



16TH ANNUAL GAINESVILLE SENIOR GAMES

SEPTEMBER 23 THRU OCTOBER 2 2016

2016 REGISTRATION & RULE BOOK

HOSTED BY

SERVING ALACHUA COUNTY, FLORIDA
GAINESVILLE
SPORTS COMMISSION

TITLE SPONSOR

UFHealth
UNIVERSITY OF FLORIDA HEALTH

Table of Contents:

- General Information and Rules.Page 2-3
- ArcheryPage 4
- Basketball Shooting Page 5-6
- Basketball: 3 on 3 Half Court. Page 7
- Community Partners Page 8
- ***Waiver of Liability Page 9**
- ***Individual Entry Form Page 10**
- ***3-on-3 Basketball Team Entry Form....Page 11**
- Bowling Page 12
- Cycling Page 13
- GolfPage 14
- Swimming. Page 15
- Table Tennis Page 16
- 5K Race and Track & FieldPage 17
- Pickleball.Page 18



This Local Senior Games is sanctioned by the Florida Sports Foundation and is a qualifier for the Florida State Championships.

*** Please fill out registration forms on page 9-11 and fax to: (352)338-0600 or mail to: Gainesville Sports Commission
300 East University Ave. Suite 100
Gainesville, FL 32601**

**REGISTRATION INFORMATION
(MAIL IN OR GO ONLINE)**

- Complete the official entry form (form can also be printed from our webpage: www.gainesvillesportscommission.com)
- Include total payment (Do not send cash)
- Make checks payable to Gainesville Sports Commission.
- Return form prior to DEADLINE of **One Week Prior to Your First Event.**
- Entry confirmation and detailed event information will be mailed or emailed as soon as registration form and fees are received. If you do not receive confirmation letter within 10 business days, please call 352.338.9300.
- Entry forms will not be processed until fees are received.
- For further information please visit our website at www.gainesvillesportscommission.com or 352.338.9300
- Mailing Address:
Gainesville Sports Commission
300 E University Avenue Ste. 100
Gainesville, FL 32601

REGISTRATION FEES

- \$15 for the first event
- \$5 per additional event up to six events
- Additional one-time facility fees required for:
Archery: \$5 Cycling: \$5
Swimming: \$5 Track & Field: \$5

REGISTRATION GUIDELINES

- You may enter as many sports or events as you desire (except Swimming: up to 6 events).
- It is the responsibility of the athlete to make sure there are no schedule conflicts (Suggestion: do not register for more than one event per day, unless at the same facility).
- Doubles partners must each fill out an entry form.
- Each Athlete must complete the wavier on **page 9** and return with entry.

ATHLETE CHECK-IN

- Athletes will check-in at the location of the event.

PARTICIPANT BENEFITS

- Gold, silver and bronze medals will be awarded in each event.
- Registered participants will receive an official 2016 Senior Games Commemorative T-shirt and goodie bag.

AGE DIVISIONS

- Minimum age to compete: 50 years old on or before Dec. 31, 2016.
- Age Groups for most events will be divided in 5 year intervals.
- All doubles and team competitors will be determined by the youngest player.

OUT-OF-STATE COMPETITORS

Out-of-state residents are welcome to compete in the Gainesville Senior Games. Some limits may apply.

QUALIFYING INFORMATION

- State Championships in Clearwater, FL December 3-11, 2016:
*Top 5 in each age group for each sport will qualify, except for open competitions
- **This is a qualifying year for the National Senior Games**
*2017 National Senior Games, Birmingham, AL

INSURANCE/MEDICAL

- Insurance is the responsibility of each participant
- Each participant must have proof of insurance
- In case of an emergency, injury or illness, medical assistance will be on site or on call



The Gainesville Senior Games is celebrating its 16th Anniversary!
Thank you to all of our participants and sponsors for making the Gainesville Senior Games a success. The Gainesville Sports Commission wishes you Good Luck in this year's games! For more information contact Kevin Houseknecht (352)338-9300 or email: khouseknecht@gainesvillesportscommission.com

ARCHERY

Event Date: Saturday, October 1, 2016 at 9:00am

Event Location: Gator Bowmen Archery Range

Event Coordinator: Tim Austin (352) 332-1969 (call Tim about rules)

Events:

Codes:

- Compound Finger.....(AR-CF)
- Compound Release.....(AR-CR)
- Recurve.....(AR-R)
- Barebow Compound.....(AR-BC)
- Barebow Recurve.....(AR-BR)

Entry Regulations:

Archers must provide their own bows and target arrows.

Format:

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

Sport Rules:

All archery events will be conducted in accordance with FAA (Florida Archery Association).

BASKETBALL: SHOOTING



Event Date: Saturday, October 1, 2016 at 2:00PM

Event Location: Santa Fe College Gymnasium

Event Coordinator: Kevin Houseknecht (352) 338-9300

Events:

Codes:

- Free Throw Shooting.....(BK-FT)
- Spot Field Goal Shooting.....(BK-SFG)
- Timed Field Goal Shooting.....(BK-TFG)

Format:

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

Sport Rules:

Free Throw Shooting

- 1.The contestant will attempt 3 rounds of 10 shots each from the free-throw line.
- 2.Each basket is 1 point and all 3 rounds added together will make the final score.
- 3.Competition ball will be provided along with a person for rebounds.
- 4.Tie breaker will consist of 1 additional round with 5 shots from the free throw line for each participant tied. If there is still a tie, the rounds will continue through the third round where two medals will be awarded for that place.

Spot Field Goal Shooting

- 1.The contestant will attempt 3 rounds of 5 shots (1 shot from each spot per round).
- 2.One shot will be taken from each of the five designated spots around the basket.
- 3.Each basket is 1 point and all 3 rounds added together will make the final score.
- 4.Competition ball will be provided along with a person for rebounds.
- 5.Tie breaker will consist of 1 additional round with 5 shots from the free throw line for each participant tied. If there is still a tie, the rounds will continue through the third round where two medals will be awarded for that place.

Timed Field Goal Shooting

- 1.The contestant will be allowed 3 rounds of 1 minute each.
- 2.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.
- 3.Each basket will be worth 1 to 5 points based on the level of difficulty.
- 4.Contestants attempting a shot from all 6 spots will earn a 5 point bonus for that round. The Bonus can be earned for each round.
- 5.Competition ball will be provided, but the contestant must rebound their own shot.
- 6.The combined score for all 3 rounds will determine the final score.
- 7.Tie breaker will consist of 1 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.
- 8.No bonus points will be awarded during the tie breaker.

BASKETBALL
THREE ON THREE HALF COURT



Event Date: Saturday, October 1, 2016 at 3:30pm
Event Location: Santa Fe College Gymnasium
Event coordinator: Kevin Houseknecht (352) 338-9300

Event: 3 on 3 Basketball.....
Code: (BK-3V3)

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 all non-playing personnel.
- 3.70+, 75+, and 80+ may have three out-of-state residents, other age divisions may have only one.
- 4.Athletes may play on only one team and divisions are determined by the youngest player on each of the teams.

Format:

1. Within each pool a single round-robin tournament will be played and the winners will advance to play in a single-elimination tournament.
- 2.Ties for seeding will be broken in the following manner: 1. Overall record 2. Head-to-Head competition 3. Point differential 4. Coin toss.
- 3.A maximum of 13 points will be awarded towards point differential, regardless of final score.
- 4.Forfeits shall be scored 7-0.
- 5.Event Director reserves the right to modify format based on number of teams.
6. Teams are guaranteed three games.
- 7.Teams will not play more than three games in a day.
- 8.COMPETITION BALLS WILL BE PROVIDED.

Sport Rules:

- 1.This Tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA).



**Good Luck to all
participating athletes
during the "16th UFHealth
Annual Gainesville
Senior Games"**



BY CHOICE HOTELS BY CHOICE HOTELS



Gainesville
Gainesville Area Chamber of Commerce
Ironwood Golf Course
Photography by Richard Ritari
Helen K. Gyllstrom, C.P.A.
Half Mile Timing

*** Please fill out form and mail with entry to: Gainesville Sports Commission
300 East University Ave. Suite 100, Gainesville, FL 32601 or fax: 352-338-0600**

All participants must complete the Agreement, Release and Waiver of Liability in order to compete in the UFHealth Gainesville Senior Games. Team entries MUST include copies of this form for each athlete that participates.

**2016 UFHealth Gainesville Senior Games
Agreement, Release and Waiver of Liability**

In consideration of being permitted to participate in or assisting others in participating in the UFHealth Gainesville Senior Games, and related events and activities, on behalf of myself, or a minor child or ward, heir, next of kin, personal representative, successor or assign;

I ACKNOWLEDGE, UNDERSTAND, DECLARE AND AGREE THAT:

To the best of my knowledge, I am in Good Physical Condition and have no disease or injury that would be aggravated by participating in activities related to the Games; Participating or assisting others in participating in the Games may involve RISK OF INJURY TO ME, INCLUDING DEATH, LOSS OR DAMAGE TO ME OR MY PROPERTY, or other consequences, which might result not only from my own actions, inaction or negligence but also the actions, inaction or negligence of others, the rules of play, or the conditions of the premises or of the equipment used; There may be OTHER RISKS not known or not reasonably foreseeable; and Understanding All of the Above.

I ASSUME ALL OF THE ABOVE RISKS AND RELEASE, WAIVE, DISCHARGE, HOLD HARMLESS, INDEMNIFY AND COVENANT NOT TO SUE:

The State of Florida or any of its agencies, the Gainesville Sports Commission, Inc., its commissioners, employees or volunteers, coaches, trainers, officials affiliated with the international organizations, agencies, sponsors, or advertisers, respective administrators, officers, directors, agents, representatives, employees, volunteers, coaches, trainers, officials, any other individuals affiliated with the Games;

Any affiliated subsidiary, successor, organization, or related companies or businesses, other participants, participating or sponsoring municipalities, governmental agencies, international organizations, agencies, sponsors, or advertisers, the respective administrators, officers, directors, agents, representatives, employees, or volunteers of such entities or organizations;

The National Senior Games Association (NSGA), the United States Olympic Committee (USOC) and/or their respective representatives, officers, directors, employees, agents, successors and assigns; Owners, lessors and lessees of premises used to conduct the Games FROM ANY AND ALL LIABILITY FOR INJURY, INCLUDING DEATH, LOSS OR DAMAGE TO PERSON OR PROPERTY, OR ANY OTHER CONSEQUENCE in connection with entry in or arising out of participation in, performance in or lack of performance in including travel en route to and from the Games.

I FURTHER AGREE THAT: Prior to participating as an athlete, I, or in the case of a minor, a parent or guardian, will INSPECT the facilities and equipment to be used, and if I believe same to be unsafe, I will immediately REPORT such condition(s) to the athletic coach, supervisor, or official connected with the Games of same and either DECLINE TO PARTICIPATE or ASSUME THE RISK of participating;

I will ALLOW my PHOTOGRAPH, PICTURE or LIKENESS and/or VOICE to APPEAR in any official documentary, promotional (including any and all advertisements), television, radio or film coverage of the Games, WITHOUT COMPENSATION.

I CONSENT TO ALL EMERGENCY MEDICAL TREATMENT

As may be deemed appropriate under existing circumstances by medical personnel or personnel associated with the Games.

I HAVE READ THIS FORM IN ITS ENTIRETY AND HAVE PROVIDED TRUTHFUL INFORMATION.

Participant's Name (print), Participant Signature, & Date

INDIVIDUAL ENTRY FORM

Name: (First,Last)	Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>	Florida Resident: Yes <input type="checkbox"/> No <input type="checkbox"/>
Address Street:	City:	State/Zip
Email:	Age:	Birthdate:
Phone Number:	T-Shirt Size: S: <input type="checkbox"/> M: <input type="checkbox"/> L: <input type="checkbox"/> XL: <input type="checkbox"/> XXL: <input type="checkbox"/>	
Emergency Contact Name:	Relationship to Applicant	Phone Number

Registration

	Event Code	Sport/Event	Partner	Partner Age	Entry Fee
1					\$15
2					\$5
3					\$5
4					\$5
5					\$5
6					\$5
7					\$0
8					\$0
9					\$0
10					\$0
Facility Fees	Archery + \$5.00				
	Cycling + \$5.00				
	Swimming + \$5.00				
	Track & Field + \$5.00				
Total Enclosed=					\$

*** Please fill out form and mail to: Gainesville Sports Commission
300 East University Ave. Suite 100, Gainesville, FL 32601 or fax : 352-338-0600**

3-ON-3 BASKETBALL TEAM ENTRY FORM

Team Name	Gender _____ Male _____ Female	Age of Youngest Player
Coach's/Manager's Name	Phone Day ()	Age Division ___ 50+ ___ 60+ ___ 70+
Email	Phone Number Evening ()	Phone Number Fax ()
Address Street	 City	 State/Zip
Number of T-Shirts for Team (write # by each size) S _____ M _____ L _____ XL _____ XXL _____		

Team Roster - cost for team is \$50

	Name	Address	Date of Birth
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Total Enclosed \$

* Please fill out form and mail to: *Gainesville Sports Commission*
 300 East University Ave. Suite 100, Gainesville, FL 32601 or fax : 352-338-0600

BOWLING

Event Date: Friday, September 23, 2016 at 9:00am

Event Location: Alley Gatorz Bowling Center
(*New Scoring System!*)

Event Coordinator: Kevin Houseknecht (352) 338-9300

Events:

Codes:

- Singles.....(BW-SI)
- Doubles.....(BW-DB)
- Mixed Doubles.....(BW-MDB)

Format:

1. Tournament will be based on scratch scores.
2. Bowlers will be divided into squads by age division.
3. Bowling times and lanes will be assigned by the event coordinator.
4. Bowlers will bowl three games. Winners are determined by total pins over three games (same lane).
5. One game roll-off will break any ties.

Sport Rules:

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

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

Florida Senior Games Qualifying Rules:

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

CYCLING



Event Date: Friday, September 23, 2016 at 10:00am

Event Location: Gainesville Auto-Plus Raceway

Event Coordinator: Joleen Cacciatore (352) 338-9300

Timing Company: WAM Events, wamevents.com

Events:

Codes:

- 5K Time Trial.....(CY-5K)
- 10K Time Trial.....(CY-10K)

Format:

1. Starting times for 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 females and ending with males.
3. Time Trials Recumbent divisions will begin following the oldest female rider of the standard Time Trials. Starting order will be from youngest to oldest starting with males and ending with females.
4. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
5. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
6. Cycling events are run on closed circular course (See Photo Below).

Sport Rules:

All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules. For a copy of these rules, please write or call:

USA Cycling

One Olympic Plaza

Colorado Springs, CO 80909

(719) 866-4581

www.usacycling.org





Event Date: Friday, September 23, 2016 at 9:00 AM

Event Location: Ironwood Golf Course

Event Coordinator: Kevin Houseknecht (352) 338-9300

Events:

Codes:

- 18 hole Scratch.(GF-18)

**Range Balls will be provided before start*

Entry Regulations:

1. Golfers must provide their own clubs and balls.
2. Golf cart use during official competition is mandatory.
3. Foursome assignments will be made by event director.

Format:

1. The tournament will be 18-hole medal play.
Handicaps are not used.

Sport Rules:

This tournament will be conducted in accordance with United States Golf Association (USGA) rules. For a copy of these rules, please write or call:

*United States Golf Association
Far Hills, NJ 07931
(908) 234-2300
www.usga.org*



Event Date: Sunday, September 25, 2016 at 9:00 AM

Event Location: Dwight H. Hunter (Northeast) Pool

Event Coordinator: Kevin Houseknecht (352) 338-9300

**Swim Competition is a United States Masters Swimming Recognized Event*

Order of Events:

Codes:

- 200-yard Freestyle.(SW-200FS)
- 200-yard Backstroke. (SW-200BS)
- 100-yard Individual Medley. . .(SW-100IM)
- 50-yard Butterfly. (SW-50B)
- 200-yard Breaststroke. (SW-200BRS)
- 50-yard Freestyle.(SW-50FS)
- 100-yard Backstroke. (SW-100BS)
- 200-yard Individual Medley. . .(SW-200IM)
- 100-yard Butterfly.(SW-100B)
- 50-yard Breaststroke.(SW-50BRS)
- 100-yard Freestyle. (SW-100FS)
- 50-yard Backstroke.(SW-50BS)
- 100-yard Breaststroke.(SW-100BRS)
- 500-yard Freestyle.(SW-500FS)

Entry Regulations:

1. Swimmers may enter a maximum of six events.
2. Swimmers must provide their own suits, caps, goggles, towels, etc.

Format:

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. Events will be competed in a 25-yard heated **indoor** pool.

Sport Rules:

This meet will be conducted in accordance with United States Masters Swimming (USMS) rules.

TABLE TENNIS

Event Date: Saturday, September 24, 2016 at 9:00 AM

Event Location: Lincoln Middle School

Event Coordinator: Kevin Houseknecht (352) 338-9300

Events:

Codes:

- Mixed Doubles.....(TT-MD)
- Singles.....(TT-SI)
- Doubles.....(TT-DB)

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 of the two partners. Doubles partners must be of the same sex.

Format:

- 1.Round Robin tournament for singles, doubles and mixed doubles.
- 2.Play shall consist of a five game match. The winner shall be the first to win three games.
- 3.The first player to score 11 points wins the game, unless both players have scored 10 points. In that situation, the serve changes each point and the winner is the first to score a two-point lead.
- 4.Play shall be continuous throughout the match with a two-minute break between games.

Sport Rules:

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

USA Table Tennis

One Olympic Plaza

Colorado Springs, CO 80909

(719) 866-4583

www.usatt.org

TRACK & FIELD & 5K RACE



Event Date: Saturday, September 24, 2016

5K Race at 8:30 AM, Track and Field at 9:00 AM

Event Location: Fred Cone Park

(Synthetic Rubber Running Track)

Event Coordinator: Kevin Houseknecht (352) 338-9300

Track and Field Order of Events

Events:	Codes:	Events:	Codes:
5K Road Race . . .	(RR-5K) 8:30am	Javelin	(TF-JAV) 10:00am
Long Jump	(TF-LJ) 9:00am	400-Meter	(TF-400) 10:00am
Discus	(TF-DS) 9:00am	50-Meter	(TF-50) 10:15am
1500-Meter Race Walk. (TF-15W) 9:15am		800-Meter	(TF-800) 10:30am
100-Meter	(TF-100) 9:30am	200-Meter	(TF-200) 10:45am
1500-Meter	(TF-1500) 9:45am	Shot Put	(TF-SP) 11:00am
Triple Jump	(TF-TJ) 10:00am	Softball Toss . .	(TF-SBT) 11:00am

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.
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.

Format:

1. 5K Race: All age divisions will run simultaneously.
2. All track events are timed finals.
3. The order of events will be from oldest to youngest.
4. In the field events, competitors will have until the start of the next event to complete their throws or jumps.
5. All track events will be held on synthetic surface.

PICKLEBALL

Event Date: Saturday, October 1, 2016 at 9:00 AM

Event Location: Northside Park

Event Coordinator: Kevin Houseknecht (352) 338-9300

Event:

Code:

Pickleball Singlesight Ball(PB-SI)

Pickleball Doubles.(PB-DB)

Pickleball Mixed Doubles.(PB-MDB)

Format:

1. Double elimination is planned. Event Director reserves the right to modify format based on the number of tournament entries.
2. Best two out of three games.
3. Games are played to 11 points, but must continue until one player or team achieves a two point margin
4. Teams and players will not be seeded. Brackets will be determined by a random draw.
5. Any event (age class) that does not have at least two entries (teams or individuals) may be combined with another division or cancelled at the discretion of the Event Director

Sport Rules

1. All matches will be conducted in accordance with USA Pickleball Association (USAPA)/International Federation of Pickleball (IFP) rules found online at www.usapa.org. For a copy of these rules, please write to or email:

USA Pickleball Association
P.O. Box 7354
Surprise, AZ 85374
geninfo@usapa.org



**300 EAST UNIVERSITY AVE. SUITE 100
GAINESVILLE, FL 32601**