

# **SOUTH AFRICAN MASTERS SPORTS ASSOCIATION**



## **HANDBOOK 2004 - 2006**

**SOUTH AFRICAN MASTERS SPORTS ASSOCIATION (SAMSA)**

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### WHAT IS A "MASTER" ATHLETE

Expressions such as "senior" or "veteran" are frequently applied to mature athletes. In the context of World Masters Games, the term "Master" is applied to male and female competitors who comply with the International Sports Federations' rules regarding the minimum age in their respective sport. Most Masters' sports are arranged in age categories which increase by five or ten year intervals.

As a guideline, the minimum age is 30 years. However, this depends on each sport's international rulings and a decision by the host city organising committee and the IMGA Board of Governors.

Although no prior qualification is required in order to participate, many masters are extremely competent and competitive. Several are former World Champions or Olympians, others have had talents and motivation to make it to the top, but for various reasons they never had the opportunity. Some compete solely to defy their age or to add a competitive element to the desire of staying in good shape.

All competitions are run by the respective international sports federation, in accordance with the technical specifications of the different federations.



## **SOUTH AFRICAN MASTERS SPORTS ASSOCIATION (SAMSA)**

The Association was properly constituted as the Governing Body of Masters / Veterans sport in South Africa in 1993.

It was founded on 6 February 1993 in Pretoria at the inaugural meeting attended by 18 founder member sports codes.

During the past decade 60 individual sports codes have qualified as members of the Association through to the first participation in SAMSA's multi-sport event – the biennial South African Masters Games since 1997.

SAMSA is:

1. A member of the International Masters Games Association (IMGA) after its first participation in the 4th World Masters Games in Brisbane, Australia in 1994.
2. An Associate Member of the National Olympic Council of South Africa (NOCSA).
3. A member of the South African Sports Commission (SASC).
4. Recognised as a sport association by the Department of Sport and Recreation South Africa (SRSA).

### **SAMSA's Aims and Objectives**

- To promote continued participation in sport and recreation among all mature sportsmen and women, namely the Masters / Veterans in the country.
- To bring together the Masters athletes from every existing and active sports code at a biennial multi-sport festive event to participate in one or more competitions, and to share the camaraderie and sportsmanship with fellow masters.
- To further participation in national and international events through mutual contact.
- To honour and comply with the principles and rules laid down by the IMGA and the International Sports Associations regarding Masters Sport.
- SAMSA honours and acknowledges the autonomy of each individual sports code in the application of its own code and rules for own competitions / championships.
- SAMSA distributes all codes' information and promotes codes' events in its publication "The Masters Voice" as submitted by members.



## **Structure of the SA Masters Sports Association**

The Association is governed by its Council.

### Composition of the Council

#### **EXECUTIVE COMMITTEE**

- The President
- The Secretary
- The Treasurer
- The Minute Secretary
- Honorary Vice-Presidents and additional members as co-opted.
- Two representatives from all paid-up member sports codes.
- Each member association is entitled to two (2) votes
- All elected members shall have one vote. The President shall have a deliberate as well as a casting vote.
- Members on the EXCO are elected during the Biennial General Meeting, held during the first quarter of the year.

#### **SAMSA'S PRESENT EXCO / MANAGEMENT COMMITTEE**

President – Rita Oosthuizen

Secretary – Samantha Harris

Treasurer – Lanie van Wyk

### **Full Membership**

Is open to all National Masters Sports Associations, sub-unions or master sections of National Sports Associations. The annual membership fee is R100.00 per sports code.

### **Individual Contact Membership (ICM)**

Is open to individual masters / clubs for better contact and communication purposes, with no voting power. Registration fee is R50.00 per person (once-off fee).

Closing date for payments of membership / registration fees is 31 March each year.



## INTERNATIONAL MASTERS GAMES ASSOCIATION (IMGA)

The International World Masters Games Association (IMGA) was founded on the 25th October 1995 in Seoul, Korea. The Association's Board of Governors takes responsibility for running the Association and World Masters Games, a quadrennial event with exceptions. IMGA is responsible for selecting the host cities for the World Masters Games. The Games represent a festival of Masters multi-sport which is potentially the largest international multi-sport competition in the world.

The members of IMGA are the International Sport Federations, which have their sports on the programme of the World Masters Games, with a current membership of 100 countries.

### Board of Governors

- The Board consists of ten members elected for four years.
- The President is Kai Holm from Denmark; while the day-to-day business is handled by its General Secretary,
- Børge Kaas-Andersen from Denmark.
- There are eight additional governors elected to the board.

IMGA is an associate member of the General Assembly of International Sporting Associations (GAISF/AGFIS) and holds the IMGA Annual General Assembly (AGA) during the annual GAISF Congress period. The IMGA is a non-profit corporation organized under the laws of Switzerland and the headquarters are located in the Olympic City, Lausanne, Switzerland. In periods between successive AGAs, an International Board of Governors takes responsibility for running the Association.

### Official Address of the IMGA

IMGA has its legal seat in Lausanne, Switzerland, but its administrating office is in the House of Sports in Copenhagen.

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Telephone: + 45 - 4326 2981 • Fax: + 45 - 4326 2982  
E-mail: HYPERLINK "mailto:imga@dif.dk" imga@dif.dk  
Website: HYPERLINK "http://www.imga-masters.com" www.imga-masters.com



## The Fundamental Ideas of the World Masters Games

- A multi-national and multi-sports event for mature sportsmen and women.
- Open to all competitors - past champions, people who have never competed at championship level, or just sportsmen and women in general.
- The only criterion for participation is the minimum age requirement of an athlete as determined by the individual sports code. Most sports are arranged in age categories. As a guideline, the minimum age is 30 years. However, this depends on each sport's international rulings and a decision by the host city organising committee and the IMGA Board of Governors.
- There are no national teams, groups or official national representatives.
- All participants represent themselves only and bear all expenses on an individual basis.
- One or several teams from individual countries may participate.
- Participants from several different countries may unite to form multi-national teams.
- All participants shall compete in the outfit and the clothes normally used in their particular sport, and shall not necessarily appear in official national team clothing.
- Participation does not require any qualification competitions or selection criteria.
- Athletes shall abide by the competition rules of the international sports federations.

## The Games are created with a view to:

- Promoting the philosophy of "SPORT FOR LIFE" throughout life.
- Encouraging mature individuals from all over the world to participate in sport regardless of age, sex, race, religion or sports status.
- Setting an example by the participants to inspire the youth of the world to acknowledge that competitive sport may continue throughout life.
- Bringing together mature athletes in different cities around the world to practise their sport and to share cultural and tourist experiences.

## World Masters Games Statistics

Year	Country	Athletes	Countries	Sport Codes
1985	Toronto, Canada	8,000	61	21
1989	Herning, Denmark	5,500	70	37
1994	Brisbane, Australia	23,000	74	30
1998	Portland, USA	13,000	102	25
2002	Melbourne, Australia	25,384	97	30
2005	Edmonton, Canada			
2009	Sydney, Australia			



The 6th World Masters Games will be held from 22 to 31 July 2005, with 25 sports codes included in the programme :

		Min Age			Min Age
1.	Athletics	(30)	14.	Soccer	(30)
2.	Badminton	(35)	15.	Softball	(35)
3.	Baseball	(30)	16.	Squash	(35)
4.	Basketball	(30)	17.	Swimming	(25)
5.	Canoeing	(30)	18.	Synchronized Swimming	(25)
6.	Cycling	(30)	19.	Table Tennis	(35)
7.	Diving	(25)	20.	Tennis	(30)
8.	Golf	(35)	21.	Ten Pin Bowling	(35)
9.	Ice Hockey	(30)	22.	Triathlon	(30)
10.	Lawn Bowling	(35)	23.	Beach Volleyball	(30)
11.	Orienteering	(35)	24.	Indoor Volleyball	(30)
12.	Rowing	(27)	25.	Weightlifting	(35)
13.	Shooting	(30)			

### **Other International Masters Events**

- Pan-Pacific Masters Games – 6 to 14 November 2004, Gold Coast, Queensland, Australia. Next Games in 2006
- Pan-Pacific Masters Games – 2005 and 2007 in California, USA
- World Golden Oldies Biennial Festivals – cricket, hockey, netball, rugby and soccer at various venues all over the world

Information available from SAMSA Office.



## THE BIENNIAL SOUTH AFRICAN MASTERS GAMES

SAMSA's major event for national and international masters participation.

The Games is:

- Organised by SAMSA in conjunction with the host city and possible sponsor / s.
- A multi-sport festive event, based on the fundamental ideas of the International Masters Games Association.
- Open to any existing / active masters sports code and individual master athletes.
- The only criterion for participation is the qualifying minimum age of the individual master athlete as determined by the organisers of the Games in conjunction with the national masters sports bodies.
- For multi-sport events, the minimum ages for participation are often lower than the minimum ages for individual codes' competitions and championships, in order to promote continued participation for up and coming future masters.
- Age qualification for participation shall be determined as at 31 December.
- All participants shall present an Identity Document or Passport if requested.
- All participants to adhere to an indemnity policy.
- Drug testing may be conducted at competitions.
- Participants to pay a Games registration fee and shall bear all expenses for transportation and accommodation.
- SAMSA will assist teams needing players or players needing teams.

### SA Masters Games: 1997 to 2006

Year	Venue / Host City	Sponsor
1997	Johannesburg	Greater JHB Metropolitan Council
1999	Port Elizabeth	City of PE Municipal Council / ABSA
2001	Pretoria	Pick 'n Pay / City of Tshwane
2003	Pretoria	Pick 'n Pay / City of Tshwane
2006	Port Elizabeth	Nelson Mandela Bay Metro 24 April to 1 May



## SPORT CODES WHO HAVE PARTICIPATED IN THE SOUTH AFRICAN MASTERS GAMES

\* = Codes who participated in all four Games since 1997

+ = Founder member codes in 1993

Minimum Age	M	W	Minimum Age	M	W
Angling	45		Netball *+		30
Archery *	30		Orienteering	35	
Athletics *+	30		Pentathlon	35	30
Badminton	30		Polocrosse	40	35
Baseball	35		Pool	40	
Basketball *	35	30	Powerlifting +	35	
Body Building	30		Roller Hockey	35	
Biathlon	27		Rowing *+	27	
Bridge	40		Rugby	35	
Bowls	40		Sailing	30	
Canoeing	30		Shooting +	35	
Croquet *+	40		Snooker	45	
Chess	35		Soccer	35	
Cricket – Indoor	35	30	Softball *	30	
Cycle Car +	30		Squash +	35	30
Cycling	30		Surfing	30	
Darts +	35		Swimming	25	
Diving	25		Table Tennis	40	35
Fencing	35		Tenniquoits *+	36	
Gymkhana +	50		Ten Pin Bowling *+	35	
Golf – Ladies *+		35	Tennis	35	
Hockey +	35		Tent Pegging	50	
Judo *	30		Triathlon	30	
Jukskei +	30		Tug of War +	30	
Korfball International	35		Underwater Hockey	30	
Korfball SATKA *	30		Volley Ball	30	
Life Saving	25		Water Fitness	25	25
Marathon	35	30	Water Polo	25	25
Masters Fun Walk	35		Waterskiing	30	
Modern Pentathlon	35	30	Weightlifting +	35	
Mountain biking	35	30	Wrestling *	35	

- Minimum ages applicable only to SAMSAM multi-sport events in order to promote continued participation among young future Masters athletes.
- The SA Masters Games Information Brochure is available and distributed countrywide, one year prior to the SA Games.



## **SOUTH AFRICAN ANNUAL NATIONAL MASTERS SPORTS DAY**

This is an event which is celebrated countrywide on the last Saturday in October every year in clubs, communities, country towns, cities and companies.

It is promoted and organized by city councils' sports divisions, sport leaders, community leaders, club managements, national masters sport codes, MEC's and HOD's of Provincial Departments of Sport, and companies' and businesses' management.

Information and guidelines distributed by SAMSA to all possible role players.

A Certificate of Participation to be issued to every master participating in the celebration of this special day. The certificate can be ordered from SAMSA at no charge.

### **SAMSA's Main Objectives**

- To create an awareness among MORE PEOPLE – SAMSA offers the opportunity to every Master sportsmen and women to continue with participation in “Sport for Life” and to become part of its multi-sport events.
- To encourage more Masters (ex sport leaders, administrators, coaches and organizers):
  - To share their experience and expertise with fellow masters in their clubs, communities, towns and rural areas.
  - To implement their experience as an organiser in their immediate community or area, creating and celebrating its own Masters Sports Day.
  - To motivate their young Masters to continue with “Sport for Life” to remain “Fit for Life”.
  - To share their knowledge, wisdom, coaching and administrative skills with the young and future leaders.
  - To apply SAMSA's motto – “The Challenge Never Ends”.



## SAMSA's APPAREL

All garments are available to Master athletes who have participated in OR are registered for participation in SAMSA's or any other International Masters multi-sports events.

- Tracksuit (bottle green and gold in long or short jacket)
- Jacket (white with green trimmings)
- Golf Shirt (bottle green or white)
- Cap (bottle green)
- Sport Bag (bottle green and gold "back-pack" style)
- T-shirt (white souvenir article incorporating sponsor's logo [screen printed])

All garments are embroidered with SAMSA's logo and motto on front, with wording "South African Masters" on back.

Payment for apparel to be submitted with order (bank transfer only and proof of deposit to accompany order).

Banking details are available from the SAMSA office.

Prices are based on annual quotations by the supplier / s.





# Come on in to Nelson Mandela Bay

Our **Sports & Events Division** members are available to assist all competitors with arrangements such as accomodation, tours and activities, before or after, their event. Our dedicated service providers are:

## ACCOMODATION

**Booking Agents:**  
Up & Around Booking Agency

**Apartments:**  
Bishops Lodge  
041 585 6828

**Cascades Luxury Apartments**  
041 583 5484

**Booking Accomodation:**  
PE Technikon  
041 504 3419

**Hotels:**  
City Lodge  
041 586 3322

**Humewood Hotel**  
041 585 8961

**Protea Edward Hotel**  
041 586 2056

**Marina Protea Hotel**  
041 583 2101

**Beach Hotel**  
041 583 2161

**The Paxton**  
041 585 9655

**Summerstrand Inn**  
041 583 3131

**The Kelway Hotel**  
041 584 0638

**Holiday Flats:**  
Beacon Lodge  
041 583 5061

**Park Place**  
041 585 5062

**Langerry Holiday Apartments**  
041 585 2654

**ACTIVITIES**  
Pro Dive  
041 368 7880

**SHOPPING**  
Walmer Park Shopping Centre  
041 368 2690

**CAR RENTAL**  
National Alamo Car Rental  
041 484 2123

**PUBLISHING & PRINTING**  
Valmac Stationers & Printers  
041 484 2728

**Yithette Publishing**  
041 581 2820



**HOST CITY**  
**SA MASTERS GAMES 2006**



**Come on in to Nelson Mandela Bay - uniting Port Elizabeth, Uitenhage and Despatch.** Come and experience our world class tourist destination, with stylish golden beaches, top class hotels and a magical mix of tourist attractions. Watch the dolphins at play in our Bay, view the ocean breakers on the wild side or just enjoy our great sporting facilities. Our friendly hospitality will also surprise you. It will be an experience of a lifetime as you compete to the sounds of the African beat. Don't miss out. Enter for your event now and contact us for special rates. Don't forget, email or call. Your bookings are important to us. Our service is personal. Special tours and itineraries can be arranged. We are waiting to assist you.



**SOUTH AFRICA**

Nelson Mandela Bay Tourism

Website: [www.nmbt.co.za](http://www.nmbt.co.za)

E-mail: [info@nmbt.co.za](mailto:info@nmbt.co.za)

The Beachwalk Info Centre

Tel: +27 (0) 41 583 2030, Fax: +27 (0) 41 583 8794

Beachwalk Info Centre

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