



2010

RULES OF COMPETITION

Florida Senior Games State Championships

RULES OF COMPETITION
2010 FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS

The following rules of competition, prepared for the Florida Senior Games State Championships, are based upon those set forth by the National Senior Games Association (NSGA), Florida Sports Foundation and the recognized National Governing Body for each sport. For the Senior Games, however, some sport rules have been modified and/or revised in the best interest of the competitors.

These rules of competition have been approved by the Florida Senior Games Advisory Committee, Florida Sports Foundation and the National Games Committee of the National Senior Games Association (NSGA). These rules may be subject to change prior to the event.

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2010 FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS
Rules of Competition – Summary of Changes

General Rules B&C	Rule addition providing opportunity for intergenerational events or masters divisions to be offered
General Rule F	Clarification that non-players do not need to meet qualifying standards for their sport Change to out of state players permitted on 70+ and 75+ Softball and Volleyball rosters
General Rule N	Clarification of number of swimming events permitted
Basketball	Rule change regarding stalling Rule change regarding overtime periods Rule change to reflect use of most current NCAA rules Current NCAA Men's and Women's three-point line will be used
Billiards	Clarification of procedure determining the break
Bowling	Change in tie-breaking procedure for 4 th through 6 th place
Cycling	Format change regarding the starting order for Time Trial events
Golf	Range finders off all types will be permitted
Horseshoes	Change in competition format
Shuffleboard	Rule change regarding breaking ties
Softball	Change in number of out-of-state players permitted on a roster for 70+ and 75+ New rules governing the sport - SPA
Swimming	Clarification of wording for strokes/kicks Clarification of event limitation Clarification of new USMS rules for swimsuits
Table Tennis	Format change for singles competition
Track & Field	Additional wording defining portion of rule regarding apparel Women's implements have changed effective May 1, 2010.
Volleyball – Beach	Additional wording defining scoring format
Volleyball - Indoor	Change in number of out-of-state players permitted on a roster for 70+ and 75+

**2010 FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS
MENU OF EVENTS**

ARCHERY	Compound Fingers, Compound Release, Recurve, Barebow Compound, Barebow Recurve	
BADMINTON	Singles, Doubles, Mixed Doubles	
BASKETBALL	Three on Three Half Court Free Throw Shooting, Spot Field Goal Shooting, and Timed Field Goal Shooting	
BILLIARDS	8-Ball Singles, Doubles, 9-Ball Singles	
BOCCE	Team (4 member)	
BOWLING	Singles, Doubles, Mixed Doubles	
BOWLING – TEAM	Men, Women, Mixed	
CYCLING	5K, 10K (Time Trials) 20K, 40K (Road Race)	
GOLF	18 Holes – Scratch	
HORESESHOES	Singles	
PICKLEBALL	Singles, Doubles, Mixed Doubles	
POWERLIFTING	Bench Press, Dead Lift	
RACE WALK	USATF 5K Race Walk, 5K Fun Walk, 1500 meter	
RACQUETBALL	Singles, Doubles	
ROAD RACE	5K, 10K	
SHUFFLEBOARD	Singles, Doubles	
SOFTBALL	Team Softball	
SWIMMING	Backstroke:	50, 100, 200 Yard
	Breaststroke:	50, 100, 200 Yard
	Butterfly:	50, 100 Yard
	Freestyle:	50, 100, 200, 500 Yard, Relay
	Individual Medley:	100, 200 Yard (4 strokes), Relay
TABLE TENNIS	Singles, Doubles, Mixed Doubles	
TENNIS	Singles, Doubles, Mixed Doubles	

TRACK & FIELD	Discus, High Jump, Javelin, Long Jump, Pole Vault, Shot Put, Triple Jump, 100m, 200m, 400m, 800m, 1500m, 4 x 100m relay, Grandparent / Grandchild Relay
VOLLEYBALL	Beach Volleyball Indoor Volleyball

GENERAL RULES

Following are the qualifying procedures and rules of competition governing the 2010 Florida Senior Games State Championships. The Games will be held December 4 – 12, 2010 in Lee County and the City of Cape Coral.

A. QUALIFYING DATES

The qualifying period for the 2010 Florida Senior Games State Championships is from January 1, to November 12, 2010.

Competition completed after November 12, 2010 will not be considered for qualifying for the 2010 Florida Senior Games State Championships.

B. AGE FOR COMPETITION AT QUALIFYING SITES

Age divisions for all competition at Florida Local Senior Games Qualifiers shall be determined as follows.

Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2010. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2010.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2010. For example, a team consisting of eight players 65 or over and one player age 63 will compete in the 60+ age division.

The following age categories will apply to both men and women for all individual and doubles competition, except Powerlifting:

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

All team sports (except Bocce and Team Bowling) are divided into the following categories for both men and women:

50+; 55+; 60+; 65+; 70+ and 75+ (80+ division will be offered for Basketball 3 on 3)

Florida Local Senior Games Qualifiers may reserve the right to combine age groups if numbers are not conducive for tournament play. Final qualification results must be determined by the age groups defined above, however awards are determined at the discretion of the Florida Local Senior Games Qualifier. Age groups greater than 10 years difference should be avoided if possible.

Florida Local Senior Games Qualifiers may reserve the right to offer intergenerational events or masters divisions. However these age groups shall not be considered official Florida Senior Games competition and will not qualify an athlete for the Florida Senior Games State Championships.

C. AGE FOR COMPETITION AT FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS

Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2010. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2010.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2010. For example, a team consisting of eight players 65 or over and one player age 63 will compete in the 60+ age division.

The following age categories will apply to both men and women for all individual, doubles and relay competition, except Powerlifting:

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

All team sports (except Bocce and Team Bowling) are divided into the following categories for both men and women:

50+; 55+; 60+; 65+; 70+ and 75+ (80+ division will be offered for Basketball 3 on 3)

Bocce will not offer age divisions and will be divided by gender. Team Bowling will offer 10-year age divisions. Powerlifting will offer a combination of age and weight classes. Some sports reserve the right to combine age groups. It is the responsibility of the athlete to provide appropriate photo identification proving age and residency upon request.

In some instances, the Florida Sports Foundation may reserve the right to offer intergenerational events or masters divisions. These age divisions will not be considered official Florida Senior Games State Championship competition and will not qualify for the National Senior Games.

D. QUALIFICATION FOR “OPEN” AND “LIMITED” EVENTS

1. The Florida Sports Foundation defines an “OPEN” event as one in which an athlete is not required to participate in a Florida Local Senior Games Qualifier. Archery, Billiards, Bocce, Pickleball, Powerlifting, Race Walk, Racquetball, Road Race, Softball and Volleyball (Beach and Indoor) are considered “OPEN” events.
2. The Florida Sports Foundation defines a “LIMITED” event as one in which an athlete may not find suitable opportunities for qualification at a Florida Local Senior Games Qualifier. Pole Vault is considered to be a “LIMITED” event. In order to qualify in a “LIMITED” event, one must register for that event at a Florida Local Senior Games Qualifier. If competition is not available, an athlete may request to be included as qualified by the Florida Local Senior Games Qualifier for which they registered. Track & Field and Swimming athletes wishing to compete in relays must qualify in that sport.

E. DOUBLES PARTNERS

Doubles partners who qualify together do not have to play together at the Florida Senior Games State Championships. Any player must have qualified at a Florida Local Senior Games Qualifier in order to compete. Badminton, Billiards, Bowling, Pickleball, Racquetball, Table Tennis and Tennis doubles partners must be of the same gender. Note: These events also have a separate mixed doubles event except for Billiards and Racquetball. Shuffleboard doubles may be of mixed gender. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2010.

Athletes may compete with only one partner per event.

F. TEAMS

A maximum number of players and/or coaches may be added to a roster following qualification at a Florida Local Senior Games Qualifier for Basketball is follows. Players and/or coaches added after qualification at a Florida Local Senior Games Qualifier do not have to participate at a Local Senior Games Qualifier.

Basketball – 3

All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel with the following exceptions:

1. Non-playing coaches, non-playing captains or non-playing bench personnel may represent no more than two teams in the same sport, each of which must be in different age divisions.
2. Non-playing coaches, non-playing captains or non-playing bench personnel are not subject to age and gender requirements.
3. Athletes may compete with only one team per sport. Athletes who compete in a team sport may serve as a non-playing coach, non-playing captain or non-playing bench representative for one additional team in the same sport, provided the teams are in different age divisions.
4. Non-playing coaches, non-playing captains or non-playing bench personnel are not required to meet qualifying standards for their sport.

Athletes may compete on only one roster per sport. Rosters will be limited to 20 for Softball, 15 for Indoor Volleyball, 2 for Beach Volleyball, 4 for Bocce and 10 for Basketball. Out of State competitors may be included on in-state rosters, but will be limited to: Team Bowling – 5; Softball – 5 (70+ and 75+ may have 6), Volleyball – 4 (70+ and 75+ may have 5), Basketball – 1 (70+, 75+ and 80+ may have 3). Please see Rule H for residency definition. Final rosters must be submitted at the designated check-in time for that sport. Once final rosters have been submitted, no changes will be permitted.

Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2010.

G. DEFAULT

Athletes/Teams that default during pool play for reasons other than verifiable medical reasons shall not be permitted to advance to the championship or consolation brackets. Athletes/Teams that default during championship play shall not be eligible to receive awards except where such forfeit is the result of a verified medical reason. In the event of such a default, the award spot will be left open and subsequent places will not be moved up.

H. OUT OF STATE RESIDENTS

Out of state individuals and teams may compete at the Florida Senior Games State Championships, but must meet the qualifying procedure for their sport. Qualifying procedures for out of state residents are outlined in Section I. The Florida Sports Foundation's definition of an athlete's state residence is that state in which the person resides for at least six months out of the year.

I. DETERMINING WHO QUALIFIES FOR THE FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS

Florida Local Senior Games Qualifiers are responsible for providing the Florida Sports Foundation a summary of qualified participants. Florida Local Senior Games Qualifiers that permit and encourage participation by out-of-state residents are classified by the Florida Sports Foundation as "OPEN" (not to be confused with an "OPEN" event).

Each event allows for a specific number of qualifiers, which is outlined in the sports specific pages of this rulebook. If out-of state residents qualify at an "OPEN" Florida Local Senior Games Qualifier, they will not take away a qualifying spot from a state resident. "OPEN" Games

may qualify the number of state residents specified for each event in addition to the out-of-state qualifiers.

Competition must take place to determine qualifiers. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to be given the gold medal and to qualify for the Florida Senior Games State Championships. Athletes should be placed in the age division nearest their own in order to compete. Limited and open events are the exception.

J. DETERMINING WHO QUALIFIED FOR THE NATIONAL SENIOR GAMES

2010 is a qualifying year for the 2011 National Senior Games. National Senior Games qualifying rules are available online at www.nsga.com and can be found on the sport specific pages of this rulebook. Out of state players/teams will not take the place of an in-state team. The Florida Senior Games State Championships may utilize a qualifying down process to allow the appropriate number of in-state athletes/teams to qualify, while also allowing out of state athletes/teams to qualify.

K. PROFESSIONAL ATHLETES

Professional athletes shall not be eligible to compete in the Florida Senior Games State Championships in the sport in which they are or were a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally.

A professional is someone who competes in a sport for money as a primary source of personal revenue. People who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teaching a sport but who occasionally play for a minor amount of money are also not deemed professionals.

The Florida Sports Foundation defines a professional athlete based upon NSGA rules governing professional athletes and reserves the right to determine professional status based on established NGB standards and professional competition history.

L. UNIFORMS AT THE FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS

INDIVIDUALS: All athletes must wear athletic type clothing and shoes that are usual and customary for the sport in which they are competing. Street type clothing and shoes that are inappropriate may cause disqualification. Event Directors have been given authorization by the Florida Sports Foundation to make this determination.

TEAM UNIFORMS: Team clothing (shirts, pants, shorts) must be of like design and color. Jersey's numbered front & back are highly recommended. Refer to each sport for specific details.

M. PROTEST POLICY

Any person desiring to make a protest with regard to any aspect of a sport competition must do so within the guidelines outlined by each sport's governing body. If the governing body does not address policies for protest, then the following policy will be implemented. Any person desiring to make a protest with regard to any aspect of a sport competition at the Florida Senior Games State Championships shall make such protest to the Event Director of the sport in question. Initial protests may be oral or written. If an oral protest is denied, a written protest may subsequently be submitted to the Event Director provided it is done within thirty (30) minutes of the conclusion of the game, match, heat or event under protest. If a written protest is submitted, the Event Director will evaluate the protest and render a decision. If the Event Director's response to a written protest is such that a further hearing is desired, a protest may be made to the

Florida Sports Foundation's Director of Amateur Sports. This may be done only after the Event Director denies a written protest. All decisions by the Florida Sports Foundation are final and not subject to further appeal.

N. EVENT ENTRY LIMITS

Athletes may enter as many sports or events within a sport with two exceptions. In Swimming, an athlete may enter a maximum of six individual events. In Tennis, athletes may enter only two events. In Archery, athlete may enter only one event.

O. REQUIRED CREDENTIALS

Any player unable to provide the required credentials on the playing field shall be declared ineligible to compete until he/she can produce them. A manager may request verification of a player's eligibility. Should a player play and be unable to provide the required credentials, he/she or his/her team will forfeit all games in which the player participated. A valid government issued photo identification card, such as a driver's license, shall be the only age and residency proof accepted.

P. NATIONAL GOVERNING BODY RULES

All sports/events shall be governed by the rules of the national Governing Body (NGB) for that sport as modified herein in the best interest of the participants. All rules shall apply as stated in the NGB/Florida Senior Games State Championships rulebooks. NGB rulebooks in effect on the opening day of the Florida Senior Games shall govern the 2010 Florida Senior Games State Championships.

In the case of conflict between NGB and FSG rules, FSG rules shall govern.

Q. HOW TO SUGGEST A RULE CHANGE FOR SUBSEQUENT FLORIDA SENIOR GAMES

If you have suggestions on rules changes, send them to the Florida Sports Foundation's Director of Amateur Sports. The timeline for review of these suggestions is as follows:

1. Athletes, coordinators and others must submit rules proposals to the Director of Amateur Sports of Florida Sports Foundation 30 days after the completion of the Florida Senior Games State Championships.
2. The Director of Amateur Sports will develop recommendations for rules changes and forward them to the Florida Senior Games Advisory Committee within 60 days of the completion of the Games.
3. The Chairman of the Florida Senior Games Advisory Committee will forward a report on these recommendations to the Director of Amateur Sports.
5. The Florida Sports Foundation, with recommendations for the Florida Senior Games Advisory Board, will be responsible for final approval.

R. HOW TO SUGGEST THAT A SPORT BE ADDED TO THE FLORIDA SENIOR GAMES

You may contact the Florida Sports Foundation's Director of Amateur Sports if you would like to suggest adding a new sport and/or event to the menu. Using a Request for New Sport/Event form, you must submit this request in writing to the Director of Amateur Sports. The timeline for review of this request is as follows:

1. Director of Amateur Sports will present recommendations for new sports/events within 30 days of the next scheduled Florida Senior Games Advisory Committee meeting after the request.
2. If the next scheduled Florida Senior Games Advisory Committee meeting is within less than 30 days, then the request will be held until the following scheduled meeting.
3. The Chairman of the Florida Senior Games Advisory Committee will forward a report on these recommendations to the Director of Amateur Sports for final approval within 10 days following the board's review.
4. If approved, the sport or event will be on a two-year probationary status and will be required to be introduced into the Florida Senior Games State Championships program on a non-qualifying year.
5. After two years, the sport or event will be reviewed by the Florida Sports Foundation and Florida Senior Games Advisory Committee. At this time, it will be determined if the sport or event will remain permanently as a Florida Senior Games State Championships sport or event.

S. CODE OF CONDUCT

Participation in the Florida Senior Games State Championships as a player, coach or spectator is a privilege to be attained by meeting the standards of good sportsmanship and appropriate conduct as defined in this rule and in the rules governing each individual sport. The Florida Sports Foundation reserves the right to disqualify any player, coach or spectator from further participation or attendance in the Florida Senior Games State Championships for inappropriate conduct including but not limited to the following:

- Physical or verbal assaults or threats
- Unsportsmanlike or disorderly behavior
- Improper use of alcohol and/or drugs
- Destruction of property
- False representation of age, residency or eligibility

Athletes and coaches are responsible for knowing, understanding and following the rules, policies and code of conduct for their sport. Any player, coach or team ejected from a sporting contest shall, as a minimum, be ineligible to participate or attend the next contest for that sport. Violent acts may result in charges being brought against the individual(s). A complaint by a Games athlete, coach, volunteer or official must be addressed to the Event Director of that particular sport. Appeals may be made to the Florida Sports Foundation Director of Amateur Sports. The decision of the Director of Amateur Sports is final.

ARCHERY

EVENTS

Compound Finger
Compound Release
Recurve
Barebow Compound
Barebow Recurve

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

ENTRY REGULATIONS

Archers must provide their own bows and target arrows.

FORMAT

1. The "900" American round will be used for all competition.
2. 90 arrows will be shot as follows: 30 arrows from 60 yards (5 ends of 6 arrows), 30 arrows from 50 yards (5 ends of 6 arrows), 30 arrows from 40 yards (5 ends of 6 arrows).
3. Ends will be shot in 1 set of 6 arrows with five minutes allowed for each end to be shot. Three or four archers will be grouped per target shooting in two lines (A & B). Archers will rotate with their target mates after each end (A-B, B-A, etc).

SPORT RULES

1. All archery events will be conducted in accordance with NAA (National Archery Association), NFAA (National Field Archery Association) and FAA (Florida Archery Association) rules, except as modified herein. For a copy of those rules please call or write:

National Archery Association
One Olympic Plaza
Colorado Springs, Colorado 80909-5778
(719) 866-4576
www.usArchery.org

National Field Archery Association
31407 Outer I-10
Redlands, California 92373-9802
(800) 811-2331
www.nfaa-archery.org

Florida Archery Association
1710 SW 76th Terrace
Gainesville, Florida 32607-3418
(352) 332-1969
www.floridaarchery.org

2. 'X' ring hits will be kept on the scorecard by all competitors and will be used as a tiebreaker. If still tied, the number of '10' ring hits will be used, then '9' ring hits, and so on until the tie is broken.
3. Whistle system: 2 = go to line, 1 = shoot, 3 = advance to score, 4 or more = emergency stop.
4. Regulation FITA 122-centimeter (48-inch) five-color target faces will be used. Scoring values are: Gold (10-9), Red (8-7), Blue (6-5), Black (4-3), White (2-1), 10-ring scoring. At the

discretion of the Director of Shooting, replacement centers may be used to repair a target face during competition.

5. Bows must conform to FITA rules in the Recurve event.
6. Compound bows may not exceed 80 pounds draw weight and arrow speed may not exceed 280 feet per second plus or minus 3 percent.
7. Targets will **NOT** be marked for hits. A witnessed bounce out or pass through will be shot over. If an arrow countersinks or destroys another arrow in the target and then bounces back, that arrow shall count the score of the arrow it destroyed.
8. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line. A maximum of two ends may be made up at the discretion of the Director of Shooting.
9. No broadheads will be permitted.
10. Field glasses or scopes are permitted for spotting arrow hits. Scopes may be placed on the shooting line provided they do not disrupt the shooting of the adjacent archer. Scopes shall be removed from the line between ends if not utilized by the other archer shooting in that space.
11. Dividing lines are part of the higher scoring ring. The arrow shaft must only touch the color or dividing line between scoring zones to score the high value.
12. Two archers at each target will keep the double set of scorecards. Scores shall be compared after each end. If the scorecards do not agree after arrows have been removed from the target, then the lower score shall be the official score. The winner in each style/age group shall be the archer scoring the highest number of points in the single 900 round.
13. Archers will not be required to wear white or blue attire, however, they will be expected to wear clothing appropriate for a state championships event.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only compete in the Archery event/discipline in which they qualified.

ARCHERY

MINIMUM PERFORMANCE STANDARDS

900 ROUND

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	425	600	700
Women	400	575	675

*compound finger, recurve

**compound release

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

STATE DIRECTOR

Tim Austin

(352) 332-1969

Email: flarchery@earthlink.net

BADMINTON

EVENTS

Singles
Doubles
Mixed Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Badminton events.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per event.
2. The age division of competition for Doubles and Mixed Doubles will be determined by the younger age of the two partners.
3. Competitors must bring their own racquets. Natural feathered shuttlecocks will be provided.

FORMAT

1. Tournament format will be single elimination with a consolation bracket for first round losers.
2. Event Director reserves the right to alter the format, including the use of a round-robin format, based upon participant numbers.
3. A match consists of best two out of three games.
4. All games will be to 21 points. Players must win by two points, unless a player has reached 30 points.
5. New rally scoring will be utilized.

SPORTS RULES

All matches will be conducted in accordance with USA Badminton (USB) rules. For a copy of these rules, please write or call:

USA Badminton (USAB)
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4808
www.usabadminton.org

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only compete in the Badminton event in which they qualified, except as it relates to Rule E of the 2011 National Senior Games.

STATE DIRECTOR

Dave Zarco
(305) 829-0920
Email: zarcoprosplash@gmail.com

BASKETBALL

Three on Three Half Court

EVENTS/EVENT CODES

Three on Three Basketball

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site.

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. 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. Point differential
 - d. Coin toss
3. A maximum of 13 points will be awarded towards point differential, regardless of final score.
4. Forfeits shall be scored 7-0.
5. Event Director reserves the right to modify format based on number of teams.
6. Teams are guaranteed three games.
7. Teams will not play more than three games in a day.
8. **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. For a copy of these rules, please write or call:
National Collegiate Athletic Association
P.O. Box 6222
Indianapolis, IN 46206-6222
(317) 917-6222
www.ncaa.org
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.
8. Deliberate stalling or attempts to freeze the ball shall result in **a technical foul and** loss of ball possession. ~~A warning shall be given by an official prior to assessing the penalty.~~ 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 teammate receiving the pass may be in front of or behind the check line.
 - 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 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.
11. Following a made basket or dead ball, the ball shall be put in play within five seconds. 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. Defenders may not cross the check line to guard the player throwing in the ball until after that player has made the first pass.
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. After 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 disallowing a converted basket and in a single free throw which, if made, shall entitle the shooter to a second free throw, and the offended team shall retain 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.
17. After 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 disallowing a converted basket and two free throws, and the offended team shall retain 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.
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 are encouraged to have both “home” and “away” uniforms with jerseys numbered front and back.
20. Three point shots are allowed. NCAA men’s and women’s three point line will be utilized.
21. Officials do not put the ball in play, except at the start of each half.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second- and third-place teams at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Out of state teams will not take a qualifying spot from an in-state team, but will be provided the opportunity to qualify.

BASKETBALL

Shooting

EVENTS

Free Throw Shooting

Spot Field Goal Shooting

Timed Field Goal Shooting

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Basketball Shooting events.

FORMAT

Each event will be contested and awarded separately. Competition in Free Throw Shooting will be conducted first, followed by Spot Shooting and Timed Shooting.

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. Competition ball will be provided.
5. The ball will be rebounded for the shooter.
6. 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.
7. 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):
 - 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)
 - 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.

- 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. Competition ball will be provided.
 6. The ball will be rebounded for the shooter.
 7. 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.

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. Competition ball will be provided.
9. 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.
10. No bonus points will be awarded during the tie breaker.

NATIONAL SENIOR GAMES QUALIFYING RULES

Basketball Shooting is not a part of the National Senior Games program.

BILLIARDS

EVENTS

Eight Ball Pocket

Men's Singles

Women's Singles

Men's Doubles

Women's Doubles

Nine Ball

Men's Singles

Women's Singles

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

ENTRY REGULATIONS

The age division of competition for Doubles will be determined by the younger age of the two partners.

FORMAT

1. Double elimination or round robin is planned. Event Director reserves the right to modify format based on number of tournament entries.
2. Best two out of three games.

SPORT RULES

1. All games will be conducted in accordance with Billiards Congress of America (BCA) rules of competition.

**Billiards Congress of America
4345 Beverly Street, Suite D
Colorado Springs, Colorado 80918
719.264.8300
<http://www.bca-pool.com/start.shtml>**

2. The break will be determined as follow:
 - a) Opening Break – determined by lag
 - b) Second Game – loser of first game
 - c) Third Game (if necessary) – determined by lag

NATIONAL SENIOR GAMES QUALIFYING RULES

Billiards is not a part of the National Senior Games program.

STATE DIRECTOR

Bill Turecheck

(352) 430-0165

Email: billturechek@gmail.com

BOCCE

EVENTS

Teams (4 member)

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

ENTRY REGULATIONS

1. Age divisions will not be offered. Divisions will be divided by gender.
2. Coed teams are permitted but will play in the men's division.
3. Team rosters shall be limited to 4 players including non-playing captains and coaches.
4. Athletes may compete with only one team per sport.

FORMAT

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. The Event Director reserves the right to modify format based upon entries.

SPORT RULES

1. This tournament will be conducted in accordance with US Bocce Federation rules, except as modified herein. For a copy of these rules, please visit www.bocce.com.
2. Local club rules will apply and provided prior to the start of each tournament.

NATIONAL SENIOR GAMES QUALIFYING RULES

Bocce is not a part of the National Senior Games program.

BOWLING

EVENTS

Singles
Doubles
Mixed Doubles

<p>ATTENTION! TEAM BOWLING NOW OFFERED!</p>
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FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Bowling events.

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. For a copy of these rules, please write or call:

United States Bowling Congress
5301 South 76th Street
Greendale, WI 53129
(414) 421-6400
1-800-514-BOWL
www.bowl.com

2. All equipment shall meet USBC specifications. The Event Director reserves the right to check equipment at any time.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only compete in the Bowling event in which they qualified, except as it relates to Rule E of the 2011 National Senior Games.

TEAM BOWLING

EVENTS

Team Bowling Men
Team Bowling Women
Team Bowling Mixed (2 Men/2 Women)

FLORIDA SENIOR GAMES QUALIFYING RULES

Open only to those bowlers qualified to compete at the 2009 Florida Senior Games State Championships singles, doubles or mixed doubles events.

ENTRY REGULATIONS

1. Athletes may enter any or all team bowling events. Athletes may only compete on one team per event.
2. A team is made up of 4 players and may also bring one alternate. The alternate may be used at any time during competition, but must first have approval from the Tournament Director.
3. The age division of competition will be determined by the youngest team player as of December 31 of the competition year. The following age divisions will apply: 50-59, 60-69, 70-79, and 80+. The Tournament Director reserves the right to combine age divisions for competition purposes.
4. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes may be available at the competitor's expense.
5. All equipment shall meet USBC specifications. The Florida Senior Games reserves the right to inspect equipment.

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. Teams will bowl one set of three games. Winners are determined by total team score for the one set.
5. Fourth place ribbons will be awarded in addition to Gold, Silver and Bronze medals.

SPORT RULES

1. This tournament will be conducted in accordance with the United States Bowling Congress (USBC) rules, except as modified herein. For a copy of these rules, please write or call:

United States Bowling Congress
5301 South 76th Street
Greendale, WI 53129
(414) 421-6400
1-800-514-BOWL
www.bowl.com

2. All equipment shall meet USBC specifications. The Event Director reserves the right to check equipment at any time.

NATIONAL SENIOR GAMES QUALIFYING RULES

Team Bowling is not part of the 2011 Summer National Senior Games.

CYCLING

EVENTS

- 5K Time Trials
- 10K Time Trials
- 5K Time Trials (Recumbent Bicycle Division)
- 10K Time Trials (Recumbent Bicycle Division)
- 20K Road Race
- 40K Road Race

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Cycling events.

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. For a copy of these rules, please write or call:

USA Cycling
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4581
www.usacycling.org
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.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Cyclists qualifying in either Time Trials distances, may compete in both distances at the 2011 Summer National Senior Games. Cyclists qualifying in either Road Race distances, may compete in both distances at the 2011 Summer National Senior Games. Recumbent divisions are not qualifying events for the 2011 Summer National Senior Games.

STATE DIRECTOR

Zahid Buttar

(888) 281-0533

Email: support@buttar.com

GOLF

EVENTS

18 Holes – Scratch

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site.

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. For a copy of these rules, please write or call:

United States Golf Association
P.O. Box 708
Far Hills, NJ 07931
(908) 234-2300
www.usga.org

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.

NATIONAL SENIOR GAMES QUALIFYING RULES

Only athletes meeting this sport's NSGA minimum performance standards in competition at the 2011 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games.

GOLF MINIMUM PERFORMANCE STANDARDS

Age Div.	Men				Age Div.	Women			
	Slope 119-120	Slope 121-122	Slope 123-124	Slope 125-126		Slope 113-114	Slope 115-116	Slope 117-118	Slope 119-120
50-54	77	78	79	80	50-54	88	89	90	91
55-59	78	79	80	81	55-59	89	90	91	92
60-64	79	80	81	82	60-64	90	91	92	93
65-69	81	82	83	84	65-69	93	94	95	96

70-74	84	85	86	87
75-79	88	89	90	91
80-84	93	94	95	96
85-89	100	101	102	103
90+	105 51 (9-hole)	106 52 (9-hole)	107 53 (9-hole)	108 54 (9-hole)

70-74	97	98	99	100
75-79	102	103	104	105
80-84	106	107	108	109
85-89	111	112	113	114
90+	115 56 (9-hole)	116 57 (9-hole)	117 58 (9-hole)	118 59 (9-hole)

STATE DIRECTOR

Roy Stone
(863) 853-3682
Email: Stone133@aol.com

HORSESHOES

EVENTS

Singles

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site.

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. For a copy of these rules, please write or call:
National Horseshoe Pitcher's Association
3085 76th Street
Franksville, WI 53126
(414) 835-1321
www.horseshoepitching.com
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. For preliminary rounds, the order of pitching shall alternate.
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. Opponents must remain on the opposite sides of the stake, either in the rear quarter of the pitching platform or behind the pitching box, with the toes of one foot touching that platform, and must not talk, move, or in any other way distract the pitcher. 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 prongs without touching the stake.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games.

PICKLEBALL

EVENTS

Singles
Doubles
Mixed Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

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.
3. Teams and players will not be seeded. Brackets will be determined by a random draw.
4. 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) rules found online at **www.usapa.org**.
USA Pickleball Association
Florida Senior Games Liaison
Wayne Roswell
1103 Shadow Ridge Drive
Sebring, Florida 33872
(863) 382-1493
rwroswell@gmail.com
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 non-volley 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). Underhand 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.

NATIONAL SENIOR GAMES QUALIFYING RULES

Pickleball is not a part of the 2011 Summer National Senior Games.

STATE DIRECTOR

Madeline Castro

(850) 212-4273

pickleballpal007@yahoo.com

POWERLIFTING

CATEGORIES / EVENT CODES

Bench Press

Dead Lift

Bench Press – Raw / Unequipped

Dead Lift – Raw / Unequipped

FLORIDA SENIOR GAMES 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 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. These rules can be found online at:
http://www.powerlifting-ipf.com/ipf_technical_rulebook.htm

NATIONAL SENIOR GAMES QUALIFYING RULES

Powerlifting is not part of the National Senior Games program.

STATE DIRECTOR

Robert Keller (954) 790-2249 or rhk@verizon.net

Florida Website: www.geocities.com/floridausapl

NOTE!
**THE SUNSHINE STATE
GAMES WILL BE HELD IN
CONJUNCTION WITH THE
FLORIDA SENIOR GAMES
STATE CHAMPIONSHIPS.
ALL AGES WILL BE
WELCOME.**

RACE WALK

EVENTS

- 5K Fun Walk
- 1500m Race Walk
- 5K Race Walk (USATF Rules)

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

FORMAT

- 5K Race Walk - A 3.1 mile paved surface course will be used and split times will be provided.
- 1500 Meter Race Walk– Timed final on the track.

SPORT RULES

- Race Walk events will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, please write or call:

USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

- Fun Walk will not be judged in accordance to USATF rules.
- Running will not be permitted for the Fun Walk. Competitors found running at any time during the race will be disqualified.
- Race Walk athletes must use proper race walking techniques or risk disqualification.
- Race Walk athletes must not wear clothing that could impede the view of the judges.
- Race Walk race numbers must be worn on the front and back and must be visible at all times.
- 5K competitors must pass through the entire finish chute to qualify as an official finisher.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games.

RACE WALK MINIMUM PERFORMANCE STANDARDS

Men	1500m	5000m	Women	1500m	5000m
50-54	8:25	30:30	50-54	9:55	35:35
55-59	8:43	31:21	55-59	10:12	36:13
60-64	9:00	32:15	60-64	10:21	37:05
65-69	9:34	34:14	65-69	10:51	37:56
70-74	10:06	36:48	70-74	11:26	42:26
75-79	11:12	39:10	75-79	13:46	44:17
80-84	13:06	46:39	80-84	14:08	48:44
85-89	16:21	53:10	85-89	18:16	55:30
90+	17:19	53:10	90+	18:16	55:30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

RACQUETBALL

EVENTS

Singles

Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

ENTRY REGULATIONS

1. USRA approved lensed eyewear designed for racquet sports is mandatory.
2. The age division for Doubles will be determined by the younger of the two partners.
3. Athletes must provide their own racquets. Balls will be provided.

FORMAT

1. Round robin format when possible.
2. Players will be guaranteed two matches in each event entered.
3. Matches will be best of three games.
4. Games to 15 points with third game to 11 points, if necessary.
5. Indoor, air-conditioned courts will be used.
6. Event director reserves the right to modify the format to best suit the competition.

SPORT RULES

All matches will be conducted in accordance with United States Racquetball Association (USRA) rules, except as modified herein. For a copy of these rules, please write or call:

United States Racquetball Association
1685 West Uintah Street
Colorado Springs, CO 80904
(719) 635-5396
www.usra.org

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only compete in the Racquetball event in which they qualified, except as it relates to Rule E of the 2011 National Senior Games.

ROAD RACE

EVENTS

5K Road Race
10K Road Race

NOTE!
5K ROAD RACE WILL BE
OPEN TO ALL AGES!

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

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 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. For a copy of these rules, please write or call:

USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

2. Race numbers must be worn and visible at all times.
3. Competitors must pass through the entire finish chute to qualify as an official finisher.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2011 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only compete in the race(s) in which they qualified.

ROAD RACE MINIMUM PERFORMANCE STANDARDS

Men	5K	10K	Women	5K	10K
50-54	19:10	43:30	50-54	24:25	54:47
55-59	19:23	45:06	55-59	26:50	56:46
60-64	20:02	46:29	60-64	27:21	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	33:20	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:40:00
80-84	39:15	1:27:18	80-84	46:58	1:50:00
85-89	43:30	1:45:20	85-89	53:50	1:50:00
90+	43:30	1:45:20	90+	57:30	1:50:00

SHUFFLEBOARD EVENTS

Singles
Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Shuffleboard events.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per sport.
2. Doubles teams may be mixed gender. The age division of competition for Doubles will be determined by the younger age of the two partners.
3. Athletes must provide their own cues. Disks will be provided.

FORMAT

If numbers are conducive, athletes will be divided into pools within their age divisions and play a round robin. If there is only one pool, the first, second and third place winners will be determined at the completion of the round robin (after any ties are broken). If there is more than one pool, the first and second place team/persons will advance to a single elimination tournament. If entries are not conducive, a double-elimination tournament will be played within the age division.

SPORT RULES

1. All shuffleboard matches will be conducted in accordance with National Shuffleboard Association (NSA) rules, except as modified herein. For a copy of these rules, please write or call:

**National Shuffleboard Association
Walt Wedel, President**

**Winter Address
4926 8th Street East**

**Bradenton, Florida 34203
(941) 753-3428**

Summer Address

**15150 V Avenue East
Fulton, Michigan 49052
(269) 778-3741**

www.national-shuffleboard-association.us

Florida Shuffleboard Association

www.fsa-shuffleboard.org

2. Singles matches will consist of 12 frames. Players will change color after 6 frames, but not ends. In case of a tie, two frames will be played.
3. Two matches will be played on one court at the same time. Opposing players will play from the same end of the court. Players will not change ends after any frame.
4. Doubles matches will consist of 16 frames. Partners will play from opposite ends of the court. Each partner shall complete eight frames. Players will not switch ends after at any time after the start of the match. Teams will change color after 8 frames. The team with the highest point score at the end of 16 total frames will be the winner. In case of a tie, all four players will receive an additional hammer. If they tie again, they will repeat the same until the tie is broken.
5. The cue shall not have an overall length of more than 6'-3". No metal part of the cue shall touch the playing surface.
6. Each player will have four disks for practice before the start of each match.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only

compete in the Shuffleboard event in which they qualified, except as it relates to Rule E of the 2011 National Senior Games.

SOFTBALL

EVENTS

Team Softball

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

ENTRY REGULATIONS

1. Teams must provide their own bats, gloves, and practice balls.
2. Teams must be all one gender.
3. Team rosters shall be limited to 22 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. No more than 20 of these persons may be players.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. See Rule F for residency requirements and exceptions for non-playing personnel.
5. Athletes may compete with only one team per sport.
6. Age divisions for all team competition will be determined by the age of the youngest team member.

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. If entries are not conducive, a double-elimination tournament will be played within the age division.
2. The Event Director reserves the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

SPORT RULES

1. As mandated by the National Senior Games Association, this tournament will be conducted in accordance with Softball Players Association (SPA) rules, except as modified herein. For a copy of these rules, please write or call:
Softball Players Association
925 W. State Hwy. 152
Mustang, OK 73064
(405) 376-7034
www.softballspa.com
2. Note: due to the nature of the sport, Florida Local Senior Games may conduct competition in accordance with other governing bodies for softball. Please check with your Local Senior Games for information on rules and regulations.
3. Commitment line: A 6 foot line drawn perpendicular to the 3rd base line, beginning at the base line and extending into foul territory. This line is located 20 feet from point of home plate, measured along the 3rd base line. Once a runner's foot touches the ground on or past the commitment line, the runner may not return to third base; the runner must continue toward the scoring plate. Violations will result in an out.
4. Scoring plate: A scoring plate shall be placed 8 feet from the back tip of home plate on an extended line from first base. A line shall be drawn from third base to the scoring plate. The scoring plate is for use by the offensive player only.
5. All plays at the plate shall be force plays. A defender shall record an out at the plate by having possession of the ball and tagging home plate prior to the runner touching the scoring plate. If a defender attempts to tag an offensive player at the scoring plate the runner shall be called safe. A

runner who attempts to score by touching other than the scoring plate shall be called out. Players who violate this rule are subject to ejection from the game.

6. Strike zone mat: A strike zone mat will be used. 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.
7. 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 eight feet (8ft) and twenty-four (24) inches wide perpendicular to the pitcher's plate shall be used. The pitcher must release the ball after coming to a 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 plate/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.
8. Double bag/mat: A double bag/mat, twice the size of a standard base shall be placed at first base, the double portion of the bag or mat being in foul territory. For the purposes of plays at first base, the entire bag shall be considered to be in fair territory.
9. Runner's line: A runner's line measuring 3-inches wide and 30-feet long shall be marked parallel to, and 3 feet away from, the first-base foul line in foul territory, extending from first base back toward home plate. Runners shall stay between this line and the foul line while running to first base. Failure to do so will result in the runner being declared out.
10. Metal Cleats: Metal cleats will not be permitted. Players found wearing metal cleats in a game will be ejected from the game and, if on base, a "dead ball out" will be called. If there are less than three outs, any players on base must return to the base occupied at the time the ejected player came to bat.
11. Players and substitutes: SPA 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.
 - Men in age divisions 50+, 55+, 60+ and 65+: Ten defensive players shall constitute a team. A team must have a minimum of nine players at the beginning and end of a game. For any team playing with nine players, an out will be recorded when the 10th position in the batting order appears. A 10th player may be added as he/she shows up for play; however, he/she must be listed as the 10th offensive player and bat after the other nine players. If EPs are used, a team must start and end a game with 11 players, including the EP. In addition, for teams using EPs, 10 players must play defense.
 - Men in age divisions 70+, 75+, 80+ and women in age divisions 50+, 55+, 60+, 65+, 70+: Eleven defensive players shall constitute a team. A team must have a minimum of 10 players at the beginning and end of a game. An 11th player may be added as he/she shows up to play; however, he/she must be listed as the 11th offensive player and bat after the other 10 players. Teams in these divisions may use up to two EPs. If EPs are used, teams must start and end a game with 11 players plus the number of EPs used. In addition, for teams using EPs, 11 players must play defense.
 - Women in age division 75+ and 80+: Twelve (12) players constitute a team. A team must have a minimum of 11 players to start the game. Until the 12th position is filled, an out will be recorded each time that position in the batting order appears. A twelfth (12th) player listed on the roster may be added any time during the game, batting in the last (12th) position of the lineup card. Players may leave and re-enter the game unlimited times without penalty, but batting order must remain the same. A team can bat up to 20 players, but all players must be listed on the roster and lineup card.

12. 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.
13. Runs per inning: There shall be a five run per inning rule, with unlimited runs allowed in the seventh inning.
14. 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.
15. Homerun rule: All teams will play under the 1-homerun +1-up single rule. 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). Baserunners may only advance one base per single over the fence. This rule shall continue throughout the entire game.
16. Time limit: The length of a game will be seven innings or one hour and fifteen minutes. After one hour the umpire shall announce that teams will finish the current inning and play one more. This last inning shall be played with unlimited runs allowed in accordance with Rule 12. 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.
17. Women age divisions 65+, 70+, 75+, 80+ 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.
18. Courtesy runner: A player may only be used as a courtesy runner once per inning (except Women 65+, 70+, 75+, 80+ which may have a courtesy runner as many times as needed and players 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.
19. Sliding or diving: A player may slide or dive into any base and when returning to any base. Runners shall be called out for contact with a defensive player if, in the umpire's judgment, the contact was deliberate or the runner could reasonably have been expected to minimize or avoid contact under the circumstances and failed to do so.
20. Runner hit by fair ball: A runner is not out when he/she is hit with a fair, untouched, batted ball that has passed an infielder, excluding the pitcher, and, in the judgment of the umpire, no other infielder had a chance to make an out.
21. Overrunning: A "run by" rule shall be in effect at first, second, and third base; i.e., a player may run past any base at any time. The runner shall be considered "safe" so long as he/she turns to the right after passing the base. The runner must touch the base for the "run by" rule to be in effect. Any attempt to advance, or to decoy the fielder, cancels the "run by" rule, and the runner can be tagged out.
22. Team clothing must be of like design and color. Jerseys must have a number on the back.
23. The men's divisions will play 12-inch slow pitch. The women's divisions will play 11-inch slow pitch.
24. All bats with a BPF of 1.20 or less will be legal for play except those bats listed on the most current SPA banned bat list.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second- and third-place teams at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Out of state teams will not take a qualifying spot from an in-state team, but will be provided the opportunity to qualify.

STATE DIRECTOR

TBD

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 (not a qualifying event)
500-yard Freestyle
100-yard Individual Medley
200-yard Individual Medley
200-yard Individual Medley Relay (not a qualifying event)

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all events Swimming.

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. For a copy of these rules, please write or call:

U.S. Masters Swimming, Inc.
P.O. Box 185
Londonderry, NH 03053-0185
(800) 550-7946
www.usms.org

For Sanctions Contact: Joan Campbell
FL LMSC Senior Games Liaison
802 Old Mill Pond Road
Palm Harbor, Florida 34683
Tel: 727-938-7181
jcampb10@tampabay.rr.com
www.floridalmc.org

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.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games.
2. Relays are not qualifying events for the 2011 Summer National Senior Games.
3. At the 2011 Summer National Senior Games, swimmers will be eligible to swim two bonus events. Bonus events may only be in the same stroke an athlete qualified in and can only be of a lesser distance, not greater. Athletes must provide times from the last twelve months for their selected bonus events. Athletes who qualify in the 200-yard individual medley may select only the 100-yard individual medley as a bonus event. Swimmers must swim in their qualified events at the 2011 Summer National Senior Games in order to pick a bonus event from that stroke.

SWIMMING MINIMUM PERFORMANCE STANDARDS

Based on Short Course Yards

50-Yard Backstroke			
Men		Women	
50-54	:36.20	50-54	:41.40
55-59	:36.80	55-59	:43.30
60-64	:37.30	60-64	:49.50
65-69	:42.30	65-69	:52.00
70-74	:47.70	70-74	:55.20
75-79	:50.10	75-79	1:00.10
80-84	:55.40	80-84	1:14.30
85-89	1:31.40	85-89	1:34.90
90+	1:50.80	90+	2:25.17

100-Yard Backstroke			
Men		Women	
50-54	1:27.20	50-54	1:33.00
55-59	1:27.20	55-59	1:34.80
60-64	1:27.20	60-64	1:50.40
65-69	1:31.70	65-69	1:57.50
70-74	1:44.80	70-74	2:05.80
75-79	1:54.70	75-79	2:15.70
80-84	2:12.70	80-84	2:36.40
85-89	3:33.40	85-89	4:17.20
90+	4:25.20	90+	5:45.90

200-Yard Backstroke			
Men		Women	
50-54	3:09.90	50-54	3:07.60
55-59	3:00.30	55-59	3:29.80
60-64	3:00.30	60-64	3:59.20
65-69	3:26.30	65-69	4:20.80
70-74	3:53.90	70-74	4:46.20
75-79	4:12.90	75-79	4:52.00
80-84	4:58.80	80-84	5:31.20
85-89	10:35.90	85-89	10:44.80
90+	10:35.90	90+	10:44.80

50-Yard Breaststroke			
Men		Women	
50-54	:36.50	50-54	:47.40
55-59	:37.70	55-59	:47.40
60-64	:37.80	60-64	:53.00
65-69	:44.20	65-69	:55.10
70-74	:46.10	70-74	1:00.00
75-79	:54.80	75-79	1:09.80
80-84	:58.60	80-84	1:19.70
85-89	1:26.80	85-89	2:28.70
90+	1:36.20	90+	3:29.90

100-Yard Breaststroke			
Men		Women	
50-54	1:22.70	50-54	1:43.40
55-59	1:22.70	55-59	1:40.70
60-64	1:28.60	60-64	2:02.80
65-69	1:37.20	65-69	2:03.50
70-74	1:44.20	70-74	2:15.70
75-79	2:04.40	75-79	2:39.00
80-84	2:21.20	80-84	2:45.00
85-89	4:56.60	85-89	5:45.90
90+	5:29.50	90+	5:45.90

200-Yard Breaststroke			
Men		Women	
50-54	3:08.40	50-54	3:59.70
55-59	3:09.80	55-59	3:59.70
60-64	3:17.60	60-64	4:32.60
65-69	3:39.40	65-69	4:32.90
70-74	3:55.30	70-74	5:00.60
75-79	4:43.80	75-79	5:53.00
80-84	6:13.00	80-84	7:34.20
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

100-Yard Individual Medley			
Men		Women	
50-54	1:16.00	50-54	1:26.70
55-59	1:16.00	55-59	1:36.00
60-64	1:21.80	60-64	1:44.60
65-69	1:29.40	65-69	1:52.30
70-74	1:39.10	70-74	2:04.60
75-79	1:52.30	75-79	2:25.40
80-84	2:32.60	80-84	2:54.50
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

200-Yard Individual Medley			
Men		Women	
50-54	2:54.40	50-54	3:10.40
55-59	2:57.70	55-59	3:33.50
60-64	3:02.30	60-64	4:12.40
65-69	3:40.10	65-69	4:27.00
70-74	3:42.80	70-74	4:40.90
75-79	4:10.90	75-79	5:15.30
80-84	7:57.00	80-84	8:52.60
85-89	9:29.70	85-89	12:02.80
90+	9:29.70	90+	12:02.80

SWIMMING MINIMUM PERFORMANCE STANDARDS

(continued)

50-Yard Butterfly				100-Yard Butterfly			
Men		Women		Men		Women	
50-54	:30.90	50-54	:37.70	50-54	1:33.00	50-54	1:30.00
55-59	:32.40	55-59	:39.10	55-59	1:35.20	55-59	1:47.20
60-64	:33.80	60-64	:47.50	60-64	1:40.10	60-64	2:55.90
65-69	:40.60	65-69	:54.20	65-69	1:51.33	65-69	2:55.90
70-74	:42.20	70-74	:58.60	70-74	1:51.33	70-74	2:58.80
75-79	:55.30	75-79	1:13.60	75-79	3:44.70	75-79	4:33.80
80-84	1:46.00	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.70	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

50-Yard Freestyle				100-Yard Freestyle			
Men		Women		Men		Women	
50-54	:28.50	50-54	:34.20	50-54	1:04.20	50-54	1:16.20
55-59	:28.80	55-59	:34.80	55-59	1:06.00	55-59	1:16.90
60-64	:29.50	60-64	:41.00	60-64	1:06.00	60-64	1:33.10
65-69	:31.80	65-69	:42.30	65-69	1:15.10	65-69	1:33.30
70-74	:34.40	70-74	:44.00	70-74	1:19.70	70-74	1:44.20
75-79	:36.80	75-79	:48.10	75-79	1:26.30	75-79	1:54.80
80-84	:41.50	80-84	1:01.20	80-84	1:43.70	80-84	2:23.10
85-89	1:21.20	85-89	1:16.30	85-89	2:59.50	85-89	2:48.60
90+	1:45.50	90+	2:30.20	90+	3:43.50	90+	4:39.10

200-Yard Freestyle				500-Yard Freestyle			
Men		Women		Men		Women	
50-54	2:27.20	50-54	2:46.10	50-54	7:15.30	50-54	7:32.20
55-59	2:27.20	55-59	2:53.70	55-59	7:15.30	55-59	8:50.80
60-64	2:33.60	60-64	3:19.00	60-64	7:15.30	60-64	9:20.60
65-69	2:57.30	65-69	3:30.00	65-69	8:11.10	65-69	9:47.50
70-74	3:13.60	70-74	3:48.90	70-74	8:18.70	70-74	10:55.30
75-79	3:36.20	75-79	4:15.20	75-79	9:50.50	75-79	11:22.60
80-84	4:06.40	80-84	6:02.10	80-84	12:06.70	80-84	15:47.20
85-89	6:27.40	85-89	8:08.70	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

STATE DIRECTOR

Diane Dimonaco

(863) 646-9307

Email: ddimonaco@verizon.net

TABLE TENNIS

EVENTS

Singles

Doubles

Mixed Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Table Tennis events.

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. For a copy of these rules, please write or call:

USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4583
www.usatt.org

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second-, third- and fourth-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only compete in the Table Tennis event in which they qualified, except as it relates to Rule E of the 2011 National Senior Games.

STATE DIRECTOR

Brad Woodington

(863) 370-5163

Email: projects@feltrim.com

TENNIS

EVENTS

Singles

Doubles

Mixed Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Tennis events.

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. For a copy of these rules, please write or call:
United States Tennis Association
Publications Department
70 West Red Oak Lane
White Plains, NY 10604
(914) 696-7000
www.usta.com
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.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second- and third-place winners at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Athletes may only compete in the Tennis event in which they qualified, except as it relates to Rule E of the 2011 National Senior Games.

STATE DIRECTOR

Don McCurry

(352) 237-2245

Email: dmccurry@me.com

TRACK & FIELD

EVENTS

Discus
High Jump
Javelin
Long Jump
Pole Vault
Shot Put
Triple Jump
100-meter
200-meter
400-meter
800-meter
1500-meter
1500-meter Race Walk
4 x 100m Relay (not a qualifying event)
Grandfather / Grandson relay (not a qualifying event)
Grandmother / Granddaughter relay (not a qualifying event)

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Local Games Qualifying site. Participants that qualify are eligible for all Track & Field events.

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. For a copy of these rules, please write or call:

USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

For Sanctions Contact: Rod Larson
104 Eleventh Avenue
Windermere, FL 34786
407 876-4467
Larsenrod@aol.com

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

Implement changes will be effective May 1, 2010.
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.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport’s NSGA minimum performance standards in competition at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games.
2. All athletes who compete in the triple jump the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games.
3. Athletes wishing to compete in the Hammer Throw can do so by meeting the “limited” event qualifying criteria in Rule D of the 2011 Summer National Senior Games Rules of Competition.
4. Athletes may only compete in the Track & Field event(s) in which they qualified.
5. Relays are not qualifying events for the 2011 Summer National Senior Games.

TRACK MINIMUM PERFORMANCE STANDARDS
(Shaded items indicate revised standards)

MEN’S DIVISION					
Age	100 M	200 M	400 M	800 M	1500 M
50-54	:14.00	:28.70	1:06.20	2:32.10	5:19.00
55-59	:14.00	:29.10	1:06.40	2:36.40	5:24.20
60-64	:14.30	:29.80	1:07.80	2:40.20	5:35.10
65-69	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:16.00	:32.40	1:17.00	3:05.20	6:51.80
75-79	:16.90	:36.90	1:27.60	3:39.00	7:58.00
80-84	:19.50	:44.20	1:43.80	5:06.00	10:23.60
85-89	:25.50	:58.90	2:51.30	6:44.80	16:05.00
90-94	:51.90	1:03.00	3:30.00	7:00.20	16:05.00
95+	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

WOMEN'S DIVISION					
Age	100 M	200 M	400 M	800 M	1500 M
50-54	:17.20	:35.20	1:21.60	3:10.40	6:35.10
55-59	:17.20	:36.60	1:28.70	3:32.10	7:03.00
60-64	:18.00	:38.80	1:35.10	3:40.80	7:17.00
65-69	:18.40	:41.50	1:42.00	3:50.00	7:55.00
70-74	:20.60	:44.20	1:48.20	4:29.80	9:10.00
75-79	:22.20	:47.80	2:13.90	5:02.30	13:38.70
80-84	:26.80	1:07.30	3:48.70	6:11.80	15:20.70
85-89	:39.80	1:46.70	4:17.00	9:30.00	16:30.00
90+	:44.20	1:46.70	4:21.80	9:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STANDARDS

MEN'S DIVISIONS						
Age	Long Jump	High Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	14'11"	4'10"	37'06"	130'09"	132'06"	8'06"
55-59	14'09"	4'04"	37'00"	116'05"	132'06"	8'03"
60-64	13'11"	4'01"	36'11"	116'05"	118'00"	8'00"
65-69	13'02"	4'00"	34'06"	113'03"	112'08"	7'03"
70-74	11'06"	3'11"	34'05"	102'08"	96'00"	6'04"
75-79	9'11"	3'04"	29'04"	86'08"	85'04"	4'07"
80-84	9'06"	3'01"	26'11"	72'05"	69'04"	3'00"
85-89	4'06"	2'02"	20'11"	52'08"	47'00"	2'10"
90+	3'11"	2'02"	11'08"	38'00"	22'04"	2'10"

WOMEN'S DIVISIONS						
Age	Long Jump	High Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	11'00"	3'06"	27'04"	68'10"	67'00"	4'00"
55-59	10'06"	3'03"	25'07"	60'10"	65'03"	4'00"
60-64	9'01"	3'03"	24'00"	60'10"	65'03"	4'00"
65-69	9'00"	2'10"	22'05"	57'03"	58'02"	4'00"
70-74	8'00"	2'08"	21'00"	55'09"	50'05"	4'00"
75-79	5'11"	2'05"	17'08"	45'05"	44'10"	4'00"
80-84	5'01"	2'02"	14'07"	37'00"	33'08"	3'00"
85-89	2'06"	1'10"	11'10"	20'08"	19'06"	2'10"
90+	2'06"	1'10"	7'00"	10'04"	14'00"	2'10"

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

STATE DIRECTOR

Tony Tussing
 (386) 734-6389
 zmelt@cfl.rr.com

VOLLEYBALL – BEACH

Beach Volleyball

EVENTS

Beach Volleyball

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

ENTRY REGULATIONS

1. Teams must be all one gender.
2. Athletes may compete with only one team per sport.
3. Age divisions for all team competition will be determined by the age of the youngest team member.

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. If entries are not conducive, a double-elimination tournament will be played within the age division.
2. Net height shall be in accordance with USA Volleyball rules.

SPORT RULES

1. All matches will be conducted in accordance with USA Volleyball (USAV) rules, except as modified herein. For a copy of these rules, please write or call:

USA Volleyball
715 South Circle Drive
Colorado Springs, CO 80910
www.usavolleyball.org
(719) 228-6800

2. A team must have two players present to start a game; otherwise, the game is forfeited. Game time is forfeit time.
3. To win the match, a team must win two out of three games.
4. Games will be based on rally scoring to 21 points. If a game three is needed, it will be played to 15 points. Side changes will occur every 7 points for games one and two and every 5 points for game three.
5. In round robin play, USA Volleyball rules governing tie-breakers will be used.

NATIONAL SENIOR GAMES QUALIFYING RULES

Beach Volleyball is not a part of the National Senior Games program.

VOLLEYBALL - INDOOR

EVENTS

Indoor Volleyball

FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

ENTRY REGULATIONS

1. Team coach/manager completes and submits the team entry application.
2. Teams must be all one gender.
3. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. See Rule F for residency requirements and exceptions for non-playing personnel.
5. Athletes may compete with only one team per sport.
6. Age divisions for all team competition will be determined by the age of the youngest team member.

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. If entries are not conducive, a double-elimination tournament will be played within the age division.
2. Net height shall be in accordance with USA Volleyball rules.

SPORT RULES

1. All matches will be conducted in accordance with USA Volleyball (USAV) rules, except as modified herein. For a copy of these rules, please write or call:

USA Volleyball
715 South Circle Drive
Colorado Springs, CO 80910
www.usavolleyball.org
(719) 228-6800

2. Team clothing should be of like design and color. Teams must have shirts numbered both front and back.
3. A team must have at least five players present to start a game; otherwise, the game is forfeited. Teams will allowed a five-minute grace period to assemble a minimum of five players. The sixth player may enter upon arrival. In the event of injury, a team may continue/finish with a minimum of four players on the floor.
4. Teams competing with only five players shall always have three players on the front row. No service rotation penalty shall be assessed for not having six players.
5. To win the match, a team must win two out of three games.
6. In round robin play, USA Volleyball rules governing tie-breakers will be used.

NATIONAL SENIOR GAMES QUALIFYING RULES

All first-, second- and third-place teams at the 2010 Florida Senior Games State Championships will qualify for the 2011 Summer National Senior Games. Out of state teams will not take a qualifying spot from an in-state team, but will be provided the opportunity to qualify.