

*The City of Jacksonville and
Florida Blue present*



FOREVER FIT
50 & BEYOND

2013 JACKSONVILLE SENIOR GAMES
MEN AND WOMEN AGES 50 AND OVER

SEPTEMBER 30 - OCTOBER 5, 2013

Official Entry Form and Information Packet





2013 JACKSONVILLE SENIOR GAMES

Thank you for your interest in the **Forever Fit 50 & Beyond: 2013 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 the 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: 2013 Jacksonville Senior Games** is sanctioned by the Florida Sports Foundation and is a qualifier for this year's Florida Senior Games State Championships.

If you need more information or have additional questions, contact the **City of Jacksonville Mayor's Special Events for Seniors** office at **(904) 630-7392**.
www.coj.net/seniors





VOLUNTEERS



**The Forever Fit 50 & Beyond: 2013
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 the

**Metropolitan Park
Downtown Jacksonville
(1410 Gator Bowl Blvd.)
September 27 at 3 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 3 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, tickets will be reserved on a
first-come, first-served basis.

For More information visit our website at www.coj.net/Seniors



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 2013 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.

GENERAL INFORMATION

Age Breakdown:

Age division for singles competition will be determined by the athlete's age as of December 31, 2013. 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 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, 2013.

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 20. We cannot accept entries after that date.



A fee of \$7.50 will be charged to each bowling sport entered (singles and doubles). A fee of \$24 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. Road Race will be held in conjunction with the Marine Corp 5k. Register thru 1st Place Sports. Also requires entry in Jax. Senior Games @ \$5.

Mail entry form and check to:

Forever Fit 50 & Beyond
2013 Jacksonville Senior Games
117 West Duval Street, Suite 220
Jacksonville, Florida 32202

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



SCHEDULE



Friday, September 27

3 p.m. Opening Ceremonies
Metropolitan Park - 1410 Gator Bowl Blvd.

Monday, September 30

9 a.m. Golf Croquet
Fleet Landing - One Fleet Landing Blvd.

12:30 p.m. Wii Bowling (No Fee Required)
Jim Fortuna Senior Center – 11751 McCormick Rd.

Tuesday, October 1

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.

10 a.m. Cornhole/Baggo/Bag Toss
Cecil Community Center – 13611-A Normandy Blvd.

11 a.m. Duplicate Bridge
Camellia at Deerwood – 10061 Sweetwater Parkway

Wednesday, October 2

9 a.m. Croquet – 6 Wicket
Fleet Landing - One Fleet Landing Blvd.

9 a.m. Bowling – Singles
Batt Bowl - Cassat – 1838 Cassat Ave.
(Additional fee required)

9 a.m. Pickleball – Singles
Cuba Hunter Gym - 4380 Belford Road
Competitors must provide their own paddles, balls will be provided.

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
Batt Bowl - Cassat - 1838 Cassat Ave.
(Additional fee required)

SCHEDULE

Wednesday, October 2 - continued

1 p.m. Bridge - Social - (No Fee Required)
Jim Fortuna Senior Center - 11751 McCormick Rd.

Thursday, October 3

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. Pickleball – Doubles
Cuba Hunter Gym - 4380 Belford Road
Competitors must provide their own paddles, balls will be provided.

12 p.m. Chinese Mah Jong (No Fee required)
Bennie Furlong Senior Center – 218 S. 19th Ave. Jacksonville Beach

1 p.m. Line Dancing (No Fee required)
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 4

9 a.m. Pickleball – Mixed Doubles
Cuba Hunter Gym - 4380 Belford Road
Competitors must provide their own paddles, balls will be provided.

9 a.m. Swimming – Check-in and Warm-up
Cecil Aquatics Center – 13611-A Normandy Blvd.

Order of Events

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

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



SCHEDULE



Saturday, October 5

7 a.m. Road Race – 1/2 Marathon & 5K Time Trials
Jacksonville Marine Corps Memorial Wall Road race will be held in conjunction with the Marine Corps Freedom 5K. Register thru 1st Place Sports. Also requires entry in Jax Senior Games at \$5.

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. Cycling – 5K & 10K Time Trials
Cyclists 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	Track & Field	Field Events
8:30 a.m.	50 Meter	Discus
9:15 a.m.	100 Meter	Shot Put
10 a.m.	800 Meter	Long Jump
10:45 a.m.	200 Meter	High Jump
11:30 a.m.	1500 Meter Race Walk	
12:00 p.m.	400 Meter	

*Please note, all track & field events count as one sport. Only one entry fee required.

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



2013 INDIVIDUAL ENTRY FORM



FOREVER FIT
50 & BEYOND
2013 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 _____

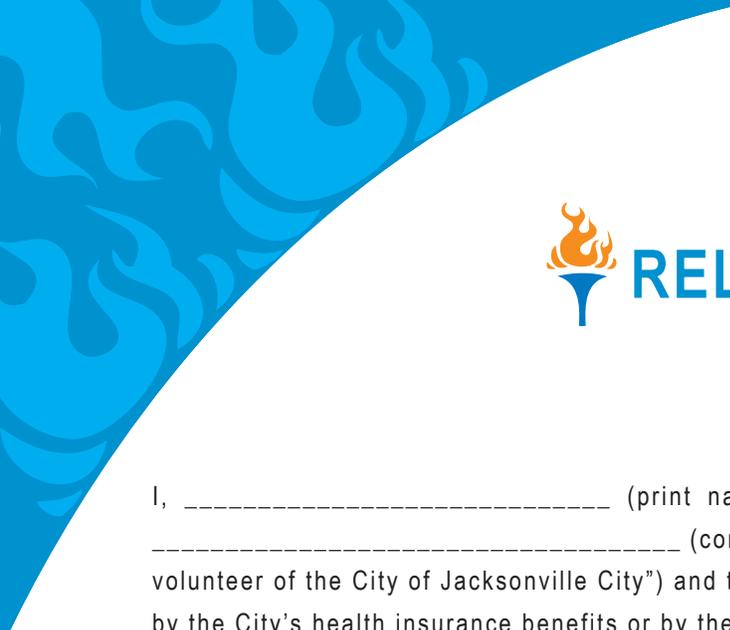
\$5 Road Race _____

\$24 Golf _____

\$7.50 Bowling - 3 games _____

TOTAL ENCLOSED _____





 **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.

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.
 - d. The ball shall have the traditionally shaped eight panels, bonded tightly to the rubber carcass. The eight panels are defined by 0 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)

BASKETBALL: Shooting (cont.)

- 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. 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. The contestant must begin by standing immediately behind the line and may not change the angle of the shot by standing to either side of the line. The contestant may not step over the 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. For women, a 2-foot line will be placed at the free throw line. The contestant must begin by standing immediately behind the line and may not change the angle of the shot by standing to either side of the line. The contestant may not step over the 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 from the Women's spots.

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:

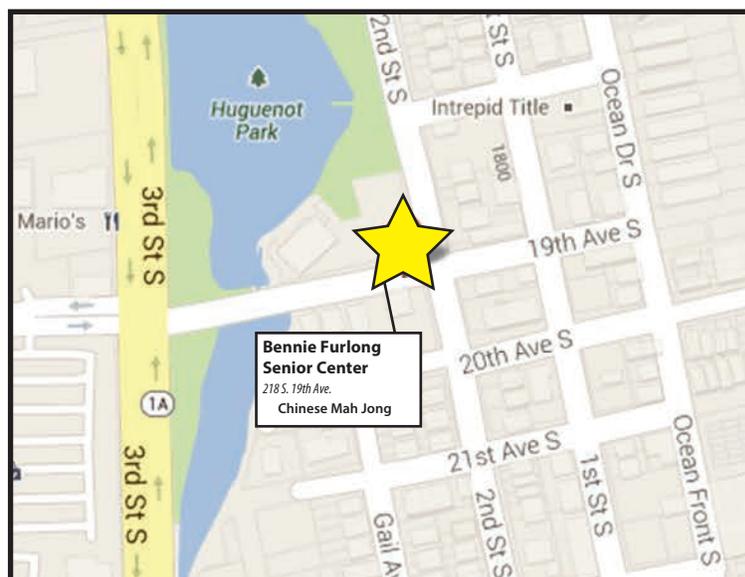
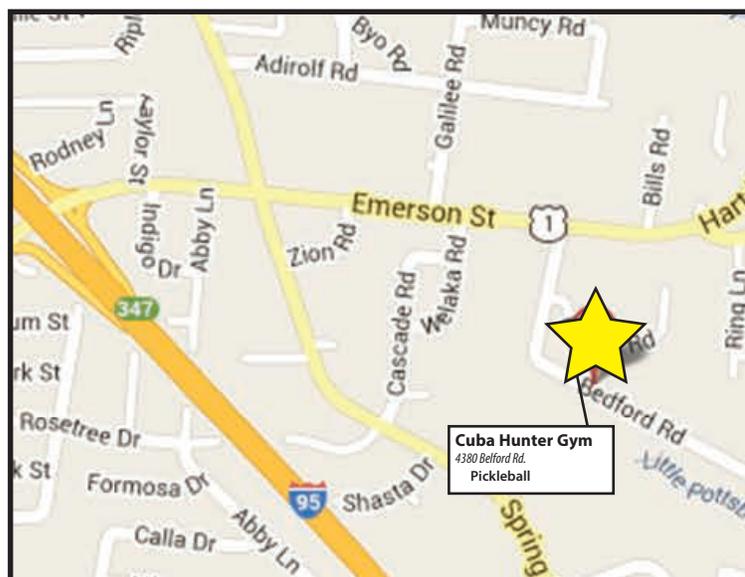
"A"-spot (1 point) Spot located directly under basket. A spot will not be marked for this shot. This shot is a lay-up or any shot from inside the foul lane.

"B"-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.

"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"-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.

ROAD RACE

EVENTS 5K Road Race 10K Road Race

SENIOR GAMES QUALIFYING RULES

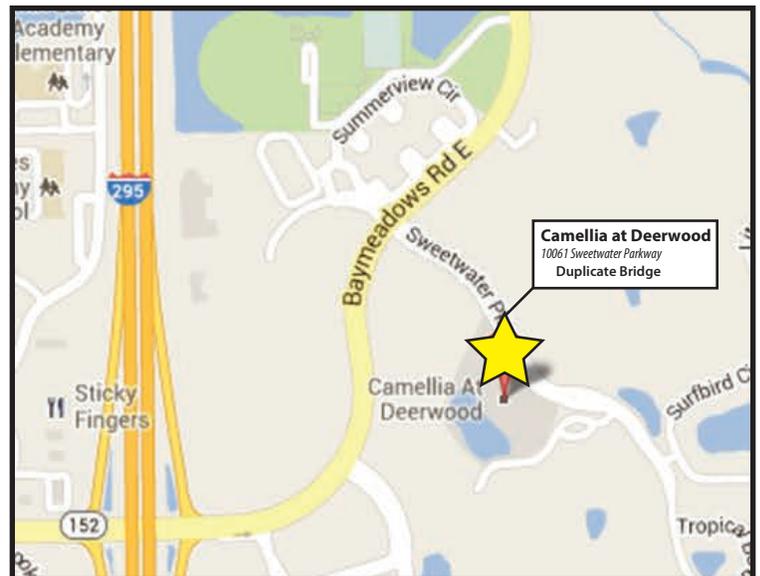
OPEN – qualifying is not necessary

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.
3. A USATF Certified 6.2 mile paved surface course will be used for the 10K. 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.



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.

CROQUET

EVENTS

Golf Croquet - Singles Golf Croquet - Doubles

STATE CHAMPIONSHIPS QUALIFYING RULES

Open - no qualifying is necessary.

ENTRY REGULATIONS

1. The National Croquet Center (NCC) shall provide all equipment including balls and mallets. Mandatory.
2. Competitors are required to wear flat soled shoes and white (or very light colored) clothing.
3. Players may use their own personal mallets. See www.croquetamerica.com for rules regarding acceptable mallet specification if you have questions. If the contestant does not have a mallet and requests one, the NCC will provide it.
4. Single players will be evaluated and assigned an appropriate partner, if available, for the doubles games, or they may designate a partner at signup..

FORMAT

1. Tournament format will be two sets of two games of doubles, changing partners (unless at signup a designated team is declared) and opponents for each game, plus one set of two singles games.
2. Each game will be played to seven points, with the points for each game applied to each individual's score, along with number of wins. The number of single wins and points will be added to each contestant's score as well. The total number of wins will determine the winning individual with the total number of points used in the case of ties, and record against in case of further tie.
3. The Event Director reserves the right to alter the format based on the number of participants.
4. Players, regardless of gender or age will play together, although awards will be based upon five year increments and gender.

SPORT RULES

This tournament will be conducted in accordance with United State Croquet Association (USCA)

Golf Croquet rules, except as modified herein. The tournament will be 18-hole medal play. Handicaps are not used.

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.
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.

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

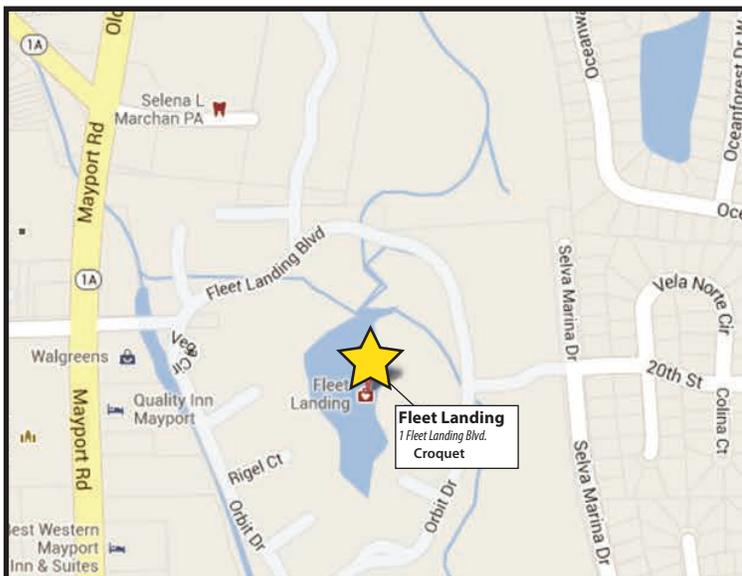
1. Cyclists must provide their own bicycles and helmets.
2. All bicycles must be certified by race officials prior to the competition.

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.



BAG TOSS

EVENTS: Singles

STATE CHAMPIONSHIPS QUALIFYING RULES

Open - no qualifying required

ENTRY REGULATIONS

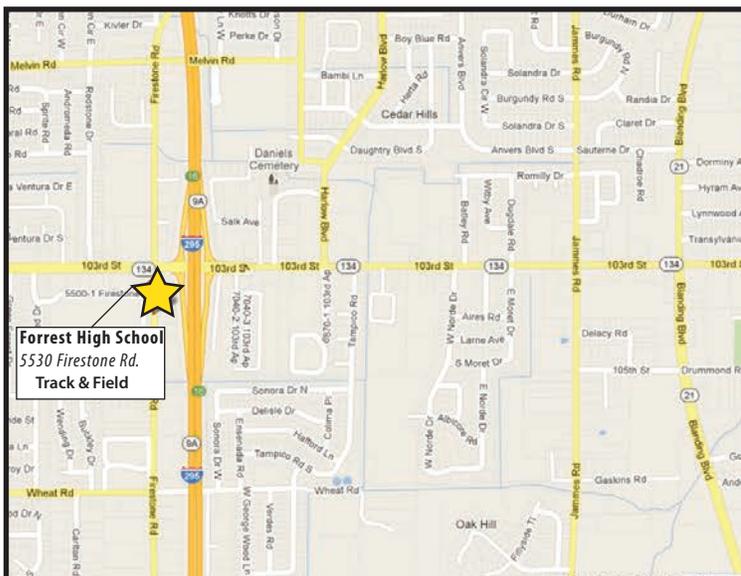
Bags and boards shall be provided

FORMAT

1. Matches will be best 2 out of 3 games.
2. Each game is divided into a maximum of 8 frames or the first person to score 21 points, whichever comes first. If the score is tied after 8 frames, one additional frame will be played to determine a game winner.
3. A single coin toss will determine choice of throwing side, who throws first and choice of bag color. The winner of the coin toss will be considered Player A and chooses side and bag color. Player B will have choice of side and throw first in game 2. Game three, Player A will throw first and have choice of side. Players will compete with the same color bags for the entire 3 games.
4. Single elimination is planned.
5. The tournament director reserves the right to change the format based on total number of athletes in a division.

SPORTS RULES

1. All matches will be conducted in accordance with United Bag Toss League (UBTL) rules, except as modified herein.
2. Boards shall be 24" x 48". The hole shall be 6" in diameter, centered 9" from the top of the board and 12" from each side edge. The front of the board is 3" - 4" from bottom to top. The back of the board is 12" from bottom to top. The angle of the back legs to the board should be approximately 109 degrees. The playing surface should be finish-sanded to a smooth texture. There should be no blemishes in the surface that might disrupt or distort play. The playing surface can be painted with a high gloss latex paint or varnish. The surface should allow bags to slide when thrown, but not so slippery that bags slide back down the platform. There shall be 8 bags; 4 each of two different colors. The bags shall be 6" x 6" square and weigh 1 pound each and the preferred (not required) filling is corn. A canvas like durable material is recommended.
3. For men 70+ and all women, the boards shall be measured to be 20' apart (front of board to front of board). For men 50 - 69, the boards shall be measured to be 24' apart (front of board to front of board).
4. 1 point shall be awarded per bag on the board. 3 points for every bag that is thrown or knocked into the hole. Bag cancellation method will apply. For example, if both players have 1 bag each in the hole, zero points are awarded. If one player has 1 bag in the hole and the other player has 1 bag on the board, 2 points will be awarded.
5. A bag that comes into contact with the ground before the board is not a legal throw and will be removed from play and point consideration. A bag this is touching the ground while also sitting on the board will also be removed from play and point consideration. A bag must completely clear the hole to be in the hole. A bag hanging partially in the hole is a bag on board, not in the hole.
6. All bags are scored depending on where they are after all 8 bags have been thrown. Sometimes, the bags are pushed off the boards or slide into the hole after they are thrown. Scoring is calculated on the final spot of the bags whether it be on the board or in the hole.
7. The line extending parallel to the front of the board is considered the foul line.
8. The following actions shall be considered fouls:
 - a. Thrower stepping over the foul line.
 - b. Thrower throws out of turn.
 - c. When alternating turns, a player tosses his/her bag before the previously thrown bag comes to rest on the board.
9. The following penalties shall be assessed for fouls.
 - a. One foul: warning and opponent chooses to have a re-throw or not.
 - b. Subsequent fouls after warning: Loss of turn, bag is removed from that frame's scoring.



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.

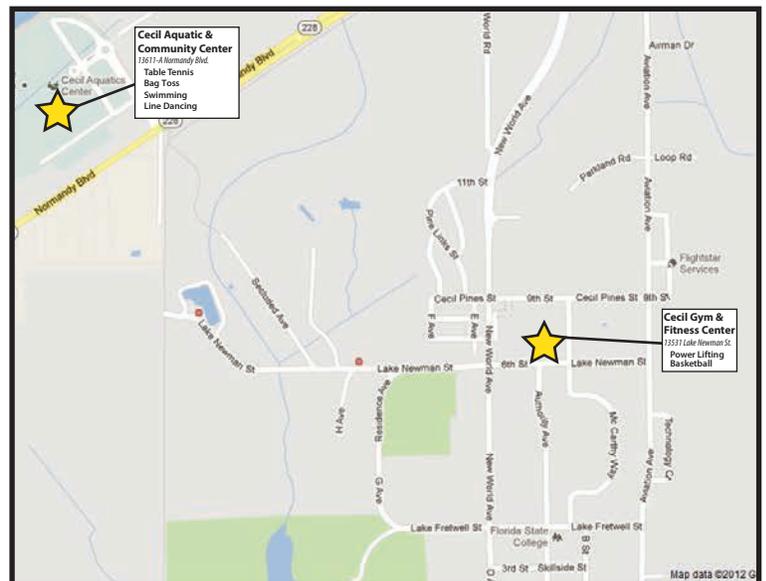
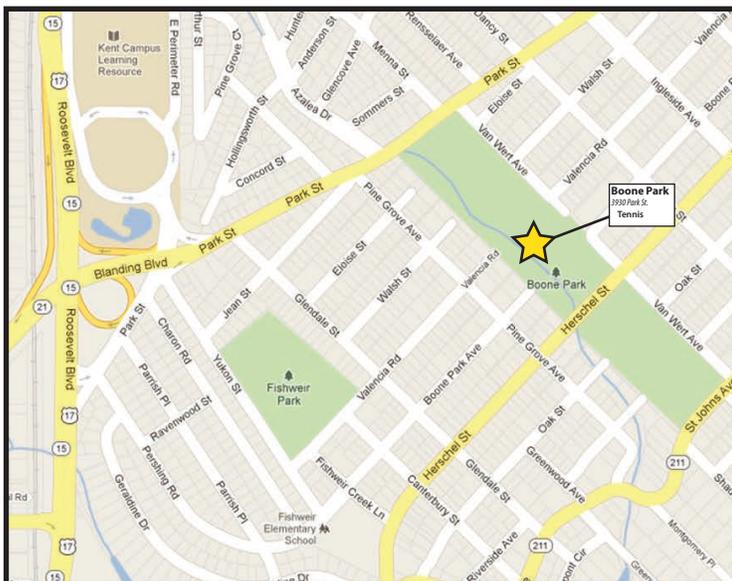


TABLE TENNIS

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.



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