



15M HEALTH GAMES

The 15M Health Games is an annual community sports competition bringing people together through group-based games adapted for all ages and abilities.

Supporting the 15M social movement's goal of adding 15 million years of healthy life, the Games unite residents across Central and North Singapore through regular activities that build social connections essential for wellbeing.

The 6 innovative games are specially designed to be easy to play, allowing for people of different age and abilities to be on the same team, to compete and improve together.

The 15M Health Games brings families together, keeps residents socially connected, and maintains active lifestyles through fun team-based activities. As residents from 12 towns train and play together, we're building healthier and happier communities, town by town.



CO-DESIGNED AND CO-ORGANISED WITH:



Blossom Seeds
福善



HOME
NURSING
FOUNDATION
家护基金



BONDING BOCCIA



A light-hearted game of precision where children and seniors take turns tossing soft balls to land closest to a target, fostering connection and friendly competition across generations.

CAPTAIN'S HOOP



A dynamic blend of netball and captain's ball that gets all players moving, passing, and scoring in fast-paced team play.

PEDAL POWER



An inclusive cycling relay where everyone can participate in regardless of abilities.

SOFT VOLLEYBALL



A gentler, senior-friendly take on volleyball that encourages active play, coordination, and laughter through slower, softer rallies.

TIC-TAC FLOORBALL



A modified version of floorball where seniors play within designated zones, promoting strategy, movement, and fun without high impact.

WALKING FOOTBALL



A no-running version of football where players work together to pass and score goals at a comfortable pace, promoting teamwork and intergenerational bonding.

BONDING BOCCIA

REQUIREMENTS

PLAYERS

4 pax per team



2 x children/youths
(≤ 20 years old)



2 x adults/seniors
(≥ 21 years old)

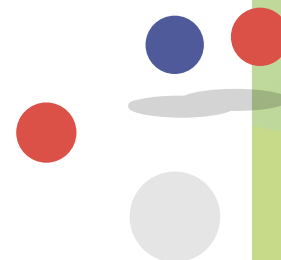
GAME DURATION



15 minutes



To score points by getting your coloured balls closer to the white jack ball than your opponent's closest ball.



BONDING BOCCIA

GAME PLAY

GAME START

- A coin toss determines which side (red or blue) starts the first end.
- The winning side chooses their ball colour (red or blue) after the 1st round.
- The starting side propels the white jack ball onto the court.
- The player who throws the jack also plays their first coloured ball.
- Players take turns to throw one ball at a time, until all the balls are thrown.
- The opponent team will start the next round by throwing the "jack".
- 3 rounds will be played in total.
- The ball may be rolled into the court, however any ball that lands outside the play area will not be considered.
- An additional throw is given to players who are 12 years old and below if the team is not satisfied with the initial throw. This re-throw must be done immediately after the initial throw.

SCORING

- The side with the ball(s) closest to the jack scores points.
- One point is awarded for every ball of that colour that is closer to the jack than the opponent's closest ball.

Each game shall consist of 3 rounds (ends). Upon the completion of all 3 rounds, the side with the highest total points shall be declared the winner.



12:27

TEAM BLUE

01

TEAM RED

02

GAME RULES

JACK BALL PLACEMENT REQUIREMENTS

- The jack ball must land completely within the court boundaries.
- The jack ball must cross the "V-line" (jack line).
- The jack ball must not go out of bounds at the back of the court.



JACK BALL RE-THROW/PLACEMENT

- If the jack is thrown out of bounds or fails to cross the V-line, the opposing side gets to throw the jack.
- If the opposing side also fails twice to properly throw the jack, the jack is placed on the designated cross mark.

FOULS & PENALTIES

- Crossing the throwing line while propelling a ball will result in a foul.
 - A fouled ball is removed from play.
- No penalty points awarded if opponent team throws the jack out of the play area.



TIE-BREAK END

- If scores are tied after the regulation number of ends, a tie-break end is played.
- The jack is placed on the cross mark for the tie-break end.
- Each side plays one ball in the tie-break.
- The closest ball to the jack wins the end and the game.



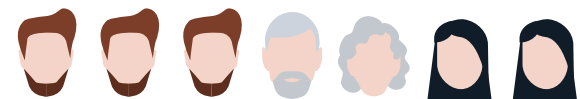
CAPTAIN'S HOOP



Requirements

PLAYERS

7 pax per team



7 x individuals
(≥ 17 years old)

GAME DURATION



10 minutes



To score the most points by throwing the ball into the netball hoop.

CAPTAIN'S HOOP

GAME PLAY

GAME START

- The ball is placed in the middle of the playing area, with one player from each team facing their opponent's net.
- The game is started with the referee's whistle.
- When the ball goes out of the playing area, the opposing team will take a throw-in from the spot where the ball went out.
- Only 2 players from each team are allowed in the goal circle, also known as the semi-circle or shooting circle.
- Substitution of players is only allowed after a goal is scored by either teams, except for the following exemptions:
 - During a stoppage due to injury or illness
 - When a player sustains a blood injury
 - When the umpire calls for a player to be substituted
- There is no injury time or 'time-out'. Should there be a stoppage due to any of the above situations, central time will continue to run, and substitution has to be made immediately.
- Any form of substitution must be made known to the umpire.

SCORING

- The scoring area will be determined before the game commences.
- Players are only allowed to score in their scoring area.
- A goal is considered scored only when the attempt is made within the goal circle and the ball goes through the hoop of the goal post.
- A point is awarded to the team if the ball is thrown through the netball hoop.
- The team with the highest points wins.

GAME RULES

- No walking / running when in possession of the ball.
- Players are not allowed to be in possession of the ball for more than 5 seconds.
- Players are not allowed to make deliberate contact, with or without the ball, to another player or the ball (when in another players' possession).
- Do not dribble, steal, roll, kick, punch, dive or fall on the ball.
- Players are not allowed to obstruct another player with their arms.
- Using the goal post for balance is not allowed.
- A distance of 3 feet/ 0.9 meters must be kept from the landing foot of the player in possession of the ball.
- The referee will enforce the rules and call out any infringements. A yellow card, followed by a red card, will be shown for any infringements. A red card will result in being taken off the game without any replacements.
- A bounce pass is allowed.



PEDAL POWER



Requirements

PLAYERS

4 pax per team



4 x individuals
(≥ 13 years old)

Composition of 2 able-bodied individuals
and 2 persons with disabilities

GAME DURATION



10 minutes



Time-trial relay – To complete 1km (250m per person) in the fastest time possible.



GAME PLAY

GAME START

- The race is conducted in a relay format. Cyclist 1 starts the race and completes 250m before handing over to Cyclist 2, and so on.
- Teams will start on first whistle.
- The handover occurs at designated transition zone.
- Timing stops once the fourth cyclist completes the distance.

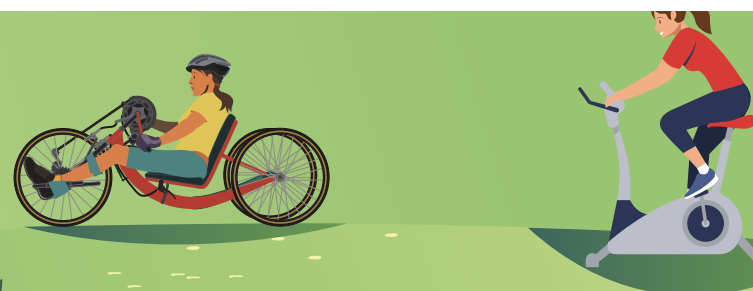


SCORING SYSTEM

- Teams will be ranked based on the time taken to complete the 1km course.
- The top 4 team with the shortest timing will enter the semi-finals.
- The winner of each semi-finals match will enter the finals.
- The winner is the team with the shortest timing.

GAME RULES

- Cyclists may take individual breaks at any time during the trial.
- The outgoing cyclist must only cross the line of the transition zone after the returning cyclist has crossed the line of the transition zone. Failure to do so will result in a team disqualification.



SOFT VOLLEYBALL



REQUIREMENTS

PLAYERS

5 pax per team



5 x seniors
(≥ 60 years old)

GAME DURATION



10 minutes



Teams have to score the most points by hitting the ball over the net, with the ball landing in the opponent's court.

GAME PLAY

GAME START

- A coin toss will determine which team starts the game. The team that wins the coin toss will also decide which side of the court they want to use.
- The game is started with the referee's whistle.
- Player from the team starting the game will start by throwing/hitting the ball over the net to the opponent's court, from the service line. The team that wins the point will serve to start the next turn.
- The opponent team will try to hit the ball back across the net:
 - Player may try to hit the ball back to the opponent directly; OR
 - The ball can be passed amongst the team for a max. of 3 times/touches
 - The ball must be passed to one of the seated seniors at least once
 - After a maximum of 3 touches, the ball must then be thrown over the net to the other team



SCORING

- The team will be awarded 1 point when the:
 - Ball lands on the opponents' side of the court (i.e. opponent did not catch the ball)
 - Ball is passed more than 3 times among the opponent's team
 - Opponent throws the ball outside the playing area/ball out of play
 - Opponent throws the ball into the net (or ball touches the net)
- The team with the highest points win.

GAME RULES

- Players must stay within their designated zones.
- Players are only allowed one toss and release of the ball per serve.
- The ball must be clearly visible to the opponents before the serve and the ball is in play even if it touches the net on its way to the opponent's side of court.
- Players may choose to catch and pass the ball but are not allowed to keep contact with the ball for more than 2 seconds.
- Players are to call balls in or out of bounds. If there is a dispute, play is resumed by re-serving the ball with no point awarded.
- For serious infringements that impact game safety, the referee reserves the right to issue a yellow card, followed by a red card. The player is disqualified when he/she has received the red card.
- Seated seniors must always remain seated, including when catching of the ball.
- Players are not allowed to move around the court while holding the ball.
- Players are not allowed to touch the net at all times. The player's body must also not cross the middle line, above or under the net.
- Infringing any of these rules will result in a foul, of which the possession of the ball will go to the opposing team to begin with a serve. No points are awarded for fouls.



TIC-TAC FLOORBALL



Requirements

PLAYERS

4 pax per team



4 x seniors
(≥ 60 years old)

Game DURATION



30 minutes

- The game is played in 2 halves of 10 min each, with a 5 min break time in-between
- Each team can call for 2 time-outs in total, with each time out lasting 1 min
- The overall game duration, which includes half-time break and total no. of time-outs, will be approx. 30 min



Teams have to score the most points by hitting the ball between the goal posts and over the goal line.

GAME PLAY

GAME START (FACE-OFF)

- The floorball is placed in the middle of the playing area within the buffer zone.
- One player from each team faces their opponent's goal post, with their sticks parallel to one another next to the ball.
- The game begins on the referee's whistle.

GAME RESTART (AFTER A GOAL)

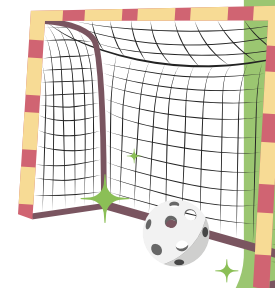
- Once a goal is scored, the game is restarted by placing the floorball in the middle of the playing area within the buffer zone again.
- A "face-off" then occurs at the referee's whistle.

OUT OF COURT

- If the ball goes out of court, the game is continued by the team that did not last touch the ball.
- This team restarts play by placing the ball back into the court, close to the court line from where the ball went out.

SCORING

- A point is awarded to the team when the ball enters the goal post.
- The team with the highest points win.



GAME RULES

- Each player can only play in their designated zone.
- Players' sticks can only extend into the buffer zone outside their box; otherwise, it should always be within their designated zones.
- The blade of the floorball stick cannot:
 - Be raised above waist level
 - Go beyond the goal line
- Players can use any part of the body to stop the ball, but the ball must leave the player by using the floorball stick.
- The referee will enforce the rules and call out any infringements. A yellow card, followed by a red card, will be shown for any infringements. A red card will result in being taken off the game without any replacements.
- Players may move around freely within their zone.
- The ball must be scored from outside the no-stick zone – only 1 defender's stick is allowed to be in the no-stick zone at any one time.



WALKING FOOTBALL



REQUIREMENTS

PLAYERS

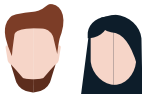
6 pax per team



2 x seniors
(≥ 60 years old)



2 x youths
(13 – 20 years old)



2 x individuals
(any age)

GAME DURATION



30 minutes

- 15 minute per half
- 5 min break in between



To get the ball over the goal line, into the net.



GAME PLAY

GAME START

- The ball starts at the middle of the court.
- Both teams position themselves on either side of the ball.
- A coin toss is used to decide which team starts the game.



RESET (AFTER A GOAL)

- The ball returns to the starting position at the middle of the court after a goal is scored.
- The team who did not score will start the ball.

SCORING

- Players are only allowed to kick the ball outside of the goalkeeper zone.
- Teams score 1 point whenever the ball crosses the goal line and goes into the goalpost.
- The team with the highest points wins.



GAME RULES

- **NO RUNNING:** Participants must always walk, including when retrieving the ball, making passes, and shooting. A quick walk or brisk pace is acceptable, but not running.
- **NO TACKLING:** Tackling from behind or the sides is not allowed. Sliding tackles are also prohibited.
- **MINIMAL PHYSICAL CONTACT:** Aggressive or intentional physical contact is not allowed.
- **BALL HEIGHT RESTRICTION:** The ball must not go above head height (higher than the tallest player's head). If the ball goes too high, a free-kick is awarded to the opposing team.
- **INDIRECT FREE KICKS:** All free kicks are indirect. Opposing players must be at least 3 metres from the ball.
- **GOALKEEPERS:**
 - Not allowed to leave their designated area (goalkeeper zone).
 - Cannot throw or kick the ball beyond the halfway line.
 - For throwing, it must be done with an underarm throw or a low pass.
- **OUT OF COURT:** If the ball goes out of the playing area, the opposing team will be awarded a 'kick-in'.
- **REFEREE ENFORCEMENT:** The referee will enforce the rules and call out any infringements. A yellow card, followed by a red card, will be shown for any infringements. A red card will result in being taken off the game without any replacements.

