



FOF 2024 GAMES FORMATS

SPORT	CATEGORY	TEAM	GENDER	GENERAL FORMAT
ARCHERY	U14 & OVER 14	INDIVIDUAL	MALE & FEMALE	36 ARROWS , 6 ENDS
BADMINTON	U14 , 14 -39 , 40 - 55 , OVER 55	INDIVIDUAL / TEAM	MALE & FEMALE	SINGLES , DOUBLES , MIXED DOUBLES , JUMBLES. TEAM EVENT FORMAT (SINGLES, MENS DOUBLES *2,LADIES DOUBLES, 40 DOUBLES).
BOWLING	14 YRS & OVER	TEAM	MALE & FEMALE	4 MALE & 2 FEMALE , 2 SUBS - 1 MALE & 1 FEMALE.
BRIDGE	OPEN	PAIRS	MALE & FEMALE	
CARROM	U14 , OVER 14	INDIVIDUAL	MALE & FEMALE	SINGLES.
CHESS	U14 & OVER 14	INDIVIDUAL	MALE & FEMALE	5 ROUNDS , SWISS SYSTEM.
CRAZY GOLF	14 YRS & OVER	EVENT CANCELLED	MALE & FEMALE	2 MALE & 2 FEMALE PER TEAM.
BOX CRICKET	U14 / 14 - 39 / OVER 40	TEAM	MALE & FEMALE	6 ASIDE , TENNIS BALL , 6 OVERS PER INNING.
CYCLING	U14 , 14 -39 , 40 - 55 , OVER 55	INDIVIDUAL	MALE & FEMALE	FIXED DISTANCES PER AGE GROUP (ROAD & OFF ROAD).
DARTS	18 YRS & OVER	INDIVIDUAL / DOUBLES	MALE & FEMALE	SINGLES , DOUBLES & MIXED DOUBLES.
DODGEBALL	14 YRS & OVER	EVENT CANCELLED	MALE & FEMALE	8 PLAYERS:- 6 PLAYERS & 2 SUBS. 4 MALE & 2 FEMALE
FOOTBALL	U14 , 14 - 39 , OVER 40	TEAM	MALE & FEMALE	6 ASIDE (MAX 10 REGISTERED PER TEAM).
FIFA	U14 , OVER 14	INDIVIDUAL	MALE & FEMALE	
GOLF	OPEN	INDIVIDUAL	MALE & FEMALE	STABLEFORD , HANDICAP , TOP 3 SCORES OF A COMMUNITY TO DETERMINE WINNER.
GO-KARTING	U14 , 14 - 39 , OVER 40	INDIVIDUAL	MALE & FEMALE	10 MINS , PRELIMINARIES & FINALS.
HOCKEY	OVER 14	TEAM	MALE & FEMALE	6 A SIDE , (MAX 9 REGISTERED PER TEAM, 3 SUBS OF CHOICE). MENS TEAM TO COMPRISE OF 3 PLAYERS 14-39 YRS , 3 PLAYERS OVER 40 YRS ON FIELD. ASTRO SHOES ONLY
KABADDI	OPEN	EVENT CANCELLED	MALE	RECTANGLE PLAYING FORMAT , TEAM OF 7 PLAYERS , KNOCKOUT BASIS.
MARATHON	U14 , 14 -39 , 40 - 55 , OVER 55	OPEN / INDIVIDUAL	MALE & FEMALE	FIXED DISTANCES PER AGE GROUP.
8 BALL POOL	18 YRS & OVER	INDIVIDUAL	MALE & FEMALE	SINGLES.
ROUNDERS	OPEN	TEAM	FEMALE	9 ASIDE , TEAMS OF 12 , 24 GOOD BALLS.
RACKETLON	OPEN	SINGLES	MALE & FEMALE	BADMINTON , TABLE TENNIS , SQUASH & TENNIS.
SNOOKER	18 YRS & OVER	INDIVIDUAL	MALE / FEMALE	SINGLES. (INDEMNITY TO BE SIGNED).
SQUASH	U14 , 14 - 39 & OVER 40	INDIVIDUAL	MALE & FEMALE	BEST OF 5 , POINT-A RALLY , 11 POINT GAME.
SWIMMING	7YRS & UNDER , 8-9 , 10-11 , 11-12 , 12-13 , 14-15 , 16 & OVER , 40 & OVER	INDIVIDUAL / TEAM	MALE & FEMALE	25M - BACK,BREAST,FLY,FREE,IM 50M - BACK,BREAST,FLY,FREE,IM CHOOSE ANY 5. ORGANISERS SHALL MERGE AGE GROUPS IF ENOUGH ENTRIES ARE NOT RECEIVED.
SCRABBLE	U14 , OVER 14	INDIVIDUAL	MALE & FEMALE	LAGGED SWISS SYSTEM
TABLE TENNIS	U14 , 14 - 39 , OPEN , 40 - 55 & OVER 55	INDIVIDUAL / TEAM	MALE & FEMALE	SINGLES , DOUBLES , MIXED DOUBLES , JUMBLES , TEAM EVENT OPEN - NEW OLYMPIC FORMAT. BC vs YZ (DOUBLES) , A vs X (SINGLES) , C vs Z (SINGLES) , A vs Y (SINGLES) , B vs X (SINGLES)
TENNIS	U14 , 14 - 39 , OVER 40	INDIVIDUAL	MALE & FEMALE	SINGLES ONLY.
THROWBALL	14 YRS & OVER	TEAM	FEMALE	11 PLAYERS: 9 PLAYERS, 2 SUBS , 20 MINS PER GAME. BEST OF 2 ,21 POINTS.
VOLLEYBALL	14 YRS & OVER	TEAM	MALE	ONE TOUCH TRADITIONAL.
WATER POLO	OPEN	TEAM	MALE & FEMALE	7 PLAYERS: 5 PLAYERS (3 MALE & 2 FEMALE) , 2 ROLLING SUBS (1 MALE & 1 FEMALE) , 20 MINS PER GAME.
WALK	OPEN	INDIVIDUAL	MALE & FEMALE	NON COMPETITIVE.
PADEL	U14 , 14 - 39 , OVER 40 & OVER 55		MALE & FEMALE	DOUBLES & MIXED DOUBLES
PICKLE BALL	U14 , 14 - 39 , OVER 40 & OVER 55		MALE & FEMALE	SINGLES , DOUBLES & MIXED DOUBLES
WHIST	OVER 14	EVENT CANCELLED		2 ROUNDS OF12

An Event with Less than three communities shall be cancelled. Subject to change without notice. Age As at 5th OF NOVEMBER 2024. For more information Contact your community representative.

Subject to change without notice

VERSION 9 - 24th OCTOBER 2024