



## 2018 Rulebook

The National Veterans Golden Age Games (NVGAG) encourages Department of Veterans Affairs (VA) enrolled seniors age 55 and over 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 2018 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, 2018**, and currently eligible for healthcare through the Department of Veterans Affairs (VA).

## REGISTRATION FOR EVENTS

Athletes must register online at [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov) to participate in the NVGAG. All registered athletes are required to participate in a minimum of three (3) days of sporting events during the five (5) day NVGAG competition, in order to receive a meal card. If an athlete has 4-6 events that occur over 1 to 2 days of the five-day competition, he/she will not be eligible for a meal card. Athletes may only register for a maximum of six (6) medal events.

## MENU OF EVENTS

Name of Event	Age <sup>1</sup>	Gender <sup>2</sup>	Ambulatory	Visually Impaired <sup>3</sup>	Wheelchair <sup>5</sup>	Awards
Air Rifle	x		x		x	1 <sup>st</sup> -6 <sup>th</sup> place
Badminton Singles	x	x	x			1 <sup>st</sup> -3 <sup>rd</sup> place
Badminton Doubles	x		x			1 <sup>st</sup> -3 <sup>rd</sup> place
Basketball 3-on-3	x		x			1 <sup>st</sup> -3 <sup>rd</sup> place
Basketball Free Throw	x		x			1 <sup>st</sup> -6 <sup>th</sup> place
Blind Disc Golf	x			x		1 <sup>st</sup> -6 <sup>th</sup> place
Boccia Singles	x		x	x	x	1 <sup>st</sup> -3 <sup>rd</sup> place
Boccia Doubles	x		x			1 <sup>st</sup> -3 <sup>rd</sup> place
Bowling	x	x	x	x	x	1 <sup>st</sup> -6 <sup>th</sup> place
Cycling - 10K	x	x	x			1 <sup>st</sup> -6 <sup>th</sup> place
Field Discus	x	x	x			1 <sup>st</sup> -6 <sup>th</sup> place
Field Javelin	x	x	x			1 <sup>st</sup> -6 <sup>th</sup> place
Field Shot Put	x	x	x			1 <sup>st</sup> -6 <sup>th</sup> place
Golf	x	x	x			1 <sup>st</sup> -6 <sup>th</sup> place
Horseshoes	x	x	x	x	x	1 <sup>st</sup> -3 <sup>rd</sup> place
Nine Ball	x		x		x	1 <sup>st</sup> -3 <sup>rd</sup> place
Pickleball Singles	x	x	x			1 <sup>st</sup> -3 <sup>rd</sup> place
Pickleball Doubles	x		x			1 <sup>st</sup> 3 <sup>rd</sup> place
Power Walk 800m, 1600m	x	x	x	x <sup>4</sup>		1 <sup>st</sup> -6 <sup>th</sup> place

Name of Event	Age <sup>1</sup>	Gender <sup>2</sup>	Ambulatory	Visually Impaired <sup>3</sup>	Wheelchair <sup>5</sup>	Awards
Shuffleboard	x	x	x	x	x	1 <sup>st</sup> -3 <sup>rd</sup> place
Swimming 25yd & 50yd freestyle - backstroke –breaststroke, 75yd IM	x	x	x	x <sup>4</sup>		1 <sup>st</sup> -6 <sup>th</sup> place
Table Tennis	x		x		x	1 <sup>st</sup> -3 <sup>rd</sup> place
Track 1500m, 100m, 400m, 200m, 800m	x	x	x			1 <sup>st</sup> -6 <sup>th</sup> place

*Events in blue are qualifying events for the 2019 National Senior Games in Albuquerque, New Mexico.*

<sup>1</sup>Each 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.

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

<sup>3</sup>**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 Visual Impairment Services Team (VIST) Coordinator, an eye care specialist or a medical provider.

<sup>4</sup>**Visually impaired athletes** may also participate in power walk and swimming events, however, there will not be a separate division for these awards.

<sup>5</sup>**WHEELCHAIR DIVISION** – Athletes who require a wheelchair for competition are eligible to compete in a separate division for the following sports: boccia, bowling, horseshoes, nine ball,

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).

<sup>5</sup>**Wheelchair athletes** may also participate in air rifle, however, awards will not be issued for a separate division.

## SUMMARY OF SIGNIFICANT CHANGES

The following is a summary of the significant changes to the rules of competition governing the 2018 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 – Team Event:** Basketball 3 on 3 team, the following age groups have been added to the competition:70-74 and 75-79. Teams will be randomly assigned after on-site registration check-in on August 3, 2018. **Individual Event:** Basketball Free Throw competition for the following age groups 55-79.
2. **NEW EVENT-** Blind Disc Golf: visually impaired athletes only
3. **NEW EVENT-** Pickle ball: singles and doubles (partners can be same gender or mixed) competitions have been added.
4. **NEW EVENT –** Swimming 75yd Individual Medley(IM) (Breast, Back, Freestyle)
5. **EXHIBITION EVENTS-** Archery, Air Pistol and Floorball
6. **EVENT CHANGES –** Due to popular demand, athletes will now be able to participate in all three (3) field events.
7. **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 rifle, basketball free-throw, boccia, bowling, field, golf, horseshoes and shuffleboard.**
8. **GOLF – \$50 Refundable deposit required-** A personal check (no money orders or cashier's checks) is required and checks will be returned the day of the golf event. Cancellations for golf must be done 30 days prior to the scheduled event to receive a full refund.
9. **AGE REQUIREMENT –** All registered athletes must be 55 years of age or older as of **December 31, 2018.**
10. **CYCLING –** The event will be 10k this year. All athletes must secure their own cycle and helmet for competition. Rental options are the responsibility of the athlete and not available through the NVGAG. Recumbent bikes are allowed.
11. **MEDALS-** 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.**

**12. EQUIPMENT-** *Athletes are allowed to bring personal equipment for the following events: air rifle, badminton, bowling, cycling, golf, 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. No personal equipment will be allowed for the exhibition events.*

**RULES, REGULATIONS & FORMAT**

The following are the qualifying procedures and rules of competition governing the 2018 NVGAG. These Games will be held August 3-8, 2018 in Albuquerque, New Mexico.

**A. 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 2018 NVGAG rulebook.

**B. 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 Lead Official.

The NVGAG event rule sheet of each sport has been included as an attachment, to assist athletes with preparation for the sporting events. Athletes are encouraged to not limit their understanding of the sports to these sheets, but to continue to visit the NGB for complete rules.

**C. Events Entries**

All registered athletes are required to participate in a minimum of three (3) days of sporting events during the five (5) day NVGAG competition, in order to receive a meal card. If an athlete has 4-6 events that occur over 1 to 2 days of the five-day competition, he/she will not be eligible for a meal card. Athletes may only register for a maximum of six (6) medal events.

• 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
• Bowling	• Pickleball	

• Archery	• Air Pistol	• Floor Ball
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Exceptions:

1. **Field**, athletes may enter a maximum of three events.
2. **Power Walk**, athletes may enter only one event.
3. **Swimming**, athletes may enter a maximum of three events.
4. **Track**, athletes may enter a maximum of three events.

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.

#### D. Doubles

All doubles will compete in the age division of the younger partner as of December 31, 2018. 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. Partners do not need to be from the same VA Medical Center. Doubles partners can be same gender or mixed.

#### E. Brackets and Formation of Heats

All seeding shall be random:

1. Results of past NVGAG will be used whenever possible.
2. Athletes from the same VA Medical Center will not be matched against each other in first round matches, **whenever possible**.
3. All athletes are to arrive one hour prior to the start of their selected sport event. If not there by the start of the event the athlete will be disqualified.

#### F. Awards

Awards will be presented for 1<sup>st</sup> through 3<sup>rd</sup> medals and 4<sup>th</sup> - 6<sup>th</sup> ribbons for each event within each age division. Exceptions: bracketed events will be awarded 1<sup>st</sup> through 3<sup>rd</sup> medals; 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 4-6th. For Badminton, Basketball Team, Boccia, Horseshoes, Nine Ball, Pickleball, Shuffleboard and Table Tennis, medals will be awarded to places 1-3rd.*

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

## **G. 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 1-3<sup>rd</sup> place.

## **H. Disqualifications**

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

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

## **I. 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 Lead Official and the National Head Official prior to the athlete being permitted to continue. A good-faith effort to compete will be determined by the event's Lead Official and the National Head 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 Lead Official and the National Head Official prior to receipt of any awards.

## **J. 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.

## **K. 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 may not 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.

**L. Uniforms**

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. 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 be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar 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. 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.

### **M. Competition Bibs**

All athletes must wear their assigned bibs during their sporting event competition. Athletes who forget their bibs must provide a substitute bib in order 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, as in the example below:



### **N. 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.

### **O. Equipment**

Athletes may use their own equipment for the following events: air rifle, badminton, bowling, cycling, golf, 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. No equipment will be allowed for the exhibition events.

All personal equipment will be inspected prior to the start of the competition.

### **P. Service Animal**

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

### **Q. 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.

**R. 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 2018 NVGAG. NVGAG rules are reviewed and approved annually by the NVGAG National Advisory Council and are published via [NVGAG National Staff](#).

**S. 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](http://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 2018 NVGAG serve as pre-qualifying events to compete at the 2019 National Senior Games (see Menu of Events above). 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 2018 NVGAG, the National Office will transmit all qualifiers to the National Senior Games office through the Fuse Sport online registration. Qualifiers include: all first, second and third place finishers for: badminton, horseshoes, non-ambulatory horseshoes, 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 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](http://www.nsga.com).



## MEDAL SPORTS

### AIR RIFLE

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#### EQUIPMENT

The NVGAG will provide standard .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. Only iron or peep sights are permitted no scopes are allowed.

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

- 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.

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

Daisy Match Grade Avanti 753S



Daisy Match Avanti 887 Gold Medalist Competition



Crosman Challenger CO2  
(must have provide personal CO2 cartridges)



### Air Rifle Vendors

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

## COMPETITION

The competition will be a seated PRONE event. There will be a safety briefing and a 5-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. All shooters must arrive one hour prior to their scheduled shooting event. Each athlete should support the rifle with both elbows resting on the stationary-firing table. The chest and/or abdomen may also rest on the table.

## **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 for 10m Air Rifle, except as modified herein. For a copy of these rules, please visit:

[USA Shooting](#)  
One Olympic Plaza  
Colorado Springs, CO 80909  
(719) 866-4670

## **BADMINTON**

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### **EQUIPMENT**

The NVGAG host will provide racquets, 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, 2018. Double partners must be selected during registration, NVGAG will not assign partners for this event. 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.

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

### **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](http://www.usabadminton.org)



## **BASKETBALL**

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### **EQUIPMENT**

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

### **COMPETITION**

#### **3-3 Basketball**

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, and third place team finishers.

#### **Free Throw**

The competition will consist of registered athletes from ages 55-79. Athletes will register via the online registration system. Men and women will compete against each other. 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 divisions.

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 4<sup>th</sup>-6<sup>th</sup> 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](http://www.ncaa.org)

## **BLIND DISC GOLF**

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### **EQUIPMENT**

The NVGAG host will provide the disc and the 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 Frisbees 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).

### **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](http://www.pdga.com/rules)  
[www.facebook.com/BlindDiscGolf](https://www.facebook.com/BlindDiscGolf)

## BOCCIA

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### EQUIPMENT

The NVGAG host 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, 2018**. Double partners must be selected during the online registration; NVGAG will not assign partners for this event. 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.

### 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](http://www.usaboccia.org)

# BOWLING

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## 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.

## COMPETITION

This competition will be based on the total pins attained in two 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 two games in the competition. Averages will not be taken into account.

## 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**

Ramps, sticks and handle balls must be used by those athletes 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 info@awba.org](mailto: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 may be used for those athletes in the visually impaired category matches. For a copy of these rules, please visit:

### [INSTRUCTIONAL MANUAL FOR BLIND BOWLERS](#)

[American Blind Bowling Association](#)

Kathy Brockman  
2735 S. 61<sup>st</sup> Street Milwaukee,  
WI 53219



## CYCLING

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### EQUIPMENT

Athletes are responsible for bringing their own two-wheel 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.

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 I'd go with a hybrid cross trainer. Looks more like a mountain bike but lighter and cheaper.
  - Recumbent bikes (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 10K cycling competition is limited to ambulatory athletes only and will be based on best time. Each athlete will be given the opportunity to become familiar with the course. Warm-up prior to the cycling competitions will be used to determine the riding ability and safety of the athlete. If the athlete is deemed unsafe 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. 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.

## **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

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### EQUIPMENT

The NVGAG will provide one sleeve of three golf balls, scorecards, and golf carts. Athletes must provide their own tees, clubs, golf gloves, golf shoes, and additional 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.

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. 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 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> 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. Each athlete will provide golf ratings on their application to assist with setting up teams.

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.

## 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

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## EQUIPMENT

The NVGAG host will provide standard and adaptive sets of pitching horseshoes. The 2017 competition will be held indoors using adapted equipment.

## 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

## **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 76<sup>th</sup> 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

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### EQUIPMENT

The NVGAG host 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 Lead 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.

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 instruction sheet.

### 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 120<sup>th</sup> Avenue- Unit B7  
Broomfield, CO 80021  
(303) 243-5070

## PICKLEBALL

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### EQUIPMENT

The NVGAG host will provide the courts, paddles, and balls for the medal event. Athletes may use their own paddle after inspection and approval by the event's Lead Official.

### 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, 2018**. Double partners must be selected during registration, NVGAG will not assign partners for this event. 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 to 11 points, win by 2.

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

### 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

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### EQUIPMENT

The NVGAG host 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 soft knee is perfectly acceptable; however, an overly excessive, bent knee is deemed to be in a creeping or running shuffle. This will also be subject to 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 based on age division and gender. Resolving ties: competitors who tie 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

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## EQUIPMENT

The NVGAG host 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.

## 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

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### 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 Lead Official. The order of finish (1<sup>st</sup> through 6<sup>th</sup> places) will be determined by best times for each event within each age division and gender . Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

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

### 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.](#)

655 North Tamiami Trail

Sarasota, FL 34232

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

## TABLE TENNIS

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### EQUIPMENT

The NVGAG host will provide standard table tennis tables and nets, regulation table tennis rackets/paddles, balls and scorecards. Athletes may use their own table tennis paddles if they are determined to be regulation by the event's Lead 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 single elimination tournament format. All matches will be played as the best three out of five. 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.

### 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

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### 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 and 1500m. The number of heats will be determined by the number of entries. The order of finish (1<sup>st</sup> through 6<sup>th</sup> 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.

Weights for Discus by Age Division and Gender:

**Discus:**

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

Weights for Javelins by Age Division and Gender:

**Javelin:**

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

Weights for Shot Put by Age Division and Gender:

**Shot Put:**

<b>Men 55-59</b>	<b>6kg</b>
<b>Men 60-64</b>	<b>5kg</b>
<b>Men 65-69</b>	<b>5kg</b>
<b>Men 70-74</b>	<b>4kg</b>
<b>Men 75-79</b>	<b>4kg</b>



<b>Men 80+</b>	<b>3kg</b>
<b>Women 55-59</b>	<b>3kg</b>
<b>Women 60-74</b>	<b>3kg</b>
<b>Women 75+</b>	<b>2kg</b>

## **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.

### **AIR PISTOL**

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The sport of Air Pistol will allow participants the opportunity to learn how to shoot a 10m Air Pistol.

The NVGAG will provide the pistols and ammunition for the air pistol exhibition event.

## **LEARNING THE SPORT**

The athlete must be in the prone position, without any artificial or other support, with both feet and/or shoes completely within the firing point. The pistol must be held and fired with one (1) hand only. The wrist must be visibly free of support.

In the 10m Air Pistol Event, shooting must start from the **READY** position. In the **READY** position, the athlete's arm must point downward at an angle of not greater than 45 degrees from the vertical. The arm with the pistol must not be pointed at the ground within the forward edge of the firing point. The arm must remain in this position while waiting either for the appearance of the target or, when EST is used, for the green light(s) to come on.

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

[USA Shooting](#)  
One Olympic Plaza  
Colorado Springs, CO 80909  
(719) 866-4670

## ARCHERY

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Archery is the sport and skill of shooting bows and arrows at a specified target. Participants will learn the techniques of how to hold the bows correctly and shoot the arrows.

The NVGAG will provide the bows and target arrows needed for the archery exhibition event.

### LEARNING THE SPORT

Arrows will normally be shot in six arrow ends, but may be shot in three arrow ends when field and equipment conditions require more than four archers to be grouped on a target butt.

Each end will consist of one set of six arrows with five minutes allowed for each end to be shot. When three arrow ends are necessary, each end will consist of one set of three arrows with 2-1/2 minutes allowed for each end to be shot. Shooters will rotate with target mates after each end.

Dividing lines are part of the higher scoring. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.

Hits will not be marked on the target face. Witnessed bounce out and pass through arrows will be shot over at the end of the distance as make-up arrows. If the bounce out destroys an arrow in the target, then it is a "Robin Hood" and will score the value of the arrow it destroyed.

Archers will not be required to wear white or blue attire; however, they will be expected to wear clothing appropriate for a national event.

Athletes should be able to keep their arrows on target at 10meters.

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

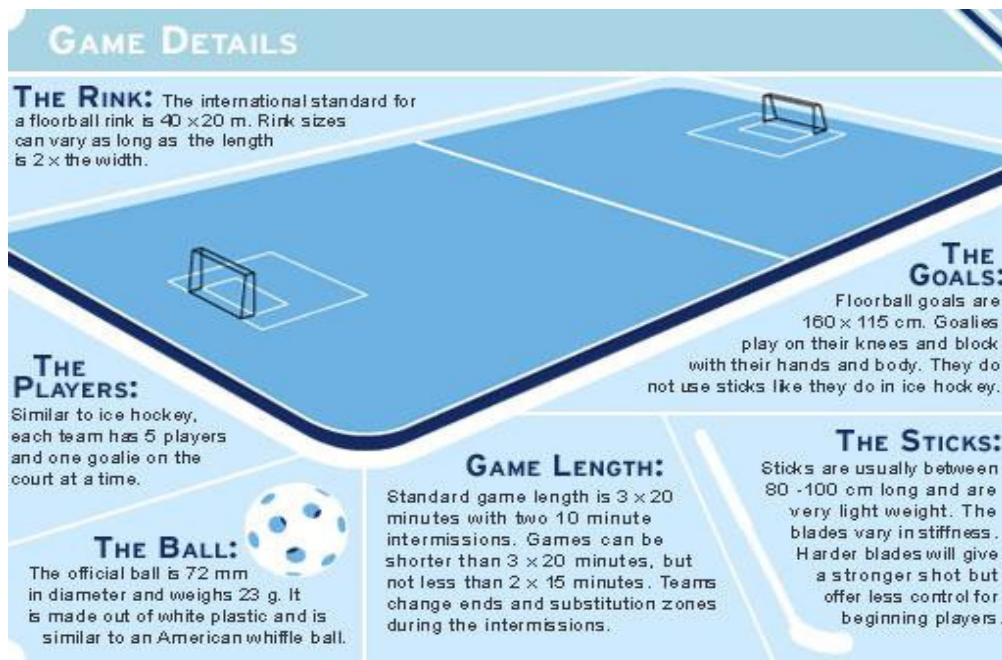
USA Archery  
4065 Sinton Road, Suite 110  
Colorado Springs, CO 80907  
(719) 866-4576  
[www.usarchery.org](http://www.usarchery.org)

## 00R BALL

Floorball is a type of hockey that has its roots in similar activities such as floor and field hockey. The game only requires the use of sticks and a ball which makes it a perfect activity for most players, regardless of their age, gender and physical ability. Unlike other stick sports, floorball sticks are extremely lightweight (approx. 8 oz), which makes them safe and easy to use by nearly all players.

### LEARNING THE SPORT

Due to the very basic nature of the game, floorball is adaptable to virtually any environment. The equipment, number of players, size of the court, type of surface and the implemented rules can all be modified in order to suit the needs of the players. Therefore, floorball is an excellent activity for individuals with either a physical disability, cognitive disability or both. In fact, floorball is widely played by people with a vast range of disabilities.



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

United States Floorball Association (USFbA)  
839 Jennifer Street  
Incline Village, NV 89451\_  
<http://www.usafloorball>