



FOF 2022 GAMES FORMATS

SPORT	CATEGORY	TEAM	GENDER	GENERAL FORMAT
ARCHERY	U14 & OVER 14	INDIVIDUAL	MALE & FEMALE	36 ARROWS , 6 ROUNDS , [6 ARROWS].
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	TEAM	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.
DANCE	U14 & OVER 14	TEAM	MALE & FEMALE	TEAM OF 8 (2 OF OPPOSITE GENDER). ROUND ONE PREPARED, ROUND TWO IMPROMPTU DANCE OFF.
DODGEBALL	OPEN	TEAM	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 2022	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. EXTRA CHARGES
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	18 YRS & OVER	TEAM	MALE	RECTANGLE PLAYING FORMAT , TEAM OF 7 PLAYERS , KNOCKOUT BASIS.
KHO - KHO	U14 , OVER 14	TEAM	MALE & FEMALE	12 PLAYERS: 9 PLAYERS & 3 SUBS , 9 MINS PER INNING.
MARATHON	U14 , 14 -39 , 40 - 55 , OVER 55	OPEN / INDIVIDUAL	MALE & FEMALE	FIXED DISTANCES PER AGE GROUP.
8 BALL POOL	14 YRS & OVER	INDIVIDUAL	MALE & FEMALE	SINGLES.
ROUNDERS	OPEN	TEAM	FEMALE	9 ASIDE , TEAMS OF 12 , 24 GOOD BALLS.
RACKETLON	OPEN	SINGLES / MIXED DOUBLES	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	
TABLE TENNIS	U14 , 14 - 39 , OPEN , 40 - 55 & OVER 55	INDIVIDUAL / TEAM	MALE & FEMALE	SINGLES , DOUBLES , MIXED DOUBLES , JUMBLES , TEAM EVENT OPEN - OLYMPIC FORMAT.
TENNIS	U14 , 14 - 39 , OVER 40	INDIVIDUAL	MALE & FEMALE	SINGLES ONLY.
THROWBALL	12 YRS & OVER	TEAM	FEMALE	11 PLAYERS: 9 PLAYERS, 2 SUBS , 20 MINS PER GAME. BEST OF 2 , 15 POINTS.
VOLLEYBALL	12 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.

An Event with Less than three communities shall be cancelled. Subject to change without notice. Age As at 6th OF NOVEMBER 2022 . For more information Contact your community representative.