



NATIONAL
VETERANS
GOLDEN AGE GAMES

Frequently Asked Questions

Q: How do I qualify to participate in the National Veterans Golden Age Games (NVGAG)?

A: To participate in the National Veterans Golden Age Games, you must be 55 years of age or older by December 31st of the competition year, and eligible to receive healthcare from the U.S. Department of Veterans Affairs (VA). Information on [Applying for VA Healthcare Enrollment](#) can be found [here](#).

Q: Where is the NVGAG being held?

A: The Games will take place at a specific location in the U.S. each year and hosted by a Veterans Administration Hospital. The location each year is different and will be posted on the [NVGAG website](#).

Q: How long does the NVGAG last?

A: The NVGAG event lasts for six (6) days. Athletes will arrive one day prior to onsite registration check-in. Athlete registration check-in, some sport competitions, and the Parade of Athletes Ceremony will be held on the 1st day. The 2nd - 6th days will consist of the remaining sport competitions. Athletes may choose to only attend for certain days based on when their competition(s) occur, but still must check-in no later than the day prior to competition. If an athlete cannot make these deadlines, exceptions may be considered by contacting the [NVGAG National Staff](#). Specific times and dates of the event will be on the NVGAG Event Schedule that will be posted on the NVGAG website no later than November of the previous year.

Q: How do I register for the National Veterans Golden Age Games?

A: Online registration for the NVGAG opens **March of the competition year**. Please continue to check the [NVGAG website](#) for updated information and the registration link.

Q: What is the deadline for registering for the National Veterans Golden Age Games?

A: Registration is based on a first come, first serve basis. Registration will close when each **sport** has met the maximum allowable number of participants (typically within a few hours of opening). Athletes are encouraged to register early. Registration is **NOT** available onsite. Note: If the sport is closed during registration, athletes may request to be placed on a waiting list by following the guidance provided in the online registration instructions.



Q: When will I receive my confirmation that my registration has been accepted?

A: Confirmations are sent immediately via email at the completion of your online registration. If you do not receive an email confirmation within 48 hours, please contact the [NVGAG National Team](#).

Q: When will the detailed schedule with event dates and venues be available?

A: A detailed event schedule will be available on the [NVGAG website](#) after the previous year's competition and no later than November. ***Please note: The event schedule and venues are subject to change based on availability.

Q: What are the medal sports offered at the National Veterans Golden Age Games? ****Medal sports are subject to change from year to year.*

AIR PISTOL	Ambulatory, Wheelchair Divisions
AIR RIFLE	Ambulatory, Wheelchair Divisions
BADMINTON	Singles, *Open Doubles; Ambulatory Division
BASKETBALL	3-on-3 Half Court (ages 55-79); Free Throw; Ambulatory Division
BLIND DISC GOLF	Visually Impaired Division
BOCCIA	Singles, *Open Doubles; Ambulatory Division
BOCCIA	Singles; Wheelchair and Visually Impaired Divisions
BOWLING	Singles; Ambulatory, Wheelchair and Visually Impaired Divisions
CORNHOLE	Ambulatory, Wheelchair and Visually Impaired Divisions
CYCLING	5K Timed Trials; 20K Road Race Ambulatory Division
ADAPTIVE CYCLING	5k Timed Trials; 20K Road Race (recumbent & 3-wheel trikes)
FIELD	Discus, Javelin, Long Jump and Shot Put; Ambulatory Division
GOLF	18-Hole Scratch Play (9 -Hole ages 75+); Ambulatory Division
HORSESHOES	Singles; Ambulatory, Wheelchair and Visually Impaired Division
NINE BALL	Singles; Ambulatory and Wheelchair Divisions
PICKLEBALL	Doubles, Mixed Doubles; Ambulatory Division
POWERWALK	1500M Ambulatory Division
SHUFFLEBOARD	Singles; Ambulatory, Wheelchair and Visually Impaired Divisions
SWIMMING	Backstroke: 25-50 yd.; Breaststroke: 25-50 yd.; Freestyle: 25-50 yd.; 75 IM
TABLE TENNIS	Singles; Ambulatory and Wheelchair Divisions
TRACK	50m, 100m, 200m, 400m, 800m, 1500m, 3000m; Ambulatory Division

** Open doubles may be same or mixed genders*

Q: How many sports can I register for?

A: Athletes can register for a maximum of four (4) total medal sports. However, there are some exceptions, as some sports have several events within the sport such as: boccia (can register for a max of two events), cycling (can register for a max of two events), field (can register for a max of three events), pickleball (can register for a max of two events), swimming (can register for a max of four events), and track (can register for a max of three events). There is no minimum number of medal sports to register for, but keep in mind of the meal card conditions.



Q: What are the classifications for the NVGAG?

A: All age classifications will be determined by the athlete's age as of **December 31st of the competition year.**

There are **eight** age classifications: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Athletes will compete by gender in the following events: air pistol, air rifle, badminton singles, bowling, blind disc golf, cornhole, cycling, field, golf, horseshoes, pickleball, powerwalk, shuffleboard, swimming and track.

Athletes will compete in an open competition in the following events: adaptive cycling, badminton doubles, boccia, nine ball and table tennis.

Ambulatory athletes will have a separate division in the following events: air pistol, air rifle, badminton, basketball, boccia, bowling, cornhole, cycling, field, golf, horseshoes, nine ball, pickleball, powerwalk, shuffleboard, swimming, table tennis and track.

Wheelchair athletes will have a separate division in the following events: boccia, bowling, cornhole, horseshoes, nine ball, shuffleboard and table tennis. Athletes in this division may also register for air pistol and air rifle; however, separate award medals will not be given for this division for those sports.

Visually impaired athletes will have a separate division in the following events: boccia, bowling, blind disc golf, cornhole, horseshoes and shuffleboard. Athletes in this division may also register for powerwalk and swimming; however, separate award medals will not be given for this division for those sports.

Athletes can only register and participate in ONE division during the competition.

Q: What sports receive a medal?

A: For air pistol, air rifle, basketball free throw, blind disc, bowling, cornhole, cycling, field, golf, powerwalk, swimming and track, medals will be awarded to places 1st - 3rd, and ribbons will be awarded to places 4th - 8th.

For badminton, basketball team, boccia, horseshoes, nine ball, pickleball, shuffleboard and table tennis, medals will be awarded to places 1st - 3rd, and ribbons will be awarded to 4th place. An awards schedule will be provided. All medals must be picked up during the Games. No medals will be mailed after the event.



Q: Where can I find the rules for the sports I will be competing in?

A: The NVGAG Rulebook will be available on the [NVGAG website](#) after the previous year's competition and no later than November.

Q: How can I train year-round for the event?

A: It is recommended that athletes practice for the sports that they have registered for and understand the rules of each sport prior to attending the NVGAG. Athletes may train independently or may be part of a VA team, in which they train with their VA coach. Athletes who are not currently part of a team may want to contact their local VA Medical Center to see if there is an established team.

Athletes can reach out to local YMCAs, gyms, adaptive sport clubs to inquire about equipment they may offer to assist you with training for the Games.

Q: Will I need medical clearance to participate?

A: All athletes are required to have their VA or non-VA Primary Care Physician complete and sign the NVGAG Medical Clearance Form within six months before the start of the NVGAG. Instructions for properly submitting the Medical Clearance Form are included on page one (1) of the form. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT THE COMPLETED MEDICAL FORM ON FILE. IF YOUR FORM IS NOT RECEIVED BY THE DEADLINE, YOU MAY BE DEREGISTERED FROM THE GAMES.**

***Please note: The NVGAG involves significant walking within venues. Therefore, athletes should bring their own mobility equipment (i.e. - walker, cane, wheelchair), if needed, as these will NOT be provided by the Games.

Q: How do I obtain a NVGAG Medical Clearance Form?

A: Medical clearance forms will be available for download during the NVGAG online registration in March of the competition year. VA Primary Care Physicians may also utilize the clinical reminder template in CPRS Note Title: NVGAG MEDICAL CLEARANCE to complete the medical evaluation.

Q: Are there specific hotels I should be staying at?

A: Yes, the NVGAG will secure room blocks at hotels within the host city each year. The reservation information for these host hotels will be provided with the confirmation email during the online registration. Only registered athletes and coaches will have access to the room blocks. **Lodging payment is the responsibility of the athlete or coach.**



Q: How do I make my travel plans?

A: **All athletes and coaches are responsible for their travel plans to and from the host city.** Contact the Veterans Affairs medical facility from which you receive care or a local Veterans Service Organization (VSO) for information on any financial assistance that may be available.

Q: Will transportation be provided between the airport and event venues?

A: The NVGAG will provide ground transportation from the airport to the NVGAG host hotels the day before the first day of the event **between 10 a.m. – 12:30 a.m.**; and from the NVGAG host hotels to the airport on the day after the last day of the event **between 3:00 a.m. - 12:00 pm.** Arrival and departures outside of these times will **NOT** be supported by NVGAG transportation and are the responsibility of the participant. Transportation will only be provided between the host hotels and all the official NVGAG venues. **If you choose to stay at a non-host hotel, YOU will be responsible for your own transportation needs.**

Transportation will be provided to and from the official NVGAG sports venues. A transportation schedule will be provided indicating to athletes when they need to load the bus from the hotel or the main event venue to get to their sport competition venue. Athletes should arrive at least one hour before the start of their competition.

Q: Will I receive meals during the NVGAG?

A: Meals will be provided to registered NVGAG Veteran athletes using the meal credit card program, beginning with dinner on the first day of the event through dinner on the last day. Meals can be purchased at the main venue (i.e.- convention center), host hotels, designated sporting event venues with concessions/food trucks, and local dining establishments via the provided meal credit card.

All registered athletes are required to participate in a minimum of 3 days of sporting events during the 6-day NVGAG competition, in order to receive the full week’s meal amount. If an athlete participates in multiple sporting events that only occur over 1-2 days of the 6-day competition, they will **NOT** be eligible for a full week’s meal amount. However, he/she will receive the daily meal amount for the 1-2 days they are competing (see breakdown below).

NVGAG Meal Card	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
DAILY TOTAL	\$25	\$50	\$50	\$50	\$50	\$50