



**2023**  
**RULES OF COMPETITION**  
**FLORIDA SENIOR GAMES**

**RULES OF COMPETITION**  
**2023 FLORIDA SENIOR GAMES**

The following rules of competition, prepared for the Florida Senior Games 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 Sports Foundation. These rules may be subject to change prior to the event.

**TABLE OF CONTENTS**

GENERAL RULES .....	3
ARCHERY .....	10
BADMINTON .....	12
BASKETBALL (3-on-3) .....	13
BASKETBALL (Shooting) .....	18
BOWLING.....	21
TEAM BOWLING .....	23
CYCLING.....	25
DOMINOES .....	27
GOLF .....	29
HORSESHOES.....	31
PICKLEBALL .....	33
POWERLIFTING.....	36
POWER WALK .....	37
RACE WALK.....	39
RACQUETBALL .....	40
ROAD RACE .....	41
SHUFFLEBOARD .....	42
SOFTBALL .....	44
SWIMMING .....	46
TABLE TENNIS .....	51
TENNIS .....	53
TRACK & FIELD .....	55
VOLLEYBALL INDOOR.....	59

## **2023 FLORIDA SENIOR GAMES, PRESENTED BY HUMANA**

### **GENERAL RULES**

The following are the qualifying procedures and rules of competition governing the 2023 Florida Senior Games, presented by Humana. The Games will be held December 1-10, 2023 in Florida's Sports Coast/Pasco County.

#### **A. FLORIDA SENIOR GAMES SERIES QUALIFIER DATES**

The qualifying period for the 2023 Florida Senior Games is from January 1-November 17, 2023.

Competition completed after November 17, 2023 may not be considered for qualifying for the 2023 Florida Senior Games.

#### **B. AGE FOR COMPETITION AT FLORIDA SENIOR GAMES SERIES QUALIFIERS**

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

Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2023. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2023.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2023. 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 and relay 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+ (80+ and 85+ divisions are offered for Basketball 3 on 3)

Florida Senior Games Series 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 Senior Games Series Qualifier. Age groups greater than 10 years difference should be avoided if possible.

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

#### **C. AGE FOR COMPETITION AT FLORIDA SENIOR GAMES**

Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2023. Age divisions for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2023.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2023. For example, a team consisting of eight players 65 or over and one player age 63 will compete in the 60+ age division.

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

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

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

50+; 55+; 60+; 65+; 70+ and 75+ (80+ and 85+ divisions are offered for Basketball 3 on 3)

Powerlifting will offer a combination of age and weight classes. Some sports reserve the right to combine age groups. It is the responsibility of the athlete to provide appropriate photo identification proving age and residency upon request.

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

#### **D. QUALIFICATION FOR “OPEN” AND “LIMITED” EVENTS (APPLICABLE TO FLORIDA SENIOR GAMES ONLY)**

1. The Florida Sports Foundation defines an “OPEN” event as one in which a Florida athlete is not required to participate in a Florida Senior Games Series Qualifier in order to compete at the State Championships. Archery, Badminton, Basketball 3 on 3, Powerlifting, Power Walk/Race Walk, Racquetball, Road Race, Shuffleboard and Volleyball are considered “OPEN” events. In addition, the non-ambulatory divisions of Bowling is considered an “OPEN” event.
2. The Florida Sports Foundation defines a “LIMITED” event as one in which an athlete may not find suitable opportunities to qualify for the Florida Senior Games. Javelin, Hammer Throw (if available) and Pole Vault, 20K and 40K Cycling Road Race and 5K Road Race are considered to be “LIMITED” events. In order to qualify in a “LIMITED” event, one must show proof there is no reasonable opportunity to participate in a Florida Senior Games Series Qualifier. If competition is not available, an athlete may request to be included as qualified for the Florida Senior Games. Track & Field and Swimming athletes wishing to compete in relays must qualify in that sport.
  - a. For 20K or 40K cycling road race an athlete must submit verification of having completed one cycling road race of the event length or better between January 1 and December 31, 2023.
  - b. For the 5K road race an athlete must submit verification of having completed one 5K or 10K event between January 1 and December 31, 2023. If you compete in the 5K or 10K, you will qualify to run in both events.
  - d. For hammer throw (if available) an athlete must submit verification of having competed in one USA Track & Field sanctioned competitions between January 1 and December 31, 2023.

## **E. DOUBLES PARTNERS**

Teams for doubles/mixed doubles events must consist of two Florida residents in order to be considered an in-state doubles team. Teams consisting of one in-state player and one out of state player will be considered a non-resident doubles team.

Doubles partners who qualify together do not have to play together at the Florida Senior Games. Any player must have qualified at a Florida Senior Games Series Qualifier in order to compete at the Florida Senior Games.

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. Shuffleboard doubles may be of mixed gender. All doubles and mixed doubles pairs must compete in the age division of the younger partner as of December 31, 2023. Athletes may compete with only one partner per event.

NOTE: It is the duty of athletes to find and alert the FSG staff of their partner pairing. The Florida Senior Games offers a “Partner Finder,” service for those in need of a doubles or team partner. It is the responsibility of the athlete to make contact with other athletes. FSG will not put together teams or form partnerships. Florida Senior Games staff and sport directors will not assign partners at the Games. Check the individual sports pages of [www.floridaseniorgames.com](http://www.floridaseniorgames.com) for a link to the partner finder .

## **F. TEAMS**

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 more than one team 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 up to two teams per sport providing that the teams are in different age divisions that are not scheduled to play at the same time. Athletes who compete in a team sport may serve as a non-playing coach, non-playing captain or non-playing bench representative for additional teams in the same sport, provided the teams are in different age divisions.
4. Non-playing coaches, non-playing captains or non-playing bench personnel are not required to meet qualifying standards for their sport.

Rosters will be limited to 10 for Basketball, 5 for Team Bowling, 22 for Softball and 15 for Volleyball. Please see Rule H for residency definition. In-state teams are no longer limited to the number of out-of-state players permitted. Team residency must be declared by the team captain at the time of registration and is subject to approval by the Florida Sports Foundation. Teams may not change residency designation once the final schedule has been published. Final rosters must be submitted at the designated check-in time for that sport. Once final rosters have been submitted, no roster 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, 2023.

## **G. DEFAULT**

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

## **H. OUT OF STATE RESIDENTS**

Out of state individuals and teams may compete at the Florida Senior Games and are not required to qualify. The Florida Sports Foundation's definition of an athlete's state residence is that state in which the person resides for at least six months out of the year.

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

Florida Senior Games Series Qualifiers are responsible for providing the Florida Sports Foundation a summary of qualified participants. Florida Senior Games Series 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 sport's specific pages of this rulebook. If out-of state residents are participating in a division at an "OPEN" Florida Senior Games Series Qualifier, they will not take away a qualifying spot from a state resident. "OPEN" Games will qualify the number of state residents specified for each event for the Florida Senior Games.

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

## **J. DETERMINING WHO QUALIFIED FOR THE NATIONAL SENIOR GAMES**

The 2023 Florida Senior Games IS NOT a qualifier for the 2025 National Senior Games, to be held in Des Moines, Iowa on dates to be determined.

In qualifying years, athletes must qualify at the Florida Senior Games. FSF determines who qualifies based upon the rules, regulations and standards set forth by the NSGA. Each event allows for a specific number of qualified athletes. If out-of-state residents qualify, they will not take away a qualifying sport from a state resident. FSF may qualify the number of state residents specified for each event in addition to the out-of-state athletes. The 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. All doubles team made up of one in-state and one out-of-state athlete will be designated as an out-of-state team.

Competition must take place to determine qualification. 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.

Athletes may also qualify by meeting or exceeding the Minimum Performance Standards (MPS) in Archery, Golf, Race Walk, Road Race, Swimming and Track & Field at the Florida Senior Games. Athletes must meet or exceed the MPS based on their age in the current year. Please review each individual sport page, at [www.nsga.com](http://www.nsga.com), for all qualifying rules for the 2023 National Senior Games

#### **K. PROFESSIONAL ATHLETES**

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

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

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

#### **L. UNIFORMS AT THE FLORIDA SENIOR GAMES**

**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. Teams must have both “home” and “away” uniforms with permanently attached numbers on front and back. Sponsors may be added to the jersey but cannot interfere with number placement. Refer to each sport for specific placement of numbers.

Uniforms shall be free of inappropriate symbols or wording.

#### **M. PROTEST POLICY**

Any person desiring to make a protest with regard to any aspect of a sport competition must do so within the guidelines outlined by each sport’s governing body. If the governing body does not address policies for protest, then the following policy will be implemented. Any person desiring to make a protest with regard to any aspect of a sport competition at the Florida Senior Games 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 Senior Games Event Manager. This may be done only after the Event Director denies a written protest. All decisions by the Florida Sports Foundation are final and not subject to further appeal.

#### **N. EVENT ENTRY LIMITS**

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

#### **O. REQUIRED CREDENTIALS**

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

#### **P. NATIONAL GOVERNING BODY RULES**

All sports/events shall be governed by the rules of the national Governing Body (NGB) for that sport as modified herein in the best interest of the participants. All rules shall apply as stated in the NGB/Florida Senior Games rulebooks. NGB rulebooks in effect on the opening day of the Florida Senior Games shall govern the 2023 Florida Senior Games. In the case of conflict between NGB and FSG rules, FSG rules shall govern.

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

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

1. Athletes, coordinators and others must submit rules proposals to the Event Manager of the Florida Sports Foundation 30 days after the completion of the Florida Senior Games.
2. The Florida Sports Foundation will develop recommendations for rules changes and make a determination within 60 days of the completion of the Games.

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

You may contact the Florida Sports Foundation's Event Manager 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 Event Manager. New sport additions will be determined by October of the year prior to that in consideration.

#### **S. CODE OF CONDUCT**

Participation in the Florida Senior Games 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 or inappropriate conduct including but not limited to the following:

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



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

#### **T. POLICY FOR GOVERNING DETERMINATION OF GENDER**

The Florida Sports Foundation does not routinely require its participants to provide proof of gender. There may, however, be the rare circumstances in which an athlete's gender may be called into question.

In these circumstances, an athlete shall be considered to have provided adequate proof of gender by presenting one of the following documents. Birth certificates shall not be accepted

1. A valid photo identification card, such as a driver's license, passport or green card that states the athlete's gender.
2. A copy of a valid in force medical or health insurance policy that unequivocally states the athlete's gender.

#### **U. BANNED SUBSTANCE POLICY**

Except for the sport of Powerlifting, the Florida Sports Foundation does not currently test for banned or performance enhancing drugs. If an athlete is found to be using drugs by any other agency, they will also be banned from future Florida Senior Games competition.

#### **V. ABLE BODIED ATHLETE POLICY**

The Florida Sports Foundation encourages participation of from all athletes 50 and over. At the discretion of the Foundation, athletes with physical disabilities may be allowed to compete with able bodied athletes insofar as any and all handicap devices used by the athlete falls within certain rules and regulations to ensure fairness in competition.

The Foundation will abide by the rules of the National Governing Body (NGB) of the athlete's sport to govern circumstances regarding athletes with disabilities in able-bodied competition for specific sport instances. The use of any technical device that incorporates springs, wheels or any other element that provides the user with an advantage over another athlete not using such a device will be prohibited in athletic competition. However, the Foundation reserves the right to create a special division for athletes utilizing technical devices on a case by case basis. The Florida Sports Foundation has added specific non-ambulatory divisions for Bowling and Shuffleboard.

#### **W. REFUND POLICY**

There is a strict NO REFUNDS policy for the 2023 Florida Senior Games.

## **ARCHERY**

### **EVENTS**

Compound Finger  
Compound Release  
Recurve  
Barebow Compound  
Barebow Recurve

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

OPEN – no qualifying required.

### **ENTRY REGULATIONS**

1. Archers may only compete in one style.
2. 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. When three arrow ends are necessary, each end will consist of one set of three arrows with 2-1/2 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 visit or contact:
- 2.

**National Archery Association**  
**4065 Sinton Road, Suite 110**  
**Colorado Springs, Colorado 80907**  
**(719) 866-4576**  
**[www.usarchery.org](http://www.usarchery.org)**

**National Field Archery Association**  
**800 Archery Lane**  
**Yankton, SD 57078**  
**(605) 260-9279**  
**[www.nfaa-archery.org](http://www.nfaa-archery.org)**

**Florida Archery Association**  
**1620 Yearling Trl**  
**Tallahassee, FL 32317**  
**850-688-2800**  
**[oaustin@fsu.edu](mailto:oaustin@fsu.edu)**

3. '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.
4. Whistle system: 2 = go to line, 1 = shoot, 3 = advance to score, 4 or more = emergency stop.
5. 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.
6. 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.
7. No broadheads will be permitted.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. Barebow Recurve Equipment: Any recurve bow or longbow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. Both USA Archery and NFAA Barebow Recurve rules will be allowed. Arrows must all be the same length and weight.
14. Barebow Compound Equipment: Any compound bow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No levels are allowed. Archers may use a stabilizer and may use a draw check that is either on the bow limbs or under the arrow in the bow window. Arrows must all be the same length and weight.
15. Compound Bow Equipment: The maximum peak draw weight allowed shall be 80 pounds. Maximum arrow speed shall be 300 feet per second with a variance of 3%. Lighted sights may be used.

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa at a date to be determined.

All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA – 900 round minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. An archer may enter only the style in which he/she has qualified. Visit [www.nsga.com](http://www.nsga.com) for Minimum Performance Standards.

### **STATE DIRECTOR**

Oliver Austin, Tallahassee  
850-688-2800  
[oaustin@fsu.edu](mailto:oaustin@fsu.edu)

## **BADMINTON**

### **EVENTS**

Singles  
Doubles  
Mixed Doubles

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

OPEN – no qualifying required.

### **ENTRY REGULATIONS**

1. Athletes may compete with only one partner per event. An event is considered Singles, Doubles and Mixed Doubles.
2. Athletes must provide their own racquets. Shuttlecocks will be provided.
3. Doubles partners must be of the same gender. Mixed doubles will be one male and one female player.
4. The age division of competition for Doubles and Mixed Doubles will be determined by the younger age of the two partners, as of December 31, 2023.

### **FORMAT**

1. Tournament format will be round robin, with as many players as possible advancing to a single elimination tournament.
2. Awards will be presented for 1<sup>st</sup> through 4th for each event within each age division.
3. Tournament Director reserves the right to change the format.

### **SPORT RULES**

1. This tournament will be conducted in accordance with the USA Badminton rules, except as modified herein. For a copy of these rules, please visit or contact:

**USA Badminton**  
**9255 Telstar Avenue, Unit 1**  
**El Monte, CA 91731**  
**(714) 602-1691**  
**[www.usabadminton.org](http://www.usabadminton.org)**

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. Pittsburgh, Pennsylvania, July 7-18, 2023. All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

### **STATE DIRECTOR**

Dave Zarco  
(305) 798-2816  
Email: [zarcoprosmash@gmail.com](mailto:zarcoprosmash@gmail.com)

## **BASKETBALL**

### **Three on Three Half Court**

## **EVENTS**

3-on-3 Basketball

## **FLORIDA SENIOR GAMES QUALIFYING RULES**

OPEN – no qualifying required.

## **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. Teams are no longer limited to the number of out of state players on their rosters, however, roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency.
3. Athletes may play on up to two basketball teams providing that the teams are in different age divisions and are scheduled to play at different times.
4. Age divisions for all team competition will be determined by the age of the youngest team member, as of December 31, 2023.

## **FORMAT**

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final.
  - a. In situations where a second championship game is needed to determine an overall winner (i.e. team from bottom bracket beats a team from an upper bracket in a championships game), the second championship game shall only be one half in length of fifteen minutes. All other rules will be followed in accordance with standard "second-half" game play.
2. First through fourth place awards will be presented in each skill age division.
3. Every effort will be made to provide teams a minimum of three games.
4. FSG reserves the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. Ties for seeding will be broken in the following manner:
  - a. Overall record
  - b. Head-to-Head competition
  - c. Point differential against common opponents – a maximum of 21 points will be awarded towards point differential, regardless of final score.
  - d. Point differential against all opponents
  - e. Least points allowed (total points allowed against all opponents)
  - f. Coin Toss
6. Forfeits shall be scored 21-0.
7. Default during competition Rule Q will be strictly enforced.
8. Home and Visitor teams will be determined by the order teams are listed in the schedule. The first team listed will be the home team and the second team listed will be the visiting team. (Top team on bracket – Home, bottom team on bracket – Away.)

## **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, visit or contact:

**National Collegiate Athletic Association**  
**700 W. Washington Street**  
**Indianapolis, IN 46206-6222**  
**(317) 917-6222**  
[www.ncaa.org](http://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. A coin toss will determine which team shall take first possession of the ball. Possession at the start of the second half shall be determined by the possession arrow.
5. Playing time shall be two halves of 15 minutes for all age groups. There shall be a continuously running clock with an intermission of five minutes for half-time. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of the second half.
6. A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules, and after a made basket during the last minute. IF the game is still tied at the end of the first overtime period, a final overtime period will be played with a sudden death format, the first team to score will win. Ball possession will be determined by a coin flip for each overtime period. There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.
7. Two timeouts are permitted per team per half. Timeouts do not carry over from one period to the next. 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 60 seconds in duration. The clock will not run during timeouts.
8. Substitutions may be made after a basket, a foul shot, stoppage of play or any other time an official beckon the player onto the court.
  - a) Players MUST be beckoned onto the court by the referee. Entering the court without being beckoned will result in a warning from the official; all subsequent violations will result in a technical foul.
  - b) Both the offensive and defensive team may substitute after the first free throw of a two-shot foul and after the second free throw of a three-shot foul.
  - c) The defensive team can only substitute after a made basket or free throw (when it is the final free throw taken) if the offense is substituting at that time. Violating this rule will result in a warning from the official; all subsequent violations will result in a technical foul.
  - d) On all stoppage of play (i.e., violations such as traveling, double dribble, three seconds, or out of bounds, etc.) either team can substitute as long as they request to sub prior to the inbounder having the ball in the throw-in area.
9. 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 (“throw-in area”). The ball must be advanced into play by means of a pass to a teammate. Violation of the throw-in area by the offense results in a loss of possession.
  - b) After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line; only the player’s feet. The penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.

10. Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the throw-in area. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow. Dribbling will result in a replay.
11. Unsporting Technical Infractions:
- 11a. An unsporting technical infraction shall be when a player, substitute or any bench personnel commits or displays any unsportsmanlike act set forth in accordance with the NCAA rules and guidelines. Penalty for unsporting technical infractions shall be two free throws attempted by any player from the offended team and possession of the ball. Additionally, this technical counts towards the team foul total. Any player receiving two unsporting technical shall be removed from the game. Any unsporting technical called on bench personnel are assessed to the coach as well. Combination of two direct or indirect unsporting technical to the coach will require their removal from the game. Examples of unsporting behavior include taunting and baiting, use of profanity, continuous questioning of official's judgement, defense breaking the plane of the throw-in area, making contact with the ball or the thrower, just to name a few.
- 11b. Administrative technical infractions are issued for the following with a penalty of two free throws by any player from the offended team and possession of the ball but does not count towards team foul total or disqualification or ejection:
1. Delay of Game: A warning will be given the first time any of the following occur: Improper substitutions, defense breaking the plane of throw-in area with no contact of ball or thrower, delaying return to floor after timeouts or intermission, interfering with the ball and not allowing it to be readily available and huddling on the court or prior to free throws. Stalling or not running an offense is a delay of game, except during the last 2 minutes of 2nd half or any overtime. Administrative technical will be issued when any events occur following the warning.
  2. Other administrative technical infractions include wrong number in the score book, player not listed or needing to be added after the game starts.
- Player limitations during inboundings:
- a) The inbounder must be within the designated "throw in area," which shall be the space at the top of the key with a width of no less than the free throw lane extension area (12 feet wide) and a depth of no less than five feet from the top of the free throw line.
  - b) The defense may defend anywhere on the court; however, no player may enter the throw-in area to defend the inbounder.
  - c) The inbounder's teammates may not receive the inbound pass within the "out of bounds area" which is the area behind the three-point line, free throw lane extended.
  - d) The inbounder may not hand off the ball to a teammate.
  - e) The inbounder's teammates may not enter the three-second lane to receive a pass or set a screen until the inbounding teammate actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbounds pass.
  - f) The 3 second lane count and the 5 second closely guarded count should not begin until the defensive team (now the new offensive team) takes the ball behind the three-point arc.
  - g) Violations of the throw-in area by the offense result in a loss of possession.
  - h) Violations of the throw-in area by the defense result in a warning followed by a technical foul (2 shots).
12. A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.

13. All personal and technical fouls shall be counted against a team total. On the seventh team foul, a bonus shall be awarded for the remainder of the game. Team fouls carry over into the second half and overtime periods. Penalties for fouls shall be as set forth below.
14. Prior to the seventh team foul:
1. any common foul shall result in loss of possession for the offending team;
  2. any player control foul shall result in disallowing a converted basket and loss of possession;
  3. any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
  4. 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.

If a shooting foul occurs during the running time part of the game:

All players will remain behind the arc and the offense will re-gain possession of the ball, even if the clock goes to the two-minute mark. At that time, the clock will stop until the ball is put in play again from the throw-in area.

All the players behind the arc may cross the arc once the shooter releases the ball. The shooter may cross the free throw line after the ball strikes the rim, flange or backboard or retrieve the ball upon completion of the last free throw.

During the stopped time portion of the game:

The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the ring, flange or backboard or until the free throw ends.

No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-thrower has released the ball.

15. Beginning with the seventh team foul:
- a) any common foul shall result in a single free throw and the offended team shall retain possession;
  - b) any player control foul shall result in recording the foul and a change in possession.
  - c) any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
  - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
16. Beginning with the 10th team foul:
- a) any common foul shall result in two free throws, and the offended team shall retain possession;
  - b) any player control foul shall result in recording the foul and a change in possession.
  - c) any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession;
  - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
17. 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).
18. Team clothing must be of like design and color. Teams must have both "home" and "away" uniforms with permanently attached numbers front and back. The numbers must be 4" on the front and 6" on the back in the center of the jersey. Sponsors may be added to jersey but cannot interfere with the number placement. Uniforms shall be free of inappropriate symbols or wording.
19. Three-point shots are allowed. The three-point line distance for both men and women will be 19'9".



20. Officials do not put the ball in play, except at the start of each half. The referee will handle the rebound of the first free throw (first and second free throws if three shots are being taken) and then will not handle the ball after the last free throw.

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa on dates to be determined. To qualify for National Senior Games, one must tally a Top 4 performance/finish in their respective age group.

### **STATE DIRECTOR**

Ronnie Outen

[routen@pascocountyfl.net](mailto:routen@pascocountyfl.net)

## **BASKETBALL**

### **Shooting**

#### **EVENTS**

Free Throw Shooting

Spot Field Goal Shooting

Timed Field Goal Shooting

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

Top 5 in each age group at Florida Senior Games Qualifier site. Participants that qualify are eligible for all Basketball Shooting events. In addition, all athletes competing in Basketball Shooting events are eligible to form teams and compete in Basketball 3 on 3. (Note: qualifying is only applicable to Florida residents).

#### **FORMAT**

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

## **SPORT RULES**

### **Free Throw Shooting:**

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

### **Spot Field Goal Shooting:**

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

### **Timed Field Goal Shooting:**

1. The contestant will be allowed three rounds of one minute each.
2. The contestant will begin shooting when the timekeeper calls "start."

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

## **NATIONAL SENIOR GAMES QUALIFYING RULES**

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

### **STATE DIRECTOR**

Ronnie Outen

[routen@pascocountyfl.net](mailto:routen@pascocountyfl.net)

## **BOWLING**

### **EVENTS**

Singles

Doubles

Mixed Doubles

Non-Ambulatory Singles

Non-Ambulatory Doubles

Non-Ambulatory Mixed Doubles

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

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

### **ENTRY REGULATIONS**

1. Athletes may compete with only one partner per event.
2. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes may be available at the competitor's expense.
3. All equipment shall meet USBC specifications. The Florida Senior Games reserves the right to inspect equipment.
4. Doubles partners must be of the same gender. Mixed doubles will be one male and one female bowler.
5. The age division of competition for Doubles and Mixed Doubles will be determined by the younger age of the two partners, as of December 31, 2023.

### **FORMAT**

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

### **SPORT RULES**

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

**United States Bowling Congress**

**621 Six Flags Drive**

**Arlington, TX 76011**

**800-514-BOWL**

**[www.bowl.com](http://www.bowl.com)**

2. All equipment shall meet USBC specifications. The Event Director reserves the right to check equipment at any time.
3. For Non-Ambulatory events, the athlete must be seated in their wheelchair or scooter for the entire duration of competition.

4. For Non-Ambulatory events, an athlete must physically roll the ball or with the use of a ramp, as long as no one else or the chair itself helps project the ball down the lane. The athlete must be the one who impacts the energy needed for the ball to move down the lane.

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines Iowa, on dates to be determined. All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. Athletes must qualify in each bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2025 National Senior Games, except when Rule E applies.

### **STATE DIRECTORS**

Margaret Johnson

And

Kathie Bothwell

## **TEAM BOWLING**

### **EVENTS**

Team Bowling Men  
Team Bowling Women  
Team Bowling Mixed

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

Open only to those bowlers qualified to compete in Bowling singles, doubles or mixed doubles events. (Note: qualifying is only applicable to Florida residents).

### **ENTRY REGULATIONS**

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

### **FORMAT**

1. Tournament will be based on scratch scores.
2. Bowlers will be placed in divisions by age and gender.
3. Bowling times and lanes will be assigned by the Event Director.
4. Teams will bowl one set of three games. Winners are determined by total team score for the one set.
5. Fourth place ribbons will be awarded in addition to Gold, Silver and Bronze medals.

### **SPORT RULES**

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

**United States Bowling Congress**  
**621 Six Flags Drive**  
**Arlington, TX 76011**  
**800-514-BOWL**  
**[www.bowl.com](http://www.bowl.com)**

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

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa on dates to be determined. Athletes that qualify for and compete in singles, doubles or mixed doubles at the 2024 Florida Senior Games will be eligible to compete in Team Bowling. Athletes cannot qualify to compete in the team event, except in this manner.

### **STATE DIRECTOR**

Margaret Johnson

And  
Kathie Bothwell



## **CYCLING**

### **EVENTS**

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

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

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

### **ENTRY REGULATIONS**

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

### **FORMAT**

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than thirty seconds. No allowances will be made for mishaps, mechanical or otherwise.
2. Starting order for the time trials will be from youngest to oldest starting with males and ending with females.
3. Time Trials Modified divisions will begin prior to the youngest male rider of the standard Time Trials. Starting order will be from youngest to oldest.
4. Time Trials Recumbent divisions will begin following the oldest female rider of the standard Time Trials. Starting order will be from youngest to oldest starting with males and ending with females.
5. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
6. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
7. The road races will be a staggered start by age divisions, youngest male divisions to oldest female divisions. The Event Director reserves the right to combine divisions as necessary.
8. A minimum and maximum distance will be allowed as a qualifier event for the 20K and 40K Road Races. Florida Senior Games Cycling Events will be within the range in the chart below.

RACE	Minimum Distance for Course	Maximum Distance for Course
20K	18K	22K
40K	35K	40

### **SPORT RULES**

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

**USA Cycling**  
**210 USA Cycling Point, Suite 100**  
**Colorado Springs, CO 80919**

2. Helmets are mandatory (CPSC, ANSI, or SNELL approved with sticker affixed).
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear are not permitted. Recumbent bicycles may only race within the 5K and 10K Time Trials Recumbent Bicycle Division. All bicycles must be certified by race officials prior to the competition.
4. There may be no protective shield, faring, or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. Handlebars used for steering with ends, features, or attachments that extend forward or upward that provide support for other than the rider's hands (including aero bars) are permitted only in the time trials events and not the road race events.
6. 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.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. 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.
10. No restarts are permitted.

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa on dates to be determined.

All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

Athletes who reside in a state that does not offer a 20K or 40K cycling road race may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.4

Qualifying events must be conducted under the rules for the appropriate event to be used for qualifying. States may conduct a "combined" event, but competitors may not compete in both events when events are combined. Those wishing to collect awards in the 5K or 20K must stop after that portion of the event is complete.

Qualifying event must be a stand-alone road race that is not combined with another event (i.e. duathlon, or triathlon).

### **STATE DIRECTOR**

20K/40K Road Race

Tim Molineaux

5K/10K Time Trials

Steven Perezluha

## **DOMINOS**

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

OPEN – no qualification performance is necessary.

#### **FORMAT**

1. This is a Multiple Partners Tournament: individual, random partners, to be played over seven (7) rounds of one Set each round.
2. A special system will be used whereby at all times the player ranked first at the start of a new Round, will always partner with the player ranked 3rd to play against the player ranked 2nd partnered with the player ranked 4th on table 1.
3. On table 2 the player ranked 5th will partner with 7th against player ranked 6th partnered with 8th, etc., etc., etc. This principle will apply for each Round except the first Round where the table assignments will be drawn by a computer program.
4. The first pair to win six (6) games, wins the Set, thereby winning that Round.
5. Based on each player's accumulated score at the end of a Round, a new partner will likely qualify in the next Round for the position of the previous partner. However, it is possible that when the scores are very close, a player could be assigned the same partner more than once, all as a result of the computer program.
6. Win or lose, all players will compete in each of the seven (7) Rounds.
7. At the end of the seventh Round, the player with the highest accumulated score wins the Tournament.
8. The accumulated scores principle will apply throughout the tournament, such that the player with the highest accumulated score wins 1st Prize, all alone, by himself/herself, and so on for 2nd, 3rd, etc., a single winner each place.

#### **SPORT RULES**

1. Each Round will begin and end promptly. As For late arrivals, penalty games will be added to each violator's accumulated score as follows: • 1 minute – 1 game • 5 minutes – 2 games • 6 minutes – The individual violator only forfeits with a 0/6 loss
2. "Rotation of pose" format will at the beginning of a Round, the dominoes will be shuffled, face down. Before sitting, each player will blindly draw a single domino, and whoever draws the highest card will be the 1st poser. THERE ARE NO TIES AT THIS STAGE: 6/1 BEATS 4/3, 5/2 BEATS 4/3, 3/1 BEATS 2/2, ETC. Play will proceed anti-clockwise. "Rotation of pose" will continue in all other games. NOTE: Make a mark on the scorecard beside the 1st Poser's name so as to ensure accuracy in the rotation.....which means partners may not exchange positions.
3. There will be no drinking, nor use of cellular phones during the play. Violators will be warned first for time wasting, then be penalized one game if repeated. Absolutely no smoking allowed in the room.
4. At his/her turn to play, each player may only move his/her hand towards, a single domino in the holder. Once indicated, that domino must be played. No changes which could construe many different "things."
5. Doubles must be posed horizontally in the center of the table; Non-doubles must be posed adjacently with the larger side to the partner.
6. After each play is made, the space from which the domino to played was removed must remain open. The remaining unplayed dominoes may not be touched.

7. There are NO ONE-AWAYS in this the player who violates loses 1 game, but his partner does not. The opponents do not earn a game from a violation, but do have the option to continue that game, or abandon it. If abandoned, the next player in line will pose any domino. Not the last poser, not double six. The rotation must continue, regardless.
8. At 1-all (that is one hand/game won by each Multiple Partner team) the set will No restarts. • In the event of a Blocked hand/game, the player with the lowest count wins that game for him and his we are scoring by hands won. Combined count is not applicable.
9. If the lowest individual score on one side is tied with that of an opponent, the following hand/game will be played for a 2 games win.... except when one pair already 5 games has won.... then the tiebreaker must be played for 1 game.
10. The next player in the “Rotation of pose” sequence must pose any domino, to start this and every Derby/Tiebreaker. NOT DOUBLE Remember? 6/6 IS UNIMPORTANT!
11. If there are consecutive Derby hands/games, the team which finally wins after these Tiebreakers will still win 2 games only, and 1 only where 5 games were already THE JUDGES’ DECISIONS ARE FINAL!

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

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

### **STATE DIRECTOR**

Mayor Hazelle Rogers

(954) 914-3667

Email: [hazelle@hrogers08.com](mailto:hazelle@hrogers08.com)

## **GOLF**

### **EVENTS**

18 Holes – Scratch

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

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

### **ENTRY REGULATIONS**

1. Golfers must provide their own clubs and balls.
2. Golf cart use during official competition is mandatory.
3. Foursome assignments will be made by event director.
4. PGA members may compete as long as they are not on the PGA Tour and adhere to the definition of a professional. The Florida Sports Foundation has the right to determine professional status.

### **FORMAT**

1. The tournament will be an 18-hole stroke play competition.
2. Medaling for the event will be based off the score of 18 holes.
3. Qualifying scores are based off independent 18-hole rounds and are based off of the Golf Minimum Performance Standards (MPS) found at [www.nsga.com](http://www.nsga.com)
4. Handicaps are not used.

### **SPORT RULES**

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

**United States Golf Association**

**P.O. Box 708**

**Far Hills, NJ 07931**

**(908) 234-2300**

**[www.usga.org](http://www.usga.org)**

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

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined..

All first-place winners, or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying games, will qualify for the 2025 National Senior Games.

Qualifiers will be determined by 18-hole (not two rounds of a 9-hole course) gross score played on a course with a minimum par of 70 and a United States Golf Association (USGA) slope rating between 119 and 126 for men and between 113 and 120 for women. Handicap scores are not acceptable for qualifying. Nine-hole gross scores are permitted only for those 90 and older. In competitions with more than an 18-hole competition, any single 18-hole score meeting the golf minimum performance standard will qualify a competitor for the NSGA tournament. For open state qualifiers, Rule H applies.

**STATE DIRECTOR**

Frank Anderson, Gainesville

(352) 222-5385 or [fandersoniii@cox.net](mailto:fandersoniii@cox.net)

## **HORSESHOES**

### **EVENTS**

Singles

Non-Ambulatory Singles

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

Open – No Qualification Necessary.

### **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. Preliminary rounds will be conducted using count-all scoring. Preliminary matches will continue until each player has pitched 30 shoes. If the score is tied after 30 shoes are pitched, the game will remain a tie. If pools are not of even numbers, the average score per game will be used. At the conclusion of the preliminary round robin, the top eight players based on total points or average points will advance and play a single round-robin championship final.
2. In the Championship rounds, the tournament director reserves the right to change the format to cancellation scoring based on total number of athletes in a division.  
In the Championship rounds, if entries are conducive, players will play a single round robin within the age division. If entries are not conducive, a double round robin will be played. Wins and Losses will determine the order of finish. All rounds will be conducted using count-all scoring. Matches will continue until each player has pitched 30 shoes. If the score is tied after 30 shoes are pitched, additional sets of four shoes shall continue to be pitched until the winner is determined. If players are tied for the medal positions at the end of round robin play, a 30 shoe playoff game, using same rules as above will be pitched to break the tie.
3. The tournament director reserves the right to change the format.

### **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**  
**(262) 835-9108**  
**[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. For Non-Ambulatory events, competition will use a standard court, but the pitching distance for women and men will be 20 feet.
4. For Non-Ambulatory events, the athlete must be seated in their wheelchair or scooter for the entire duration of competition.
5. A match will consist of one game.
6. Players will match shoes to determine who pitches first.

7. 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.
8. The pitcher must stand on one of the pitching platforms. Players may use the platform on either side of the court. Feet must stay behind the foul line and within the platform limits until the shoe has left the pitcher's hand. When not pitching, the opponent shall stand quietly and stationary on or behind the same court's opposite pitching platform and at least two feet (2') behind the contestant who is pitching from the same or adjacent court. Such an offense incurs a loss of score in that inning. No player may walk to the opposite stake, or be informed of the position of the shoes before an inning is complete. Once thrown, shoes may not be moved or touched until the scores have been decided. Such an offense incurs a loss of score for that player in that inning.
9. Shoes must be within six inches of the stake to score. A shoe that first strikes the ground outside the target area or rebounds from the backboard cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the target area on the request of the opponent. A shoe landing in the area and breaking is not scored; it is removed and another pitch taken. A "ringer" is a shoe that encircles the stake so that a straight edge could touch the two tips of the horseshoe without touching the stake.

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

Horseshoes is not a program of the National Senior Games.

### **SPORT DIRECTOR**

Ron Deckard

(727) 286-8318 or [deckardr34698@yahoo.com](mailto:deckardr34698@yahoo.com)



## **PICKLEBALL**

### **EVENTS**

Singles

Doubles

Mixed Doubles

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

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

### **ENTRY REGULATIONS**

1. The age division of competition for Doubles and Mixed Doubles will be determined by the younger age of the two partners, as of December 31, 2023.
2. Athletes may compete with only one partner per event.
3. Competitors must bring their own paddles. Pickleballs will be provided.

### **SKILL DIVISIONS**

1. The Florida Senior Games has chosen the option to decide to run an age/skill division tournament. With this format, the qualifying procedures will not change. It will continue to be the top five athletes in each age division in each event – Singles, Doubles and Mixed Doubles, qualifying for the Florida Senior Games.
  - a. In an age/skill division tournament, the state coordinator will have the ability to divide the skills ratings into THREE divisions or LESS (Division I, II, III).
2. Skill ratings according to the USAPA (United States of America Pickleball Association) are listed below.
  - a. 1.0-2.0
  - b. 2.5
  - c. 3.0
  - d. 3.5
  - e. 4.0
  - f. 4.5
  - g. 5.0
3. The 2023 Florida Senior Games skill ratings per division are listed below; however, a state coordinator can decide which skill ratings compete in which division – as these could be adjusted based on numbers in the tournament.
  - a. Division I -- 5.0, 4.5
  - b. Division II -- 4.0
  - c. Division III -- 3.5 and below
4. States that divide competition into separate divisions (i.e. I, II, III) will qualify four in each age category per division for the 2025 National Senior Games.
5. In order to qualify for the 2025 National Senior Games, competition must take place. If a state does not have enough athletes in an age/skill division, the athlete would move up or down depending on the numbers in each group at the discretion of the Tournament Director.

### **FORMAT**

1. Double elimination is planned. Event Director reserves the right to modify format based on number of tournament entries.
2. Matches in the winner's bracket will be best two out of three games. Games are played to 11 points but must continue until one player or team achieves a two-point margin.

3. Matches in the loser's bracket will be one game to 15 points but must continue until one player or team achieves a two-point margin.
4. Teams and players will not be seeded. Brackets will be determined by a random draw.
5. Any event (age class) which does not have at least two entries (teams or individuals) may be combined with another division or cancelled at the discretion of the Event Director.

### **SPORTS RULES**

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

#### **USA Pickleball Association**

**P.O. Box 7354**

**Surprise AZ 85374**

[www.usapa.org](http://www.usapa.org)

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

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined.

All first, second, third and fourth place winners in each age division at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. States that use age/skill competitions may qualify up to four in each age/skill category within the division. Athletes must qualify in each Pickleball event (singles, doubles and mixed doubles) in which they wish to compete at the 2025 National Senior Games except where Rule E applies. The state coordinator will have the ability to divide the skills rating into three divisions or less (Division I, II, III). You will qualify four in each age category per division. If a state does not have enough athletes in an age/skill division, the athlete would move up or down In an age group within the same division at the discretion of the Tournament Director

**SPORT DIRECTOR**

Andy Rubenstein

(954) 439-2900 or [andyacr@aol.com](mailto:andyacr@aol.com)

## **POWERLIFTING**

### **CATEGORIES/EVENTS**

Raw Bench Press Only

Raw Deadlift Only

Raw Bench Press and Deadlift combined for Total (Push/Pull)

Raw Powerlifting (Squat, Bench Press, and Deadlift for Total)

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

OPEN – no qualification is necessary

### **ENTRY REGULATIONS**

1. Divisions will be contested in accordance with Senior Games five-year age increments starting 50-54 through 100+.
2. All athletes shall require a membership with Powerlifting America. All memberships purchased on or after October 1, 2023, shall expire on December 31, 2024.
3. Proof of age will be required at weigh-in (birth certificate w/ picture I.D., Driver's License or State I.D.).

### **FORMAT**

1. Each division will be divided into weight classes as follows:  
Men (lbs.)  
130.00lbs/59.00kgs, 145.50lbs/66.00kgs, 163.00lbs/74.00kgs, 182.75lbs/83.00kgs,  
205.00lbs/93.00kgs, 231.25lbs/105.00kgs, 264.50lbs/120.00kgs, 264.50+lbs/120.00+kgs  
Women (lbs.)  
103.5lbs/47kgs, 114.5lbs/52kgs, 125.5lbs/57kgs, 138.75lbs/63kgs, 152.00lbs/69kgs,  
167.50lbs/76.00kgs, 185lbs/84kgs, 185+lbs/84+kgs
2. Each division will be divided into age groups in accordance with Florida Senior Games Rules of Competition.
3. Each athlete shall be granted three (3) attempts in the bench press, deadlift and squat competitions.
4. Raw/Unequipped Lifting is defined as: Non-supportive singlet, wrist wraps, and knee wraps only.
5. Florida Senior Games competition may be drug tested.

### **SPORT RULES**

Competition will be conducted in accordance with all Powerlifting America rules and regulations.

These rules can be found online at: [www.poswerlifting-america.com](http://www.poswerlifting-america.com)

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

Powerlifting is not part of the National Senior Games program.

### **STATE DIRECTOR**

Robert Keller

[rhk@verizon.net](mailto:rhk@verizon.net) or (954) 790-2249

## **POWER WALK**

### **EVENTS**

5K Power Walk

1500M Power Walk

### **STATE CHAMPIONSHIPS QUALIFYING RULES**

OPEN – no qualification is necessary

#### **5K FORMAT**

1. A 3.1-mile paved surface course will be used, and split times will be provided.
2. If a track is used for the race it must be referred to as 5000M not 5K.
3. Athletes may not enter the 5K Race Walk or Road Race when competing in Power Walk.
4. No canes, walkers, headphones, cell phones, and/or water bottles are allowed during the event.

#### **1500M FORMAT**

1. No canes, walkers, headphones, cell phones, and/or water bottles are allowed during the event.

### **SPORT RULES**

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please email or call:

**United States Power Walking Association**

**Doug & Marianne Hamilton, Administrators**

**[Unitedstatespwa@gmail.com](mailto:Unitedstatespwa@gmail.com) or (408) 205.9641**

**[www.uspwa.net](http://www.uspwa.net)**

2. Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.
3. One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
4. Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
5. Creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
6. A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
7. Running or jogging mode is forbidden.
8. Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
9. The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
10. Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official. i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.

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

The 2023 Power Walk event was classified as an “OPEN” event. Athletes did not need to qualify at a 2022 state qualifier. The 2025 status is to be determined.

**STATE DIRECTOR**  
TBD

## RACE WALK

### EVENTS

1500m Race Walk

5K Race Walk (USATF Rules)

### FLORIDA SENIOR GAMES QUALIFYING RULES

OPEN – no qualification is necessary

### FORMAT

1. 5K Race Walk - A 3.1-mile paved surface course will be used, and split times will be provided. The option to use a track for the event is also available. If a track is used for the 5K it is referred as a 5000m race.
2. 1500 Meter Race Walk– Timed final on the track.

### SPORT RULES

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

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

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

### NATIONAL SENIOR GAMES QUALIFYING RULES

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. All first, second, third and fourth place winners, or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying event will qualify for the 2025 National Senior Games.

### RACE WALK MINIMUM PERFORMANCE STANDARDS

Men	1500M	5K	Women	1500M	5K
50-54	8:25	30:30	50-54	9:55	35:35
55-59	8:43	31:21	55-59	10:12	36:13
60-64	9:00	32:15	60-64	10:21	37:05
65-69	9:34	34:14	65-69	10:51	37:56
70-74	10:06	36:48	70-74	11:26	42:26
75-79	11:12	39:10	75-79	12:43	43:00
80-84	13:04	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

## **RACQUETBALL**

### **EVENTS**

Singles  
Doubles  
Mixed Doubles

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

OPEN – no qualifying is necessary

### **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, as of December 31, 2023.
3. Athletes may compete with only one partner per event.
4. 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 visit or contact:

**United States Racquetball Association**  
**1661 Mesa Avenue**  
**Colorado Springs, CO 80904**  
**(719) 635-5396**  
[www.usra.org](http://www.usra.org)

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined.

All first-, second-, third- and fourth-place winners at 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. Athletes must qualify in each racquetball event (singles, doubles and mixed doubles) in which they wish to compete at the 2025 National Senior Games, except when Rule E applies.

### **STATE DIRECTOR**

Rick Bernstein  
(954) 629-5398  
Email: [RBallRick1@gmail.com](mailto:RBallRick1@gmail.com)



## **ROAD RACE**

### **EVENTS**

5K Road Race

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

OPEN – qualifying is not necessary

### **FORMAT**

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

### **SPORT RULES**

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

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined..

All athletes who complete a 5K/10K Road Race at a 2024 NSGA Qualifying State Games will qualify for the 2025 National Senior Games, or athletes can qualify by meeting the “limited” qualifying criteria in Rule D.

### **STATE DIRECTOR**

TBA

## **SHUFFLEBOARD**

### **EVENTS**

Singles  
Open Doubles  
Non-Ambulatory Singles  
Non-Ambulatory Open Doubles

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

Shuffleboard is an “Open” sport. No qualification is necessary.

### **ENTRY REGULATIONS**

1. Athletes may compete with only one partner per sport.
2. Open Doubles teams may be mixed gender. The age division of competition for Open Doubles will be determined by the younger age of the two partners, as of December 31, 2023.
3. Athletes must provide their own cues. Disks will be provided.

### **FORMAT**

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

### **SPORT RULES**

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

**National Shuffleboard Association**  
**Kathy Brennan, President**  
[www.national-shuffleboard-association.us](http://www.national-shuffleboard-association.us)

**Florida Shuffleboard Association**  
[www.fsa-shuffleboard.org](http://www.fsa-shuffleboard.org)

2. For Non-Ambulatory events, the tournament director has the option of moving the foul lines closer to allow the athletes a shorter court.
3. For Non-Ambulatory events, the athlete must be seated in their wheelchair or scooter for the entire duration of competition.
4. 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.
5. 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.
6. Open 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 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, the number of average points per game of the tied teams will determine place.
7. The cue shall not have an overall length of more than 6’-3”. No metal part of the cue shall touch the playing surface.

8. Each player will have four disks for practice before the start of each match.

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. All first, second, third and fourth place winners at the 2024 Florida Senior Games will qualify for the 2025 National Senior Games. Athletes must qualify in each shuffleboard event (singles, open doubles) in which they wish to compete at the 2025 National Senior Games, except when Rule E applies.

#### **STATE DIRECTOR**

Glenn Monroe  
(863) 398-5672  
[gamonroe@gmail.com](mailto:gamonroe@gmail.com)

## **SOFTBALL**

### **EVENTS**

Men 50+

Men 55+

Men 60+

Men 65+

Men 70+

Men 75+

Women 50+

Women 55+

Women 60+

Women 65+

Women 70+

Women 75+

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

OPEN – qualifying is not necessary

### **ENTRY REGULATIONS**

1. Teams must supply current team rating, tournament history and all other names used or played under during the period of one year. Teams must be of all one gender. There are separate tournaments for each gender.
2. Team must provide their own bats, gloves, and practice balls.
3. Team rosters shall be limited to 22 players including non-playing captains, coaches and bench personnel. No more than 20 of these persons may be players. No players will be added to the rosters during the tournament. This includes non-players moving to player status due to an injured team member.
4. Athletes may play on up to two softball teams providing that the teams are in different age divisions and are scheduled to play at different times.
5. Age divisions for all team competition will be determined by the age of the youngest team member, as of December 31, 2023.
6. It is the captain's responsibility to declare team residency subject to Florida Senior Games approval, at the time of registration.

### **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. Ties for seeding will be broken in the following manner:
  - a. Overall record
  - b. Head-to-head competition - only when all teams play each other
  - c. Total runs allowed
  - d. Run differential
  - e. Total runs scored
  - f. Coin toss
3. Event Director reserves the right to modify format based on number of teams.
4. **COMPETITION BALLS WILL BE PROVIDED.**

5. Fourth place ribbons will be awarded in addition to Gold, Silver and Bronze medals for Florida teams. Gold, Silver and Bronze medals will be awarded to top overall teams, if non-resident teams are in contention for medals.
6. **Mercy rule:** A mercy rule will be in effect for all games. The rule shall be 20 runs after four innings and 15 runs after five innings, or any time a team may not mathematically score enough runs to stay in the game, ending the game.
7. **Time Limit:** The length of a game will be seven innings or 60 minutes for pool play (round robin) and double elimination games. After 60 minutes the umpire shall announce that teams will finish the current inning and play one more. The last inning shall be played with unlimited runs. This rule is designed to allow 1 hour and 15 minutes for a game, which is ample time to play 7 innings. Tie games after seven innings or at the end of regulation time will continue until one team is ahead after the completion of any subsequent inning using the International tie-breaker rule. There will be no time limit for championship / medal games.

### **SPORT RULES**

This tournament will be conducted in accordance with Senior Softball USA (SSUSA) rules, except as modified herein. For a copy of these rules, please visit or contact:

**USA Softball  
2801 NE 50th Street  
Oklahoma City, OK 73111-7203  
(405) 424-5266**

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined.

All first-, second-, and third-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

### **STATE DIRECTOR**

Avis Vaught  
727-385-0810  
Email: [sportzrecreat@gmail.com](mailto:sportzrecreat@gmail.com)

## **SWIMMING**

### **EVENTS**

50-yard Backstroke  
100-yard Backstroke  
200-yard Backstroke  
50-yard Breaststroke  
100-yard Breaststroke  
200-yard Breaststroke  
50-yard Butterfly  
100-yard Butterfly  
200-yard Butterfly  
50-yard Freestyle  
100-yard Freestyle  
200-yard Freestyle  
200-yard Freestyle Relay (not a qualifying event)  
500-yard Freestyle  
100-yard Individual Medley  
200-yard Individual Medley  
200-yard Medley Relay (not a qualifying event)  
400-yard Individual Medley

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

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

### **ENTRY REGULATIONS**

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

### **FORMAT**

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

### **SPORT RULES**

1. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. For a copy of these rules, please visit or contact:

**United States Masters Swimming, Inc.**  
**1751 Mound Street, Suite 201**  
**Sarasota, FL 34236**  
**(941) 256-8767**  
**(800) 550-7946**  
[www.usms.org/rules](http://www.usms.org/rules)

**For Sanctions Contact: Carter Elliott**  
**FL LMSC Senior Games Liaison**  
**FLSeniorGames@usms.org**  
**[www.floridalmcsc.org](http://www.floridalmcsc.org)**

The major points of the rules include:

- a. Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The Backstroke start is taken from the wall. A false start will result in disqualification.
  - b. Turns: The Breaststroke and Butterfly turns must be done with both hands touching the wall simultaneously. The Backstroke and Freestyle events require some part of the body to touch the wall.
  - c. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
  - d. Breaststroke: Appropriate stroke is required. After the start and after each turn, at any time prior to the first breast stroke kick, a single butterfly (dolphin) kick is permitted, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
  - e. Butterfly: The appropriate stroke is required. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
  - f. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke or backstroke.
  - g. Medley: The order of strokes in the Individual Medley is Butterfly, Backstroke, Breaststroke and Freestyle. Rules for the individual strokes govern strokes and turns.
  - h. General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.
2. Relay team age divisions will be determined by the age of the youngest team member as of December 31 of the competition year.
  3. All swim suits must conform to USMS Swimming Rule 102, 12-Swimwear for Pool Competition.

**NATIONAL SENIOR GAMES QUALIFYING RULES**

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. Minimum Qualifying Standards are below:

**Yard to Metric Conversion**  
 Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.  
 Divide the 500-yard time by 1.15526 to get 400 meter MPS.

#### 50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:35.33	55-59	:41.40
60-64	:36.33	60-64	:41.69
65-69	:38.73	65-69	:44.31
70-74	:42.03	70-74	:49.82
75-79	:50.10	75-79	:59.81
80-84	:53.16	80-84	1:04.26
85-89	1:13.76	85-89	1:34.90
90+	1:50.80	90+	2:25.20

#### 100- Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:33.00
55-59	1:20.03	55-59	1:33.00
60-64	1:20.03	60-64	1:33.00
65-69	1:24.38	65-69	1:39.57
70-74	1:29.90	70-74	1:46.40
75-79	1:53.48	75-79	2:16.10
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	4:17.20
90+	4:25.20	90+	5:45.90

#### 200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	2:59.32	55-59	3:07.60
60-64	3:01.05	60-64	3:31.86
65-69	3:17.69	65-69	3:38.34
70-74	3:47.61	70-74	3:57.69
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90+	10:35.90	90+	10:44.80

#### 50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:46.86
60-64	:37.80	60-64	:45.89
65-69	:40.11	65-69	:49.59
70-74	:41.73	70-74	:57.42
75-79	:50.24	75-79	1:03.86
80-84	:58.60	80-84	1:18.94
85-89	1:18.12	85-89	2:28.70
90+	1:36.20	90+	3:29.90

#### 100-Yard Breaststroke

Men		Women	
50-54	1:22.70	50-54	1:43.30
55-59	1:22.70	55-59	1:43.30
60-64	1:22.90	60-64	1:43.30
65-69	1:27.42	65-69	1:55.02
70-74	1:36.22	70-74	2:11.31
75-79	1:51.23	75-79	2:36.75
80-84	2:13.31	80-84	2:45.00
85-89	4:26.04	85-89	5:45.90
90+	5:29.50	90+	5:45.90

#### 200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:17.69
70-74	3:45.49	70-74	4:32.18
75-79	4:18.58	75-79	5:43.59
80-84	6:05.62	80-84	6:48.78
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

#### 100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:16.13	60-64	1:33.75
65-69	1:18.32	65-69	1:43.15
70-74	1:34.55	70-74	1:51.81
75-79	1:48.90	75-79	2:25.40
80-84	2:17.30	80-84	2:54.50
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

#### 200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:57.22	60-64	3:38.91
65-69	3:15.15	65-69	4:26.41
70-74	3:39.79	70-74	4:34.47
75-79	4:10.90	75-79	5:15.30
80-84	7:57.00	80-84	8:52.60
85-89	9:30.10	85-89	12:02.80
90+	9:30.10	90+	12:02.80



#### 400-Yard Individual Medley

Men		Women (No MPS Available – 2021)	
50-54	7:22.08	50-54	No MPS
55-59	7:22.08	55-59	No MPS
60-64	8:28.96	60-64	No MPS
65-69	8:28.96	65-69	No MPS
70-74	9:57.74	70-74	No MPS
75-79	11:23.13	75-79	No MPS
80-84	11:58.67	80-84	No MPS
85-89	12:12.24	85-89	No MPS
90+	12:12.24	90+	No MPS

Men		Women		Men		Women	
50-54	:30.07	50-54	:37.65	50-54	1:23.70	50-54	1:27.05
55-59	:32.34	55-59	:38.41	55-59	1:25.68	55-59	1:37.60
60-64	:31.39	60-64	:42.26	60-64	1:25.68	60-64	1:56.14
65-69	:34.51	65-69	:47.31	65-69	1:25.68	65-69	2:38.31
70-74	:37.96	70-74	:54.82	70-74	1:43.31	70-74	2:55.90
75-79	:49.80	75-79	1:07.54	75-79	3:02.03	75-79	4:33.80
80-84	1:25.86	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

#### 200-Yard Butterfly (No MPS Available – 2021)

Men		Women	
50-54	No MPS	50-54	No MPS
55-59	No MPS	55-59	No MPS
60-64	No MPS	60-64	No MPS
65-69	No MPS	65-69	No MPS
70-74	No MPS	70-74	No MPS
75-79	No MPS	75-79	No MPS
80-84	No MPS	80-84	No MPS
85-89	No MPS	85-89	No MPS
90+	No MPS	90+	No MPS

Men		Women		Men		Women	
50-54	:27.51	50-54	:33.08	50-54	1:03.00	50-54	1:13.70
55-59	:28.80	55-59	:34.19	55-59	1:03.43	55-59	1:16.40
60-64	:29.08	60-64	:34.39	60-64	1:06.00	60-64	1:17.85
65-69	:30.43	65-69	:37.05	65-69	1:08.25	65-69	1:22.82
70-74	:33.22	70-74	:41.40	70-74	1:10.41	70-74	1:31.70
75-79	:36.80	75-79	:47.49	75-79	1:26.30	75-79	1:50.00
80-84	:41.40	80-84	:56.16	80-84	1:35.70	80-84	2:07.48
85-89	1:05.77	85-89	1:08.67	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

Men		Women		Men		Women	
50-54	2:26.01	50-54	2:46.10	50-54	6:57.40	50-54	7:32.20
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:33.32
60-64	2:30.23	60-64	3:01.70	60-64	7:15.30	60-64	8:07.23
65-69	2:43.10	65-69	3:09.66	65-69	7:15.30	65-69	8:59.03
70-74	3:05.24	70-74	3:30.74	70-74	8:18.70	70-74	8:59.66
75-79	3:18.25	75-79	4:15.78	75-79	9:50.50	75-79	10:59.80
80-84	3:52.68	80-84	4:40.74	80-84	11:50.90	80-84	14:52.08
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

### Bonus Events

QUALIFIED STROKE	BONUS STROKES
Bonus events must be of same stroke and lesser distance	
Backstroke 200	Backstroke 50, 100
Backstroke 100	Backstroke 50
Breaststroke 200	Breaststroke 50, 100
Breaststroke 100	Breaststroke 50
Butterfly 100	Butterfly 50
Butterfly 200	Butterfly 50, 100
Freestyle 500	Freestyle 50, 100, 200
Freestyle 200	Freestyle 50, 100
Freestyle 100	Freestyle 50
Individual Medley 200	Individual Medley 100
Individual Medley 400	Individual Medley 100, 200

### STATE DIRECTOR

Ajene Snow  
(727) 623-6648

## **TABLE TENNIS**

### **EVENTS**

Singles

Doubles

Mixed Doubles

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

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

### **ENTRY REGULATIONS**

1. Players must provide their own paddles. Balls will be provided.
2. Athletes may compete with only one partner per event.
3. The age division of competition for Doubles will be determined by the younger age of the two partners, as of December 31, 2023. Doubles partners must be of the same gender.

### **FORMAT**

1. For singles competition a round robin format will be utilized. For divisions with 6 or less players, each player will play each other, and winners will be determined by their playing record. For divisions with 7 or more players, the division will be broken into pools, playing a preliminary round robin within the pool. Winners from each pool will advance to a single elimination tournament.
2. Round Robin format will be used for doubles and mixed doubles (same procedure as singles).
3. Play shall consist of a five-game match. The winner shall be the first player to win three games.
4. The first player to score 11 points wins a game, unless both players have scored 10 points. In that situation, the serve changes each point and the winner is the first player to score a two-point lead.
5. Play shall be continuous throughout the match with a two-minute break between games.

### **SPORT RULES**

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

**USA Table Tennis**  
**4065 Sinton Road, Suite 120**  
**Colorado Springs, CO 80907**  
**(719) 866-4583**  
[www.usatt.org](http://www.usatt.org)

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

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. Athletes must qualify in each table tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2025 National Senior Games, except when Rule E applies.

### **STATE DIRECTOR**

Brad Woodington

(863) 370-5163 or [bradwoodington@gmail.com](mailto:bradwoodington@gmail.com)

## **TENNIS**

### **EVENTS**

Singles  
Doubles  
Mixed Doubles

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

Top 5 in each age group at Florida Senior Games Series Qualifier. Athletes who qualify in one event at a Series Qualifier are eligible to compete in all events. (Note: qualifying is only applicable to Florida residents).

### **ENTRY REGULATIONS**

1. Athletes may compete with only one partner per event. An event is defined as Singles, Doubles or Mixed Doubles.
2. The age division of competition for Doubles will be determined by the lower age of the two partners, as of December 31, 2023.
3. Athletes must provide their own racquets and practice balls.
4. Participants may compete in a maximum of two events only.

### **FORMAT**

1. Tournament format will be single elimination with first round consolation.
2. The Event Director reserves the right to modify tournament format.
3. Event Director reserves the right to modify any draw.

### **SPORT RULES**

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

**United States Tennis Association  
Publications Department  
70 West Red Oak Lane  
White Plains, NY 10604  
(914) 696-7000  
[www.usta.com](http://www.usta.com)**

2. If an athlete is entered in more than one tennis event, a situation may arise wherein they will have to play more than the USTA recommended number of matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events. However, it is the responsibility of the athlete to make conflicts known to the Event Director with sufficient time in order to reschedule or withdraw.
3. As a principle, play should be continuous, from the time the match starts (when the first service of the match is put in play) until the match finishes.
  - a. Between points, a maximum of twenty 20 seconds are allowed. This rule does not apply while a player chases stray balls.
  - b. When players change ends at the end of a game, a maximum of 90 seconds are allowed. Between the first and second set, a maximum of 120 seconds is allowed.
  - c. However, after the first game of each set and during a tie-break game, play shall be continuous, and players shall change ends without a rest.
  - d. A five-minute break between the second set and the match tie-break set, if required, is permissible.

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

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. All first, second and third place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. Athletes must qualify in each tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2025 National Senior Games.

**STATE DIRECTOR**  
**TBD**

## **TRACK & FIELD**

### **EVENTS**

Discus  
Hammer Throw (if available)  
High Jump  
Javelin  
Long Jump  
Pole Vault  
Shot Put  
Triple Jump  
50-meter  
100-meter  
200-meter  
400-meter  
800-meter  
1500-meter  
1500-meter Race Walk  
1500-meter Power Walk  
4 x 100m Relay (not a qualifying event)

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

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

### **ENTRY REGULATIONS**

1. Runners may use running flats or 1/8" spikes. All footwear and apparel must be provided by the athlete and must comply with USATF Rule 143. All athletes must wear some type of shirt and shoes.
2. Certified implements will be provided for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the weigh-in official. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to, marking, impounding, etc. Athletes must provide their own vaulting poles.

### **FORMAT**

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

### **SPORT RULES**

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

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

2. Following are the weights of the various implements to be used for each gender and age category:

Age Division	Discus	Hammer	Javelin	Shotput
M50-54	1.5kg	6kg	700g	6kg
M55-59	1.5kg	6kg	700g	6kg
M60-64	1.0kg	5kg	600g	5kg
M65-69	1.0kg	5kg	600g	5kg
M70-74	1.0kg	4kg	500g	4kg
M75-79	1.0kg	4kg	500g	4kg
M80+	1.0kg	3kg	400g	3kg
W50-54	1.0kg	3kg	500g	3kg
W55-59	1.0kg	3kg	500g	3kg
W60-74	1.0kg	3kg	500g	3kg
W75+	.75kg	2kg	400g	2kg

3. The competitors must not wear clothing that could impede the view of the judges.
4. Race Walkers will be provided numbers to be worn clearly on their back in addition to a front chest number.

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. All first, second, third and fourth place winners, or athletes meeting the sport's NSGA Minimum Performance Standards for competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

Below is a list of the minimum qualifying standards:



**FIELD MINIMUM PERFORMANCE STANDARDS (English)**

<b>MEN'S DIVISIONS</b>								
<b>Age</b>	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>	<b>Hammer</b>
<b>50-54</b>	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
<b>55-59</b>	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
<b>60-64</b>	14' 7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
<b>65-69</b>	13' 2"	4' 0"	25' 3.25"	34' 7.5"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
<b>70-74</b>	11' 11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
<b>75-79</b>	9' 11.75"	3' 6.5"	19' 11.75"	29' 9"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.75"
<b>80-84</b>	9' 6"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	74' 3.75"	3' 7.25"	71' 3"
<b>85-89</b>	5' 8"	2' 9"	9' 7.75"	23' 2.25"	56' 9"	56' 10.5"	2' 10"	57' 9"
<b>90-94</b>	3' 10.75"	2' 2"	6' 6.75"	15' 11"	37' 11.75"	29' 8.75"	2' 10"	45' 11"
<b>95-99</b>	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 5"
<b>100+</b>	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 10"	16' 5"

<b>WOMEN'S DIVISIONS</b>								
<b>Age</b>	<b>Long Jump</b>	<b>High Jump</b>	<b>Triple Jump</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Pole Vault</b>	<b>Hammer</b>
<b>50-54</b>	11' 0.75"	3' 6"	21' 7.75"	29' 4"	73' 5.75"	67' 11.25"	4' 0"	63' 4"
<b>55-59</b>	11' 0.75"	3' 4"	15' 6.25"	29' 4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
<b>60-64</b>	10' 0"	3' 2"	15' 6.25"	27' 11.5"	71' 4"	65' 3"	4' 0"	63' 4"
<b>65-69</b>	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2"	4' 0"	48' 6"
<b>70-74</b>	7' 11.5"	2' 11.5"	13' 9.75"	21' 0"	55' 9"	50' 5.25"	4' 0"	40' 1"
<b>75-79</b>	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 8"	4' 0"	33' 1.75"
<b>80-84</b>	5' 2"	2' 2"	11' 6.5"	19' 11.75"	44' 3.75"	36' 8"	2' 11.75"	25' 3.25"
<b>85-89</b>	2' 9"	1' 10"	8' 2.5"	14' 4"	25' 0"	19' 6.25"	2' 10"	19' 8.25"
<b>90+</b>	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"

(Metric)

MEN'S DIVISION						
Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:7.51	:13.89	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.77	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.99	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:46.90
75-79	:9.27	:16.39	:36.90	1:27.60	3:35.44	7:48.49
80-84	:10.54	:18.94	:39.79	1:42.87	4:11.66	8:47.37
85-89	:11.79	:21.59	:51.17	2:18.75	5:30.32	13:01.62
90-94	:14.87	:42.04	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

WOMEN'S DIVISION						
Age	50 M	100 M	200 M	400 M	800 M	1500 M
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.98	3:18.64	7:03.00
60-64	:8.73	:16.61	:36.19	1:32.44	3:39.72	7:17.00
65-69	:9.25	:17.89	:37.42	1:38.77	3:50.00	7:55.00
70-74	:10.34	:19.67	:41.94	1:44.17	4:11.21	9:10.00
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.55	:25.28	1:06.55	3:06.74	6:11.80	13:44.30
85-89	:23.83	:35.82	1:46.70	4:17.00	8:37.32	16:30.00
90+		:44.20	1:46.70	4:21.80	9:30.00	16:30.00

**FIELD MINIMUM PERFORMANCE STANDARDS (Metric)**

MEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.28	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.07	26.73	27.26	1.53	22.18
80-84	2.90	.99	4.97	9.06	22.73	22.65	1.10	21.72
85-89	1.73	.84	2.94	7.07	17.30	17.34	.86	17.60
90-94	1.19	.66	2.00	4.41	11.58	9.06	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

WOMEN'S DIVISIONS								
Age	Long Jump	High Jump	Triple Jump	Shot Put	Discus	Javelin	Pole Vault	Hammer
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30
60-64	3.05	.99	4.73	8.52	21.74	20.48	1.22	19.30
65-69	2.92	.99	4.73	7.51	17.45	17.73	1.22	14.78
70-74	2.43	.90	4.21	6.40	16.99	15.37	1.22	12.22
75-79	11.11	2.22	.78	3.52	6.40	15.81	13.92	1.22
80-84	1.57	.66	3.52	6.09	13.51	11.18	.91	7.70
85-89	.84	.56	2.50	4.37	7.62	5.95	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00

**STATE DIRECTOR**

Tony Tussing  
(386) 734-6389  
[zmelt@cfl.rr.com](mailto:zmelt@cfl.rr.com)

## **VOLLEYBALL**

### **EVENTS**

Indoor Volleyball

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

OPEN – qualifying is not necessary

### **ENTRY REGULATIONS**

1. Team coach/manager completes and submits the team entry application.
2. Teams must be all one gender.
3. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. See Rule F for exceptions for non-playing personnel.
5. Athletes may compete with up to two teams per sport providing that the teams are in different age divisions and are scheduled to play at different times.
6. Age divisions for all team competition will be determined by the age of the youngest team member, as of December 31, 2023.

### **FORMAT**

1. If numbers are conducive, teams will be divided into pools within their age divisions. Within each pool a single round-robin tournament will be played. At the conclusion of the round-robin winners will advance and play a single-elimination tournament. If entries are not conducive, a double-elimination tournament will be played within the age division.
2. Net height shall be in accordance with USA Volleyball rules.

### **SPORT RULES**

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

**USA Volleyball**  
**4065 Sinton Road**  
**Colorado Springs, CO 80910**  
[www.usavolleyball.org](http://www.usavolleyball.org)  
**(719) 228-6800**

2. Team clothing should be of like design and color. The player's jerseys must be numbered in a permanent manner from 1 to 99 using Arabic numerals. Duplicate numbers are not allowed. The numbers must be placed on the jersey at the center of the front and of the back. Minimum 4 inches on the chest and minimum 6 inches on the back. Sponsors may be added to the jersey but cannot interfere with number placement. Uniforms shall be free of inappropriate symbols or wording.
3. A team must have at least five players present to start a game; otherwise, the game is forfeited. Teams will allow 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 tiebreakers will be used.

7. Two Liberos are permitted and may be changed from set to set and not have to be designated for their match.

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

2023 IS NOT a qualifying year for the 2025 National Senior Games, to be held in Des Moines, Iowa, on dates to be determined. All first-, second- and third-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

### **STATE DIRECTOR**

Sindee Snow  
(407) 466-9009