



2019 Rulebook

The National Veterans Golden Age Games (NVGAG) encourages seniors age 55 and over, enrolled in the Department of Veterans Affairs (VA), to make physical activity a central part of their lives and support VA's comprehensive recreation and rehabilitation therapy programs. It is a national showcase for the preventive and therapeutic value of sports, fitness and recreation for all older Americans.

The following qualifying procedures and rules of competition for the 2019 National Veterans Golden Age Games are based upon those set forth by the recognized National Governing Body (NGB) for each sport. In the best interest of the athletes, modifications and variances of these rules and regulations are permitted as outlined in the rulebook.



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ATHLETE ELIGIBILITY

To be eligible, athletes must be 55 years of age or older as of **December 31, 2019**, and currently eligible for healthcare through the Department of Veterans Affairs (VA).

REGISTRATION FOR EVENTS

Athletes must register online at www.veteransgoldenagegames.va.gov to participate in the NVGAG. Online registration for the 2019 NVGAG opens February 25 thru March 8, 2019. Final registration deadline is Friday, March 8, 2019 at midnight EST. Online registration will close, however, when we have met the maximum allowable number of participants.

Athletes may only register for a maximum of five (5) total medal sports. Medal sports with multiple events (i.e.- badminton, boccia, field, power walk, swimming and track), each only count as one (1) medal sport towards the five-sport max.

MENU OF EVENTS

Name of Event	Age ¹	Gender ²	Ambulatory	Visually Impaired ³	Wheelchair ⁵	Awards
Air Pistol	x	x	x		x ⁵	1 st -8 th place
Air Rifle	x	x	x		x ⁵	1 st -8 th place
Badminton Singles	x	x	x			1 st -4 th place
Badminton Doubles	x		x			1 st -4 th place
Basketball 3-on-3	x		x			1 st -3 rd place
Basketball Free Throw	x	x	x			1 st -8 th place
Blind Disc Golf	x	x		x		1 st -8 th place
Boccia Singles	x		x	x	x	1 st -4 th place
Boccia Doubles	x		x			1 st -4 th place
Bowling	x	x	x	x	x	1 st -8 th place
Bowling Adaptive: ramp, stick, handle ball	x	x			x	1 st -8 th place
Cycling - 5K, 20K	x	x	x			1 st -8 th place
Cycling Adaptive: recumbent/trike (open) ⁶			x			1 st -8 th place
Field Discus	x	x	x			1 st -8 th place

Name of Event	Age ¹	Gender ²	Ambulatory	Visually Impaired ³	Wheelchair ⁵	Awards
Field Javelin	x	x	x			1 st -8 th place
Field Shot Put	x	x	x			1 st -8 th place
Golf	x	x	x			1 st -8 th place
Horseshoes	x	x	x	x	x	1 st -4 th place
Nine Ball	x		x			1 st -4 th place
Pickleball (Doubles only)	x	x	x			1 st -4 th place
Power Walk 800m, 1600m	x	x	x	x ⁴		1 st -8 th place
Shuffleboard	x	x	x	x	x	1 st -4 th place
Swimming 25yd & 50yd freestyle - backstroke –breaststroke, 75yd IM	x	x	x	x ⁴		1 st -8 th place
Table Tennis	x		x		x	1 st -4 th place
Track 3000m, 1500m, 100m, 400m, 200m, 800m	x	x	x			1 st -8 th place

¹Each medal event will have eight age divisions for participation:

- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90 and up

Athletes may request to compete in a younger age division. At the discretion of the National Head Official, an age division with only one entry may be assigned to compete with athletes in another age division; however, medals will be awarded in original age division entered.

²In some events as listed above, men and women will compete in different competitions.

³**VISUALLY IMPAIRED DIVISION** – Visually impaired athletes who participate in the NVGAG must meet the visual criteria for

legal blindness: visual acuity of 20/200 in the better seeing eye with best correction OR a visual field loss of 20 degrees or less. This information must be verified and documented on the medical application by a medical provider. Visually impaired competitions include: blind disc golf, boccia singles, bowling, horseshoes, and shuffleboard.

³**Visually impaired athletes** may also participate in power walk and swimming events, however, there will not be a separate division for these awards.

⁵**WHEELCHAIR DIVISION** – Athletes who require a wheelchair for competition are eligible to compete in a separate division for the following sports: boccia, bowling, bowling adaptive, horseshoes, shuffleboard and table tennis. *Note –If an athlete utilizes a scooter, they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition).

⁵**Wheelchair athletes** may also participate in **air** pistol and air rifle however, there will not be a separate division for these awards.

⁶**OPEN DIVISION**- Adaptive cycling (recumbent/trike) is an open competition for the ambulatory division. Winners are determined regardless of age and gender.

SUMMARY OF SIGNIFICANT CHANGES/CLARIFICATIONS

The following is a summary of the significant changes/clarifications to the rules of competition governing the 2019 NVGAG. **This section is a summary only and does NOT summarize every change. For specific information, please review the actual rule in question under the specific medal sport.**

1. **NEW EVENT-**

- *Air Pistol*
- *Cycling 5k time trialed and 20K road race (please read rulebook for competition equipment requirements)*
Adaptive Cycling category for the ambulatory division; recumbent bikes or three wheeled trikes only; open competition.

2. **EXHIBITION EVENTS-**

- *Chess*
- *Cornhole*

3. **SPORT CHANGES-**

- *Pickleball will only be played in Doubles (Male and Female) and Mixed Doubles.*
- *Pickleball and Table Tennis will be double elimination tournaments.*

- *Nine Ball will only be available for the ambulatory division in 2019 due to facility capacity.*
- *Bowling athletes will bowl 3 games for a total score.*
- *Swimming athletes may enter a maximum of four (4) events.*
- *Basketball free-throw competition will now be for 80+ age groups.*

4. **EVENT CAPS –**

- *To ensure every competitor adequate playing time, NVGAG will be placing a cap on the total number of entries for the following sports: **air pistol, air rifle, basketball free-throw, bocchia, bowling, field, golf, horseshoes, nine ball, pickleball and shuffleboard.***

5. **GOLF-**

- *A **\$40** refundable deposit is required. A personal check (no money orders or cashier's checks) are payable to: 2019 NVGAG-GPF 4432 and mailed to the following address:
Alaska VA Healthcare System
National Veterans Golden Age Games 2019
1201 N Muldoon Road Box # A1
Anchorage, Alaska 99504*
- *Checks will be returned the day of the golf event. Postal tracking for your check is recommended, but not required. The NVGAG is not responsible for lost checks. Cancellations for golf must be done 30 days prior to the scheduled event to receive a full refund. **All golf deposits are due by March 8, 2019.** If not received by the date, athletes will be deregistered from the golf event. **Please do not mail in the refundable deposit until you have been confirmed through registration that you are registered for the event.***

6. **MEDALS-**

- *1st-3rd medals and 4-8th place ribbons will be given for: Air Pistol, Air Rifle, Basketball free throw, Bowling, Blind Disc Golf, Cycling, Field, Golf, Powerwalk, Swimming and Track.*
- *1st-3rd medals and 4th place ribbons will be given for: Badminton, 3 on 3 Basketball, Bocchia, Horseshoes, Nine Ball, Pickleball, Shuffleboard and Table Tennis. All medals must be picked up during the Games either at the event, a scheduled awards ceremony or at the designated room location. **No medals will be mailed after the event.***

7. **IMPLEMENTS-**

- *Athletes are allowed to bring approved certified implements for the following events: air rifle (rifle), air pistol (pistol), badminton (racket), bowling (bowling ball),*

cycling (cycle), golf (clubs), nine ball (pool stick), pickleball (paddles), shuffleboard (cue sticks) and table tennis (paddle). Implements must conform to the standards of the NGB for that sport. Implements will be checked before participating in the event by the National Official an hour before the start of the event at the “equipment check” table.

8. **MEAL CARDS-**

- *All registered athletes are required to participate in a minimum of 3 days of sporting events during the 5-day NVGAG competition, to receive a full week meal ticket. If an athlete has events that occur over 1 to 2 days of the five-day competition, they will only receive the daily meal allotment for the 1 to 2 days.*

9. **EVENT CHECK-IN DECLARATIONS-**

- *All athletes must declare no later than one (1) hour before the start of your event at the check in table.*
- *If you do not declare before the deadline, your entry will be removed from the event.*
- *Declarations for events starting early each morning will be available the previous afternoon at the sport check in table.*

RULES, REGULATIONS & FORMAT

The following are the qualifying procedures and rules of competition governing the 2019 NVGAG. These Games will be held June 5-10, 2019 in Anchorage, Alaska.

National Governing Body (NGB)

All sports/events shall be governed by the rules of the NGB for that sport. The NVGAG has modified some of these rules in the best interest of its athletes. **All rules shall apply as stated in 2019 NVGAG rulebook.**

Modifications of Rules and Adapting Events

Any modifications to the rules, based on an athlete's disability, may be requested and are subject to the discretion of the event's National Official. The NVGAG rule sheet of each sport has been included as an attachment, to assist athletes with preparation for the sporting competitions. Athletes are encouraged to not limit their understanding of the sports to these sheets, but to continue to visit the NGB for complete rules.

Events Entries

PLEASE NOTE

All registered athletes are required to participate in a minimum of 3 days of sporting events during the 5-day NVGAG competition, to receive a full week meal ticket. If an athlete has

events that occur over 1 to 2 days of the five-day competition, they will only receive the daily meal allotment for the 1 to 2 days.

2019 NVGAG Meal Card	Thu 6/6	Fri 6/7	Sat 6/8	Sun 6/9	Mon 6/10
DAILY TOTAL	\$55	\$55	\$55	\$55	\$55

The NVGAG may place a cap on the total number of entries for any and/or all sports and/or events in the best interest of Games management. To ensure each athlete receives adequate playing time, the NVGAG will not accommodate individual scheduling requests. NVGAG will be placing a cap on the total number of entries for the following sports: **air pistol, air rifle, basketball free-throw, boccia, bowling, field, golf, horseshoes, nine ball, pickleball and shuffleboard.**

Athletes may only register for a maximum of five (5) total medal sports.

• Air Pistol	• Bowling	• Pickleball
• Air Rifle	• Cycling	• Power Walk
• Badminton	• Field	• Shuffleboard
• Basketball (3-3 and Free Throw)	• Golf	• Swimming
• Blind Disc Golf	• Horseshoes	• Table Tennis
• Boccia	• Nine Ball	• Track
• Cornhole	• Chess	

Sport Entry exceptions:

- **Badminton**, athletes may enter a maximum of two events.
- **Basketball**, athletes may enter a maximum of two events.
- **Boccia**, athletes may enter a maximum of two events.
- **Field**, athletes may enter a maximum of three events.
- **Power Walk**, athletes may enter only one of the two events.
- **Swimming**, athletes may enter a maximum of four events.
- **Track**, athletes may enter a maximum of three events.

****Exhibition events do not count towards the 3-day sport competition minimum for meal cards or the 5-sport maximum.****

Doubles

All doubles will compete in the age division of the younger partner as of December 31, 2019. You cannot compete in an age division younger than the youngest partner. The NVGAG **WILL NOT** assign partners at the Games. It is the athletes' responsibility to indicate a partner prior to the close of Athlete Registration for the competition year. Athletes who do not have a partner can sign up for, "find a partner" during athlete registration. Partners do not need to be from the same VA Medical Center. Doubles partners can be same gender or mixed.

Brackets and Formation of Heats

All seeding shall be random:

- Results of past NVGAG will be used whenever possible.
- Athletes from the same VA Medical Center will not be matched against each other in first round matches, **whenever possible**.

Skill Level

The following sports will use the athlete's skill level ratings in consideration when setting up the brackets or pairings: 3 on 3 basketball, golf, pickleball, and table tennis.

Event Check In - Declarations

- All athletes must declare no later than one (1) hour before the start of your event at the check in table.
- If you do not declare before the deadline, your entry will be removed from the event.
- Declarations for events starting early each morning will be available the previous afternoon at the sport check in table.

Awards

Awards will be presented for 1st through 3rd medals and 4th - 8th ribbons for each event within each age division. Exceptions: bracketed events will be awarded 1st through 3rd medals and 4th place ribbon; open events will be age division only. *For Air Rifle, Basketball free throw, Blind Disc Golf, Bowling, Cycling, Field, Golf, Powerwalk, Swimming and Track, medals will be awarded to places 1-3rd, and ribbons will be awarded to places 4-8th. For Badminton, Basketball Team, Boccia, Horseshoes, Nine Ball, Pickleball, Shuffleboard and Table Tennis, medals will be awarded to places 1-3rd medals and 4th place ribbons.*

Exhibition Events - Neither medals nor ribbons will be awarded for exhibition events.

Awards will be presented immediately at some sport events and other awards will be presented at the medal ceremony or can be picked up in the designated Awards Pickup Room. See chart below as a reference:

<i>Immediate Awards</i>	<i>Medal ceremonies or Awards Pickup</i>
<i>Badminton</i>	<i>Air Pistol</i>
<i>Basketball 3 on 3</i>	<i>Air Rifle</i>
<i>Boccia</i>	<i>Basketball Free Throw</i>
<i>Golf</i>	<i>Blind Disc Golf</i>
<i>Horseshoes</i>	<i>Bowling</i>
<i>Nine Ball</i>	<i>Cycling</i>
<i>Pickleball</i>	<i>Field</i>
<i>Powerwalk</i>	
<i>Shuffleboard</i>	
<i>Swimming</i>	
<i>Table Tennis</i>	
<i>Track</i>	

Tie Rule

In the event of a tie during an event, athletes will be awarded duplicate medals and ribbons. Exception: if the event has rules to break the ties for 1-4th place.

Scoresheets

Athletes are responsible for viewing and signing scoresheets to ensure advancement or progression to the next round.

Disqualifications

National Officials have the right to disqualify any athlete from competition. The athlete will forfeit the right to any awards for the following infractions:

- unsportsmanlike conduct or tactics detrimental to the competition
- inappropriate uniform
- non-compliance to the rules of the specific event, as outlined in this rulebook.

Default during Competition

Athletes that forfeit during tournament play rounds shall not be permitted to advance to the

championship or consolation brackets except where such a forfeit is the result of a verified medical reason, or a good-faith effort was made to compete. Verification by a member of the NVGAG medical staff of an athlete's injury and capability to continue must be submitted to and subsequently approved by the event's National Official and the NVGAG Head National Official prior to the athlete being permitted to continue. A good-faith effort to compete will be determined by the event's National Official and the NVGAG Head National Official.

Athletes that forfeit during championship or consolation play shall not be eligible for awards except where such forfeit is the result of a verified medical condition, or a good-faith effort was made to compete, and does not result in a Did Not Finish (DNF) under NVGAG or NGB rules. Their award spot will be left open and subsequent places will not be moved up. Verification by a member of the NVGAG medical staff of the athlete's injury must be provided to and subsequently approved by the event's National Official and the NVGAG Head National Official prior to receipt of any awards.

Coaching

Coaches, spectators, or non-competing athletes are not allowed to advise or coach any athlete during the competition, within an area designated as the field of play. Coaching of an athlete may be conducted in the area designated by the Lead Official. If, after asking a coach/spectator not to coach an athlete during the game of play and he or she continues to do so, the event's Lead Official will ask the coach/spectator/non-competing athlete to leave the competition area. All coaches must have the required credentials or permission to access the designated area field of play if their athlete needs assistance.

Protests

Any person desiring to make a protest with regard to any aspect of competition at the NVGAG shall make such protest to the event's Lead Official of the competition in question. All protests must be written and submitted to the event's Lead Official within 30 minutes of the conclusion of the game, match, heat, or event under protest. Officials' decisions and judgment calls cannot be protested. Event rules and procedures stated within the NVGAG rule book and the NGB rulebook cannot be protested. The National Head Official will evaluate the protest and render a decision.

If a response to a protest is such that a further hearing is desired. An appeal will be made to the NVGAG Committee. This request must be made within 30 minutes of the initial protest denial. All decisions by the NVGAG Committee are final and not subject to further appeal.

Uniforms

All athletes must wear athletic-type clothing and shoes that are customary for the sport in which

they are competing. Athletes should wear appropriate athletic sport shoes based on the event they are competing in. Proper court shoes must be worn – no black sole shoes allowed on the court area. Failure to follow the uniform rule can result in disqualification by the Official. Review below for specific uniform requirements.

Basketball Team, Cycling, Powerwalk and Track: Clothing made of jean and/or denim and khaki material are not allowed as it can restrict movements during competition, and if worn can result in disqualification. Athletic tights/shorts can be above mid-thigh, knee length or ankle length. Loose fitted Capri length pants can be worn, but cannot be of denim or khaki material. Example of these types of clothing:



Swimming: The swimsuits worn for competition shall not be see through and must conform to the current concept of the appropriate. The referee shall have authority to prohibit athletes from competition until they comply with this rule. Swimwear shall include only a swimsuit, no more than two caps and goggles (a nose clip and ear plugs are allowed). During competition, the competitor must wear only one swimsuit in one or two pieces made of textile material. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder nor extend below the knees. Swim trunks must have a draw string and mesh liner. Speedos and jammers are acceptable. Undergarments that are typical worn under clothes are not appropriate or an acceptable type of swimming competition garment.

Competition Bibs

All athletes must wear their assigned bibs during their sporting event competition. Athletes who forget their bibs must provide a substitute bib to compete. At times, when appropriate/feasible, replacement bibs will be available at the check-in table at the event.

Bibs must be worn correctly with last name and bib number to the front of chest (unless otherwise specified within a sporting event), as in the example below:



Smoking Policy

National Veterans Golden Age Games is committed to creating a healthy and safe environment for all participants, staff and spectators. All activities will be held in a smoke-free environment. Electronic/vapor cigarettes are not allowed.

Equipment

Athletes may use their own equipment for the following events: air pistol (pistol), air rifle (air rifle gun), badminton (racket), bowling (balls), nine ball (pool stick), pickleball (paddles), shuffleboard (cue sticks) and table tennis (paddle). Equipment must conform to the standards of the NGB for that sport.

In some events athletes are **required** to bring their own equipment: cycling (cycle, trike) and golf (clubs, balls).

No equipment will be allowed for the exhibition events. All personal equipment will be inspected prior to the start of the competition.

Service Animal

It is highly recommended that a service animal not be in the competition area during the game of play to protect the safety of everyone during competition.

ATHLETE CODE OF CONDUCT

- No alcoholic beverages or illegal substances are permitted in the possession of athletes during official NVGAG activities.
- Behavior on and off the competition field by any persons associated with the Games must follow the highest standards.
- Use of foul or abusive language constitutes a violation of the Code of Conduct.
- All athletes must respect the decisions of the officials and volunteers during and after competitions. Any harassment will constitute a violation of the Code of Conduct.
- Unruly behavior by spectators towards players, coaches, volunteers and/or officials will not be tolerated. Such behavior may result in the dismissal of the offending spectator from the competition site.

- Any participant's behavior deemed in violation of the Code of conduct, as decided by the National Veterans Golden Age Games' staff, subjects the competitor to expulsion from the current Games and future NVGAG Games.

How to suggest a Rule Change for subsequent NVGAG

Suggestions for rules changes in future NVGAG may be made in writing to the NVGAG Program Director up to 30 days after the 2019 NVGAG. NVGAG rules are reviewed and approved annually by the NVGAG National Advisory Council and are published via [NVGAG National Staff](#).

How to suggest that a New Sport be added to the NVGAG

You may contact the NVGAG Office at [NVGAG National Staff](#) if you would like to suggest that a new event be added to the menu. You must include the following information:

1. An exact description of the sport/event.
2. The address, phone number and contact person for the national governing body (NGB) for the sport/event.
3. The number of people, ages 55 and older, that participate in this activity.
4. The geographic distribution of people, ages 55 and older, that participates.
5. Any additional pertinent information.

New sports and exhibition events are reviewed and approved annually by the NVGAG National Advisory Council are published via www.veteransgoldenagegames.va.gov.

NATIONAL SENIOR GAMES ASSOCIATION (NSGA)

The National Senior Games Association (NSGA) is non-profit organization dedicated to motivating active adults to lead a healthy lifestyle through the senior games movement.

Since 2004, the National Veterans Golden Age Games have been a qualifier for the National Senior Games, a member of the U.S. Olympic Committee. Through this partnership, gold, silver and bronze medalists in certain events have the opportunity to compete further, among America's elite senior athletes. Veterans may participate in the NSG by qualifying in the core competitions in the year preceding the Games. Veterans that meet the specific criteria while participating in the NVGAG qualify to participate.

Select events offered at the NVGAG serve as pre-qualifying events to compete at the National Senior Games. The Office of National Veterans Sports Programs & Special Events supports all NVGAG elite athletes to take their competitive drive to the next level. After the qualifying year (every even year, i.e. 2018, 2020, 2022...etc.), the NVGAG National Office will transmit all qualifiers to the National Senior Games office through the online registration. Qualifiers include:

all first, second and third place finishers for: badminton, horseshoes, non-ambulatory horseshoes, pickleball, shuffleboard, non- ambulatory shuffleboard and table tennis; and all first, second, third, and fourth place finishers for: bowling, non-ambulatory bowling, cycling, field, golf, swimming and track. The NSGA will then contact qualifying Veterans with their registration materials for the National Senior Games competition. All costs associated with their participation at the National Senior Games will be the attending Veteran's responsibility. For more information, please visit www.nsga.com.



MEDAL SPORTS

AIR PISTOL

EQUIPMENT

The NVGAG will provide a limited number of standard .177", 4.5 mm air pistols, 420fps. Pistol weight 1500g max and minimum trigger pull 500g, .177 pellets diablo air pellets. 10-Meter Orion air pistol target, target boxes, and protective eyewear. All competitors, assistants, and accompanying personnel who will be in the immediate vicinity of the range complex are required to wear shatterproof shooting glasses or similar eye protection while shooting is in progress. Corrective lenses or eyeglasses, and/or filters or tinted lenses, may be worn by the athlete.

Athletes may bring their own equipment, but it must meet USA/ISSF Shooting standards:

- The air pistol must be .177 calibers with .177 diablo pellets.
- Pistol weight 1500g max and minimum trigger pull 500g
- Measuring box 420 x 200 x 50mm (pistol must fit in the box with the sights mounted on the pistol)
- Adjustable grips are permitted providing they are adjusted for the athlete's hand
- No scopes or red dot sights allowed.
- All personal equipment will be checked prior to the start of the match must be inspected.

Sample of approved air pistols:



Crosman 2300T Target Pistol



Alfa Proj Competition PCP Air Pistol



Steyr EVO 10 E



Morini 162 El

COMPETITION

The competition will be a seated event. There will be a safety briefing and a 15- minute preparation period to shoot unlimited sighters before the match begins. Shooters will 20 shots per record, totaling a possible score of 200. Neither the grip nor any part of the pistol may be extended or constructed in any way that would allow it to touch beyond the hand. The wrist must remain visibly free when the pistol is held in the normal firing position. Bracelets, wristwatches, wristbands, or similar items are prohibited on the hand and arm that holds the pistol. Athletes must be able to load their own pistol.

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with USA Shooting Rifle rules and World Shooting Para Sport for the Air Pistol competition, except as modified herein. For a copy of these rules, please visit:

[USA Shooting-ISSF Rulebook](#)

One Olympic Plaza

Colorado Springs, CO 80909 (719) 866-4670

[WorldShootingParaSport](#)

Adenauerallee 212-214, 53113 Bonn, Germany

Telephone: +49-228-2097-200

E-mail: info@paralympic.org

AIR RIFLE

EQUIPMENT

The NVGAG will provide standard a minimum number of .177 air rifles with a maximum velocity of no more than **600 feet per second (fps)**, .177 pellets, 10-Meter Orion air rifle target, target boxes, and protective eyewear. All competitors, assistants, and accompanying personnel who will be in the immediate vicinity of the range complex are required to wear shatterproof shooting glasses or similar eye protection while shooting is in progress. Corrective **lenses** or eyeglasses, and/or filters or tinted lenses, may be worn by the athlete. Only iron or peep sights are permitted no scopes are allowed.

Athletes may elect to bring their own equipment however it must meet the specifications, provided by USA Shooting:

- The air rifle must be .177 calibers with .177 competition flat headed pellets.
- No air rifle producing muzzle velocity above **600 Fps** will be allowed.
- No air rifle with repeating capability will be allowed.
- All personal equipment will be checked prior to the start of the match must be inspected.
- Shooters with personal air rifle must supply their own air or CO2.**

Sample of approved air rifles (Competition Sporter or Precision air rifles are recommended)

Daisy Match Grade Avanti 753S
Gold Medalist Competition
(must be able to pump)



Daisy Match Avanti 887
(must provide own CO2)



Walther LG-400 Precision Olympic Style
(Must supply own air)



Crosman Challenger CO2
(must have provide personal CO2 cartridge)



COMPETITION

The competition will be a seated PRONE event. There will be a safety briefing and a 15- minute preparation period before the match begins. Shooters will have 30 minutes to shoot unlimited sighters and 20 shots per record, totaling a possible score of 200 points. Both elbows must rest on the table, chest and abdomen can also rest on the table. The forearm must not form an angle of less than 30 degrees from the horizontal, measured from the axis of the forearm. **Athletes must be able to load and pump their own rifle.**

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with USA Shooting Rifle rules and World Shooting Para Sport for 10m Air Rifle, except as modified herein. For a copy of these rules, please visit:

[USA Shooting-ISSF Rulebook](#)

One Olympic Plaza

Colorado Springs, CO 80909 (719) 866-4670

[WorldShootingParaSport](#)

Adenauerallee 212-214, 53113 Bonn, Germany

Telephone: +49-228-2097-200

E-mail: info@paralympic.org

Air Rifle-Air Pistol Vendors

<i>Company</i>	<i>Address</i>	<i>Website</i>
Center Shot	4300 Rogers Ave, Suite 20 Box 213 Fort Smith, AR 72903	http://www.centershot.com
Champion's Choice, Inc.	201 International Blvd. LaVergne, TN 37086	www.championchoice.com/store/main.aspx
Champion's Shooters Supply	11018 Camp Ohio Rd Utica, OH 43080	www.championshooters.com
Pyramid Air	5135 Naiman Parkway Solon, OH 44139	www.pyramidair.com/
Straight Shooters Precision Airguns	2 Hopeman Lane Bella Vista, AR 72715	shooters@straightshooters.com
Pilkington Competition	354 Little Trees Ramble Monteagle, TN 37356	www.pilkguns.com

BADMINTON

EQUIPMENT

The NVGAG may provide racquets (based upon availability), and natural feathered shuttlecocks. Athletes may elect to use their own racquets; however, they must conform to the USA Badminton standards.

COMPETITION

The competition will consist of singles and doubles. The age division of doubles will be determined by the younger age of the two partners as of December 31, 2019. Double partners must be selected during registration, NVGAG will not assign partners for this event. Athletes who do not have a partner can sign up for, “find a partner” during athlete registration. Doubles partners can be same gender or mixed.

The competition will be set up in a single elimination tournament format. All matches will be played as a best two out of three games to 21. During registration, athlete will be asked to provide current skill level.

The NVGAG reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded 4th place finisher.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with USA Badminton rules, except as modified herein. For a copy of these rules, please write or call:

USA Badminton
One Olympic Plaza
Colorado Springs, CO
80909 (719) 866-4808
www.usabadminton.org

BASKETBALL

EQUIPMENT

The NVGAG will provide regulation basketball courts, basketballs, jerseys, basketball pumps, and score boards for the basketball competition.

COMPETITION

Basketball 3-3

The competition will consist of registered athletes from ages 55-79. Athletes will register for the event via the online registration system. During the Games' on-site registration process, athletes will check-in. Based on the number of checked-in athletes, teams will be created and posted at the end of the registration day for athletes to view. When at all possible, teams will consist of 5-6 players of various age groups and gender.

The competition will be set up in a double elimination tournament format. Medals will be awarded to the first, second, third place team finishers.

Basketball Free Throw

The competition will consist of registered athletes from ages 55-90+. Athletes will register via the online registration system. There will be a separate competition for men and women. All contestants must use the basketball provided by the NVGAG. An official men's basketball will be used for men and an official women's ball will be used for women. Free throw attempts will be made from the free throw line for all men and women age 55-79. Age groups 80+ will have the option if desired to shoot at an established 12' line.

The winner who scores the most baskets will be declared the winner. All tiebreakers will be held at the completion of each age category. Any contestant who is tied and fails to show up for the tiebreaker will concede and forfeit their medal.

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with the National Collegiate Athletic Association, except as modified herein. For additional information on how to play the sport, please visit:

National Collegiate Athletic Association
700 W. Washington Street
P. O. Box 6222 Indianapolis, IN
46206-6222 (317) 917-6222
www.ncaa.org



BLIND DISC GOLF

EQUIPMENT

The NVGAG will provide the disc and cages for the event. The discs used will meet all the conditions set forth in the Professional Disc Golf Association (PDGA) Technical Standards.

COMPETITION

The sport of Blind Disc Golf is similar to regular golf but participants will use a disc to aim at a Disc Pole Hole, placed in the ground with a basket made of chain. Participants want to complete the holes in the fewest number of throws. Athletes will be blindfolded during the competition when initiating each throw.

The course will be a 9-hole course. Athletes will have the opportunity to practice with discs 15 minutes before start of the tournament. Coaches are allowed to show athletes the course prior to the start and may serve as a guide during the game of play (if volunteers are not available).

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with the Professional Disc Golf Association (PDGA) Technical Standards, except as modified herein. For additional information on how to play the sport, please visit:

Professional Disc Golf
www.pdga.com/rules
www.facebook.com/BlindDiscGolf

BOCCIA

EQUIPMENT

The NVGAG will provide the regulation boccia courts (12.5m x 6m), balls, measuring devices and timing equipment.

COMPETITION

The competition will consist of singles and doubles (ambulatory only). The age division of doubles will be determined by the younger age of the two partners as of **December 31, 2019**. Double partners must be selected during the online registration; NVGAG will not assign partners for this event. Athletes who do not have a partner can sign up for, “find a partner” during athlete registration. Doubles partners can be same gender or mixed. Each doubles team will designate a captain.

The competition will be set up in a single elimination tournament format, and all matches will consist of (4) ends.

The NVGAG reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded to 4th place finisher.

WHEELCHAIR

The competition will consist only of singles. *Note –If an athlete utilizes a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition).

BOCCIA-VISUALLY IMPAIRED

The competition will consist only of singles. A match of VI Boccia only comprises of 2 ends. Tactile Boccia grid will be used to keep score during the competition.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with USA Boccia rules, except as modified herein. For a copy of these rules, please write or call:

USA Boccia
Bay Shore, NY
631-388-6164
www.usaboccia.org



BOWLING

EQUIPMENT

The NVGAG will provide bowling balls, ramps, handles, sticks, and bowling shoes. Athletes may elect to use their own bowling ball and shoes. All bowling balls must conform to the size and weight outlined by United States Bowling Congress, American Wheelchair Bowling Association for wheelchair and wheelchair adaptive categories or American Blind Bowling Association for the visually impaired category.

The NVGAG has a limited supply of lighter custom balls that can be used by any bowling athlete, based on a first come basis. The balls are lighter in lbs. with bigger holes in 6lbs, 8lbs, and 10lbs. The balls can be checked out with a government issued ID.

COMPETITION

This competition will be based on the total pins attained in three complete games. Each game will consist of 10 frames. Bowlers will be given the opportunity to warm up on the lanes prior to bowling their three games in the competition. Averages will not be taken into account.

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event.

AMBULATORY

All ambulatory matches will be conducted in accordance with United States Bowling Congress rules, except as modified herein. For a copy of these rules, please visit:

[United States Bowling Congress](#)

621 Six Flags Drive
Arlington, TX 76011
(800) 514-2695

BOWLING -WHEELCHAIR

All wheelchair matches will be conducted in accordance with American Wheelchair Bowling Association rules, except as modified herein. All athletes must bring their own wheelchairs, foot rests, brakes and foot straps. Feet may not touch the floor during competition. *Note –If athletes utilize a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition). **Athletes in this category cannot use adaptive devices such as ramps, sticks, or handle balls.**

BOWLING -WHEELCHAIR ADAPTIVE

The NVGAG has a limited supply of ramps, sticks and handle balls. Athletes must use these items in the wheelchair adaptive category. Athletes will adjust their own ramps with no assistance from anyone. Bowlers using ramps will not switch lanes during competition. Feet may not touch the floor during competition. *Note –If an athlete utilizes a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition).

For a copy of these rules, please visit:

[American Wheelchair Bowling Association](http://www.americanwheelchairbowling.org) info@awba.org

BOWLING - VISUALLY IMPAIRED

All visually impaired matches will be conducted in accordance with American Blind Bowling Association rules, except as modified herein. Handrails are available for use and may be used for those athletes in the visually impaired category matches if needed. For a copy of these rules, please visit:

[INSTRUCTIONAL MANUAL FOR BLIND BOWLERS](#)

[American Blind Bowling Association](#)

Kathy Brockman
2735 S. 61st Street
Milwaukee, WI 53219



CYCLING

EQUIPMENT

Athletes are **responsible for bringing their own two-wheel or three wheeled bicycle and helmet** for competition that is custom-fit for them. Multi-gear (free-wheel) bikes with front and rear brakes are required. NVGAG **will not provide equipment for this event**. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aero bars) are permitted only in the time trial events and not in the road race events.

All bicycles must be certified by the Lead official prior to the competition. Helmets are mandatory and must conform to USA Cycling regulations. Athletes will be required to furnish and wear their own athletic shoes for this competition. Recumbent bikes are welcomed.

Bike Suggestions and examples:

- Personal bikes are required and the preference of bike depends on the person's interest.
- If the athlete is going to be road racing and riding at home, while balance and stability aren't issues, a road bike is what should be acquired.
- If they are going to use the bike more recreationally and exercise, more for riding bike trails with family, etc. then the hybrid cross trainer is a good option. It is more like a mountain bike but lighter and cheaper.
- Recumbent bikes or trikes (three-wheel bikes), performance wise they are the same and reduce risk of crashes and hip fractures. The catrike and sun products are popular brands.



Road Bike



Hybrid Cross Trainer



Recumbent Bike Popular Brands: Catrike, Sun products



Trek Bike 7.2 FX

COMPETITION

The cycling competition is a 5k time trial and 20k road race and is limited to ambulatory athletes only based on the best time. Recumbent cycles will compete in a separate open category in the 5k time trial event only. Each athlete will be given the opportunity to become familiar with the course. Warm-up prior to the cycling competition will be used to determine the riding ability and safety of the athlete. If the athlete is deemed unsafe and/or dressed inappropriately he/she will not be allowed to compete.

Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification. In time trial events, no rider shall pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty. No restarts are permitted.

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. The competition will be conducted in accordance with the USA Cycling rules, except as modified herein. For a copy of these rules, please visit:

[USA Cycling](http://www.usacycling.org)

210 USA Cycling Point, Suite
100 Colorado Springs, CO 80919

GOLF

EQUIPMENT

The NVGAG will provide scorecards, and golf carts. Athletes must provide their own tees, clubs, golf gloves, golf shoes, and golf balls. The NVGAG will not be responsible for replacing lost or stolen clubs. Golf carts are for athletes and official NVGAG staff only, **NOT** for coaches, family or friends of athletes.

A refundable deposit required- a personal check (no money orders or cashier's checks) is required and will be returned the day of the golf event. If deposit is not received by the deadline, athlete will forfeit participation from and be deregistered from the event. Cancellations for golf must be done 30 days prior to the scheduled event to receive a full refund.

COMPETITION

The event will be held on a golf course selected by the NVGAG. Play will consist of eighteen (18) holes for golfers 55 -74 and nine (9) holes for age groups 75 and above. If an athlete is unable to complete the round a withdrawal is necessary.

Players will begin each hole from the following tee boxes: RED - women; WHITE- men. Players 75 and above - GOLD/senior tees.

Each athlete will compete individually within his/her age group and gender divisions. Gross scores will determine the first three places in each age category. In the event of a tie between 1st, 2nd or 3rd place the USGA tie-breaking procedure of matching scorecards will be implemented.

Golf athletes must have prior golfing experience of having played on a regular basis for at least the past one year and provide their rating during registration. Golf athletes should have knowledge of keeping score and will keep score of another member in his/her group pairing.

Spectators must remain at least 25 feet away from tee boxes and greens. USGA rules regarding coaching will be strictly enforced. USGA rules regarding pace of play will be observed. Spectators may be asked, by the event's Head Official, to leave the course in the event of a disturbance or interruption event play.

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with the United States Golf Association rules, except as modified herein. For a copy of these rules, please visit:

[United States Golf Association](#)

PO Box 708
Far Hills, NJ 07931



HORSESHOES

EQUIPMENT

The NVGAG will provide standard and adaptive sets of pitching horseshoes. The 2019 competition will be held outdoors using sand.

COMPETITION

The competition will be set up in a single elimination tournament format. All matches will be played for six innings, each player throwing two shoes per inning. If conditions warrant, the event's Lead Official may decrease the number of innings pitched in the match. The winner of the match will advance in the tournament. The Championship round will be decided by win/loss record. Count-all scoring (without bonus points for each match won) will be used. Ties shall be broken by pitching an extra inning, for a maximum of two additional innings. At the conclusion of the two-additional innings and there is still not a clear winner. Each competitor will be able to throw one horseshoe with the closest shoe to the stake being the winner.

First Place ties will play a 3-shoe playoff game to decide 1st and 2nd place. All other ties will be decided by head-to-head competition (who beat who between the tied participants) and then by points scored if still tied.

All pitching distances are measured from the bottom of the stake to the pitching line. Pitching distances will vary based on age, gender and category. Athletes in the visually impaired and wheelchair categories will use the standard court, but the pitching distances will be adjusted in accordance with the below guidelines:

Ambulatory

Men 55-69	40ft
Men 70+	30ft
Women 55-64	30ft
Women 65+	20ft

Visually Impaired & Wheelchair:

Men	20ft
Women	15ft

Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded to the 4th place finisher.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event.

AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the National Horseshoe Pitcher's Association rules, except as modified herein. For a copy of these rules, please visit:

[National Horseshoe Pitcher's Association](#)

3085 76th Street
Franksville, WI 53123
(262) 835-9108

In pitching the shoe, the pitcher may stand or sit on or behind the pitcher's line in the wheelchair division only. *Note –If an athlete utilizes a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition). No alterations may be made to change the height of the seat.

VISUALLY IMPAIRED

All visually impaired matches will be conducted in accordance with the United States Blind Horseshoe Pitchers Association rules, except as modified herein. Beeper devices are available for the visually impaired category of competition. In pitching the shoe, the pitcher may stand or sit on or behind the pitcher's line in the visually impaired category.

For a copy of these rules, please visit:

U.S. Blind Horseshoe Pitchers Association

395 Baytree Dr.
Melbourne, FL 32940

NINE BALL

EQUIPMENT

The NVGAG will provide billiards tables and balls (nine numbered and one cue ball), diamond-shaped ball racks, cues, cue chalk, coin or other device to determine the break and stop watches. Athletes may use their own pool cues after inspection and approval by the event's National Official.

COMPETITION

The competition will be set up in a single elimination tournament format. All matches will be best two out of three games. Third Place game will match the two losers of the two semi-final games against each other. All games will be subject to a 10-min time limit.

Nine Ball is a rotation game, meaning the balls are shot in numerical order. The shooter must strike the lowest numbered ball on the table first. The game is over when the 9-ball is legally pocketed. A player retains his/her turn at the table as long as he/she strikes the lowest numbered ball first and legally pockets a ball. He/she need not pocket the lowest numbered ball to continue shooting. For example, he/she may shoot the 1-ball into the 4-ball, thus pocketing the 4-ball. He/she will then continue shooting but must, once again, strike the 1-ball first. If the shooter hits the 1-ball into the 9-ball and the 9-ball is pocketed, the game is over and that shooter wins. Neither shots nor pockets need to be called.

Nine balls are used and are racked in a diamond shape. All fouls carry the ball in hand penalty anywhere on the table. Fouls may be determined before each bracket of play; final decision will be made by National Official.

After the 10-minute time limit and a winner has not been determined, a "shoot-out" will determine the winner. The "shoot-out" rules are listed in the event rule [sheet](#).

Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded to 4th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event.

AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the Billiard Congress of America rules, except as modified herein. Athletes in the wheelchair division must remain seated while shooting and feet may not touch the floor. *Note –If an athlete utilizes a scooter they must adhere to the modification of the rules for wheelchair users

(i.e. - feet may not touch the floor during competition). No alterations may be made to change the height of the seat.

For a copy of these rules, please visit:

[Billiard Congress of America](#)
10900 West 120th Avenue- Unit B7
Broomfield, CO 80021
(303) 243-5070



PICKLEBALL

EQUIPMENT

The NVGAG will provide the courts, and may provide paddles (based upon availability) and balls for the medal event. Athletes may use their own paddle which must listed as Pass on the USAPA/IFP Approved Paddle List. Inspection will be provided by the National Official.

COMPETITION

The competition will consist of doubles only (male, female, and mixed). The age division of doubles will be determined by the younger age of the two partners as of **December 31, 2019**. Double partners must be selected during registration, NVGAG will not assign partners for this event. Athletes who do not have a partner can sign up for, “find a partner” during athlete registration.

The competition will be set up in a double elimination tournament format. All matches will be played to 15 points tournament play. Athletes must have prior pickleball experience of having played on a regular basis for at least the past year and provide their skill level during registration.

The NVGAG reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded to the 4th place finisher.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with USPA Pickleball rules, except as modified herein. For a copy of these rules, please write or email:

USAPA
P.O. Box 7354,
Surprise, AZ 85374

<https://www.usapa.org/>

POWER WALK

EQUIPMENT

The NVGAG will provide the track, timing system and score sheets.

COMPETITION

Power Walking is a progression of steps taken so the walker makes contact with the ground with no visible (to the human eye) loss of contact. As the advancing leg moves forward and the heel strikes the ground, the knee need not be completely locked as it passes under the body (as it does in race walking). A slightly bent knee is the accepted form; however, a bent knee in a running or jogging form may result in a red card issued by a judge or monitor. One foot must be on the ground at all times. Loss of contact with the ground may result in a red card issued by the event National Official or judge/monitor. Continued violation can result in disqualification.

Competition will consist of an 800M and a 1600M power walk.

All athletes must wear athletic-type clothing and shoes that are customary for the sport in which they are competing. Failure to follow the uniform rule can result in disqualification by the Official.

Clothing made of jean and/or denim and khaki material are not allowed as it can restrict movements during competition, and if worn can result in disqualification. Athletic tights/shorts can be above mid-thigh, knee length or ankle length. Loose fitted Capri length pants can be worn, but cannot be of denim or khaki material.

Example of these types of clothing:



Places will be based on fastest time for each event. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.

Resolving ties: competitors will be awarded duplicate medals.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. The event will be conducted in accordance with the United States power walking association rules, except as modified herein. For a copy of these rules, please visit:

United States Power Walking Association (USPWA)

<http://www.uspwa.org/>

SHUFFLEBOARD

EQUIPMENT

The NVGAG will provide standard and adaptive shuffleboard discs, as well as cues. Athletes may use their own cue if determined to be of regulation type by the event's Lead Official, and the cue shall not have an overall length of more than 6 feet, 3 inches.

COMPETITION

This competition will be set up in a single elimination tournament format. All matches will be played in six frames. Highest point score will determine the winner. Third Place game will match the two losers of the two semi-final games against each other. If time permits and if courts are available, athletes can practice on courts, however they cannot be the ones played on during their competition.

No metal part of the cue shall touch the playing surface.

Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded to the 4th place finisher.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event.

AMBULATORY

All ambulatory, wheelchair and visually impaired matches will be conducted in accordance with the National Shuffleboard Association rules, except as modified herein. For a copy of these rules, please visit:

[National Shuffleboard Association](#)

6634 North Lake Drive
Zephyrhills, FL 33542
(813) 395-6343

WHEELCHAIR

For the wheelchair category, the event's Lead Official has the option of moving the foul lines closer to allow wheelchair athletes a shorter court. The court will be the same for all athletes in each age group for this category. The allowable distance for wheelchair foul line on a standard 52ft court shall be 7ft and 6 inches in front of a standard foul line,

or 13ft in front of base line.

Wheelchair athletes will shoot two of the same colored discs before alternating shots with other the athlete, until all four discs of each athlete are played. *Note –If an athlete utilizes a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition). No alterations may be made to change the height of the seat.

VISUALLY IMPAIRED

Bright colored discs will be used for the visually impaired category of competition.

Visually impaired athletes are permitted to use their own spotting scopes, pending approval by the event's Lead Official.

SWIMMING

EQUIPMENT

The NVGAG will provide towels, appropriate life guarding equipment, lane markers, timing system and starting device. Swimmers must provide their own suits, caps and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

COMPETITION

All swimming events will be based on time. The number of racers in each heat will be based on the number of entries. The opportunity to warm-up in the pool prior to the race will be given at the discretion of the event's National Official. Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event. The proper strokes must be used to avoid disqualification.

For athletes who are members of United States Masters Swimming (USMS), competition times will be identified for their records.

Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All matches will be conducted in accordance with the United States Masters Swimming, Inc. rules, except as modified herein. For a copy of these rules, please visit:

[United States Masters Swimming, Inc.](http://www.usms.org)

655 North Tamiami Trail

Sarasota, FL 34232

(941) 256-8767 or (800) 550-7946

TABLE TENNIS

EQUIPMENT

The NVGAG will provide standard table tennis tables and nets, regulation table tennis rackets/paddles (may be provided based upon availability), balls and scorecards. Athletes may use their own table tennis paddles if they are determined to be regulation by the event's National Official and they are the same type as those supplied by the NVGAG.

COMPETITION

Athletes will compete individually in singles table tennis. The competition will be set up in a double elimination tournament format. All matches will be played as the best two out of three games. Third place game will match the two losers of the two semi-final games against each other. White shirts or jackets are not permitted for competition, per USA Table Tennis rules. Athletes are allowed to wear bib on the back if needed. Athletes must have prior table tennis experience of having played on a regular basis and provide their skill level during registration.

Medals will be awarded to the first, second, and third place finishers, a ribbon will be awarded to the 4th place finisher.

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment, to assist athletes with preparation for the sporting event.

AMBULATORY & WHEELCHAIR

All ambulatory and wheelchair matches will be conducted in accordance with the USA Table Tennis rules, except as modified herein. For a copy of these rules, please visit:

[USA Table Tennis](#)
4065 Sinton Road, Suite 120
Colorado Springs, CO 80907
(719) 866-4583

WHEELCHAIR

Wheelchair category athletes are permitted to secure the paddle to their hand by tape or brace. All wheelchair competition athletes must stay in full contact with the seat of the

wheelchair. The athlete may not use their legs in any way to gain an advantage over their opponent. *Note –If an athlete utilizes a scooter they must adhere to the modification of the rules for wheelchair users (i.e. - feet may not touch the floor during competition). No alterations may be made to change the height of the seat.

TRACK & FIELD

EQUIPMENT

The NVGAG host will provide the course, timing system and score sheets.

The NVGAG will provide certified implements for all field events and age groups. Athletes must use the implements that are provided.

COMPETITION

This competition will consist of 100m, 200m, 400m, 800m, 1500m and 3000m. The number of heats will be determined by the number of entries. The order of finish (1st through 8th places) will be determined by best times for each event within each age division.

In track and field, clothing made of jean and/or denim and khaki material are not allowed as it can restrict movements during competition and if worn can result in disqualification. Athletic tights/shorts can be above mid-thigh, knee length, or ankle length. Loose fitted Capri length pants can be worn but cannot be of denim or khaki material.

Example of these types of clothing:



All athletes must wear their assigned bibs during their sporting event competition. Bibs must be worn correctly with last name and bib number to the front of chest.

Each athlete will have the opportunity to throw any of the three official implements (discus, javelin and shot put) 3 times each. Only the longest of each athlete's three (3) throws will be scored.

Medals will be awarded to the first, second, and third place finishers, ribbons will be

awarded to 4th-8th place finishers.

Weights for Discus by Age Division and Gender:

Discus:

Men 55-59	1.5kg
Men 60-64	1.0kg
Men 65-69	1.0kg
Men 70-74	1.0kg
Men 75-79	1.0kg
Men 80+	1.0kg
Women 55-59	1.0kg
Women 60-74	1.0kg
Women 75+	.75kg

Weights for Javelins by Age Division and Gender:

Javelin:

Men 55-59	700g
Men 60-64	600g
Men 65-69	600g
Men 70-74	500g
Men 75-79	500g
Men 80+	400g
Women 55-59	500g
Women 60-74	400g
Women 75+	400g

Weights for Shot Put by Age Division and Gender:

Shot Put:

Men 55-59	6kg
Men 60-64	5kg
Men 65-69	5kg
Men 70-74	4kg
Men 75-79	4kg
Men 80+	3kg
Women 55-59	3kg
Women 60-74	3kg
Women 75+	2kg

EVENT RULES

The NVGAG event rule sheet of this sport has been included as an attachment to assist athletes with preparation for the sporting event. All events will be conducted in accordance with the USA Track & Field rules, except as modified herein. For a copy of these rules, please visit:

[USA Track & Field](#)
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500

EXHIBITION SPORTS

The exhibition sports will be introductory clinics that will include instruction, as well as opportunities to participate. Individual personal equipment is NOT allowed for the exhibition sports.

CHESS

The game of chess is a popular strategy board game played by millions each year. The game is played on a checkered 8x8 grid, arranged with 64 squares. The game is played with 32 pieces with each player acquiring 16 pieces. The pieces consist of one king, one queen, two rooks, two knights, two bishops, and eight pawns. The game is said to have originated from India.

The NVGAG will provide the chess board and pieces.

LEARNING THE SPORT

Chess is a game for two players, one with the “White” pieces and one with the “Black” pieces. The game is setup as followed: 1) Opposing Kings and Queens go directly opposite of each other. 2) The square in the lower right-hand corner is a light one (“light on right”). 3) The White Queen goes on a light square, the Black Queen on a dark square (“Queen on her own color”).

Piece movements:

Rock: The rook can move horizontally and vertically as many squares as it wants. The rook can move to any of the starred squares. The rook captures in the same way that it moves.

King: The king has little mobility. But the king's value is unquantifiable, because it entrapment ends the game. It moves one square in every direction. The king captures in the same way it moves, but unlike any other piece, the king cannot be captured.

Bishop: The bishop moves diagonally as many squares as it wants. Bishops remain on the same color all game. Explaining his divorce, World Champion Boris Spassky said, "We were like bishops of opposite colors." An apt analogy: Bishops of the opposite color live on the same board but never, ever have contact.

Queen: The queen is the most powerful piece on the board. She moves like the rook and bishop combined: diagonally, horizontally and laterally as many squares as she wants. Like

the rook and bishop, she captures in the same way that she moves. The queen can move to any of the starred squares. The queen can capture any of the Black pieces with her next move.

Pawn: The pawn is the weakest piece on the board, but don't underestimate their importance. Learning the pawn's move is tricky. The pawn is the only piece on the board that does not move backward. A decision to barge ahead with a pawn is final, which is why such precision is required with pawns. On their first move, the pawns can move forward one or two squares. Think of the two-square push as the pawn's morning cup! After each pawn has moved, it can only move one square forward at a time. The pawn captures diagonally only. The pawn is the only piece that does not capture in the same way that it moves.

Knight: The knight is the trickiest piece to learn. Newcomers to chess often find the knight so hard to remember that they keep the knights in the back row. Such a scorned knight feels sad and depressed. Knights are the only piece that can jump over other pieces. However, they do not capture any pieces that they jump over. At the start of a chess game, the knights can jump out immediately over his own pawns, like in the diagram above. All the other pieces must wait for the pawns to free up space for them to move along diagonals, files and ranks. The knight moves two squares one way, and then one square the other, in the shape of an L. The knight captures in the same way as it moves.

For additional information on how to play the sport, please visit:

[United States Chess Federation](#)

PO Box 3967,
Crossville, TN 3855

CORNHOLE

Cornhole is a game that you use wooden boxes called cornhole platforms and corn bags or bean bags. Each participant takes a turn to pitch their bags at the cornhole platform until the participant reaches the score of 21. A bag on in the hole scores 3 points while one on the platform scores 1 point. Scoring can be swift and the lead may change hands several times in a match before the winner is decided.

The NVGAG will provide the cornhole platforms and corn/bean bags for needed for this exhibition event.

LEARNING THE SPORT

Players alternate pitching bags (one player at a time) until each player has pitched all (4) of his/her bags. A player must pitch all (4) cornhole bags from their designated cornhole pitchers box. Players must deliver the bag with an under-hand release. One foot or appendage must be completely within the pitcher's box at the time of releasing the bag.

When pitching a bag, players must release the bag before any part of the player's body touches the ground on or beyond the foul line

Scoring:

Cancellation Scoring: The approved method of scoring for the sport of cornhole is "cancellation" scoring. In cancellation scoring, the points of one player cancel out the points of their opponent. Using this method, only one player/team can score in each frame.

Woody (1 point) – Refers to any cornhole bag that has been pitched and remains on the cornhole board playing surface at the conclusion of the frame.

Cornhole (3 points) – Refers to any cornhole bag that has been pitched and passes through the cornhole board hole at any time within the frame.

Foul Bags – Refers to any cornhole bag that has not been determined as a "woody" or "cornhole", or was designated a foul bag as the result of rules violation.

For example: Example: Red achieves one (1) woody and two (2) cornholes during the frame
(7 total pts)

Blue achieves two (2) woodies and zero (0) cornholes during the frame
(2 total pts)

7 points – 2 points = Red scores 5 points for that frame

For additional information on how to play the sport, please visit:

American Cornhole Association
208 Locust St, Milford, OH 45150
888-563-2002
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