



**2004**

**RULES OF COMPETITION**

**Florida Senior Games**

**State Championships**

**RULES OF COMPETITION**  
**2004 FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS**

The following rules of competition, prepared for the 2004 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 2004 event.

**TABLE OF CONTENTS**

GENERAL .....	4.6
ARCHERY .....	4.13
BADMINTON .....	4.16
BASKETBALL (Three on Three).....	4.17
BASKETBALL (Shooting).....	4.20
BOWLING .....	4.23
BRIDGE.....	4.25
CRIBBAGE.....	4.26
CYCLING .....	4.27
GOLF .....	4.29
HORSESHOES .....	4.31
LAWN BOWLING .....	4.33
PICKLEBALL.....	4.34
RACE WALK .....	4.35
RACQUETBALL.....	4.37
ROAD RACE.....	4.38
SHOOTING .....	4.39
SHUFFLEBOARD.....	4.40
SOFTBALL.....	4.42
SWIMMING .....	4.46
TABLE TENNIS.....	4.50
TENNIS.....	4.52
TRACK & FIELD .....	4.54
VOLLEYBALL .....	4.57

## 2004 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
BOWLING	Singles, Doubles, Mixed Doubles
BRIDGE	Duplicate
CRIBBAGE	
CYCLING	5K, 10K (Time Trials) 20K, 40K (Road Race)
GOLF	18 Holes – Scratch
HORESESHOES	Singles
LAWN BOWLING	Mixed Pairs
PICKLEBALL	Singles, Doubles, Mixed Doubles
RACE WALK	USATF 5K Race Walk, 5K Fun Walk, 1500 meter
RACQUETBALL	Singles, Doubles
ROAD RACE	5K, 10K
SHOOTING	Trap & Skeet
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 Individual Medley: 100, 200 Yard (4 strokes)
TABLE TENNIS	Singles, Doubles, Mixed Doubles
TENNIS	Singles, Doubles, Mixed Doubles

TRACK & FIELD    Discus, High Jump, Javelin, Long Jump, Pole Vault, Shot Put,  
100m, 200m, 400m, 800m, 1500m,

VOLLEYBALL        Team Volleyball

## **GENERAL RULES**

Following are the qualifying procedures and rules of competition governing the 2004 Florida Senior Games State Championships. The Games will be held December 4 – 12, 2004 at The Villages.

### **A. QUALIFYING DATES**

The qualifying period for the 2004 Florida Senior Games State Championships is from January 1, to November 25, 2004.

Competition completed after November 24, 2004 will not be considered for qualifying for the 2004 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, 2004. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2004.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2004. 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:

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 are divided into the following categories for both men and women:

50+; 55+; 60+; 65+; 70+ and 75+

Bridge divisions will be by skill level. 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.

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.

### **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, 2004. Age divisions for all doubles and mixed doubles competition

will be determined by the younger age of the two players as of December 31, 2004.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2004. 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:

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 are divided into the following categories for both men and women:

50+; 55+; 60+; 65+; 70+ and 75+

Bridge divisions will be by skill level. 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.

#### **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, Bridge, Cribbage, Lawn Bowling, Shooting, Pickleball, Pole Vault, Race Walk, Road Race and Volleyball 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. Softball is considered 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.

#### **E. DOUBLES PARTNERS**

Doubles partners who qualify together do not have to play together at the 2004 Florida Senior Games State Championships. Any player must have qualified at a Florida Local Senior Games Qualifier in order to compete. Badminton, 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 Racquetball. Shuffleboard & Bridge doubles may be of mixed sex. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2004.

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 and Softball as

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  
Softball - 5

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.

Athletes may compete on only one roster per sport. Rosters will be limited to 20 for Softball, 15 for Volleyball and 10 for Basketball. Out of State competitors may be included on in-state rosters, but will be limited to: Softball – 5, Volleyball – 4, Basketball – 1 (70+ and 75+ may have 3). Please see Rule G 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, 2004.

#### **G. OUT OF STATE RESIDENTS**

Out of state individuals and teams may compete at the Florida Senior Games State Championships if they qualify at a Florida Local Senior Games Qualifier. Qualifying procedures for out of state residents are outlined in sections H & 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.

#### **H. 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.

## **I. DETERMINING WHO QUALIFIES FOR THE NATIONAL SENIOR GAMES**

The Florida Sports Foundation is responsible for determining qualifiers for the National Senior Games within the guidelines provided by the NSGA.

Each event allows for a specific number of qualifiers. If out-of-state residents qualify in an individual event, they will not take away a qualifying spot from a state resident. The Florida Sports Foundation may qualify the number of state residents for each event in addition to the out-of-state qualifiers for individual sports only.

Out-of-state teams participating in team events are not eligible to qualify for the National Senior Games at the Florida Senior Games State Championships. Out-of-state teams will be permitted to compete at the Florida Senior Games State Championships if they meet the local qualifying requirements, but will not take away a spot from a state team and will not be permitted to qualify in accordance to NSGA rules section H.

The NSGA definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

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 National Senior Games. Athletes should be placed in the age division nearest their own in order to compete. Competition for the athletes in this "closest age division" shall be considered exhibition.

If there is only one team entered in an age division, that team should be given exhibition opportunities with the closest age division. No team shall be qualified without participating in a qualifying game.

The NSGA shall determine whether an athlete has met the qualifying criteria for "limited" sports events.

## **J. 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. Persons 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.

#### **K. 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.

#### **L. 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 Events. 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.

#### **M. 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 events. In Tennis, athletes may enter only two events.

#### **N. 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 fail to furnish satisfactory proof prior to the end of the tournament, his/her team will forfeit all games in the event in which the player participated. A valid and official picture ID will serve as acceptable credentials.

#### **O. 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 January 1, 2004 shall govern the 2004 Florida Senior Games State Championships.

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

**P. 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 Events. The timeline for review of these suggestions is as follows:

1. Athletes, coordinators and others must submit rules proposals to the Director of Events of Florida Sports Foundation 30 days after the completion of the 2004 Florida Senior Games State Championships.
2. The Director of Events 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 Events.
4. The Florida Sports Foundation, with recommendations for the Florida Senior Games Advisory Board, will be responsible for final approval.

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

You may contact the Florida Sports Foundation's Director of Events 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 Events. The timeline for review of this request is as follows:

1. Director of Events 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 Events 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.

## **R. 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 Director of that particular sport. Appeals may be made to the Florida Sports Foundation Director of Events. The decision of the Director of Events 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](http://www.usArchery.org)**

**National Field Archery Association**  
**31407 Outer I-10**  
**Redlands, California 92373-9802**  
**(800) 811-2331**  
**[www.nfaa-archery.org](http://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 60 pounds draw weight and arrow speed may not exceed 280 feet per second plus or minus 3 per cent.
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**

1. All first-place and second-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. An archer may enter only the event in which he/she has qualified.

### **Minimum Performance Standards**

#### **900 ROUND**

900 round consists of shooting 30 arrows at each distance of 60, 50 and 40 yards.

Minimum Required Score		
	Limited*	Unlimited**
Men	450	480
Women	400	430

#### **600 ROUND**

600 round consists of shooting 20 arrows at each distance of 60, 50 and 40 yards.

Minimum Required Score		
	Limited*	Unlimited**
Men	300	330
Women	270	300

#### **300 INDOOR ROUND**

Minimum Required Score		
	Limited*	Unlimited**
Men	180	200
Women	150	180

### **NATIONAL FIELD ARCHERY ASSOCIATION**

28 Target Field round

Minimum Required Score		
	Limited*	Unlimited**
Men	280	300
Women	230	250

\* compound finger, recurve and barebow

\*\* compound release

### **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. Mixed Doubles, Doubles and Men's Singles divisions play to 15 points.
5. Women's Singles division plays to 11 points.

### **SPORTS RULES**

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

**United States Badminton Association (USBA)**  
**One Olympic Plaza**  
**Colorado Springs, CO 80909**  
**(719) 866-4808**  
**[www.usabadminton.org](http://www.usabadminton.org)**

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Badminton event (singles, doubles, mixed doubles) in which they wish to compete at the 2005 Summer National Senior Games.

### **STATE DIRECTOR**

Phillip Ayoung-Chee

(561) 416-2000 ext 203

Email: [pchee@grpnet.com](mailto:pchee@grpnet.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, with a maximum of one out-of-state resident, except as otherwise permitted. Teams in the 70+ and 75+ age divisions may have three out-of-state residents. Roster changes shall be allowed only as permitted under Rule F.
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. Event Director reserves the right to modify format based on number of teams.
3. Teams are guaranteed three games.
4. Teams will not play more than three games in a day.
5. 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 one-minute stop clock overtime period with ball possession determined by a coin flip. If the game is still tied, subsequent one-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 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, teams shall attempt a shot within approximately 20 seconds of gaining possession 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 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.
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.
21. Officials do not put the ball in play, except at the start of each half.

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

The top two Florida resident teams from each division at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.

### **STATE DIRECTOR**

Mike Sophia (305) 803-4473 or mwsophia@miamisports.org

# **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 4-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 (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. 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). A 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from 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 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 4-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 (4-feet from the foul line extended on each side). The contestant may not step over the line until the ball has been released.
  - “D”-spot (5 points) – Top of the key. A 2-foot line will be placed at the top of the key parallel to the free throw line and 19-feet from the basket. 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.

**STATE DIRECTOR**

Mike Sophia (305) 803-4473 or [mwsophia@miamisports.org](mailto:mwsophia@miamisports.org)

## **BOWLING**

### **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 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 ABC/WIBC 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 divided into squads by age division.
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. One game roll-off will break any ties.

### **SPORT RULES**

1. This tournament will be conducted in accordance with American Bowling Congress and Women's International Bowling Congress (ABC/WIBC) rules, except as modified herein. For a copy of these rules, please write or call:

**American Bowling Congress**  
**5301 South 76<sup>th</sup> Street**  
**Greendale, WI 53129**  
**(414) 421-6400**  
**1-800-514-BOWL**  
**www.bowl.com**

2. All equipment shall meet American Bowling Congress and/or Women's International Bowling Congress specifications. The Event Director reserves the right to check equipment at any time.

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2005 Summer National Senior Games.

## **BRIDGE**

### **EVENTS**

Bridge (Duplicate)

### **FLORIDA SENIOR GAMES QUALIFYING RULES**

#### **OPEN**

#### **ENTRY REGULATIONS**

1. Entrants must check in at the tournament desk 15 minutes before the start of the game.

#### **FORMAT**

1. All players must participate in the complete time frame allotted for the duplicate bridge games.
2. Boards, cards and score sheets will be provided.
3. Players will be divided by points and ability.

#### **SPORT RULES**

This tournament will be conducted in accordance with American Contract Bridge League rules (ACBL). For a copy of those rules please call or write:

**American Contract Bridge League**  
**2990 Airways Boulevard**  
**Memphis, Tennessee 38116-3847**  
**(800) 467-1623**  
**www.acbl.org**  
**For Sanctions Contact: Linda Granell (901) 332-5586**

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

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

# **CRIBBAGE**

## **EVENTS**

Cribbage

## **FLORIDA SENIOR GAMES QUALIFYING RULES**

### **OPEN**

#### **ENTRY REGULATIONS**

1. Entrants must check in at the tournament desk by 20 minutes prior to competition.

#### **FORMAT**

1. Play for men and women is combined. Medals will be awarded for each age group in five-year increments.
2. Players will move to a new opponent after each game completed.
3. Winners will be determined by game points, games won, and spread points after 8 games of play.
4. Boards, cards and score sheets will be provided.
5. Age groups may be combined at the discretion of the Event Director.

#### **SPORT RULES**

1. This tournament will be conducted in accordance with American Cribbage Congress Rules except as modified herein (no muggins).
2. Any error in distribution necessitates a re-deal.
3. When cards are discarded into the crib, they may not be retrieved or reexamined unless they were placed on the wrong side.
4. The crib is the property of the dealer and is counted after both players have counted and pegged their hands.
5. If the crib contains an incorrect number of cards, cease play and call a judge.
6. Cutting the starter card shall be clean by taking or leaving at least 4 cards and the coper shall not look at the bottom card of the upper pack. The two points for a Jack starter card should be pegged immediately and could win the game for the dealer.
7. During the play, cards should be plainly visible and remain face-up until all cards have been played. Do not turn cards face-down at the end of a series.
8. No one may help count any player's hand.
9. Pegging is completed when your hand is removed from the peg. Pegging "short" may not be corrected. Pegging "long" may be corrected if you catch your mistake before your opponent does. If caught over-pegging, move peg back to the correct position and your opponent takes the amount of the over-pegging.
10. In the case of false claim to the game, pegging in the wrong direction or moving the wrong pegs, cease play and call a judge.

## **NATIONAL SENIOR GAMES QUALIFYING RULES**

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

### **STATE DIRECTOR**

David McGuire

863-956-229

## **CYCLING**

### **EVENTS**

5K Time Trials  
10K Time Trials  
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 oldest to youngest by gender.
3. 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.
4. 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.
5. The road races will be a mass start with 10-minute intervals by age division and gender. 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](http://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. 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**

1. All first-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Cyclists qualifying in either the 5k or 10k time trials may enter both time trial events.
3. Cyclists qualifying in either the 20k or 40k road races at a state qualifying games may enter both road race events.

# **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**

Local rules will also be in effect.

2. 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.
3. USGA rules regarding coaching will be strictly enforced.
4. USGA rules regarding pace of play will be observed.

## **NATIONAL SENIOR GAMES QUALIFYING RULES**

Only athletes meeting this sport's NSGA minimum performance standards in competition at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games. Qualifiers will be determined by 18-hole gross score played on a course with a minimum par of 70 and a minimum United States Golf Association (USGA) slope rating of 119 for men and 113 for women. Handicap scores are not acceptable for qualifying.

### **Minimum Performance Standards**

<b>Men:</b> 50-54 (78)	<b>Women:</b> 50-54 (89)
55-59 (79)	55-59 (90)
60-64 (81)	60-64 (92)
65-69 (83)	65-69 (96)
70-74 (86)	70-74 (98)

75-79 (89)  
80-84 (96)  
85-89 (103)  
90+ (105)

75-79 (102)  
80-84 (106)  
85-89 (111)  
90+ (115)

**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. Preliminary rounds will be conducted using count-all scoring with five bonus points awarded for each match won. Preliminary round 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. Championship rounds will be conducted using cancellation scoring. Matches will be played until one player scores 21 points. Only the difference between scores in each inning counts. If the result of an inning is equal, no score is recorded for that inning. The player who scores in one inning shall pitch first in the next inning. If no score is recorded, the order of pitching shall alternate.
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 76<sup>th</sup> Street**

**Franksville, WI 53126**

**(707) 538-3128**

**[www.horseshoepitching.com](http://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-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.

# **LAWN BOWLING**

## **EVENTS**

Mixed Pairs

## **FLORIDA SENIOR GAMES QUALIFYING RULES**

OPEN

### **ENTRY REGULATIONS**

1. All teams must be mixed pairs.
2. Age groups may be combined at the discretion of the Event Director.
3. Participants must provide their own bowls.

### **FORMAT**

1. Each team will play three games, high against high.
2. Wins and points to determine winners.

### **SPORT RULES**

1. This tournament will be conducted in accordance to the current U.S. Lawn Bowls Association Rules. For a copy of those rules, please write or call:  
**United State Lawn Bowls Association**  
**[www.bowlsamerica.org](http://www.bowlsamerica.org)**
2. Participants must wear whites or colored team shirts.
3. Age divisions will be determined by the younger age of the two partners.

## **NATIONAL SENIOR GAMES QUALIFYING**

Lawn Bowling is not part of the National Senior Games program.

### **STATE DIRECTOR**

Michael Maneilly

(352) 343-4009

Email: [shepman@comcast.net](mailto:shepman@comcast.net)

# **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. Single 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 team achieves a two-point margin.

### **SPORTS RULES**

1. All matches will be conducted in accordance with National Pickleball Association Rules. For a copy of these rules, please write or call:

**Patrick McCawley**  
**708 Rivera Road**  
**The Villages, FL 32159**  
**(352) 750-4431**  
**PLMcCawley@aol.com**

2. All questionable calls must be resolved in favor of the opponent.
3. Served balls that clear the non volley zone and land on any service court line are good.
4. Balls in play that land on any court line are good.
5. If the opponent faults, the server continues to serve, alternating service courts, until serving side faults.
6. Format Changes are at the discretion of the Event Director.

## **NATIONAL SENIOR GAMES QUALIFYING RULES**

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

### **STATE DIRECTOR**

Patrick McCawley

(352) 750-4431

Email: PLMcCawley@aol.com

## **RACE WALK**

### **EVENTS**

5K Fun Walk

1500m Race Walk

5K Race Walk (USATF Rules)

### **FLORIDA SENIOR GAMES QUALIFYING RULES**

#### **OPEN**

#### **FORMAT**

1. 5K Race Walk – will be judged in accordance to USATF rules.
2. 5K Fun Walk - will not be judged in accordance to USATF rules and will begin 5 minutes after the start of the 5K Race Walk.
3. 5K Race Walk - A 3.1 mile paved surface course will be used and split times will be provided.
4. 1500 Meter Race Walk– Timed final on the track.
5. All events will award medals to the top three finalists in each division.

#### **SPORT RULES**

1. 5k Race Walk 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](http://www.usatf.org)**

2. Fun Walk will not be judged in accordance to USATF rules.
3. Race Walk athletes must use proper race walking techniques or risk disqualification.
4. Race Walk athletes must not wear clothing that could impede the view of the judges.
5. Race Walk race numbers must be worn on the front and back and must be visible at all times.
6. 5K competitors must pass through the entire finish chute to qualify as an official finisher.

#### **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes qualified in either the 1500-meter or 5000-meter race walk may compete in both events.
3. The minimum distance acceptable for qualifying will be 1500 meters.

### Minimum Performance Standards

<b>Men</b>	<b>1500m</b>	<b>5000m</b>	<b>Women</b>	<b>1500m</b>	<b>5000m</b>
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	11:25	39:10	75-79	13:46	44:17
80-84	13:24	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

#### **STATE DIRECTOR**

Bob Fine – Race Walk

(561) 499-3370

Email: bobfine@aol.com

Paul Winiecki – Track & Field

(863) 853-3560

Email: writapaul@aol.com

# **RACQUETBALL**

## **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 Racquetball events.

## **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 ext. 20**  
**[www.usra.org](http://www.usra.org)**

## **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Racquetball event (singles, doubles) in which they wish to compete at the 2005 Summer National Senior Games.

## **STATE DIRECTOR**

Mary Lyons  
(904) 241-6789  
Email: All5Lyons@aol.com

## ROAD RACE

### EVENTS

5K Road Race

10K Road Race

### FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN

### FORMAT

1. All age divisions will run simultaneously.
2. A 3.1 and 6.2 mile paved surface course will be used. 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

1. All first-place and second-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Road Race event (5K & 10K) in which they wish to compete at the 2005 Summer National Senior Games.

#### Minimum Performance Standards

Men	5k	10k	Women	5k	10k
50-54	19:10	43:30	50-54	25:08	55:00
55-59	19:23	45:06	55-59	26:50	58:42
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	33:27	1:10:40
75-79	28:70	1:08:23	75-79	40:51	1:40:00
80-84	42:34	1:37:00	80-84	46:58	1:50:00
85-89	42:90	1:45:20	85-89	53:50	1:50:00
90+	42:90	1:45:20	90+	57:30	1:50:00

## **SHOOTING**

### **EVENTS**

Trap  
Skeet

### **FLORIDA SENIOR GAMES QUALIFYING RULES OPEN**

#### **ENTRY REGULATIONS**

1. Entrants to supply their own firearm, ammunition, eye, and ear protection.
2. Shotgun entries limited to 75 per day

#### **FORMAT**

1. Courses of fire  
Trap –100 Targets  
Skeet –100 Targets
2. Scoring  
Trap and Skeet: Scores will be kept by official scorers.

#### **SPORT RULES**

1. Classification will be by Senior Games age groups
2. Current applicable ATA or NSSA rules will be used. For a copy of these rules, please write or call:

**National Rifle Association**  
**[www.mynra.org](http://www.mynra.org)**

**American Trapshooters Association**  
**[www.shootata.com](http://www.shootata.com)**

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

Shooting is not part of the National Senior Games program.

#### **STATE DIRECTOR**

Al Dart  
(407) 295-5115  
Email: Rimfire22@aol.com

# 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 partners may be mixed sexes.
3. The age division of competition for Doubles will be determined by the younger age of the two partners.
4. 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 Florida Shuffleboard Association and National Shuffleboard Association rules, except as modified herein.  
For a copy of these rules, please write or call:

**National Shuffleboard Association**  
**Jim Clayton, President**

<b>Winter Address</b>	<b>Summer Address</b>
<b>16900 Slater Road Lot 54</b>	<b>1739 Lima Avenue</b>
<b>Ft. Myers, Florida 33917-6920</b>	<b>Findley, Ohio 45840-1435</b>
<b>(239) 543-6089</b>	<b>(419) 422-5500</b>

<http://www.orbonline.net/~sandy/home.htm>

**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, for additional frames will be played.
5. In case of a tie, two extra frames will be played until the tie is broken.
6. The cue shall not have an overall length of more than 6'-3". No metal part of the cue shall touch the playing surface.
7. Each player will have four disks for practice before the start of each match.
8. Players should be prepared to compete the entire day.

#### **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Shuffleboard event (singles, doubles) in which they wish to compete at the 2005 Summer National Senior Games.

# SOFTBALL

## EVENTS

Team Softball

## FLORIDA SENIOR GAMES QUALIFYING RULES

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

## 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 20 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. A maximum of five out-of-state residents are allowed, except as permitted below. Roster changes shall be allowed only as permitted under Rule F.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench 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

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.

## SPORT RULES

1. This tournament will be conducted in accordance with Amateur Softball Association (ASA) rules, except as modified herein. For a copy of these rules, please write or call:

**Amateur Softball Association**  
**2801 NE 50<sup>th</sup> Street**  
**Oklahoma City, OK 73111**  
**(405) 424-5266**  
**[www.softball.org](http://www.softball.org)**

2. Commitment line: A 3-foot long, 3-inch wide commitment line shall be marked perpendicular to the foul line and placed 20-feet from home plate. 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.
3. 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.

4. 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.
5. Strike zone mat: A strike zone mat will be used. The mat shall be made of rubber or similar material and shall measure 17 inches wide and 24 inches long with a V-shape at one end that fits against the back of home plate. Together the strike zone mat and home plate shall form a rectangular shape 17 inches by 32-1/2 inches. 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.
6. Pitcher's Box: The pitcher's box shall be a box the width of the pitching rubber, extending from the front (home plate) side of the pitcher's six feet towards second base. The pitcher may deliver a pitch from anywhere inside the box. All pitches must begin with both of the pitcher's feet located inside the box.
7. 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.
8. 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.
9. 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.
10. Players and Substitutes: ASA rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at any time does not exceed the total allowed for that age division. Men 50+, 55+ & 60+: 10 defensive players shall constitute a team. A team must have a minimum of nine players at the beginning and ending of a game. For any team playing with nine players, an out will be recorded when the tenth position in the batting order appears. A tenth player may be added as he/she shows up for play; however, he/she must be listed as the tenth 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 65+, 70+, 75+ & all Women: 11 defensive players shall constitute a team. A team must have a minimum of 10 players at the start and finish of a game. An eleventh player may be added as he/she shows up to play; however, he/she must be listed as the eleventh offensive player and bat after the other 10 players. Teams in these categories 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.

NOTE: The ASA Short-hand rule applies. A team may play with one less player than they started with if, due to anything other than ejection, a player leaves the game and cannot be immediately replaced. When the missing player comes to bat, an out will be recorded. Under no circumstances will a team be allowed to play with less than nine players; 10 if the team started with 11 or 12 players.

11. 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.
12. Mercy Rule: A 15-run mercy rule will be in effect after five innings (4<sup>1</sup>/<sub>2</sub> innings if home team is ahead) ending the game. This rule shall NOT apply to championship games.
13. 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.
14. Time limit: The length of a game will be seven innings or one hour and fifteen minutes. 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.
15. Courtesy runner: 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.
  - Men in age divisions 50+ and 55+: One courtesy runner may be used in each inning, and the courtesy runner may be any player on the roster. Each player on the roster may be courtesy runner only once per game. Any courtesy runner found running more than once per game will be called out.
  - Men in age divisions 60+, 65+ and all women's age divisions: A courtesy runner may be used for a base runner at any time, but the same courtesy runner may not be used more than once in the same inning. Any courtesy runner found running more than once per inning will be called out.
  - Men in age divisions 70+ and 75+: A courtesy runner may be used for any runner at any time. There is no limit on the number of times a player may be a courtesy runner in any inning.
16. Sliding or diving: Sliding or diving into first base or into home plate when scoring is not permitted, and such players will be called out. A player may slide or dive into second or third 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.
17. 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.
18. 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.

19. Team clothing must be of like design and color. Jerseys must have a number on the back.

20. The men’s divisions will play 12-inch slow pitch. The women’s divisions will play 11-inch slow pitch.

21. All bats must meet ASA certification standards.

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

The top two Florida resident teams from each division at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.

## **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  
500-yard Freestyle  
100-yard Individual Medley  
200-yard Individual Medley

### **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 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**  
**1698 Winners Circle**  
**Tarpon Springs, FL 34689**  
**Tel: 727-938-7181**  
**jcampb10@tampabay.rr.com**

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.
- e. Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the Butterfly
- 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.

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Swimming event in which they wish to compete at the 2005 Summer National Senior Games. Athletes may compete in bonus events at the 2005 Summer National Senior Games (see NSGA rules for details).

#### **Minimum Performance Standards**

		<b>50-Yard Backstroke</b>		<b>100-Yard Backstroke</b>			
<b>Men</b>		<b>Women</b>		<b>Men</b>	<b>Women</b>		
50-54	:36.20	50-54	:45.90	50-54	1:27.20	50-54	1:43.30
55-59	:37.10	55-59	:47.50	55-59	1:29.00	55-59	1:43.40
60-64	:38.00	60-64	:49.50	60-64	1:30.00	60-64	1:50.40
65-69	:42.40	65-69	:52.10	65-69	1:40.20	65-69	1:57.50
70-74	:47.70	70-74	:55.40	70-74	1:46.00	70-74	2:07.50
75-79	:55.10	75-79	1:00.10	75-79	2:03.70	75-79	2:25.70
80-84	:56.40	80-84	1:14.30	80-84	2:13.30	80-84	2:36.40
85-89	1:41.60	85-89	2:09.00	85-89	3:57.10	85-89	4:17.20
90+	1:50.80	90+	2:41.30	90+	4:25.20	90+	5:45.90

**200-Yard Backstroke**

<b>Men</b>		<b>Women</b>	
50-54	3:09.90	50-54	3:40.00
55-59	3:12.00	55-59	3:44.20
60-64	3:23.20	60-64	4:22.30
65-69	3:40.80	65-69	4:34.30
70-74	3:58.50	70-74	4:46.20
75-79	4:42.60	75-79	5:18.00
80-84	5:24.00	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**

<b>Men</b>		<b>Women</b>	
50-54	:36.50	50-54	:49.50
55-59	:39.50	55-59	:51.20
60-64	:41.70	60-64	:53.00
65-69	:44.20	65-69	:55.80
70-74	:46.80	70-74	1:01.08
75-79	:55.40	75-79	1:09.80
80-84	1:03.80	80-84	1:32.70
85-89	1:36.20	85-89	2:28.70
90+	1:36.20	90+	3:29.90

**100-Yard Breaststroke**

<b>Men</b>		<b>Women</b>	
50-54	1:26.10	50-54	1:54.60
55-59	1:35.10	55-59	1:55.00
60-64	1:38.40	60-64	2:02.80
65-69	1:41.50	65-69	2:07.50
70-74	1:48.60	70-74	2:18.00
75-79	2:04.40	75-79	2:39.00
80-84	2:48.00	80-84	3:19.60
85-89	5:29.50	85-89	5:45.90
90+	5:29.50	90+	5:45.90

**200-Yard Breaststroke**

<b>Men</b>		<b>Women</b>	
50-54	3:08.40	50-54	4:03.50
55-59	3:34.20	55-59	4:03.50
60-64	3:39.60	60-64	4:32.60
65-69	3:53.30	65-69	5:03.90
70-74	4:01.10	70-74	5:10.80
75-79	4:59.90	75-79	5:53.00
80-84	6:13.00	80-84	8:21.90
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

**100-Yard Individual Medley**

<b>Men</b>		<b>Women</b>	
50-54	1:17.20	50-54	1:39.40
55-59	1:21.20	55-59	1:42.40
60-64	1:35.50	60-64	1:54.60
65-69	1:36.40	65-69	1:55.50
70-74	1:47.40	70-74	2:15.30
75-79	2:15.30	75-79	2:35.20
80-84	3:58.70	80-84	3:59.90
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

**200-Yard Individual Medley**

<b>Men</b>		<b>Women</b>	
50-54	2:54.40	50-54	3:52.20
55-59	3:05.00	55-59	4:07.30
60-64	3:09.10	60-64	4:14.40
65-69	3:40.10	65-69	4:33.80
70-74	3:58.50	70-74	5:00.30
75-79	5:00.30	75-79	5:44.50
80-84	8:50.00	80-84	8:52.60
85-89	9:29.70	85-89	12:02.80
90+	9:29.70	90+	12:02.80

**50-Yard Butterfly**

<b>Men</b>		<b>Women</b>	
50-54	:30.90	50-54	:48.60
55-59	:32.40	55-59	:48.80
60-64	:34.00	60-64	:50.30
65-69	:40.60	65-69	1:02.80
70-74	:45.90	70-74	1:04.90
75-79	1:03.60	75-79	1:13.60
80-84	1:46.00	80-84	1:30.00
85-89	2:03.70	85-89	3:18.20
90+	2:18.90	90+	3:18.20

**100-Yard Butterfly**

<b>Men</b>		<b>Women</b>	
50-54	1:38.00	50-54	2:22.20
55-59	1:40.90	55-59	2:30.00
60-64	1:53.90	60-64	2:55.90
65-69	2:03.70	65-69	3:04.60
70-74	2:52.20	70-74	3:40.80
75-79	4:25.00	75-79	4:33.80
80-84	5:18.00	80-84	5:18.00
85-89	6:11.00	85-89	6:11.00
90+	6:11.00	90+	6:11.00

**50-Yard Freestyle**

<b>Men</b>		<b>Women</b>	
50-54	:28.50	50-54	:38.20
55-59	:30.40	55-59	:40.20
60-64	:31.30	60-64	:41.00
65-69	:33.60	65-69	:43.20
70-74	:34.40	70-74	:44.90
75-79	:37.50	75-79	:48.10
80-84	:47.00	80-84	1:01.20
85-89	1:40.20	85-89	1:37.50
90+	1:45.50	90+	2:30.20

**100-Yard Freestyle**

<b>Men</b>		<b>Women</b>	
50-54	1:07.50	50-54	1:30.10
55-59	1:08.00	55-59	1:31.20
60-64	1:12.40	60-64	1:33.10
65-69	1:15.10	65-69	1:33.30
70-74	1:21.30	70-74	1:44.20
75-79	1:33.60	75-79	1:54.80
80-84	1:54.60	80-84	2:23.10
85-89	3:41.50	85-89	3:42.00
90+	3:43.50	90+	4:39.10

**200-Yard Freestyle**

<b>Men</b>		<b>Women</b>	
50-54	2:40.10	50-54	2:46.10
55-59	2:42.00	55-59	3:03.70
60-64	3:00.20	60-64	3:21.40
65-69	3:02.00	65-69	3:30.00
70-74	3:20.50	70-74	3:58.00
75-79	3:39.30	75-79	4:16.10
80-84	5:18.00	80-84	6:02.10
85-89	7:25.00	85-89	8:08.70
90+	7:25.00	90+	11:02.40

**500-Yard Freestyle**

<b>Men</b>		<b>Women</b>	
50-54	7:15.30	50-54	8:53.40
55-59	7:25.20	55-59	9:10.00
60-64	8:12.40	60-64	9:46.60
65-69	8:15.00	65-69	10:11.40
70-74	9:19.20	70-74	11:05.20
75-79	9:56.70	75-79	13:16.40
80-84	15:14.50	80-84	16:27.20
85-89	16:46.00	85-89	26:55.30
90+	16:46.00	90+	26:55.30

## **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.
4. Doubles partners must be of the same sex.

### **FORMAT**

1. Double elimination tournament for singles, single elimination tournament for doubles and mixed doubles.
2. Play shall consist of a five game match. The winner shall be the first player to win three games.
3. 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.
4. 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](http://www.usatt.org)**

## **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Table Tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2005 Summer National Senior Games. Singles qualifiers will not be allowed to enter doubles events without qualifying in them.

### **STATE DIRECTOR**

Brad Woodington

(863) 688-9574

# 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. Single elimination tournament will be played.
2. 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. There will be a one-minute break every two games, and a five-minute break between the second and third sets.
4. Matches shall consist of two sets using regular scoring. Ties will be broken in accordance with USTA rules governing tie-breakers.

### **NATIONAL SENIOR GAMES QUALIFYING RULES**

1. All first-place and second-place winners at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.
2. Athletes must qualify in each Tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2005 Summer National Senior Games.

## **TRACK & FIELD**

### **EVENTS**

Discus  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
100-meter  
200-meter  
400-meter  
800-meter  
1500-meter  
1500-meter Race Walk

### **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.
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 sex and age category:
  - Discus: M50+/1.5kg; M60+/1.0kg; W50+ 1.0 kg
  - Javelin: M50+/700g; M60+/600g; M70+/500g; M80+/400g  
W50+/500g; W60+/400g
  - Shotput: M50+/6kg; M60+/5kg; M70+/4kg; W50+/3kg
3. The competitors must not wear clothing that could impede the view of the judges.
4. Race numbers must be worn and visible at all times. 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**

All first-place and second-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.

**Minimum Performance Standards**

**TRACK EVENTS  
 MEN'S DIVISION**

Age	<b>100 M</b>	<b>200 M</b>	<b>400 M</b>	<b>800 M</b>	<b>1500 M</b>
50-54	:14.10	:28.70	1:06.20	2:32.10	5:22.00
55-59	:14.20	:29.40	1:06.40	2:36.40	5:24.20
60-64	:14.40	:29.80	1:07.80	2:40.20	5:42.50
65-69	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:16.00	:33.50	1:17.00	3:05.20	6:58.00
75-79	:16.90	:37.00	1:31.40	3:44.00	7:58.00
80-84	:19.50	:44.30	2:06.50	5:31.10	12:05.00
85-89	:30.30	1:02.80	3:10.30	6:44.80	16:05.00
90+	: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	:17.40	:35.70	1:30.70	3:31.50	7:00.00
55-59	:17.90	:36.60	1:31.50	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	:44.60	1:54.20	4:29.80	9:10.00
75-79	:22.20	:51.80	2:21.50	5:02.30	15:09.70
80-84	:26.80	1:14.80	4:14.10	6:11.80	15:20.70
85-89	:44.20	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 EVENTS MEN'S DIVISION

Age	Long Jump	Shot Put	Discus	High Jump	Javelin	Pole Vault
50-54	14'06"	36'08"	119'07"	4'04"	132'06"	7'09"
55-59	14'03"	35'03"	116'05"	4'02"	119'03"	7'06"
60-64	13'11"	35'00"	115'09"	4'01"	118'00"	7'03"
65-69	13'02"	34'06"	109'04"	4'00"	112'08"	7'00"
70-74	11'02"	34'00"	102'08"	3'08"	96'00"	6'00"
75-79	9'07"	28'11"	86'08"	3'03"	77'09"	4'02"
80-84	7'11"	22'03"	67'00"	2'10"	63'00"	3'00"
85-89	4'06"	19'07"	46'00"	2'02"	43'00"	2'10"
90+	3'11"	11'08"	38'00"	2'02"	22'04"	2'10"

### WOMEN'S DIVISION

Age	Long Jump	Shot Put	Discus	High Jump	Javelin	Pole Vault
50-54	9'06"	27'00"	67'06"	3'06"	67'00"	4'00"
55-59	9'04"	24'09"	60'10"	3'03"	65'03"	4'00"
60-64	9'01"	24'00"	59'03"	3'00"	62'08"	4'00"
65-69	9'00"	21'08"	56'00"	2'10"	58'02"	4'00"
70-74	6'06"	20'00"	50'11"	2'05"	50'05"	4'00"
75-79	5'07"	17'08"	43'04"	2'05"	44'10"	4'00"
80-84	3'05"	13'05"	37'00"	2'02"	22'00"	3'00"
85-89	2'06"	7'00"	15'00"	1'10"	14'00"	2'10"
90+	2'06"	7'00"	10'04"	1'10"	14'00"	2'10"

### STATE DIRECTOR

Paul Winiecki

(863) 853-3560

Email: writapaul@aol.com

# **VOLLEYBALL**

## **EVENTS**

Team 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, with a maximum of **four** out-of-state residents, except as permitted by Rule F. Roster changes shall be allowed only as permitted under Rule F.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench 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. In Men's 50-54 competition, the net height will be 2.43 M or 7' 11-5/8". In Men's 55+ and up competition the net height will be 2.38 M or 7' 9-5/8". In all Women's competition, the net height will be 2.19M or 7' 2-1/8".

### **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**

The top two Florida resident teams from each division at the 2004 Florida Senior Games State Championships will qualify for the 2005 Summer National Senior Games.

#### **STATE DIRECTOR**

Yvonne Devlin

(407) 523-5048

Email: orlvb@aol.com