in length, to which three flies, one stretcher and two droppers shall be attached.
3. No allowance of distance shall be made for difference in length of rods.
4. Persons entering these contests shall draw lots to determine the order in which they will cast, and will be ready to cast when called by the judges.
5. Each contestant will be allowed five minutes to cast for distance, and will then stand aside until called in his turn to cast for delicacy and accuracy, when he will be allowed five minutes for this purpose.
6. The distance shall be measured by a line with marked buoys stretched on the water; said line shall be measured and verified by the judges at least once each day of the casting. A mark shall be made from the stand from which the buoy line shall be measured, and the caster may stand with his toes touching this mark, but may not advance beyond it. Should he step back of it, unless directed so to do by the judges, the loss in distance shall be his.
7. The stretcher fly must remain at the end of the casting line in all casts. The others are not deemed so important. A contestant may claim time for repairs, which shall be allowed by the judges. Or the judges may order the next on the list to cast while repairs are made, in their discretion.
8. In the absence of an appointed judge the committee will fill the vacancy.
9. Any person who shall have won the first prize in class A, will not be permitted to compete for prizes in either class B or C; or, having won the first prize in class B, to compete in class C. Nor will any person having won the first prize in class D be permitted to compete for the prizes in class E.

SALMON FLY-CASTING.

The foregoing rules shall govern, except that the rods shall not exceed eighteen feet in length, and may be used with both hands, and that only one fly will be required.

HEAVY BASS-CATCHING.

Rods shall not exceed nine feet in length; any reel may be used, but the line shall be of linen not less than No. 9. The casts shall be made with sinkers weighing two and a half ounces. (These will be furnished by the committee.) The casts shall be made in lane, formed by the buoy line and a line paralleled to it and distant twenty-five feet. Each contestant will be allowed five casts. His casts within the lines only shall be measured, added and divided by five, and the result shall constitute his score.

LIGHT BASS-CATCHING.

The above rules shall govern, except that the sinker shall be one and a half ounces, and there shall be no restriction as to lines.

FOOT BALL.

1. In every match there shall be one referee, and he absolute. The same referee shall officiate at all championship matches.
2. For intentional delay of game, or offside play, intentional violation

of rule 11, a player shall be disqualified, and his side shall lose five yards for each offence. No delay, arising from any cause whatsoever, shall continue more than five minutes.

3. The grounds must be 330 feet in length and 160 feet in width, with a goal placed in the middle of each goal line, composed of two upright posts, exceeding 20 feet in height, and placed 18 feet 6 inches apart, with cross-bar ten feet from the ground.

4. The game shall be played by teams of eleven men each; and in case of disqualified or injured player a substitute shall take his place.

5. The time of a game is an hour and a half, each side playing forty-five minutes from each goal. There shall be 10 minutes' intermission between the two halves. The game shall be decided by the score of even halves. Either side refusing to play after ordered to by the referee shall forfeit the game.

6. No one wearing projecting nails, iron plates or gutta-percha on his shoes shall be allowed to play in a match. Ordinary rubber soles allowed, but not rubber tips. No sticky or greasy substance shall be used on the person of players.

7. The captains shall toss up before the commencement of the match, and the winner of the toss shall have his choice of goal of kick-off. The same side shall not kick-off in two successive halves.

8. The ball shall be kicked off at the beginning of each half; and whenever a goal has been obtained, the side which has lost it shall kick-off.

9. The penalty for fouls and violation of rules, where judged as intentional, except otherwise provided, shall be a down for the other side.

10. The following shall be the value of each point in the scoring:

Goal obtained by touch-down	6
Goal from field kick	5
Touch-down failing goal	4
Safety by opponents	2

11. No unnecessary roughness, hacking, throttling, butting, tripping up, tackling below the hips, or striking with closed fist, shall be allowed.

12. The side which has a free kick must be behind the ball when it is kicked. At kick-off the opposite side must stand at least ten yards in front of the ball until it is kicked.

13. A player may throw or pass the ball in any direction, except toward opponents' goal. If the ball be batted or thrown forward, unless a fair catch is made, it shall go down on the spot to opponents.

14. If a player having the ball be tackled and the ball fairly held, the man so tackling shall cry "*Held*," the one so tackled must cry "*Down*," and some player of his side put it down for a scrimmage. The snapper-back and the man opposite him cannot pick out the ball with the hand until it touch a third man. If the snapper-back be off side in the act of snapping back the ball must be snapped again, and if this occur three times on same down the ball goes to opponents. The man who first receives the ball when snapped back from a *down*, or thrown back from a *fair*, shall not carry the ball forward under any circumstances whatever. If, in three consecutive *fairs* and *downs*, unless the ball cross the goal line, a team shall not have advanced the ball five or taken it back ten yards, it shall go to opponents on spot of fourth. Consecutive means without leaving the hands of the side holding it.

15. If the ball goes into touch, whether it bound back or not, a player on the side which touches it down must bring it to the spot where the line was crossed, and there either (I) bound the ball in the field of play at right angles to the touch line, and then run with it, kick it or throw it back, or (II) throw it out at right angles to the touch line, or (III) walk out with it, at right angles to touch line, any distance not less than five nor more than fifteen yards, and there put it down, first declaring how far he intends walking. The man who puts the ball in must face field or opponents' goal and he alone can have his foot outside touch line. Any one, except him

who puts his hands or feet between the ball and his opponent's goal is off side. If it be not thrown at right angles, either side may claim it thrown over again, and if it fail to be put in play fairly in three trials it shall go to opponents.

16. *Kick-out* must be a drop-kick from not more than twenty-five yards outside the kicker's goal. If the ball go into touch before striking a player it must be kicked out again; and if this occur three times in succession it shall be given to opponents, as in touch on twenty-five yard line on side where it went out. At kick-out opponents must be on twenty-five yard line, or nearer their own goal.

17. Charging is lawful for opponents if a punter advances beyond his lines, or in case of a place-kick, immediately the ball is put in play by touching the ground. In case of a punt-out, not till ball is kicked.

18. A player who has made and claimed a fair catch shall take a drop-kick or a punt, or place the ball for a place-kick. The opponents may come up to the catcher's mark, and the ball must be kicked from some spot behind that mark on a parallel to touch line.

19. If a player, when off side, interferes with an opponent trying for a fair catch by touching him or the ball, or waving his hat or hands, the opponent may have a free kick or a down where the interference occurred.

20. No player shall lay his hands upon, or interfere with, an opponent, unless he has the ball.

FENCING.

FOIL FENCING.

1. The foil shall be 34 inches in length, have a flat blade, and be unattached to the hand or wrist.

2. A successful free thrust must be followed by a pause.

3. Reprisals, or double thrusts, not allowed, the competitor who has lunged must return on guard.

4. Time thrusts delivered without the lunge, count only in favor of the giver, provided he is not hit himself; if both are hit simultaneously, the count must be given to the competitor who is extended; if both are extended, neither count.

5. A disarm counts one point. If the foil is lost while making an attack and hitting the opponent, the count is not lost.

6. Parrying or taking an opponent's foil with the disengaged hand is foul.

7. The number of points shall be not less than five or more than ten, to be decided by the judges or referee, the competitor first making the full number of points to be declared the winner.

8. The buttons of the foils must be chalked before each round, and competitors must wear a black body cover in order to distinguish between a clean thrust and a glance or *passe*.

BROAD-SWORD FENCING.

1. The sword shall be 34 inches long, have a flat blade three-quarters of an inch broad at hilt and half an inch at point, and be unattached at hand or wrist.

2. All cuts must be made with the edge of the blade upon any protected part of the body above the waist. No cuts with the flat of the blade allowed.

3. A successful cut must be followed by a pause.

4. Where two cuts are delivered at the same time, the count belongs to the competitor who is extended; if both are extended, neither count.

5. A disarm counts one point. If the sword is lost while making attack and hitting the opponent, the count is not lost.

6. Neither of the competitors must, in any case, allow his hands to come in violent contact with his opponent's body.

7. The number of points shall be not less than five nor more than ten, to be decided by the judges or referee, the competitor first making the full number of points to be declared the winner.

SINGLE STICK FENCING.

1. The stick shall be made of ash or hickory, five-eighths of an inch at the grip, and tapering at the end, 36 inches long.

2. Blows only count on the mask and arms.

3. A successful blow must be followed by a pause.

4. If both contestants are hit simultaneously, the count belongs to the competitor who is extended; if both are extended, neither count.

5. A disarm counts one point. If the stick is lost while making an attack and hitting the opponent, the count is not lost.

6. Neither of the competitors must, in any case, allow his hands to come in violent contact with his opponent's body.

7. If a competitor seize his opponent's stick with his hand (his own weapon being free), it shall count one point against him.

8. The number of points shall be not less than five nor more than ten, to be decided by the judges or referee, the competitor first making the full number of points to be declared the winner.

GYMNASTICS.

Two judges and a referee shall be appointed. The judges shall report their decision to the referee, who will announce the victor. In the event of the judges disagreeing, the referee shall give the final decision.

Each contestant shall be allowed a given number of trials, to be decided by the contestants or referee. The movement or number of movements performed by a contestant at each trial shall be optional, but shall score as one movement.

Falling from the apparatus or in leaving the apparatus shall be considered a poor performance, and score as blank.

The points to be taken into consideration are: 1. Degree of skill required to perform the movement; 2. Number of single movements; 3. Number of combinations; 4. Perfection of movements; 5. Ease and grace in performing movements; 6. Effect and appearance of performance.

HAND BALL.

1. A game of hand ball shall consist of twenty-one aces, to be played with a ball about two inches in diameter.

2. A game to be played by two persons shall be called a single hand game, by four persons a double game.

3. When a match is made, be it double or single, the players (after entering the court) shall toss for the first hand, the winner to have one hand only in the first inning.

4. The winner of the toss shall stand inside of a line called the ace line (which is supposed to be in the center of the court) bound the ball on the floor, striking it with his hand against the front wall. He shall serve it to the player or players beyond the ace line.

4½. In scoring the game each player shall be credited with an ace according as it may be scored by "service" or "return."

5. The striker failing to strike the ball over the ace line three times in succession is a hand out.

6. If the striker when serving the ball strikes either side wall before striking the front wall, it is a hand out.

7. If the striker or his partner stops the ball intentionally before it bounds after leaving the front wall, it is a hand out.

8. If the striker or his partner stops the ball intentionally while on its way to the front wall, it is a hand out.

9. If a ball struck by the player strikes the striker or his partner, it is a hinder, and it shall be played over again.

10. When a ball is served short to the player he has the privilege of striking it with his hand or foot; if struck with the foot and it fails to go upon the front wall it does not score for the striker. If struck with the hand and it fails to strike the front wall it is an ace for the striker.

11. A ball that is served short to the player and he strikes it with his foot upon the front wall, the striker after returning it on the wall, has the privilege of preventing the player from striking it again.

12. If a ball is struck with the foot and assisted by the hand on to the front wall, it is foul.

13. When the player is about to strike the ball and his opponent jostles him or gets in his way intentionally, it is an ace or a hand out.

14. When a ball is served to the player, he shall strike it on the fly or first bound; failing to do so counts an ace for the striker.

15. In a match for a prize the contestants are allowed one minute for refreshments at the expiration of each game before commencing another. The one failing to respond to the call of time loses the match.

16. In a double match the striker's partner shall stand with his back against either side wall, inside of the ace line, until the ball leaves the front wall; failing to do so is foul.

17. If a ball served to the player goes over the back board or strikes the gallery before bounding on the floor, it is a foul.

18. The striker shall call time before serving the ball, and shall not serve the ball before the player or players are outside of the line.

19. In all cases when a ball is taken foul and the players play it or not it shall be decided as a foul ball.

20. In striking the ball the player shall not touch the ball with any part of his person other than the hand or foot, under a forfeit of an ace or hand out.

21. If the striker in serving the ball strikes himself or his partner with the ball and it goes over the ace line, it is at the option of the player whether he plays to it or not, as it can be called a hinder.

22. In case there are only boundary lines drawn, and no side walls, if the ball after striking the front wall rebounds outside the side boundary line, such ball is foul, and is a hand out.

23. All disputed balls shall be decided by a referee chosen by the players, whose decision in all cases shall be final.

LAWN TENNIS.

1. The single court is seventy-eight feet long, and twenty-seven feet wide. It is divided across the middle by a net, the ends of which are attached to two posts, standing three feet outside of the court on either side. The height of the net is three feet, six inches at the posts, and three feet in the middle. At each end of the court, parallel with the net, and thirty-nine feet from it, are drawn the base lines, the ends of which are connected by the side lines. Half way between the side lines, and parallel with them, is drawn the half court line, dividing the space on each side of the net into two equal parts, the right and left courts. On each side of the net, at a distance of twenty-one feet from it, and parallel with it, are drawn the service lines.

(The double court, for three and four-handed games, is in length the

same as the single court, but it is enlarged in width from twenty-seven to thirty-six feet, but the service courts are the same size as in the single court. The net line, in a double court, is necessarily extended to forty-two feet in length.)

2. The ball shall measure not less than two inches and fifteen thirty-sixths of an inch, nor more than two and a half inches in diameter; and shall weigh not less than one ounce and fifteen-sixteenths of an ounce, nor more than two ounces.

3. The choice of *sides*, and the right to *serve* in the first game shall be decided by toss; provided that, if the winner of the toss choose the right to serve, the other player shall have choice of sides, and *vice versa*. If one player choose the court the other may elect not to serve.

4. 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 striker-out.

5. At the end of the first game the striker-out shall become server, and the server shall become striker-out; and so on alternately in all the subsequent games of the set, or series of sets.

6. The server shall serve with one foot on the ground outside of the base line, and with the other on the ground within, or upon that line. He shall deliver the service from the right and left courts, alternately, beginning from the right.

7. The ball served must drop between the service line, half court line, and side line of the court, diagonally opposite to that from which it was served.

8. It is a Fault if the server fail to strike the ball, or if the ball served drop in the net, or beyond the service line, or out of court, or in the wrong court; or if the server do not stand as directed by Law 6.

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

10. A Fault cannot be taken.

11. After a Fault the server shall serve again from the same court from which he served that Fault, unless it was a Fault because he served from the wrong court.

12. A Fault cannot be claimed after the next service is delivered.

13. The "Server" shall not serve till the "Striker-out" is ready. If the latter attempts to return the service he shall be deemed ready.

14. A Service or Fault delivered when the Striker-out is not ready, counts for nothing.

15. The Service shall not be "Volleyed," viz., taken, before it has touched the ground.

16. A Ball is in Play on leaving the server's racquet, except as provided for in Law 8.

17. It is a good return, although the ball touch the net; but a service, otherwise good, which touches the net, shall count for nothing.

18. The server wins a stroke (or point) if the striker-out "volley" the service, or if he fail to return the service or the ball in play; or if he return the service or the ball in play so that it drops outside of his opponent's court; or if he otherwise lose a stroke, as provided by Law 20.

19. The Striker-out wins a stroke if the Server serve two consecutive faults; or if he fail to return the ball in play; or if he return the ball in play so that it drops outside of his opponent's court; or if he otherwise lose a stroke, as provided by Law 20.

20. Either player loses a stroke if he return the service or the ball in play so that it touches a post of the net; or if the ball touch him or anything that he wears or carries, except his racquet in the act of striking; or if he touch the ball with his racquet more than once; or if he touch the net or any of its supports while the ball is in play; or if he "volley" the ball before it has passed the net; or if the service or the ball in play touch a ball lying in his court.

21. On either player winning his first stroke, the score is called fifteen for that player; on either player winning his second stroke, the score is called thirty for that player; on either player winning his third stroke, the score is called forty for that player; and the fourth stroke won by either player is scored game for that player, except as below: If both players have won three strokes, the score is called Deuce; and the next stroke won by either player is scored Advantage for that player. If the same player wins the next stroke he wins the game; if he loses the next stroke the score returns to Deuce; and so on until one player wins the two strokes immediately following the score of Deuce, when Game is scored for that player.

22. The player who first wins six games wins the "Set," except as below: If both players win five games the score is called Games All; and the next game won by either player is scored Advantage Game for that player. If the same player wins the next game he wins the set; if he loses the next game the score returns to Games All; and so on, until either player wins the two games immediately following the score of Games All, when he wins the Set.

23. The player shall change sides at the end of every set; but the umpire, on appeal from either player, before the toss for choice, may direct the players to change sides at the end of every game of each set, if, in his opinion, either side have a distinct advantage, owing to the sun, wind, or any other accidental cause; but if the appeal be made after the toss for choice, the umpire can only direct the players to change sides at the end of every game of the odd or deciding set.

24. When a series of sets is played, the player who served in the last game of one set shall be striker-out in the first game of the next.

25. The above laws shall apply to three-handed and four-handed games, except as below:

26. For the three-handed and four-handed games the court shall be thirty-six feet in width. Four and a half feet inside the side lines, and parallel with them, are drawn the service side lines. The service lines are not drawn beyond the point at which they meet the service side lines.

27. In the three-handed game, the single player shall serve in every alternate game.

28. In the four-handed game, the pair who have the right to serve in the first game shall decide which partner shall do so; and the opposing pair shall decide in like manner for the second game. The partner of the player who served in the first game shall serve in the third, and the partner of the player who served in the second game shall serve in the fourth, and the same order shall be maintained in all the subsequent games of the set.

29. At the beginning of the next set, either partner of the pair which struck out in the last game of the last set may serve.

30. The players shall take the service alternately throughout the game; a player cannot receive a service delivered to his partner; and the order of service and striking out once established shall not be altered, nor shall the striker-out change courts to receive the service till the end of the set.

31. It is a fault if the ball served does not drop between the service line, half-court line, and service side line of the court, diagonally opposite to that from which it was served.

32. In matches, the decision of the umpire shall be final. Should there be two umpires, they shall divide the court between them, and the decision of each shall be final in his share of the court.

33. A Bisque is one point which can be taken by the receiver of the odds at any time in the set except as follows:

(a) A bisque cannot be taken after a service is delivered.

(b) The server may not take a bisque after a fault, but the striker-out may do so.

34. One or more bisques may be given to increase or diminish other odds.
35. Half fifteen is one stroke given at the beginning of the second, fourth, and every subsequent alternate game of a set.
36. Fifteen is one stroke given at the beginning of every game of a set.
37. Half thirty is one stroke given at the beginning of the first game, two strokes given at the beginning of the second game, and so on alternately in all the subsequent games of the set.
38. Thirty is two strokes given at the beginning of every game of a set.
39. Half forty is two strokes given at the beginning of the first game, three strokes given at the beginning of the second game, and so on alternately in all the subsequent games of the set.
40. Forty is three strokes given at the beginning of every game of a set.
41. Half Court: The players may agree into which half court, right or left, the giver of the odds shall play; and the latter loses a stroke if the ball returned by him drop outside any of the lines which border half court.

LACROSSE.

THE CROSSE.

1. The Crosse may be of any length to suit the player; woven with cat-gut, which must not be bagged. ("Cat-gut" is intended to mean raw-hide, gut or clock-strings; not cord or soft leather.) The netting must be flat when the ball is not on it. In its widest part the crosse shall not exceed one foot. A string must be brought through a hole at the side of the tip of the turn, to prevent the point of the stick catching an opponent's crosse. A leading string resting upon the top of the stick may be used, but must not be fastened, so as to form a pocket, lower down the stick than the end of the length strings. The length strings must be woven to within two inches of their termination, so that the ball cannot catch in the meshes.
2. No kind of metal, either in wire or sheet, nor screws or nails to stretch things, shall be allowed upon the crosse. Splices must be made either with string or gut.
3. Players may change their crosse during a match.

THE BALL.

4. The ball to be used in all match games must be of sponge rubber. In each match a new ball must be used, furnished by the home team. It shall become the property of the winning team.
5. The ball shall be of the size of the ball marked No. 40 regulation, by the manufacturers.

THE GOALS.

6. The goals must be at least 125 yards from each other, and in any position agreeable to the captains of both sides. The top of the flag-poles must be six feet above the ground, including any top ornament, and six feet apart. In matches they must be furnished by the challenged party.
7. No attacking player must be within six feet of either of the flag-poles, unless the ball has passed coverpoint's position on the field.

REFEREE.

8. The referee shall be selected by the captains. His authority shall commence from the time of his appointment.
9. When "foul" has been called by either captain, the referee shall immediately call "time," after which the ball must not be touched by

either party, nor must the players move from the positions in which they happen to be at the moment, until the referee has called "play." If a player should be in possession of the ball when "time" is called, he must drop it on the ground. If the ball enters goal after "time" has been called, it shall not count.

10. When game is claimed and disallowed, the referee shall order the ball to be faced for, from where it is picked up; but in no case must it be closer to the goals than ten (10) yards in any direction.

UMPIRES.

1. There shall be one Umpire at each goal. They shall stand behind the flags when the ball is near or nearing their goal. In the event of game being claimed, the Umpire at that goal shall at once decide whether or not the ball has fairly passed through the flags, his decision simply being "game" or "no game," without comment of any kind. He shall not be allowed to express an opinion, and his decision shall in all cases be final, without appeal.

2. No person shall be allowed to speak to an Umpire, or in any way distract his attention, when the ball is near or nearing his goal.

3. In the event of the Field Captains failing to agree upon the Umpires, after three nominations have been made by each party, it shall be the duty of the Referee to appoint one or more Umpires as may be required, who shall not be one of the persons objected to, who must be duly qualified as required by this rule.

CAPTAINS.

Captains to superintend the play shall be appointed by each side previous to the commencement of a match. They shall be members of the club by whom they are appointed, and no other. They may or may not be players in the match; if not, they shall not carry crosse, nor shall they be dressed in Lacrosse uniform. They shall select Umpires and Referees, as laid down in these Rules, toss for choice of goals, and these alone shall be entitled to call "foul" during a match. They shall report any infringement of the laws during a match to the Referee.

NAMES OF PLAYERS.

The players on each side shall be designated as follows: "Goal-keeper," who defends the goal; "Point," first man out from goal; "Cover-point," in front of point; "Center," who faces; "Home," nearest opponent's goal; others shall be termed "Fielders."

THE GAME.

MISCELLANEOUS.

1. Twelve players shall constitute a full team.
2. The game must be started by the Referee facing the ball in the center of the field between a player on each side. The ball shall be laid upon the ground between the sticks of the players facing, and when both sides are ready the Referee shall call "play." The players facing shall have their left side toward the goal they are attacking, and shall not be allowed to use a left-handed crosse.
2. A match shall be decided by the winning of most goals in every match, unless otherwise agreed upon. Games must in all cases be won by putting the ball through the goal from the front side.
3. Either side may claim at least five minutes' rest, and not more than ten, between each game.
4. After each game players must change goals.
5. No change of players must be made after a match has commenced except for reason of accident or injury during the game.

6. Should any player be injured during a match, and compelled to leave the field, the opposite side shall drop a man to equalize the teams. In the event of any dispute between the Field Captains as to the injured player's fitness to continue the game, the matter shall at once be decided by the Referee.

RULE X.

No player shall wear spiked soles or boots, and any player attempting to evade this law shall be ruled out of the match.

The ball must not be touched with the hand, save in cases of Rules xii. and xiii.

The Goal-keeper while defending goal within the goal-crease, may pat away with his hand, or block the ball in any manner with his crosse or body.

Should the ball lodge in any place inaccessible to the crosse, it may be taken out with the hand, and the party picking it up must "face" with his nearest opponent.

Balls thrown out of bounds must be "faced" for at the nearest spot within the bounds, and all the players shall remain in their places until the ball is faced. The Referee shall see that this is properly done, and when both sides are ready shall call play. The "bounds" must be distinctly settled by the Captains before the commencement of the match.

Should the ball be accidentally put through a goal by one of the players defending it, it is game for the side attacking that goal; should it be put through the goal by any one not actually a player, it shall not count.

Should the ball catch in the netting, the crosse must be struck on the ground to dislodge it.

The following shall constitute *fouls* and be punished as such by the Referee:

1. No player shall grasp an opponent's crosse with his hands, hold it with his arms or between his legs, nor shall any player more than six feet from the ball hold his opponent's crosse with his crosse, run in front of him or interfere in any way to keep him from the ball until another player reaches it.

No player with his crosse or otherwise shall hold, deliberately strike or trip another, nor push with the hand, nor wrestle with the legs so as to throw an opponent.

No player shall hold the ball in his crosse with his hand or person, or lay or sit on it.

No player shall charge into another after he has thrown the ball.

The crosse or square check which consists of one player charging into another with both hands on the crosse so as to make the crosse strike the body of his opponent, is strictly forbidden.

No player shall interfere in any way with another, who is in pursuit of an opponent in possession of the ball.

"Shouldering" is allowed only when the players are within six feet of the ball, and then from the side only. No player must under any circumstances run into or shoulder an opponent from behind.

The Referee shall be the judge of fouls, and shall call time to decide them only at the request of the captains or the men appointed by them.

When a foul is allowed by the Referee, the player fouled shall have the option of a free "run" or "throw" from the place where the foul occurred. For this purpose all players within ten feet of said player shall move away to that distance, all others retaining their positions. But if a foul is allowed within twenty yards of the goal, the man fouled shall move away that distance from goal before taking the run or throw allowed him.

If a foul is claimed and time called, and the foul then not allowed, the player accused of fouling shall be granted a free "run" or "throw" under the conditions above mentioned.

No player shall throw his crosse at a player or at the ball, under any circumstances; and such action will be considered a "foul." Should a player lose his crosse during a game, he shall consider himself "out of play," and shall not be allowed to touch the ball in any way until he again recovers it. Kicking the ball is absolutely prohibited to players without a crosse.

Any player considering himself purposely injured during play, must report to his captain, who must report to the Referee, who shall warn the player complained of.

For deliberate fouls which occasion injury to opponents or affect the result of the game, for the first offence the Referee shall have power to suspend the player committing it, for the rest of the game (not match); for a second offence, the Referee may remove the offending player and compel his side to finish the match short-handed.

Any player deliberately striking another, or raising his hand to strike, shall be immediately ruled out of the match.

In the settlement of any dispute, whether by the Umpires or Referee, it must be distinctly understood that the Captains, with one player each, to be selected by them, have the right to speak on behalf of their respective clubs; and any proposition or facts that any player may wish brought before the Referee must come through the Captains, or players selected by them.

In event of a flag pole being knocked down during a match, and the ball put through what would be the goal if the flag pole were standing, it shall count game for the attacking side.

POLO.

1. Each team shall consist of five players in a contest.
2. The ball shall be the *Regulation Polo Ball*; the sticks shall be the *Regulation Stick*, and shall not exceed four feet in length or one inch in diameter, and shall not exceed fourteen ounces in weight.
3. The goals shall be the *Spalding Cage Goal*, and shall be set ten feet from each end of the rink surface. The referee shall personally supervise the setting of goals, and shall prohibit championship games from being played with the use of any other goal, except by written permission of the Secretary of the League upon the request of the managers of both teams previous to the clubs going on the surface. The dimensions of the League cage goal shall be six feet wide, three feet high, and three feet deep, and shall be after the style manufactured by A. G. Spalding & Bros., of Chicago and New York.
4. No person shall take part in a championship match who has played in any other team within thirty days previous to each match, and he must also have been a regular member of the team during the above time, unless by consent, given in the presence of the referee, by both the captains.
5. Only one person shall tend goal at a time.
6. The referees shall have the exclusive control of the surface during the game; shall decide all points of dispute. Referees are also empowered to eject any players or player from the surface for each and every violation of these rules. Referees shall positively refuse to recognize or argue any point of law or any rule with any player on the surface during a contest, except the manager or captain of a club. There shall be no appeal from the referee's decision for the violation of any of the League rules, but managers shall have the right to appeal regarding a referee's decision on a point of law, and during the pendency of said appeal and until decided by said board of officers, said referee's decision shall stand.
7. The visiting team shall have choice of goals in the first game, the home team the choice in the second game, and for the third game the referee shall, in the presence of both captains, toss for positions, and in no case are the positions of the teams to be reversed after the game is called.

8. To start the game, the ball shall be placed at the middle of a straight line drawn through the center of each goal, and at the whistle of the referee shall be charged upon by a player from each team, who shall start without assistance one and a half feet to the left on a line with the front of the goal.

9. To constitute a championship game, the club scoring the greatest number of goals in 30 minutes, actual playing time from the blow of the referee's whistle at the start of the game, shall be declared the winners of the game, provided three out of five goals have not been scored by either club. In case of a tie at the expiration of 30 minutes the game shall be played off on the next afternoon.

10. A goal is won by the passage of the ball from the front into the cage. If, by accident, the ball should bound from the cage it shall not count as a goal. To count as a goal, the ball must remain in the cage, and under no circumstances be removed by any one except the referee. Should any player touch the ball while in the cage either with his person or stick, or anything else, that indicated his intention to remove the ball, the referee shall decide a goal for the other side.

11. If a ball go out of bounds the referee shall blow his whistle to call game and place the ball at the point opposite where it went out, at least four feet from the rail. In recommencing play the players who do so must stand in position to knock the ball lengthwise of the surface, with their backs toward the sides, the ball to be midway between the two players, whose hands must not be lower than the point indicated on the stick.

12. Game shall be called by the referee whenever a foul occurs, or whenever one is claimed, unless the referee is satisfied by his own observation at the moment that no just claim exists. Upon claim of foul, if game is to be renewed, the ball must be placed where the foul occurred.

13. It shall be deemed a foul: 1. If any player stop or strike the ball when any part of his person is touching the surface. 2. If any player catch or bat the ball with his hands or arm. 3. If any player (save the goal tend, who may do so) kick the ball with his foot or skate, though he may stop the ball with either. 4. If any player strikes down the stick of his opponent, or if any player trip or strike another intentionally with stick, hand or skate. 5. If any player throws his stick in the pathway of a player or at a ball. 6. If a player shall raise his stick above his hip in striking a ball, except in such cases when the ball is in the air, above the hip, then only can he raise his stick to stop it.

14. Any act by any player that is manifestly intended as an unwarrantable interference by one player with another may be declared a foul by the referee, upon complaint of the captain of the offended side.

15. Three fouls, other than when the ball leaves the bounds, made by either side during a contest for a goal, shall constitute a goal for the opposite side.

16. If the referee decides a foul made by the goal tend prevented a goal from it shall be adjudged as a goal for the opposite team.

17. If any club refuse to abide by the decision of the referee, which in all cases shall be final, the game shall be declared forfeited to the opposing club, unless the club aggrieved shall appeal from the referee's decision within twenty-four hours after such decision is rendered. Such appeal must be made by the captain and manager of the offended club, with a clear and concise statement of the facts pertaining thereto; shall be given to the referee alone, and be by him acted upon within the specified time.

18. All championship games shall be played on rink skates with plain boxwood revolving rollers, without the use of additional appliances to hinder the free running of said rollers. Any wood, rubber, or any other material attached in any manner to any skate, shoe or boot is positively prohibited, and any skater going on the surface with the same, upon complaint of the captain of the opposing club, the referee shall order such player from the surface, and the club containing such player shall, after his re-

removal from the surface, continue the game without the use of a player to take his place.

19. All referees shall prohibit slugging polo, and require players on penalty of removal from the floor to adhere strictly to nursing or coaching polo. After once notifying any team to desist from slugging or rough playing, the referee shall decide the same in favor of the opposing club. From this rule there shall be no appeal.

20. In cases of accident or injury to any player a substitute may be appointed. Such substitute must at all times during a game be in uniform near the surface and ready for immediate use.

21. No person, except the players and referee, shall be allowed on any part of the surface during a game.

22. If the rusher, whose place it is to charge upon the ball to start the game, continues to jockey, or tries to start before the whistle is blown, or does not start from the designated spot, the referee warns him once; but if he persists in doing it again the referee has the authority to call for a new rusher to start the game.

23. All openings leading to the surface of a rink must be closed during the game.

24. A new ball shall be used at every game, which becomes the property of the team winning the game, the losing team paying for the same.

QUOITS.

1. The distance to be eighteen yards from center of mott or pin, the player to stand not more than three feet from the mott played from.

2. Each player shall select his own size of quoit.

3. The pin must be at an angle of 45 degrees and one-half inch, above the level with the clay.

4. Measurement to be made from the center of mott to the nearest visible part of quoit.

5. A referee shall be appointed, whose decision shall be considered final.

6. The lead to be decided by a toss, the one getting the first pitch to lead at the other end, playing alternately.

7. In case of a tie, two opposing quoits being equal, it shall be declared a draw.

8. Points of game: Two or four hand, twenty-one points; six hand, fifteen points; eight hand, eleven points.

RACQUET.

1. Gentlemen wishing to play will enter their names on the slate (bona fide), in their own handwriting, and shall be entitled to the Court, according to their number, a tour de role.

2. Exchanging numbers will be allowed only when it is done to equalize a match, and with the approbation of those next entitled to the Court.

3. The regular game will consist of a rubber of fifteen aces for a single or double match.

4. On commencing a game in a double match, whether odds are given or not, the side winning the toss shall have but one hand; but in a single match the party receiving the odds shall be entitled to them from the beginning.

5. The first service in each game of the rubber must be in the right Court from the left ring, and then in the left Court from the right ring, and so on alternately throughout the game, the out hand going on in the same rotation.

6. The out hand shall have the privilege of asking the service for the last ace of each game in either Court, and, in a double match, of placing either partner in that Court, but must remain there until the end of the game.

7. The server must stand with at least one foot in the ring and serve the ball first over the line on the front wall, and within the right or left Court, otherwise the ball will be foul. Serving two foul balls, missing the ball or failing to strike the front wall, puts the hand out. No line ball is fair.

8. All balls served or played in the galleries, or out of the Court although they may return to the floor, will count against the striker.

9. In serving or returning a ball, if it strikes the tell-tale, it is a hand out or an ace.

10. When a ball is served fair, the player alone in that Court is entitled to return it. If the ball be foul either partner may return it.

11. A ball stopped by the striker or his partner, before either of the adversaries has struck at it, loses him either a hand or an ace.

12. If a ball going from the Racket strikes one of the opposite party above the knee, it is a let, and must be played over, unless the ball reached the front wall before touching the floor; if below or on the knee, the striker loses, unless the ball reaches the front wall as before. Should the ball strike his partner, it counts against the striker, though the ball should go up.

13. A ball must be taken either before or on the first bound, and not touch the floor before reaching the front wall.

14. No ball will be dead until on or after its second hop. Using two hands to the Racket, "foul."

15. A ball returning from the front wall and striking a beam, or any part of the roof, or above the lower gallery, is foul.

16. As players must sometimes be involuntarily in each other's way, the marker will decide (when a "hinder" is claimed) if they are entitled to it. (There can be no hinder allowed when a ball has been struck at.)

17. One Rubber only can be played by the same party; but should any of those going out be wanted to make up the next match, they must draw lots.

18. Only one set allowed.

19. On commencing the game, parties must toss for the first service, in making which they must cry "Play," or time must be called. In other cases "Time" can only be called before the server has struck.

20. A double match always to take precedence over a single match.

21. The marker's decision must be final, and without further appeal, in all cases when judgment is asked.

22. The out-player only can call for a new ball except it be torn.

23. Any person striking a ball unnecessarily, on or after the second hop, shall be liable to a fine.

24. No one will be allowed to play in the Court with nails in his shoes. The Racket Shoe should have an extra sole of buff leather.

RUNNING.

(See also Athletic Sports.)

1. All contestants must be started from the scratch, except when distance starts are allowed, then the starts shall be measured 24 inches from the pole.

2. No contestant allowed any support in starting.

3. Contestants must be in line at least three seconds before starting; cautioned by "Are you ready?" and started by the word "Go."

4. The men shall draw for position.

5. A leader must hug the pole and thus allow a competitor in his rear, room to pass. Should the leader be more than three feet from the pole, the rear man is entitled at his own risk to pass on the inside.

6. In the event of a dead heat, it is optional with the men whether the race be skated over again, or the stakes divided. In case they arrive at no agreement, the referee shall decide, and appoint day and hour for the race.

7. All races must be finished, and in case of men dropping out, the remaining one or ones must finish. No prize can be awarded to any man who does not cover the distance.

8. The referee's decision is final, and all stakes, wagers, etc., must be awarded accordingly.

SHOOTING.

ILLINOIS STATE SPORTSMEN'S ASSOCIATION.

1. All matches shall be shot from H and T plunge or ground trap, unless otherwise agreed upon. The traps shall be set five yards apart. The rise, at single bird shooting, shall be twenty-one yards; at double bird shooting, eighteen yards. The boundary, at single bird shooting, shall be eighty yards; at double bird shooting, one hundred yards; measured from a point equidistant from, and in a direct line between, the two center traps. When flags or posts have been set, not to exceed twenty-five yards apart, as indicating the boundary, they shall be recognized as being correctly measured, and in all cases of dispute, the referee shall declare any bird as a lost bird which shall be wholly out of a direct line from the two nearest flags or posts.

2. Two judges and a referee shall be appointed before the shooting commences. The judges and the referee shall appoint a shot judge. One judge shall call the shooter to the score, and shall act for him—watching his interest under these rules. The other judge shall watch and claim all infringements of these rules by the shooter, calling the attention of the referee to any infringement of them; and shall, in all cases where there is any doubt as to a bird being a dead bird, require the shooter, or his gatherer, to bring the bird to the referee at the score. The judge shall call the attention of the referee, and not of the shooter, to any supposed error of the shooter; as in case of not holding the gun properly, not standing at score, etc.; and the referee shall call the shooter's attention, prior to shooting, if possible.

3. The charge of shot shall not exceed one and one-fourth ounces, measured in a Dixon's standard No. 1106 or 1107 measure, struck off. The shot judge shall examine one or more of the cartridges of all contestants prior to their use; and if they contain more than above specified, the shooter shall obtain other cartridges; and such cartridges as have been accepted by the shot judge shall not be liable to after challenge. All contestants shall keep such cartridges at the stand, near to the score, and shall remove only one in single bird shooting, or two in double bird shooting, as may be required for immediate use, and shall use no others. Any contestant who shall load from any others than those which have been accepted by the shot judge, shall forfeit all rights in the contest.

4. Guns shall not be loaded before going to the score; and in single bird shooting, but one barrel shall be loaded. Misfires, if not caused by the negligence of the shooter, shall not operate against him. Breech-loaders shall not be considered as loaded until the breech and barrel are closed; muzzle-loaders, not until the gun has been capped.

5. When a person is at the score, and ready to shoot, he shall call "Pull," when the puller shall immediately release the bird or birds. Should the bird or birds not take wing immediately upon pulling the trap or traps, the shooter may declare "No bird." In case a bird has taken wing, and

alights prior to being shot at, the referee shall determine whether another bird, or pair of birds, be given or not. In double bird shooting, both traps shall be sprung, and both birds must take wing, simultaneously; and both birds must be on the wing when the first is shot at. If both birds are killed with one barrel, they shall be scored as dead birds. Birds may be made to take wing by pulling a cord having on it any artificial means for alarming the bird; but the same shall be used uniformly for each contestant. No other means shall be used to make a bird take wing. In single bird shooting, should more than one trap be opened at a time and both birds take wing, the shooter may take a bird or not, at his pleasure. If he shoots, a bird must be scored.

6. The gun shall be held with the butt below the elbow from the time the shooter calls "Pull," until a bird takes wing. Should the trap or traps be pulled before the word pull is given, the shooter may take the bird or birds, or not; but if he shoots, the bird or birds shall be scored. In tournament or club shooting, but a single puller shall be allowed to a squad; and the puller shall pull as nearly uniform as possible. In single match shooting, each contestant may have his own puller.

7. A bird being shot at while on the ground, or on a trap, and killed, the referee shall decide "No bird," and allow another bird. Any bird shot at and missed, shall be declared a lost bird. In case of throwing up a dead bird, it shall be declared as "No bird."

8. If any bird shall fly so that to shoot at it would be to endanger a person or property, it shall not be shot at, but the referee shall allow another bird in its stead. If a bird be shot at by any person other than the party at the score, the referee shall decide whether it shall be scored or another bird allowed. In case any contestant is balked or interfered with, or if there is any other satisfactory reason to the referee why it should be done, he may allow him another bird.

9. A shooter may either gather his own bird or appoint a person for that purpose; but no extraneous means shall be used to gather it; and no other person shall be allowed to assist in gathering. No bird shall be scored as dead, if challenged, until delivered to the referee at the score. Time allowed, three minutes for each bird, from the time of challenge. In case a gatherer is interfered with, the referee may allow the shooter another bird. No person, other than the gatherer, shall go between the referee and the bird being gathered. No bird shall be scored as dead, unless shot marks exist.

10. In case of a tie at single birds, the distance shall be increased five yards, and shall be shot off at five birds. In case of a second tie, the distance shall again be increased five yards, and this distance shall be maintained until the match is decided. The tie in double bird shooting shall be shot off at twenty-one yards rise, without any increase, at five double rises, each contestant, unless otherwise agreed. In handicap shooting, no contestant shall be placed at a greater distance from the trap than thirty yards; and ties shall be shot off at handicapped distance.

11. All matches shall be in class shooting, unless otherwise agreed.

12. No shooting within the inclosure, or in case there is no inclosure, no shooting within two hundred yards of the score, shall be allowed, other than at the score.

13. No pulling of the feathers, or otherwise maiming or injuring a bird shall be allowed.

14. No person whose conduct is ungentlemanly upon the grounds, shall be permitted to participate in a contest; and the referee shall so determine.

15. A referee's decision in all cases shall be final.

16. In five ground-trap contests, the traps shall be numbered from one to five inclusive. They shall be set five yards apart, and each trap shall be thirty yards from the score. The cords to the traps shall be so arranged that, in opening any trap, the shooter cannot be apprised as to the trap

which is to be opened. The selection of the trap shall be by hazard, with dice-box and numbers, or otherwise, in such manner as to be equally fair to each contestant; and the number shall only be known to the puller and referee, until the bird has been sprung. The shooter may use one or both barrels at each bird; but shall not use the second barrel after having left the score. A bird shot at while not on the wing, with the first barrel, shall be declared "No bird." A bird shot at while on the wing with the first barrel, may be shot at with the second barrel, either while on the ground or on the wing, and shall be scored. If the first barrel misses fire and the second is used, the bird shall be scored; if the second is not used, the referee shall declare no bird. If the first is used and the second misses fire, the bird shall be scored. Misfires, caused by the negligence of the shooter, shall be scored against him. Ties shall be decided at thirty yards rise.

17. The rules hereinbefore given for H and T contests, so far as they relate to boundaries, appointment and duties of judges and referee, charge of shot, loading of guns, the use of cartridges, rise and flight of birds, holding of guns, shooting at a bird so as to endanger person or property, balking of shooter, gathering of dead birds, time, etc., of delivering to referee, class shooting, and shooting within inclosure, pulling of feathers, ungentlemanly conduct, decision of referee, etc., are herein adopted as applying to the rules for five-trap contests.

18. No gun with larger caliber than No. 10 shall be allowed in any contest held under these rules.

BELL'S LIFE OR ENGLISH RULES.

1. The gun must not be carried to the shoulder till the shooter has called "Pull."

2. A misfire no shot, provided the shooter has a cap or tube on the gun, and it be cocked and loaded.

3. If a person pulls the trap without notice from the shooter, he has the option to take the bird or not; should, however, he fire at it, the bird must be scored.

4. If, on the trap being pulled, the bird does not rise, it is at the option of the shooter to take it or not, but if not, he must declare it by saying "No bird."

5. Each bird must be recovered within the boundary by the shooter, or the person he deposes, and there must not be more than one person to gather the said bird; and he must not go outside the bounds in order to drop upon the bird, which must be recovered within ten minutes from the time it was shot at, otherwise the bird must be scored lost.

6. If a bird that has been shot at afterward settles on the top of the boundary fence, or any of the buildings, or on a tree within the ground, it is scored a lost bird.

7. Should a bird, after it has been shot at, settle on the boundary fence, or on any of the buildings, or on a tree in the ground, and then fall dead within the bounds, it is a lost bird.

8. If a bird that has been once shot at flies out of the ground, returns and falls dead within the boundary, it must be scored a lost bird.

9. If the shooter advances to the trap and orders it to be pulled, and does not shoot at the bird, or his gun is not loaded, or does not go off, owing to his own negligence, that bird is scored lost.

10. Should a bird not fly when the trap is pulled, and the shooter does not call out "No bird," but shoots at it, either on the trap or ground, and misses, it shall be scored lost; but should he kill the same, it does not score either way, but he must shoot at another bird.

11. Should a bird that has been shot at settle on the ground or be flying away, and a "scout" fires at it and brings it down within the boundary, the referee may, if satisfied that the bird would not have fallen by the gun of the shooter, order the shooter to shoot at another bird.

12. The bird must be killed when upon the wing to score a fair bird,

and the shooter is bound at any time to gather his bird or depute some person so to do, when called upon by his opponent; but in so doing he must not use any description of implement or his hat, but must recover it with his hands.

13. Shooting from Five Traps, or H and T Traps, and in the case of Single Shooting.—If more than one trap is pulled, so that more than one bird is on the wing or at large at the same time, the shooter has the option of shooting or not; if he kills, the bird must be scored; but should he miss, he can claim another bird.

14. Shooting from Five Traps, Double Shooting.—When more than two traps are pulled at the same time, the shooter may kill all he can, and they shall be scored; and should he miss any of the birds, they are not to be scored against him, but he can claim to shoot at others.

15. In shooting from H and T traps, according to the toss the trap must be pulled, but no more than one string can be pulled. Traps to be filled and tossed for every shot.

16. The shooter cannot leave the shooting mark, under any pretence, to follow up any bird that will not rise, but is walking away from the trap after it is pulled; but he can immediately claim another, should he think proper.

17. In matches or in sweepstakes, when shot is limited, any shooter found to have in his gun more than $\frac{1}{8}$ oz. of shot than the specified charge, the said shooter is disqualified. He is also disqualified provided he fires his gun off when challenged, instead of unloading it.

18. Any shooter is compelled to unload his gun when challenged by a competitor; but if the charge is found not to exceed the allowance, the challenger shall pay five shillings to the shooter, which must be paid before he shoots again.

19. A shooter may at any time object to the use of a spring trap, either in a match or sweepstakes.

20. In shooting for sweepstakes or for prizes, if there is a tie the shooter may agree to divide; but if any refuse, it must be shot off; and any person being absent when called upon to shoot off, on the same day or any appointed day, cannot have any claim to the said prizes or sweepstakes. This rule does not apply to a match, which is off immediately a tie takes place, and any competitor can draw his stake if he thinks proper; bets may also be declared off.

21. In Shooting Matches or in Sweepstakes, or for Prizes.—The shooter is bound in his turn to appear at the scratch within five minutes when called upon, but in case of accident twenty minutes may be allowed.

22. A person receiving any number of live birds from his opponent in a match, may have the privilege of shooting at them at the commencement or end of the same.

23. The right distance to shoot from the trap is 21 yards, and boundary not to exceed 100 yards from the trap. In shooting from Five Traps the whole of said traps must be placed in a semicircle, at equal distances apart, in front of the shooter. A shooter may use as much powder as he likes when shooting, and when charge of shot is limited.

24. Any person may change his gun as often as he thinks proper in any match or sweepstakes, but if restricted to caliber he must, of course, continue to use one of the same size.

25. When the shooter has the use of both barrels at a single bird, and the first barrel fails to go off and he fires the second, or the first goes off and the second fails, he cannot claim another bird.

26. Should the shooter be in any way baffled by his opponent or any of the party shooting, he can claim another bird with the sanction of the referee.

27. Should a trapper place any feathers on or in any trap in order to baffle the shooter, the shooter can claim another bird with the sanction of the referee.

28. Whenever a shooter is allowed the use of both barrels, providing he leaves the mark after firing his first barrel, he cannot return to make use of his second. Should, however, he do so and fire it off at the said bird, that bird must be scored lost.

29. When the boundary is named and you are shooting on a common or in fields, you measure the distance from the center trap; and unless otherwise specified, should the bird fall within bounds at the rear of the shooter and is gathered, it must be scored to the shooter.

BOGARDUS RULES FOR HANDICAP GLASS BALL SHOOTING FROM FIVE TRAPS.

1. All matches or sweepstakes shall be shot from five traps, placed five yards apart, and equidistant from the 23-yard handicap score. The handicap shall be from 20 to 25 yards, in divisions of one yard each from the center trap. The center trap (No. 3) shall be set to throw a straight-away ball; the two outside traps (Nos. 1 and 5) to throw a right and left quartering ball at an angle that will intersect the line of the ball thrown from the center trap, 15 feet in the rear of said trap; and traps Nos. 2 and 4 to throw an outwardly quartering-ball to intersect at right angles the line of the ball from the outside trap nearest to them. The referee shall decide the trap to be sprung by drawing numbered gun wads from his pocket, or by throwing dice, and shall inform the puller.

2. Pulling of Traps.—The trap puller shall stand six feet behind the shooter. The traps shall be numbered 1, 2, 3, 4 and 5. The referee shall have five gun wads, upon each a number corresponding to the trap. When the shooter is at the score to shoot, the referee will then draw a wad from his pocket and show it to the trap puller; the trap puller will then say, Ready, after which the shooter calls Pull! In all cases the puller must pull fair for each shooter. If the trap is sprung before the shooter has given the word, he can take the shot or not, but if he shoots, the ball or balls shall be scored, whether broken or not, as the case may be.

3. Referee.—In all cases a referee shall be appointed, and his decision shall be final. In case the trap, when sprung, breaks the ball, the referee, in all cases, shall require the party to shoot at another ball, whether he shoots or not.

4. Position at the Score.—After a shooter has taken his place at the score, he shall not level his gun, or raise the butt above the elbow until he calls pull. Should he infringe on this rule, the ball or balls shall be scored as lost, whether broken or not.

5. All balls must be broken in the air to count; if shot on the ground shall be scored as lost.

6. There shall be no restriction as to size of shot used, or charge of powder, but the charge of shot shall not exceed $1\frac{1}{4}$ oz. Dixon measure. Any one using larger quantity of shot shall forfeit all rights in the matches. After a gun is loaded and challenged, and the shooter discharges his gun, the penalty will be the same as for overloading.

7. All ties to be shot off at the same distance of handicap, at five single balls each, and in case of second tie, five more balls, and so on until decided. In all cases, ties must be shot off before sunset, or postponed until next day, unless the interested parties agree otherwise.

8. In double shooting, the distance shall be 16 yards rise, and from two traps placed 10 yards apart. Ties shot off at 18 yards rise, at three pair balls each; and in case of second ties, three more pairs each, and so on until decided. In all cases both traps must be sprung at the same time.

9. Time at the Score.—A participant in a match shall hold himself in readiness to come to the score when his name is called by the scorer. If he is longer than five minutes, it shall be discretionary with the referee whether he shall allow him to proceed further in the match or not.

10. Misfire.—Should gun misfire or fail to discharge, from any cause,

it shall score as a lost ball, unless the referee finds, upon examination, that the gun was properly loaded, and the misfire unavoidable, in which case he shall allow another ball.

11. Loading Guns.—In case of breech-loaders, the party called to the score shall not place his cartridge in the gun until he arrives at the score. In case of muzzle-loaders, the party called to the score shall not place the cap on his gun until he arrives at the score.

No one but a contestant has a right to challenge.

BOGARDUS' RULES FOR GLASS BALL SHOOTING.

1. All matches or sweepstakes shall be shot from three traps placed ten yards apart, eighteen yards rise, and the choice of trap to be decided by the referee, by drawing a gun wad from his pocket and showing to the trap puller.

2. Pulling of Traps.—The trap puller shall stand six feet behind the shooter. The traps shall be numbered 1, 2 and 3. The referee shall have three gun wads, upon each a number corresponding to the trap. When the shooter is at the score to shoot, the referee will then draw a wad from his pocket and show it to the trap puller; the trap puller will then say Ready; after which the shooter calls Pull! In all cases the puller must pull fair for each shooter. If the trap is sprung before the shooter has given the word, he can take the shot or not; but if he shoots the ball or balls shall be scored whether broken or not, as the case may be.

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7. All ties to be shot off at 21 yards rise, at five single balls each, and in case of second tie, five more balls, and so on until decided. In all cases ties must be shot off before sunset, or postponed until next day, unless the interested parties agree otherwise.

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No one but a contestant has a right to challenge.

SKATING.

FANCY SKATING.

1. In case of a tie the contest shall be decided by a general display of combined movements at the option of the contestants. The judges shall, at the completion of each movement in a contest, mark on a slip of paper the number of points for each contestant, and deposit the slip in a closed box; these slips shall not be referred to till the close of the contest, when the judges shall foot up all the slips, and the number of points gained by each contestant shall constitute their award, which shall be final.

2. The order of taking the surface by each contestant shall be decided by lot, and the number of figures to be executed shall be determined as nearly as possible by the number of contestants.

3. No point shall be given for a movement under the head of specialties, if the skater who executed it has executed the same movement during the programme, but if the skater, under a particular figure executes a movement which the judges rule to belong to another figure, or to specialties, the skater shall have the right to execute that figure in its proper place.

4. In specialties, the leading contestant shall execute one specialty which his opponent shall then execute if he can; the second contestant shall then execute another, to be copied by his opponent, if he can, and so on, leading alternately till the contestant whose turn it may be to lead shall not be able to execute any more, when he shall sit down, and the judges shall score on the merits up to that point.

5. When the contestant falls in executing any movement he shall forfeit one point; if, however, the judges unanimously consider the fall to have been occasioned by unavoidable accident (such as obstruction in surface, or breaking of a skate) they may allow him to recommence the figure without forfeit. In specialties, a fall only counts against the skater in the particular specialty in which it occurs. To define a fall, no part of the person, except the feet or hands, shall touch the surface.

PROGRAMME FOR SKATING CONTESTS.

1. Plain forward and backward movement.
2. "Lap foot," as field step and cutting circle.
3. Outside edge roll, forward ("Dutch roll.")
4. Outside edge roll, backward.
5. Inside edge roll, forward.
6. Inside edge roll, backward.
7. Cross roll, forward.
8. Cross roll, backward.
9. Change of edge roll, forward, beginning either on outside or inside edge.
10. Change of edge roll, backward, beginning either on outside or inside edge.
11. (a) "On to Richmond:" *i. e.*, cross one foot in front of the other, and with back stroke outside edge go backward or forward.
(b) Reverse "On to Richmond:" *i. e.*, going forward by forward outside edge stroke given alternately behind each leg.
12. "Locomotive," forward, backward, sideways; single and double.
13. Waltz step.
14. Spread-eagles, inside and outside edges.
15. Figure threes, (a) beginning inside or outside edge. On field and in eight. Including "Flying threes." (b) Double threes, beginning outside or inside edge.

16. Grape-vines, including "Philadelphia Twist Vine," etc.
17. Toe and heel movements, embracing pivot circling, toe spins, (*pirouettes*) and movements on both toes, etc.
18. Single flat-foot spins, and double foot whirls.
19. Serpentine, (*a*) single foot, forward and backward, right and left. (*b*) Following feet, forward and backward, right and left. In "two foot eight."
20. Figure eight on one foot, forward.
21. Figure eight on one foot, backward.
22. Changes of edge, single and double.
23. One foot loops, inside and outside edges, simple and in combination.
24. One foot ringlets, inside and outside edges, simple and in combination.
25. Specialties, embracing *original* and *peculiar* movements.
26. General display of combined movements at the option of the contestant.

WALKING.

(See also Athletic Sports.)

1. In walking one foot must always be on the ground, i. e., as the toe of the rear foot leg leaves the ground, the heel of the forward foot must be on the ground.
2. Scratch races should be started by the word "Go," handicaps by the report of a pistol.
3. Where time starts are allowed, the men should be placed in a line and cautioned to "get ready" at least three seconds before the time of starting. When distance start is allowed, starts shall be measured 18 inches from the pole.
4. The men shall draw for positions: A leader must hug the pole, and thus allow a competitor in his rear room to pass. Should the leader be more than three feet from the pole, the rear man is entitled at his own risk to pass on the inside.
5. A man swerving across the track or "jockeying" a competitor in his rear shall be cautioned for the first offence, and for a repetition of the offence shall be disqualified.
6. In the event of a dead heat, it is optional with the men whether the race shall be walked over again or not. In case they arrive at no agreement, the referee shall decide and appoint the day and hour of the race.
7. Two cautions shall be allowed for unfair walking, and on each caution the referee shall have the power to set a man back from ten to fifty yards, according to the distance he may, in the referee's judgment, have gained. A third caution shall disqualify.
8. Where an opponent abandons a contest, the referee shall have the power to allow the winning man to stop, unless it is stipulated in the articles that the race must be finished.

WRESTLING RULES.

COLLAR AND ELBOW.

1. The men shall wear short coats or jackets made of canvas, not extending below the hips, with strong collar and the elbow suitable for the grasp of an opponent. They shall wear rubber sandals on the feet.
2. Each man shall take hold of the collar of his opponent with his right hand, while with the left hand he must take hold of the right elbow.
3. Both men shall stand up breast and breast, with limber arms, and show fair and equal play with the feet.
4. Either man breaking his hold with one or both hands, to save himself from a fall, shall forfeit said fall.

5. Kicking the limbs or privates is strictly prohibited; a contestant guilty of either offence to forfeit the match.

6. All falls must be square back falls, either two hips and one shoulder, or two shoulders and one hip to be on the carpet simultaneously to constitute a fall.

7. Striking upon the face, side, or knees, is no fall, and nothing shall be allowed for forcing a man from such positions to his back. Going down on one or both knees is fair, as long as no holds are broken.

8. Butting is foul.

9. A rest of at least ten and not more than twenty minutes shall be allowed between each fall.

10. Matches shall be made for first fall, best two in three, or three in five, to win according to mutual agreement.

11. The ring shall be twenty-four feet square, and nobody shall be allowed inside except the referee and two umpires.

12. The decision of the referee shall in every case be final, and the stakes shall be paid to the winner in accordance with his decision.

CATCH AS CATCH CAN.

1. The contestants can take any hold, trip or lock, they please.

2. To constitute a fall, two shoulders must strike the floor simultaneously.

3. Long or short drawers must be worn, and nothing heavier for the feet will be allowed than socks and thin slippers.

4. A rest of at least ten and not more than twenty minutes shall be allowed between each fall.

5. The umpires shall take their positions at a proper distance from the contestants, and there remain, and will not be allowed to talk to or advise the principals during the contest. They shall, however, have the right to call the attention of the referee to any point which, in their judgment, may require his decision.

6. Striking, kicking, gouging, butting, pulling hair, full-nelson, hanging, or doing anything to injure an opponent, shall be considered foul. For each violation of this rule the offender shall be deemed to have lost a fall, and if, in the judgment of the referee, an assault is made with a malicious intent to injure an opponent, he shall have the power to award the match to the injured party.

7. Matches shall be made for first fall, best two in three, or three in five, to win, according to mutual agreement.

8. The decision of the referee shall in every case be final, and the stakes shall be paid to the winner in accordance with his decision.

GRÆCO-ROMAN.

1. Wrestlers are allowed to take hold from the head and not lower than the belt or waist. Grasping the legs is strictly forbidden.

2. The men shall use open hands, and are not allowed to strike or scratch; to clasp one of their own hands within the other, nor interlace their fingers, but they can grasp their own wrist to tighten their hold around their opponent's body, or otherwise.

3. The principals shall have their finger nails and hair cut short, and must wrestle either barefooted or in their socks.

4. Should a wrestler fall on his knee, shoulder or side, a new start must be made.

5. Should the principals roll over each other, the one whose shoulders shall touch the ground first is deemed conquered.

6. A rest of not less than ten nor more than twenty-five minutes shall be allowed between each bout.

7. Two shoulders touching the ground simultaneously constitutes a fall.

ATHLETIC SPORTS.

Athletic sports, under which designation we class feats of pedestrianism and of hurling heavy weights, but not oarsmanship or proficiency in pastimes, were popular pursuits at schools many years before they were taken up by the Universities, or before athletic clubs were formed among adults. Highland games used to be performed at the Annual Caledonian Meetings, and to some extent the programme adopted at these gatherings formed the basis of the list of feats practiced in school athletics, with the chief exception of Tossing the Caber, a feat which is essentially Caledonian. It will be seen, therefore, that some remarks and suggestions on this subject are especially in place in a work designed for young men.

The usual programme of an athletic sports contest runs very much as follows:—Short distance race; long distance ditto; one or more races at intermediate distances; a hurdle race; high jump and broad jump, with sometimes a pole jump; putting the shot; and throwing the hammer or throwing the base-ball. This last now seldom finds place in programmes among adult athletes. The usual sprint distance is 100 yards; a mile race is most common, and sometimes there is also a two or three mile race, and a steeplechase in addition, as a still further test of stamina. A quarter-mile or 600 yards, and half-mile race will be often found for the benefit of those who can combine speed with a certain amount of stamina. Sometimes there is also a walking race.

SPRINTING.

Under this head are classed races which do not exceed 440 yards. In order to prepare himself for a hundred yards' race (irrespective of the training, of which we shall treat generally in due course), the candidate cannot do better than begin by steady walking exercise, at a medium rate of three and three-quarter miles to four miles an hour, of about five miles in the day, to harden his muscles. He may run about 200 yards twice during his walk, but should only run briskly, not violently; while he is 'soft' it is a great mistake to put any undue strain on the ligaments of the body. As he becomes firmer in muscle, he may reduce the distance which he runs, and cover it more rapidly, until he can run the actual 100 yards at top speed. Still, it is wise not to run the course every day at his *very* best; the squeezing the last ounce out of the powers of

the body too often tells a tale, even in so short a spin. If he runs the distance within two or three yards of his best powers this will do for two days out of three. Every third day he may see what he can really do, and try for himself whereabouts in the course he best makes his one principal rush. A 600 yards race is not often run at a homogeneous pace; there is some space which the runner covers at greater speed than any other. The runner should practice starts which are all important in a short spin. He should stand thus; one foot (left for choice) about its own length and three inches more in front of its fellow, the body upright, and all the weight on the hinder foot.

QUARTER-MILE RACE.

This is about the severest course which can be run; it requires both pace and stamina. The competitor should practice walking exercise in the same way as for shorter distance preparations, but he should run the racing distance only once a day, and not run the full distance at first; 250 yards will do to begin with, and this he can increase as he gets fitter till he reaches full distance. He should not run himself quite out more than twice a week, and should not do the whole course at full pace within three or four days of his race; during the last day or two starts of 50 yards, and spins of 120, will suffice to keep him in trim. For a half-mile he should prepare himself in much the same way, but should double the preparatory and practice distances, beginning at 500 yards early in training.

MILE RACING.

For this more preparatory walking exercise is wanted, and the mile should be run daily at first, but to commence with, the pace should be little more than a jog, at about two-thirds of the runner's real powers. The speed may be increased as practice progresses, but the full distance should not be run out to the last gasp more than once a week, and not at all within four or five days, or even a week, of the race. The same for two miles, only that a still longer rest is needed between the last trial at full speed and the day of the race.

HURDLE RACING.

This class of race is too much reduced to a sort of "sleight-of-toe" among grown athletes. The distance and jumps are usually uniform—120 yards are ten flights of hurdles, three feet six inches high, and ten yards apart. The runner practices his step for these and would be quite thrown out if the distance between the flights or their

height were suddenly varied unknown to him. With growing boys there is less likelihood of the science of taking the hurdles in the stride becoming so studied, for their stride and strength are daily varying with growth. Adults usually do the "three step" movement, which has superseded the "four step." They "buck" the hurdles, trotting over them and not jumping them, lighting on the opposite foot from that on which they took off, and going on thence in their stride. Older boys may adopt the same step with advantage; mere lads will not have stride enough to cover the distance between the hurdles in three steps; they will be forced to run and jump, instead of "bucking." The best thing that they can practice is to alight after each jump on one foot only, and to step on with the next, taking off for the new stride with the foot on which they land. To learn this "bucking" step the runner should commence with low hurdles the regulation distance apart, and having acquired the step both as to take off, landing, and continuation of the stride, then increase the height until he can do the trick over full-sized obstacles. He can lower the hurdles by sloping them. He may prepare himself as to exercise in the same way as for 100 yards racing, and similarly practice starts.

For a steeplechase the runner should combine the jumping practice of hurdle racing with the preparation for long-distance running.

JUMPING.

This is a feat which has greatly progressed with practice of late years. A quarter of a century ago any one who could jump five feet was looked upon as a wonder; and four feet eight inches often won a college or public school competition. Now those who have a specialty for it practice it so much that they soon add a foot or two to their range. The competitor requires to get himself as light as he can, and to avoid all heavy work with arms and back which may develop muscle where not wanted for jumping. The less lumber he carries the higher he will jump. He should practice daily, but never tire himself. The amount of run he takes to a high jump is very much a matter of taste, but a dozen steps usually suffice. To time the "take off" is the great art, and the distance for taking off should be half the height of the jump, in front of the bar. The legs should be tucked well up, and the whole body thrown forward with just sufficient force to clear the bar, but all the rest of the power should be expended on the upward spring.

Two upright deals, with nails driven in, and holes bored to admit pegs, half an inch apart, with a light cross-bar laid on

them, are all the apparatus needed for practice; the height jumped should be measured, and a piece of paper may be laid down to mark the take off, until the eye gets used to the distance. The starting off and landing should both be from the toes.

In wide jumping the best practice is to cut a gutter in the turf, whence to take off. Twenty paces suffice for the run. The chief study, apart from development of the power of spring, is to so time the step from the beginning of the run that the last stride before the spring may finish close on the edge of the take off, without any necessity for shortening the stride to make it fit, else impetus is wasted.

POLE JUMPING.

The pole jump of athletes is different from practical pole jumping. In the former the athlete quits the pole and throws it from him as he completes his spring, and so adds to his impetus; in the latter, crossing a country, the pole is retained, and dropped over the obstacle with the jump. A 12-foot pole, of ash (or pine for a light weight), shod with iron spikes, is the usual implement. It should be held with palms facing each other, one hand above the other. That hand should be uppermost which is on the opposite side to the foot from which the pupil chiefly takes his spring—*i. e.*, the foot which last leaves the ground. The lower hand should be about the height of the obstacle; this teaches the pupil to lift his whole body as high as his hands on each spring. The pole should be held straight in front, and in a high jump on the rise the feet should be thrown to the outside, the whole weight on the hands, back and shoulders stiff, so as to admit of the body being like a bar of iron, and horizontal as it passes over the bar. As the pupil progresses he will be able to elevate his whole body higher than his hands at the moment he clears the bar. A good jumper will clear more than the height of his pole. Swinging his whole body over, supported on his hands, and then springing with the hands off the pole as he quits it, he will clear his arms of the bar. In wide jumping (especially at a dyke, in the manner in vogue in crossing the fens) great care is necessary to keep the pole straight in the line of spring, else, if the jump is to one side there is a risk of a fall in the water. So long as the pole is straight in front the body rises for the first half of the jump, and when it has reached its greatest elevation, its own weight takes it over; but if the pole stands to right or left the full elevation is lost, and so is the final swing of descent which bears the body to the further shore. The feet should be carried well in front in the broad jump, not swung round as in clearing a height.

THROWING THE HAMMER.

This sport is Caledonian in origin. The regulation hammer is 16 lbs., and handle three feet six inches long; but boys require a lighter one. The most effective way of throwing is to swing the hammer round the body twice, the arms fully extended, and with a run, swaying the whole body with it in the last half-turn, then letting it go. The requisites are: 1. To let go in the right direction; 2. Not to lift the head of the hammer higher than the hands in the swing; 3. To time the step to the take off. It is a dangerous feat to be practiced by a tyro within range of spectators; he may let the hammer go at the wrong moment, and in the wrong direction. Seven feet is the regulation run. Plenty of dumbbell exercise helps to harden the muscles of the arms, shoulders and neck for this feat, and for the next one mentioned.

PUTTING THE SHOT.

Sixteen pounds is the full sized shot for this feat, but young boys require a lighter one. The regulation run is seven feet, and the feet should not pass the "scratch" at or after delivery. The "put" must be with *one* hand (the right, as we presume the student to be right-handed). The left may be used to adjust the shot in the palm of the right; it may steady the shot there till the moment of delivery, and then must quit it. The putter stands on his toes left forward, and takes a rise or two on his toes, to get up swing; then he steps off with his right, and takes two hops on his left leg; on landing from the second hop he strides on with his right, and delivers the shot just as his right foot comes down. Then he must stop his body and not cross the line, else it is "no put," though it counts as a "try."

THROWING THE BASE BALL.

Hardly a schoolboy is unable to throw, yet the strongest arm is not always the most propelling for a throw. The secret of throwing is to keep shoulder, elbow and wrist joints all loose when the arm is drawn back; then to hurl out the arm, to let all three joints straighten simultaneously, and to let the missile quit the grasp at that juncture. If any one joint straightens before the other, or the delivery is not timed to coincide with the triple straightening, power is lost. A run adds impetus to the throw.

TOSSING THE CABER.

This is essentially Scottish, and seldom, if ever, finds its way into American athletics. Nevertheless, a description of it is

necessary to complete the series of feats. The "caber" is a spar, or rather beam (a young tree), heavier at one end than the other. It is held perpendicularly, small end downward and balanced in the hands against the chest; then with a run the athlete "tosses" it, so as to make it fall on the big end and turn over. The "caber" is usually so big at first that no one can toss it clean over. If all fail, then a bit is sawn off, and another round is tried by competition, and so on until some one turns it clean over, so that the small end lies away from the direction whence it came. If more than one tosses it over, the straightest fall and farthest toss wins.

HARE AND HOUNDS.

This, or what is called a "Paper Chase," is an old-standing school recreation, which has at last developed into a sort of athletic sport—*i. e.*, the competitors train for it, run against Father Time as well as against each other, and are just as keen to beat each other in the run home, and even more so, than to catch the "hare," in fact, the object of this game rather plays second fiddle among the hounds. Metropolitan and other athletic clubs have taken up the pursuit, as well as public schools. Formerly the fun of a "paper chase" was to explore new country for each hunt; but when rivalry of records of "time" began to establish itself, standard cases became more popular, and the interest of finding the way over a new line became subservient to that of competing against the best recorded pace of former performers over old lines of country. The sport is now nothing more or less than a steeple-chase on foot between the hounds.

In running a course of this sort, no "hound" can expect to take his fences in his stride, or to jump the majority of them at all. They are not made-up fences, such as are found on a regulation steeplechase course of artificial creation, but are the *bona-fide* landmarks of inclosures, and would often prove too much for even a good hunter, unless the rider carefully picked a weak spot. The best costume is a sailor's guernsey, which leaves the arms free to play, keeps the body warm, and at the same time ventilates it; below, flannel trousers, the ankle and calves of them tucked into stout worsted stockings gartered outside. This protects the legs against thorns better than mere stockings, below knickerbockers, and the thorns in a hedge that have to be pierced through are no joke. Spiked shoes are better avoided; they are well enough on a running path or on turf, but over sticky places they carry mud to the soles and impede the runner. The best shoe is a brown leather or leather and canvas "rowing" shoe, or what would be a lawn tennis shoe but for having

a leather *vice* an India rubber sole. The runner does not want to run on his toes, but nearly flat-footed all the way. Judgment of pace is, next to training, the most important requisite and this the runner can learn only by experience. The most distressing part of the run is often the early part of it, when first wind has gone and second wind has not come again. With second wind a good plucked one strides along merrily. The pack should keep together, if only to hit off the "scent" at checks, during the early part of the run; if they want to run jealous, the last mile or two, when they have rounded in sight of home, is plenty of time to begin to race for the honor or pride of place. The "scent" is paper torn small, and strewn by the hares as they go. It is carried in canvas bags, and to insure a pace one of the two hares can run a section of a circle, while the other cuts the arc and meets him at the end of the curve; then the one who has been husbanding his powers can take up the pace, while his colleague in a like manner cuts across to meet him.

Long runs, steady exercise, careful diet, and especially early hours of bed-time, are requisite to prepare for a severe Hare and Hounds match. The best "sprinter" is often nowhere at the end of a mile or two of heavy ground in a run of this sort, and nothing but pluck and stamina combined bring the leaders to their places of honor at the finish.

WALKING.

Boys seldom have walking races. The gait of a walking race is ungainly, and is more exhausting than a run of greater speed. The walker ties himself down to an action of limb which abandons all spring and impetus. In a run he flies through the air between the touch of alternate feet on the ground, and takes off with a spring from a bent knee. In a walk he must progress "heel and toe." The heel must touch the ground first, and one foot must always be on the ground, else the gait becomes a run. The knee must always be straight when the foot is put down and taken up. The chief art in walking is to "twist the hips." By twi-ting them at each step the stride is lengthened, and the leg carried forward by the swing of the loins, to the relief of the ordinary muscles which extend the leg.

DRESS.

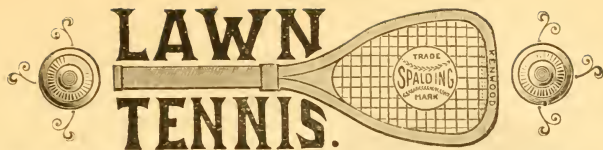
With the exception of Hare and Hounds, for which we have already specified the most suitable dress, the costume to be recommended for athletic racing is as follows: "Zephyr" jersey and cashmere "drawers" (which are, in fact, loose, easy trousers cut short just above the knee-cap). They should be

loose enough to allow the knee to bend freely, and not to hamper the extension of the leg in the stride. No braces, but a buckle to support them. They fit better around the waist if the top is worked in a waistband of itself, with *two* buttons, and a buckle to adjust the girth. A short sock, barely reaching to the ankle-joint, elastic, of knitted wool. The shoe should be easy, no heel, the sole well covering the foot, and spiked. The spikes should be thin and sharp, so as to give a good footing, and yet not to stick in the path. No spike in the heel is best, and five spikes in the toes. In all short-distance running, the runner moves only upon his toes. The shoe should lace close round the instep, but should not pinch in any way. The athlete should keep well clothed in flannel wraps till the moment he is wanted to go to the post. On a chilly day it will greatly improve the play of his muscles if he can get some friendly attendant to stand behind him and chase his calves to the last moment allowed.

In ordinary practice the runner may with advantage wear a woollen woven guernsey over his jersey, which he can peel off when he wants to run against time. He will find it convenient to have a pocket worked in the breast of his guernsey for his handkerchief, so as to be independent of his coat pocket, while taking his training runs. When he is only taking walking exercise, his flannel coat will not be out of place. It should be borne in mind that flannel is *the* attire for all violent exercise; that the body should never be allowed to chill afterward; and that it should be well rubbed down, until the skin is clean and dry, before every-day attire is resumed.

WHAT TO ATTEMPT.

Each athlete has some strongest point. Many do not know what their best feat is. A man may run quarter-miles for ages, and be only second rate at them, and suddenly find that he is really first-class at a mile. The pupil cannot too soon find out where his forte lies, and devote himself only to that. Also, in his special distance, he should ascertain by trials against the clock, and finally trial horses, where to make his chief effort—beginning, middle or end of the course. No boy should attempt severe feats of endurance if his family are constitutionally delicate—at all events until he has been examined and passed sound by a doctor. Nor if he feels palpitation of the heart, or coughs after a run, should he persevere in training himself for running.



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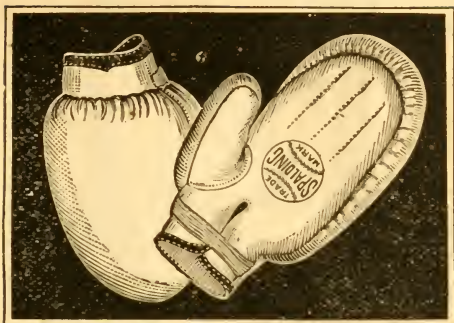
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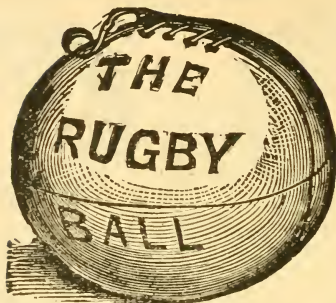
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