

# HES GAMES

## EQUIPMENT REQUIRED

HES GAMES runs in the Commodore 64 (tm) and Commodore 128 (tm) and requires one joystick and a second joystick will enable runners to compete side by side in the running events.

## LOADING INSTRUCTIONS

PLEASE READ VERY CAREFULLY!

Note: There is no SAVE facility on the tape version.

The cassette is recorded with six events which load separately. Because the cassette files are sequential, if you want to load an event which is before attempting to load it. For example, if you have loaded and played the Long Jump Event, then to load and play the Diving Event the cassette must be rewound and positioned before the Diving Event. It may help on positioning the tape if you zeroise your tape counter after loading the menu for the first time and make a note of the counter readings as you load each event. The order of the events is shown on the main menu. There will be on screen prompts to assist you. To load th cassette press SHIFT and RUN/STOP keys together. Press PLAY on the cassette recorder and the tape will load. (If you are usig a Commodore 128 make sure you are in the C64 mode).

JOYSTICK: If you have only one joystick use joystick port 2. When several players need to share one joystick then players 2, 4 and 6 should change their joystick port to port 01 using the option menu described below.

## MAIN SCOREBOARD

First enter your name and country (up to 18 characters). Then use your joystick to select an event. Finally press the joystick button to cause the event load.

### Colours and Other Options

If you press RETURN after entering your name the Options sub-screen will appear. Move the joystick LEFT or RIGHT to select your SHIRT COLOR or your JOYSTICK PORT. You may also enter your initials or nickname (up to 4 characters). This name is used when saving your best performances. Press the joystick button or RETURN to return to the main scoreboard.

### Adding Players

Press F3 to add a new player. Up to six players are allowed. When you have more than one player, there is a separate scoreboard for each player. Move the joystick LEFT or RIGHT to move between these scoreboards. You may add a new player at any time.

You may delete a player by erasing his/her name with the DEL key.

### Event Title and Credits

You may edit the name of the Sports Event you are competing in. Press the joystick UP until the cursor flashes at the end of GO FOR THE GOLD. Use the DEL key to erase the current title and then enter SUMMER OLYMPICS, US CHAMPIONSHIPS, or whatever grabs you (up to 16 characters).

Go one step further UP and you will see all the credits for who created GO FOR THE GOLD. Press RETURN to return to the main scoreboard.

### Resetting Scores

The scores for each event reset each time you start the event over. You may reset ALL the scores by pressing F5.

You may reset the scores for one player by deleting the player and adding him back again.

You can reset the whole game at any time by entering STOP/RESTORE. (Press the STOP and RESTORE keys at the same time.)

### Combined Score

You score five points for a GOLD medal, three points for a SILVER medal, and one point for a BRONZE medal. Your total points are shown at the bottom of the scoreboard plus a medal to show your overall ranking.

## GENERAL INFORMATION ABOUT EVENTS

You reach an event by selecting the event with your joystick and pressing the joystick button. When the event has loaded you are immediately ready to compete. The following rules apply to all events except as noted.

<b>ACTION</b>	<b>EFFECT AT START</b>	<b>EFFECT AT END</b>
Stick RIGHT	Start the action (1)	Go to Next Player
Stick LEFT	Start the action (1) & (2)	INSTANT REPLAY (4)
Stick UP	Go to Scoreboard	Go to Scoreboard
Stick DOWN	Action varies (1) & (2)	
F1	Show a DEMO (4)	INSTANT REPLAY (4)
F3	Skip a Player	Go to Next Player
F5	Show RECORDS (3)	Show RECORDS (3)
F7	Go to Scoreboard	Go to Scoreboard
L Key	CLASSIC REPLAY (4)	CLASSIC REPLAY (4)

Use the joystick button to return to an event after checking the main Scoreboard. ARCHERY is the only event in which the joystick button is used.

1. In WEIGHTLIFTING move the joystick DOWN to start. Moving the joystick RIGHT increases the weight, moving it LEFT decreases the weight.
2. In DIVING move the joystick LEFT to select a reverse dive. Move the joystick DOWN to get a random CALLED dive. Press the joystick button to CALL current and future dives.
3. In DIVING there are no RECORDS.
4. In ARCHERY there is no INSTANT REPLAY or DEMO.

### Instant Replay

Moving the joystick LEFT immediately after an event will give you a chance to see your performance over again. Once you have moved on to the next player, the INSTANT REPLAY is lost. There is no INSTANT REPLAY in ARCHERY.

## SPRINGBOARD DIVING

Springboard diving requires strength to hurtle yourself into the air, daring to spin at very high speeds, confidence to announce which dive you will perform, and the finesse to perform it with grace and control.

You can perform up to seven types of dives. You can pre-call the dives for each round (there are ten rounds), or you can simply do any forward or reverse dive you choose.

You will be judged by five judges whose scores are then multiplied by the difficulty factor. The judge on the left is 'Bill' and he's a nice guy (but a stickler for good form). The one on the right is known as 'the Russian'. He is a little short sighted and may give you a better score if you dive right in front of him. It is rumoured that he prefers divers with red swimsuits but that has not been proven. You can give your own names to the other judges and we will leave it to you to figure out what their special preferences are.

#### Coach's Tips

- Do not be upset if your first dives are an unqualified disaster (it happens to everyone). Perseverance is the name of the game.
- You start the action by pressing the joystick to the RIGHT. If you 'run' down the board (move the joystick LEFT - RIGHT) you will gain speed and land further to the right. For the highest possible score you should enter the water in front of the middle judge.
- To do a REVERSE dive, press joystick LEFT before starting your dive. The control box will show ANY REVERSE DIVE.
- About two feet from the end of the board you take a jump into the air by pressing the joystick UP. Land as hard as you can on the end of the board by pressing the joystick DOWN. Then at precisely the right moment, and with all your strength, you straighten your legs and hurl yourself into the air. This is done by pressing the joystick UP. The timing is extremely critical. If you do not go with the rhythm of the board you will not get the height and spin you need.
- Finally to get out of the truck, pull the joystick DOWN. Needles to say if you want to enter the water perfectly vertical, you must come out of your spin at exactly the right place... AND DON'T FORGET TO KEEP YOUR TOES STRAIGHT!

#### Scoring

The highest score you can receive for any one dive is ten - and even Greg Louganis achieves that very rarely. Generally a good dive scores seven or eight. Some effort was taken to make the scoring as true to life as possible. Of the five scores only the middle three are used to compute the total. The lowest and highest scores are disregarded. Each dive has a difficulty factor ranging from 1.0 to a little over 3.0. This number is multiplied by the sum of the three middle scores to give your final points. Your total score is the sum of your scores in all

ten rounds.

If you CALL your dive ahead of time (see below) your score will be some 10% higher IF you manage to execute the dive you called. If you do a different dive your score is zero!

The crowd is not as critical as the judges - they will sometimes applaud wildly for a low scoring dive if it looks good.

### Calling Your Dives

In serious competition, divers are required to announce all their dives hours before the start of the actual event. Press the joystick button to enter CONTROL mode. Moving the joystick DOWN or UP lets you select a particular round. The current dive will flash in the selection box. Move the joystick RIGHT to select from any of three reverse dives. Press the joystick button to return to PLAY mode.

You can let the computer select a dive for you. All you do is pull the joystick DOWN in the normal starting position - a random dive will show - which you then have to try and perform!

You can also use CONTROL mode to review dives you have already performed. Just move the joystick UP and DOWN to find the round you want. You cannot change dives you have already performed.

### For Olympic Competition

- Divers MUST announce the set of ten dives ahead of time and these dives must vary.

## **100 METRE SPRINT**

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You'll use all your muscle, strength and stamina to run at top speed in the 100 metre sprint. Once you hear the starting gun, run as fast as you can to cross the line before your opponent.

A wise man once said: "The surest way to win a race is to run a race with yourself". HES GAMES lets you do just that. If you are the only player the computer will let you run against your own best performance. The first time you will always win - after that it gets harder. But even if you don't beat your own best performance every time, you can rest in knowledge that it was yourself who beat you.

### Coach's Tips

- Tap the Joystick RIGHT to indicate that you are ready. If there are two real players competing, the race will not start until BOTH OF

YOU have signalled you are ready.

- You will then hear "ON YOUR MARK", "SET" and then after a slightly variable interval the gun will go off.
- The starting blocks are equipped with sensing devices to detect if a runner "jumps the gun". If you start before the gun goes off the FALSE START message appears.
- The instant the gun fires, start running by moving the joystick LEFT-RIGHT-LEFT-RIGHT as fast as you can until you cross the finish line.

Some people have complained that this brute force method of running is extremely wearing and almost painful. But then if you have ever run in a real running race you will know that to win you have to exert yourself to the utmost regardless the pain. Thus, despite the agony, we have reached the firm conclusion that this form of control best captures the essence of the event being simulated.

#### How Players are Selected to Race

If there is only one player, that player runs against the computer. If there are two players they run against each other. If there are more than two players then players run in pairs.

When the computer is operating a player, the player's name appears in YELLOW. The computer replays the fastest race run so far. If you see your name once in WHITE and once in YELLOW then you are set up to run against your own best performance.

If you have several players and only one joystick, make sure that all the players are set up to use the same joystick port. (You may select your joystick port as one of the sub-options of the main menu). Each player will then race against the computer in turn. If you do not do this you will not be able to start a race.

You may choose to run against a previously saved performance. Press the L key and answer Y or N to get the loaded player onto the track you want him on. A player loaded in this way has his name shown in YELLOW. You can load two saved performances and they will automatically run against each other.

#### For Olympic Competition

- Runners with two false starts are disqualified
- In close finishes, the runner whose chest crosses the line first is the winner

## **110 METER HURDLES**

In this event you'll jump over ten hurdles whilst running as fast as you can. Running efficiently and timing your jump will give you the competitive edge. You can compete against yourself or against a previously saved performance just as in the 100 metre sprint.

### Coach's Tips

- Tap the joystick to the RIGHT to indicate that you are ready. The race will not start running until both players are ready. Do not start running until you hear the starting gun.
- Run as fast as you can between hurdles by moving the joystick LEFT-RIGHT-LEFT-RIGHT. Your trailing foot will hit the hurdle if the joystick is to the LEFT as you go over the hurdle. To be safe push the joystick UP and to the RIGHT as you go over each hurdle.
- For the best performance determine exactly how many steps you can get in between each pair of hurdles.
- Timing is critical. If you knock down a hurdle it will slow you down. If you trip in the process it will slow you down even more.

### For Olympic Competition

- A hurler can knock down up to ten hurdles without being disqualified.

## **ARCHERY**

An uncanny aim, fierce concentration, a steady grip, and relentless consistency, are the characteristics of world class archers - and you will need all these qualities to compete in this event. Arrows are also affected by the wind which you will find varies from day to day and even slightly from shot to shot. The flight path is precisely governed by the law of physics. Considerable pains were taken to accurately reproduce the correct flight of the arrow under the given wind conditions. You will find that the harder the wind blows the harder it is to hold the bow steady.

In standard competition there are four targets. Smaller targets are used at the 30 metre and 50 metre distances, and the larger targets at the 70 metre and 90 metre distances.

### Coach's Tips

- Each player gets six shots at each target. You may shoot your arrows in any order.

- When you have selected a target (by roughly positioning the bow), knock the arrow by pressing the joystick button **DOWN AND HOLDING IT DOWN**.
- Then pull the joystick **DOWN** to draw the bow. When the bow is drawn all the way, aim the bow using the sight provided. When you are ready to fire, release the joystick button.
- Keep an eye on the speed and direction of the wind. Archery competitions are always held with the archers facing North. Thus a **WEST** wind blows from left and you correct for it by aiming slightly to the left. Watch the flag. Also watch how the other players' arrows fly. They can give valuable information about where to aim. Part of the skill is determining the precise point on the target to aim at. One of the reasons there is no **INSTANT REPLAY** in the archery event is that a player could gain an advantage by carefully watching replays of his opponent's previous shot - and then the whole process would become rather tedious.
- Bows are heavy and it takes considerable strength to draw them all the way back and hold them ready to fire. After a while fatigue sets in. You will find that the longer you hold the bow the more difficult it becomes to hold it steady.
- There is also a time limit. When the orange warning light comes on you know you are almost out of time. If the red light comes on your shot is disqualified and your score is zero.

### Scoring

The archery target is made up of five concentric circles. You score ten points for hitting the middle of the gold, nine for hitting the outer part of the gold, eight for hitting the inner part of the red and so forth down to one point for hitting the outer part of the white. In real competition you shoot the whole series of targets six times. For this reason we have multiplied all scores by six to make them in line with actual competition scores.

If you shoot a seventh arrow at any target all scores reset.

### For Olympic Competition

- Shoot the furthest target first, then continue to the closest target.
- In the actual Olympics the whole series of targets are shot twelve times (instead of six). Displayed scores should be doubled to make them comparable to Olympic records.
- If you shoot an arrow into the back end of another arrow and it

doesn't fall out, you score the same score as the arrow the you spliced into.

## **LONG JUMP**

In the long jump, you race down the approach path gathering as much speed as you can. Then you leap into the air and land in the sand pit. It takes great skill to land exactly on the take-off board and push off with all your strength. Moving your arms and legs in the air helps you jump further and make a good landing.

### Coach's Tips

- Run as hard as you can down the approach path moving the joystick LEFT-RIGHT-LEFT-RIGHT as in the Spring event. The faster you are going at the moment of take-off the further you will jump.
- The black line is the take-off board. Plant your feet as close to the board as possible without actually going over the line. Jump by pushing the joystick UP at precisely the right moment. A late take-off causes a foul and the jump is not counted.
- To make sure you land forwards, press the joystick to the RIGHT just before you land.
- For the longest possible jump, jump on the moon!

### Scoring

The distance is measured from the take-off board to the landing point. If you fall forward, the landing point is where your heels first touched the sand. If you fall back, the landing point becomes the position on the part of your body closest to the take-off board.

The pit is fitted with the latest electronic measuring device. It records the precise distance in both metres and feet.

### For Olympic Competition

- Your distance is the best of six tries.

## **WEIGHTLIFTING**

You'll compete in two weightlifting events: the two-hand snatch and the clean and jerk. In weightlifting, preparation is the key - concentration, timing, co-ordination and, of course, sheer brute strength.

### Coach's Tips

- Your power is in your tights. Use the joystick to control your tigh muscles.
- Getting the timing takes practice. Start with the lightest weight (25 kg (kilograms)). you can lower the weight by holding your joystick LEFT.
- Study the diagrams and wath the DEMO's. The two-hand snatch is the easiest. Pull the joystickk DOWN to get the ready position. Then move the joystick precisely UP-DOWN-UP. Don't go too fast or you won't be able to lift the weight all the way up. The first UP gets the weight moving upwards. The down lets you get your arms extended underneath the weight for the final upward thrust with your powerful tigh muscles. If you are too slow the weights lose their upward momentum and you won't have enough power to lift them all the way.
- The clean and jerk is harder but you can lift more weight when you have mastered it. Start as with the two-hand snatch but let the weight come to rest at shoulder level. PAUSE to get your balance and then straighten up your legs. Pause again and then very quickly bend your knees and straighten them again to give the weights some upward momentum. Then at the precise moment drop down on one knee and extend your arms. Steady yourself and then finally stand fully erect. The movement is DOWN-UP-DOWN-PAUSE-UP-PAUSE-DOWN-UP-DOWN-(very fast) PAUSE - UP
- When you have mastered the rhythm, increase the weight by holding the joystick to the RIGHT. The weights will increase in 5 kg increments. You can change the weight in 2 1/2 kg increments by tapping the joystick LEFT or RIGHT. The maximum weight is 300 kg.

### Scoring

The referees determine the validity of each lift. Each referee indicates his approval with a GREEN light or his disapproval with a RED light. You must have three green lights for a valid lift.

Your score for each event is the maximum weight you lifted in the given number of three tries. Your total score is the sum of your scores in the two-hand snatch and clean and jerk.

### For Olympic Competition

- The highest combined total weight determines the winner
- Each lifter has three chances to lift a weight level. If he fails on the third try he is out.

- The weight is increased each round. A player may skip a round and save his strength for later.
- Upon competition on the lift, the weights must be held motionless until the referees have signalled that the lift is valid. Only then can the weight be lowered.

## **CREDITS**

Program Design and Implementation: Michael Crick and Dennis Kirsch.  
Game Design: Michael Crick and Mark Madland.  
Sound and Music: Bob Landwehr/Parabola.  
Original Composition: Ray Rideout.  
Graphic Design and Animation: Steve Chin and Mark Madland.  
Speech Output: Developed by the Voice Master (tm) and licensed by  
Covox Inc., 675 Conger Street, Eugene, OR 97402

### Special Consultants

Archery: Jim McMurchie - Competitive archer; ranked second in US in 1979 with a score of 1302.

Diving: William "Bill" Burgess - Diving Coaches Hall of Fame.

## **SUMMARY OF EVENTS**

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### **Diving**

LEFT for REVERSE, RIGHT to start, UP-DOWN-UP in synch with the board for good lift. DOWN to get out of the tuck.

### **Sprint**

LEFT-RIGHT makes the runners run. The race will not start until both players have signalled READY by tapping the joystick RIGHT.

### **Hurdles**

Similar to SPRINT. You will knock the hurdle over if your stick is LEFT as you go over a hurdle.

### **Archery**

Hold the joystick button DOWN. Pull the joystick DOWN to draw the bow. Aim the fire by releasing the button.

**Long Jump**

Run as hard as you can and then move the joystick UP at the event moment of take-off. Hold the joystick RIGHT for a good landing.

**Weightlifting**

DOWN-UP-DOWN-UP for the two-hand snatch.

DOWN-UP-DOWN-PAUSE-UP-PAUSE-

DOWN-UP-DOWN-PAUSE for the clean and jerk. LEFT to lower the weight.

F1 - DEMO or INSTANT REPLAY

F3 - Next Player

F5 - Check World, US and Olympic records

F7 - Go to Main Scoreboard

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