



2023 DELRAY BEACH
**SENIOR
GAMES**
For the Golden Ages

FEBRUARY 1—MARCH 15, 2023

Rules & Registration



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For more information:

Rashod Smith
 Delray Beach Parks & Recreation
 (561) 243-7250 x5240
smithra@mydelraybeach.com



Florida Senior Games

Presented by Humana

December 1—10, 2023
 Location: Pasco County, FL

The Florida Sports Foundation is a proud member of the National Senior Games Association and the Florida Senior Games serves as a national qualifier in even numbered years.

Phone: (850) 577-7200
games@playinflorida.com
www.floridaseniorgames.com



National Senior Games

Presented by Humana

July 7-18, 2023
 Location: Pittsburgh, PA
Nsga.com
 Phone: (727) 475-1187
nsga@NSGA.com

ELIGIBILITY

Anyone, residents of Delray and non-residents, age 50 years or older, is eligible to enter. Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2023. Age divisions for all doubles, mixed doubles, and team competitions will be determined by the youngest player as of December 31, 2023.

REGISTRATION

Pre-Registration: We encourage you to register as early as possible. Pre-registration deadline is 4 days before each day event.

Late Registration: Late registration will be accepted only for archery, basketball skills, bowling, swimming, and track & field. Late registrants will be given a t-shirt only while supplies last.

ENTRY FEES

A. Entry Fees	+ B. Additional Fees	= C. Grand Total of All Fees
<i>Each item checked counts as one event.</i>	<i>One time addition per sport for residents and non-residents.</i>	A + B = C
Delray Resident /Non-Res		
One Event \$10 \$20 Two Events \$15 \$25 Three Events \$20 \$30 Four Events \$25 \$35 Five Events \$30 \$40 Six Events* \$35 \$45	Bowling \$8 Golf, Permit* \$35 Golf, Non-permit* \$40	# of Events _____ A \$ _____ + Additional Event Fees B \$ _____ = Grand Total A + B = \$ _____
<i>*Maximum number of events to enter is six.</i>	<i>*Permit Holder to Golf Course. Not a residency card.</i>	

EVENT AWARDS

Custom medals will be presented to 1st, 2nd & 3rd place winners in all events/divisions. Divisions are by gender and/or age in five-year increments, unless otherwise noted in event description. Medals are presented at the end of each event.

AGE DIVISIONS

Each event will have age divisions in 5-year increments, unless otherwise noted in event description. There must be a minimum of 2 participants in an age division or divisions will be combined. Age divisions are as follows: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2023. Age divisions for all doubles, mixed doubles, and team competitions will be determined by the youngest player as of December 31, 2023.

EVENT SCHEDULING

Check the schedule to avoid conflicts if entering more than one event. It is the responsibility of the athlete to make sure there are no schedule conflicts in the sport he/she enters.

DOUBLES AND MIXED DOUBLES

Doubles partners must be same gender unless otherwise noted in event description. Mixed Doubles must be one male and one female. 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.

PROFESSIONALS

Professional athletes shall not be eligible to compete in the 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. A professional is someone who competes in a sport for money as a primary source of personal revenue. Persons who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teach a sport but who occasionally play for a minor amount of money are also not deemed professionals.

PHOTOGRAPHS

At various times, the City of Delray Beach videotapes & photographs events to be submitted to the local media, published in the activities guide and/or use on the website or social media. By participating in the Delray Beach Senior Games, and signing the release waiver on the application, you authorize the City of Delray Beach to reproduce, copy, exhibit, publish, broadcast or distribute any an all such tapes or photographs.

CODE OF CONDUCT

Delray Beach Parks & Recreation reserves the right to disqualify any player, coach or spectator from further participation or attendance in the Delray Beach Senior Games for inappropriate conduct including but not limited to the following:

- Physical or verbal assaults or threats
- Unsportsmanlike or disorderly behavior
- Improper use of alcohol and/or drugs
- Destruction of property
- False representation of age, residency or eligibility
- Failing to cooperate with staff, volunteers, or officials

HOW TO REGISTER

Please follow these steps carefully.

1. Complete all information on the registration form. Individual form is on page 7, team form is on page 9.
2. Please print or type all information.
3. Sign and date waiver. No applications will be accepted without signature!
4. If you are entering a competition with a partner, each participant must fill out a separate application form and submit it with appropriate fees.
5. Make checks payable to: *City of Delray Beach*
6. Submit the form along with check to:
Attn: Senior Games
Delray Beach Parks & Recreation
50 N.W. 1st Avenue, Delray Beach, FL 33444

Archery

Tony Chin, 243-7158

Compound Finger

Compound Release

Recurve

Barebow Compound

Barebow Recurve

The "900" American round will be used for all competition. 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). 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). 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

Archery is an open event at the State Games.

February 4, 2023, 9:00 am

Merritt Park, 316 SW 2nd Ave

Directions: From I-95 Exit East on I-95. At NW 4th Ave. make a right. Continue past SW 3rd Street and the park will be on your right.

Basketball Skills

Erik Lawson, 243-7250 x7447

Two skills will be counted - Free Throw Shooting, and Spot Field Goal shooting. Each event will be awarded separately. Competition balls will be provided, but not required. Participants may use their own ball.

Free Throw: Three rounds of ten shots each from the free-throw line. Each basket is worth one point. Final score determined by total points from all three rounds. The ball will be rebounded for the shooter. 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: Three rounds of five shots. One shot (for one point) will be taken from each of the five designated spots around the basket. The spots are as follows: 10-foot baseline shot on each side of the basket, near the top corner of the free throw line on each side of the basket (men 4-feet/women 2-feet from the foul line extended on each side), top of the key (approx. 19-feet for men and free throw line for women). Final score determined by total points from all three rounds. The ball will be rebounded for the shooter. Upon discretion of the event director, Men's divisions 80 and over may be permitted to shoot from the Women's spots.

February 27, 2023, 9:00 am

**Pompey Park , 1101 NW 2nd St.
(561) 243-7356**

Pompey Park Directions: From I-95 Exit Atlantic Ave. and head East to NW 12th Ave. and make a left. Proceed to the stop sign. Pompey Park will be directly in front of you.

Top 5 in each age group qualify for the Florida Senior Games. 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).

Bowling

Abby Murrell, 243-7250 x5230

Singles, Doubles & Mixed Doubles tournaments. Athlete may compete with only one partner per event. Doubles must be of same gender, and mixed doubles is one male and one female. Competitors are encouraged to provide their own bowling balls and shoes. House balls & shoes may be available at the competitor's expense. The age division of competition for Doubles will be determined by the youngest team player. Tournaments will be based on scratch scores. Bowlers will be divided by age division and gender. The Event Director will assign bowling lanes.

Three games played. Winners are determined by total pins (same lane). One game play-off will break any ties.

Top 5 in each age group qualify for the Florida Senior Games. Participants that qualify are eligible for all Bowling events. (Note: qualifying is only applicable to residents.

~~February 8, 2023, 1:00 pm~~

Cancelled

**AMF Boynton Beach Lanes
1190 Boynton Beach Blvd.
Boynton Beach, FL 33426**

Directions: From I-95 exit Boynton Beach Blvd. and head west. AMF Lanes will be on the left just after Palm Beach Leisureville neighborhood.





The Delray Beach Parks & Recreation 33rd Annual Senior Games Registration Form

➔ **Sport:** _____
 Partner: _____
 Age Bracket: _____

➔ **Sport:** _____
 Partner: _____
 Age Bracket: _____

➔ **Golf permit #** _____

Last Name: _____ First Name: _____

Address: _____
 Street City State Zip

Phone: () _____ Email: _____

Gender: M F Date of Birth: _____ Age you WILL BE ON December 31, 2023: _____

T-shirt Size: S M L XL XXL _____

Emergency Contact: _____
 Name Relation Phone Number

WAIVER

I, THE UNDERSIGNED, IN CONSIDERATION OF THE ENTRY, INTENDING TO BE LEGALLY BOUND, DO HEREBY FOR MYSELF, FAMILY, GUARDIANS, CHILD/CHILDREN, HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE THE CITY OF DELRAY BEACH AND ALL OTHER SPONSORS AND OFFICIALS, INCLUDING THEIR AGENTS AND EMPLOYEES FROM LIABILITY, FOR ANY CLAIM I/MY FAMILY MIGHT OTHERWISE HAVE FOR PARTICIPATION IN THE ANNUAL SENIOR GAMES. I AGREE TO INDEMNIFY AND HOLD HARMLESS THOSE RELEASED ABOVE FROM AND AGAINST ANY SUCH CLAIMS, DAMAGES, LOSSES, AND EXPENSES INCLUDING ATTORNEY FEES. I ATTEST AND VERIFY THAT I/CHILD AM/IS PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. I ATTEST AND VERIFY THAT I AM INFORMED OF ALL DANGERS OF COMPETING IN HOT WEATHER.

AT VARIOUS TIMES, THE CITY OF DELRAY BEACH VIDEOTAPES & PHOTOGRAPHS EVENTS TO BE SUBMITTED TO THE LOCAL MEDIA. BY PARTICIPATING IN THE ANNUAL SENIOR GAMES, I/WE HEREBY AUTHORIZE THE CITY OF DELRAY BEACH TO REPRODUCE, COPY, EXHIBIT, PUBLISH, BROADCAST OR DISTRIBUTE ANY AND ALL SUCH TAPES OR PHOTOGRAPHS.

I HAVE READ THE ABOVE, AND UNDERSTAND THE RULES AND REGULATIONS FOR THE ANNUAL SENIOR GAMES THAT HAVE BEEN MADE AVAILABLE TO ME.

 Signature Date

Official Use	
Paid: _____	Initials: _____

33rd Annual Senior Games Registration Form (cont'd)

1. Please check event(s) you wish to enter. (each check mark is one event)
2. Be sure to review event schedule to avoid conflicts.
3. Please review event descriptions for rule information.
4. Please indicate partners where requested. *Partners MUST complete a separate entry form.*

___ **Archery**

___ **Basketball Skills**

Bowling (add \$8.00 one-time to registration fee)

- ___ Bowling Singles
 ___ Bowling Doubles (Partner _____)
 ___ Bowling Mixed Doubles
 (Partner _____)

___ **Golf** *Permit # _____ (Add \$40.00 to registration fee for non-permit and \$35.00 for permit holders.)

- ___ **Pickleball** Doubles
 (Partner _____)
 (Need Partner)
 (Age Bracket _____)

- ___ **Pickleball** Mixed Doubles
 (Partner _____)
 (Need Partner)
 (Age Bracket _____)

Swimming (in order)

- ___ Swimming 100 yards IM
 ___ Swimming 50 yards Breast Stroke
 ___ Swimming 100 yards Butterfly
 ___ Swimming 50 yards Back Stroke
 ___ Swimming 100 yards Freestyle
 ___ Swimming 50 yards Butterfly
 ___ Swimming 100 yards Breast Stroke
 ___ Swimming 50 yards Freestyle
 ___ Swimming 100 yards Back Stroke
 ___ Swimming 200 yards IM
 ___ Swimming 500 yards Freestyle

Track and Field (in order)

- ___ Track & Field 50m Dash
 ___ Track & Field 1500m Dash
 ___ Track & Field 400m Dash
 ___ Track & Field 1500m Race Walk
 ___ Track & Field 200m Dash
 ___ Track & Field 800m
 ___ Track & Field 100m
 (two events could be going simultaneously)
 ___ Track & Field Long Jump
 ___ Track & Field Discus
 ___ Track & Field Triple Jump
 ___ Track & Field Shot-put

A. Entry Fees	B. Additional Fees	C. Grand Total of All Fees
Each item checked above counts as one event.	One time addition per sport for residents and non-residents.	A + B = C
Delray Resident /Non-Res	+	=
One Event \$10 \$20 Two Events \$15 \$25 Three Events \$20 \$30 Four Events \$25 \$35 Five Events \$30 \$40 Six Events* \$35 \$45	Bowling \$8 Golf, Permit* \$35 Golf, Non-permit* \$40	# of Events _____ A \$ _____ + Additional Event Fees B \$ _____ = Grand Total A + B = \$ _____
*Maximum number of events to enter is six.	*Permit Holder to Golf Course. Not a residency card.	

Make Checks Payable to: City of Delray Beach
Mail to: Delray Beach Community Center, Senior Games, 50 NW 1st Ave.,
 Delray Beach, FL 33444

Golf Medal Play/State Qualifier

Gerard Smith, (561) 243-7358

Golfers must provide their own clubs and balls. Proper golf attire is required.

The tournament will be 18-hole scratch. Handicaps are not used. Foursome assignments will be made by event director. Range Finders of any type are permitted. This tournament will be conducted in accordance with United States Golf Association (USGA) rules. Tee times will be assigned. In the event of a tie between 1st, 2nd and 3rd place, the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and then finally the 18th hole.

Top 5 in each age group will qualify for the Florida Senior Games. (Note: qualifying is only applicable to Florida residents).

February 16, 2023

Assigned Tee Times

**Delray Municipal Golf Course,
2200 Highland Ave.,
(561) 243-7380**

Directions: From I-95 exit Atlantic Ave and head west to Homewood Blvd. and make a left. On Highland Ave. make a left and follow street into golf club.



Pickleball

Abby Murrell (561) 243-7250 x5230

Doubles and mixed doubles will be played. Double elimination is planned. All matches will be played indoors. Competitors must bring their own paddle. Event Director reserves the right to modify format based on number of tournament entries. Games will be played 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. Teams and players will not be seeded. Brackets will be determined by a random draw. 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. All matches will be conducted in accordance with USA Pickleball Association (USAPA)/International Federation of Pickleball (IFP) rules. Format changes are at the discretion of the Event Director.

March 7—9, 2023

Court times Assigned

**Pompey Park , 1101 NW 2nd St.
(561) 243-7356**

Pompey Park Directions: From I-95 Exit Atlantic Ave. and head East to NW 12th Ave. and make a left. Proceed to the stop sign. Pompey Park will be directly in front of you.

Top 5 in each age group will qualify for the Florida Senior Games. (Note: qualifying is only applicable to Florida residents)



Swimming

Gerard Smith, 243-7358

All swimming events will be timed finals. This meet will be conducted in accordance with United States Masters Swimming (USMS) rules, except as modified herein. 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: here are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall. D) Breaststroke: appropriate stroke is required. E) Butterfly: the appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeable while doing the butterfly. F) Freestyle: swimmers must touch the wall at each turn and at the finish. Any stroke may be used and swimmers may switch strokes whenever they wish. 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 used improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

Top 5 in each age group will qualify for State the Florida Senior Games. (Note: qualifying is only applicable to Florida residents). Participants that qualify are eligible for all Swimming Events. Qualifying time is required from local games.

February 23, 2023, 10:00 am

(warm up at 9:30 am)

Aqua Crest Pool, 2503 Seacrest Blvd.,

Delray Beach 33444

(561) 278-7104

Directions: From I-95 exit Atlantic Ave East.

Continue into Downtown to NE 2nd Ave and make a left. NE 2nd Ave will turn into Seacrest Blvd. Continue to follow street.

Aqua Crest Pool is located just past Avocado Road on right.

Directions: From I-95 exit Woolbright Road East.

Continue to S. Seacrest Blvd., and make a right (South). Aqua Crest Pool will be approximate 2 miles South on the left side

(East Side) of the road. Just past SE 36th Ave.

Events in order:

Swimming 100 yards IM

Swimming 50 yards Breast Stroke

Swimming 100 yards Butterfly

Swimming 50 yards Back Stroke

Swimming 100 yards Freestyle

Swimming 50 yards Butterfly

Swimming 100 yards Breast Stroke

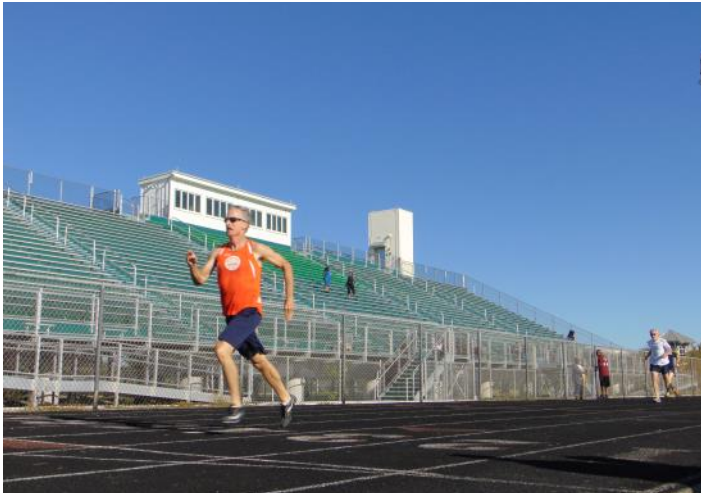
Swimming 50 yards Freestyle

Swimming 100 yards Back Stroke

Swimming 200 yards IM

Swimming 500 yards Freestyle





Track and Field

Rashod Smith, 243-7356

May participate in one to five events. USATF rules will apply. 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. All track events are timed finals. Competitors are encouraged to bring their own field event equipment.

All track events are timed finals. All horizontal jump and throwing events athletes will only be allowed three attempts.

All roster changes must be done before 8:30 am on Saturday February 29. Changes will not be allowed after the first event has started.

*Top 5 in each age group will qualify for Florida Senior Games. (Note: qualifying is only applicable to Florida residents). Participants that qualify are eligible for all Track and Field Events. *Race-walk is an open event at Florida Senior Games.*

February 4, 2023 8:00 am

Atlantic High School, 2455 W. Atlantic Ave.

Directions: From I-95 exit Atlantic Ave West. Atlantic High School is just west of Congress Avenue on the north side of the street.

Events In Order

Track

50m Dash
1500m Dash
400m Dash
1500m Race Walk
200m Dash
800m
100m

Field

Long Jump
Discus
Triple Jump
Shot-put

(two events could be going simultaneously)

Event Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
February 4	Archery	9:00 am	Merritt Park
February 4	Track & Field	8:00 am	Atlantic High School
February 8 Cancelled	Bowling	11:00am warm-up 11:30am start	AMF Boynton
February 16	Golf	Assigned	Delray Beach Municipal Golf
February 23	Swimming	9:30 am warm-up 10:00 start	Aqua Crest Pool
February 27	Basketball Skills/Shooting	10:00 am	Pompey Park
March 7—9	Pickleball	Assigned	Pompey Park



- 1. Delray Municipal Golf Course
- 2. Pompey Park
- 4. Community Center
- 5. Atlantic High School
- 6. Merritt Park
- 7. Aqua Crest Pool
- 8. AMF Boynton Beach Lanes

