



2017 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 2017 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, 2017 and currently eligible for healthcare through the Department of Veterans Affairs (VA).

REGISTRATION FOR EVENTS

Athletes must register online at www.veteransgoldenagegames.va.gov to participate in the NVGAG. Athletes must register for a minimum of four (4) medal events. Athletes competing under the visually impaired (VI) division have a three (3) medal event minimum requirement. Registration under field (no more than 2 events), power walk (no more than 1 event), swimming (no more than 3 events) and track (no more than 3 events) will count as one (1) event toward these event requirements.

MENU OF EVENTS

Name of Event	Age ¹	Gender ²	Ambulatory	Visually Impaired ³	Wheelchair ⁴	Awards
Air Rifle	x	x				1 st -6 th place
Badminton Singles	x	x	x			1 st -3 rd place
Badminton Doubles	x	x	x			1 st -3 rd place
Boccia Singles	x		x	x	x	1 st -3 rd place
Boccia Doubles	x		x			1 st -3 rd place
Bowling	x	x	x	x	x	1 st -6 th place
Cycling - 5K	x	x	x			1 st -6 th place
Field Shot Put	x	x				1 st -6 th place
Field Discus	x	x				1 st -6 th place
Field Javelin	x	x				1 st -6 th place
Golf	x	x				1 st -6 th place
Horseshoes	x	x	x	x	x	1 st -3 rd place
Nine Ball	x		x		x	1 st -3 rd place
Power Walk – ½ Mile	x	x	x	x ⁵		1 st -6 th place
Power Walk – 1 Mile	x	x	x	x ⁵		1 st -6 th place
Shuffleboard	x	x	x	x	x	1 st -3 rd place
Swimming 25yd & 50yd freestyle- backstroke breaststroke	x	x		x ⁵		1 st -6 th place
Table Tennis	x		x		x	1 st -3 rd place
Track	x	x	x			1 st -6 th place

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

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

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

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

³ **VISUALLY IMPAIRED DIVISION** – Visually impaired athletes who participate in the NVGAG must meet the visual criteria for legal blindness: visual acuity of 20/200 in the better seeing eye with best correction OR a visual field loss of 20 degrees or less. This information must be verified and documented on the medical application by a Visual Impairment Services Team (VIST) Coordinator, an eye care specialist or a medical provider.

⁵ **Visually impaired athletes** may also participate in field, power walk and swimming events, however, there will not be a separate division for these awards.

⁴ **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 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).

SUMMARY OF SIGNIFICANT CHANGES

The following is a summary of the significant changes to the rules of competition governing the 2017 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. **EVENT CHANGES** – Boccia has been added as a new event for the visually impaired division. Wheelchair Doubles for boccia has been discontinued. Badminton will be offered for singles and doubles only; mixed doubles has been discontinued.
2. **NEW AGE DIVISION** – Now 8 age groups: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, **90+**.
3. **EVENT CAPS** - To ensure every competitor adequate playing time, NVGAG will be placing a cap on the total number of entries for sports. Inquiries regarding open events can be directed to Local Organizing Committee (LOC) contact provided during online registration.
4. **GOLF** – 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.
5. **AGE REQUIREMENT** – All registered athletes must be 55 years of age or older as of December 31, 2017.
6. **CYCLING** – Athletes must provide equipment- Local options for rentals will be provided. Recumbent bikes are allowed.

RULES, REGULATIONS & FORMAT

Following are the qualifying procedures and rules of competition governing the 2017 NVGAG. These Games will be held May 7-11, 2017 in Biloxi, Mississippi.

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 the NGB and NVGAG rulebooks.

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 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

Athletes must enter a minimum of four medal events, with the exception of those competing in the *visually impaired division* which has a three medal event minimum requirement.

• Air Rifle	• Cycling	• Nine Ball	• Table Tennis
• Badminton	• Field	• Power Walk	• Track
• Boccia	• Golf	• Shuffleboard	
• Bowling	• Horseshoes	• Swimming	
• Archery • Air Pistol (Ambulatory & Visually Impaired)	• Basketball 3-on-3 (Half Court)	• Disc Golf (Visually Impaired)	• Pickleball

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

Exceptions:

1. **Field**, athletes may enter a maximum of two 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.

D. Doubles

All doubles will compete in the age division of the younger partner as of December 31, 2017. Partners do not need to be from the same VA Medical Center.

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 medical center will not be matched against each other in first round matches, **whenever possible**.

F. Awards

Awards will be presented for 1st through 3rd medals and 4th - 6th place ribbons for each event within each age division. Exception: bracket events will be awarded 1st through 3rd medals, open divisions will be age division only.

G. Tie Rule

In the event of a tie during an event, athletes will be awarded duplicate medals and ribbons.

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 and spectators on the sidelines will not be allowed to advise or coach any athlete during competition. If, after asking a coach/spectator not to coach an athlete and he or she continues to do so, the event's Lead Official will ask the coach/spectator to leave the competition area. All coaches must have the required credentials to access the field of play.

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/rule 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. 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. Street-type clothing and shoes that are inappropriate may result in a disqualification. Uniforms shall be free of inappropriate symbols or wording.

M. 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 2017 NVGAG. NVGAG rules are reviewed and approved annually by the NVGAG National Advisory Council and are published via www.veteransgoldenagegames.va.gov.

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

You may contact the NVGAG Program Director at www.veteransgoldenagegames.va.gov 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.

At the conclusion of the NVGAG the year prior to the NSG the qualifiers will be transmitted to the National Senior Games office through the fuse sport online registration. The NSGA will

contact qualifying veterans with their registration materials for the Senior Olympics. All veterans will be notified that competitors must strictly adhere to the governing rules of each event. All costs associated with their participation at the Senior Olympics will be the attending Veteran's responsibility.



MEDAL SPORTS

AIR RIFLE

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. 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.

COMPETITION

The competition will be a seated PRONE event. There will be a safety briefing and a 5 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

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

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, 2017.

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

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:

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

BOCCIA

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. The age division of doubles will be determined by the younger age of the two partners as of December 31, 2017. Athletes may compete with only one partner per event. Under NVGAG rules, doubles are classified as an event. Therefore, athletes may not compete in more than one age division for doubles. 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.

EVENT RULES

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.

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
1398 Penataquit Avenue
Bay Shore, NY 11706
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.

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

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.

BOWLING -WHEELCHAIR ADAPTIVE

Ramps, sticks and handle balls must be used by those athletes in the wheelchair adaptive category matches. Bowlers will adjust their own ramps with no assistance from anyone. Bowlers in this division will not switch lanes during competition. 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. 61st Street Milwaukee, WI
53219

CYCLING

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.** Resources to rent locally will be provided. 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, except those allowed by the USCF.

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.

COMPETITION

The 5K cycling competition is limited to ambulatory athletes only and will be based on best time. The road race will be a mass start at 10-minute intervals by age division, and gender with combinations when needed. 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 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](#)

210 USA Cycling Point, Suite 100

Colorado Springs, CO 80919

GOLF

EQUIPMENT

The NVGAG will provide one sleeve of three golf balls, tees, scorecards, and golf carts. Athletes must provide their own 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 -79 and nine (9) holes for age groups 80 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 80 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. 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

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 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 30-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

AMBULATORY & WHEELCHAIR

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

[National Horseshoe Pitcher's Association](#)

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

In pitching the shoe, the pitcher may stand or sit on or behind the pitcher's line in the wheelchair division only.

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 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

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. No alterations may be made to change the height of the seat. For a copy of these rules, please visit:

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

POWER WALK

EQUIPMENT

The NVGAG host will provide the course, 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. The advancing leg can be bent as it passes under the body. Officials will look for loss of road contact (both feet off the ground at the same time) and an athlete can be disqualified if they receive three warnings from three separate officials.

Competition will consist of a ½ mile and a 1 mile power walk.

Athletes must wear appropriate clothing – athletic shorts or tights. Street-type clothing and shoes that are inappropriate may cause disqualification.

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 event 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

SHUFFLEBOARD

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. Only discs provided by the NVGAG may be used.

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.

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

EVENT RULES

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.

VISUALLY IMPAIRED

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

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

SWIMMING

EQUIPMENT

The NVGAG will provide towels, appropriate life guarding equipment, lane markers, timing system and starting device. Swimmers must provide their own suits, caps and goggles.

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 (1st through 6th places) will be determined by best times for each event within each age division. 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

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 host will provide standard table tennis tables and nets, regulation table tennis rackets/paddles, balls and scorecards. Athletes may use their own table tennis rackets 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 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.

EVENT RULES

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.

TRACK & FIELD

EQUIPMENT

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

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

COMPETITION

This competition will consist of 100m, 200m, 400m, 800m and 1500m. The number of heats will be determined by the number of entries. The order of finish (1st through 6th places) will be determined by best times for each event within each age division. Athletes must not wear clothing that could impede the view of the officials (i.e., the knees and legs must be clearly visible at all times). Athletic shorts or tights must be worn.

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.

Discus:

Weights for Discus by Age Division and Gender:

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

Javelin:

Weights for Javelins by Age Division and Gender:

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

Shot Put:

Weights for Shot Put by Age Division and Gender:

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

EVENT RULES

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.

AIR PISTOL

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 stand free, 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 (see drawing). 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

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 60 yards.

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

BASKETBALL 3-on-3

The 3-on-3 basketball sport will only be for ages 55-59, 60-64, 65-69 only. Players will sign up to play with a team in their selected time slot and age group during the NVGAG registration check-in on May 7, 2017.

The NVGAG will provide the half courts, basketballs, clock/timing systems and mesh pennies for the basketball exhibition event.

LEARNING THE SPORT

The winner will be declared by the first team to score 21 points, or 30 minutes running clock. The team with the most points will be declared the winner; team must win by 1 point. A referee as well as the National Officials will assist with officiating the event.

A coin toss will determine who gets the ball first. Each game will be to 21 points, or 30 minutes running clock whichever comes first. The team with the most points will be declared the winner; team must win by one point. Teams score by either regular two-point baskets, or by three-point shots taken from outside the three-point circle.

After a basket has been scored or a foul called, a player must put the ball in play from a line past the three point line above the foul key. Fouls will be called the referee. A foul called in the act of shooting will result in either two or three points being awarded to the team which was fouled, depending on where the player was fouled. A non-shooting foul will result in the award of one point to the offended team. There is no bonus situation for fouls.

All held balls will be put into play behind the three point line with possession given alternately to each team. On defensive rebounds or steals, players must return the ball by dribble or pass across the three point line before a basket may be attempted. Once across the line, they do not have to pass the ball before shooting. Any player may convert an offensive rebound.

After a basket, the team scored upon will put the ball in play. The three second free throw lane rule will apply to all offensive players. Substitutions may be made after a basket or an out of bounds play.

There will be only one 30-sec time out per team per game. Time will not be stopped to discuss any call. If the game ends in a tie after regulation time there will be a two-minute overtime period. Possession will be determined by a coin toss. Ties at the end of any

overtime period will result in successive one minute periods until the tie has been broken, with possession alternating each overtime period.

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

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.

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

LEARNING THE SPORT

Play begins on each hole with the player throwing from within the teeing area. When the disc is released, the player must have at least one supporting point in contact with the surface of the teeing area, and all supporting points must be in contact only with the surface of the teeing area. Supporting point contact outside the teeing area is allowed if it comes before or after, and not at, the moment the disc is released.

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

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

PICKLE BALL

The sport of Pickle ball is a paddle sport that utilizes different aspects of tennis, badminton, and ping-pong. The sport will be played indoors and uses a badminton-sized court.

The NVGAG will provide the regulation nets for the courts, balls and paddles for the pickle ball exhibition event.

LEARNING THE SPORT

Pickle ball can be played as singles or doubles. All serves played must be underhand. Points are scored only by the serving team. Games are normally played to 11 points, win by 2. Tournament games may be to 15 or 21, win by 2. When the serving team's score is even (0, 2, 4, 6, 8, 10) the player who was the first server in the game for that team will be in the right-side court when serving or receiving; when odd (1, 3, 5, 7, 9) that player will be in the left-side court when serving or receiving.

All matches will be conducted in accordance with the National Pickle ball Association rules, except as modified herein. For additional information on how to play the sport, please visit:

USA Pickle ball Association
PO Box 7354
Surprise, AZ 85374
www.usapa.org