



20TH ANNIVERSARY FLORIDA INTERNATIONAL SENIOR GAMES & STATE CHAMPIONSHIPS GENERAL INFORMATION



20TH Florida International Senior Games & State Championships hosted by Polk County

Following a five year run in Southwest Florida, the 2011-2012 Florida International Senior Games & State Championships will be held in Central Florida's Polk County. This year, the Games will be held December 3-11, 2011 in various locations throughout the county. This will mark the 20th Anniversary of the State Championships, which started in 1992. Join the thousands of athletes 50 and over that will be "Making the Scene" by competing at the Florida Senior Games. All information you need to participate can be found in this book or online at www.flasports.com. However, if you have any questions, please do not hesitate to contact the Florida Sports Foundation toll-free at 1-866-FLGAMES (354-2637) or games@flasports.com.

What is with the name change?

You may have noticed the name of the Games have changed slightly. In starting a new decade, the residency rules have changed in order to accommodate out-of-state participants, while providing more competitive opportunities for Florida residents. Events are the same, just a different system of awarding medals. Florida residents who have met qualifying standards required to compete will be eligible for two sets of medals; State Championships (awarded to the top Floridians only) and International (awarded to the top overall athletes). Non-residents will not be required to qualify anymore, but will only be eligible for one set of medals, International (awarded to the top overall athletes). We understand that this change may cause some confusion initially, so we encourage you to contact the Florida Sports Foundation if you need any clarifications toll-free at 1-866-FLGAMES (354-2637) or games@flasports.com.

Date & Times

The Florida International Senior Games State Championships will be held December 3-11, 2011. Check the sport specific pages for start times and scheduling information.

How To Enter

Save the paperwork and postage, and guarantee your entry is received on time – register online at www.flasports.com! Online registration has later registration deadlines that can be found in the sport specific pages. Athletes submitting a paper entry must complete and return the official entry form to the address below to be received by the registration deadline for your sport. All entries must include entry fees and signed waivers for individual sports. Team waivers are due on-site during designated times.

Entry confirmation can be obtained by logging on to www.flasports.com, or by calling toll free 1-866-FLGAMES (354-2637). Please make all payments (check or money order) payable to the **Florida Sports Charitable Foundation (FSCF)**. There will be a \$35 fee for returned checks. Many sports require qualifying at one of the Sanctioned Florida Local Senior Games Qualifiers for Florida residents. Please see the sport specific pages for qualifying rules.

Grandparent / Grandchild Relay, 4x100 Relay for Track & Field and Swimming Relays only permit on-site registration during designated times found in the sport specific pages. The 5K Road Race offers on-site registration the day of the event.

Florida Sports Charitable Foundation (FSCF)

Attn: 2011 Senior Games

2930 Kerry Forest Parkway, Suite 101

Tallahassee, Florida 32309

Phone: (850) 488-8347

Or toll free at 1-866-FLGames (354-2637)

games@flasports.com

www.flasports.com

DO NOT FORGET TO COMPLETE ALL PARTICIPANT INFORMATION AND SIGN THE WAIVER. ENTRY FORMS WILL NOT BE PROCESSED WITHOUT THIS INFORMATION. TEAM WAIVERS ARE DUE ON-SITE AT THE DESIGNATED CHECK-IN TIMES. NO REFUNDS WILL BE GIVEN.

Florida athletes who anticipate qualifying at one of the October or November Local Qualifiers must submit an entry by the entry deadline. If the competitor does not qualify, entry fees will be refunded.

How Many Sports or Events Within A Sport May I Register For?

You may enter as many sports or events within a sport as you desire as long as they are not held at conflicting times. There are a few exceptions: swimming -- up to six individual events; tennis -- up to two events. Check the schedule of events carefully for the dates and sites of the sports you wish to enter. It is the responsibility of the athlete to make sure that there are no schedule conflicts.

Athlete Check-In/Games Headquarters/T-shirts

T-shirts and goodie bags will be available at each competition venue during designated check-in times for competition. T-shirts will be available at the first scheduled sport venue for athletes registered in multiple events. Participants will be required to complete a short survey in order to receive their t-shirt. To save time, the survey is available at www.flasports.com and can be completed in advance and brought to check-in. Games Headquarters will be located at The Lakeland Center. Headquarters telephone numbers will be published online at www.flasports.com or participants may call toll free 1-866-FLGAMES (354-2637).

Intergenerational Events

Badminton

Florida's Sunshine State Games Badminton Championships/USA Badminton State Championships will be held December 10-11, 2011 during the Florida Senior Games Badminton State Championships. Senior athletes may compete in both events, but must register for each event separately. Athletes 49 and younger can compete in the Sunshine State Games portion of Badminton.

Grandparent / Grandchild Relay

Make this Senior Games a memorable event for your Grandchild and enter the Grandparent / Grandchild Relay December 4, 2011 at All Saints Academy. You don't have to be a Track & Field athlete to compete! This event is open to all participants of the Florida Senior Games State Championships. Registration is available only on-site and no additional entry fee is required. Please see the Track & Field specific pages for additional information.

Powerlifting

Florida's Sunshine State Games Powerlifting Championships will be held December 10, 2011, the prior to the Florida Senior Games Powerlifting Championships. Senior athletes may compete in both events, but must register for each event separately. Athletes 49 and younger can compete in the Sunshine State Games portion of Powerlifting.

5K Road Race

The 5K Road Race on December 3, 2011 will be open to athletes of all ages. Bring the family and compete in the 5K Road Race at Lake Hollingsworth! Athletes 50 and over will receive Senior Games awards, athletes 49 and younger will receive Sunshine State Games awards.

Insurance/Medical

Medical / Health Insurance is the responsibility of each participant. Every participant should be sure to have proof of insurance in the case of emergency.

Housing and Food

Participants are responsible for their own housing arrangements and meals while competing in the Florida Senior Games State Championships. A list of area hotels with special rates has been provided. It is recommended that you make all reservations before November 1, 2011. **Contact Global JBS for the best rates in town at (561) 290-1508 or online at www.globaljbs.com.**

Inclement Weather

The Florida Sports Foundation is not responsible for changes to the event program, postponements or cancellations due to inclement weather or other circumstances beyond our control. In the event of inclement weather, every effort will be made to complete all games and events as scheduled. However, the Florida Sports Foundation reserves the right to change the schedule or format of the competition, postpone events or cancel events due to inclement weather. **No refunds** will be given as a result of these circumstances.

General Rules

The Florida International Senior Games & State Championships rulebook can be found online at **www.flasports.com**. It is the responsibility of the participant to familiarize him/herself with the rules and requirements of the Florida International Senior Games & State Championships. Most sport specific competition rules and qualifying standards have been provided on the following pages.

Age Divisions

Age divisions for singles competition will be determined by the athlete's age as of December 31, 2011. Age divisions for all relay, doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2011.

Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2011. 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 individual, 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, except Team Bowling, are divided into the following categories for both men and women:
50+; 55+; 60+; 65+; 70+ and 75+; 80+ division will be available for Basketball 3 on 3

Team Bowling will be divided into 10-year age increments. 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.

Qualification

Many sports require Floridians to qualify at one of the Sanctioned Florida Local Senior Games Qualifiers. Please see the sport specific pages for qualifying rules.

The Florida Sports Foundation defines an "OPEN" event as one in which a resident athlete is not required to participate in a Sanctioned Florida Local Senior Games Qualifier. Archery, Billiards, Pickleball, Powerlifting, Race Walk, Racquetball, Road Race, Softball and Volleyball are considered "OPEN" events.

The Florida Sports Foundation defines a "LIMITED" event as one in which an athlete may not find suitable opportunities for qualification at a Florida Local Senior Games Qualifier. Pole Vault is considered to be a "LIMITED" event. In order to qualify in a "LIMITED" event, one must register for that event at a Sanctioned Florida Local Senior Games Qualifier. Florida Track & Field and Swimming athletes wishing to compete in relay events must qualify in an event of their sport. If competition is not available, an athlete may request to be included as qualified by the Florida Local Senior Games Qualifier for which they registered.

Non-resident athletes are not required to qualify at a Florida Local Senior Games Qualifier for any sport.

Doubles Partners

Teams for doubles/mixed doubles events must consist of two Florida residents in order to be considered an in-state doubles team. Only an in-state doubles team will be eligible for the State Championships. Teams consisting of one in-state player and one out of state player will be considered a non-resident doubles team and will only be eligible for the International division.

Doubles partners who qualify together do not have to play together at the Florida Senior Games State Championships. Each Florida resident partner must have qualified at a Florida Local Senior Games Qualifier in order to compete at the State Championships. Badminton, Billiards, Bowling, Pickleball, Racquetball, Table Tennis and Tennis doubles partners must be of the same gender. Note: These events also have a separate mixed doubles event except for Racquetball. Shuffleboard doubles may be of mixed gender. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2011. Athletes may compete with only one partner per event.

Teams

A maximum number of players and/or coaches may be added to a Florida team roster following qualification at a Florida Local Senior Games Qualifier for Basketball as follows; Basketball – 3. Players and/or coaches added after qualification at a Florida Local Senior Games Qualifier do not have to participate at a Local Senior Games Qualifier.

All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel with the following exceptions:

1. Non-playing coaches, non-playing captains or non-playing bench personnel may represent no more than two teams in the same sport, each of which must be in different age divisions.
2. Non-playing coaches, non-playing captains or non-playing bench personnel are not subject to age and gender requirements.
3. Athletes may compete with only one team per sport. Athletes who compete in a team sport may serve as a non-playing coach, non-playing captain or non-playing bench representative for one additional team in the same sport, provided the teams are in different age divisions.
4. Non-playing coaches, non-playing captains or non-playing bench personnel are not required to meet qualifying standards for their sport.

Athletes may compete on only one roster per sport. Rosters will be limited to 20 for Softball, 15 for Volleyball, 10 for Basketball and 5 for Team Bowling. Out of State competitors may be included on in-state rosters, but will be limited to: Softball – 5 (70+ and 75+ may have 6), Volleyball – 4 (70+ and 75+ may have 5), Basketball – 1 (70+, 75+ and 80+ may have 3). Please see below for residency definition. Teams exceeding the number of allotted out-of-state players will be classified as an out-of-state team, and will only be eligible for International (overall) awards. Final rosters must be submitted at the designated check-in time for that sport. Once final rosters have been submitted, no changes will be permitted.

Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2011.

Residency

Out of state individuals and teams may compete at the Florida International Senior Games without qualifying, but will only be eligible for International (awards). 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.

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.

Professional Athletes

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

A professional is someone who competes in a sport for money as a primary source of personal revenue. 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.

Uniforms

Team clothing (shirts, pants, shorts) must be of like design and color. Jerseys numbered front & back are highly recommended. Refer to each sport for specific details.

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 International Senior Games & State Championships shall make such protest to the Event Director of the sport in question. Initial protests may be oral or written. If an oral protest is denied, a written protest may subsequently be submitted to the Event Director provided it is done within thirty (30) minutes of the conclusion of the game, match, heat or event under protest. If a written protest is submitted, the Event Director will evaluate the protest and render a decision. If the Event Director's response to a written protest is such that a further hearing is desired, a protest may be made to the Florida Sports Foundation's Vice President. 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.

Credentials

Any player unable to provide the required credentials on the playing field shall be declared ineligible to compete until he/she can produce them. A manager may request verification of a player's eligibility. Should a player play and fail to furnish satisfactory proof prior to the end of the tournament, his/her team will forfeit all games in the event in which the player participated. A valid and official picture ID will serve as acceptable credentials.

Code of Conduct

Participation in the Florida International Senior Games & State Championships as a player, coach or spectator is a privilege to be attained by meeting the standards of good sportsmanship and appropriate conduct as defined in this rule and in the rules governing each individual sport. The Florida Sports Foundation reserves the right to disqualify any player, coach or spectator from further participation or attendance in the Florida International Senior Games & State Championships for inappropriate conduct including but not limited to the following:

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

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

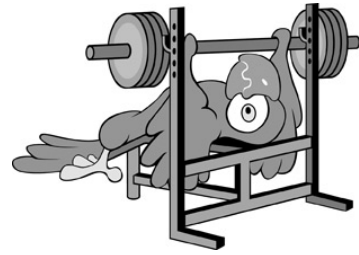
Qualifying for the National Senior Games

2011 is not a qualifying year for the 2013 Summer National Senior Games.

FLORIDA SENIOR GAMES POWERLIFTING

CATEGORIES / EVENT CODES

Bench Press	PW001
Deadlift	PW002
Bench Press/Deadlift for Total	PW003
Raw Bench Press	PW004
Raw Dead Lift	PW005
Raw Bench Press/Deadlift for Total	PW006



DATE

Sunday, December 11, 2011

LOCATION

The Lakeland Center
701 West Lime Street
Lakeland, Florida 33815



SCHEDULE OF EVENTS

7:30 a.m. – 8:00 a.m.	Registration and equipment check for all lifters
8:00 a.m. – 9:30 a.m.	Weigh-in
9:30 a.m. – 10:00 a.m.	Technical rules briefing and lifter warm-up
10:00 a.m. – 12:00 p.m.	Competition lifting for all weight classes/divisions
12:00 p.m. – 1:00 p.m.	Awards presentation

Note: Florida's Sunshine State Games will be held on Saturday, December 10, 2011. The Games will include divisions for all ages under 50. In addition, Powerlifting competition will be offered for athletes 50 and over. A separate registration is required.

STATE CHAMPIONSHIPS QUALIFYING RULES

OPEN – no qualifications totals or events are necessary to enter this championship.

ENTRY REQUIREMENTS

1. Powerlifting entry fee is \$30 for the first event and \$10 for each additional event for Florida residents. Entry fee is \$35 for the first event and \$15 for each additional event for non-residents. Entry fee includes an event t-shirt (athletes competing in multiple sports will only receive one t-shirt). T-shirts will be distributed at the competition during check-in time. There are NO refunds or credits for any reason.
2. A short survey will be required to be completed at check-in. This survey can be found online at www.flasports.com, and can be completed in advance and brought to check-in.
3. All entries must be **received by November 14, 2011** or **register online by November 18, 2011** at www.flasports.com. Late entries may be accepted at the discretion of the Event Director. Athletes registering after November 18, 2011 are not guaranteed a t-shirt. Additional t-shirts can be purchased in advance online at www.floridasportsapparel.com.
4. Entry forms, waiver of liability and entry fee should be made payable to the Florida Sports Charitable Foundation (FSCF). Save a stamp and beat the deadline! Register online at www.flasports.com.
5. Divisions will be contested in accordance with Senior Games five-year age increments starting with 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-100+.
6. A USA Powerlifting membership is required to participate in this championship. The membership forms will be available at weigh-in/equipment check. One-day memberships will be available for \$15. If a lifter sets a Florida State and/or American Record they will be required to purchase the full-year membership.
7. Proof of age will be required at weigh-in (birth certificate w/ picture I.D., Driver's License or State I.D.).

FORMAT

1. Each division will be divided into weight classes as follows:
Men (lbs)
123, 132, 148, 165, 181, 198, 220, 242, 275, & SHW
Women (lbs)
105, 114, 123, 132, 148, 165, 181, 198, 198+
2. Each division will be divided into age groups in accordance with Florida Senior Games State Championships Rules of Competition.
3. Each athlete shall be granted three (3) attempts in the bench press competition.
4. Each athlete shall be granted three (3) attempts in the deadlift competition.
5. Fourth place ribbons will be awarded in addition to Gold, Silver and Bronze medals for Florida residents. Gold, Silver and Bronze medals will be awarded to top overall athletes.
6. This is a drug-tested championship -- 10% of the athletes will be tested.
7. A special Champion of Champions award will be presented to the best overall male and female lifter in the Bench press, Deadlift and Total competitions. The overall best lifter awards will be calculated by the IPF Wilks formula.
8. All athletes are eligible for both USA Powerlifting - Florida State Records and USA Powerlifting American Records.

****Raw/Unequipped Lifting is defined as: Non-supportive singlet, wrist-wraps, belt, and Neoprene knee sleeves only. Knee Wraps are not allowed to be used for Raw/Unequipped lifting.***

SPORT RULES

This competition will be sanctioned by USA Powerlifting (USAPL), and will be held in accordance to all USA Powerlifting technical rules and regulations. Important to note, USA Powerlifting is the official governing body for the sport of powerlifting in the United States. These rules can be found online at: <http://www.usapowerlifting.com/committees/technical>

NATIONAL SENIOR GAMES QUALIFYING RULES

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

FSF STAFF CONTACT

TBD – 866-354-2637 or games@flasports.com

STATE DIRECTOR

Robert Keller (954) 790-2249 or rkh@verizon.net

Florida Website: www.florida-powerlifting.com

National Website: www.usapowerlifting.com

VENUE DIRECTIONS

From I-4: Take Exit 32/US 98/Florida Avenue South. Continue straight on Florida Avenue South for approximately 3 miles. Turn Right (West) on Lime Street. The Lakeland Center will be on the Right. For parking, continue on Lime Street, past The Lakeland Center. Enter through Gate 6, continue straight at the gated booth and turn Right at Row 4. Parking is straight ahead.

Individual Agreement, Release and Waiver of Liability

In consideration of being permitted to participate in or assisting others in participating in the Florida International Senior Games & State Championships or Florida's Sunshine State Games "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;

(1) I ACKNOWLEDGE, UNDERSTAND, DECLARE AND AGREE THAT:

- (a) 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;
- (b) 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 any equipment used;
- (c) There may be OTHER RISKS not known or not reasonably foreseeable; and Understanding All of the Above,

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

- (a) the State of Florida or any of its agencies, Enterprise Florida, Inc. the Florida Sports Foundation, Inc. and the Florida Sports Charitable Foundation, their commissioners, employees or volunteers, coaches, trainers, officials affiliated with the international organizations, agencies, sponsors, or advertisers, the respective administrators, officers, directors, agents, representatives, employees, volunteers, coaches, trainers, officials or any other individuals affiliated with the Games;
- (b) 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;
- (c) the National Senior Games Association (NSGA), the National Congress of State Games (NCSG) and/or their respective representatives, officers, directors, employees, agents, successors and assigns;
- (d) 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.

(3) I FURTHER AGREE THAT:

- (a) 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;
- (b) 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.
- (c) I have read and agree to the Florida Sports Foundation no refund policy.

(4) 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 Name (print)

Participant Signature

Date

Guardian signature required below if participant is under 18 years of age.

Guardian Name (print)

Participant Signature

Date

All participants must complete the Agreement, Release and Waiver of Liability in order to compete.

**FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS
MANDATORY ACCOMMODATION SURVEY INFORMATION**

This brief survey will need to be submitted at time of check-in in order to receive your athlete t-shirt. Surveys will be available on-site, but for your convenience, this form has been provided in advance. RqmCounty residents are not required to complete this survey.

Participant's Name _____

Cell or Day Phone (____) _____ Hometown _____

Sports participating in _____

If you are staying in a Hotel or RV Park complete this section. If not, complete the next section.

Hotel or RV Park Name _____	
Hotel Phone or Location _____	
Check in _____ / _____ / _____ (month) (day) (year)	Departure _____ / _____ / _____ (month) (day) (year)

If you are not staying in a Hotel or RV Park complete this section.

Are you staying with a friend?	Yes	No
If yes, how many nights?	_____	
Are you driving in for the day?	Yes	No

*Thank you for your cooperation!
If you have not made hotel reservations yet please call
"LDUI rjdcncv*783+4; 2/372: 'qt 'y y 0 rjdcridu&go"
They are the official housing bureau & will help you find the best value & closest to your venues!*