



National

Senior Games

Association™

Official Sport Rules
2019 National Senior Games
Presented by Humana

QUALIFYING PROCEDURES AND RULES OF COMPETITION
GOVERNING THE 2019 NATIONAL SENIOR GAMES

The following qualifying procedures and rules of competition for the 2019 National Senior Games are based upon those set forth by the recognized national governing body for each sport. For the National Senior Games, however, some sport rules have been modified and/or revised in the best interest of the competitors. **It is your responsibility to review the new rules in the shaded areas and refresh your knowledge on the existing rules.**

These qualifying procedures and rules of competition have been approved by the National Games Committee and the Board of Directors of the National Senior Games Association. These rules may be subject to change prior to the 2019 event. Any changes or updates will be posted on www.NSGA.com.

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Shaded text in this document indicates rules and regulations that have been significantly revised for 2018-2019.

2019 NATIONAL SENIOR GAMES
MENU OF EVENTS

| | |
|-------------------------|---|
| ARCHERY | Compound Fingers, Compound Release, Barebow Compound Recurve, Barebow Recurve |
| BADMINTON | Singles, Doubles, Mixed Doubles |
| BASKETBALL | Three on Three Half Court |
| BOWLING | Singles, Doubles, Mixed Doubles, Non – Ambulatory Singles ¹ , Non – Ambulatory Doubles, Non- Ambulatory Mixed Doubles. ¹ |
| CYCLING | 5K, 10K (Time Trials) 20K ¹ , 40K ¹ (Road Races) |
| GOLF | 54-Hole Scratch Play |
| HORSESHOES | Singles, Non – Ambulatory Singles ¹ |
| PICKLEBALL | Singles, Doubles, Mixed Doubles |
| POWER WALK ² | 1500 Meter, 5K |
| RACE WALK | 1500 Meter, 5K |
| RACQUETBALL | Singles, Doubles, Mixed Doubles |
| ROAD RACE ¹ | 5K, 10K |
| SHUFFLEBOARD | Singles, Open Doubles, Non Ambulatory Singles ¹ , Non – Ambulatory Open Doubles ¹ |
| SOFTBALL | Team Softball |
| SWIMMING | Backstroke: 50-, 100-, 200-Yard Breaststroke: 50-, 100-, 200-Yard Butterfly: 50-, 100-Yard, 200- Yard Freestyle: 50-, 100-, 200-, 500-Yard Individual Medley: 100-, 200-Yard, 400- Yard (four strokes) Mixed 200-Yard Freestyle & Medley Relay (2 women, 2 men) ³ |
| TABLE TENNIS | Singles, Doubles, Mixed Doubles |
| TENNIS | Singles, Doubles, Mixed Doubles |
| TRACK & FIELD | 50, 100, 200, 400, 800, 1500 Meter, 4 x 100 Relay ⁴ Discus, Hammer Throw ¹ , High Jump, Javelin, Long Jump, Pole Vault ¹ , Shot Put, Triple Jump |
| TRIATHLON ¹ | Swimming: 400M Freestyle Cycling: 20K Road Race: 5K |
| VOLLEYBALL | Team Volleyball |

All individual sports are offered separately for men and women in five-year age divisions beginning with 50 and ending with 100+. All team sports are offered separately for men and women in the following age divisions: 50+, 55+, 60+, 65+, 70+, and 75+. In addition basketball shall have an 80+ and 85+ age division.

¹Denotes a “limited” event. For more information, refer to Rule “D”.

²Power Walk will be an “OPEN” event for the 2019 National Senior Games and no qualifying is necessary.

³Swimming relays are open to those that qualify and compete in swimming at the National Senior Games. Registration for the relays will take place at the venue during the National Games.

⁴Track relays are open to those that qualify for and compete in the 50, 100, 200, 400, or 800 Meter Dashes at the National Senior Games. Registration for relays will take place at the venue during the National Games. Specific information regarding relay registration will be made available through registration materials.

SUMMARY OF SIGNIFICANT CHANGES/CLARIFICATION

Following is a summary of the significant changes to the qualifying procedures and rules of competition governing the 2019 National Senior Games. However, it does not, summarize every change. For specific information, please review the actual rule in question.

D. Qualification of a “Limited Event”

- 2a. For 20K or 40K cycling road race an athlete must submit verification of having completed **one** cycling road race of the event length or better between January 1 and December 31, 2018.
- b. For the 5K or 10K road race an athlete must submit verification of having completed **one** 5K or 10K event between January 1 and December 31, 2018. If you compete in the 5K or 10K, you will qualify to run in both events.
- d. For hammer throw an athlete must submit verification of having competed in **one** USA Track & Field sanctioned competitions between January 1 and December 31, 2018.
- e. For triathlon an athlete must submit verification of having completed **one** triathlon between January 1 and December 31, 2018.

BASKETBALL (Rules have been condensed and renumbered)

FORMAT

- 5c. Point differential – A maximum of 21 points will be awarded towards point differential, regardless of final score
6. Forfeits shall be scored 21-0.

SPORT RULES

5. **Scoring and Timing Regulations:**

- 5a. Playing time shall be two halves of 12 minutes for participants age 75+ and 15 minutes for age groups 50-74. There shall be a continuously running clock with an intermission of five minutes for half-time. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of the second half.

9. **REMOVED** the 35 second shot clock.

11. **Unsporting Technical Infractions:**

- 11a. An unsporting technical infraction shall be when a player or substitute commits any unsportsmanlike act set forth in accordance with the NCAA rules and guidelines, and when outlined herein. Additionally, the act of stalling, or delaying the game intentionally, will be treated as such an infraction, and will first result in a warning issued to the penalized team. A second and any subsequent violation will result in a technical foul being issued, and a penalty of two free throws shall be awarded to any member of the offended team, and possession of the ball following the free throws. This rule will not apply in the final two minutes of the first half of each game.

Note 1: *Technical fouls for stalling will be issued as administrative, and do not apply toward individual or team-foul total, toward disqualification or ejection.*

- i) **Delay of game or stalling** shall be defined as: the deliberate and obvious intention of using the delay to a team’s advantage (except inside the final two minutes of the end of the regulation period and all subsequent time thereafter in overtime periods).

POWER WALK

Power Walk has been added as an official sport. For 2019 ONLY, it will be an “OPEN” sport. Any athlete can register for the event and it can be added as a third sport when registering.

ROAD RACE
QUALIFYING RULES

2. Athletes who reside in a state that does not offer the 5K or 10K road races event may qualify for the road races by meeting the “limited” event criteria in RULE D.

ENTRY REGULATIONS

4. The 5K and 10K road races are reciprocal events. Athletes qualified in either the 5K or 10K road race may compete in both events.

SWIMMING

ENTRY REGULATIONS

1. At the 2019 National Senior Games, swimmers will be eligible to swim bonus events. Bonus events may only be in the same stroke an athlete qualified in and only be of a lesser distance, not greater. **REMOVED** rule # 3 – Swimmers must qualify and enter the event at the 2017 National Senior Games in order to enter a bonus event of lesser distance from that stroke.
6. Mixed relays consist of two male and two female swimmers. Swimmers may enter one 200 yard mixed medley relay and one 200 yard mixed freestyle relay. Relays will be entered at the meet (no pre-entry). Relay entry packets will be available at the venue starting the first day of competition. The swimmers on each relay do not have to be from the same state. Age groups for relays will be the same for individual events. (50-54, 55-59, 60-64, 65-69, etc.) with the youngest swimmer's age as of December 31, 2019 determining the relay's age group. Awards for relays will be the same as for individual events.

SPORT RULES, REGULATIONS & FORMAT

The following are the qualifying procedures and rules of competition governing the 2019 National Senior Games in Albuquerque, New Mexico.

A. QUALIFYING DATES

The qualifying period for the 2019 National Senior Games will run from January 1, 2018 through December 31, 2018.

Competition completed after December 31, 2018, will not be considered for qualifying for the 2019 National Senior Games.

QUALIFICATION OPTIONS

An athlete may qualify for the 2019 National Senior Games presented by Humana in several ways. The options include Qualify by Place; Minimum Performance Standard (MPS); Qualifying Down; Reciprocal Qualification; Bonus Events and Limited Events. See Appendix A.

B. AGE FOR COMPETITION AT QUALIFYING SITES

Age divisions for all competition at qualifying sites shall be established by the Member Organization, within the following guidelines. A date later than December 31 of the qualifying year may not be used to determine the age division in which an athlete competes at the qualifying site.

Athletes must compete in a qualifying event and be 50 years of age on or before December 31, 2018, to be eligible for the 2019 National Senior Games.

C. AGE FOR COMPETITION AT THE 2019 NATIONAL SENIOR GAMES

Age division for all singles competition at the 2019 National Senior Games will be determined by the athlete's age as of December 31, 2019. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2019. Age division for all relay competition will be determined by the age of the youngest relay team member as of December 31, 2019.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2019. For example, a team consisting of eight players ages 65 or older and one player age 63 will compete in the 60+ age division.

The following age divisions will apply to both men and women for all individual, doubles and relay competitions: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; and 100+.

All team sports are divided into the following divisions for both men and women: 50+; 55+; 60+; 65+, 70+, and 75+. In addition, 3-on-3 basketball shall have an 80+ and 85+ age division.

Individual athletes may not use their performances at a qualifying event to qualify for a higher age bracket using the minimum performance standards of the higher age bracket.

D. QUALIFICATION FOR "LIMITED" EVENTS

The NSGA defines a "limited" event as one in which an athlete can qualify in ways other than by participating in a NSGA qualifying games. Events that are considered "limited" are 20K and 40K cycling, hammer throw, pole vault, 5K/10K road race, triathlon and the following non-ambulatory sports - bowling, horseshoes and shuffleboard. The rules for qualifying for these events are as follows.

1. If a "limited" event (except triathlon) is offered at the NSGA qualifying games in an athlete's home state, the athlete *must* qualify for that event by participating in a NSGA qualifying games and by satisfying the qualifying requirements for that event for athletes who compete in a NSGA qualifying games.

2. If a “limited” event is *not* offered at the NSGA qualifying games in an athlete’s home state, the athlete may qualify for that event by meeting the following criteria:
 - a. For 20K or 40K cycling road race an athlete must submit verification of having completed one cycling road race of the event length or better between January 1 and December 31, 2018. An athlete qualifying in either of the cycling time trials (5K and 10K) is reciprocally qualified in the other. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.
 - b. For the 5K and 10K road race an athlete must submit verification of having completed one 5K or 10K event between January 1 and December 31, 2018. The road race events are reciprocal. If you compete in a 5K or 10K road race event; you will qualify for both.
 - c. For pole vault an athlete must submit verification of having met the NSGA minimum performance standard for pole vault in any USA Track & Field sanctioned competition between January 1 and December 31, 2018.
 - d. For hammer throw an athlete must submit verification of having competed in one USA Track & Field sanctioned competitions between January 1 and December 31, 2018.
 - e. For triathlon an athlete must submit verification of having completed one triathlon between January 1 and December 31, 2018. All triathletes have the opportunity to participate under the “limited” event criteria regardless if a state offers the event.
 - f. For non-ambulatory bowling, horseshoes and shuffleboard an athlete must submit verification of having competed in one non-ambulatory competition between January and December 31, 2018.
 - g. Athletes must submit to the NSGA office by no later than March 15, 2019, a Limited Event Verification form, available on the NSGA website, along with a copy of the official results or other public document illustrating the results.

E. DOUBLES PARTNERS

Doubles partners who qualify together are not required to play together at the 2019 National Senior Games. All participants must have qualified for the sport in which they intend to participate, with one partner having qualified in the event in which they intend to participate. The NSGA and LOC **WILL NOT** assign partners at the Games. Badminton, bowling, pickleball, racquetball, table tennis and tennis doubles partners must be of the same gender. Note: Badminton, bowling, pickleball, racquetball, table tennis and tennis also have a separate mixed doubles event. Shuffleboard open doubles may be of mixed gender. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2019. You cannot compete in an age division younger than the youngest partner.

Athletes may compete with only one partner per event. At a NSGA Qualifier, you may partner with someone who has already qualified at another NSGA Qualifier.

All Doubles teams made up of one in-state and one out-of-state athlete will be designated as an out-of-state team.

Athletes whose doubles partners are unable to compete may be replaced after the official registration deadline for valid medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline. The new partner must have qualified in the sport they wish to enter, at a qualifying state game.

F. TEAMS

A maximum number of players may be added to team rosters following qualification in accordance with the chart below:

Basketball: 3

Volleyball: 4

Softball: 5

Any player or any player/coach must have been listed on the roster of a team as a player that participated in a NSGA qualifying games in that sport to be eligible for addition to a roster. Documentation of player registration must be provided by the State Coordinator to the NSGA.

All other team and qualifying rules apply. Non-player(s) added to a roster are not subject to player addition limits, but the total number of team members may not exceed the roster limit for the sport.

The captain will declare the state represented for teams with players from multiple states. If the captain does not declare, the captain's state of residence will be used as the represented state.

Team roster participants who are unable to compete may be replaced after the official registration deadline for valid medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline. The new team member or partner must have participated in the sport they wish to enter at a qualifying state game.

All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel with the following exceptions:

1. Non-playing coaches, non-playing captains or non-playing bench personnel may represent more than one team in the same sport, each of which must be in different age divisions.
2. Non-playing coaches, non-playing captains or non-playing bench personnel are not subject to age and gender requirements.
3. At the National Senior Games athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions. This rule applies only for basketball, softball and volleyball. Athletes who compete in a team sport may serve as a non-playing coach, non-playing captain or non-playing bench representative for additional teams in the same sport, provided the teams are in different age divisions. The athlete may not serve as a non-playing coach, non-playing captain or non-playing bench representative for a team in the same age division.
4. Non-playing coaches, non-playing captains or non-playing bench personnel are not required to meet qualifying standards for their sport. However, they must be listed on a team roster at the state level.

Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2019.

G. RESIDENTS OF FOREIGN COUNTRIES

Individuals and teams from foreign countries may qualify for the national competition in the following ways:

1. By competing in an NSGA qualifying event and meeting the NSGA qualifying criteria for the event/sport.
2. By meeting the NSGA qualifying criteria in a "limited" event.

Sufficient information shall be submitted to the NSGA to document the athlete's accomplishment.

1. All results must be translated into English.
2. Athletes must be 50 years old on or before December 31, 2018.
3. Athletes must provide accurate contact information, including mailing address, email address, phone number and copies of photo identification. Photo identification must include date of birth.
4. Athletes must adhere to all rules and regulations of the NSGA, including entry deadlines.
5. Qualifying must take place between January 1 and December 31, 2018.
6. Residents of foreign countries who compete at the National Senior Games shall be eligible for all awards.

H. DETERMINING WHO QUALIFIES

NSGA qualifying games are responsible for determining qualifiers at their games and for advising the NSGA who has qualified. NSGA qualifying games that permit and encourage

participation by out-of-state residents are classified by the NSGA as “open.” (Note: This should not be confused with “limited” events.)

Each event allows for a specific number of qualifiers. If out-of-state residents qualify at an “Open” qualifying games, they will not take away a qualifying spot from a state resident. “Open” games may qualify the number of state residents specified for each event in addition to the out-of-state qualifiers. The NSGA definition of an athlete’s state of residence is that state in which the person resides for at least six months out of the year.

All Doubles teams made up of one in-state and one out-of-state athlete will be designated as an out-of-state team. Competition must take place to determine qualifiers. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to be given the gold medal and to qualify for the National Senior Games. Athletes should be placed in the age division nearest their own in order to compete. Competition for the athletes in this “closest age division” shall be considered exhibition.

If there is only one team entered in an age division, that team should be given exhibition opportunities with the closest age division. No team shall be qualified without participating in a qualifying game.

The NSGA shall determine whether an athlete has met the qualifying criteria for “limited” sports events.

Athletes may also qualify by meeting or exceeding the Minimum Performance Standards (MPS) in Archery, Golf, Race Walk, Road Race, Swimming and Track & Field at a 2018 qualifying games. Athletes must meet or exceed the MPS based on their age in the 2018 qualifying year. In general, the MPS is based on the time, distance or score of the 6th place finisher from the previous National Senior Games, plus or minus 10% (Plus 10% for timed events; minus 10% for distance and scored events). If this formula would relax the MPS, a change will not be made and the previous MPS will continue to be used. An MPS will not be changed by more than 10% per Games. MPS shall decrease or be equal in difficulty as age division’s increase. The NSGA reserves the right to use judgment based on experience when setting the standard, therefore, a standard may not always match the formula if applied to the results of the most recent National Games.

I. NSGA DEFINITION OF A PROFESSIONAL

Professional athletes shall not be eligible to compete in the National Senior Games in the sport in which they are a professional until 20 years after the date they last competed as a professional. They may compete in other sports in which they have not competed professionally.

A professional is someone who competes in a sport for money as a primary source of personal revenue. People who compete in a sport in which minor amounts of money are given as prizes are not deemed professionals. Individuals whose primary activity is teaching a sport but occasionally play for a minor amount of money is also not deemed professionals.

The NSGA shall have the final authority to determine who is deemed a professional for the purpose of competing in NSGA events. The NSGA reserves the right to determine professional status based on established National Governing Body (NGB) standards and professional competition history.

J. UNIFORMS AT THE NATIONAL SENIOR GAMES

PARTICIPANTS: All athletes must wear athletic-type clothing and shoes that are usual and customary for the sport in which they are competing. Street-type clothing and shoes that are inappropriate may cause disqualification. Competition Managers have been given authorization by the NSGA to make this determination.

TEAM UNIFORMS: Team clothing (shirts, pants, and shorts) must be of like design and color. Teams must have both “home” and “away” uniforms with permanently attached numbers on front and back. Sponsors may be added to the jersey but cannot interfere with number placement. Refer to each sport for specific placement of numbers.

Uniforms shall be free of inappropriate symbols or wording.

K. PROTEST POLICY

Any person desiring to make a protest with regard to any aspect of competition at the National Senior Games shall make such protest to the Competition Manager of the competition in question. All protests must be written and submitted to the Competition Manager within 30 minutes of the conclusion of the game, match, heat, or event under protest. The Competition Manager will evaluate the protest and render a decision. If the Competition Manager’s response to a protest is such that a further hearing is desired, a hearing may be requested with the NSGA Director of Events and Programs. This request must be made to the Competition Manager or NSGA Director of Events and Programs within 30 minutes of the initial protest denial. All decisions by the NSGA Director of Events and Programs are final and not subject to further appeal.

L. EVENT ENTRY LIMITS

Athletes may enter no more than two individual sports at the 2019 National Senior Games. All athletes will be eligible to register for Power Walk as a third sport.

Individual sports are as follows:

| | | | |
|-----------|--------------|--------------|---------------|
| Archery | Golf | Racquetball | Table Tennis |
| Badminton | Horseshoes | Road Race | Tennis |
| Bowling | Pickleball | Shuffleboard | Track & Field |
| Cycling | • Power Walk | Swimming | Triathlon |
| | Race Walk | | |

- Power Walk will be an “Open Event” for 2019 only. No qualifying will be required for participation at the 2019 National Senior Games.

Except as noted below, there is no restriction to the number of events within an individual sport an athlete may enter. For example, in track & field the events are: 50, 100, 200, 400, 800 and 1500 meters; discus; hammer throw; high jump; javelin; long jump; pole vault; shot put and triple jump. Athletes may enter all the events within track & field for which they are qualified.

The exceptions are:

1. In **archery**, an athlete may enter only one event.
2. In **swimming**, an athlete may enter a maximum of six events, including bonus events.
3. In **tennis**, which has singles, doubles and mixed doubles events, athletes may enter only two events.

In addition to two individual sports, athletes may compete in **two team sports** (basketball, softball or volleyball). At the National Senior Games athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.

The Local Organizing Committee (LOC) and the NSGA 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. At the time this rulebook was printed, the necessary caps had not been determined. Therefore, these rules will serve as a guideline for both the LOC and the NSGA. However, additional modifications may be made in order to meet the necessary caps. Member Organizations will be notified any time a cap or modification is necessary.

The NSGA and the LOC will not accommodate individual scheduling requests.

M. REQUIRED CREDENTIALS

Any player unable to provide the required credentials on the playing field shall be declared ineligible to compete until he/she can produce them. An opposing team manager may request verification of a player's eligibility. Should a player play and be unable to provide the required credentials he/she or his/her team will forfeit all games in which the player participated. A valid, government issued photo identification card, such as a driver's license shall be the only age and residency proof accepted.

For team sports, all non-playing coaches, non-playing captains and non-playing bench personnel must be credentialed for access to the field of play.

Medals and ribbons will only be issued to properly credentialed personnel. The NSGA reserves the right to revoke any credential at any time.

N. SEEDING

All seeding shall be random except as follows.

1. Track and swimming heats will be seeded in accordance with standard national governing body procedures.
2. Table Tennis will use USATT rankings to assist in pool seeding if available.
3. Tennis will use USTA rankings to assist in seeding if available.
4. Racquetball will use USA Racquetball rankings to assist in the pool seeding if available.
5. Results of past National Senior Games will be used whenever possible.
6. Home state information will be made available to the Competition Manager. Every effort will be made to schedule preliminary round matches between players/teams of different geographic areas.

O. NATIONAL GOVERNING BODY RULES

All sports/events shall be governed by the rules of the NGB for that sport. The NSGA has modified some of these rules in the best interest of the participants. All rules shall apply as stated in the NGB and NSGA rulebooks. NGB rulebooks in effect the opening day of the National Games, shall govern the 2019 National Senior Games, unless otherwise noted.

In case of conflict between NGB and NSGA rules, NSGA rules shall govern.

P. HOW TO SUGGEST A RULE CHANGE FOR SUBSEQUENT GAMES

Suggestions for rules changes may be made in writing to the NSGA up to 30 days after the 2019 National Senior Games. NSGA rules are reviewed and approved by the NSGA National Games Committee and Board of Directors and are normally published in February of qualifying years.

Q. HOW TO SUGGEST THAT A NEW SPORT BE ADDED TO THE NATIONAL SENIOR GAMES

You may contact the NSGA if you would like to suggest that a new sport and/or 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 for the sport/event.
3. The number of people ages 50 and older who participate in this activity.
4. The geographic distribution of people ages 50 and older that participate.
5. Anything else you think is important.

New sports and events are approved by the NSGA National Games Committee and Board of Directors.

R. DEFAULT DURING COMPETITION

Athletes or teams that forfeit during pool 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 Games' medical staff of an athlete's injury and capability to continue must be submitted to and subsequently approved by the Competition Manager and the NSGA prior to the athlete being permitted to continue. A good-faith effort to compete will be determined by the Competition Manager and the NSGA.

Athletes or teams 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 under NSGA or NGB rules. Their award spot will be left open and subsequent places will not be moved up. Verification by a member of the Games' medical staff of the athlete's injury must be provided to and subsequently approved by the Competition Manager and NSGA prior to receipt of any awards. A good-faith effort to compete will be determined by the Competition Manager and the NSGA.

S. ADDITIONAL QUALIFIERS

The NSGA reserves the right to alter qualifying standards prior to competition.

T. POLICY FOR GOVERNING DETERMINATION OF GENDER FOR THE PURPOSES OF COMPETITION IN NATIONAL EVENTS

The following policy shall govern national competition sanctioned by the National Senior Games Association and serve as a guideline for Member Organizations.

The NSGA does not routinely require its participants to provide proof of gender. There may, however, be rare circumstances in which an athlete's gender may be called into question.

In these circumstances, an athlete shall be considered to have provided adequate proof of gender by presenting one of the following documents;

1. a valid photo identification card such as a driver's license, passport or green card that states the athlete's gender, OR
2. A copy of a valid in-force medical or health insurance policy that unequivocally states the athlete's gender. Birth certificates shall not be acceptable.

U. NSGA ABLE BODIED ATHLETE POLICY

The National Senior Games is comprised of twenty sports for "able-bodied" athletes. At the discretion of the NSGA, athletes with physical disabilities may be allowed to compete insofar as any and all handicap devices used by the athlete falls within certain rules and regulations to ensure fairness in competition. The NSGA will abide by the rules of the National Governing Body of the athlete's sport to govern circumstances regarding athletes with disabilities in able-bodied competition for specific sport instances. The use of any technical device that incorporates springs, wheels or any other element that provides the user with an advantage over another athlete not using such a device will be prohibited in athletic competition.

V. NSGA NON-AMBULATORY ATHLETE POLICY

The National Senior Games is comprised of three "limited" non-ambulatory sports – bowling, horseshoes and shuffleboard. The NSGA will abide by the rules of the National Governing Body of the athlete's sport to govern circumstances regarding athletes with disabilities. The NSGA has the right to modify the rules depending on the abilities of the participants.

W. NSGA BANNED SUBSTANCE POLICY

The NSGA does not currently test for banned or performance enhancing drugs. If an athlete is found to be using drugs by any other agency they will also be banned from future NSGA competitions.

ARCHERY
Compound Fingers/Compound Release/Recurve
Barebow Compound/Barebow Recurve

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA – 900 round minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. An archer may enter only the style in which he/she has qualified.

ENTRY REGULATIONS

1. Archers may only compete in one style.
2. Archers must provide their own bows and target arrows.

FORMAT

1. Competition will be two days. All archers will compete both days.
2. The “900” American round will be used each day of competition.
3. There will be five styles:
 - a) Recurve – with sights
 - b) Barebow Recurve – no sights
 - c) Compound Fingers – with sights
 - d) Barebow Compound – no sights
 - e) Compound Release
4. Competition will consist of 90 arrows shot as follows: 30 arrows from 60 yards; 30 arrows from 50 yards; and 30 arrows from 40 yards. 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.
5. 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.
6. Awards will be presented for 1st through 8th place for each style within each age division.

SPORT RULES

1. Recurve archery events will be conducted in accordance with National Archery Association rules, except as modified herein. Compound archery styles will be conducted in accordance with National Field Archery Association rules, except as modified herein. For a copy of these rules, please write, email or call:

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

National Field Archery Association
800 Archery Lane
Yankton, SD 57078
(605) 260-9279
www.nfaa-archery.org

2. 'X' ring hits will be kept on the scorecard by all competitors and will be used as a tie-breaker. If still tied, the number of '10' ring hits will be used, then '9' ring hits, and so on until the tie is broken.
3. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line. A maximum of two ends may be made up at the discretion of the Director of Shooting.
4. Field glasses or scopes are permitted for spotting arrow hits. Scopes may be placed on the shooting line provided they do not disrupt the shooting of the adjacent archer. Scopes

- shall be removed from the line between ends if not utilized by the other archer shooting in that space.
5. No broad heads will be permitted.
 6. Regulation FITA 122-centimeter (48-inch) five-color target faces will be used. Scoring values are: Gold (10-9), Red (8-7), Blue (6-5), Black (4-3), White (2-1), 10-ring scoring. At the discretion of the Director of Shooting, replacement centers may be used to repair a target face during competition.
 7. 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.
 8. 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.
 9. Two archers at each target will keep the double set of scorecards. Scores shall be compared after each end. If the scorecards do not agree after arrows have been removed from the target, then the lower score shall be the official score. The winner(s) shall be the archer(s) scoring the highest number of points in the double "900" round.
 10. Archers will not be required to wear white or blue attire; however, they will be expected to wear clothing appropriate for a national event.
 11. Athletes should be able to keep their arrows on target at 60 yards.
 12. Barebow Recurve Equipment: Any recurve bow or longbow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. Both USA Archery and NFAA Bare bow Recurve rules will be allowed. Arrows must all be the same length and weight.
 13. Barebow Compound Equipment: Any compound bow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No levels are allowed. Archers may use a stabilizer and may use a draw check that is either on the bow limbs or under the arrow in the bow window. Arrows must all be the same length and weight.
 14. Compound Bow Equipment: The maximum peak draw weight allowed shall be 80 pounds. Maximum arrow speed shall be 300 feet per second with a variance of 3%. Lighted sights may be used.

2019 Minimum Performance Standards

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.
(Shaded items indicate revised standards from the 2017 National Senior Games)

ARCHERY MINIMUM PERFORMANCE STANDARDS MINIMUMS ARE BASED ON SINGLE-DAY COMPETITION

900 ROUND

900 round consists of shooting 30 arrows
at each distance of 60, 50 and 40 yards.

| Minimum Required Score | | | |
|------------------------|---------|----------|-------------|
| | Barebow | Limited* | Unlimited** |
| Men | 425 | 600 | 700 |
| Women | 400 | 575 | 675 |

*compound finger, recurve

**compound release

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS
(Shaded items indicate revised standards from the 2017 National Senior Games)

BADMINTON
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each badminton event (singles, doubles, mixed doubles) in which they wish to compete at the 2019 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per event. Under NSGA rules, doubles and mixed doubles are classified as events. Therefore, athletes may not compete in more than one age division for doubles or mixed doubles.
2. The age division of competition for doubles and mixed doubles will be determined by the younger age of the two partners as of December 31, 2019.
3. Competitors must bring their own racquets. Natural-feathered shuttlecocks will be provided.

FORMAT

1. Tournament format will be round robin, with as many players as possible advancing to a single elimination championship bracket. Quarterfinal losers will compete for 5th through 8th places.
2. Awards will be presented for 1st through 8th place for each event within each age division.
3. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
4. Default during competition Rule R will be strictly enforced.

SPORT RULES

1. All matches will be conducted in accordance with USA Badminton Association 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

Three-on-Three Half Court

QUALIFYING RULES

1. All first-, second- and third-place teams at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Each 2018 NSGA qualifying games may qualify all basketball teams that compete in the 80+ and 85+ age divisions. Competition must take place in accordance with Rule H in order for teams to be qualified.

ENTRY REGULATIONS

1. Teams must be of all one gender.
2. Team rosters shall be limited to ten persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Teams are no longer limited to the number of out-of-state players on their rosters; however roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
3. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
4. At the National Senior Games, athletes may compete on up to two teams per sport, providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2019.

FORMAT

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system, a maximum of three skill divisions based on number of teams in each division and pool play results, will be utilized. The following divisions will be used: Division I (highest level), Division II and Division III. The number of divisions will be determined by the number of teams within each age division. The final playoff format will be determined at the discretion of the NSGA.
2. First through fourth place awards will be presented in each skill age division.
3. Every effort will be made to provide teams a minimum of five games.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. Ties for seeding will be broken in the following manner:
 - a. Overall record
 - b. Head-to-Head competition
 - c. Point differential - A maximum of 21 points will be awarded towards point differential, regardless of final score
 - d. Coin Toss
6. Forfeits shall be scored 21-0.
7. Default during competition Rule R will be strictly enforced.

SPORT RULES

This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) rules, except as modified herein. For a copy of these rules, please write or call:

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

1. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
2. The game shall be played on half court by two teams of three players each, with a maximum of seven substitutes.
3. The winner of the coin toss shall take first possession of the ball. Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.

4. Officials do not put the ball in play, except at the start of each half. The referee will handle the rebound of the first free throw (first and second free throws if three shots are being taken) and then will not handle the ball after the last free throw.
5. **Scoring and Timing Regulations:**
 - a) Playing time shall be two halves of 12 minutes for age groups 75+, and 15 minutes for age groups 50-74. There shall be a continuously running clock with an intermission of five minutes for half-time. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of the second half.
 - b) A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules. If the game is still tied at the end of the first overtime period, subsequent three-minute periods shall be played until the tie is broken. After the first overtime period, all additional overtime periods will have a running clock except for the last minute in which the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of all overtime periods. Ball possession will be determined by a coin flip for each overtime period. There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.
 - c) Two time-outs are permitted per team, per half. Timeouts do not carryover from one period to the next. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 60 seconds in duration. The clock will not run during time-outs.
 - d) Three point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.
6. **Throw-In Area and Ball In & Out of Play:**
 - a) The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows:
 - i) After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key ("throw-in area"). The ball must be advanced into play by means of a pass to a teammate. Violation of the throw-in area by the offense results in loss of possession.
 - ii) After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line; only the player's feet.
 - b) The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
 - c) The player who returns the ball behind the three-point line may maintain possession and attempt to score.
7. **Player Restrictions When Inbounding Ball:**
 - a) Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the "throw-in area", regardless of whether or not the inbinder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
 - b) The inbinder must be within 3 feet of the three-point line and must stay within the free throw lane extension area (12 feet wide), the area referred to as the "throw-in area".
 - c) The defense may defend anywhere on the court, however, no player (offensive or defensive) may enter the "throw-in area", which is considered out-of-bounds.
 - d) The inbinder may not hand-off the ball to a teammate.
 - e) The inbinder's teammates may not enter the three-second lane to receive a pass or set a screen until the inbounding teammate actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbound pass.
 - f) The 3 second lane count and the 5 second closely guarded count shall not begin until the defensive team (now the new offensive team) takes the ball behind the three point arc.
 - g) Violations of the throw-in area by the offense result in loss of possession.
 - h) Violations of the throw-in area by the defense result in a warning followed by a technical foul and loss of possession.
8. **Substitutions:**
 - a) Substitutions may be made after a basket, foul shot, stoppage of play, and any time an official beckons the player onto the court.
 - b) Players **MUST** be beckoned onto the court by the referee. Entering the court without being beckoned will result in a warning from the official; all subsequent violations will result in a technical foul and loss of possession.
 - c) Both the offensive and defensive team may substitute after the first free throw of a two shot foul, and after the second free throw of a three shot foul.

- d) The defensive team can only substitute after a made basket or free throw, (when it is the final free throw taken) and ONLY if the offense is substituting at that time. Violating this rule will result in a warning from the official; all subsequent violations will result in a technical foul loss of possession.
- e) On all stoppage of play (i.e., violations such as traveling, double dribble, three seconds, or out of bounds, etc.) either team can substitute as long as they request to sub prior to the inbounder having the ball in the throw-in area.

9. Fouls and Penalties:

- a) A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.
- b) Team fouls carry over into the second half and overtime periods.
- c) Any shooting foul with a missed basket shall result in two free throws (three for a three-point attempt), and the offended team shall retain possession.
- d) Any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.
- e) Any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession.
- f) Prior to the seventh team foul, any common foul shall result in loss of possession for the offending team.
- g) All personal and technical fouls shall be counted against a team total (except for unsporting technical infractions-see below). On the seventh team foul, a bonus shall be awarded for the remainder of the game.

10. Bonus Situations:

- a) Beginning with the seventh team foul, any common foul shall result in a single free throw plus a bonus free throw if the first free throw is made, and the offended team shall retain possession.
- b) Beginning with the 10th team foul, any common foul shall result in two free throws, and the offended team shall retain possession.

If a shooting foul occurs during the running time part of the game:

- a) All players will remain behind the arc and the offense will re-gain possession of the ball, even if the clock goes to the two minute mark. At that time, the clock will stop until the ball is put in play again from the throw-in area.
- b) All the players behind the arc may cross the arc once the shooter releases the ball. The shooter may cross the free throw line after the ball strikes the rim, flange or backboard or retrieve the ball upon completion of the last free throw.

During the stopped time portion of the game:

- a) During the last two minutes of each half, and during any overtime period, the automatic awarding of team possession after free throws does not apply (live rebounding will be in effect)
- b) During live rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
- c) The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the rim, flange or backboard or until the free throw ends.
- d) No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-throw shooter has released the ball.
- e) If the shooter makes the last awarded free throw, the opposing team will inbound the ball.

11. Unsporting Technical Infractions:

- a) An unsporting technical infraction shall be when a player or substitute commits any unsportsmanlike act set forth in accordance with the NCAA rules and guidelines, and when outlined herein. Additionally, the act of stalling, or delaying the game intentionally, will be treated as such an infraction, and will first result in a warning issued to the penalized team. A second and any subsequent violation will result in a technical foul being issued and a penalty of two free throws shall be awarded to any member of the offended team, and possession of the ball following the free throws. This rule will not apply in the final two minutes of the first half of each game.

Note 1: Technical fouls for stalling will be issued as administrative, and do not apply toward individual or team-foul total, toward disqualification or ejection.

- i) Delay of game or stalling shall be defined as: the deliberate and obvious intention of using the delay to a team's advantage (except inside the final two minutes of the end of the regulation period and all subsequent time thereafter in overtime periods).

12. Uniforms:

- a) Team clothing must be of like design and color.
- b) Teams must have both "home" and "away" uniforms with permanently attached numbers. The numbers must be 4" on the front and 6" on the back in the center of the jersey.
- c) Sponsors may be added to uniforms, but cannot interfere with number placement.
- d) Uniforms shall be free of inappropriate symbols or wording.

BOWLING
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2019 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may enter all three bowling events provided they have qualified.
2. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes may be available at the competitor's expense.
3. Athletes may compete with only one partner per event. Under NSGA rules, doubles and mixed doubles are classified as events. Therefore, athletes may not compete in more than one age division for doubles or mixed doubles.
4. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2019.

FORMAT

1. All formats will be scratch.
2. Bowlers will be divided into squads by age division.
3. Bowling times and lanes will be assigned by squad.
4. Singles will bowl two sets of three games during qualifying. When more than 8 players are competing in a particular division, all athletes must bowl both qualifying squads in order to advance to the roll-offs. When there are 8 or less bowlers competing in a particular division, athletes are not required to bowl both qualifying squads as they will advance to the roll-offs, however they must bowl one or the other.
5. In singles, in each age division, the highest score of the two sets will be considered for the finals. The top eight scores will advance to a roll-off. Scores will not carry over.
6. Doubles and mixed doubles will bowl one set of three games during qualifying.
7. In doubles and mixed doubles, the top eight combined scores will advance to a roll-off.
8. In the roll-off, all bowlers will bowl one set of three games. The bowler's final three game total (combined total for doubles teams) shall determine his/her place within an age division.
9. After the roll-off, if there is a tie between any of the top 3 places, a one-game playoff will be held to determine which player receives the higher medal.
10. For 4th through 8th places ties will be broken by the number of strikes bowled. If the score is still tied, the number of spares will decide the winner.
11. During the qualifying squads, if there are two or more athletes tied for eighth place, a one game roll off will be held to determine which player advances to the finals.
12. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This tournament will be conducted in accordance with United States Bowling Congress rules, except as modified herein. For a copy of these rules, please write or call:

United States Bowling Congress
621 Six Flags Drive
Arlington, TX 76011
(800) 514-2695
www.bowl.com

2. All equipment shall meet United States Bowling Congress specifications. The NSGA reserves the right to check equipment at any time.

BOWLING
NON AMBULATORY
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All non-ambulatory athletes competing at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each event in which they wish to compete at the 2019 National Senior Games.
3. Athletes who reside in a state that does not offer a non-ambulatory bowling event may qualify for bowling by meeting the "limited" event qualifying criteria in Rule D.

ENTRY REGULATIONS

1. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes may be available at the competitor's expense.

FORMAT

1. All formats will be scratch.
2. Bowlers will be divided into squads by age division.
3. Bowling times and lanes will be assigned by squad.
4. Singles will bowl two sets of three games during qualifying. When more than 8 players are competing in a particular division, all athletes must bowl both qualifying squads in order to advance to the roll-offs. When there are 8 or less bowlers competing in a particular division, athletes are not required to bowl both qualifying squads as they will advance to the roll-offs, however they must bowl one or the other.
5. In singles, in each age division, the highest score of the two sets will be considered for the finals. The top eight scores will advance to a roll-off. Scores will not carry over.
6. Doubles and mixed doubles will bowl one set of three games during qualifying.
7. In doubles and mixed doubles, the top eight combined scores will advance to a roll-off.
8. In the roll-off, all bowlers will bowl one set of three games. The bowler's final three game total (combined total for doubles teams) shall determine his/her place within an age division.
9. After the roll-off, if there is a tie between any of the top 3 places, a one-game playoff will be held to determine which player receives the higher medal.
10. For 4th through 8th places ties will be broken by the number of strikes bowled. If the score is still tied, the number of spares will decide the winner.
11. During the qualifying squads, if there are two or more athletes tied for eighth place, a one game roll off will be held to determine which player advances to the finals.
12. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This tournament will be conducted in accordance with United States Bowling Congress rules, except as modified herein. For a copy of these rules, please write or call:

United States Bowling Congress
621 Six Flags Drive
Arlington, TX 76011
(800) 514-2695
www.bowl.com

2. Athlete must be seated in their wheelchair or scooter for the entire duration of competition.
3. Athlete's feet cannot touch the floor during competition.
4. An athlete must physically roll the ball or with the use of a ramp, as long as no one else or the chair itself helps project the ball down the lane. The athlete must be the one who impacts the energy needed for the ball to move down the lane.
5. All equipment shall meet United States Bowling Congress specifications. The NSGA reserves the right to check equipment at any time.

CYCLING
5K/10K (Time Trials)
20K/40K (Road Races)

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer a 20K or 40K cycling road race may qualify for those events by meeting the “limited” event qualifying criteria in Rule D.
3. Qualifying events must be conducted under the rules for the appropriate event to be used for qualifying. States may conduct a “combined” event, but competitors may not compete in both events when events are combined. Those wishing to collect awards in the 5K or 20K must stop after that portion of the event is complete.
4. Qualifying event must be a stand-alone road race that is not combined with another event (i.e. duathlon, or triathlon).

ENTRY REGULATIONS

1. Cyclists qualifying in either the 5K or 10K time trials may enter both time trial events.
2. Cyclists qualifying in either the 20K or 40K road races at a qualifying games may enter both road race events.
3. Cyclists must provide their own bicycles and helmets.

FORMAT

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than 30 seconds. No allowances will be made for mechanical or other mishaps.
2. Starting order for the time trials is by random selection.
3. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
4. The start sheet with the starting order and appointed starting times will be available for the rider’s perusal at least one hour before the start of each event.
5. The road races will be a mass start at pre-determined intervals by age division and gender with combinations when needed. Depending on the structure of the road race course, a neutral start may be utilized.
6. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All cycling events will be conducted in accordance with U.S.A. Cycling rules, except as modified herein. For a copy of these rules, please write or call:

USA Cycling
210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919-2215
(719) 434-4200
www.usacycling.org

2. Helmets are mandatory and must conform to USA Cycling regulations.
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted. All bicycles must be certified by race officials prior to the competition.
4. 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.
5. 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.
6. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.

9. 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.
10. No restarts are permitted.
11. Protests can be made to the competition manager if submitted within 30 minutes of the conclusion of the cyclist's race under protest.

GOLF 54-Hole Scratch

QUALIFYING RULES

1. All first place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games. Qualifiers will be determined by 18-hole (not two rounds of a 9 hole course) gross score played on a course with a minimum par of 70 and a United States Golf Association (USGA) slope rating between 119 and 126 for men and between 113 and 120 for women. Handicap scores are not acceptable for qualifying. Nine-hole gross scores are permitted only for those 90 and older. In competitions with more than an 18-hole competition, any single 18-hole score meeting the golf minimum performance standard will qualify a competitor for the NSGA tournament. For open state qualifiers, Rule H applies.
2. Any NSGA Member Organization using a golf course that does not meet the NSGA slope ratings is required to complete and submit a waiver. The MPS may be adjusted.

ENTRY REGULATIONS

1. Golfers must provide their own clubs.
2. Golf cart use during practice round and official competition is mandatory.
3. PGA members may compete as long as they are not on the PGA TOUR and adhere to Rule I Definition of a Professional of the Official Sport Rules for 2019. The NSGA has the right to determine pro status.

FORMAT

1. The tournament will be 54-hole medal play with 18 holes per day except for men and women in age divisions 90 and older. Competitors in age divisions 90 and older will play 9 holes per day, competing for 27 total holes.
2. Handicaps will be utilized to assist with placement in a foursome on the first day of competition. The second day will be based on the first day scores. The third day tee times will be determined by the cumulative scores from both the first and second day scores.
3. The NSGA reserve the right to change the tournament format for any age division based on entry numbers, space restrictions or other circumstance. This includes but is not limited to tee times or a shotgun start.
4. In the event of a tie between 1st, 2nd or 3rd place the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and then finally the 18th hole.
5. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. This tournament will be conducted in accordance with USGA rules, except as modified herein. For a copy of these rules, please write or call:

United States Golf Association
P.O. Box 708
Far Hills, NJ 07931
(908) 234-2300
www.usga.org

2. One caddie per golfer will be permitted. All caddies must register with the Competition Manager prior to taking the course. The NSGA recommends the use of "forecaddies". Caddies will be required to walk. If a caddie is not walking, the player will be penalized one stroke for each hole at which the breach occurs. Between holes, the penalty applies to the next hole. The third breach will result in disqualification.
3. Spectators are permitted on the course; however, they will be required to walk. Spectators must remain at least 25 feet away from tee boxes and greens.
4. USGA rules regarding coaching will be strictly enforced.
5. USGA rules regarding pace of play will be observed.
6. Range finders of any type are permitted.

GOLF MINIMUM PERFORMANCE STANDARDS (MPS)

NOTE: This array shows the score which must be shot based on the slope of qualifying course relative to the NSGA starting slope of 113 for women and 119 for men. MPSs are adjusted up and down based on slope. Qualifying Game Coordinators must advise their golfers of the MPS for the golf course being used for the qualifying before play Begins. Use the chart below to determine the MPS.
The NSGA reserves the right to use judgement based on experience when setting the standard, therefore, a standard may not always match the formula if applied to the results of the most recent games.

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| MENS SLOPE | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 | 129 | 130 | 131 | 132 |
| AGE DIVISION | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50-54 | 72 | 72 | 73 | 73 | 74 | 74 | 75 | 75 | 76 | 76 | 77 | 77 | 77 | 78 | 78 | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 83 |
| 55-59 | 73 | 73 | 74 | 74 | 75 | 75 | 76 | 76 | 77 | 77 | 78 | 78 | 78 | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 84 |
| 60-64 | 74 | 74 | 75 | 75 | 76 | 76 | 77 | 77 | 78 | 78 | 79 | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 84 | 85 | 85 |
| 65-69 | 75 | 75 | 76 | 76 | 77 | 77 | 78 | 78 | 79 | 79 | 80 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 84 | 85 | 85 | 86 | 86 |
| 70-74 | 78 | 78 | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 83 | 83 | 84 | 84 | 85 | 85 | 86 | 86 | 87 | 87 | 88 | 88 | 89 | 89 |
| 75-79 | 82 | 82 | 83 | 83 | 84 | 84 | 85 | 85 | 86 | 86 | 87 | 87 | 87 | 88 | 88 | 89 | 89 | 90 | 90 | 91 | 91 | 92 | 92 | 93 | 93 |
| 80-84 | 82 | 82 | 83 | 83 | 84 | 84 | 85 | 85 | 86 | 86 | 87 | 87 | 87 | 88 | 88 | 89 | 89 | 90 | 90 | 91 | 91 | 92 | 92 | 93 | 93 |
| 85-89 | 87 | 85 | 86 | 86 | 87 | 87 | 88 | 88 | 89 | 89 | 90 | 90 | 90 | 91 | 91 | 92 | 92 | 93 | 90 | 94 | 94 | 95 | 95 | 96 | 96 |
| 90-94* | 46 | 46 | 47 | 47 | 48 | 48 | 49 | 49 | 50 | 50 | 51 | 51 | 51 | 52 | 52 | 53 | 53 | 54 | 54 | 55 | 55 | 56 | 56 | 57 | 57 |
| 95+* | | | | | | | | | | | | | | | | | | | | | | | | | |
| *90+ scores are 9-hole | | | | | | | | | | | | | | | | | | | | | | | | | |
| MPS ADJUSTMENT | -5 | -5 | -4 | -4 | -3 | -3 | -2 | -2 | -1 | -1 | N/C | | N/C | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 6 |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| WOMENS SLOPE | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 | 129 | 130 | | |
| AGE DIVISION | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50-54 | 86 | 86 | 87 | 87 | 88 | 88 | 88 | 89 | 89 | 90 | 90 | 91 | 91 | 92 | 92 | 93 | 93 | 94 | 94 | 95 | 95 | 96 | 96 | | |
| 55-59 | 87 | 87 | 88 | 88 | 89 | 89 | 89 | 90 | 90 | 91 | 91 | 92 | 92 | 93 | 93 | 94 | 94 | 95 | 95 | 96 | 96 | 97 | 97 | | |
| 60-64 | 88 | 88 | 89 | 89 | 90 | 90 | 91 | 91 | 92 | 92 | 93 | 93 | 94 | 94 | 95 | 95 | 96 | 96 | 97 | 97 | 98 | 98 | | | |
| 65-69 | 91 | 91 | 92 | 92 | 93 | 93 | 94 | 94 | 95 | 95 | 96 | 96 | 97 | 97 | 98 | 98 | 99 | 99 | 100 | 100 | 101 | 101 | | | |
| 70-74 | 91 | 91 | 92 | 92 | 93 | 93 | 94 | 94 | 95 | 95 | 96 | 96 | 97 | 97 | 98 | 98 | 99 | 99 | 100 | 100 | 101 | 101 | | | |
| 75-79 | 94 | 94 | 95 | 95 | 96 | 96 | 97 | 97 | 98 | 98 | 99 | 99 | 100 | 100 | 101 | 101 | 102 | 102 | 103 | 103 | 104 | 104 | | | |
| 80-84 | 95 | 95 | 96 | 96 | 97 | 97 | 98 | 98 | 99 | 99 | 100 | 100 | 101 | 101 | 102 | 102 | 103 | 103 | 104 | 104 | 105 | 105 | | | |
| 85-89 | 109 | 109 | 110 | 110 | 111 | 111 | 112 | 112 | 113 | 113 | 114 | 114 | 115 | 115 | 116 | 116 | 117 | 117 | 118 | 118 | 119 | 119 | | | |
| 90-94* | 54 | 54 | 55 | 55 | 56 | 56 | 57 | 57 | 58 | 58 | 59 | 59 | 60 | 60 | 61 | 61 | 62 | 62 | 63 | 63 | 64 | 64 | | | |
| 95+* | 54 | 54 | 55 | 55 | 56 | 56 | 57 | 57 | 58 | 58 | 59 | 59 | 60 | 60 | 61 | 61 | 62 | 62 | 63 | 63 | 64 | 64 | | | |
| MPS ADJUSTMENT | -2 | -2 | -1 | -1 | N/C | | N/C | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 7 | 7 | 8 | 8 | | |

HORSESHOES Singles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.

ENTRY REGULATIONS

1. Competitors must provide their own horseshoes.

FORMAT

1. Preliminary round will consist of a round robin format per age group played over 2 days. Age groups may be combined during preliminary rounds to make round robins as close to 8+ as possible and allow participants to pitch enough games (Points in games against someone not in the same age group will not count towards advancement). Everyone in an age group will pitch everyone else in their age group during preliminary round in order to advance to Championship round.
2. Count-all scoring with five bonus points awarded for each match won will be used during preliminary rounds to help determine advancement. All matches will continue until each player has pitched 30 shoes. If the score is tied after 30 shoes are pitched, four additional shoes shall be pitched to determine which player shall be awarded the five bonus points. Additional sets of four shoes shall continue to be pitched until the winner is determined. Final scores reported shall be scores after 30 shoes. Points in preliminary rounds are for playoff advancement only and will not count or be used in Championship round.
3. At the conclusion of the preliminary round robin, the top eight players will advance and play a single round-robin championship final.
4. The Championship round will be decided by win/loss record. Count-all scoring (without bonus points for each match won) will be used. 1st 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 and then by points scored if still tied.
5. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. All matches will be conducted in accordance with National Horseshoe Pitcher's Association rules, except as modified herein. For a copy of these rules, please write or call:

Mr. Stuart Sipma
President
National Horseshoe Pitcher's Association
2826 Domino Drive
Bismarck, ND 58503-0831
(701) 258.5686
www.horseshoepitching.com

2. Shoes shall be pitched from alternate ends of the court at stakes at the following distances: men 50-69 (40 feet), women 50-74, men 70 and older (30 feet). Women 75 and older (20 feet).
3. A match will consist of one game.
4. Players will match shoes to determine who pitches first.
5. A 15-minute default time will be enforced. For default matches in preliminary rounds, the remaining player will pitch 30 shoes to determine his/her score and be awarded the five bonus points.
6. The pitcher must stand on one of the pitching platforms. Players may use the platform on either side of the court. Feet must stay behind the foul line and within the platform limits until the shoe has left the pitcher's hand. When not pitching, the opponent shall stand quietly and stationary on or behind the same court's opposite pitching platform and at least two feet (2') behind the contestant who is pitching from the same or adjacent court. Such an offense incurs a loss of score in that inning. No player may walk to the opposite stake, or be informed of the position of the shoes before an inning is complete. Once thrown, shoes may not be moved or touched until the scores have been decided. Such an offense incurs a loss of score in that inning.
7. Shoes must be within six inches of the stake to be scored. A shoe that first strikes the ground outside the target area (if using portable raised pits, the box that makes up the pit sides is considered to be outside the target area) or rebounds from the backboard cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the target area on the request of the opponent. A shoe landing in the area and breaking is

not scored; it is removed and another pitch taken. A “ringer” is a shoe that encircles the stake so that a straight edge could touch the two tips of horseshoe without touching the stake.

**HORSESHOES
NON AMBULATORY
Singles**

QUALIFYING RULES

1. All non-ambulatory athletes competing at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer non-ambulatory horseshoes may qualify for the event by meeting the “limited” event qualifying criteria in Rule D.

ENTRY REGULATIONS

1. Competitors must provide their own horseshoes.

FORMAT

1. Preliminary round will consist of a round robin format per age group played over 2 days. Age groups may be combined during preliminary rounds to make round robins as close to 8+ as possible and allow participants to pitch enough games (Points in games against someone not in the same age group will not count towards advancement). Everyone in an age group will pitch everyone else in their age group during preliminary round in order to advance to Championship round.
2. Count-all scoring with five bonus points awarded for each match won will be used during preliminary rounds to help determine advancement. All matches will continue until each player has pitched 30 shoes. If the score is tied after 30 shoes are pitched, four additional shoes shall be pitched to determine which player shall be awarded the five bonus points. Additional sets of four shoes shall continue to be pitched until the winner is determined. Final scores reported shall be scores after 30 shoes. Points in preliminary rounds are for playoff advancement only and will not count or be used in Championship round.
3. At the conclusion of the preliminary round robin, the top eight players will advance and play a single round-robin championship final.
4. The Championship round will be decided by win/loss record. Count-all scoring (without bonus points for each match won) will be used. 1st 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.
5. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. All matches will be conducted in accordance with National Horseshoe Pitcher’s Association rules, except as modified herein. For a copy of these rules, please write or call:

Mr. Stuart Sipma
President
National Horseshoe Pitcher’s Association
2826 Domino Drive
Bismarck, ND 58503-0831
(701) 258.5686
www.horseshoepitching.com

2. Competition will use a standard court but the pitching distance for women and men will be 20 feet.
3. Participant must be seated in their wheelchair or scooter for the entire duration of competition.
4. The athlete’s feet cannot touch the floor during the competition. In pitching the shoe, the pitcher shall sit on or behind the pitcher’s line.
5. A match will consist of one game.
Players will match shoes to determine who pitches first.
6. A 15-minute default time will be enforced. For default matches in preliminary rounds, the remaining player will pitch 30 shoes to determine his/her score and be awarded the five bonus points.
7. Shoes must be within six inches of the stake to be scored. A shoe that first strikes the ground outside the target area (if using portable raised pits, the box that makes up the pit sides is considered to be outside the target area) or rebounds from the backboard cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the target area on the request of the opponent. A shoe landing in the area and breaking is not scored; it is removed and another pitch taken. A “ringer” is a shoe that encircles the stake so that a straight edge could touch the two tips of horseshoe without touching the stake.

PICKLEBALL
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second, third and fourth place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each Pickleball event (singles, doubles and mixed doubles) in which they wish to compete at the 2019 National Senior Games except where Rule E applies.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per event. Under NSGA rules, doubles and mixed doubles are classified as events. Therefore, athletes may not compete in more than one age division for doubles or mixed doubles.
2. Competitors must provide their own paddles. Balls will be provided.

FORMAT

1. Tournament format will be double elimination play with the first person/team to win 2 out of 3 games; each game is played to 11, win by 2.
2. The NSGA and LOC reserve the right to change the tournament format depending on entry numbers, space restrictions or other circumstances.
3. Awards will be presented to 1st through 8th place for each event within each age division.

SPORT RULES

1. All Pickleball events will be conducted in accordance with the USA Pickleball Association rules, except as modified herein. For copy of the rules please write or visit:

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

2. Athletes must wear proper court shoes – no black sole shoes allowed on the court area.

POWER WALK
1500M on a track
5K on a road course

QUALIFYING RULES

1. For 2019 only, Power Walk event will be classified as an “OPEN” event. Athletes do not need to qualify at a 2018 state qualifier.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K Power Walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K Power Walk event will be held on a road course.
4. If a track is used the 5K is referred as a 5000M.

ENTRY REGULATIONS

1. Athletes may compete in both the 1500M and 5K.
2. Anyone can register for the event regardless if a state qualifier offers it or not. It can also be counted as a third sport ONLY for the 2019 National Senior Games.

FORMAT

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5 km should be conducted on the road in a recommended loop of 1000M and 500M between turn around to turn around. The 1500M Power Walk will be on a standard 400 meter track.
3. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please email or call:

United States Power Walking Association
Doug & Marianne Hamilton, Administrators
Unitedstatespwa@gmail.com
(408) 205.9641

2. **Power Walk is a Monitored Event:** Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.
3. Major points of the rules include:
 - a) One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
 - b) Each advancing foot strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running.
 - c) Creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
 - d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
 - e) Running or jogging mode is forbidden.
 - f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
 - g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
 - h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
 - i) Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or race director during the course of the race competition.

RACE WALK
1500M on a track
5K on a road course

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K race walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K race walk event will be held on a road course.
4. If a track is used for the 5K, it is referred as a 5000M.

ENTRY REGULATIONS

1. Athletes qualified in either the 1500M or the 5K race walk may compete in both events.

FORMAT

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5M shall be a maximum of 1250M but not shorter than 1000M. The 1500M Race Walk will be on a standard 400M track.
3. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All race walking events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:

USA Track & Field
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

2. Athletes must use proper race walking techniques or risk disqualification.
3. Athletes must not wear clothing that could impede the view of the judges.

RACE WALK MINIMUM PERFORMANCE STANDARDS

| Men | 1500M | 5K | Women | 1500M | 5K |
|------------|--------------|-----------|--------------|--------------|-----------|
| 50-54 | 8:25 | 30:30 | 50-54 | 9:55 | 35:35 |
| 55-59 | 8:43 | 31:21 | 55-59 | 10:12 | 36:13 |
| 60-64 | 9:00 | 32:15 | 60-64 | 10:21 | 37:05 |
| 65-69 | 9:34 | 34:14 | 65-69 | 10:51 | 37:56 |
| 70-74 | 10:06 | 36:48 | 70-74 | 11:26 | 42:26 |
| 75-79 | 11:12 | 39:10 | 75-79 | 12:43 | 43:00 |
| 80-84 | 13:04 | 46:39 | 80-84 | 14:08 | 48:44 |
| 85-89 | 16:21 | 53:10 | 85-89 | 18:16 | 55:30 |
| 90+ | 17:19 | 53:10 | 90+ | 18:16 | 55:30 |

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

(Shaded items indicate revised standards from the 2017 National Senior Games)

RACQUETBALL
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each racquetball event (singles, doubles and mixed doubles) in which they wish to compete at the 2019 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes must provide their own racquets. Balls will be provided.
2. Athletes may compete with only one partner per event. Under NSGA rules, doubles and mixed doubles are classified as an event. Therefore athletes may not compete in more than one age division for doubles.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2019.

FORMAT

1. If there is 6 or more players in a division, there will be round robin (pool play), with as many players as possible advancing to a single elimination championship bracket. If there are 5 or less players in a division, the tournament format will be double round robin. Quarterfinal round losers will compete for 5th through 8th places.
2. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
3. Default during competition Rule R will be strictly enforced.
4. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All matches will be conducted in accordance with United States Racquetball Association rules, except as modified herein. For a copy of these rules, please write or call:

United States Racquetball Association
1685 West Uintah St.
Colorado Springs, CO 80904
(719) 635-5396
www.usra.org

2. Lensed eye-wear designed for racquet sports is mandatory.
3. If available, utilize the USA Racquetball rankings to assist in the pool seeding.
4. Follow USA Racquetball standard format of play.

ROAD RACE 5K/10K

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer the 5K and/or 10K Road Race event may qualify by meeting the "limited" event qualifying criteria in Rule D.

ENTRY REGULATIONS

1. Athletes may enter only the event(s) in which he/she has qualified.
2. Individuals who want to qualify in the 5K and 10K Road Race must run the events separately. You cannot use your 5K split time from a 10K race to qualify for the 5K.
3. A 5000 meter and 10000 meter track event cannot be used as a qualifying event for the 5K and 10K road race, respectively.
4. Athletes qualified in either the 5K or 10K road race may compete in both events.

FORMAT

1. In the 5K and the 10K all age divisions will run simultaneously.
2. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All road race events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these, rules please write or call:

USA Track & Field
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500
www.usatf.org

ROAD RACE MINIMUM PERFORMANCE STANDARDS

| Men | 5K | 10K | Women | 5K | 10K |
|-------|-------|---------|-------|-------|---------|
| 50-54 | 19:10 | 43:30 | 50-54 | 24:25 | 50:35 |
| 55-59 | 19:23 | 45:06 | 55-59 | 26:50 | 56:13 |
| 60-64 | 20:02 | 46:29 | 60-64 | 27:15 | 59:05 |
| 65-69 | 22:07 | 49:45 | 65-69 | 28:09 | 59:33 |
| 70-74 | 23:42 | 53:22 | 70-74 | 32:15 | 1:10:40 |
| 75-79 | 29:10 | 1:02:24 | 75-79 | 37:50 | 1:21:00 |
| 80-84 | 33:55 | 1:23:16 | 80-84 | 46:58 | 1:39:00 |
| 85-89 | 43:30 | 1:40:20 | 85-89 | 53:50 | 1:50:00 |
| 90+ | 43:30 | 1:45:20 | 90+ | 57:30 | 1:50:00 |

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

(Shaded items indicate revised standards from the 2017 National Senior Games)

SHUFFLEBOARD **Singles/Open Doubles**

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each shuffleboard event (singles, open doubles) in which they wish to compete at the 2019 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per event. Under NSGA rules, open doubles is classified as an event. Therefore athletes may not compete in more than one age division for open doubles.
2. Open Doubles teams may be same or mixed gender.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2019.
4. Athletes must provide their own cues. Disks will be provided.

FORMAT

1. Tournament format will be round robin, with as many players as possible advancing to a single elimination championship bracket. Quarterfinal round losers will compete for 5th through 8th places.
2. Any game missed/forfeited during bracket play will be considered a loss.
3. Awards will be presented for 1st through 8th place for each event within each age division.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

SPORT RULES

1. All shuffleboard matches will be conducted in accordance with National Shuffleboard Association rules, except as modified herein. For a copy of these rules, please write or call:

National Shuffleboard Association
N.S.A. President Rob Robinson
111 S Greenfield Road, Space 304
Mesa, Arizona 85206
shufflingrob@outlook.com

2. Singles matches will consist of 12 frames in the preliminary rounds and 16 frames in the championship rounds. The winner will be the player who scores the highest number of points after the specified number of frames.
3. Two matches will be played on one court at the same time. Opposing players will play from the same end of the court. Players will not change ends after any frame.
4. Doubles matches will consist of 16 total frames for the team. Partners will play from opposite ends of the court. Each partner shall complete eight frames, thus 16 total frames for the team. Players will not switch ends after any frame. The team or pair with the highest point score at the end of 16 total frames will be the winner. Players may switch head to foot between games, but not during each game.
5. Players advancing into the seeded round (top 8 players in each age bracket) from the pools is determined by the number of games a player won and loss.
6. In the event of a tie, the players will participate in a playoff. The number of frames in a play-off will be determined by the NSGA National Chair and based on how many players are participating in that age bracket.
7. Once in the seeded round, your seeding will be determined by number of points scored during the previous games in the tournament. In case of a tie, the number of average points per game (pga) of the tied teams will determine seeding. Team with the highest per game average will receive the higher seed.
8. The cue shall not have an overall length of more than 6 feet, 3 inches. No metal part of the cue shall touch the playing surface.

**SHUFFLEBOARD
NON AMBULATORY
Singles/Open Doubles**

QUALIFYING RULES

1. All non-ambulatory athletes competing at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in a shuffleboard event, singles and or open doubles in which they wish to compete at the 2019 National Senior Games.
3. Athletes who reside in a state that does not offer non-ambulatory shuffleboard may qualify for the event by meeting the "limited" event qualifying criteria in Rule D.

ENTRY REGULATIONS

1. Athletes must provide their own cues. Disks will be provided.
2. Athletes may compete with only one partner per event. Under NSGA rules open doubles is classified as an event. Therefore athletes may not compete in more than one age division for open doubles.
3. Open Doubles teams may be same gender or mixed gender.
4. The age divisions of competition for open doubles will be determined by the younger age of the two partners as December 31, 2019.

FORMAT

1. Tournament format will be round robin, with as many players as possible advancing to a single elimination championship bracket. Quarterfinal round losers will compete for 5th through 8th places.
2. Any game missed/forfeited during bracket play will be considered a loss.
3. Awards will be presented for 1st through 8th place for each event within each age division.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

SPORT RULES

1. All shuffleboard matches will be conducted in accordance with National Shuffleboard Association rules, except as modified herein. For a copy of these rules, please write or call:

National Shuffleboard Association
N.S.A. President Rob Robinson
111 S. Greenfield Road, Space 304
Mesa, Arizona 85206
Shufflingrob@outlook.com

2. Participant must be seated in their wheelchair or scooter for the entire duration of competition. The athlete's feet cannot touch the floor during competition.
3. Singles matches will consist of 8 frames in the preliminary rounds and 12 frames in the championship rounds. The winner will be the player who scores the highest number of points after the specified number of frames.
4. Two matches will be played on one court at the same time. Opposing players will play from the same end of the court. Players will not change ends after any frame.
5. Open doubles matches will consist of 12 total frames for the team. Partners will play from opposite ends of the court. Each partner shall complete six frames, thus 12 total frames for the team. Players will not switch ends after any frame. The team or pair with the highest point score at the end of 12 total frames will be the winner. Players may switch head to foot between games, but not during each game.
6. Players advancing into the seeded round (top 8 players in each age bracket) from the pools is determined by the number of games a player won and loss.
7. In the event of a tie, the players will participate in a playoff. The number of frames in a play-off will be determined by the NSGA National Chair and based on how many players are participating in that age bracket.
8. Once in the seeded round, your seeding will be determined by number of points scored during the previous games in the tournament. In case of a tie, the number of average points per game average (pga) of the tied teams will determine seeding. Team with the highest peg average will receive the higher seed.
9. The cue shall not have an overall length of more than 6 feet, 3 inches. No metal part of the cue shall touch the playing surface.

SOFTBALL Team Softball

QUALIFYING RULES

1. All first-, second-, and third-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. States that divide men's competition into three skill categories may qualify three men's teams in each skill category. States that divide women's competition into three skill categories may qualify three women's teams in each skill category.

ENTRY REGULATIONS

1. Teams must supply current team rating and all other names used or played under during the period of one year.
2. Teams must provide their own bats, gloves and practice balls.
3. Teams must be all one gender.
4. Team rosters shall be limited to 22 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. No more than 20 of these persons may be players
5. Teams are not limited to the number of out-of-state players on their rosters; however roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration. Team roster participants who are unable to compete may be replaced after the official registration deadline for valid medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline. The new team member or partner must have participated in the sport they wish to enter, at a qualifying state game.
6. Teams that add two or more players from a higher rated team may be subject to reclassification.
7. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
8. At the National Senior Games athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
9. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2019.

FORMAT

1. Tournament format will be pool play (round robin), with as many teams as possible advancing to a double elimination championship bracket. Every effort will be made to provide teams a minimum of 5 games.
2. Awards will be presented for 1st through 4th place within each age/skill division.
3. Men's and women's teams may be divided into a maximum of three skill divisions - Division I (highest level), Division II and Division III (Recreational) based on the number of teams in each division and pool play results. Skill divisions will be utilized as needed as determined by tournament officials. Current national senior softball ratings may be considered. **Note: In an effort to standardize skill categories in all NSGA team sports, the softball skill divisions have been renamed. NSGA skill divisions may not reflect the actual team rating as determined by the National Senior Softball Summit Ratings Committee.**
4. Seeding for double elimination play will be determined based on pool play results in the following order:
 - Won/loss Record
 - Head-to-Head results – only when all teams play each other
 - Total runs allowed
 - Run differential
 - Total runs scored
 - Coin Toss
5. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, skill levels or other circumstance.

SPORT RULES

1. This tournament will be conducted in accordance with USA Softball (Senior) Rules, except as modified herein. For a copy of these rules, please write, email or call:

USA Softball
2801 NE 50th Street
Oklahoma City, OK 73111-7203
(405) 424-5266
www.asasoftball.com

2. **Strike Zone Mat:** A Strike Zone Mat will be used in all games to determine balls, strikes, and outs at home plate. The top of the mat will be placed at the top of home plate. The mat will measure twenty-one (21) inches wide and thirty-five (35) inches long with a white home plate centered at the front of the mat measuring seventeen (17) inches across the front, 8 1/2 inches down each side, and 12 inches diagonally to a point nearest the catcher. A legal pitch not swung at that strikes any part of the strike zone mat or home plate shall be called a strike by the umpire.
3. **Pitcher's Plate/Box:** A pitcher's box consisting of the area from the front of the pitcher's plate, 50 feet from home plate, and extending back ten feet (10 ft.) and twenty-four (24) inches wide perpendicular to the pitcher's plate shall be used. The pitcher must release the ball after coming to a complete stop with one foot or both feet in contact with the pitcher's plate or within the pitcher's box. One foot must remain in contact with the plate/box when the pitch is released with an underhand motion. A step simultaneous with the release of the ball may be taken in any direction with the free foot. The pitcher must be facing the batter when delivering the pitch. The catcher must remain within the lines of the catcher's box until the pitched ball is batted, touches the ground or home plate, or reaches the catcher's box. This area should be chalked off.
4. **Players and substitutes:** USA Softball rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at any time does not exceed the total allowed for that age division.
 - Men in age divisions 50+, 55+ and 60+: Ten defensive players shall constitute a team.
 - Men in age divisions 65+ 70+ and 75+: Eleven (11) defensive players shall constitute a team
 - Women in age divisions 50+, 55+, 60+, 70+ and 75+: Eleven (11) defensive players shall constitute a team.
5. **Line-up cards:** Official line-up cards must be presented to the opposing manager and scorekeeper 10 minutes prior to game time. Tournament line-up cards will be furnished to all team managers. Name of player, number and position must be indicated on line-up card.
6. **Batting Line Up:** A Team can bat the allowed number of players or the ability to bat any number of players that are available. This must be declared prior to the beginning of the game and indicated on the line-up card.
7. **Runs per inning:** For all pool play there shall be a five (5) run per inning rule, with unlimited runs allowed in the seventh or final inning. For double elimination play in skill divisions III and II there shall be a five (5) run per inning rule, with unlimited runs allowed in the seventh or final inning. For double elimination play in the Div. I skill division there shall be a seven (7) run per inning rule, with unlimited runs allowed in the seventh or final inning.
8. **Mercy rule:** A mercy rule will be in effect for all games. The rule shall be 20 runs after four innings and 15 runs after five innings, ending the game.
9. **Homerun rule:** The homerun rule shall be utilized in pool play (round robin) and double elimination play. All teams except those in the division I will play under the 1-homerun +1-up single rule. Teams in the division I will play under the 3-homerun +1-up single rule. The first ball hit over the fence will count as a home run. Subsequent balls hit over the fence by the same team will count as singles until the opposing team has hit a ball over the fence (homerun). Base runners may only advance one base per single over the fence. This rule shall continue throughout the entire game.
10. **Time Limit:** The length of a game will be seven innings or 60 minutes for pool play (round robin) and double elimination games. After 60 minutes the umpire shall announce that teams will finish the current inning and play one more. The last inning shall be played with unlimited runs. This rule is designed to allow 1 hour and 15 minutes for a game, which is ample time to play 7 innings. Tie games after seven innings or at the end of regulation time will continue until one team is ahead after the completion of any subsequent inning using the International tie-breaker rule. There will be no time limit for championship / medal games.
11. **Base Overrun:** Women age divisions 70+ and 75+ can run through 2nd and 3rd base without the possibility of being tagged out unless an attempt is made or a turn toward the next base is indicated
12. **Courtesy runner:** An unlimited number of courtesy runners may be used per inning. A player may only be used as a courtesy runner once per inning (except Women 70+ and 75+ which a player can be a courtesy runner as many times as needed per inning). A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently from the game. A courtesy runner on base when it is his/her turn at bat will be declared out as the runner. Another courtesy runner may not be used to circumvent this rule.
13. **Team clothing:** Must be of like design and color. An Arabic whole number (0-99) of contrasting color, or outlined in contrasting color, at least 6 inches high must be visible on the back of uniform shirts. No players on the same team may wear identical numbers. Sponsors may be added to jersey but cannot interfere with number placement. Uniforms shall be free of inappropriate symbols or wording.
14. **Legal Pitching Height:** The ball must be delivered with perceptible arc and reach a height of at least 6' (feet) from the ground, while not exceeding a maximum height of 12' (feet) from the ground.

15. **Official Softball:** The men's divisions will play 12 inch slow pitch (.44 core and a compression rating of no more than 375 psi). The women's divisions will play 11 inch slow pitch (.47 core and a compression rating of no more than 525 psi).
16. **Bat Rules:** All bats with a *BPF of 1.21 or less will be legal for play. All bats used in play must be stamped with a BPF of 1.21 or less, and must have either a manufacturer installed non-slip grip surface, or a minimum of one wrap of tape. Bats without the BPF stamped on the bat will be considered illegal. A bat is not required to bear an ASA certification mark.
Note: this rule is an approved exception to the ASA bat policy and will be utilized in state qualifying games and the 2017 National Senior Games. All bats models approved for senior play by ISA, ISSA, SPA and SS-USA will be allowed for tournament play in NSGA.
17. **Field Dimensions:** State qualifying games and the 2019 National Senior Games will utilize a double first base, second home plate, 20 foot commitment line between third base and home plate and a 6 foot pitching box. A field diagram with dimensions is included in the USA Softball rulebook (with the exception of the 6 foot pitching box and strike zone mat). If in the National Chair's and tournament director's discretion, such an adjustment is feasible, base paths will be 70' for men's age divisions 50 to 65+. The base paths will be 65 feet for men 70+ and all women's age divisions.

SWIMMING

Backstroke: 50-, 100-, 200-Yard. Breaststroke: 50-, 100-, 200-Yard. Butterfly: 50-, 100-, 200-Yard. Freestyle: 50-, 100-, 200-, 500-Yard. Individual Medley: 100-, 200-, 400-Yard (Four Strokes) Mixed 200 Freestyle & Mixed Medley Relay

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.

ENTRY REGULATIONS

1. At the 2019 National Senior Games, swimmers will be eligible to swim bonus events. Bonus events may only be in the same stroke an athlete qualified in and can only be of a lesser distance, not greater. Athletes must enter seed times, from yards competition, for their selected bonus events. Seed times must be entered in minutes, seconds and hundreds of seconds (00:00.00). Seed times for each bonus events must be achieved during the last twelve months prior to the registration deadline.
2. Swimmers may enter a maximum of six events, including bonus events.
3. The 500-yard freestyle, 200-yard butterfly and 400-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them
4. Swimmers who qualify in the 400-yard and 200-yard individual medley may select the 200-yard and the 100-yard individual medley as a bonus event.
5. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to United States Masters Swimming Rule 102, 12-Swimwear for Pool Competition.
6. Mixed relays consist of two male and two female swimmers. Swimmers may enter one 200 yard mixed medley relay and one 200 yard mixed freestyle relay. Relays will be entered at the meet (no pre-entry). Relay entry packets will be available at the venue starting the first day of competition. The swimmers on each relay do not have to be from the same state. Age groups for relays will be the same for individual events. (50-54, 55-59, 60-64, 65-69, etc.) with the youngest swimmer's age as of December 31, 2019 determining the relay's age group. Awards for relays will be the same as for individual events.

FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. All swimmers in the 500-yard freestyle and the 400-yard IM will be required to check-in at the venue.
4. Relay entry packets will be available at the venue starting the first day of competition.
5. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This competition will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write, email or call:

United States Masters Swimming, Inc.
1751 Mound Street, Suite 201
Sarasota, FL 34236
(941) 256-8767 or (800) 550-7946
www.usms.org/rules/

2. The major points of the rules include:
 - a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
 - b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
 - c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
 - d) Breaststroke: The appropriate stroke is required.
 - e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.
 - f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
 - g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.

- h) General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

SWIMMING MINIMUM PERFORMANCE STANDARDS

Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500 yard time by 1.15526 to get 400 meter MPS.

50- Yard Backstroke

| Men | | Women | |
|-------|---------|-------|---------|
| 50-54 | :34.45 | 50-54 | :41.40 |
| 55-59 | :36.33 | 55-59 | :41.40 |
| 60-64 | :36.33 | 60-64 | :42.42 |
| 65-69 | :42.30 | 65-69 | :48.18 |
| 70-74 | :45.20 | 70-74 | :49.82 |
| 75-79 | :50.10 | 75-79 | :59.81 |
| 80-84 | 53.16 | 80-84 | 1:04.26 |
| 85-89 | 1:21.95 | 85-89 | 1:34.90 |
| 90+ | 1:50.80 | 90+ | 2:25.20 |

100- Yard Backstroke

| Men | | Women | |
|-------|---------|-------|---------|
| 50-54 | 1:19.19 | 50-54 | 1:33.00 |
| 55-59 | 1:20.03 | 55-59 | 1:33.00 |
| 60-64 | 1:23.80 | 60-64 | 1:39.98 |
| 65-69 | 1:26.33 | 65-69 | 1:46.40 |
| 70-74 | 1:33.46 | 70-74 | 1:46.40 |
| 75-79 | 1:54.44 | 75-79 | 2:16.10 |
| 80-84 | 2:01.77 | 80-84 | 2:19.62 |
| 85-89 | 3:33.40 | 85-89 | 4:17.20 |
| 90+ | 4:25.20 | 90+ | 5:45.90 |

200-Yard Backstroke

| Men | | Women | |
|-------|----------|-------|----------|
| 50-54 | 2:56.02 | 50-54 | 3:07.60 |
| 55-59 | 3:09.90 | 55-59 | 3:07.60 |
| 60-64 | 3:09.90 | 60-64 | 3:37.38 |
| 65-69 | 3:28.95 | 65-69 | 3:57.69 |
| 70-74 | 3:52.17 | 70-74 | 3:57.69 |
| 75-79 | 4:12.90 | 75-79 | 4:52.00 |
| 80-84 | 4:35.70 | 80-84 | 5:24.37 |
| 85-89 | 10:35.90 | 85-89 | 10:44.80 |
| 90+ | 10:35.90 | 90+ | 10:44.80 |

50-Yard Breaststroke

| Men | | Women | |
|-------|---------|-------|---------|
| 50-54 | :36.50 | 50-54 | :46.86 |
| 55-59 | :36.90 | 55-59 | :47.40 |
| 60-64 | :37.80 | 60-64 | :47.61 |
| 65-69 | :40.11 | 65-69 | :49.59 |
| 70-74 | :41.73 | 70-74 | :57.42 |
| 75-79 | :50.24 | 75-79 | 1:08.11 |
| 80-84 | :58.60 | 80-84 | 1:19.70 |
| 85-89 | 1:26.80 | 85-89 | 2:28.70 |
| 90+ | 1:36.20 | 90+ | 3:29.90 |

100-Yard Breaststroke

| Men | | Women | |
|-------|---------|-------|---------|
| 50-54 | 1:22.70 | 50-54 | 1:43.30 |
| 55-59 | 1:22.70 | 55-59 | 1:43.30 |
| 60-64 | 1:26.70 | 60-64 | 1:45.70 |
| 65-69 | 1:27.42 | 65-69 | 2:01.20 |
| 70-74 | 1:36.22 | 70-74 | 2:12.20 |
| 75-79 | 1:51.23 | 75-79 | 2:39.00 |
| 80-84 | 2:21.20 | 80-84 | 2:45.00 |
| 85-89 | 4:56.60 | 85-89 | 5:45.90 |
| 90+ | 5:29.50 | 90+ | 5:45.90 |

200-Yard Breaststroke

| Men | | Women | |
|-------|----------|-------|----------|
| 50-54 | 3:08.40 | 50-54 | 3:52.79 |
| 55-59 | 3:09.80 | 55-59 | 3:52.79 |
| 60-64 | 3:14.94 | 60-64 | 3:52.79 |
| 65-69 | 3:31.31 | 65-69 | 4:32.18 |
| 70-74 | 3:50.19 | 70-74 | 4:32.18 |
| 75-79 | 4:18.58 | 75-79 | 5:43.59 |
| 80-84 | 6:05.62 | 80-84 | 7:34.20 |
| 85-89 | 12:03.60 | 85-89 | 12:47.90 |
| 90+ | 12:03.60 | 90+ | 12:47.90 |

100-Yard Individual Medley

| Men | | Women | |
|-------|---------|-------|---------|
| 50-54 | 1:13.21 | 50-54 | 1:26.70 |
| 55-59 | 1:16.00 | 55-59 | 1:26.70 |
| 60-64 | 1:18.32 | 60-64 | 1:34.14 |
| 65-69 | 1:18.32 | 65-69 | 1:52.30 |
| 70-74 | 1:38.02 | 70-74 | 2:00.10 |
| 75-79 | 1:48.90 | 75-79 | 2:25.40 |
| 80-84 | 2:17.30 | 80-84 | 2:54.50 |
| 85-89 | 4:16.60 | 85-89 | 5:25.60 |
| 90+ | 4:16.60 | 90+ | 5:25.60 |

200-Yard Individual Medley

| Men | | Women | |
|-------|---------|-------|----------|
| 50-54 | 2:54.40 | 50-54 | 3:08.99 |
| 55-59 | 2:54.80 | 55-59 | 3:12.15 |
| 60-64 | 2:58.28 | 60-64 | 3:38.91 |
| 65-69 | 3:15.15 | 65-69 | 4:26.41 |
| 70-74 | 3:39.79 | 70-74 | 4:34.47 |
| 75-79 | 4:10.90 | 75-79 | 5:15.30 |
| 80-84 | 7:57.00 | 80-84 | 8:52.60 |
| 85-89 | 9:30.10 | 85-89 | 12:02.80 |
| 90+ | 9:30.10 | 90+ | 12:02.80 |

SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)

400-Yard Individual Medley

| Men | | Women (No MPS Available – 2019) | |
|-------|----------|---------------------------------|--------|
| 50-54 | 7:22.08 | 50-54 | No MPS |
| 55-59 | 7:22.08 | 55-59 | No MPS |
| 60-64 | 8:28.96 | 60-64 | No MPS |
| 65-69 | 8:28.96 | 65-69 | No MPS |
| 70-74 | 9:57.74 | 70-74 | No MPS |
| 75-79 | 11:23.13 | 75-79 | No MPS |
| 80-84 | 11:58.67 | 80-84 | No MPS |
| 85-89 | 12:12.24 | 85-89 | No MPS |
| 90+ | 12:12.24 | 90+ | No MPS |

50-Yard Butterfly 100-Yard Butterfly

| Men | | Women | | Men | | Women | |
|-------|---------|-------|---------|-------|---------|-------|---------|
| 50-54 | :30.07 | 50-54 | :37.65 | 50-54 | 1:23.70 | 50-54 | 1:27.05 |
| 55-59 | :32.40 | 55-59 | :38.41 | 55-59 | 1:25.68 | 55-59 | 1:37.60 |
| 60-64 | :33.70 | 60-64 | :42.75 | 60-64 | 1:25.68 | 60-64 | 2:05.24 |
| 65-69 | :34.95 | 65-69 | :52.57 | 65-69 | 1:33.18 | 65-69 | 2:55.90 |
| 70-74 | :38.97 | 70-74 | :58.60 | 70-74 | 1:51.33 | 70-74 | 2:55.90 |
| 75-79 | :49.80 | 75-79 | 1:13.60 | 75-79 | 3:02.03 | 75-79 | 4:33.80 |
| 80-84 | 1:35.40 | 80-84 | 1:30.00 | 80-84 | 5:18.00 | 80-84 | 5:18.00 |
| 85-89 | 2:03.77 | 85-89 | 3:18.20 | 85-89 | 6:11.00 | 85-89 | 6:11.00 |
| 90+ | 2:18.90 | 90+ | 3:18.20 | 90+ | 6:11.00 | 90+ | 6:11.00 |

**200-Yard Butterfly
(No MPS Available – 2019)**

| Men | | Women | |
|-------|--------|-------|--------|
| 50-54 | No MPS | 50-54 | No MPS |
| 55-59 | No MPS | 55-59 | No MPS |
| 60-64 | No MPS | 60-64 | No MPS |
| 65-69 | No MPS | 65-69 | No MPS |
| 70-74 | No MPS | 70-74 | No MPS |
| 75-79 | No MPS | 75-79 | No MPS |
| 80-84 | No MPS | 80-84 | No MPS |
| 85-89 | No MPS | 85-89 | No MPS |
| 90+ | No MPS | 90+ | No MPS |

50-Yard Freestyle 100-Yard Freestyle

| Men | | Women | | Men | | Women | |
|-------|---------|-------|---------|-------|---------|-------|---------|
| 50-54 | :27.51 | 50-54 | :33.08 | 50-54 | 1:03.00 | 50-54 | 1:13.70 |
| 55-59 | :28.80 | 55-59 | :34.39 | 55-59 | 1:03.43 | 55-59 | 1:16.40 |
| 60-64 | :29.08 | 60-64 | :34.39 | 60-64 | 1:06.00 | 60-64 | 1:17.85 |
| 65-69 | :30.43 | 65-69 | :37.05 | 65-69 | 1:09.95 | 65-69 | 1:30.87 |
| 70-74 | :34.35 | 70-74 | :41.40 | 70-74 | 1:17.30 | 70-74 | 1:36.60 |
| 75-79 | :36.80 | 75-79 | :47.49 | 75-79 | 1:26.30 | 75-79 | 1:50.00 |
| 80-84 | :41.40 | 80-84 | :56.16 | 80-84 | 1:35.70 | 80-84 | 2:07.48 |
| 85-89 | 1:13.08 | 85-89 | 1:08.67 | 85-89 | 2:59.50 | 85-89 | 2:48.60 |
| 90+ | 1:34.95 | 90+ | 2:30.20 | 90+ | 3:43.50 | 90+ | 4:39.10 |

200-Yard Freestyle 500-Yard Freestyle

| Men | | Women | | Men | | Women | |
|-------|---------|-------|----------|-------|----------|-------|----------|
| 50-54 | 2:26.01 | 50-54 | 2:46.10 | 50-54 | 6:57.40 | 50-54 | 7:32.20 |
| 55-59 | 2:27.20 | 55-59 | 2:46.10 | 55-59 | 7:15.30 | 55-59 | 7:57.70 |
| 60-64 | 2:30.23 | 60-64 | 3:01.70 | 60-64 | 7:15.30 | 60-64 | 8:07.23 |
| 65-69 | 2:45.02 | 65-69 | 3:26.63 | 65-69 | 7:15.30 | 65-69 | 9:36.00 |
| 70-74 | 3:06.39 | 70-74 | 3:30.74 | 70-74 | 8:18.70 | 70-74 | 9:54.39 |
| 75-79 | 3:18.25 | 75-79 | 4:15.78 | 75-79 | 9:50.50 | 75-79 | 10:59.80 |
| 80-84 | 3:52.68 | 80-84 | 4:53.31 | 80-84 | 11:50.90 | 80-84 | 14:52.08 |
| 85-89 | 6:27.40 | 85-89 | 7:19.83 | 85-89 | 16:46.00 | 85-89 | 26:55.30 |
| 90+ | 7:25.00 | 90+ | 11:02.40 | 90+ | 16:46.00 | 90+ | 26:55.30 |

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

Bonus Events

| QUALIFIED STROKE | BONUS STROKES |
|---|----------------------------|
| Bonus events must be of same stroke and lesser distance | |
| Backstroke 200 | Backstroke 50, 100 |
| Backstroke 100 | Backstroke 50 |
| Breaststroke 200 | Breaststroke 50, 100 |
| Breaststroke 100 | Breaststroke 50 |
| Butterfly 100 | Butterfly 50 |
| Butterfly 200 | Butterfly 50, 100 |
| Freestyle 500 | Freestyle 50, 100, 200 |
| Freestyle 200 | Freestyle 50, 100 |
| Freestyle 100 | Freestyle 50 |
| Individual Medley 200 | Individual Medley 100 |
| Individual Medley 400 | Individual Medley 100, 200 |

TABLE TENNIS
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each table tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2019 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Players must provide their own paddles. Balls will be provided.
2. Athletes may compete with only one partner per event. Under NSGA rules, doubles and mixed doubles are classified as events. Therefore, athletes may not compete in more than one age division for doubles or mixed doubles.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2019.

FORMAT

1. Tournament format will be round robin (pool play), with as many players as possible advancing to a single elimination championship bracket. Quarterfinal round losers will compete for 5th through 8th places.
2. USATT rankings (if available) will be used to assist in pool seeding.
3. Awards will be presented for 1st through 8th place for each event within each age division.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. Play shall consist of a five-game match. The winner shall be the first player to win three games.
6. Throughout the match play shall be continuous, with a one-minute break between games.
7. Default during competition Rule R will be strictly enforced.

SPORT RULES

1. All matches will be conducted in accordance with USA Table Tennis rules, except as modified herein. For a copy of these rules, please write, email or call:

USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4583
www.usatt.org

2. White shirts or jackets are not permitted for competition, per USA Table Tennis rules.

TENNIS
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes must qualify in each tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2019 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per event. Under NSGA rules, doubles and mixed doubles are classified as events. Therefore, athletes may not compete in more than one age division for doubles or mixed doubles.
2. The age division of competition for doubles will be determined by the lower age of the two partners as of December 31, 2019.
3. Athletes must provide their own racquets and practice balls.
4. Athletes may enter a maximum of two tennis events.

FORMAT

1. Tournament format will be single elimination with a consolation bracket for first round losers. Quarterfinal losers will compete for 5th through 8th places. Subject to change based on smaller draw sizes.
2. Awards will be presented for 1st through 8th place and consolation bracket winner for each event within each age division.
3. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.

SPORT RULES

1. All matches will be conducted in accordance with United States Tennis Association (USTA) rules, except as modified herein. For a copy of these rules, please write, email or call:

United States Tennis Association
Publications Department
70 West Red Oak Lane
White Plains, NY 10604
(914) 696-7000
www.usta.com

2. If an athlete is entered in more than one tennis event, a situation may arise wherein he/she will have to play more than the USTA-recommended number of matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events. However, it is the responsibility of the athlete to make conflicts known to the Competition Manager with sufficient time in order to reschedule or withdraw.
3. The scoring format for all singles and doubles matches will be two out of three tiebreak sets, in the event of split sets, a match tiebreak (first to 10 points win by 2) will be played. There will be no full third sets. The only exception to this is that it may be modified in accordance with Format, Item 3.
4. USTA national rankings (if available) will be used to assist with the seeding.

TRACK & FIELD
50, 100, 200, 400, 800, 1500 Meter, 4x100-Meter Relay;
Discus; Hammer Throw; High Jump; Javelin;
Long Jump; Pole Vault; Shot Put; Triple Jump

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. All athletes who compete in hammer throw at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
3. Athletes who reside in a state that does not offer the hammer throw and pole vault may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 50,100, 200, 400 or 800 meter events at the 2019 National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner.

ENTRY REGULATIONS

1. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143, 3(a) – (f).
3. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of December 31, 2019.

FORMAT

1. For field events, if there are more than 12 athletes in any age division, a qualifying round may be held.
2. For track events, the number of heats will be determined based on the number of entries.
3. The 1500M will be a timed final event.
4. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write, email or call:

USA Track & Field
 132 East Washington St., Suite 800
 Indianapolis, IN 46204
 (317) 261-0500
www.usatf.org

2. Following are the weights of the various implements (subject to change) to be used for each gender and age division:

| Age Division | Discus | Hammer | Javelin | Shotput |
|--------------|--------|--------|---------|---------|
| M50-54 | 1.5kg | 6kg | 700g | 6kg |
| M55-59 | 1.5kg | 6kg | 700g | 6kg |
| M60-64 | 1.0kg | 5kg | 600g | 5kg |
| M65-69 | 1.0kg | 5kg | 600g | 5kg |
| M70-74 | 1.0kg | 4kg | 500g | 4kg |
| M75-79 | 1.0kg | 4kg | 500g | 4kg |
| M80+ | 1.0kg | 3kg | 400g | 3kg |
| W50-54 | 1.0kg | 3kg | 500g | 3kg |
| W55-59 | 1.0kg | 3kg | 500g | 3kg |
| W60-74 | 1.0kg | 3kg | 500g | 3kg |
| W75+ | .75kg | 2kg | 400g | 2kg |

3. The competitors must not wear clothing that could impede the view of the judge

TRACK MINIMUM PERFORMANCE STANDARDS
(Shaded items indicate revised standards from the 2017 National Senior Games)

Minimum Performance Standards (MPS) are based on results from the previous National Senior Games.

(Metric)

| Age | MEN'S DIVISION | | | | | |
|-------|----------------|--------|---------|---------|---------|----------|
| | 50 M | 100 M | 200 M | 400 M | 800 M | 1500 M |
| 50-54 | :7.61 | :13.89 | :28.49 | 1:06.20 | 2:32.10 | 5:19.00 |
| 55-59 | :7.72 | :14.00 | :28.74 | 1:06.40 | 2:35.14 | 5:24.20 |
| 60-64 | :7.89 | :14.30 | :29.80 | 1:07.80 | 2:36.40 | 5:35.10 |
| 65-69 | :8.15 | :14.70 | :30.90 | 1:11.20 | 2:50.40 | 6:03.80 |
| 70-74 | :8.33 | :15.62 | :32.37 | 1:15.13 | 3:05.20 | 6:53.90 |
| 75-79 | :9:27 | :16.54 | :36.90 | 1:27.60 | 3:35.44 | 7:48.49 |
| 80-84 | :10.54 | :18.94 | :39.79 | 1:43.80 | 4:18.28 | 9:40.00 |
| 85-89 | :11.79 | :21.59 | :56.86 | 2:34.17 | 6:07.02 | 14:28.50 |
| 90-94 | :14.87 | :46.71 | 1:03.00 | 3:30.00 | 7:00.20 | 16:05.00 |
| 95+ | :16.54 | :57.70 | 1:03.00 | 3:30.00 | 7:00.20 | 16:05.00 |

| Age | WOMEN'S DIVISION | | | | | |
|-------|------------------|--------|---------|---------|---------|----------|
| | 50 M | 100 M | 200 M | 400 M | 800 M | 1500 M |
| 50-54 | :8.62 | :16.35 | :35.20 | 1:21.60 | 3:10.40 | 6:35.10 |
| 55-59 | :8.66 | :16.56 | :35.52 | 1:22.98 | 3:18.64 | 7:03.00 |
| 60-64 | :9.24 | :17.38 | :36.19 | 1:34.50 | 3:39.72 | 7:17.00 |
| 65-69 | :10.12 | :18.05 | :37.42 | 1:38.77 | 3:50.00 | 7:55.00 |
| 70-74 | :10.34 | :19.73 | :43.67 | 1:48.20 | 4:29.80 | 9:10.00 |
| 75-79 | :11.76 | :21.99 | :46.84 | 2:08.00 | 5:02.30 | 10:55.47 |
| 80-84 | :14.89 | :26.80 | 1:07.30 | 3:06.74 | 6:11.80 | 13:44.30 |
| 85-89 | :23.83 | :35.82 | 1:46.70 | 4:17.00 | 9:30.00 | 16:30.00 |
| 90+ | | :44.20 | 1:46.70 | 4:21.80 | 9:30.00 | 16:30.00 |

FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

| MEN'S DIVISIONS | | | | | | | | |
|-----------------|-----------|-----------|-------------|----------|--------|---------|------------|--------|
| Age | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | Hammer |
| 50-54 | 4.55 | 1.49 | 8.52 | 11.43 | 39.85 | 40.39 | 2.60 | 29.00 |
| 55-59 | 4.50 | 1.37 | 8.52 | 11.28 | 35.91 | 40.39 | 2.60 | 27.20 |
| 60-64 | 4.24 | 1.28 | 8.27 | 11.28 | 35.91 | 38.61 | 2.48 | 27.20 |
| 65-69 | 4.01 | 1.22 | 7.70 | 10.55 | 34.52 | 34.49 | 2.21 | 25.10 |
| 70-74 | 3.50 | 1.17 | 7.43 | 10.49 | 31.29 | 31.03 | 2.21 | 25.10 |
| 75-79 | 3.04 | 1.08 | 6.09 | 9.07 | 26.73 | 27.26 | 1.53 | 20.70 |
| 80-84 | 2.90 | .99 | 4.72 | 9.06 | 22.73 | 21.29 | 1.10 | 20.70 |
| 85-89 | 1.57 | .81 | 2.94 | 7.07 | 16.28 | 15.76 | .86 | 16.00 |
| 90-94 | 1.19 | .66 | 2.00 | 4.41 | 11.58 | 8.24 | .86 | 14.00 |
| 95-99 | 1.19 | .66 | 2.00 | 3.41 | 6.20 | 6.81 | .86 | 5.00 |
| 100+ | 1.19 | .66 | 2.00 | 3.05 | 6.20 | 5.00 | .86 | 5.00 |

| WOMEN'S DIVISIONS | | | | | | | | |
|-------------------|-----------|-----------|-------------|----------|--------|---------|------------|--------|
| Age | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | Hammer |
| 50-54 | 3.37 | 1.07 | 6.60 | 8.72 | 22.40 | 21.15 | 1.22 | 19.30 |
| 55-59 | 3.20 | .99 | 4.73 | 8.52 | 21.05 | 20.48 | 1.22 | 19.00 |
| 60-64 | 3.05 | .99 | 4.71 | 7.79 | 18.62 | 20.48 | 1.22 | 18.34 |
| 65-69 | 2.77 | .95 | 4.45 | 6.83 | 17.45 | 17.73 | 1.22 | 13.44 |
| 70-74 | 2.43 | .82 | 3.83 | 6.40 | 16.99 | 15.37 | 1.22 | 11.11 |
| 75-79 | 2.22 | .78 | 3.52 | 6.40 | 15.81 | 13.92 | 1.22 | 11.11 |
| 80-84 | 1.57 | .66 | 3.52 | 5.56 | 12.28 | 10.26 | .91 | 7.00 |
| 85-89 | .84 | .56 | 2.50 | 3.97 | 6.93 | 5.95 | .86 | 6.00 |
| 90+ | .76 | .56 | 2.30 | 2.13 | 3.15 | 4.27 | .86 | 5.00 |

FIELD MINIMUM PERFORMANCE STANDARDS (English)

| MEN'S DIVISIONS | | | | | | | | |
|------------------------|------------------|------------------|--------------------|-----------------|---------------|----------------|-------------------|---------------|
| Age | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | Hammer |
| 50-54 | 14' 11" | 4' 10.5" | 27' 11.5" | 37' 6" | 130' 9" | 132' 6" | 8' 6.25" | 95' 1.75" |
| 55-59 | 14' 9.25" | 4' 6" | 27' 11.5" | 37' 0" | 117' 9.75" | 132' 6" | 8' 6.25" | 89' 3" |
| 60-64 | 13' 11" | 4' 2.5" | 27' 1.5" | 37' 0" | 117' 9.75" | 126' 8" | 8' 1.75" | 89' 3" |
| 65-69 | 13' 2" | 4' 0" | 25' 3.25" | 34' 7.5" | 113' 3" | 113' 1.75" | 7' 3" | 82' 4.25" |
| 70-74 | 11' 5.75" | 3' 10" | 24' 4.5" | 34' 5" | 102' 8" | 101' 9.75" | 7' 3" | 82' 4.25" |
| 75-79 | 9' 11.75" | 3' 6.5" | 19' 11.75" | 29' 9" | 87' 8.5" | 89' 5.25" | 5' 0.25" | 67' 11" |
| 80-84 | 9' 6" | 3' 3" | 15' 5.75" | 29' 8.75" | 74' 6.75" | 69' 10.25" | 3' 7.25" | 67' 11" |
| 85-89 | 5' 1.75" | 2' 8" | 9' 7.75" | 23' 2.25" | 53' 5" | 51' 8.5" | 2' 10" | 52' 6" |
| 90-94 | 3' 10.75" | 2' 2" | 6' 6.75" | 14' 1.75" | 37' 11.75" | 27' 0.25" | 2' 10" | 45' 11" |
| 95-99 | 3' 10.75" | 2' 2" | 6' 6.75" | 11' 3.5" | 20' 4" | 22' 4" | 2' 10" | 16' 5" |
| 100+ | 3' 10.75" | 2' 2" | 6' 6.75" | 10' 0" | 20' 4" | 16' 10" | 2' 10" | 16' 5" |

| WOMEN'S DIVISIONS | | | | | | | | |
|--------------------------|------------------|------------------|--------------------|-----------------|---------------|----------------|-------------------|---------------|
| Age | Long Jump | High Jump | Triple Jump | Shot Put | Discus | Javelin | Pole Vault | Hammer |
| 50-54 | 11' 0.75" | 3' 6" | 21' 7.75" | 28' 7.25" | 73' 6" | 67' 11.25" | 4' 0" | 63' 4" |
| 55-59 | 10' 6" | 3' 3" | 15' 6.25" | 27' 11.5" | 69' 0.75" | 67' 2.25" | 4' 0" | 62' 4" |
| 60-64 | 10' 0" | 3' 3" | 15' 5.50" | 25' 6.5" | 61' 1" | 65' 3" | 4' 0" | 54' 8.5" |
| 65-69 | 9' 1" | 3' 1.25" | 14' 7.2" | 22' 5" | 57' 3" | 58' 2" | 4' 0" | 40' 1" |
| 70-74 | 7' 11.5" | 2' 8.25" | 12' 6.75" | 21' 0" | 55' 9" | 50' 5.25" | 4' 0" | 33' 1.75" |
| 75-79 | 7' 3.5" | 2' 6.75" | 11' 6.5" | 21' 0" | 51' 10.5" | 45' 8" | 4' 0" | 33' 1.75" |
| 80-84 | 5' 2" | 2' 2" | 11' 6.5" | 18' 2.75" | 40' 3.5" | 33' 8" | 2' 11.75" | 22' 11.5" |
| 85-89 | 2' 9" | 1' 10" | 8' 2.5" | 13' 0.25" | 22' 8.75" | 19' 6.25" | 2' 10" | 19' 8.25" |
| 90+ | 2' 6" | 1' 10" | 7' 6.5" | 6' 11.75" | 10' 4" | 14' 0" | 2' 10" | 16' 4.75" |

TRIATHLON
400M Swim /20K Cycling /5K Road Race

QUALIFYING RULES

1. All athletes completing a triathlon at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.
2. Athletes who reside in a state that does not offer a triathlon event may qualify for triathlon by meeting the “limited” event qualifying criteria in Rule D.
3. Athletes who reside in a state that offers the triathlon and does not participate in that state qualifier event can qualify by meeting the “limited” event qualifying criteria in Rule D.
4. Triathlon competitions used for qualifying purposes must adhere to expected standards for the conduct of that sport. All three triathlon elements must be held consecutively on the same day with no scheduled rest periods.
5. Each element must be at least as long as the triathlon event at Nationals. (400M Swim, 20K Cycling and a 5K Road Race).

ENTRY REGULATIONS

1. Athletes must provide their own bicycles, helmets, running and swim gear, and energy supplements.
2. All equipment must meet USA Triathlon standards.

FORMAT

1. The events in this sport are the 400M swim, 20K cycling and the 5K road race.
2. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. This event will be conducted in accordance with Triathlon Federation/USA rules except as modified herein. For a copy of these rules, please write, email or call:

USA Triathlon
1365 Garden of the Gods Rd, Suite 250
Colorado Springs, CO 80907
(719) 597-9090
www.usatriathlon.org

2. No rider shall pace behind another rider closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
3. Helmets are mandatory and must conform to USA Triathlon regulations. Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed-gear bicycles are not permitted.
4. NSGA Swim caps must be worn during the competition.
5. Each age group triathlete shall be permitted to wear a wet suit without penalty up to and including a water temperature of 78 degrees Fahrenheit.

VOLLEYBALL

Team Volleyball

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2018 NSGA qualifying games will qualify for the 2019 National Senior Games.

ENTRY REGULATIONS

1. Teams must be of one gender.
2. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Roster changes shall be allowed only as permitted under Rule F.
3. Teams are no longer limited to the number of out-of-state players on their rosters; however roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
5. At the National Senior Games athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
6. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2019.

FORMAT

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system maximum of three skill divisions based on number of teams in each division and pool play results will be utilized. The following divisions may be used, Division I – (highest level), Division II - and Division III. The final playoff format will be determined at the discretion of the NSGA.
2. Every effort will be made to provide teams a minimum of 6 matches.
3. All competition will be the best of 3 set matches.
4. First through fourth place awards will be presented within each Flight and Division.
5. Teams will be required to provide line judges and scorekeepers during competition.
6. Net height shall be in accordance with USA Volleyball rules.
7. Default during competition Rule S will be strictly enforced.
8. Awards will be presented for 1st through 4th place within each age/skill division.

SPORT RULES

1. All matches will be conducted in accordance with USA Volleyball rules, except as modified herein. For a copy of these rules, please write or call:

USA Volleyball
4065 Sinton Road
Colorado Springs, CO 80910
(719) 228-6800
www.usavolleyball.org

2. Team clothing should be of like design and color. The player's jerseys must be numbered in a permanent manner from 1 to 99 using Arabic numerals. Duplicate numbers are not allowed. The numbers must be placed on the jersey at the center of the front and of the back. Minimum 4 inches on the chest and minimum 6 inches on the back. Sponsors may be added to the jersey but cannot interfere with number placement. . Uniforms shall be free of inappropriate symbols or wording.
3. A team must have at least five players present to start a game; otherwise, the game is forfeited. Teams will be allowed a five-minute grace period to assemble a minimum of five players. The sixth player may enter upon arrival. In the event of injury, a team may continue/finish with a minimum of four players on the floor.
4. Teams competing with only five players shall always have three players on the front row. No service rotation penalty shall be assessed for not having six players.
5. To win the match, a team must win two out of three games.
6. In pool play, USA Volleyball rules governing tie-breakers will be used.
Two Libero's are permitted and may be changed from set to set and not have to be designated for their match.

Appendix A

QUALIFICATION FOR THE NATIONAL SENIOR GAMES

An athlete may qualify for the National Senior Games in several ways. An athlete can qualify by place or meeting the minimum performance standard for the event in their age division at a NSGA qualifying Senior Games. An athlete participating in a game that allows out-of-state people to enter may also qualify through a process known as qualifying down. In power walk, race walk, road race, cycling time trials and the cycling road races an athlete may qualify through reciprocal qualification. Reciprocal qualification automatically qualifies an athlete in a second event when they qualify in a similar event. Finally, if certain circumstances exist an athlete may qualify using the limited opportunity rule. Since qualifying for the limited opportunity rule requires submission of a request form and written proof of performance these qualifiers are identified by the NSGA staff.

QUALIFYING BY PLACE

Prior to the beginning of the qualifying year the National Senior Games Association Board of Directors specifies the number of places that will qualify. The number of qualifying places is not the same for all events; for example, the 2018 qualifying year (qualifying for the 2019 summer National Senior Games) in most events the top four places qualify. But in tennis only the top three places qualify; in golf only the first place qualifies; in triathlon and hammer all finishers qualify.

Some states require athletes to qualify at a local or regional game in order to participate in their state games. The state games qualifying rules may differ from the national rules. For more information, contact your state qualifying site.

QUALIFYING BY MINIMUM PERFORMANCE STANDARD (MPS)

Minimum performance standards have been established for many of the individual events where the performance can be measured by time, distance, or score. These minimum performance standards are recalculated after every summer National Senior Games.

Sports which have minimum performance standards are: Archery, Golf, Race Walk, Road Race, Swimming, and Track and Field. In the sports it's possible to have many qualifiers. If the top 10 participants all meet the minimum standard all 10 qualify. The MPSs are recalculated after each National Game by the NSGA staff and board. These calculations follow an established formula.

QUALIFYING BY QUALIFYING DOWN

State games have the option to be open or closed. A closed state does not allow athletes who are not residents of the state to participate in their games.¹ Open states allow out-of-state participants (OOS) and the qualifying down rule applies to these states. The NSGA sport rules specify that an out-of-state athlete cannot displace an in-state athlete from a qualifying place. In applying this rule if an out-of-state athlete places in a qualifying spot then an in-state athlete can be moved up to a qualifying place.

In doubles events where one player is in-state and one is out-of-state the team is considered an out-of-state team. For basketball, softball and volleyball the team captain must specify the team's home state.

Closed states define an in-state resident in different ways. One state may consider people who live in a neighboring state but work in their state and in-state resident for senior games. One state established rules that anyone who ever lived or worked in the state would be allowed to participate in the state games.

Application of qualifying down process is best explained through the use of a chart. Example 1: 4 places qualify.

| Athlete | Status | Actual Finishing Place | Place after Qualifying Down | Qualified |
|---------|----------|------------------------|-----------------------------|-----------|
| Sue | OOS | 1 | 1 | Yes |
| Rachel | OOS | 2 | 2 | Yes |
| Linda | In-State | 3 | 1 | Yes |
| Betty | In-State | 4 | 2 | Yes |
| Cindy | In-State | 5 | 3 | Yes |
| Lisa | OOS | 6 | 6 | No |
| Karen | In-State | 7 | 4 | Yes |
| Sarah | In-State | 8 | Optional | No |

Example 2: 3 places qualify

| Athlete | Status | Actual Finishing Place | Place after Qualifying Down | Qualified |
|---------|----------|------------------------|-----------------------------|-----------|
| George | In-State | 1 | 1 | Yes |
| Horace | In-State | 2 | 2 | Yes |
| Tom | In-State | 3 | 3 | Yes |
| Dick | In-State | 4 | 4 | No |
| Harry | OOS | 5 | 5 | No |
| Adam | OOS | 6 | 6 | No |
| Bill | OOS | 7 | 7 | No |
| Jeff | In-State | 8 | Optional | No |

Example 1 shows the top two finishers from out-of-state. Both of these individuals qualify by place. The third-place finisher is an in-state athlete and qualifies by winning third-place but through the qualifying down rule can be awarded an in-state first place. Since the first two places were won by out-of-state people, the in-state participants can be moved up two places. This allows Cindy, who finished fifth overall to be moved into an in-state third place and she is qualified. The same is true for Karen who moved to fourth place in-state.

Example 2 which shows three places qualifying and first second and third places were won by in-state athletes. These are the only three people who will qualify by place in this example.

RECIPROCAL QUALIFICATION

In race walk, power walk, 5K/10K road race and cycling, athletes may qualify in a second event by qualifying in a similar event. Specifically, in race walk if an athlete qualifies in the 1500M race walk he/she is reciprocally qualified in the 5000M race walk. Reciprocal qualification works the other way also; if the athlete qualifies in the 5K race walk he/she is reciprocally qualified in the 1500M race walk.

Reciprocal qualification works in a similar fashion for cycling events. An athlete qualifying in either of the cycling time trials (5K and 10K) is reciprocally qualified in the other. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.

BONUS EVENTS

The swimming qualification rules allow athletes to select certain events as bonus events. The rule is simply this, if an athlete qualifies in a swimming event that has shorter distances using the same stroke then the athlete may choose the shorter distance as a bonus event. For example, if an athlete qualifies in the 200yd freestyle that athlete may choose the 100yd and 50yd freestyle as bonus events. But the athlete may not choose the 500yd freestyle because it is a longer stroke than the one event in which qualified.

An athlete may select bonus events when registering for the National Senior Games but may not exceed the limit of six events in which he/she may enter.

| QUALIFIED STROKE | BONUS STROKES |
|---|----------------------------|
| Bonus events must be of same stroke and lesser distance | |
| Backstroke 100 | Backstroke 50 |
| Breaststroke 200 | Breaststroke 50,100 |
| Breaststroke 100 | Breaststroke 50 |
| Backstroke 200 | Backstroke 50, 100 |
| Butterfly 100 | Butterfly 50 |
| Butterfly 200 | Butterfly 50,100 |
| Freestyle 500 | Freestyle 50, 100, 200 |
| Freestyle 200 | Freestyle 50, 100 |
| Freestyle 100 | Freestyle 50 |
| Individual Medley 200 | Individual Medley 100 |
| Individual Medley 400 | Individual Medley 100, 200 |

LIMITED OPPORTUNITY QUALIFICATIONS

The cycling time trials (5K and 10K), cycling road races (20K and 40K), pole vault, hammer throw, road races (5K and 10K), triathlon and the following non-ambulatory sports – bowling, horseshoes and shuffleboard are considered limited opportunity events. Athletes may qualify in limited opportunity events if his/her home state does not offer the event. The participation and documentation requirements are different for the different events and are detailed in the senior games rule book. The submitted requests for limited opportunity qualifications are evaluated by the NSGA staff and notices of approval or disapproval are sent to the athletes.