National Senior Games Association™

Official Sport Rules
2013 National Senior Games

January 1, 2012
(includes additional rules clarifications as of 2/29/12)

QUALIFYING PROCEDURES AND RULES OF COMPETITION
GOVERNING THE 2013 NATIONAL SENIOR GAMES

The following qualifying procedures and rules of competition for the 2013 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.

These qualifying procedures and rules of competition have been approved by the National Games Committee of the National Senior Games Association (NSGA). These rules may be subject to change prior to the 2013 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 2012-2013.

2013 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
CYCLING	5K, 10K (Time Trials)
	20K[1], 40K[1] (Road Races)
GOLF	54-Hole Scratch Play
HORSESHOES	Singles
PICKLEBALL	Singles, Doubles, Mixed Doubles
RACE WALK	1500, 5000 Meter
RACQUETBALL	Singles, Doubles
ROAD RACE	5K, 10K
SHUFFLEBOARD	Singles, Doubles
SOFTBALL	Team Softball
SWIMMING	Backstroke: 50-, 100-, 200-Yard
	Breaststroke: 50-, 100-, 200-Yard
	Butterfly: 50-, 100-Yard
	Freestyle: 50-, 100-, 200-, 500-Yard
	Individual Medley: 100-, 200-Yard (four strokes)
TABLE TENNIS	Singles, Doubles, Mixed Doubles
TENNIS	Singles, Doubles, Mixed Doubles
TRACK & FIELD	50, 100, 200, 400, 800, 1500 Meter, 4 x 100 Relay[2]
	Discus, Hammer Throw[1], High Jump, Javelin, Long Jump,
	Pole Vault[1], Shot Put, Triple Jump[1]
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, 3-on-3 basketball shall have an 80+ age division.

[1]Denotes a “limited” event. For more information, refer to item “D” on page 5.

[2]Relays are open to those that qualify for and compete in the 100, 200, 400, or 800 Meter Dashes at the National Games. Registration for relays will take place at the track during the National Games. Specific information regarding relay registration will be made available through registration materials.

SUMMARY OF SIGNIFICANT CHANGES

Following is a summary of the significant changes to the qualifying procedures and rules of competition governing the 2013 National Senior Games. **This section is a summary only. It does not, however, summarize every change. For specific information, please review the actual rule in question.**

1. **RULE E – DOUBLES PARTNERS** – *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.*

2. **RULE F – TEAMS** – *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. Limit on number of teams one may coach/manage has changed.*

3. **RULE N – SEEDING** - *Table Tennis will use USATT rankings to assist in pool seeding if available.*

4. **RULE U – GENDER POLICY** – *Has been added for governing the determination of gender for the purposes of competition in National events.*

5. **RULE V – NSGA ABLE BODY ATHLETE RULE** – *Has been added for governing the determination of participation for athletes with physical disabilities.*

6. **RULE W – NSGA BANNED SUBSTANCE POLICY** – *Has been added for governing the determination of participation for athletes found to be using banned drugs.*

7. **BASKETBALL, SOFTBALL & VOLLEYBALL** - *There are no longer rules limiting the number of out-of-state athletes on rosters; however roster changes shall be allowed only as permitted under Rule F. Captains must declare team residency at the time of registration, subject to NSGA approval.*

8. **BASKETBALL** – *The naming of the flight system has been changed. All out-of-state roster limitations have been removed. The three point line has been adjusted to 19', 9" for both men and women. Rules governing format, substitutions, game stalling, inbounding, defending regarding the check line, fouls, free throws and uniforms have been modified.*

9. **BOWLING** – *Participants may enter in all three events (singles, doubles and mixed doubles) provided they have qualified in each.*

10. **GOLF** – *1st place at a NSGA qualifying games and all participants meeting the MPS qualify for nationals.*

11. **HORSESHOES** – *Change in competition format for both the preliminary and championship rounds.*

12. **PICKLEBALL** – *Has been added as an official sport.*

13. **SHUFFLEBOARD** – *Change in the tie-breaking procedures.*

14. **SOFTBALL** – *The naming of the flight system has been changed. All out-of-state roster limitations have been removed. A new NGB is sanctioning the sport. Sport rules are currently under development and will be available by December 31, 2011.*

15. **TRACK AND FIELD** – *50 meter dash has been added.*

16. **VOLLEYBALL** – *The naming of the flight system has been changed. All out-of-state roster limitations have been removed.*

SPORT RULES, REGULATIONS & FORMAT

Following are the qualifying procedures and rules of competition governing the 2013 National Senior Games. These games will be held July 20 to August 1, 2013 in Cleveland, Ohio.

A. QUALIFYING DATES

The qualifying period for the 2013 National Senior Games will run from Jan. 1, 2012 through Dec. 31, 2012.

Competition completed after Dec. 31, 2012, will not be considered for qualifying for the 2013 National Senior Games.

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 Dec. 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 Dec. 31, 2012, to be eligible for the 2013 National Senior Games.

C. AGE FOR COMPETITION AT THE 2013 NATIONAL SENIOR GAMES

Age division for all singles competition at the 2013 National Senior Games will be determined by the athlete's age as of December 31, 2013. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2013. Age division for all relay competition will be determined by the age of the youngest relay team member as of December 31, 2013.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2013. 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+ 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, triple jump and the triathlon. The rules for qualifying for these events are as follows.

1. If a "limited" event 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 two cycling road races of the event length or better between Jan. 1 and Dec. 31, 2012. Cyclists who complete two 40K or longer events may qualify for both events.
   b. 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 Jan. 1 and Dec. 31, 2012.
   c. For hammer throw and triple jump an athlete must submit verification of having competed in two USA Track & Field sanctioned competitions between Jan. 1 and Dec. 31, 2012.
   d. For triathlon an athlete must submit verification of having completed two triathlons between Jan. 1 and Dec. 31, 2012.
   e. Athletes must submit to the NSGA office by no later than April 15, 2013, a Limited Event Verification form, available from the NSGA office, 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 2013 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, table tennis and tennis also have a separate mixed doubles event. Racquetball does not have a mixed doubles event. Shuffleboard 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, 2013.

Athletes may compete with only one partner per event.

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 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.

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. Athletes may compete with only one team per sport. 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 to 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, 2013.

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 Dec. 31, 2012.
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 Jan. 1 and Dec. 31, 2012.
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.

It shall be the responsibility of the state games to determine whether a doubles team made up of one in-state and one out-of-state athlete is considered an in-state or out-of-state team. The state games shall inform competitors of its policy prior to the start of qualifying competition.

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 2012 qualifying games. In general, the MPS is based on the time, distance or score of the 6th place finisher from the previous National 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 divisions 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 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 are also not deemed professionals.

The NSGA shall have the final authority to determine who is deemed professional for the purpose of competing in NSGA events. The NSGA reserves the right to determine professional status based on established 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. Jerseys that are numbered on the front and back are highly recommended. Refer to each sport for specific details.

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 National Games. This request must be

made to the Competition Manager or NSGA Director of National Games within 30 minutes of the initial protest denial. All decisions by the NSGA Director of National Games are final and not subject to further appeal.

L. EVENT ENTRY LIMITS

Athletes may enter no more than two individual sports at the 2013 National Senior Games. Individual sports are as follows:

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

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). Athletes may compete in more than one team sport but may only be a player on one team roster per team sport. For example, an athlete may be on one basketball and one softball team but not two basketball teams.

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. A 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. Results of past National Senior Games will be used whenever possible.
4. 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 national governing body (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 2013 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 2013 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. REPRESENTATION DURING NATIONAL GAMES

All athletes and teams must represent one of the Association's Member Organizations during competition at the National Games.

T. ADDITIONAL QUALIFIERS

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

U. 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.

V. NSGA Able Bodied Athlete Policy

The National Senior Games is comprised of 19 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 (NGB) 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.

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 minimum performance standards in competition at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. An archer may enter only the event in which he/she has qualified.

ENTRY REGULATIONS

1. Archers may only compete in one event.
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 events:
   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 event 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 events will be conducted in accordance with National Field Archery Association rules, except as modified herein. For a copy of these rules, please write or call:

   National Archery Association
   711 North Tejon Street
   Colorado Springs, CO 80903
   (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 broadheads 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. No stabilizers, levels or draw checks are 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.

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

600 ROUND
600 round consists of shooting 20 arrows
at each distance of 60, 50 and 40 yards.

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	280	400	470
Women	280	400	470

300 INDOOR ROUND

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	180	200	250
Women	180	200	250

NATIONAL FIELD ARCHERY ASSOCIATION
28 Target Field round

Minimum Required Score			
	Barebow	Limited*	Unlimited**
Men	300	400	450
Women	275	375	425

* compound finger, recurve

** compound release

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

(Shaded items indicate revised standards from the 2011 National Senior Games)

BADMINTON
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. Athletes must qualify in each badminton event (singles, doubles, mixed doubles) in which they wish to compete at the 2013 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, 2013.
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 United States Badminton Association rules, except as modified herein. For a copy of these rules, please write or call:

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

QUALIFYING RULES

1. All first-, second- and third-place teams at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. Each 2012 NSGA qualifying games may qualify all basketball teams that compete in the 80+ age division. 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 10 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. Athletes may compete with only one team per sport.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2013.

FORMAT

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system will use AAA, AA and A divisions and the final playoff format will be determined at the discretion of the NSGA.
2. First through fourth place awards will be presented in the AAA, AA and A divisions.
3. Every effort will be made to provide teams a minimum of 5 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. Defensive points allowed
    d. Coin Toss
6. Forfeits shall be scored 7-0.
7. Default during competition Rule R will be strictly enforced.

SPORT RULES

1. 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
    P. O. Box 6222
    Indianapolis, IN 46206-6222
    (317) 917-6222
    www.ncaa.org

2. 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.
3. The game shall be played on half court by two teams of three players each, with a maximum of seven substitutes.
4. Playing time shall be two halves of 12 minutes of a continuously running clock with an intermission of five minutes. 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.
5. 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.

6. 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.
7. Substitutions may be made after a basket, foul shot, stoppage of play or any other time an official beckons the player onto the court:
    a. Players MUST be beckoned onto the court by the referee.
    b. Only the offensive (inbounding) team can initiate a substitution after a made basket or free throw (when it is the final free throw taken).
    c. The defensive team can only substitute after a made basket or free throw (when it is the final free throw taken) if the offense is substituting at that time.
8. The winner of the coin toss shall take the first possession. 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.
9. Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of ball possession. A warning shall be given by an official prior to assessing the penalty.

    a. The deliberate stalling rule is in effect during the entire first half and the first 10 minutes of the second half. Once the 20-second shot clock comes into effect (final 2 minutes of the game and in overtime periods), the deliberate stalling rule will no longer be in effect.
10. A 20-second shot clock will be in effect during the last two minutes of the game and during overtime period. When the shot clock is in effect teams must attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.

    a. When the offensive team rebounds a missed shot attempt, the ball must touch the rim for the clock to be reset. If the ball does not touch the rim, the 20-second clock will not be reset.
11. 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:
    a) 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. Dribbling or shooting will result in a warning from the official; all subsequent violations will result in loss of possession with no change in the possession arrow
    b) 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 <u>not</u> have to pass behind the 3-point line; only the player's feet.
    c) The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
    d) The player who returns the ball behind the three-point line may maintain possession and attempt to score.
12. 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 inbounder 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.
13. Player restrictions when inbounding the ball:
    a) The inbounder must be within 3 feet of the three-point line and must stay within the free throw lane extension area (12 feet wide), an area referred to as the "throw-in area".

b) 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.
c) The inbounder may not hand-off the ball to a teammate.
d) The inbounder'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 inbounds pass.

14 .A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.

15. All personal and technical fouls shall be counted against a team total. Penalties for fouls shall be as set forth below.

16. Prior to the seventh team foul:
    a) any common foul shall result in loss of possession for the offending team;
    b) any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession;
    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 shall retain possession.

17. Beginning with the seventh team foul:
    a) any common foul shall result in a single free throw plus a bonus free throw if a player makes the first free throw, and the offended team shall retain possession;
    b) any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession.
    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.

18. Beginning with the 10th team foul:
    a) any common foul shall result in two free throws, and the offended team shall retain possession;
    b) any player control foul shall result in disallowing a converted basket, recording the foul and a change in possession;
    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 shall retain possession.

19. During the last two minutes of the 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)
    a) During live rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
    b) If the shooter makes the last awarded free throw, the opposing team will inbound the ball.

20. Team clothing must be of like design and color. Teams must have both "home" and "away" uniforms with permanently attached numbers on front and back.

21. Three point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.

22. 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.

23. The NSGA Sport Rules for Basketball are governed by the current NCAA rules as stated in Rule O.

BOWLING
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. Athletes must qualify in each bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2013 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, 2013.

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.
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. 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.

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

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2012 NSGA qualifying games will qualify for the 2013 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.

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 mass start at approximately 10-minute intervals by age division and gender with combinations when needed.
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. Cycling Federation (USCF) 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 Triathlon regulations.
3. Multigear (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, chainwheel 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 aerobars) are permitted only in time trial events, not in 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 take 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.

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 2012 NSGA qualifying games will qualify for the 2013 National Senior Games. Qualifiers will be determined by 18-hole 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.

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. 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.
3. 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)

	Men			
Age Div.	**Slope 119-120**	**Slope 121-122**	**Slope 123-124**	**Slope 125-126**
50-54	77	78	79	80
55-59	78	79	80	81
60-64	79	80	81	82
65-69	81	82	83	84
70-74	84	85	86	87
75-79	87	88	89	90
80-84	90	91	92	93
85-89	100	101	102	103
90+	105 51 (9-hole)	106 52 (9-hole)	107 53 (9-hole)	108 54 (9-hole)

	Women			
Age Div.	**Slope 113-114**	**Slope 115-116**	**Slope 117-118**	**Slope 119-120**
50-54	88	89	90	91
55-59	89	90	91	92
60-64	90	91	92	93
65-69	93	94	95	96
70-74	96	97	98	99
75-79	102	103	104	105
80-84	106	107	108	109
85-89	111	112	113	114
90+	115 56 (9-hole)	116 57 (9-hole)	117 58 (9-hole)	118 59 (9-hole)

HORSESHOES
Singles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2012 NSGA qualifying games will qualify for the 2013 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 (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. Dick Hansen
   Secretary/Treasurer
   National Horseshoe Pitcher's Association
   3085 76th Street
   Franksville, WI 53126
   (262) 835-9108
   www.horseshoepitching.com

2. Shoes shall be pitched from alternate ends of the court at stakes 40 feet apart, except as modified herein. Women in age divisions 50-74 will pitch a distance of 30 feet. Women in age divisions 75 and older will pitch a minimum distance of 20 feet. Men in age divisions 50-69 will pitch a distance of 40 feet. Men in age divisions 70 and older will pitch a minimum distance of 30 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.

PICKLEBALL – NEW SPORT
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. Athletes must qualify in each Pickleball event (singles, doubles, mixed doubles) in which they wish to compete at the 2013 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. Competitors must provide their own paddles. Balls will be provided.
3. The age division are as follows:

    a. Singles will be determined by the athlete's age as of December 31, 2013.
    b. Doubles and mixed doubles competition shall be determined by the age of the youngest doubles player as of December 31, 2013. Age division will be in 5 year increments beginning with 50 and ending with 100+. (50-54, 55-59, 60-64…)
    c. NSGA reserves the right to combine age division for competition purposes.

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. Awards will be presented to 1st through 8th place for each event within each age division.
3. The NSGA and LOC reserve the right to change the tournament format depending on entry numbers, space restrictions or other circumstances.

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.

RACE WALK
1500/5000 Meter

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 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500 meters.

ENTRY REGULATIONS

1. Athletes qualified in either the 1500-meter or 5000-meter race walk may compete in both events.

FORMAT

1. Courses and formats for the 1500-meter and 5000-meter will be determined by the availability of facilities in the host city.
2. The circuit for 5km 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	5000m	Women	1500m	5000m
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	13:06	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 2011 National Senior Games)

RACQUETBALL
Singles/Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. Athletes must qualify in each racquetball event (singles, doubles) in which they wish to compete at the 2013 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 is 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, 2013.

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 is 5 or less players in a division, the tournament format will be double round round. Quarterfinal round 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 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. Matches will be best of three games, with the first to games to 15. Third game tiebreakers will be played to 11.

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 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.

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.

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	54:47
55-59	19:23	45:06	55-59	26:50	56.46
60-64	20:02	46:29	60-64	27:21	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	33:20	1:10:40
75-79	29:10	1:02:24	75-79	37:50	1:40:00
80-84	35:58	1:27:18	80-84	46:58	1:50:00
85-89	43:30	1:45:20	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 2011 National Senior Games)

SHUFFLEBOARD
Singles/Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. Athletes must qualify in each shuffleboard event (singles, doubles) in which they wish to compete at the 2013 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS National Senior GamesNational Senior Games

1. Athletes may compete with only one partner per event. Under NSGA rules, doubles is classified as an event. Therefore athletes may not compete in more than one age division for doubles.
2. Doubles teams may be of 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, 2013.
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 Gus Bondi
   6634 North Lake Drive
   Zephyrhills, FL 33542
   813-395-6343
   E-Mail: love2shuffle@msn.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.
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. If there is a tie, those players will play-off the ties. 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. If players within the same pool are tied (same number of wins / loses) and they played head to head, the winner of the head to head will advance into the seeded round.
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 (ppg) of the tied teams will determine seeding. Team with the highest ppg 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.

QUALIFYING RULES

1. All first-, second-, and third-place winners at a 2012 NSGA qualifying games will qualify for the 2013 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 two 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
   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. 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. Limit on number of teams one may coach/manage has changed.
5. Teams that add two or more players from a higher rated team may be subject to reclassification.
6. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
7. Athletes may compete with only one team per sport.
8. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2013.

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 teams will be divided into three skill divisions (AAA, AA and A) based on pool play results and strength of team during pool play. 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. Women's teams will be divided into two categories (AA and A) based on pool play results, strength of team during pool play. Skill divisions will be utilized as needed as determined by tournament officials.
5. 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

6. 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 Amateur Softball Association (Senior) Rules, except as modified herein. For a copy of these rules, please write or call:
   Amateur Softball Association
   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 six feet (6ft) 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: ASA 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 may bat up to 20 players, but all players must be listed on the roster and line up card. The team captain has the option of batting all defensive players and 1 or 2 EP's or entire roster. 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 A and AA 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 AAA 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 AAA division will play under the 1-homerun +1-up single rule. Teams in the AAA division 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. 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 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. Jerseys must have a number on the back.
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. The men's divisions will play 12-inch slow pitch (.44 cor and .375 compression). The women's divisions will play 11-inch slow pitch (.47 cor and .500 compression).
16. 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 2013 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. State qualifying games and the 2013 National Senior Games will utilize a double first base, a second home plate, 65' feet base paths, 20' commitment line between 3rd base and home plate and a 6' feet pitching box. A field diagram with dimensions is included in the ASA rulebook (with the exception of the 6' pitching box and strike zone mat).

SWIMMING

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

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 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.

ENTRY REGULATIONS

1. At the 2013 National Senior Games, swimmers will be eligible to swim two 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 provide times from the last twelve months prior to the registration deadline for their selected bonus events.
2. Athletes who qualify in the 200-yard individual medley may select only the 100-yard individual medley as a bonus event.
3. Swimmers must swim in their qualified events at the 2013 National Senior Games in order to pick a bonus event from that stroke.
4. Swimmers may enter a maximum of six events, including bonus events.
5. The 500-yard freestyle and the 200-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them.
6. Swimmers must provide their own suits, caps, goggles, towels, etc.

FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. All swimmers in the 500-yard freestyle will be required to check-in at the venue.
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 United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call:

   United States Masters Swimming, Inc.
   655 North Tamiami Trail
   Sarasota, FL 34236
   (941) 256-8767 or (800) 550-7946
   www.usms.org

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

Time achieved in a NSGA State Games Qualifier.

(Shaded items indicate revised standards from the 2011 National Senior Games)

Metric to Yard Conversion
Multiply by 1.143 for 400M distance to get yard time.
Multiply by 0.896 for all other distances (50, 100, 200) to get metric times.

50- Yard Backstroke

Men		Women	
50-54	:36.20	50-54	:41.40
55-59	:36.33	55-59	:43.30
60-64	:37.30	60-64	:49.41
65-69	:42.30	65-69	:49.41
70-74	:45.20	70-74	:55.20
75-79	:50.10	75-79	1:00.10
80-84	53.16	80-84	1:08.85
85-89	1:31.40	85-89	1:34.90
90+	1:50.80	90+	2:25.20

100- Yard Backstroke

Men		Women	
50-54	1:27.20	50-54	1:33.00
55-59	1:27.20**	55-59	1:33.00
60-64	1:27.20**	60-64	1:49.24
65-69	1:31.70	65-69	1:49.24
70-74	1:43.85	70-74	2:05.80
75-79	1:54.44	75-79	2:16.10
80-84	2:01.77	80-84	2:35.13
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	3:09.90	50-54	3:07.60
55-59	3:09.90	55-59	3:21.40
60-64	3:09.90	60-64	3:59.20
65-69	3:26.30	65-69	4:21.20
70-74	3:52.17	70-74	4:46.20
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:31.20
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	:47.40
55-59	:37.70	55-59	:47.40
60-64	:37.80	60-64	:51.10
65-69	:44.20	65-69	:55.10
70-74	:46.10	70-74	1:00.00
75-79	:51.80	75-79	1:09.80
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	1:28.60	60-64	1:58.70
65-69	1:37.20	65-69	2:01.20
70-74	1:44.20	70-74	2:12.20
75-79	1:57.90	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	3:59.70
55-59	3:09.80	55-59	3:59.70
60-64	3:17.60	60-64	4:31.47
65-69	3:39.40	65-69	4:32.90
70-74	3:55.30	70-74	4:44.41
75-79	4:18.58	75-79	5:43.59
80-84	6:13.00	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	1:16.00	50-54	1:26.70
55-59	1:16.00	55-59	1:34.20
60-64	1:21.80	60-64	1:44.60
65-69	1:24.80	65-69	1:52.30
70-74	1:39.10	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	2:57.70	55-59	3:33.50
60-64	3:02.30	60-64	4:12.40
65-69	3:36.83	65-69	4:27.00
70-74	3:42.80	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)

50-Yard Butterfly

Men		Women	
50-54	:30.90	50-54	:37.65
55-59	:32.40	55-59	:39.10
60-64	:34.20	60-64	:47.50
65-69	:37.00	65-69	:53.92
70-74	:42.20	70-74	:58.60
75-79	:49.80	75-79	1:13.60
80-84	1:35.40	80-84	1:30.00
85-89	2:03.77	85-89	3:18.20
90+	2:18.90	90+	3:18.20

100-Yard Butterfly

Men		Women	
50-54	1:33.00	50-54	1:27.05
55-59	1:35.20	55-59	1:42.49
60-64	1:35.20	60-64	2:38.30
65-69	1:51.33	65-69	2:55.90
70-74	1:51.33	70-74	2:55.90
75-79	3:22.20	75-79	4:33.80
80-84	5:18.00	80-84	5:18.00
85-89	6:11.00	85-89	6:11.00
90+	6:11.00	90+	6:11.00

50-Yard Freestyle

Men		Women	
50-54	:28.50	50-54	:34.20
55-59	:28.80	55-59	:34.80
60-64	:29.50	60-64	:36.90
65-69	:31.80	65-69	:40.60
70-74	:34.40	70-74	:41.40
75-79	:36.80	75-79	:48.10
80-84	:41.40	80-84	59.90
85-89	1:21.20	85-89	1:16.30
90+	1:34.95	90+	2:30.20

100-Yard Freestyle

Men		Women	
50-54	1:04.20	50-54	1:13.70
55-59	1:06.00	55-59	1:16.90
60-64	1:06.00	60-64	1:26.50
65-69	1:12.10	65-69	1:33.30
70-74	1:17.30	70-74	1:36.60
75-79	1:26.30	75-79	1:50.00
80-84	1:35.70	80-84	2:23.10
85-89	2:59.50	85-89	2:48.60
90+	3:43.50	90+	4:39.10

200-Yard Freestyle

Men		Women	
50-54	2:27.20	50-54	2:46.10
55-59	2:27.20	55-59	2:59.40
60-64	2:33.60	60-64	3:08.21
65-69	2:57.30	65-69	3:30.00
70-74	3:11.59	70-74	3:48.90
75-79	3:36.20	75-79	4:15.78
80-84	3:52.68	80-84	5:25.90
85-89	6:27.40	85-89	8:08.70
90+	7:25.00	90+	11:02.40

500-Yard Freestyle

Men		Women	
50-54	7:15.30	50-54	7:32.20
55-59	7:15.30	55-59	7:57.70
60-64	7:15.30	60-64	8:24.50
65-69	8:09.30	65-69	9:47.50
70-74	8:18.70	70-74	10:48.10
75-79	9:50.50	75-79	11:03.30
80-84	11:50.90	80-84	15:05.10
85-89	16:46.00	85-89	26:55.30
90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

Bonus Events

Qualified Stroke You may select no more than two bonus events. Must be of same stroke and of lesser distance	Bonus Strokes (Maximum of two selections)								
	Backstroke 100	Backstroke 50	Breaststroke 100	Breaststroke 50	Butterfly 50	Freestyle 200	Freestyle 100	Freestyle 50	IM 100
Backstroke 200	Y	Y							
Backstroke 100		Y							
Breaststroke 200			Y	Y					
Breaststroke 100				Y					
Butterfly 100					Y				
Freestyle 500						Y	Y	Y	
Freestyle 200							Y	Y	
Freestyle 100								Y	
Individual Medley 200									Y

TABLE TENNIS
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

3. All first-, second-, third- and fourth-place winners at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
4. Athletes must qualify in each table tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2013 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, 2013.

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 two-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 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.
3. The expedite system shall not be in effect, with the following exception. The Competition Manager may invoke the system to keep the tournament on schedule. The system may be placed in effect during a match but must not be placed in effect in the middle of a game.

TENNIS
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. Athletes must qualify in each tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2013 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, 2013.
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 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. There will be a one-minute break every two games.
4. 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) 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.

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 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
2. All athletes who compete in hammer throw or triple jump at a 2012 NSGA qualifying games will qualify for the 2013 National Senior Games.
3. Athletes who reside in a state that does not offer the hammer throw, pole vault or triple jump may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 100-, 200-, 400- or 800-meter events at the 2013 National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes can not 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. 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, 2013.

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 1500-meters 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 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	400g	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 2011 National Senior Games)

Minimum Performance Standards (MPS) are based on results from the previous National Games. The 50 M Dash is a new event, therefore there are no previous results from the National Senior Games to create MPS.

MEN'S DIVISION					
Age	**100 M**	**200 M**	**400 M**	**800 M**	**1500 M**
50-54	:14.00	:28.70	1:06.20	2:32.10	5:19.00
55-59	:14.00	:29.10	1:06.40	2:36.40	5:24.20
60-64	:14.30	:29.80	1:07.80	2:40.20	5:35.10
65-69	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:16.00	:32.40	1:15.13	3:05.20	6:55.62
75-79	:16.90	:36.90	1:27.60	3:35.44	7:48.49
80-84	:18.94	:39.79	1:43.80	4:35.40	9:21.24
85-89	:23.99	:58.90	2:51.30	6:44.80	16:05.00
90-94	:51.90	1:03.00	3:30.00	7:00.20	16:05.00
95+	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

WOMEN'S DIVISION					
Age	**100 M**	**200 M**	**400 M**	**800 M**	**1500 M**
50-54	:17.20	:35.20	1:21.60	3:10.40	6:35.10
55-59	:17.20	:36.60	1:28.70	3:25.01	7:03.00
60-64	:18.00	:38.80	1:35.10	3:40.80	7:17.00
65-69	:18.40	:41.50	1:42.00	3:50.00	7:55.00
70-74	:20.60	:44.20	1:48.20	4:29.80	9:10.00
75-79	:21.99	:46.84	2:13.90	5:02.30	13:00.98
80-84	:26.80	1:07.30	3:48.70	6:11.80	14:24.85
85-89	:39.80	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

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	8.51	11.28	35.91	40.39	2.60	27.20
60-64	4.24	1.26	7.52	11.25	35.48	38.49	2.43	25.10
65-69	4.01	1.22	7.52	10.52	34.52	34.34	2.21	25.00
70-74	3.50	1.14	7.43	10.49	31.29	30.23	2.12	22.60
75-79	3.04	1.04	5.10	8.94	26.42	26.96	1.53	20.70
80-84	2.90	.95	3.94	8.72	22.73	21.29	.91	20.00
85-89	1.37	.73	2.94	6.38	16.05	14.33	.86	16.00
90+	1.19	.66	2.00	3.92	11.58	6.81	.86	14.00

WOMEN'S DIVISIONS								
Age	**Long Jump**	**High Jump**	**Triple Jump**	**Shot Put**	**Discus**	**Javelin**	**Pole Vault**	**Hammer**
50-54	3.25	1.07	6.60	8.33	20.98	20.42	1.22	19.30
55-59	3.20	.99	4.30	7.87	18.72	19.89	1.22	19.00
60-64	3.05	.99	4.30	7.32	18.54	19.89	1.22	14.28
65-69	2.74	.86	3.90	6.83	17.45	17.73	1.22	10.10
70-74	2.43	.82	3.30	6.40	16.99	15.37	1.22	10.10
75-79	2.10	.78	3.20	5.92	13.84	13.67	1.22	9.50
80-84	1.55	.66	2.70	4.45	11.53	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

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

QUALIFYING RULES

1. All athletes completing a triathlon at a 2012 NSGA qualifying games will qualify for the 2013 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. 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.

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 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 take 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. Swim caps are mandatory.

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2012 NSGA qualifying games will qualify for the 2013 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. Athletes may compete with only one team per sport.
6. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2013.

FORMAT

Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system will use AAA, AA and A divisions and the final playoff format will be determined at the discretion of the NSGA.

1. Every effort will be made to provide teams a minimum of 6 matches.
2. All competition will be the best of 3 set matches.
3. First through fourth place awards will be presented within each Flight and Division.
4. Teams will be required to provide line judges and scorekeepers during competition.
5. Net height shall be in accordance with USA Volleyball rules.
6. Default during competition Rule R will be strictly enforced.
7. 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
   715 South Circle Dr
   Colorado Springs, CO 80910
   (719) 228-6800
   www.usavolleyball.org

2. Team clothing should be of like design and color. Teams must have shirts with permanently attached numbers on both front and back.
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.