

The City of Jacksonville
and Humana present

2016



FOREVER FIT
50 & BEYOND

2016 Jacksonville Senior Games
Men & Women Ages 50 and Over
September 30 - October 8, 2016





2016 Jacksonville Senior Games

Thank you for your interest in the Forever Fit 50 & Beyond: 2016 Jacksonville Senior Games.

Annually, this event is held to promote and encourage healthy and active lifestyles for men and women 50 years of age and over. The games are designed for seasoned athletes to take part in various sports on a competitive level or novice athletes to take part in various sports for their own enjoyment.

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

Please look over the following registration information to answer any questions you may have. The **Forever Fit 50 & Beyond: 2016 Jacksonville Senior Games** is sanctioned by the Florida Sports Foundation and is a qualifier for this year's Florida Senior Games State Championships.

If you need more information or have additional questions, contact:

**City of Jacksonville
Special Events for Seniors
Office** at (904) 630-7392 or
visit www.jaxseniors.net.



VOLUNTEERS

The Forever Fit 50 & Beyond: 2016 Jacksonville Senior Games

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

OPENING CEREMONY

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

**Metropolitan Park 2
Downtown Jacksonville
(1406 Gator Bowl Blvd.)
September 30 at 1 p.m.**

The ceremony will feature a
Parade of Athletes, Torch Lighting, Senior Health
and Fitness Expo, Lunch and Door Prizes.

**All participants eligible for drawings for:
2 Jaguars Tickets • 2 Alhambra Tickets
Foursome at TPC's Dye's Valley Course**

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

For more information, visit www.jaxseniors.net



GENERAL INFORMATION

What do I get for my entry fee?

Your entry fee includes:

- Registration for sports
- Admission to the Opening Ceremony of Athletes
- Athlete Bag
- Official T-shirt
- A chance to renew friendships or begin new ones

Awards:

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

Rules:

All sports/events shall be governed by the rules of the national governing body for that sport as modified herein, in the best interest of the participants. It is the responsibility of the participants to familiarize him/herself with the rules and requirements of the 2016 Senior Games. Be sure to check the schedule of events carefully for the dates, times and locations. It is the responsibility of the athlete to make sure there are not schedule conflicts. In-state and out-of-state competitors are allowed to compete in individual and team sports.

Check in:

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

Inclement Weather:

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

Protests:

Protests regarding any aspect of the event must be made immediately to the Event Director. The decision of the Event Director will be final. Comments or suggestions for improving the games are appreciated.

GENERAL INFORMATION



Age Breakdown:

Age division for singles competition will be determined by the athlete's age as of December 31, 2016. Individual and partner sports age divisions are as follows:

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

- All ages are welcome to play, however team competition highest age division will be 75+
- All participants must compete in their own age group except in doubles and partner events when the age of the younger player determines the age group.
- Age groups may be combined for an event, if minimum requirements are not met. Events require a minimum enrollment.
- Age divisions for all team competitions will be determined by the age of the youngest team player by December 31, 2016.

How to register:

A non-refundable and non-transferrable entry fee is required of all participants. This fee is \$15 for the first sport and \$5 for each additional sport (Tennis, Pickleball, Track & Field and Swimming count as one sport). All entries must include complete participant information, all required fees and a **signed waiver**. Entry forms will not be processed without this information. Deadline for submission is September 23, 2016. We cannot accept entries after that date.

A fee of \$8 will be charged for each bowling participant entered in singles and doubles. A fee of \$24 for golf will be charged. After your entry is processed, you will receive confirmation by mail or email that you are registered to compete. For additional information, call 904-630-7392. Road Race will be held in conjunction with the Marine Corp 5K. Register through First Place Sports. Also requires entry in the Jacksonville Senior Games at \$5.

Mail check and entry form to:

Forever Fit 50 & Beyond
2016 Jacksonville Senior Games
117 W. Duval Street, Suite 210
Jacksonville, FL 32202

**Make Checks Payable To:
City Of Jacksonville**

The Jacksonville Senior Games is sanctioned by the Florida Sports Foundation and is a qualifier for the for the Florida Senior Games.





SCHEDULE OF EVENTS

Friday, September 30

1 p.m.

Opening Ceremonies

Metropolitan Park 2 - 1406 Gator Bowl Blvd.

Saturday, October 1

7:30 a.m.

Track and Field – Check in and Warm up

Bishop Snyder High School – 5001 Samaritan Way

Certified implements will be used for all events and age groups.

8:15 a.m.

Field Events Begin

(All events on a

8:30 a.m.

Track Events Begin

rolling schedule)

**Order
of Events**

Field Events

Track Events

Discus

50 Meter

Shot Put

100 Meter

Long Jump

800 Meter

High Jump

200 Meter

1500 Meter

1500 Meter Race Walk

400 Meter

Please note, all track and field events count as one sport. Only one entry fee is required. Times subject to change; please arrive one hour before event.

Monday, October 3

9 a.m.

Golf Croquet

Fleet Landing - One Fleet Landing Blvd.

12 p.m.

Chinese Mah Jong (No fee required)

Fortuna Senior Center-11751 McCormick Road

12:30 p.m.

Wii Bowling (No fee required)

Jim Fortuna Senior Center - 11751 McCormick Road

Tuesday, October 4

9 a.m.

Croquet - 6 Wicket

Fleet Landing - One Fleet Landing Blvd.

9 a.m.

Power Lifting - Bench Press and Dead Lift

Cecil Gym and Fitness Center - 13531 Lake Newman St.

1 p.m.

Line Dancing - (No fee required)

Cecil Community Center - 13611-A Normandy Blvd

SCHEDULE OF EVENTS



Wednesday, October 5

- 9 a.m. Croquet - 6 Wicket**
Fleet Landing - One Fleet Landing Blvd.
- 9 a.m. Bowling - Singles (Additional fee required)**
Batt Bowl - Cassat - 1838 Cassat Ave.
- 9 a.m. Pickleball Mixed Doubles**
Jarboe Park - 301 Florida Blvd (A1A & Florida Blvd. Entry off 5th St.)
Competitors must bring their own paddles, balls will be provided
- 9 a.m. Table Tennis - Singles and Doubles**
Cecil Community Center - 13611-A Normandy Blvd.
Competitors must bring their own paddles, balls will be provided.
- 12:30 p.m. Bowling - Doubles (Additional fee required)**
Batt Bowl - Cassat - 1838 Cassat Ave.
- 1 p.m. Bridge - Social (No fee required)**
Jim Fortuna Senior Center - 11751 McCormick Road

Thursday, October 6

- 8:30 a.m. Golf - Shotgun Start (Additional fee required)**
Bent Creek Golf Course - 10440 Tournament Ln.
Golfers must bring their own clubs and golf balls. Golf cart use during official competition is mandatory. Foursome assignments will be made by event director. Free 18-hole practice round is available M-F after entry is received.
- 9 a.m. Pickleball – Women’s Doubles, Men’s Singles**
Jarboe Park - 301 Florida Blvd (A1A & Florida Blvd.)
Competitors must bring their own paddles, balls will be provided.
- 6 p.m. Basketball - Free Throws and Spot Shots - Individual**
Cecil Gym and Fitness Center - 13531 Lake Newman St.

Friday, October 7

- 9 a.m. Pickleball - Women’s Singles, Men’s Doubles**
Jarboe Park - 301 Florida Blvd (A1A & Florida Blvd)
Competitors must bring their own paddles, balls will be provided.
- 9:00 a.m. Tennis - Men’s and Women’s Doubles**
Boone Park – 3730 Park St.
Competitors must bring their own racquets and practice balls.
Draw and times to be **confirmed by email**; 8 game pro set, no add scoring. Tournament level players event. Limit 2 events.



SCHEDULE OF EVENTS

Friday, October 7

7-8:30 a.m. **Swimming Warm-up**

Cecil Aquatics Center – 13611-A Normandy Blvd.

8:30 a.m.

Check –in

Doors open at 7 a.m. for warm-up.

9:00 a.m.

Events Begin

Event starts promptly at 9 a.m.

Order of Events

50 Yard Freestyle

50 Yard Butterfly

50 Yard Breaststroke

200 Yard Breaststroke

100 Yard Freestyle

200 Yard Backstroke

50 Yard Backstroke

100 Yard Individual Medley

100 Yard Breaststroke

100 Yard Butterfly

100 Yard Backstroke

200 Yard Butterfly

200 Yard Freestyle

400 Yard Individual Medley

500 Yard Freestyle

*** Please note: all swimming events count as one sport. Only one registration fee is required. Maximum number of individual events is 6. No changes on-site.

Saturday, October 8

7 a.m. **Road Race - 1/2 Marathon & 5k Time Trials**

Jacksonville Senior Games Road Race will be held in conjunction with the Marine Corps Freedom SK. Register through 1st Place Sports.

Also requires entry in Jacksonville Senior Games at \$5.

8 a.m. **Tennis - Men's and Women's Singles**

Boone Park – 3730 Park St.

Competitors must bring their own racquets and practice balls. Draw and times to be **confirmed by email**; 8 game pro set, no add scoring.

Tournament level players event. Limit 2 events.

8 a.m. **Cycling – 5K & 10K Time Trials**

4238 Jones Road (corner of Jones Road and Pritchard Road)

Cyclist must bring their own bicycles and helmets. Bicycles will be certified by race officials prior to competition.

10 a.m. **Tennis - Men's and Women's Mixed Doubles**

Boone Park – 3730 Park St.

Competitors must bring their own racquets and practice balls. Draw and times to be **confirmed by email**; 8 game pro set, no add scoring.

Tournament level players event. Limit 2 events.

2016 INDIVIDUAL ENTRY FORM



GENERAL INFORMATION

Name _____
 Last First MI

Address _____
 Street City State Zip

Phone (____) _____ Cell (____) _____

DOB _____ Age _____ Gender Male Female

Email _____ Shirt Size S M L XL XXL

Emergency Contact _____

Phone (____) _____ Relationship _____

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

Swimmers Only: Official Masters Recognition Number: _____

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

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

CUT HERE

Sport	Partner <small>(if needed)</small>	Partner Age	Date	Time

Registration Fees:

- \$15 Entry Fee + 1 Sport _____
- \$5 Each additional sport _____
- \$5 Road Race _____
- \$24 Golf _____
- \$8 Bowling - 3 games _____
- TOTAL ENCLOSED** _____

ENTRY
 DEADLINE
 SEPTEMBER 23



RELEASE OF LIABILITY

2016 Jacksonville Senior Games Release of Liability

I _____ (print name of individual who will be participating), and my assignees, executors, administrators, heirs and successors, do hereby agree to release, hold harmless, and forever discharge from any liability, the City of Jacksonville, Florida, as well as its members, officials, officers, employees and agents, for any claims, demands, causes of actions, judgments (including costs and expenses) or liability arising directly or indirectly from damages, bodily injury or death that I might sustain as a result of my voluntary participation in the 2016 Jacksonville Senior Games.

I, the undersigned, do hereby acknowledge and understand that there are risks inherent in my participation in such an event, and I assume all risks inherent therein and I agree to accept all responsibility for any injuries sustained by me as a result of my participation. I further acknowledge that I have been advised by the City of Jacksonville that I should consult with a physician or health care provider prior to engaging in the 2016 Jacksonville Senior Games to assure that I am physically able to participate.

I fully understand and acknowledge that by executing this release I, together with my assignees, executors, administrators, heirs and successors, forever discharge any claims for liability or negligence against the City of Jacksonville, as well as its members, officials, officers, employees and agents, for damages, bodily injury or death that I might sustain as a result of my voluntary participation in the 2016 Jacksonville Senior Games and any such claims will be forever barred.

I further acknowledge and understand that my participation in the City of Jacksonville's Senior Games is entirely voluntary and not something I am required to do. I further acknowledge that during my participation in the 2016 Jacksonville Senior Games that I will not be acting in the course and scope of employment with the City of Jacksonville but that I am participating on my own time. Further, I grant full permission to any and all of the foregoing to use my likeness for any promotional purposes related to the event or for future events.

I have fully read and understand the aforementioned release or liability and agree to its terms. All terms of this agreement are contained herein and there are no other terms to this agreement.

Print Name (Participant)

Date

Participant's Address

Signature of Participant

REGISTRATION IS NOT COMPLETE WITHOUT SIGNED WAIVER.

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 Florida Senior Games Qualifier site. Participants that qualify are eligible for all Basketball Shooting events. In addition, all athletes competing in Basketball Shooting events are eligible to form teams and compete in Basketball 3 on 3. (Note: qualifying is only applicable to Florida residents).

FORMAT

1. Each event will be contested and awarded separately.
2. Competition in Free Throw Shooting will be conducted first, followed by Spot Shooting and Timed Shooting.
3. Competition balls will be provided for the convenience of the participant, but are not required to be utilized. Participants may compete with their own ball. All balls must meet NCAA ball requirements and specifications. Balls are subject to inspection at any time before, during or after competition.
 - a. The ball shall be spherical. Spherical shall be defined as a round body whose surface at all points is equidistant from the center except at the approved black rubber ribs (channel and/or seams).
 - b. The ball's color shall be Pantone Matching System (PMS) Orange 151, Red-Orange 173 or Brown 1535.
 - c. The ball shall have a deeply pebbled leather or composite cover.
 - d. The ball shall have the traditionally shaped eight panels, bonded tightly to the rubber carcass. The eight panels are defined by two channels and/or seams dissecting the ball's circumference in opposite directions and two panels that when laid flat shall have the shape of a figure eight.
 - e. The width of the black rubber rib (channels and/or seams) shall not exceed 1/4 inch.
 - f. When dribbled vertically, without rotation, the ball shall return directly to the dribbler's hand.
 - g. The air pressure that will give the required reaction shall be stamped on the ball. The ball shall be inflated to an air pressure such that when it is dropped to the playing surface from a height of 6 feet measured to the bottom of the ball, it will rebound to a height, measured to the top of the ball of:
 - i. (Men) Not less than 49 inches when it strikes its least resilient spot nor more than 54 inches when it strikes its most resilient spot.
 - ii. (Women) Not less than 51 inches when it strikes its least resilient spot nor more than 56 inches when it strikes its most resilient spot.
 - h. (Men) The circumference of the ball shall be within a maximum of 30 inches and a minimum of 29½ inches.
 - i. (Women) The circumference of the ball shall be within a maximum of 29 inches and a minimum of 28½ inches.
 - j. (Men) The weight of the ball shall not be less than 20 ounces nor more than 22 ounces.
 - k. (Women) The weight of the ball shall not be less than 18 ounces nor more than 20 ounces.

SPORT RULES

Free Throw Shooting:

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

Spot Field Goal Shooting:

1. The contestant will attempt three rounds of five shots (one shot from each spot per round).
2. One shot will be taken from each of the five designated spots around the basket. The spots shall be as follows (Note: markings are based upon a court linings in accordance to NCAA guidelines):
 - a. Baseline shot 5.5-feet from the end line and 10-feet from each side of the basket. Two lines will be placed in a right angle making a border from the front of the rim extended and 10-feet from the basket. The contestant may not step over either line until the ball has been released. (Note: this is a 10-foot baseline shot without an angle to use the backboard)
 - b. Near the top corner of the free throw line on each side of the basket. For men, 4-feet from the foul line extended on each side. A 2-foot line will be placed 4-feet from the foul line extended, angled slightly toward the basket. For women, 2-feet from the foul line and 2-feet towards the basket from the free throw line (13 feet from the front rim of the basket). A 2-foot line will be placed 13-feet from the basket and 2-feet from the foul line, angled slightly toward the basket. The contestant must begin by standing immediately behind the line and may not change the angle of the shot by standing to either side of the line. The contestant may not step over the line until the ball has been released.
 - c. Top of the key (approximately 19-feet from the front of the basket for men / free throw line for women). For men, a 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from front rim of the basket. For women, a 2-foot line will be placed at the free throw line. The contestant must begin by standing immediately behind the line and may not change the angle of the shot by standing to either side of the line. The contestant may not step over the line until the ball has been released.

BASKETBALL: Shooting (Continued)

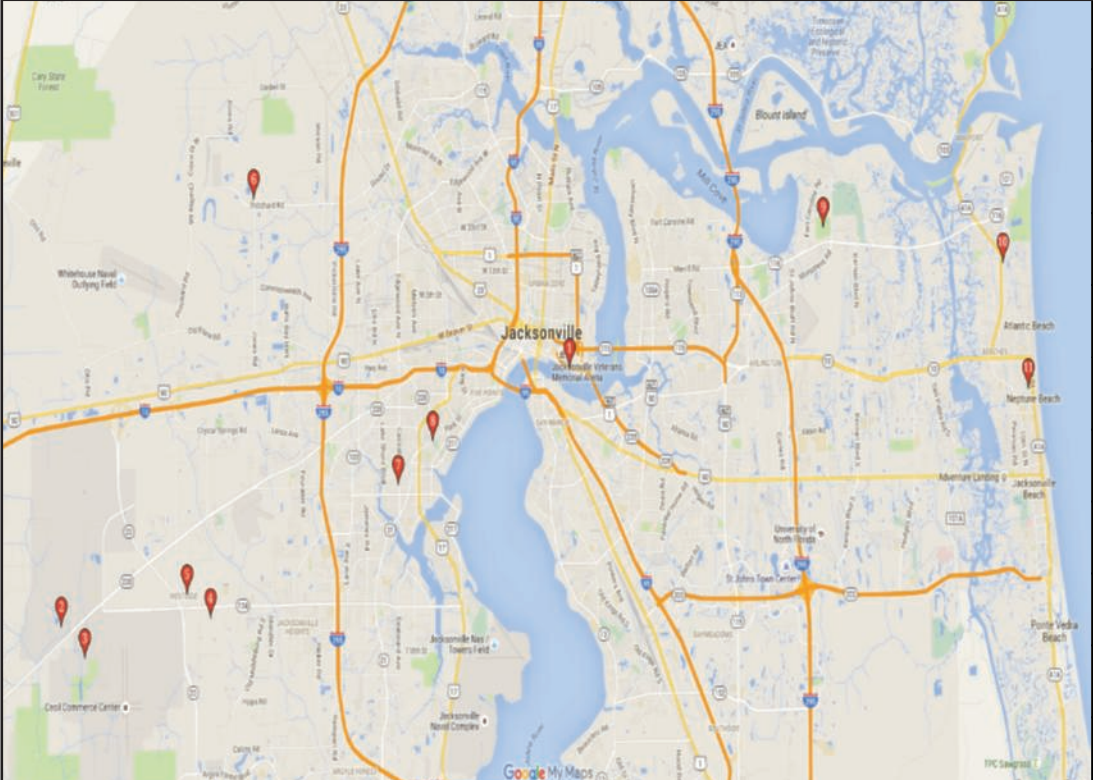
3. Each basket made is worth one point.
4. The total from all three rounds will determine the contestant's final score.
5. The ball will be rebounded for the shooter.
6. Tie breaker will consist of one additional round with five shots from every designated spot for each participant that is tied. If there is still a tie the rounds will continue until the third round where two medals will be awarded for that place.
7. Upon the discretion of the Event Director, Men's divisions 80 and over may be permitted to shoot from the Women's spots.

Timed Field Goal Shooting:

1. The contestant will be allowed three rounds of one minute each.
2. The contestant will begin shooting when the timekeeper calls "start."
3. The contestant can shoot from any of the indicated spots at any time during the round, with the exception that consecutive shots may not be taken from the "A" spot.
4. Each basket will be worth one to five points based on the level of difficulty. The spots and point values are as follows:
 - a. "A"-spot (1 point) – Spot located directly under basket. A spot will not be marked for this shot. This shot is a lay-up or any shot from inside the foul lane.
 - b. "B"-spots (2 points) – Baseline shot 5.5-feet from the end line and 10-feet from each side of the basket. The contestant may not step over the line until the ball has been released.
 - c. "C"-spots (3 points) – Near the top corner of the free throw line on each side of the basket. For men, 4-feet from the foul line extended on each side. For women, 2-feet from the foul line and 2-feet towards the basket from the free throw line (13 feet from the front rim of the basket). The contestant may not step over the line until the ball has been released.
 - d. "D"-spot (5 points) – Top of the key for men, free throw line for women. A 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from the front rim of the basket for men. For women a 2-foot line will be placed at the free throw line. The contestant may not step over the line until the ball has been released.
5. Contestants attempting a shot from all six spots will earn a five point bonus for that round. The bonus can be earned for each round.
6. Contestants must rebound their own shots.
7. The combined score for all three rounds will determine the final score.
8. Tie breaker will consist of one additional round for 30 seconds for each participant that is tied. If there is still a tie the rounds will continue until the third round where two medals will be awarded for that place.
9. No bonus points will be awarded during the tie breaker.
10. Upon the discretion of the Event Director, Men's divisions 80 and over may be permitted to shoot from the Women's spots.

NATIONAL SENIOR GAMES QUALIFYING RULES

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

	1	Metropolitan Park 2 Opening Ceremonies
	2	Cecil Aquatics & Comm Center Swimming, Line Dance, Table Tennis
	3	Cecil Field Gym Power Lifting & Basketball
	4	Bent Creek Golf Course Golf
	5	Bishop Snyder High School Track & Field
	6	Cisco Gardens Park Cycling
	7	Batt Bowl Bowling
	8	Boone Park Tennis Complex Tennis
	9	Jim Fortuna Senior Center Bridge, Wii Bowling, Mah Jong
	10	Fleet Landing Croquet
	11	Jim Jarboe Park Pickleball

Track & Field EVENTS

Discus	High Jump	Javelin
Long Jump	Pole Vault	Shotput
Triple Jump	50-meter	100-meter
200-meter	400-meter	4x100m Relay (Not a Qualifying Event)
1500-meter	800-meter	1500-meter Race Walk



FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier. (Note: qualifying is only applicable to Florida residents).

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 143. All athletes must wear some type of shirt and shoes.
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 timed finals.
2. The order of events will be from oldest to youngest in running events, while field events will be on assigned order.
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

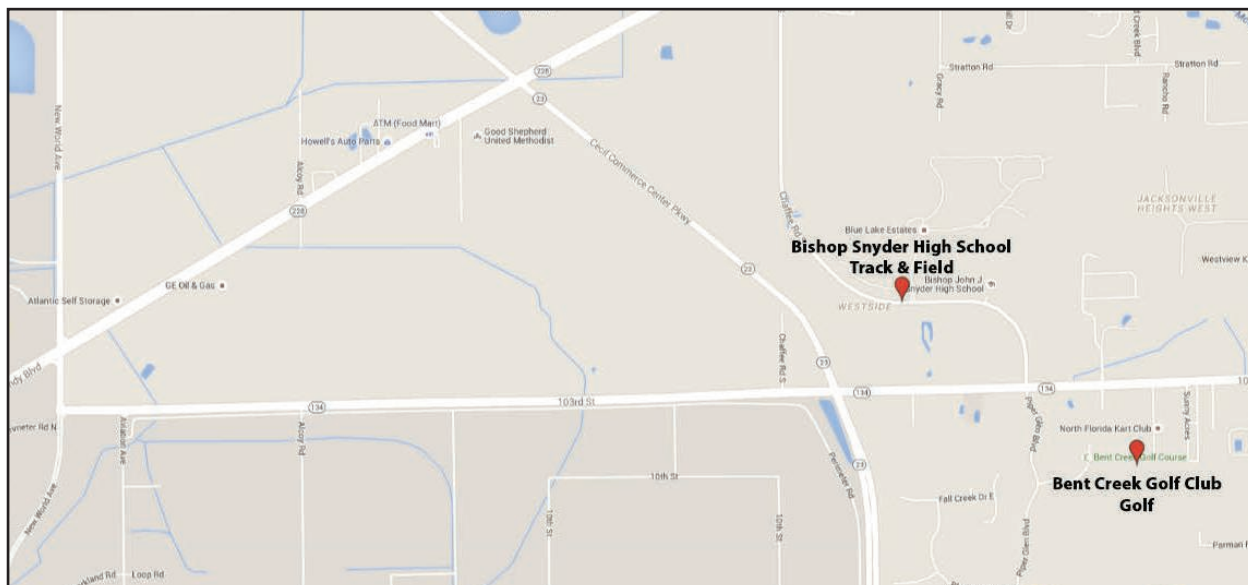
1. This meet will be conducted in accordance with USA Track & Field (USATF) rules, except as modified herein. For a copy of these rules, visit or contact:

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

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; W75+/400g
 - Shotput: M50+/6kg; M60+/5kg; M70+/4kg; M80+/3kg; W50+/3kg; W75+/2kg
3. The competitors must not wear clothing that could impede the view of the judges.
4. Race Walkers will be provided numbers to be worn clearly on their back in addition to a front chest number.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first through fourth place winners or athletes meeting the minimum performance standards in the 2016 Florida Senior Games will qualify for the 2017 National Senior Games.



GOLF EVENTS

18 Holes - Scratch

36 Holes - Scratch

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier.
(Note: qualifying is only applicable to Florida residents).

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.
4. PGA members may compete as long as they are not on the PGA Tour and adhere to the definition of a professional.
The Florida Sports Foundation has the right to determine professional status.

FORMAT

1. The tournament will be 18-hole or 36-hole medal play.
2. Athletes entered for 36-hole are eligible for 18-hole awards.
3. 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 visit or contact:

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

1. All first place finishers on Day 1 of Golf competition at the 2016 Florida Senior Games will qualify for the 2017 National Senior Games.
2. All Golf competitors meeting the minimum performance standard at the 2016 Florida Senior Games will qualify for the 2017 National Senior Games. Scores from either 18-holes round may be used for 36-holes competitors.
3. Minimum performance standard is based on slope rating and will be determined upon selection of the competition course.

LINE DANCING

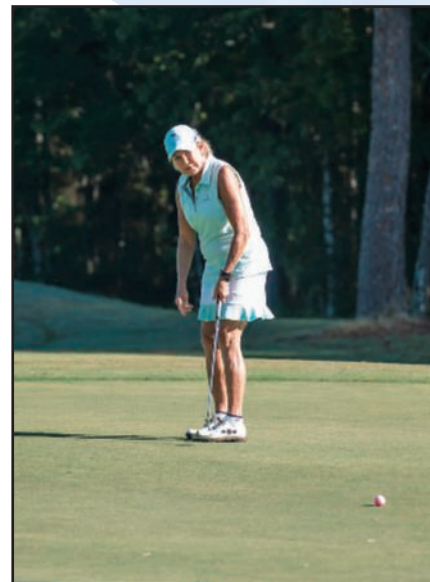
GUIDELINES

Line Dancing is a recreational event within the Jacksonville Senior Games. There is no advancement to the Florida Senior Games. Age will not be a determining factor as it is a recreational event.

TEAMS

Team competition is a large part of the Line Dancing Competition in the Senior Games. Judging is based on choreography, engagement, costumes and use of props. Teams will be judged against other teams only. Teams will be allowed 2 dances, judging will be on both dances. No introductory dance will be permitted. Competition will be based on:

- Best Dressed
- Best Use of Props
- Best Solo
- Best Group
- Best Dance
- Best Collaboration
- Best Overall
- Best Song Choice



BOWLING EVENTS

Singles Doubles Mixed Doubles
Non-Ambulatory Singles Non-Ambulatory Doubles Non-Ambulatory Mixed Doubles



FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier. Participants that qualify are eligible for all Bowling events. (Note: qualifying is only applicable to residents. Non-Ambulatory events do not require qualifying.)

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. Mixed doubles will be one male and one female bowler.
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

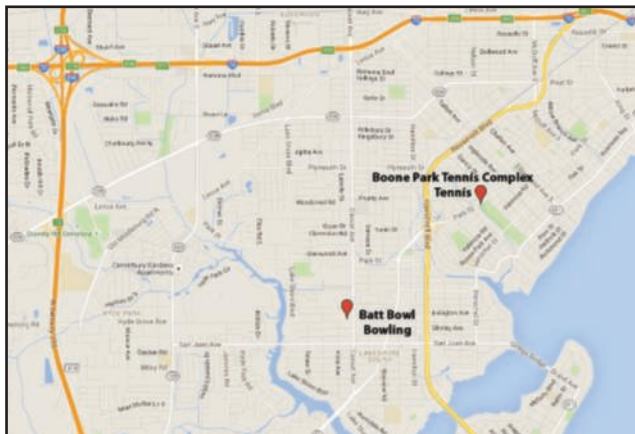
1. This tournament will be conducted in accordance with the United States Bowling Congress (USBC) rules, except as modified herein. For a copy of these rules, please visit or contact:

United States Bowling Congress
621 Six Flags Drive Arlington, TX 76011
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.
3. For Non-Ambulatory events, the athlete must be seated in their wheelchair or scooter for the entire duration of competition.
4. For Non-Ambulatory events, an athlete must physically roll the ball or with the use of a ramp, as long as no one else or the chair itself helps project the ball down the lane. The athlete must be the one who impacts the energy needed for the ball to move down the lane.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All finishers placing first through fourth and all non-ambulatory participants at the 2016 Florida Senior Games shall qualify for the 2017 National Senior Games.
2. Athletes must qualify in each Bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2017 National Senior Games, except when Rule E applies.



PICKLEBALL

EVENTS

Singles

Doubles

Mixed Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier. (Note: qualifying is only applicable to Florida residents).

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. Athletes may compete with only one partner per event.
3. 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. Matches in the winners bracket will be best two out of three games. Games are played to 11 points, but must continue until one player or team achieves a two-point margin.
3. Matches in the losers bracket will be one game to 15 points, but must continue until one player or team achieves a two-point margin.
4. Teams and players will not be seeded. Brackets will be determined by a random draw.
5. Any event (age class) which does not have at least two entries (teams or individuals) may be combined with another division or cancelled at the discretion of the Event Director.

SPORT RULES

1. All matches will be conducted in accordance with USA Pickleball Association (USAPA)/ International Federation of Pickleball (IFP) rules found online at www.usapa.org.

USA Pickleball Association

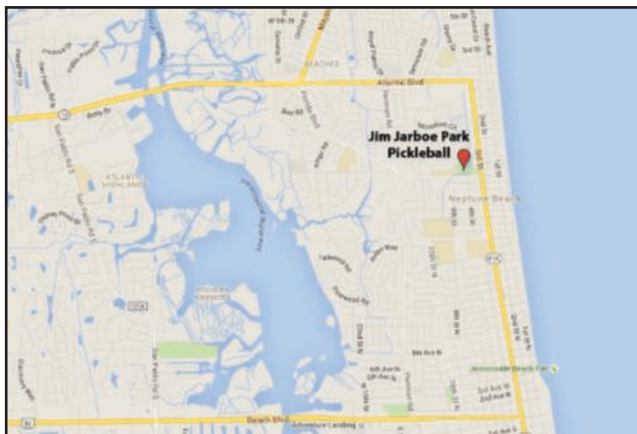
P.O. Box 7354 Surprise AZ 85374

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.
9. When net systems have a horizontal bar that may include a center base, and the ball hits the horizontal bar or the center base before going over the net, it is a fault. If the ball goes over the net and then hits the horizontal bar, the ball is still in play. If the ball goes over the net and then hits the center base or the ball gets caught between the net and the horizontal bar before touching the court, it is a let and must be replayed.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first through fourth place finishers at the 2016 Florida Senior Games will qualify for the 2017 National Senior Games.
2. Athletes must qualify in each Pickleball event (singles, doubles and mixed doubles) in which they wish to compete at the 2017 National Senior Games except where Rule E applies.



ROAD RACE EVENTS

5k Road Race 10k Road Race



FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN - qualifying is not necessary

FORMAT

1. All age divisions will run simultaneously.
2. USATF Certified 3.1 mile and 6.2 mile paved surface courses will be used for the 5K and 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 visit or contact:

USA Track & Field
132 East Washington Street, Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

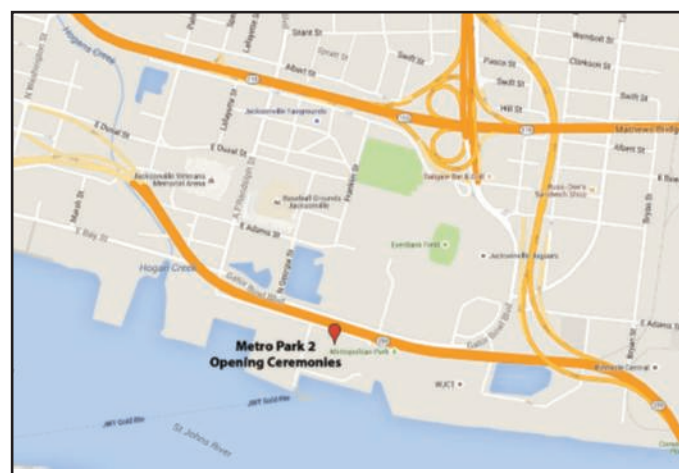
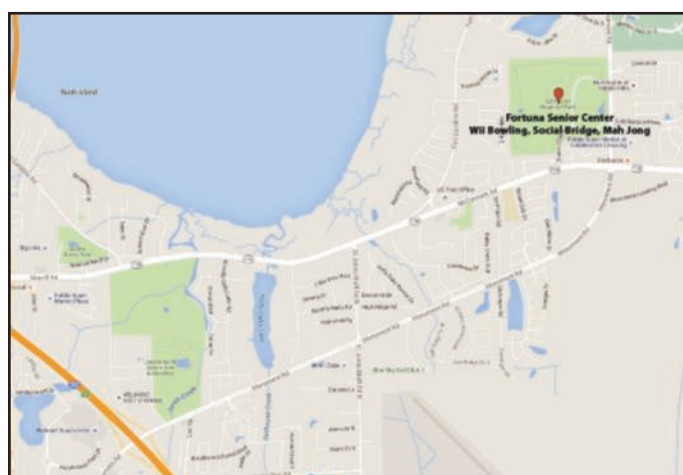
2. Race numbers must be worn and visible at all times.
3. Competitors must pass through the entire finish chute to qualify as an official finisher.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first through fourth place finishers and athletes meeting the minimum performance standards at the 2016 Florida Senior Games will qualify for the 2017 National Senior Games.
2. Athletes may enter only the event(s) (5K and 10K) in which he/she had qualified.

ROAD RACE MINIMUM PERFORMANCE STANDARDS

Men	5k	10k	Women	5k	10k
50-54	19:10	43:30	50-54	24:25	50:35
55-59	19:23	45:06	55-59	26:50	56:13
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	32:15	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:30:00
80-84	35:58	1:27:18	80-84	46:58	1:39:00
85-89	43:30	1:45:20	85-89	53:50	1:50:00
90+	43:40	1:45:20	90+	57:50	1:50:00



TENNIS

EVENTS

Singles

Doubles

Mixed Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier. (Note: qualifying is only applicable to Florida residents).

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 first round consolation.
2. The Event Director reserves the right to modify tournament format.
3. Event Director reserves the right to modify any draw.

SPORT RULES

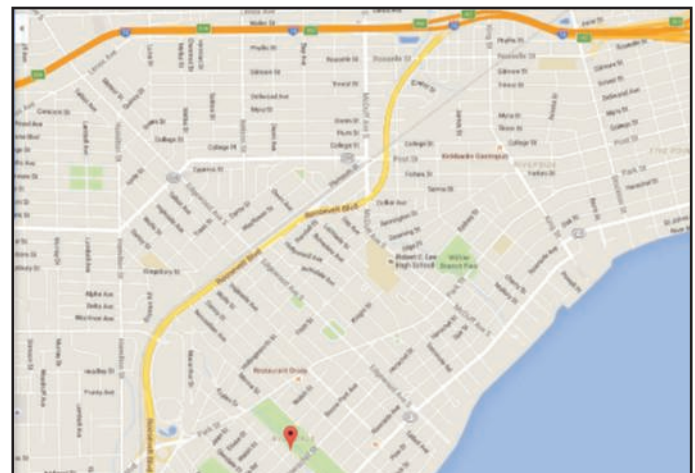
1. All matches will be conducted in accordance with United States Tennis Association (USTA) rules, except as modified herein. For a copy of these rules, visit or contact:

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 be the best of three sets using regular scoring. The first two sets are tie-break sets, first to win six games wins that set, provided there is a margin of two games won. If the score reaches six games all, a tie-break game will be played (first to win seven points with a two point margin wins the set). In the event a third set is required, it will be a USTA Match Tie Break Set, first to win 10 games by a margin of two games. All tie-breaks will use the Coman method of rotation. Ends are changed after the first point, then every four points (i.e. rotate after 1st, 5th, 9th, 13th, points etc.), and also rotate ends at the conclusion of a set tie break.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first through third place winners at the 2016 Florida Senior Games will qualify for the 2017 National Senior Games.
2. Athletes must qualify in each Tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2017 National Senior Games, except when Rule E applies.



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	200-yard Butterfly
50-yard Freestyle	100-yard Freestyle	200-yard Freestyle
100-yard Ind Medley	200-yard Ind Medley	400-yard Ind Medley

200-yard Freestyle Relay 400-yard Ind Medley Relay (Not Qualifying Events)



FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier. (Note: qualifying is only applicable to Florida residents).

ENTRY REGULATIONS

1. Swimmers may enter a maximum of six individual events.
2. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to USMS Swimming Rule 102, 12-Swimwear for Pool Competition.

FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. Events will be competed in a 50 meter indoor pool set for short course.

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 visit or contact:

U.S. Masters Swimming, Inc.
655 North Tamiami Trail
Sarasota, FL 34236
(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.floridalmsc.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 swim suits must conform to USMS Swimming Rule 102, 12-Swimwear for Pool Competition.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first through fourth place winners or athletes meeting the minimum performance standards at the 2016 Florida Senior Games will qualify for the 2017 National Senior Games.
2. Athletes 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. Swimmers must enter the event(s) in which they qualified in or to enter the bonus event(s).

CROQUET EVENTS

Golf Croquet - Singles Golf Croquet - Doubles

FLORIDA SENIOR GAMES QUALIFYING RULES

Open - No qualifying is necessary.

ENTRY REGULATIONS

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

FORMAT

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

SPORT RULES

1. This tournament will be conducted in accordance with United State Croquet Association (USCA) Golf Croquet rules, except as modified herein. For a copy of these rules, please visit or contact:

United States Croquet Association
700 Florida Mango Road
West Palm Beach, Florida 33406
(561) 478-0760
www.croquetamerica.com

NATIONAL SENIOR GAMES QUALIFYING RULES

Croquet is not part of the National Senior Games program.

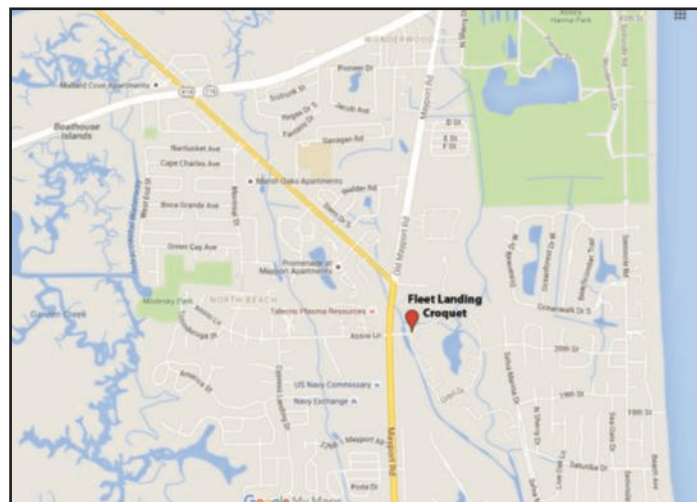
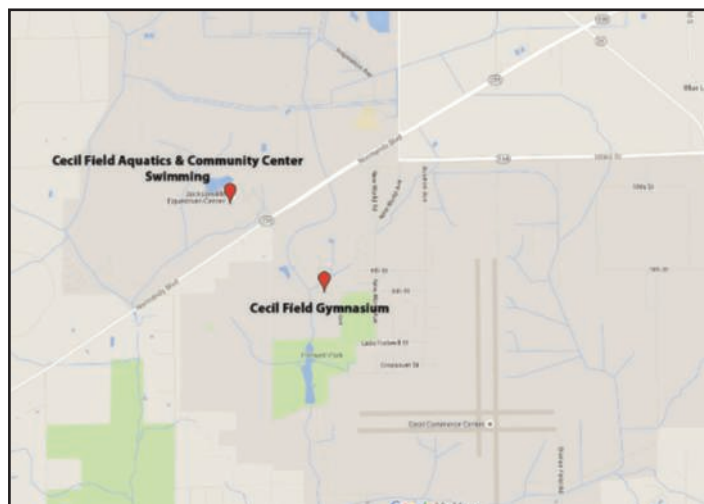


TABLE TENNIS

EVENTS

Singles Doubles Mixed Doubles



FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier. (Note: qualifying is only applicable to Florida residents).

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 6 or less players, each player will play each other and winners will be determined by their playing record. For divisions with 7 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. Round Robin format will be used for doubles and mixed doubles (same procedure as singles).
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 visit or contact:

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

4. Tournament Director reserves the right to change/modify format of any event.

NATIONAL SENIOR GAMES QUALIFYING RULES

1. All first through fourth place finishers at the 2016 Florida Senior Games will qualify for the 2017 National Senior Games.
2. Athletes must qualify in each table tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2017 National Senior Games.

POWER LIFTING

EVENTS

Bench Press Dead Lift Bench Press - Raw/Unequipped Dead Lift - Raw/Unequipped

FLORIDA SENIOR GAMES QUALIFYING RULES

Open - No qualifying 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 not required.
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.) 123, 132, 148, 165, 181, 198, 220, 242, 275, & SHW
Women (lbs.) 105, 114, 123, 132, 148, 165, 181, 198, 198+
2. Each division will be divided into age groups in accordance with Florida Senior Games 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. Florida Senior Games competition may be drug tested.

SPORT RULES

Competition will be conducted in accordance with 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

Power Lifting is not part of the National Senior Games program.

CYCLING EVENTS

5k Time Trials 10k Time Trials 20k Road Race 40k Road Race
5k Time Trials (Recumbent Bicycle Division) 10k Time Trials (Recumbent Bicycle Division)
5k Time Trials (Modified Bicycle Division) 10k Time Trials (Modified Bicycle Division)

FLORIDA SENIOR GAMES QUALIFYING RULES

Top 5 in each age group at Florida Senior Games Series Qualifier. Participants that qualify are eligible for all Cycling events. (Note: qualifying is only applicable to Florida residents).

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 Modified divisions will begin prior to the youngest male rider of the standard Time Trials. Starting order will be from youngest to oldest.
4. 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.
5. 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.
6. 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.
7. The road races will be a mass start. The Event Director reserves the right to combine divisions as necessary.

SPORT RULES

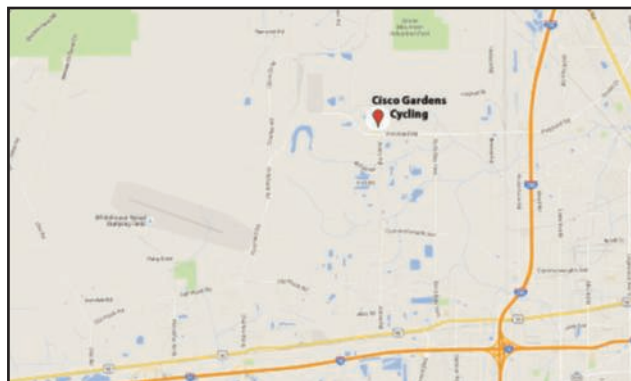
1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein. For a copy of these rules, visit or contact:

USA Cycling
210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919
(719) 434-4200
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. Bicycles with such modifications can be approved to participate in the 5K and 10K Time Trials Modified Bicycle Divisions ONLY. Motors are not permitted in any classification.
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 place 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

1. All finishers placing first through fourth and all non-ambulatory participants at the 2016 Florida Senior Games shall qualify for the 2017 National Senior Games.
2. Athletes qualifying in a Time Trials event, may compete in either Time Trial event at the 2017 National Senior Games. Athletes qualifying in a Road Race event, may compete in either Road Race event at the 2017 National Senior Games.





**Forever Fit 50 & Beyond
2016 Jacksonville Senior Games**

117 W. Duval St. Suite 220
Jacksonville, FL 32202