

*The City of Jacksonville and  
Florida Blue present*



**FOREVER FIT**  
50 & BEYOND

2012 JACKSONVILLE SENIOR GAMES  
MEN AND WOMEN AGES 50 AND OVER

**OCTOBER 1-7, 2012**

*Official Entry Form and Information Packet*

*Florida Blue* 

Heartland 

*Jacksonville*  
Where Florida Begins.

**Humana.**



## 2012 JACKSONVILLE SENIOR GAMES

Thank you for your interest in the **Forever Fit 50 & Beyond: 2012 Jacksonville Senior Games**. Annually, this event is held to promote and encourage healthy and active lifestyles for men and women 50 years of age and over. The games are designed for seasoned athletes to take part in various sports on a competitive level or novice athletes to take part in various sports for their own enjoyment.

The Jacksonville Senior Games also offers participants and spectators the opportunity to meet others from different communities and form friendships that will continue to grow. In spirit of good sportsmanship, anything is possible! We look forward to your participation this year.

Please look over the following registration information to answer any questions you may have. The **Forever Fit 50 & Beyond: 2012 Jacksonville Senior Games** is sanctioned by the Florida Sports Foundation and is a qualifier for this year's Florida Senior Games State Championships. It is also a qualifier for the National Senior Games in 2013.

If you need more information or have additional questions, contact the **City of Jacksonville Office of Special Events** office at **(904) 630-7392**.



# GENERAL INFORMATION

## Age Breakdown:

Age division for singles competition will be determined by the athlete's age as of December 31, 2012. Individual and partner sports age divisions are as follows:

**50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+**

- All ages are welcome to play, however team competition highest age division will be 75+
- All participants must compete in their own age group except in doubles and partner events when the age of the younger partner determines the group.
- Age groups may be combined for an event, if minimum requirements are not met. Events require a minimum enrollment.
- Age divisions for all team competitions will be determined by the age of the youngest team player by December 31, 2012.

## How to register:

A non-refundable and non-transferable entry fee is required of all participants. This fee is \$15 for the first sport and \$5 for each additional sport. All entries must include complete participant information, all required fees and a signed waiver. Entry forms will not be processed without this information. Deadline is September 24.



**There will be an additional team fee of \$60 for the basketball tournament and \$100 for softball. A fee of \$7.50 will be charged to each bowling sport entered (singles and doubles). A fee of \$27 for golf will be charged. After your entry is processed, you will receive confirmation by mail that you are registered to compete. For additional information, call (904) 630-7392.**

## Mail entry form and check to:

Forever Fit 50 & Beyond  
2012 Jacksonville Senior Games  
117 West Duval Street, Suite 220  
Jacksonville, Florida 32202

***Make checks payable to:  
City of Jacksonville***



# GENERAL INFORMATION



## What do I get for my entry fee?

Your entry fee includes:

- \* **Registration for sports**
- \* **Admission to the Opening Ceremony of Athletes**
- \* **Welcome Bag**
- \* **Official T-Shirt**
- \* **A chance to renew friendships or begin new ones**

### Awards:

Medals will be awarded to the First, Second and Third place finalists in each age division of each event. Awards will be presented on site after the competition is complete. First through fifth place qualifiers will advance to the Florida Senior Games State Championships. All qualified athletes will receive state registration information by mail in mid-October.

### Rules:

All sports/events shall be governed by the rules of the national governing body for that sport as modified herein, in the best interest of the participants. It is the responsibility of the participants to familiarize him/herself with the rules and requirements of the 2012 Senior Games. You may compete in as many events as you desire as long as they are not held at conflicting times. Be sure to check the schedule of events carefully for the dates, times and locations. It is the responsibility of the athlete to make sure there are no schedule conflicts. In state and out-of-state competitors are allowed to compete in individual and team sports. Out-of-state teams can qualify for the Florida Senior Games State Championships, but cannot advance to the National Senior Games from there.

### Check In:

Athletes attending the Opening Ceremony of Athletes must check-in upon arrival. Athletes not attending the Opening Ceremony will be able to check-in at their first event. Photo ID with proof of age is required at check-in.

### Inclement Weather:

The City of Jacksonville is not responsible for changes, postponements or cancellations due to weather or other circumstances beyond our control. **No** refunds will be given as a result of these reasons.



# VOLUNTEERS

**The Forever Fit 50 & Beyond: 2012  
Jacksonville Senior Games** relies heavily  
on dedicated volunteers.

If you or someone you know is interested in  
volunteering during the games, please  
contact us at **(904) 630-7392**.

# OPENING CEREMONY

Please join in an exciting afternoon of  
food, entertainment, information and fun at

**Metropolitan Park  
Downtown Jacksonville  
(1410 Gator Bowl Blvd.)  
October 1 at 1 p.m.**

The ceremony will feature a  
Parade of Athletes, Torch Lighting, Senior Health  
and Fitness Expo, and door prizes.

The Opening Ceremony will begin at 1 p.m., check in and  
receive your welcome bag, then enjoy! Be sure to check  
on your entry form that you will be attending.  
Space is limited, so tickets will be reserved on a  
first-come, first-served basis.



# SCHEDULE



## Monday, October 1

- 1 p.m. Opening Ceremonies**  
Metropolitan Park - 1410 Gator Bowl Blvd.
- 1 p.m. Chinese Mah Jong (No registration fee)**  
Jim Fortuna Senior Center - 11751 McCormick Rd.
- 1 p.m. Golf Croquet**  
Fleet Landing - One Fleet Landing Blvd.

## Tuesday, October 2

- 9 a.m. Croquet – 6 Wicket**  
Fleet Landing - One Fleet Landing Blvd.
- 9 a.m. Power Lifting – Bench Press and Dead Lift**  
Cecil Gym and Fitness Center – 13531 Lake Newman St.

## Wednesday, October 3

- 9 a.m. Croquet – 6 Wicket**  
Fleet Landing - One Fleet Landing Blvd.
- 9 a.m. Bowling – Singles**  
Jax Lanes – 6526 Ramona Blvd.  
(Additional fee required)
- 9 a.m. Table Tennis – Singles and Doubles**  
Players must provide their own paddles.  
Tennis balls will be provided.  
Cecil Community Center – 13611-A Normandy Blvd.
- 12:30 p.m. Bowling – Doubles**  
Jax Lanes – 6526 Ramona Blvd.  
(Additional fee required)
- 1 p.m. Bridge – Social (No registration fee)**  
Jim Fortuna Senior Center – 11751 McCormick Rd.
- 6 p.m. 3-on-3 Basketball – Teams only**  
Cecil Gym and Fitness Center – 13531 Lake Newman St.

# SCHEDULE

## Thursday, October 4

- 8:30 a.m. Golf – Shotgun Start**  
Bent Creek Golf Course – 10440 Tournament Ln.  
Golfers must provide their own clubs and golf balls. Golf cart use during official competition is mandatory. Foursome assignments will be made by event director.  
(Additional Fee required)
- 9 a.m. Horseshoes**  
Lake Fretwell Park – 13800 Lake Fretwell St.
- 1 p.m. Line Dancing (No registration fee)**  
Cecil Community Center - 13611-A Normandy Blvd.
- 6 p.m. Basketball – Free Throws and Spot Shots – Individual**  
Cecil Gym and Fitness Center – 13531 Lake Newman St.

## Friday, October 5

- 9 a.m. Pickleball – Singles, Doubles**  
Competitors must provide their own paddles.  
Pickleballs will be provided.  
Cecil Gym and Fitness Center – 13531 Lake Newman St.
- 9 a.m. Swimming – Check-in and Warm-up**  
Cecil Aquatics Center – 13611-A Normandy Blvd.

### Order of Events

50-Yard Freestyle  
50-Yard Breaststroke  
100-Yard Freestyle  
50-Yard Backstroke  
100-Yard Breaststroke  
100-Yard Backstroke  
200-Yard Freestyle  
50-Yard Butterfly  
200-Yard Breaststroke  
200-Yard Backstroke  
100-Yard Individual Medley  
100-Yard Butterfly  
500-Yard Freestyle



\*\*\* Please note all swimming events count as one sport. Only one registration fee is required.

# **SCHEDULE**

## Saturday, October 8

- 8 a.m. Tennis (Men and Women) Singles**  
 Athletes must provide their own racquets and practice balls.  
 Boone Park – 3730 Park St.
- 8 a.m. Softball (Team fee only)**  
 Ringhaver Park – 5198 118th St.
- 8 a.m. Cycling – 5K & 10K Time Trials**  
 Cyclist must provide their own bicycles and helmets.  
 Bicycles will be certified by race officials prior to competition.  
 New World Ave. & Parkland Rd. (Cecil Commerce Center)
- 9 a.m. Track and Field – Check in and Warm up**  
 Certified implements will be used for all events and age groups.  
 Forrest High School – 5530 Firestone Rd.
- 9:30 a.m. Track and Field begins**

### Order of Events

8:30 a.m.	100 Meter
9:15 a.m.	800 Meter
10 a.m.	200 Meter
10:45 a.m.	1500 Meter Race Walk
11:30 a.m.	400 Meter

### Field Events

Discus
Shot Put
Long Jump
High Jump
Triple Jump

- 10 a.m. Road Race – 5K Time Trials**  
 TBD

- 1 p.m. Tennis (Men and Women) Doubles**  
 Athletes must provide their own racquets and practice balls.  
 Boone Park – 3730 Park St.



# BASKETBALL: 3-on-3 Half Court

## EVENTS

Three on Three Basketball

## STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

## ENTRY REGULATIONS

1. Teams must be of all one gender, there are separate tournaments for each gender.
2. Team rosters shall be limited to 10 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. See Rule F for definition of residency and rules regarding roster changes.
3. Athletes may play on only one basketball team.
4. Age divisions for all team competition will be determined by the age of the youngest team member.
5. For the State Championships, a maximum of three players may be added to a roster following qualification at a Florida Local Senior Games Qualifier. Players added after qualification at a Florida Local Senior Games Qualifier do not have to participate at a Local Senior Games Qualifier.

## FORMAT

1. If numbers are conducive, teams will be divided into pools within their age divisions. Within each pool a single round-robin tournament will be played. At the conclusion of the round robin, winners will advance and play a single-elimination tournament.
2. Ties for seeding will be broken in the following manner:
  - a. Overall record
  - b. Head-to-head competition
  - c. Defensive points allowed
  - d. Coin toss
3. Forfeits shall be scored 7-0.
4. Event Director reserves the right to modify format based on number of teams.
5. Teams are guaranteed three games.
6. Teams will not play more than three games in a day.
7. COMPETITION BALLS WILL BE PROVIDED.

## SPORT RULES

1. This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) rules, except as modified herein.
2. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
3. The game shall be played on half court by two teams of three players each, including a maximum of seven substitutes.
4. Playing time shall be two halves of 12 minutes of a continuously running clock with an intermission of five minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules.
5. A tie score at the end of regulation time will result in a three-minute stop clock overtime period with ball possession determined by a coin flip. If the game is still tied, subsequent three-minute periods shall be played until the tie is broken.
6. Two timeouts are permitted per team per half. If a game proceeds to overtime, each team shall receive no more than one additional timeout, regardless of the number of overtimes. Timeouts shall be 30-seconds in duration. The clock will not run during timeouts.
7. Substitutions may be made after a basket, a foul shot, stoppage of play or any other time an official beckons the player onto the court.
  - a. Players MUST be beckoned onto the court by the referee.
  - b. Only the offensive (inbounding) team can initiate a substitution after a made basket or free throw. The defensive team can only substitute on a made basket or free throw if the offense is also substituting at that time.
8. Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of ball possession. During the last two minutes of the ball game and during any overtime period, teams must attempt a shot within approximately 20 seconds as determined by the referee.
9. The winner of the coin toss shall take the first possession. Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.
10. The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows:
  - a. After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key. The ball must be advanced into play by means of a pass to a teammate. The inbounding team players are prohibited from entering the three-second lane (the key) until the inbounding teammate actually takes possession of the ball at the throw-in area.
  - b. After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line; only the player's feet. The penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.

## BASKETBALL: 3-on-3 Half Court (cont.)

11. Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the throw-in area. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow. Dribbling will result in a replay.
12. Player limitations during inbounding:
  - a. The inbounder must be within 3 feet of the three-point line and must stay within the free throw lane extended area (12 feet wide), an area referred to as the throw-in area.
  - b. The defense may defend anywhere on the court, however no player may enter the throw-in area to defend the inbounder.
  - c. The inbounder's teammates may not receive the inbound pass within the "out of bounds area" which is the area behind the three point line, free throw lane extended.
13. A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.
14. All personal and technical fouls shall be counted against a team total. After the seventh team foul, a bonus shall be awarded for the remainder of the game. Penalties for fouls shall be as set forth below.
15. Prior to the seventh team foul:
  - a. any common foul shall result in loss of possession for the offending team;
  - b. any player control foul shall result in disallowing a converted basket and loss of possession;
  - c. any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
  - d. and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
16. Beginning with the seventh team foul:
  - a. any common foul shall result in a single free throw and the offended team shall retain possession;
  - b. any player control foul shall result in recording the foul and a change in possession.
  - c. any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
  - d. and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
17. Beginning with the 10th team foul:
  - a. any common foul shall result in two free throws, and the offended team shall retain possession;
  - b. any player control foul shall result in recording the foul and a change in possession.
  - c. any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
  - d. and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
18. During the last two minutes of each half, and during any overtime period, the automatic awarding of team possession after free throws does not apply (live rebounding will be in effect).
19. Team clothing must be of like design and color. Teams must have both "home" and "away" uniforms with permanently attached numbers front and back.
20. Three point shots are allowed. The three point line distance for both men and women will be 19'9".
21. Officials do not put the ball in play, except at the start of each half.

## BASKETBALL: Shooting

### EVENTS

Free Throw Shooting      Spot Field Goal Shooting      Timed Field Goal Shooting

### STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Florida Local Games Qualifying site. Participants that qualify are eligible for all Basketball Shooting events. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

### FORMAT

1. Each event will be contested and awarded separately.
2. Competition in Free Throw Shooting will be conducted first, followed by Spot Shooting and Timed Shooting.
3. Competition balls will be provided for the convenience of the participant, but are not required to be utilized. Participants may compete with their own ball. All balls must meet NCAA ball requirements and specifications. Balls are subject to inspection at any time before, during or after competition.
  - a. The ball shall be spherical. Spherical shall be defined as a round body whose surface at all points is equidistant from the center except at the approved black rubber ribs (channel and/or seams).
  - b. The ball's color shall be Pantone Matching System (PMS) Orange 151, Red-Orange 173 or Brown 1535.
  - c. The ball shall have a deeply pebbled leather or composite cover.



# 2012 INDIVIDUAL ENTRY FORM



FOREVER FIT  
50 & BEYOND

2012 JACKSONVILLE SENIOR GAMES

## General Information

Name \_\_\_\_\_  
Last First MI

Address \_\_\_\_\_  
Street City State Zip

Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender:  Male  Female

Email \_\_\_\_\_ Shirt Size:  S  M  L  XL  XXL

Emergency Contact \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_

Will you be attending the Opening Ceremony of Athletes?  Yes  No

Swimmers Only: Official Masters Recognition Number \_\_\_\_\_

## Registration (Only completed forms will be processed. No refunds.)

\*\*\*If you are registering for Swimming or Track & Field, please list all events you are entering.

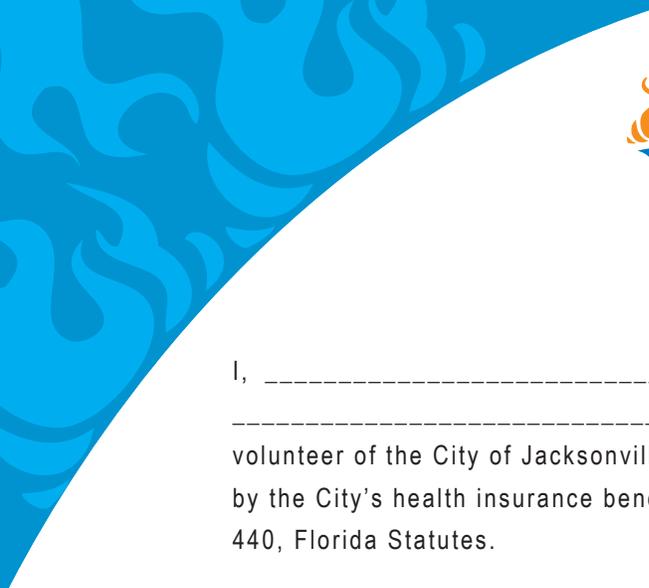
Sport	Partner (if needed)	Partner Age	Date	Time

## Registration Fees:

\$15	Entry Fee + 1 sport	_____
\$5	Each additional sport	_____
\$60	Three-on-Three Basketball	_____
\$100	Softball	_____
\$27	Golf	_____
\$7.50	Bowling - 3 games	_____
	<b>TOTAL ENCLOSED</b>	_____



Detach at Perf. ↘



# RELEASE WAIVER



I, \_\_\_\_\_ (print name), understand that as an employee and/or volunteer of \_\_\_\_\_ (company name), I am not working or operating as an employee or volunteer of the City of Jacksonville City”) and therefore I understand and acknowledge that I am not covered by the City’s health insurance benefits or by the City’s Workers’ Compensation benefits as defined in Chapter 440, Florida Statutes.

Further, I, the undersigned, and my personal representatives, assigns, successors, heirs, and executors, do hereby release, waive, hold harmless and forever discharge, the City, as well as its agents, officers and employees for any claims, demands, causes of action, judgments (including costs and expenses) and any and all liability arising directly or indirectly from damages, bodily injury or death that I might sustain as a result of my participation in or otherwise arising out of my activity at \_\_\_\_\_ (event name), hereinafter the “Event.”

The undersigned further hereby assumes full responsibility for any and all risk of bodily injury, death or property damage while participating in the aforesaid Event.

The undersigned further expressly agrees that the foregoing release, waiver of liability and hold harmless agreement is intended to be as broad and inclusive as is permitted by Florida law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The undersigned consents to having photographs taken and appear in any media coverage or printed materials. Furthermore, the undersigned understands the Entry Fee is non-refundable.

The undersigned has read and fully understands this release of liability and voluntarily agrees to its terms. Further, all terms of this agreement are contained herein and there are no other terms to this agreement.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Printed Name

**Individuals** must read the **Waiver of Liability** and sign above.

**All team players** must read the **Waiver of Liability** and sign the team roster on the next page, accepting the statements of the above **waiver**.



## BASKETBALL: Shooting (cont.)

- d. The ball shall have the traditionally shaped eight panels, bonded tightly to the rubber carcass. The eight panels are defined by two channels and/or seams dissecting the ball's circumference in opposite directions and two panels that when laid flat shall have the shape of a figure eight.
- e. The width of the black rubber rib (channels and/or seams) shall not exceed 1/4 inch.
- f. When dribbled vertically, without rotation, the ball shall return directly to the dribbler's hand.
- g. The air pressure that will give the required reaction shall be stamped on the ball. The ball shall be inflated to an air pressure such that when it is dropped to the playing surface from a height of 6 feet measured to the bottom of the ball, it will rebound to a height, measured to the top of the ball of:
  - i. (Men) Not less than 49 inches when it strikes its least resilient spot nor more than 54 inches when it strikes its most resilient spot.
  - ii. (Women) Not less than 51 inches when it strikes its least resilient spot nor more than 56 inches when it strikes its most resilient spot.
- h. (Men) The circumference of the ball shall be within a maximum of 30 inches and a minimum of 29½ inches.
- i. (Women) The circumference of the ball shall be within a maximum of 29 inches and a minimum of 28½ inches.
- j. (Men) The weight of the ball shall not be less than 20 ounces nor more than 22 ounces.
- k. (Women) The weight of the ball shall not be less than 18 ounces nor more than 20 ounces.

### SPORT RULES

#### *Free Throw Shooting:*

1. The contestant will attempt three rounds of ten shots each from the free-throw line.
2. Each basket made is worth one point.
3. The total of all three rounds will determine the contestant's final score.
4. The ball will be rebounded for the shooter.
5. Tie breaker will consist of one additional round with five shots from the free throw line for each participant that is tied. If there is still a tie, the rounds will continue through the third round where two medals will be awarded for that place.
6. The contestant may not step over the free throw line while shooting (from the time the ball leaves his/her hand until the ball reaches the rim or backboard).

#### *Spot Field Goal Shooting:*

1. The contestant will attempt three rounds of five shots (one shot from each spot per round).
2. One shot will be taken from each of the five designated spots around the basket. The spots shall be as follows (Note: markings are based upon a court linings in accordance to NCAA guidelines):
  - a. Baseline shot 5.5-feet from the end line and 10-feet from each side of the basket. Two lines will be placed in a right angle making a border from the front of the rim extended and 10-feet from the basket. The contestant may not step over either line until the ball has been released. (Note: this is a 10-foot baseline shot without an angle to use the backboard)
  - b. Near the top corner of the free throw line on each side of the basket. For men, 4-feet from the foul line extended on each side. A 2-foot line will be placed 4-feet from the foul line extended, angled slightly toward the basket. A second line will be placed perpendicular to and dissecting the center of the first line. For women, 2-feet from the foul line and 2-feet towards the basket from the free throw line (13 feet from the front rim of the basket). A 2-foot line will be placed 13-feet from the basket and 2-feet from the foul line, angled slightly toward the basket. A second line will be placed perpendicular to and dissecting the center of the first line. The contestant must begin by standing with one foot on each side of the second line. The contestant may not step over either line until the ball has been released.
  - c. Top of the key (approximately 19-feet from the front of the basket for men / free throw line for women). For men, a 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from front rim of the basket. A second line will be placed perpendicular to and dissecting the center of the first line. For women, a 2-foot line will be placed at the free throw line. A second line will be placed perpendicular to and dissecting the center of the first line. The contestant must begin by standing with one foot on each side of the second line. The contestant may not step over the first line until the ball has been released.
3. Each basket made is worth one point.
4. The total from all three rounds will determine the contestant's final score.
5. The ball will be rebounded for the shooter.
6. Tie breaker will consist of one additional round with five shots from every designated spot for each participant that is tied. If there is still a tie the rounds will continue until the third round where two medals will be awarded for that place.
7. Upon the discretion of the event director, Men's divisions 80 and over may be permitted to shoot

#### *Timed Field Goal Shooting:*

1. The contestant will be allowed three rounds of one minute each.
2. The contestant will begin shooting when the timekeeper calls "start."
3. The contestant can shoot from any of the indicated spots at any time during the round, with the exception that consecutive shots may not be taken from the "A" spot.
4. Each basket will be worth one to five points based on the level of difficulty. The spots and point values are as follows:
  - a. "A"-spot (1 point) – Spot located directly under basket. A spot will not be marked for this shot. This shot is a lay-up or any shot from inside the foul lane.
  - b. "B"-spots (2 points) – Baseline shot 5.5-feet from the end line and 10-feet from each side of the basket. The contestant may not step over the line until the ball has been released

## BASKETBALL: Shooting (cont.)

- c. "C"-spots (3 points) – Near the top corner of the free throw line on each side of the basket. For men, 4-feet from the foul line extended on each side. For women, 2-feet from the foul line and 2-feet towards the basket from the free throw line (13 feet from the front rim of the basket). The contestant may not step over the line until the ball has been released.
- d. "D"-spot (5 points) – Top of the key for men, free throw line for women. A 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from the front rim of the basket for men. For women a 2-foot line will be placed at the free throw line. The contestant may not step over the line until the ball has been released.

5. Contestants attempting a shot from all six spots will earn a five point bonus for that round. The bonus can be earned for each round.
6. Contestants must rebound their own shots.
7. The combined score for all three rounds will determine the final score.
8. Tie breaker will consist of one additional round for 30 seconds for each participant that is tied. If there is still a tie the rounds will continue until the third round where two medals will be awarded for that place.
9. No bonus points will be awarded during the tie breaker.
10. Upon the discretion of the event director, Men's divisions 80 and over may be permitted to shoot from the Women's spots.

## BOWLING

### EVENTS

Singles                      Doubles                      Mixed Doubles

### STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Bowling events. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

### ENTRY REGULATIONS

1. Athletes may compete with only one partner per event.
2. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes may be available at the competitor's expense.
3. All equipment shall meet USBC specifications. The Florida Senior Games reserves the right to inspect equipment.
4. Doubles partners must be of the same gender.
5. The age division of competition for Doubles and Mixed Doubles will be determined by the younger age of the two partners.

### FORMAT

1. Tournament will be based on scratch scores.
2. Bowlers will be placed in divisions by age and gender.
3. Bowling times and lanes will be assigned by the Event Director.
4. Bowlers will bowl three games. Winners are determined by total pins over three games (same lane).
5. If there is a tie between any of the top 3 places, a one-game playoff will be held to determine which player received the higher medal.
6. For 4th place through 6th place, ties will be broken by the number of strikes bowled. If the score is still tied, the number of spares will decide the winner.
7. There will be no tie-breaker for 7th place and below. Both competitors will receive the same place and the next place will be left open.

### SPORT RULES

1. This tournament will be conducted in accordance with the United States Bowling Congress (USBC) rules, except as modified herein.
2. All equipment shall meet USBC specifications. The Event Director reserves the right to check equipment at any time.

## CYCLING

### EVENTS

5K Time Trials      10K Time Trials      5K Time Trials (Recumbent Bicycle Division)      10K Time Trials (Recumbent Bicycle Division)

### STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Cycling events. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

### ENTRY REGULATIONS

1. Cyclists must provide their own bicycles and helmets.
2. All bicycles must be certified by race officials prior to the competition.

## CYCLING (cont.)

### FORMAT

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than thirty seconds. No allowances will be made for mishaps, mechanical or otherwise.
2. Starting order for the time trials will be from youngest to oldest starting with males and ending with females.
3. Time Trials Recumbent divisions will begin following the oldest female rider of the standard Time Trials. Starting order will be from youngest to oldest starting with males and ending with females.
4. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
5. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
6. The road races will be a mass start. The Event Director reserves the right to combine divisions as necessary.

### SPORT RULES

1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein.
2. Helmets are mandatory (Ansi or Snell approved with sticker affixed).
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted. Recumbent bicycles may only race within the 5K and 10K Time Trials Recumbent Bicycle Division. All bicycles must be certified by race officials prior to the competition.
4. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
6. In time trial events, the rider shall be held by an official at the start, but shall be neither restrained nor pushed.
7. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
8. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or two meters (seven feet) to the side. A rider who is observed taking pace shall receive a time penalty.
9. No restarts are permitted.

## GOLF

### EVENTS

18 Holes – Scratch

### STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

### ENTRY REGULATIONS

1. Golfers must provide their own clubs and balls.
2. Golf cart use during official competition is mandatory.
3. Foursome assignments will be made by event director.

### FORMAT

1. The tournament will be 18-hole medal play. Handicaps are not used.

### SPORT RULES

1. This tournament will be conducted in accordance with United States Golf Association (USGA) rules, except as modified herein.
2. Local rules will also be in effect.
3. Caddies are not permitted.
4. Spectators are permitted on the course; however, they will be required to walk. Spectators must remain at least 25 feet away from tee boxes, fairways and greens.
5. USGA rules regarding coaching will be strictly enforced.
6. USGA rules regarding pace of play will be observed.
7. Range finders of any type are permitted.
8. In the event of a tie between 1st, 2nd and 3rd place, the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared then 3 holes and then finally the 18th hole.

# HORSESHOES

## EVENTS

Singles

## STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

## ENTRY REGULATIONS

Competitors must provide their own horseshoes, however the Event Director reserves the right to inspect equipment.

## FORMAT

1. If numbers are conducive, athletes will be divided into pools within their age divisions. Within each pool a preliminary single round-robin tournament will be played. At the conclusion of the preliminary round robin, the top eight players will advance and play a single round-robin championship final. If entries are not conducive, a double round robin tournament will be played within the age division. If pools are not of even numbers, the average score per game will be used. The top eight players based on total points or average points will advance to the championship finals.
2. If numbers are conducive, all rounds will be conducted using count-all scoring with five bonus points awarded for each match won. Matches will continue until each player has pitched 30 shoes. If the score is tied after 30 shoes are pitched, four additional shoes shall be pitched to determine which player shall be awarded the five bonus points. Additional sets of four shoes shall continue to be pitched until the winner is determined. Final scores reported shall be scores after 30 shoes.
3. The tournament director reserves the right to change the format to cancellation scoring based on total number of athletes in a division.
4. In the championship rounds, all ties will be played off for the medal positions.

## SPORT RULES

1. All matches will be conducted in accordance with National Horseshoe Pitcher's Association (NHPA) rules, except as modified herein.
2. Shoes shall be pitched from alternate ends of the court 40 feet apart except as modified herein. Women 50-74 will pitch a minimum distance of 30 feet. Women in divisions 75+ will pitch a minimum distance of 20 feet. Men 50-69 will pitch a distance of 40 feet. Men in divisions 70+ will pitch a minimum distance of 30 feet. Age and distance determined by December 31 of this year.
3. A match will consist of one game.
4. Players will match shoes to determine who pitches first.
5. A 15-minute default time will be enforced. For default matches in preliminary rounds, the remaining player will pitch 30 shoes to determine their score and be awarded the five bonus points.
6. The pitcher must stand on one of the pitching platforms. Players may use the platform on either side of the court. Feet must stay behind the foul line and within the platform limits until the shoe has left the pitcher's hand. When not pitching, the opponent shall stand quietly and stationary on or behind the same court's opposite pitching platform and at least two feet (2') behind the contestant who is pitching from the same or adjacent court. Such an offense incurs a loss of score in that inning. No player may walk to the opposite stake, or be informed of the position of the shoes before an inning is complete. Once thrown, shoes may not be moved or touched until the scores have been decided. Such an offense incurs a loss of score for that player in that inning.
7. Shoes must be within six inches of the stake to score. A shoe that first strikes the ground outside the target area or rebounds from the backboard cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the target area on the request of the opponent. A shoe landing in the area and breaking is not scored; it is removed and another pitch taken. A "ringer" is a shoe that encircles the stake so that a straight edge could touch the two tips of the horseshoe without touching the stake.



# PICKLEBALL

## EVENTS

Singles

Doubles

Mixed Doubles

## STATE CHAMPIONSHIPS QUALIFYING RULES

OPEN – no qualifying is necessary

## ENTRY REGULATIONS

1. The age division of competition for Doubles and Mixed Doubles will be determined by the younger age of the two partners.
2. Competitors must bring their own paddles. Pickleballs will be provided.

## FORMAT

1. Double elimination is planned. Event Director reserves the right to modify format based on number of tournament entries.
2. Best two out of three games.
3. Games are played to 11 points, but must continue until one player or team achieves a two-point margin.
4. Teams and players will not be seeded. Brackets will be determined by a random draw.
5. Any event (age class) which does not have at least two entries (teams or individuals) may be combined with another division or cancelled at the discretion of the Event Director.

## SPORTS RULES

1. All matches will be conducted in accordance with USA Pickleball Association (USAPA)/ International Federation of Pickleball (IFP) rules found online at [www.usapa.org](http://www.usapa.org).
2. A coin flip will determine first choice of service or side. If the winner chooses to serve or receive, the loser picks starting side. If the winner chooses starting side, the loser chooses to serve or receive. Sides and initial service will be switched upon completion of each game. Sides will be switched in a third game (if the match is 2 out of 3 games) after the first team reaches a score of 6 points. Serve remains with the player holding serve.
3. All questionable calls must be resolved in favor of the opponent.
4. Served balls clearing the non-volley zone and landing on any service court line except the nonvolley zone line are good.
5. Balls in play landing on any side or back court line are good.
6. All serves must be made underhand at or below the servers waist (i.e. contact with the ball must be made at or below the server's waist). Under hand is defined as the paddle head shall be below the hand when striking the ball.
7. Players will be responsible for calling their own lines up until at least the final match in each age class. Line officials may be provided for the final match in each age class at the discretion of the Event Director.
8. Format changes are at the discretion of the Event Director.
9. When net systems have a horizontal bar that may include a center base, and the ball hits the horizontal bar or the center base before going over the net, it is a fault. If the ball goes over the net and then hits the horizontal bar, the ball is still in play. If the ball goes over the net and then hits the center base or the ball gets caught between the net and the horizontal bar before touching the court, it is a let and must be replayed.

# POWERLIFTING

## EVENTS

Bench Press

Dead Lift

Bench Press – Raw / Unequipped

Dead Lift – Raw / Unequipped

## STATE CHAMPIONSHIPS QUALIFYING RULES

OPEN – no qualification is necessary

## ENTRY REGULATIONS

1. Divisions will be contested in accordance with Senior Games five-year age increments starting 50-54 through 100+.
2. USA Powerlifting membership is required at the State Championships.
3. Proof of age will be required at weigh-in (birth certificate w/ picture I.D., Driver's License or State I.D.).

## FORMAT

1. Each division will be divided into weight classes as follows:

### Men (lbs.)

114, 123, 132, 148, 165, 181, 198, 220, 242, 275, & SHW

### Women (lbs.)

97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

2. Each division will be divided into age groups in accordance with Florida International Senior Games & State Championships Rules of Competition.
3. Each athlete shall be granted three (3) attempts in the bench press competition.
4. Raw/Unequipped Lifting is defined as: Non-supportive singlet, wrist wraps, and knee wraps only.
5. State Championship competition will be drug tested.

## SPORT RULES:

The State Championships is sanctioned by USA Powerlifting (USAPL) and will be held in accordance to all USAPL/IPF rules and regulations.

## ROAD RACE

**EVENTS:** 5K Road Race

**FLORIDA SENIOR GAMES QUALIFYING RULES:** OPEN – qualifying is not necessary

### FORMAT

1. All age divisions will run simultaneously.
2. A USATF Certified 3.1 mile paved surface course will be used for the 5K. Split times will be provided.

### SPORT RULES

1. All road race events will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein rules, except as modified herein.

## SOFTBALL

**EVENTS:** Team Softball

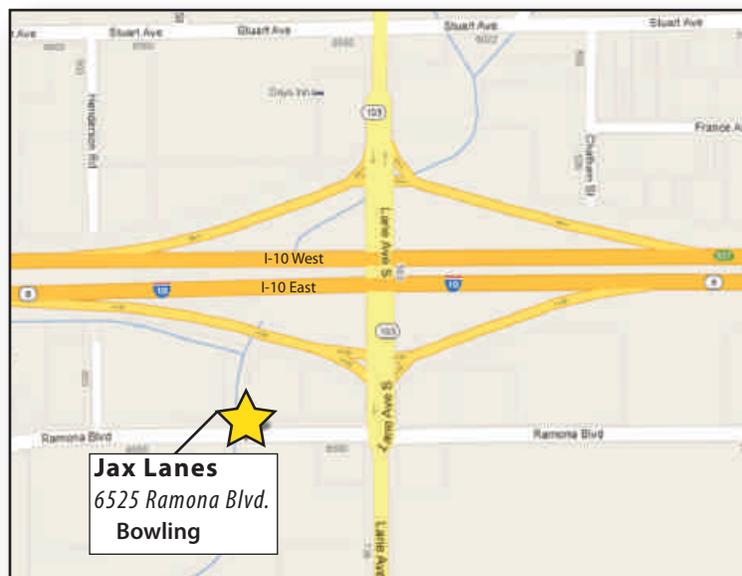
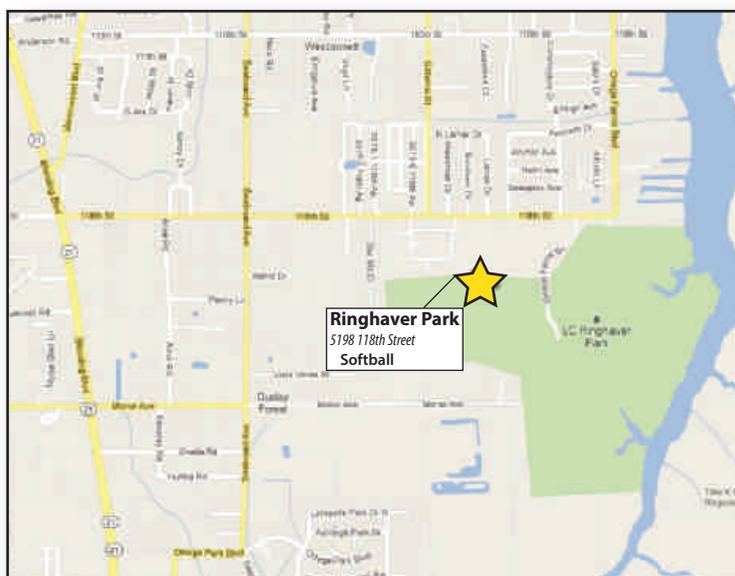
**STATE CHAMPIONSHIPS QUALIFYING RULES:** OPEN – no qualifying is necessary

### ENTRY REGULATIONS

1. Team coach/manager completes and submits the team entry application.
2. Teams must provide their own bats, gloves and practice balls.
3. Teams must be all one gender.
4. Team rosters shall be limited to 22 persons, including non-playing coaches, non-playing captains and non-playing bench personnel.
5. All registration and team rules apply to non-playing coaches, non-playing captains and nonplaying bench personnel. See Rule F for residency requirements and exceptions for non-playing personnel.
6. Athletes may compete with only one team per sport.
7. Age divisions for all team competition will be determined by the age of the youngest team player.

### ENTRY REGULATIONS

1. Team coach/manager completes and submits the team entry application.
2. Teams must provide their own bats, gloves and practice balls.
3. Teams must be all one gender.
4. Team rosters shall be limited to 22 persons, including non-playing coaches, non-playing captains and non-playing bench personnel.
5. All registration and team rules apply to non-playing coaches, non-playing captains and nonplaying bench personnel. See Rule F for residency requirements and exceptions for non-playing personnel.
6. Athletes may compete with only one team per sport.
7. Age divisions for all team competition will be determined by the age of the youngest team player.



# SOFTBALL (cont.)

## FORMAT

1. If numbers are conducive, tournament format will be pool play (round robin), with as many teams as possible advancing to a single elimination championship bracket. Every effort will be made to provide teams a minimum of 3 games.
2. Tournament format is subject to change at the discretion of the Event Director.
3. Seeding for single elimination play will be determined based on pool play results in the following order:
  - Win/loss Record
  - Head-to-Head results – only when all teams play each other
  - Total runs allowed
  - Run differential
  - Total runs scored
  - Coin Toss

## SPORT RULES

1. This tournament will be conducted in accordance with Amateur Softball Association (Senior) Rules, except as modified herein.
2. Strike Zone Mat: A Strike Zone Mat will be used in all games to determine balls, strikes, and outs at home plate. The top of the mat will be placed at the top of home plate. The mat will measure twenty-one (21) inches wide and thirty-five (35) inches long with a white home plate centered at the front of the mat measuring seventeen (17) inches across the front, 8 1/2 inches down each side, and 12 inches diagonally to a point nearest the catcher. A legal pitch not swung at that strikes any part of the strike zone mat or home plate shall be called a strike by the umpire.
3. Pitcher's Plate/Box: a pitcher's box consisting of the area from the front of the pitcher's plate, 50 feet from home plate, and extending back six feet (6ft) and twenty-four (24) inches wide perpendicular to the pitcher's plate shall be used. The pitcher must release the ball after coming to complete stop with one foot or both feet in contact with the pitcher's plate or within the pitcher's box. One foot must remain in contact with the late/box when the pitch is released with an underhand motion. A step simultaneous with the release of the ball may be taken in any direction with the free foot. The pitcher must be facing the batter when delivering the pitch. The catcher must remain within the lines of the catcher's box until the pitched ball is batted, touches the ground or home plate, or reaches the catcher's box. This area should be chalked off.
4. Players and substitutes: ASA rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at any time does not exceed the total allowed for that age division.
5. Men in age divisions 50+, 55+ and 60+: Ten defensive players shall constitute a team.
6. Men in age divisions 65+ 70+ and 75+: Eleven (11) defensive players shall constitute a team
7. Women in age divisions 50+, 55+, 60+, 70+ and 75+: Eleven (11) defensive players shall constitute a team.
8. Line-up cards: Official line-up cards must be presented to the opposing manager and scorekeeper 10 minutes prior to game time. Tournament line up cards will be furnished to all team managers. Name of player, number and position must be indicated on line up card.
9. Batting Line Up: A team may bat up to 20 players, but all players must be listed on the roster and line up card. The team captain has the option of batting all defensive players and 1 or 2 EP's or entire roster. This must be declared prior to the beginning of the game and indicated on the line up card.
10. Runs per inning: For all play there shall be a five (5) run per inning rule, with unlimited runs allowed in the seventh or final inning.
11. Mercy rule: A mercy rule will be in effect for all games. The rule shall be 20 runs after four innings and 15 runs after five innings, ending the game.
12. Homerun rule: The homerun rule shall be utilized for all games. The first ball hit over the fence will count as a home run. Subsequent balls hit over the fence by the same team will count as singles until the opposing team has hit a ball over the fence (homerun). Base runners may only advance one base per single over the fence. This rule shall continue throughout the entire game.
13. Time Limit: The length of a game will be seven innings or 60 minutes for all games. After 60 minutes the umpire shall announce that teams will finish the current inning and play one more. The last inning shall be played with unlimited runs. This rule is designed to allow 1 hour and 15 minutes for a game, which is ample time to play 7 innings. Tie games after seven innings or at the end of regulation time will continue until one team is ahead after the completion of any subsequent inning using the International tie-breaker rule. There will be no time limit for championship / medal games.
14. Women age divisions 70+ and 75+ can run through 2nd and 3rd base without the possibility of being tagged out unless an attempt is made or a turn toward the next base is indicated.
15. Courtesy runner: An unlimited number of courtesy runners may be used per inning. A player may only be used as a courtesy runner once per inning (except Women 70+ and 75+ which a player can be a courtesy runner as many times as needed per inning). A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently from the game. A courtesy runner on base when it is his/her turn at bat will be declared out as the runner. Another courtesy runner may not be used to circumvent this rule.
16. Team clothing must be of like design and color. Jerseys must have a number on the back.
17. Legal Pitching Height – The ball must be delivered with perceptible arc and reach a height of at least 6' (feet) from the ground, while not exceeding a maximum height of 12' (feet) from the ground.
18. The men's divisions will play 12-inch slow pitch (.44 cor and .375 compression). The women's divisions will play 11-inch slow pitch (.47 cor and .500 compression).
19. All bats with a \*BPF of 1.21 or less will be legal for play. All bats used in play must be stamped with a BPF of 1.21 or less, and must have either a manufacturer installed non-slip grip surface, or a minimum of one wrap of tape. Bats without the BPF stamped on the bat will be considered illegal. A bat is not required to bear an ASA certification mark. Note: this rule is an approved exception to the ASA bat policy. All bats models approved for senior play by ISA, ISSA, SPA and SS-USA will be allowed for tournament play in NSGA.
20. A double first base, a second home plate, 65' feet base paths, 20' commitment line between 3rd base and home plate and a 6' feet pitching box will be utilized. A field diagram with dimensions is included in the ASA rulebook (with the exception of the 6' pitching box and strike zone mat).

# SWIMMING

## EVENTS

50-yard Backstroke	100-yard Backstroke	200-yard Backstroke	50-yard Breaststroke
100-yard Breaststroke	200-yard Breaststroke	50-yard Butterfly	100-yard Butterfly
50-yard Freestyle	100-yard Freestyle	200-yard Freestyle	200-yard Freestyle Relay
500-yard Freestyle	100-yard Individual Medley	200-yard Individual Medley	200-yard Individual Medley Relay

## STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all events Swimming. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

## ENTRY REGULATIONS

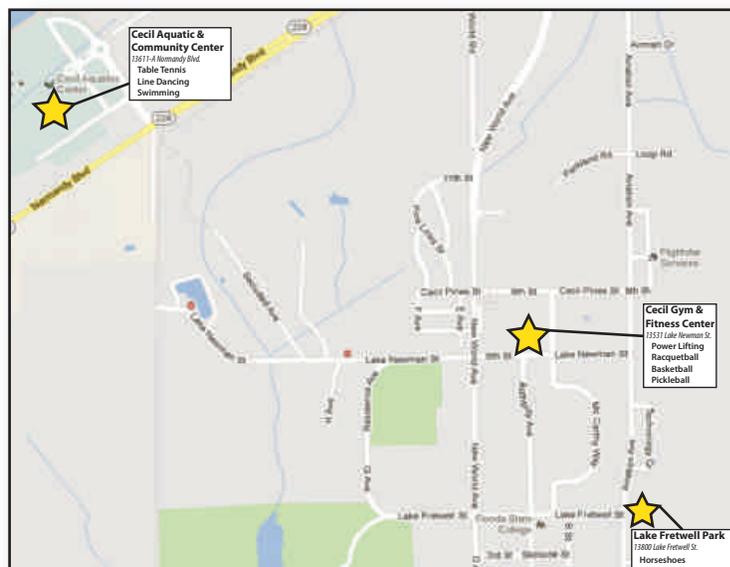
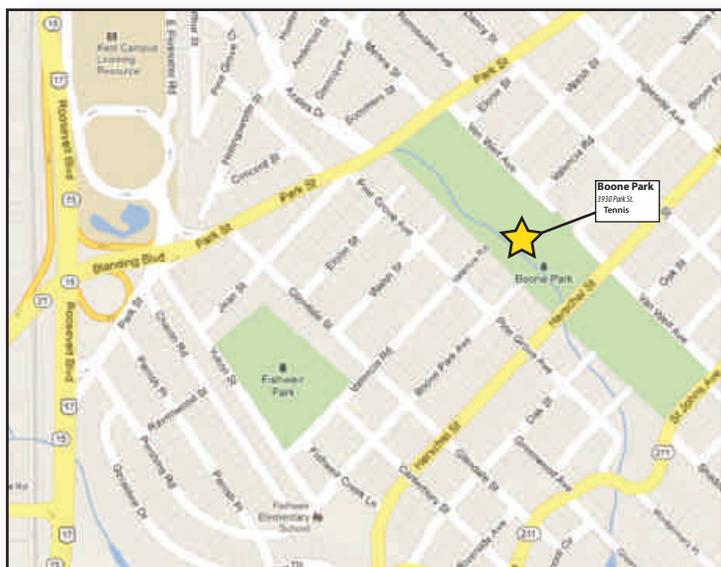
1. Swimmers may enter a maximum of six individual events.
2. Swimmers must provide their own suits, caps, goggles, towels, etc.

## FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. Events will be competed in a 25-yard heated outdoor pool.

## SPORT RULES

1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. The major points of the rules include:
  - a. Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The Backstroke start is taken from the wall. A false start will result in disqualification.
  - b. Turns: The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously. The Backstroke and Freestyle events require some part of the body to touch the wall.
  - c. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
  - d. Breaststroke: Appropriate stroke is required. After the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
  - e. Butterfly: The appropriate stroke is required. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
  - f. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke or backstroke.
  - g. Medley: The order of strokes in the Individual Medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns.
  - h. General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.
2. Relay team age divisions will be determined by the age of the youngest team member as of December 31 of the competition year.
3. All swimsuits must conform with USMS Code of Regulations and Rules of Competition.



# TABLE TENNIS

## EVENTS:

Singles

Doubles

Mixed Doubles

## STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Table Tennis events. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

## ENTRY REGULATIONS

1. Players must provide their own paddles. Balls will be provided.
2. Athletes may compete with only one partner per event.
3. The age division of competition for Doubles will be determined by the younger age of the two partners. Doubles partners must be of the same gender.

## FORMAT

1. For singles competition a round robin format will be utilized. For divisions with 5 or less players, each player will play each other and winners will be determined by their playing record. For divisions with 6 or more players, the division will be broken into pools, playing a preliminary round robin within the pool. Winners from each pool will advance to a single elimination tournament.
2. Single elimination tournament for doubles and mixed doubles.
3. Play shall consist of a five game match. The winner shall be the first player to win three games.
4. The first player to score 11 points wins a game, unless both players have scored 10 points. In that situation, the serve changes each point and the winner is the first player to score a two-point lead.
5. Play shall be continuous throughout the match with a two-minute break between games.

## SPORT RULES

1. The main color of a shirt, skirt or shorts, other than sleeves or collar of a shirt and trimming along side seams or near the edges, shall be clearly different from that of the ball in use.
2. The Expedite System shall not be in effect with the following exception. The Event Director may invoke the system to keep the tournament on schedule. The system may be placed in effect during a match, but must not be placed in effect in the middle of a game.
3. All matches will be conducted in accordance with USA Table Tennis (USATT) rules, except as modified herein.

# TENNIS

## EVENTS

Singles

Doubles

Mixed Doubles

## STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Tennis events. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

## ENTRY REGULATIONS

1. Athletes may compete with only one partner per event. An event is defined as Singles, Doubles or Mixed Doubles.
2. The age division of competition for Doubles will be determined by the lower age of the two partners.
3. Athletes must provide their own racquets and practice balls.
4. Participants may compete in a maximum of two events only.

## FORMAT

1. Tournament format will be single elimination with a consolation bracket for first round losers.
2. The Event Director reserves the right to use a single elimination format for larger pools.
3. Event Director reserves the right to modify any draw.

## SPORT RULES

1. All matches will be conducted in accordance with United States Tennis Association (USTA) rules, except as modified herein.
2. If an athlete is entered in more than one tennis event, a situation may arise wherein they will have to play more than the USTA recommended number of matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events. However, it is the responsibility of the athlete to make conflicts known to the Event Director with sufficient time in order to reschedule or withdraw.
3. As a principle, play should be continuous, from the time the match starts (when the first service of the match is put in play) until the match finishes.
  - a. Between points, a maximum of twenty 20 seconds are allowed. This rule does not apply while a player chases stray balls.
  - b. When players change ends at the end of a game, a maximum of 90 seconds are allowed. Between the first and second set, a maximum of 120 seconds are allowed.
  - c. However, after the first game of each set and during a tie-break game, play shall be continuous and players shall change ends without a rest.
  - d. A five-minute break between the second set and the match tie-break set, if required, is permissible.
4. Matches shall consist of two out of three tie break sets using regular scoring. When a set reaches the score of 6 – 6, the set tie break of first one to seven (7) points will be used. In the event of a third set, it will consist of the USTA match tie break or the first to ten (10) by two. The Coman tie break will be used for all set and match tie breaks. Ends are changed after the first point, then after every four points (i.e. after the 5th, 9th, 13th, 17th points) and at the conclusion of the tie break.

# TRACK & FIELD

## EVENTS

Discus	High Jump	Javelin	Long Jump	Pole Vault
Shot Put	Triple Jump	50-meter	100-meter	200-meter
400-meter	800-meter	1500-meter	1500-meter Race Walk	4 x 100m Relay
Grandfather / Grandson relay		Grandmother / Granddaughter relay		

## STATE CHAMPIONSHIPS QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Track & Field events. (Note: qualifying is only applicable to the State Championships – Florida resident divisions).

## ENTRY REGULATIONS

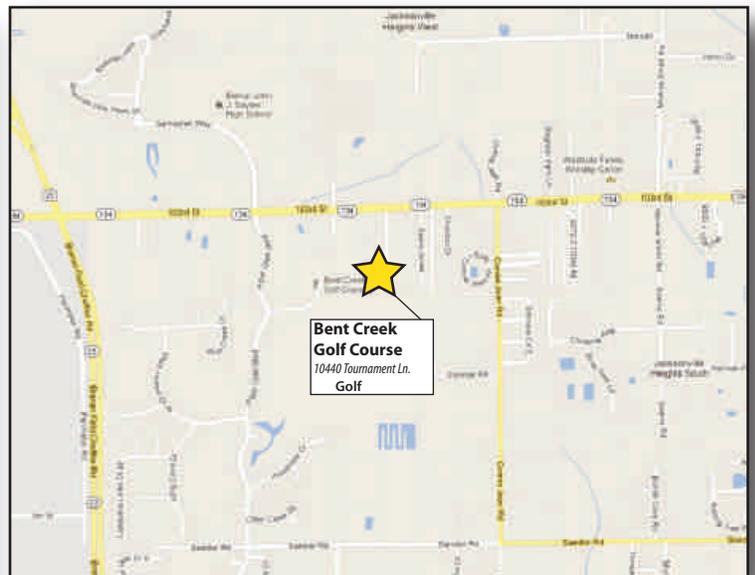
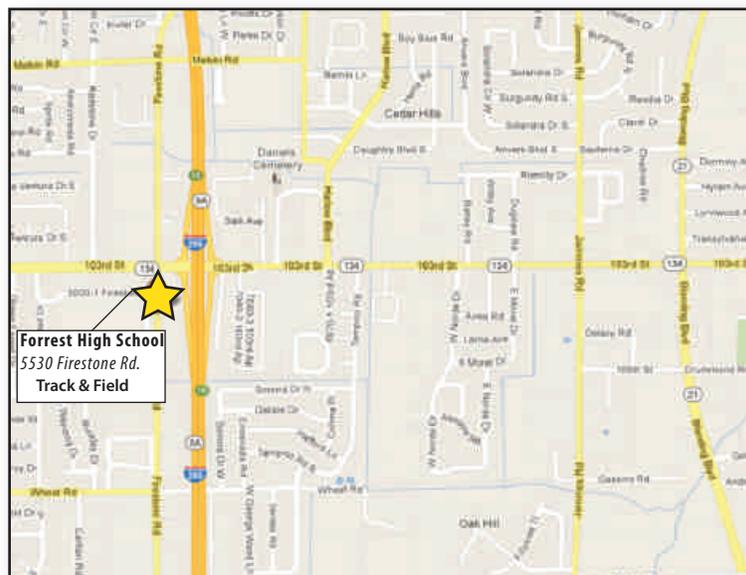
1. Runners may use running flats or 1/8" spikes. All footwear and apparel must be provided by the athlete and must comply with USATF Rule 71. All athletes must wear some type of shirt.
2. Certified implements will be provided for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the weigh-in official. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to, marking, impounding, etc. Athletes must provide their own vaulting poles.

## FORMAT

1. All Track events are timed finals.
2. The order of events will be from oldest to youngest.
3. In the field events, competitors will have until the start of the next event to complete their throws or jumps.
4. All Track events will be held on a synthetic surface.

## SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein.
2. Following are the weights of the various implements to be used for each gender and age category:
  - Discus: M50+/1.5kg; M60+/1.0kg; W50+ 1.0 kg; W75+/.75kg
  - Javelin: M50+/700g; M60+/600g; M70+/500g; M80+/400g; W50+/500g; W60+/400g
  - Shotput: M50+/6kg; M60+/5kg; M70+/4kg; M80+/3kg; W50+/3kg; W75+/2kg
3. The competitors must not wear clothing that could impede the view of the judges.
4. Race numbers must be worn on the front of the chest and visible at all times.
5. Race Walkers will be provided numbers to be worn clearly on their back in addition to a front chest number.
6. Grandparent / Grandchild relay will be a 2 x 100M Dash. Grandparent / Grandchild relay divisions will be determined at close of registration.
8. Grandparents will run the first leg of the relay and Grandchildren will run the second leg.





**Forever Fit 50 & Beyond  
2012 Jacksonville Senior Games**

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