

15M HEALTH GAMES

29 - 30 MAY 2026
BUKIT CANBERRA INTEGRATED HUB



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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 8 innovative games are specially designed to be easy to play, allowing for people of different ages 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:



15M HEALTH GAMES

ADAPTIVE BADMINTON



A seated game of badminton where players rally a slow-floating balloon, promoting coordination, cooperation, and enjoyment at an easy pace.

ADAPTIVE WATER POLO



A gentle game of water polo for families and residents of different abilities to join together to pass and shoot with the use of floatation support, encouraging confidence, teamwork, and inclusive fun in the pool.

BONDING BOCCIA



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

CYBER CYCLE



A tech-powered cycling relay that brings competitive cycling to seniors in a safe, accessible format.

15M HEALTH GAMES

DRONE SOCCER



An exciting indoor game where teams pilot drones through a ring-like goal, sparking teamwork, discovery, and friendly competition through the use of technology.

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.

ADAPTIVE BADMINTON



REQUIREMENTS

PLAYERS

2 pax per team



2 x individuals
(1x person with disability + 1 able-bodied person)
(≥ 13 years old)

GAME DURATION



10 minutes



Teams score points by hitting the balloon over the net and landing it in the opponent's court.

This game is played seated and with a slow-floating balloon, allowing for inclusive and accessible rallies.



GAME PLAY

GAME START

- A coin toss determines which team starts and which side of the court they take.
- Players may serve anywhere into the opponent's court. There is no need to serve diagonally.
- The winner of each rally serves next.
- Teams return the balloon over the net either directly or within two hits.

SCORING SYSTEM

Teams score a point when:

- The balloon lands on the opponent's side of the court.
- The opponent fails to return the balloon within their allowed two hits.
- The opponent hits the balloon outside the court boundaries i.e. not on or within the boundary lines.
- The opponent hits the balloon into the net, and it falls back onto their side.



GAME RULES

- Players must stay within their designated zones and remain seated throughout the game.
- Players may only hit the balloon with rackets. No body contact with the balloon is allowed.
- Players must not lean past the chair boundary to block or reach for the balloon.

ADAPTIVE WATER POLO



REQUIREMENTS

PLAYERS

6 pax per team



3 x youth
(≤ 20 years old)



3 x adults/seniors
(≥ 21 years old)

GAME DURATION



10 minutes

- inclusive of a 2-minute break in between halves.



Teams score points by getting the ball into the opponent's goal.

This game uses floatation support and a slower pace, with partner or caregiver support where needed.

GAME PLAY

GAME START

- The ball is introduced at the centre line to start the game.
- Teammates pass the ball to each other to move the ball closer to the goal.

SCORING SYSTEM

- Teams score a point when the ball fully crosses the goal line into the opponent's goal.

GAME RULES

- Players must remain stationary when holding the ball.
- Teams must complete at least two passes before attempting a goal.
- No physical contact between players is allowed.
- Defenders may intercept or block the ball using their hands only.
- A team cannot attempt a goal directly when play starts or restarts.
- The game host may pause play at any time to ensure safety and inclusion.

BONDING BOCCIA



REQUIREMENTS

PLAYERS

4 pax per team



2 x youth
(13-35 years old)



2 x seniors
(≥60 years old)

GAME DURATION

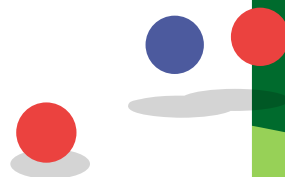


10 minutes



Teams score points by placing their coloured balls closer to the white ball (jack) than the opponents.

This game uses simple, turn-based play to bring youths and seniors together.



GAME PLAY

GAME START

- A coin toss determines which team plays red and which team plays blue.
- The red team starts the first round by throwing the jack. Teams alternate throwing the jack for each round.
- The player who throws the jack also plays the first coloured ball.
- Teams take turns throwing one ball at a time until all balls are played.

SCORING SYSTEM

- One point is awarded for each ball that is closer to the jack than the opponent's closest ball.

GAME RULES

- The jack must land fully within the court boundaries and cross the V-line. If not, the opposing team will re-throw it. If both teams fail twice, the jack is placed on the cross.
- Players must remain behind the throwing line when releasing the ball.
- The ball may be rolled into the court. Balls that land outside the play area will be forfeited.
- Each game consists of 4 rounds. The team with the highest total points wins.
- If scores are tied after all rounds, a tiebreaker is played. The jack is placed by the referee on the cross. Each team throws one ball, and the ball closest to the jack wins.



12:27			
TEAM BLUE		TEAM RED	
0	1	0	2



CYBER CYCLE



Requirements

PLAYERS

4 pax per team



4 x seniors
(≥60 years old)

GAME DURATION



10 minutes



Teams cycle to complete a 1.6km time-trial relay (about 400m per person) in the fastest time possible.

This game uses stationary cycling in a relay format, making it a safe and accessible way to stay active.

GAME PLAY

GAME START

- The race is conducted in a relay format with 4 cyclists per team.
- Each team completes a total distance of 1.6km (about 400m per cyclist).
- Cyclists take turns riding, with each switch prompted by a tap from the facilitator.
- Timing runs continuously from start to finish, including during transitions.

RANKING SYSTEM

- The team's time is recorded when the final cyclist fully crosses the 1.6km finish line.
- Teams are ranked based on the fastest completion time.



GAME RULES

- Cyclists who are unable to complete their 400m may request an early switch.
- Teammates can cover the remaining distance. The total distance the team must cover to complete the track remains at 1.6km.



DRONE SOCCER



REQUIREMENTS

PLAYERS

4 pax per team



4 x seniors
(≥60 years old)

GAME DURATION



10 minutes



Teams score points by flying their drones through the opponent's goal.

This game uses remote-controlled drones, focusing on coordination, teamwork, and quick thinking.

GAME PLAY

GAME START

- Teams take their positions in their assigned pilot zones.
- Drones start on their respective sides of the field.
- Play begins on the referee's signal.
- Teams may assign roles (e.g. striker, defender) before play begins.

SCORING SYSTEM

- Teams score a point when a drone passes completely through the opponent's goal.

GAME RULES

- Each team may operate up to four drones at any time.
- Only registered players may control the drones during play.
- Pilots must remain within their designated pilot zones throughout the match.
- Drones are not required to return to their own side after scoring.
- Unsafe flying, intentional collisions, or rule violations may result in a warning, the goal being disallowed, or a temporary stoppage of play.



SOFT VOLLEYBALL



REQUIREMENTS

PLAYERS

5 pax per team



5 x seniors
(≥ 60 years old)

GAME DURATION



10 minutes



Teams score points by hitting the ball over the net and landing it in the opponent's court.

This game uses a soft, inflatable ball and includes seated play, making rallies slower and more accessible.

GAME PLAY

GAME START

- Each team consists of two seated players and three standing players.
- A coin toss determines which team starts and which side of the court they take.
- The game starts with a serve from the service line.
- Teams return the ball over the net either directly or within three touches.



SCORING SYSTEM

Teams score a point when:

- The ball lands on the opponent's side of the court.
- The opponent fails to return the ball within their allowed three touches.
- The opponent hits the ball out of bounds.
- The opponent hits the ball into the net, and it falls back onto their side.



GAME RULES

- Players must remain within their designated zones.
- Players are only allowed one toss and release of the ball per serve.
- Players may hold the ball for up to two seconds.
- Seated seniors must remain seated at all times, including when receiving the ball.
- Players must not touch the net or cross the centre line.
- For serious safety infringements, a yellow card followed by a red card may be issued. A red card results in the player being taken off with no replacement.
- If a rule is broken, play will restart with possession given to the opposing team.



TIC-TAC FLOORBALL



REQUIREMENTS

PLAYERS

4 pax per team



4 x seniors
(≥ 60 years old)

GAME DURATION



10 minutes



Teams score points by hitting the ball into the opponent's goal.

This game uses zone-based play to reduce movement, making it safer and easier to take part.



GAME PLAY

GAME START (FACE-OFF)

- The floorball is placed at the centre of the playing area within the buffer zone to start the game.
- One player from each team faces the opponent's goalpost, with their sticks placed parallel to one another next to the ball.
- After each goal, play restarts from the centre in the same format.
- If the ball goes out of court, play continues with the team that did not last touch the ball.
- This team restarts by placing the ball back into the court near where it went out.

SCORING SYSTEM

- Teams score a point when the ball enters their opponent's goal.



GAME RULES

- Player must remain within their designated zone, but their sticks may extend into the buffer zone.
- The blade of the stick must not be raised above waist level or go beyond the goal line.
- Players may use any part of the body to stop the ball but must use the stick to play it.
- For rules infringement, a yellow card, followed by a red card may be issued. A red card results in the player being taken off with no replacements.
- Goals must be scored from outside the no-stick zone.
- Only one defender's stick is allowed in the no-stick zone at any one time.



WALKING FOOTBALL



REQUIREMENTS

PLAYERS

5 pax per team



5 x seniors
(≥ 60 years old)

GAME DURATION



20 minutes

- inclusive of a 4-minute break in between halves.



Teams score points by kicking the ball into the goal.

This game is played at a walking pace, reducing intensity and making it safer and more accessible.



GAME PLAY

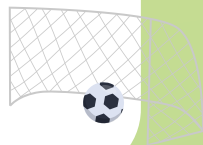
GAME START

- A coin toss determines which team starts the game.
- The ball starts at the centre of the court.
- Both teams position themselves on either side of the ball.



SCORING SYSTEM

- Teams score a point when the ball crosses the goal line into the goal.



GAME RULES

- Players must walk at all times. No running is allowed.
- Tackling and physical contact are not allowed.
- The ball must not go above waist level. If it does, a free kick is awarded to the opposing team.
- During penalty kicks, the ball may go above the waistline.
- All free kicks are indirect. A goal cannot be scored directly from a free kick, and the ball must be passed to another player first.
- Opposing players must stand at least 1 metre away from the ball before free kick is taken.
- Players are only allowed to kick from outside the goalkeeper zone.
- Goalkeepers must remain within their designated area and must not throw or kick the ball beyond the halfway line.
- Goalkeepers must restart play using an underarm throw or a low pass.
- If the ball goes out of play, the opposing team restarts with a kick-in from the point where the ball leaves the field of play.
- For rule infringements, a blue card followed by a red card may be issued. A red card results in the players being taken off with no replacement.



BUKIT
CANBERRA

SEMBAWANG

MANDAI

TOA PAYOH

GEYLANG

SERANGOON