



2020 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 2020 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, 2020**, and currently eligible for healthcare through the Department of Veterans Affairs (VA).

REGISTRATION FOR EVENTS

Athletes must register online at [NVGAG website](#) to participate in the NVGAG. Online registration for the 2020 NVGAG opens March 2, 2020. Online registration will close, however, when the maximum allowable number of participants has been met.

Athletes may only register for a maximum of four (4) total medal sports and a minimum of three (3) total medal sports. Medal sports with multiple events (i.e.- badminton, boccia, field, pickleball, power walk, swimming and track), each only count as one (1) medal sport towards the four-sport max.

MENU OF EVENTS

Name of Event	Age ¹	Gender ²	Ambulatory ³	Visually Impaired ⁴	Wheelchair ⁵	Awards ⁶
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 ³	Visually Impaired ⁴	Wheelchair ⁵	Awards ⁶
Field Javelin	x	x	x			1 st -8 th place
Field Long Jump	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		x	1 st -4 th place
Pickleball (Doubles)	x	x	x			1 st -4 th place
Power Walk 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

²In some events as listed above, men and women will compete against each other in open competition.

³**AMBULATORY DIVISION**– Ambulatory athletes can ambulate and compete in the sporting events without adaptations and the use of assistive devices.

⁴**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 clearance form by a medical provider.

Visually impaired competitions include: blind disc golf, boccia singles, bowling, horseshoes,

and shuffleboard.

⁴**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**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.

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.

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

SUMMARY OF SIGNIFICANT CHANGES/CLARIFICATIONS

The following is a summary of the significant changes/clarifications to the rules of competition governing the 2020 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-

- Long Jump has been added to field events
- 50 M run has been added to track events

2. EVENT CHANGES-

- In 2020 the only event contested in Powerwalk will be the 1600m.

3. **EXHIBITION EVENTS-**

- Fitness for Life (Fitness program for strength and conditioning)
- Cornhole
- Dominoes (tournament)
- Tennis

3. **SPORT EVENT COMPETITION CHANGES-**

- Athletes can register for a maximum of four sports.
- The following sports will now be a double elimination tournament:
 - badminton, horseshoes, nine ball and shuffleboard.
- **Blind disc golf**
 - 80 + age group will compete for (6) holes.
- **Pickleball**
 - Athletes can now sign up for two events (Male doubles, Female doubles and Mixed doubles).
- **Golf**
 - Athlete must provide a copy of their handicap score card along with golf deposit.
- **Field Events**
 - Athletes will be allowed four attempts to throw and/or jump.

4. **SPORT EVENT RULE CHANGES-**

Prior to competition please reference the event rule sheets for each sport to ensure you are in compliance.

- **Basketball 3-3**
 - Please review as the rules have changed.
- **Field Events**
 - Rule #9d: Foul: The implement lands outside the sector lines.
Rule #9d **changed to**: Foul: The implement lands on or outside the sector lines.
- **Shuffleboard**
 - Rule #20: If a tie score results at game point or over, a complete 2 frames will be played, and score totaled. If score is still tied, play continues in complete frames until a winner is declared.
Rule #20 **add to**: maximum of three repeat frames to break the tie, if still tied, then each player will push one disc for lag to determine the winner.

NVGAG REGISTRATION FORMAT

Events Entries

Athletes may only register for a maximum of four (4) total medal sports.

• Air Pistol	• Bowling	• Pickleball: Doubles only
• Air Rifle	• Cycling: 5k Time Trial 20k Road Race	• Power Walk: 1600M
• Badminton: Doubles and Singles	• Field: Discus, Javelin, Long Jump, Shot Put	• Shuffleboard
• Basketball: 3-3 Teams and Free Throw	• Golf	• Swimming: 25yd and 50 yd Backstroke, Breaststroke and Freestyle 75 individual Medley
• Blind Disc Golf	• Horseshoes	• Table Tennis
• Boccia: Doubles and Singles	• Nine Ball	• Track: 50M, 100M, 200M, 400M, 800M, 1500M, 3000M

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.
- **Pickleball**, athletes may enter two of the three events.
- **Swimming**, athletes may enter a maximum of four events.
- **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. 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.**

Doubles

All doubles will compete in the age division of the younger partner as of December 31, 2020. 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 select a partner. Athletes who do not have a partner can sign up for, "find a partner" prior to 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: badminton, 3 on 3 basketball, golf, pickleball, and table tennis.

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.

Disqualifications

Lead 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.
- Failure to have prepared for the event with practice prior to registration.

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 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 Lead Official and the NVGAG Head Lead 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 NVGAG Head Lead Official prior to receipt of any awards.

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.

Badminton, Basketball Team, Cycling, Pickleball, 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 length pants and or pedal-pushers (capri pants) can be worn but cannot be of denim or khaki material. All acceptable clothing allows for comfort and breathability. Example of allowable clothing is pictured below:



Clothing that would not be acceptable are pictured below:



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.

Event Check-In

- All athletes must report no later than 30 minutes before the start of your event at the check in table.
- Failure to report after the deadline, will result in your entry being removed from the competition.

Example: Horseshoes starts at 2:00 pm, athletes must check-in by 1:30 pm. Athletes cannot check-in after that time.

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 about 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.

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.

Selected events offered at the 2020 NVGAG serve as pre-qualifying events to compete at the 2021 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 2020 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, shuffleboard, non- ambulatory shuffleboard and table tennis; and all first, second, third, and fourth place finishers for: bowling, non-ambulatory bowling, cycling, field, golf, pickleball, 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.



RULES, REGULATIONS & FORMAT

The following are the qualifying procedures and rules of competition governing the 2020 NVGAG. These Games will be held June 22-27, 2020 in Madison, WI.

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 2020 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 Lead 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.

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 E1

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.

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. For a copy of these rules, please visit:

[USA Shooting-ISSF Rulebook](#)

One Olympic Plaza

Colorado Springs, CO 80909 (719) 866-4670

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.

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.

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 for a copy of these rules, please visit:

[USA Shooting-ISSF Rulebook](#)

One Olympic Plaza

Colorado Springs, CO 80909 (719) 866-4670

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 and natural feathered shuttlecocks (based upon availability). 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, 2020. Doubles 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” prior to athlete registration. Doubles partners can be same gender or mixed.

The competition will be set up in a double elimination tournament format. All matches will be played as a best two out of three games to 11. 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. 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+. 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 (15 ft.) for all men and women age 55-79. Age groups 80+ will have the option if desired to shoot at an established 12 ft line.

The winner who scores the most baskets will be declared the winner. A tiebreaker will be determined at the competition.

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 like 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 for ages 55-79 and a 6-hole course for ages 80+. Athletes will have the opportunity to practice with discs 15 minutes before start of the tournament. Coaches can 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, boccia stands 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, 2020**. 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” prior to 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).

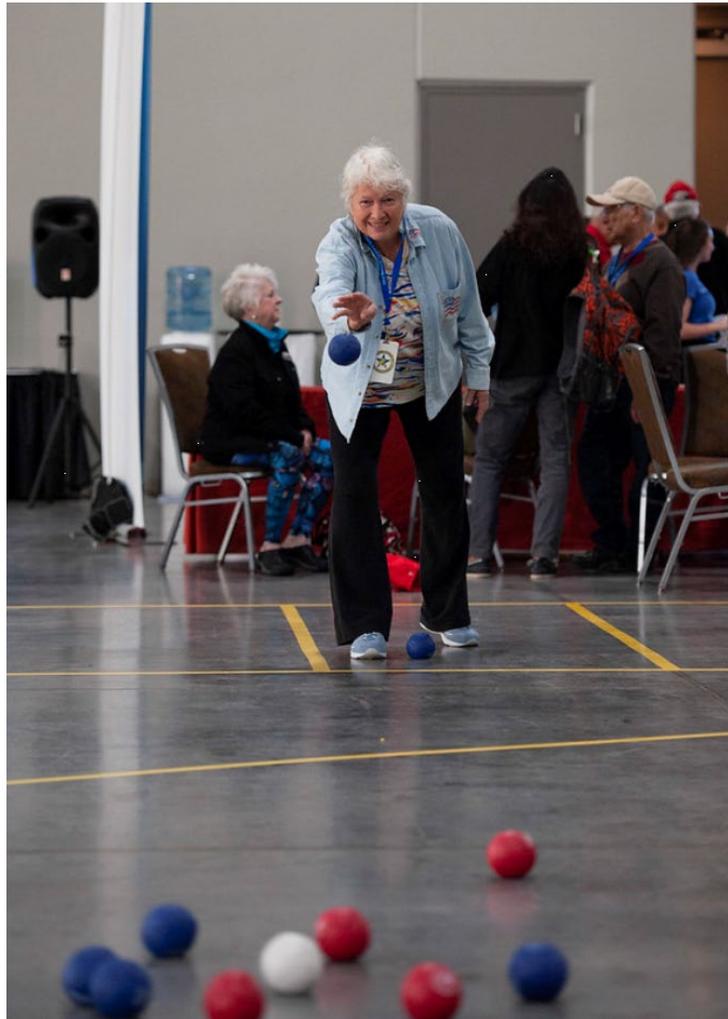
BOCCIA-VISUALLY IMPAIRED

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 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 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 athlete's interest.
- If an 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 an athlete is going to use the bike more recreationally, for exercise, 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 and 20k road race. 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 \$40 deposit is 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.

- A personal check (no money orders or cashier's checks) are payable to:
2020 NVGAG-FCP 8508 and mailed to the following address:
Durham VA HealthCare System
National Veterans Golden Age Games 2020
508 Fulton St. (117C)
Durham, NC 27705
Attention: Rashonna Avery

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. Each golfer will be required to provide golf handicap index during online registration and provide a copy with refundable golf check.

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 Lead 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 sets of pitching horseshoes. The 2020 competition will be held indoors using sand.

COMPETITION

The competition will be set up in a double 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. 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 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

All ambulatory matches will be conducted in accordance with the National Horseshoe Pitcher's Association rules, except as modified herein.

WHEELCHAIR

All wheelchair matches will be conducted in accordance with the National Horseshoe Pitcher's Association rules, except as modified herein.

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.

For a copy of these rules, please visit:

[National Horseshoe Pitcher's Association](#)

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

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 Lead Official.

COMPETITION

The competition will be set up in a double 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 the Lead 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

All ambulatory matches will be conducted in accordance with the Billiard Congress of America rules, except as modified herein.

WHEELCHAIR

All 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. Players are permitted to use any help aids such as cue extensions, special bridges, etc. Players may not be assisted when shooting (however, another person may hold the bridge, but must not help with the stroke of the cue).

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 on USAPA/IFP Approved Paddle List. Inspection will be provided by the Lead 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, 2020**. 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:

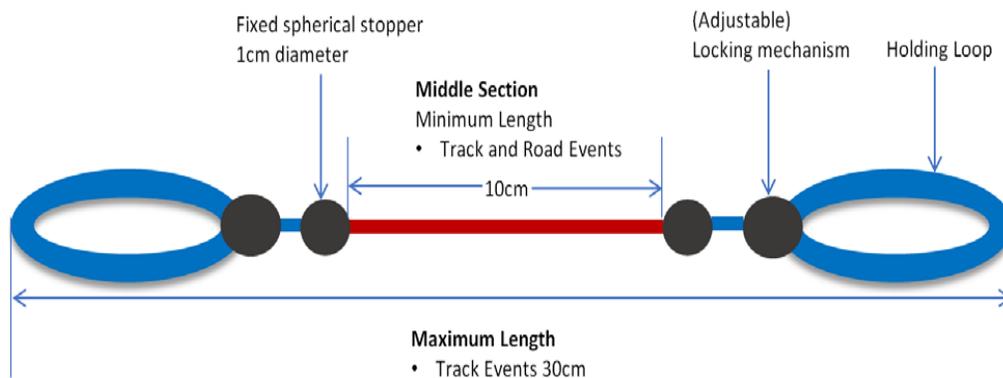
USAPA
P.O. Box 7354,
Surprise, AZ 85374
<https://www.usapa.org/>

POWER WALK

COMPETITION

Power Walking is a progression of steps taken so the walker contacts 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 always be on the ground. Loss of contact with the ground may result in a red card issued by the event Lead Official or judge/monitor. Continued violation can result in disqualification.

Visually Impaired athletes may use a guide utilizing a tether. The tether must be made of non-elastic material and not store energy and/or offer a performance gain to the athlete. It shall consist of two closed holding loops and a middle section with two fixed spherical stoppers at each end. The maximum length at its full extension shall not exceed 100cm. For the powerwalk competition the length must be 30cm. Please see below examples of acceptable tethers.



Reference: Para Athletics Rules: <https://www.paralympic.org/athletics/rules>

Competition will consist of 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:



Clothing that would not be acceptable are pictured below:



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): 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 double 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.

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.

For a copy of these rules, please visit:

[National Shuffleboard Association](#)

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



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 Lead 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.

Visually Impaired athletes should inform lead official to ensure that visual cues are offered.

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.](#)

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 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 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. Athlete bibs will be worn on the back. 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

All ambulatory 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

All wheelchair matches will be conducted in accordance with the USA Table Tennis rules, except as modified herein. 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 400 m track, and automatic timing.

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

COMPETITION

The track competition will consist of 50m, 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:



Clothing that would not be acceptable are pictured below:



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) 4 attempts. Only the longest of each athlete's four (4) 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

Long Jump:

Each competitor will take four jumps and only the longest legal jump counts towards the results.

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 \(Masters\)](#)
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. These events will not be awarded medals for competition.

DOMINOES

The game of dominoes are tiled-based games that are played with rectangular tiles called “domino” plural “dominoes”. Each end of the domino is labeled with several black spots called pips or the domino is blank. The collective gaming pieces make up a domino set called the deck. The first player to score 100 or more points wins the game. If you want a shorter game, play to a total of 50 points.

The NVGAG will provide the domino pieces for this event.

LEARNING THE SPORT

Game preparations

All dominoes are shuffled face down. If there are 2 players, each player draws 7 dominoes, and if there are 3 or 4 players each player draws 5 dominoes. The remaining dominoes are left in the middle of the table as the stock (usually called the boneyard). The players keep their domino hands secret and place the dominoes on their long edges in such a way that only they themselves can see the spots (usually called pips) on them.

How to play

To start the game the player with the highest double domino sets it on the table. The turn then passes clockwise to the next player. To find out who has the highest double domino one player asks everyone: Does anyone have double 6? If someone has it, they must set it on the table. If no-one has it, the player continues asking all the way down to double 0. If no-one still has a double domino, players shuffle all the dominoes and draw again. The dominoes are played as a chain on the table. On his/her turn the player plays one domino from his/her hand to either end of the domino chain, so that the connected domino ends match.

Double dominoes are always placed crosswise. Since on the table there are always two open ends where the dominoes can be played, the two open ends of a double domino are at its long sides. If a player is unable to play a domino, he/she must draw dominoes from the boneyard until he/she finds a suitable domino and plays it on the table. He/she must add the drawn dominoes to his/her hand and not return them to the boneyard. If there are no dominoes left in the boneyard, he/she must pass a turn.

The end

The game ends when a player plays his/her last domino. He/she scores points equal to the number of pips on the unplayed dominoes of all other players. The game also ends when all players have consecutively passed their turn. In this case the player whose dominoes have the least number of pips scores points equal to the number of pips on the unplayed dominoes of all other players. Play again until someone reaches 100 points.

Variation

The game can also be played so that if a player is unable to play a domino, he/she must draw one domino from the boneyard. If it is suitable, the player plays it on the table, after which the turn passes to the next player. If it is not suitable, the player adds it to his/her hand and the turn passes to the next player.

Reference: <http://www.tactic.net/site/rules/UK/14000.pdf>

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

DominoUSA

615 Herndon Ave. Suite F
Orlando, FL 32803
Phone 1-407-252-2689

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
play@americancornhole.com

FITNESS FOR LIFE

The NVGAG encourages all participating athletes to stay fit and active. The Fitness for Life exhibition event will allow athletes to participate in several CrossFit exercises and activities. CrossFit Programs can be adapted and “scale” movements to achieve optimal movement standards at each athlete’s specific ability level. It can be a vital part of the continued rehabilitation process of disabled Veterans. The goals for CrossFit mirror those that Veterans are working towards in a traditional rehabilitation setting.

Mental and physical benefits of participating in CrossFit exercises that are adaptive include:

- Promotes adjustment to disability
- Improves physical fitness and functioning
- Improves balance and coordination
- Decreases pain and reliance on medication
- Improve self-esteem, self-confidence and self-awareness
- Improves cognitive abilities
- Promotes community reintegration

The NVGAG will provide equipment for this exhibition event.

SESSION STRUCTURE

1. **Purpose:** Introduce NVGAG athletes, coaches and support staff to CrossFit adaptive exercises. Discuss preconceived notions about CrossFit adaptive exercises/activities and how to continue training in the future in your home state.
2. **Dates & Times:** TBD Approximately 3 days
3. **Location:** Alliant Energy Center Convention Center
4. **Head Instructor:** Christina Lafex
5. **Foundations Class Structure:** Introductions, explain Workout of the Day (WOD), warm-up, discuss individual modifications, execute WOD, down/mobility & education.

***SAFETY NOTE:** CrossFit is a high intensity workout with a pace dictated by the individual athlete. The athlete is responsible for complying with the needs and limitations of their bodies.*

TENNIS

Tennis is a sport that originated around the 19th century in England and is currently played in several countries around the world. The game of tennis played on a rectangular court with a net running across the center. The aim is to hit the ball over the net landing the ball within the margins of the court and in a way that results in your opponent being unable to return the ball. You win a point every time your opponent is unable to return the ball within the court.

The NVGAG exhibition event will allow participants the opportunity to learn the basics of how to play tennis.

The NVGAG will provide equipment for this event. Participants **DO NOT** need to bring equipment for the exhibition event.

LEARNING THE SPORT

A tennis match can be played by either one player on each side – a singles match – or two players on each side – a doubles match. The rectangular shaped court has a base line (at the back), service areas (two spaces just over the net in which a successful serve must land in) and two tram lines down either side. A singles match will mean you use the inner side tram line and a doubles match will mean you use the outer tram line.

A court can be played on four main surfaces including grass, clay, hard surface and carpet. Each tournament will choose one surface type and stick with it throughout. All that is required in terms of equipment is a stringed racket each and a tennis ball.

Scoring

You need to score four points to win a game of tennis. The points are known as 15 (1 point), 30 (two points), 40 (three points) and the fourth would result in the winning point and the end of that game. If the scores went to 40-40 this would be known as deuce. When a game reaches deuce the player must then win by two clear points.

Winning the Game

To win the game you must win a certain amount of sets (best of three for women's matches and best of 5 sets for men's matches). Winning a set is simply the first player to reach 6 games but must be clear by at least 2 games. If your opponent wins 5 games, you must win the set 7-5. If the set goes to 6-6 then a tie break is played and it's simply the first player to 7 points.

Rules of Tennis

- The game starts with a coin toss to determine which player must serve first and

which side they want to serve from.

- The server must then serve each point from alternative sides on the base line. At no point must the server's feet move in front of the baseline on the court prior to hitting their serve.
- If the server fails to get their first serve in, they may take advantage of a second serve. If they again fail to get their second serve in, then a double fault will be called, and the point lost.
- If the server clips the net but the ball goes in the service area still, then let is called and they get to take that serve again without penalty. If the ball hits the net and fails to go in the service area, then out is called and they lose that serve.
- The receiver may stand where they wish upon receipt of the serve. If the ball is struck without the serve bouncing, then the server will receive the point.
- Once a serve has been made the amount of shots between the players can be unlimited. The point is won by hitting the ball, so the opponent fails to return it in the scoring areas.
- Points are awarded in scores of 15, 30 and 40. 15 represent 1 point, 30 = 2 and 40 = 3. You
- need 4 points to win a game. If a game lands on 40-40 it's known as deuce. From deuce a player needs to win 2 consecutive points to win the game. After winning one point from deuce they player is on advantage. If the player wins the next point, they win the game, if they lose it goes back to deuce.
- To win the set a player must win 6 games by 2 or more. The opening sets will go to a tie break if it ends up 6-6 where players play first to 7 points. The final set will not have a tie break and requires players to win by two games with no limits.
- If a player touches the net, distracts his opponent or impedes in anyway then they automatically lose the point.
- The ball can hit any part of the line for the point to be called in, outside the line and the ball is out.
- The balls in a tennis match are changed for new balls every 6 games
- A player loses a point if they fail to return the ball in either the correct areas on the court, hits the net and doesn't go into opponent's area or fails to return the ball before it bounces twice in their half.

Reference: <https://www.rulesofsport.com/sports/tennis.html>

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

[International Tennis Federation](https://www.itft.com/)

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