National Senior Games Association™

Official Sport Rules

2025 National Senior Games

Presented by Humana

(Updated: 12.10.24)

QUALIFYING PROCEDURES AND RULES OF COMPETITION
GOVERNING THE 2025 NATIONAL SENIOR GAMES

The following qualifying procedures and rules of competition for the 2025 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. The National Senior Games reserves the right to refuse entry to The Games to individuals or teams for any reason.

These qualifying procedures and rules of competition have been approved by the National Games Committee and the Board of Directors of the National Senior Games Association. These rules may be subject to change prior to the 2025 event. Any changes or updates will be posted on www.NSGA.com.

TABLE OF CONTENTS

MENU OF EVENTS 1
SUMMARY OF SIGNIFICANT CHANGES 3
SPORT RULES, REGULATIONS & FORMAT 18
ARCHERY 25
BADMINTON 27
BASKETBALL 28
BASKETBALL SKILLS 33
BEACH VOLLEYBALL 35
BILLIARDS 36
BOWLING 37
BOWLING NON-AMBULATORY 39
CORNHOLE 40
CYCLING 43
DISC GOLF 45
GOLF 46
GOLF (SCRAMBLE) 48
PICKLEBALL 49
PICKLEBALL NON-AMBULATORY 50
POWERLIFTING 51
POWER WALK 53
RACE WALK 54
RACQUETBALL 55
ROAD RACE 56
SHUFFLEBOARD 57
SHUFFLEBOARD NON-AMBULATORY 58
SOCCER 59
SOFTBALL 61
SWIMMING 64
TABLE TENNIS 69
TAI CHI 70
TENNIS 71
TRACK & FIELD 72
TRIATHLON / TRIATHLON RELAY 76
VOLLEYBALL 77
APPENDIX A 78

2025 NATIONAL SENIOR GAMES
MENU OF EVENTS

ARCHERY	Compound Fingers, Compound Release, Barebow Compound, Recurve, Barebow Recurve
BADMINTON	Singles, Doubles, Mixed Doubles
BASKETBALL	Team Basketball (Three on Three Half Court), Shooting Skills Competition[2]
BEACH VOLLEYBALL	2 and 4-Person Teams
BILLIARDS[2]	Singles, Open Doubles
BOWLING	Singles, Doubles, Mixed Doubles, Non–Ambulatory Singles[1], Non–Ambulatory Doubles, Non-Ambulatory Mixed Doubles[1] Team Bowling[5] (4- Person Team)
CORNHOLE[2]	Singles, Doubles, Mixed, Non-Ambulatory Singles
CYCLING	5K, 10K (Time Trials) (Two Wheel & Trike Recumbent bikes (Non-Fairing)
	20K[1], 40K[1] (Road Races)
DISC GOLF[2]	54-Hole/36-Hole Scratch Play
GOLF	54-Hole Scratch Play, Scramble
PICKLEBALL	Singles, Doubles, Mixed Doubles, Non-Ambulatory Singles[2]
POWERLIFTING[2]	Squat, Bench Press, Deadlift
POWER WALK	1500 Meter, 5K
RACE WALK	1500 Meter, 5K
RACQUETBALL	Singles, Doubles, Mixed Doubles
ROAD RACE[1]	1 Mile Run[2], 5K, 10K
SHUFFLEBOARD	Singles, Open Doubles, Non-Ambulatory Singles[1], Non–Ambulatory Open Doubles[1]
SOCCER[2]	Team Soccer (Eight versus Eight)
SOFTBALL	Team Softball
SWIMMING	Backstroke: 50-, 100-, 200-Yard
	Breaststroke: 50-, 100-, 200-Yard
	Butterfly: 50-, 100-Yard, 200-Yard
	Freestyle: 50-, 100-, 200-, 500-Yard
	Individual Medley: 100-, 200-Yard, 400-Yard (four strokes)
	Relay - Mixed 200-Yard Freestyle & Medley (2 women, 2 men) [3]
TABLE TENNIS	Singles, Doubles, Mixed Doubles
TAI CHI[2]	Individual, Group, Open
TENNIS	Singles, Doubles, Mixed Doubles
TRACK & FIELD	50, 100, 200, 400, 800, 1500 Meter, 4 x 100 Relay[4]
	Discus, Hammer Throw[1], High Jump, Javelin, Long Jump,
	Pole Vault[1], Shot Put, Triple Jump
TRIATHLON[1]	Swimming: 400M Freestyle; Cycling: 20K; Road Race: 5K
TRIATHLON RELAY[2]	Swimming: 400M Freestyle; Cycling: 20K; Road Race: 5K
VOLLEYBALL	Team Volleyball

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

as of 10.2.2024

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

[2] Denotes sport or event will be an “OPEN” event for the 2025 National Senior Games and no qualifying is necessary.

[3] Swimming relays are open to those that qualify and compete in swimming at the National Senior Games. Registration for the relays will take place during the registration process and at the venue during the National Games. (Must have all 4 members to register online).

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

[5] Team Bowling is available for any athlete already registered for singles or doubles. See bowling sports page for details.

SUMMARY OF SIGNIFICANT CHANGES

Following is a summary of the significant changes to the qualifying procedures and rules of competition governing the 2025 National Senior Games. However, it does not summarize every change. For specific information, please review the actual rule in question.

SPORT RULES, REGULATIONS & FORMAT

C. AGE FOR COMPETITION AT THE 2025 NATIONAL SENIOR GAMES

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

E. DOUBLES PARTNERS

Doubles partners who qualify together are not required to play together at the 2025 National Senior Games. All participants must have qualified for the **SPORT** in which they intend to participate, with one partner having qualified in the **EVENT** in which they intend to participate. The NSGA and LOC **WILL NOT** assign partners at The Games. Badminton, bowling, pickleball, racquetball, table tennis and tennis doubles partners must be of the same gender. Note: Badminton, Bowling, Pickleball, Racquetball, Table Tennis and Tennis also have a separate mixed doubles event. Shuffleboard and Billiards open doubles may be of mixed gender. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2025. You cannot compete in an age division younger than the youngest partner.

F. TEAMS

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

Basketball: 3	Beach Volleyball: 2	Volleyball: 4	Soccer: 4	Softball: 5

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 National Chair of the competition in question. A protest fee of $50 cash for an individual or $100 cash fee for a team and a completed Protest Form must be received within 30 minutes of the conclusion of the game, match, heat, or event under protest. National Chairs will have the blank protest forms. Protests after this time WILL NOT be considered. The National Chair and Director of Operations will evaluate the protest and render a decision. If the Director of Operations is unavailable, another NSGA Director can evaluate the protest and issue a ruling or determine if further input is necessary. If the protest is valid, the $50/$100 charge will be reimbursed to the person submitting the protest. If the protest is not valid, the NSGA reserves the right to retain the Protest Fee. All decisions by the NSGA Director of Operations are final and not subject to further appeal.

Judgement Decisions: Players or managers may NOT protest any official's judgement calls.

L. EVENT ENTRY LIMITS

Athletes may enter no more than two qualifying individual sports at the 2025 National Senior Games.

Qualifying individual sports are as follows:

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

In addition to two qualifying individual sports, athletes may compete in **two qualifying team sports** (Basketball, Softball, Volleyball). At the National Senior Games, athletes may compete on up to two teams per sport provided that the teams are in different age divisions that are scheduled to play in completely separate sessions.

Athletes may register for an unlimited number of OPEN SPORTS.

Open Sports/Events are as follows:

Basketball Skills Shooting	Disc Golf	Road Race (1 Mile Run)
Beach Volleyball	Golf Scramble	Soccer
Billiards	Pickleball (Non-Ambulatory Singles)	Tai Chi
Cornhole	Powerlifting	Triathlon Relay
Cycling (Recumbent Time Trials	Power Walk	

Athletes are responsible for making sure that the sports/events they enter do not result in scheduling conflicts. The NSGA will not provide refunds for time conflicts due to overlapping events. NSGA and the LOC will not accommodate individual scheduling requests.

U. NSGA NON-AMBULATORY ATHLETE POLICY

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

BASKETBALL

FORMAT

5. Ties for seeding will be broken in the following manner:

If a two-team tie situation:

- Head-to-Head competition
- Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
- Point differential against all opponents
- Least points allowed (total points allowed against all opponents)
- Coin Toss

If a three-team tie situation:

a. Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
b. Point differential against all opponents
c. Least points allowed (total points allowed against all opponents)
d. Coin Toss

SPORT RULES

This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) Women's College Basketball rules, except as modified herein. For a copy of these rules, please visit the website www.NCAA.org

1. **Uniforms:**
   a) Teams should attempt to have uniforms of like design and color.
   b) Teams should attempt to have both "home" and "away" uniforms with at least 1 permanently attached number. Numbers on front of uniform shall be approximately 4" and approximately 6"

on back.

c) Sponsors may be added to uniforms, but cannot interfere with number placement.
d) Uniforms shall be free of inappropriate symbols or wording.
e) Game officials will have the final determination when uniform issues arise in determining safety, compliance, legality, contrasting visibility and their ability to access fouls, penalties and violations.

2. The Game-Court-Equipment-Markings:

a) The game shall be played by two teams of 3 players each on a half court containing dimensions, boundary lines, throw-in area, other line markings such as 3-point line, free throw lane lines etc., and in accordance with NCAA rules unless further noted.
b) A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet.
c) Goals, baskets, standards, paddings all should be in accordance with NCAA rules.
d) Scoreboard & clock are typically one unit located at the scorer's table, therefore NCAA rules do not apply here.
e) The ball used during games is in accordance with NCAA rules for both men and women.
f) 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.
g) The winner of the pre-game coin flip (called in the air by the away team) shall take first possession of the ball, thus beginning the AP (alternating possession) arrow process for the rest of regulation play.

3. Scoring & Timing Violations & Overtime Regulations:

a) Playing time shall be two halves of 15-minutes for all age groups. The exception would be for the following age divisions: 75+ women's teams and 80+ men's teams. If both captains of teams in these divisions agree, prior to the game, to play 12-minute halves, it shall be permissible. There shall be a continuously running clock with an intermission of five minutes for half time. In the last two minutes of each half and all of overtime, the clock will stop in accordance with normal basketball rules like out of bounds, traveling, 3 seconds in the lane as examples and also includes Live Play/Live Rebounding being in effect regarding free throw situations in which offense and defense will line up in appropriate lane spaces and the ball does not automatically go back to offense during this time frame. The clock will also stop after a made basket during the last minute of the second half.
b) A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules, and after a made basket, during the last minute. If the game is still tied at the end of the first overtime period, a final overtime will be played with a sudden-death format; the first team to score will win. Ball possession will be determined by a coin flip for each overtime period. The team who had AP (alternating possession) arrow at end of regulation shall call first OT coin flip, and team with AP arrow at end of first OT shall call sudden death coin flip). There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.
c) Two time-outs are permitted per team, per half. Timeouts do not carry over from one period to the next. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 60 seconds in duration. The clock will not run during time-outs.
d) 3-point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.
e) A 5-second closely guarded violation occurs when an offensive player *holding the ball* does not pass, shoot, or dribble within a 5-second timeframe. To be considered "closely guarded", a defender must be in a defensive position and located within six feet of the player.
f) 3-second in the lane violation: It is a violation for an offensive player to have any part of their body remain in the lane for more than three consecutive seconds. To establish a position outside the 3-second lane, an offensive player must place both feet on the playing court outside the lane.
g) Grace Rule will go into effect when a team is ahead by 30+ points, and only during the second half of play. During this time, the clock will continue to run until the team behind can reduce the

point spread to less than 30 points.

4. **Check Line/Throw-In Area & Ball In/Out of Play:**
   a) The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows.
   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 not 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.
   e) After a made basket and all dead ball situations, the ball shall be placed in play from the designated throw- in area which shall be the space at the top of the key with a width no less than the free throw lane extension area (12 feet wide) and a depth no less than 5 feet from the top of the 3-point line.

5. **Player Restrictions When Inbounding Ball**:
   a) Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the throw-in area regardless of whether the in-bounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
   b) The in-bounder must stay within the lines of the designated throw-in area,
   c) The defense may defend anywhere on the court; however, no player (offensive or defensive) may enter the throw-in area. This area is a restricted space for the thrower-in only.
   d) The in-bounder may not hand-off the ball to a teammate, it must be passed.
   e) The in-bounder's teammates may only enter the three-second lane to receive a pass when their teammate has possession of the ball for the throw-in, is in the throw-in area and only after they have cleared the lane following a made goal or free throw. "Clearing the lane" is establishing a position outside the 3-second lane with both feet having been placed on the playing court outside the lane.
   f) Offensive screens should not be set until the inbounding teammate actually takes possession of the ball in the throw-in area.
   g) Violations of the throw-in area by the offense result in loss of possession.
   h) Violations of the throw-in area by the defense could result in warning, administrative or unsporting technical.

6. **Substitutions:**
   a) A substitute is a team member who has reported to the scorer's table and is waiting there to be beckoned onto the court by an official. Entering the court without being beckoned may result in a warning and/or technical foul. Substitution requests should be made prior to the in-bounder having the ball in the throw-in area.
   b) Substitutions by both offense and defense may occur during all normal stoppages in the game such as non-shooting common fouls, out of bounds, violations (traveling, 3-second in lane, double dribble, injured player, contact lens, timeouts, etc.).
   c) Free Throw Substitutions: During either half, and Prior to 2 minutes remaining (when Live Play/Live Rebounding goes into effect) substitutions by both the offensive and defensive teams may only occur after the first free throw of any merited two-shot foul, and after the second free throw of any merited three-shot foul. ONLY the offensive team, who will retain possession of the ball following the last merited free throw, can request a substitution and the incoming substitute must have been at the scorer's table prior to the free throw shooter releasing the ball. Once the last free throw is made or missed and the official's recognize & beckon the player onto the court, the defensive team is allowed to counter sub.
   d) Normal substitution procedures will be followed by either team during free throws occurring in live play within the last 2 minutes of either half and overtime.

e) Both offense and defense can be subject to delay of game warnings and penalties for blatant and repeated substitution process violations.

7. Fouls and Penalties:

a) A player is disqualified for his/her fifth foul.
b) A more complete descriptive Foul/Penalty chart is available 2023-24 NCAA Women's Rules Book in Appendix III.
c) Any shooting foul with a missed basket shall result in two free throws (three for a three- point attempt).
d) Any shooting foul with a converted basket shall result in the basket being awarded along
e) with one free throw.
f) Any offensive foul (player in control of the ball or is an airborne shooter) shall result in disallowing a converted basket, recording the foul and a change in possession.
g) Prior to the fifth team foul, any common foul shall result in loss of possession for the offending team.
h) All personal, offensive and technical fouls shall count towards a team's total. Exceptions are: Indirect Technicals and Administrative Technicals.
i) Beginning with the fifth team foul in the first half, the penalty is two free throws awarded to the offended team. This will reset at halftime. Beginning with the fifth team foul in the second half, the penalty, again, is two free throws awarded to the offended team and will carry over into overtime.
j) During the first (13) minutes of each half, any shooting foul will result in the offended team retaining possession and all non-shooting players will be above and behind the 3 point arc and cannot be below the intersection of the free throw shooting line. During the final (2) minutes of each half and any overtime period, the automatic awarding of team possession after free throws does not apply and Live Play/Live Rebounding is in effect.
k) During Live Play/ Live Rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
l) The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the rim, flange or backboard or until the free throw ends.
m) No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-throw shooter has released the ball.

8. Technical Fouls:

a) Direct Technical foul is one assessed to the head coaches for their own behaviors.
b) Indirect Technical refers to a technical foul assessed to a head coach for the actions of bench personnel only. Penalty for a) and b) are 2 free throws and the ball is awarded to the offended team.
c) Administrative Technicals are issued for not submitting to the scorer, names and numbers of team members and or, having to make roster changes once the game begins (Exception allowed for injury, illness, blood on uniform). Penalty is two shots and ball is awarded at point of interruption or AP (alternating possession) if at beginning of game. If before the game, only one technical foul will be issued, regardless of the number of infractions. Once the game begins, only one technical foul will be issued, regardless of the number of infractions and when they occurred. Administrative Technicals do not count towards the team foul total.
d) Team Technical Fouls shall be assessed after a team warning has been issued for each of the following, and the penalty shall be two shots and awarded possession.

Delay of Game: A warning will be given the first time any of the following occur: Improper substitutions, defense breaking the plane of throw-in area with no contact of ball or thrower, delaying return to floor after timeouts or intermission, interfering with ball and not allowing it to be readily available, huddling on the court or prior to free throws, and faking being fouled. Stalling, or not running an offense, is a delay of game, except during the last 2 minutes of second half play or any overtime.

e) Unsporting behavior technicals will be issued for disrespectfully addressing officials, use of profanity or language that is abusive, vulgar or obscene, taunting or baiting an opponent, or inciting undesirable crowd reactions. The penalty shall be 2 free throws and awarded possession.

f) Intentional Foul will be assessed when there is not a legitimate attempt to make a direct Play on the ball, excessive, hard or unnecessary contact with opponent. The penalty shall be two free throws and awarded possession.

BASKETBALL – SHOOTING SKILLS COMPETITION

QUALIFYING RULES

1. For 2025, Shooting Skills Competition will be classified as an "OPEN" event. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.
2. Participants do not have to compete in three-on-three basketball to participate in the shooting skills competition.
3. Participants may compete in only one session and based solely on the athlete's age.
4. Age divisions for basketball shooting skills competition will be determined by the age of the athlete as of December 31, 2025.

FORMAT

1. All events will be finals, and competition for a particular age group shall be conducted during one session.
2. Participants will shoot (25) free throws for the free throw shooting competition.
3. Participants will shoot (15) 3-point shots, three from each of five locations for the 3-point shooting competition.
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. The NSGA and Tournament Manager may impose time limits during competition if necessary. If a time limit is imposed, the player with the most made baskets at the end of the time limit shall be declared the winner.
6. Awards will be presented for 1st through 4th place for each event within each age division.

SPORT RULES

1. When applicable, the shooting skills competition will be conducted in accordance with National Collegiate Athletic Association (NCAA) Women's College Basketball rules, except as modified herein. For a copy of these rules, please visit the website www.NCAA.org.

National Collegiate Athletic Association
700 W. Washington Street
P. O. Box 6222
Indianapolis, IN 46206-6222

FREE THROW COMPETITION:

1. Participants are allowed 2 practice shots.
2. Each participant will first shoot 25 (uninterrupted) free throws and will earn 1 point for each basket made. A total of 25 points is possible.
3. A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet. All eligible participants must declare the free throw line they intend to shoot from prior to the start of competition. No eligible participants shall be allowed to shoot from both free throw lines at any point during competition.
4. The ball will be rebounded for the shooter.
5. Basketballs will be provided. No personal basketballs may be used for competition
6. The participant may not step over the free throw line while shooting (from the time the ball leaves his/her hand until the ball reaches the rim or backboard).

7. Tie breaker policy will be as follows:
    a. Most consecutive free throws made
    b. Sudden death shoot-off of up to ten additional free throws
    c. If still tied, multiple medals or ribbons will be awarded

3-POINT COMPETITION:

1. Participants will have 5-10 minutes to warm up as a group. No additional practice shots will be given.
2. Each participant will shoot 3 shots (untimed) from each of five marked locations around the three-point arc. (right and left baselines, right and left wings, and top of key). Shooter will take all shots in succession. All participants will start in the left baseline area and work their way around the arc.
3. Participants will earn 1 point for each basket made. A total of 15 points is possible.
4. No 3-point line distance modifications will be given for any age group. All participants must shoot from the distance of (19' 9").
5. The balls will either be on a rack positioned at each location or handed to the shooter by a volunteer. All shots will be rebounded for the shooter.
6. Basketballs will be provided. No personal basketballs may be used for competition.
7. The participant's feet must be completely behind the 3-point line at the time of the shot. The participant is allowed to jump from outside the line and land inside, so long as the ball is released mid-air.
8. Tie breaker policy will be as follows:
    a. Sudden death shoot-off from top-of-key location

BEACH VOLLEYBALL

QUALIFYING RULES

1. For 2025, Beach Volleyball event will be classified as an "OPEN Sport". Teams do not need to qualify at a 2024 qualifier.

ENTRY REGULATIONS

1. Teams must be of one gender.
2. Team roster shall be limited to (4) players for 2-person teams and (6) players for 4-person teams including non-playing coach.
3. At the National Senior Games athletes may compete on up to two teams per event providing that the teams are in different age divisions that are scheduled to play on completely separate dates.
4. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2025.
5. 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.

FORMAT

1. Depending on the number of teams registered, match play is 2 of 3 sets, with the first 2 sets to 21-points (win by 2) and a 15-point 3rd set (win by 2) if needed OR, for Pool Play only, 2 Sets to 21 (win by 2). The final playoff format will be determined at the discretion of the NSGA.
2. Net height shall be in accordance with USA Volleyball rules. Same net height as indoor volleyball.
3. Default during competition Rule Q will be strictly enforced.
4. 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 Beach Volleyball rules, except as modified herein. For a copy of the complete rules, please visit www.usavolleyball.org or call:

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

2. Team clothing should be of like design and color. Numbers will be provided at the competition.
3. In the 4's competition, a team must have at least three players present to start a game; otherwise, the game is forfeited. In the event of injury, a team may continue/finish with a minimum of three players.
4. Net contact is only penalized if the player is in the action of play.
5. The imaginary centerline can be crossed as long as there is no interference with the opponent.
6. In pool play, USA Volleyball rules governing tiebreakers will be used.
7. All players may attack at the net (but, never with open-handed tipping).
8. Any setting action toward the opponent must be executed by being square to the direction of the ball.
9. Sets that drift over the net (meant for a teammate, but unintentionally goes over) will be permitted.
10. A hard-driven ball can have multiple contacts, if one attempt, in a defensive/reactive manner (not offensive action).
11. May never block or attack a serve.
12. Block contact counts as one of the 3 allowable hits per side.
13. Play will only be halted for a threat of lightning or other unplayable weather factors (wind, darkness etc.)
14. Unlimited substitutions

BILLIARDS – 8 BALL

QUALIFYING RULES

1. For 2025, Billiards will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Athletes may compete in singles, and open doubles.
2. Anyone can register for the event regardless if a state qualifier offers it or not.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2025.

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. A match shall consist of the best 2 of 3 games, or 3 of 5 games, as determined and announced by the NSGA and Tournament Manager.
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. The NSGA and Tournament Manager may impose time limits during competition. During preliminary rounds, games shall not last over 15 minutes. Tournament bracket and all medal games shall not last over 25 minutes. If a time limit is imposed, the player with the most balls pocketed at the end of the time limit shall be declared the winner.
    a. In the case of any ties at the end of the time limit, all balls will be removed from the table except the 8-ball. The 8-ball is spotted and the cue ball is shot from behind the headstring. Lagging shall be used to determine order of play, and normal 8-ball rules shall apply.
5. In doubles competition, players shall alternate shots, not turns. The first break of the match starts the rotation. If a player makes the 8-ball, their teammate breaks the next rack. The lag will not count as part of the rotation.
6. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All Billiards events will be conducted in accordance with World Pool-Billiard Association rules, except as modified herein. For a copy of these rules, please visit:

World Pool-Billiard Association
https://wpapool.com/

2. Play will take place on regulation billiard tables, 9' x 4 ½', when available.
3. The cue may weigh a minimum of 10 oz. but no more than 25 oz. Players may use personal or borrowed legal cue sticks.
4. Except for the break, all shots will be called.

5. Lagging shall be used to determine order of play.
6. Smoking will not be allowed by participants in tournament area, while tournament is in progress.

BOWLING

FORMAT

6. Doubles, mixed doubles and teams will bowl one set of three games during qualifying. The top eight combined scores will advance to a roll-off.
7. 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 and teams) shall determine his/her place within an age division.
14. All teams must declare order of bowlers during the registration process.

BOWLING – NON-AMBULATORY

FORMAT

6. Doubles, mixed doubles and teams will bowl one set of three games during qualifying. The top eight combined scores will advance to a roll-off.
7. 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 and teams) shall determine his/her place within an age division.
14. All teams must declare order of bowlers during the registration process.

DISC GOLF

QUALIFYING RULES

1. For 2025, Disc Golf will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.
2. Disc golfers must provide their own discs and related equipment.

FORMAT

1. The tournament will be 54-hole medal play with 18 holes per day except for men and women in age divisions 75 and older. Competitors in age divisions 75 and older will play 36-hole scratch play with 18 holes per day.
2. Tee times will be used for competition
3. The NSGA reserves the right to change the tournament format for any age division based on entry numbers, space restrictions or other circumstance. This includes but is not limited to tee times or a shotgun start.
4. In the event of a tie between 1st, 2nd or 3rd place, the PDGA tie-breaking procedures will be implemented.
5. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. All Disc Golf events will be conducted in accordance with PDGA rules, except as modified herein. For a copy of these rules, please visit or call:

Professional Disc Golf Association
https://www.pdga.com/
(706) 261-6342

2. Discs used in play must be approved by the PDGA and meet all of the conditions set forth in the PDGA Technical Standards.
3. A player may not use any device that directly assists in making a throw.
4. Devices that reduce or control abrasion to the skin (such as gloves, tape, bandages, or gauze), items applied to the skin to improve grip (such as talc, chalk, dust, or dirt) and medical items (such as knee or ankle braces) are allowed.
5. Caddies shall not be permissible.

GOLF

FORMAT

2. Maximum score will be utilized for all tournament rounds for both men and women. A player's maximum score for each hole shall be related to par and set at triple bogey. A player who does not complete a hole in the given number of strokes up to triple bogey, must pick up their ball and forgo any further play for that particular hole. This player will not be disqualified, but simply gets the maximum score for that hole equal to triple bogey.

GOLF - SCRAMBLE

QUALIFYING RULES

1. For 2025, Golf Scramble will be classified as an "OPEN" event. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.
2. Participants do not have to compete in the 54-hole scratch play golf event to participate in the scramble.
3. The age division of competition for golf scramble will be determined by the age of the youngest team member as December 31, 2025.
4. Athletes may only compete on one four-person team. Teams may be same gender, or coed.
5. 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.

FORMAT

1. Teams will be made up of four players. No twosomes or threesomes allowed. Teams will be required to find their own teammates or place an ad on NSGA's team finder web page. The NSGA and LOC WILL NOT assign golfers to teams.
2. Teams will play 18 holes.
3. Standard best-ball format shall be used:
    a. All four members of a team start by teeing off on each hole before deciding on the best shot through a consensus. The "best ball" will retain its lie while the remaining players will pick up their balls and proceed to hitting their next shot where the best ball has been determined.
    b. Each golfer will then hit their ball within one club length of the previously determined "best shot location" when playing shots off the green. For shots on the green, each player must play their shot within a putter's head of where the ball came to rest.
    c. The team with the lowest total score for the 18-hole round shall be declared the winner.
4. In the case of a tie:
    a. Teams in tie shall play a single playoff hole as chosen by the tournament organizer.

b. If a tie still exists, the tournament organizer will select a random hole number and use a team's lowest score on that hole to determine the winner.
c. If still tied, organizers will call for progression from that hole until a tie is broken.

5. 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.
6. Awards will be presented for 1st through 4th place.

SPORT RULES

1. This tournament will be conducted in accordance with any Local Course rules and USGA rules, except as modified herein. Please refer to Local rule sheet during competition at the National Senior Games or for a copy of these rules, please visit the USGA website www.usga.org or call:

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

2. Code of conduct and adherence to the honor system shall also be in accordance with USGA rules.
3. Caddies shall not be permitted during the Golf Scramble event.
4. Tee distances shall be assigned based on age group of team, which is determined by the age of the youngest team member as December 31, 2025.
5. No mulligans shall be permissible.
6. There shall be no requirement to play a minimum number of any particular player's shots.

PICKLEBALL

QUALIFYING RULES

4. The state coordinator will have the ability to divide the skills rating into four divisions or less (Division I, II, III, IV). You will qualify four in each age category per division. If a state does not have enough athletes in an age/skill division, the athlete would move up or down in an age group within the same division at the discretion of the Tournament Director.
5. NSGA shall use the following skill levels within each age group at Nationals: (3.0 and under, 3.5, 4.0 and 4.5/5.0)

PICKLEBALL – NON-AMBULATORY

QUALIFYING RULES

1. For 2025 Non-Ambulatory Pickleball will be classified as a "NON-AMBULATORY - OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.
2. NSGA shall use the following skill levels within each age group at Nationals: (3.0 and under, 3.5, 4.0 and 4.5/5.0)

ENTRY REGULATIONS

1. Anyone (non-ambulatory) can register for the event regardless if a state qualifier offers it or not.
2. Athletes must supply current USAPA rating at the time of registering for the 2025 National Senior Games. If an athlete does not have a skill rating, they will need to refer to the document posted on NSGA.com under the Pickleball sports page in order to determine their skill rating.
3. Competitors must provide their own paddles. Balls will be provided.

FORMAT

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

SPORT RULES

1. All Pickleball events will be conducted in accordance with the USA Pickleball Association rules, except as modified herein. For copy of the rules please visit the USA Pickleball website info@pickleball.org :

USA Pickleball Association
PO Box 7354
Surprise, AZ 85374

2. Participant must be seated in their wheelchair for the entire duration of competition.
3. The playing surface for Wheelchair play shall be 44 feet wide and 74 feet long.
4. Players may allow the ball to bounce twice before returning the ball. The second bounce can be anywhere on the playing surface.
5. Shirt color cannot be the same color as the game ball. (Optic yellow/green).

POWERLIFTING

QUALIFYING RULES

1. For 2025, Powerlifting will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.

FORMAT

1. Each competitor will compete in one lifting session and is allowed three attempts on each of three lifts (squat, bench press, deadlift).
2. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
3. Awards will be presented for 1st through 8th place within each age division based upon totals. In addition, awards will be presented for 1st through 3rd places in the individual lifts of squat, bench press and deadlift, in each age division.

SPORT RULES

1. All Powerlifting events will be conducted in accordance with USA Powerlifting rules, except as modified herein. For a copy of these rules, please visit:

USA Powerlifting
https://www.usapowerlifting.com/

2. Competition takes place between lifters in categories defined by sex, bodyweight, age, and equipped vs. raw.
3. The following competition lifts are recognized and must be taken in the same sequence in all contests: 1) squat, 2) bench press, and 3) deadlift. The "total" is the sum of the heaviest successful attempt on each lift.
4. Each competitor is allowed three attempts on each lift. The lifter's best successful attempt on each lift counts toward their competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
5. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter.
6. A successful attempt in all three disciplines is required to earn a total. Should a lifter fail to make a successful attempt in the squat and/or bench press, they may continue to compete for the remainder of the contest but they will not earn an official total (their total will be recorded as 0).
7. Equipment check is required for every competitor. Either the lifter or the lifter's coach must present the apparel/equipment to be inspected. All personal apparel/equipment that will (or might) be worn/used during competition must be inspected and approved at equipment check.
8. All lifters in the session must attend a formal weigh-in prior to competition.

9. The following weight classes shall be used for competition:

The (11) female weight classes and their ranges/limits are as follows:

USA Powerlifting Female Weight Classes and Ranges			
Class (kg)	Range (kg)	Class (lb)	Range (lb)
44	up to 44.00	97.00	up to 97.00
48	44.01 - 48.00	105.80	97.01 - 105.80
52	48.01 - 52.00	114.60	105.81 - 114.60
56	52.01 - 56.00	123.40	114.61 - 123.40
60	56.01 - 60.00	132.20	123.41 - 132.20
67.5	60.01 - 67.50	148.80	132.21 - 148.80
75	67.51 - 75.00	165.20	148.81 - 165.20
82.5	75.01 - 82.50	181.80	165.21 - 181.80
90	82.51 - 90.00	198.40	181.81 - 198.40
100	90.01 - 100.00	220.40	198.41 - 220.40
100+	100.01 and above	220.40+	220.41 and above

The (12) male weight classes and their ranges/limits are as follows:

USA Powerlifting Male Weight Classes and Ranges			
Class (kg)	Range (kg)	Class (lb)	Range (lb)
52	up to 52.00	114.60	up to 114.60
56	52.01 - 56.00	123.40	114.61 - 123.40
60	56.01 - 60.00	132.20	123.41 - 132.20
67.5	60.01 - 67.50	148.80	132.21 - 148.80
75	67.51 - 75.00	165.20	148.81 - 165.20
82.5	75.01 - 82.50	181.80	165.21 - 181.80
90	82.51 - 90.00	198.40	181.81 - 198.40
100	90.01 - 100.00	220.40	198.41 - 220.40
110	100.01 - 110.00	242.40	220.41 - 242.40
125	110.01 - 125.00	275.40	242.41 - 275.40
140	125.01 - 140.00	308.60	275.41 - 308.60
140+	140.01 and above	308.60+	308.61 and above

ROAD RACE - 1 Mile Run/5K/10K

QUALIFYING RULES

2. For 2025, the 1 Mile Run event will be classified as an "OPEN" event. Athletes do not need to qualify at a 2024 state qualifier.

FORMAT

1. In the 1 Mile Run, 5K and 10K events, all age divisions will run simultaneously.
2. The 1 Mile Run will be conducted on a 1 mile road course.

SOFTBALL

SPORT RULES

1. This tournament will be conducted in accordance with Softball Players Association (SPA) Rules, except as modified herein. For a copy of these rules, please visit the SPA website https://softballspa.com/ or call:

Softball Players Association (SPA)
45 W Armstrong Dr
Mustang, OK 73064
(405) 376-7034

14. **Pitching Mask**: All pitchers are encouraged to wear a defensive face mask while pitching in all games.

18. **Field Dimensions**: State qualifying games and the 2025 National Senior Games will utilize a double first base, second home plate, 30-foot commitment line between third base and home plate and a 6-foot pitching box. A field diagram with dimensions is included in the USA Softball rulebook (with the exception of the 6-foot pitching box and strike zone mat). If in the National Chair's and tournament director's discretion, such an adjustment is feasible, base paths will be 70' for men's age divisions 50 to 65+, and 60' for women's 75+. The base paths will be 65 feet for men's 70+ and women's 50-70+ age divisions.

TAI CHI

QUALIFYING RULES

1. For 2025, Tai Chi will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the sport, regardless if a state qualifier offers it or not.
2. Athletes may enter all three Tai Chi events (Individual, Group, Open).
3. The age division of competition for all group events will be determined by the age of the youngest group member as of December 31, 2025.
4. Group competitions may be of same or mixed gender.
5. When applicable participants must provide their own equipment

FORMAT

1. Events will be as follows:
    a. Tai Chi Chuan Solo Women
    b. Weapon Solo Women (sword only)
    c. Tai Chi Chuan Solo Men
    d. Weapon Solo Men (sword only)
    e. Tai Chi Chuan Group - empty hand, weapon
    f. Open Division (Women/Men) – weapon only (non-sword)
2. Competitors will have one routine for each event.
3. All routines must conform to Tai Chi style.
4. All routines shall be no less than 2 minutes, but no more than 6 minutes in duration.

5. 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.

6. Awards will be presented for 1st through 8th place for each solo event within each age division, and 1st through 4th for each group event within each age division.

SPORT RULES

1. All Tai Chi competition will be conducted in accordance with USAWKF rules, except as modified herein. For a copy of these rules, please visit:

   USA Wushu Kungfu Federation
   https://usawkf.org/

2. Participant level of experience and mastery shall be as follows:
   a. Beginner – 1 year of experience or less
   b. Intermediate – 1-3 years of experience
   c. Advanced – 3+ years of experience
3. Competitors will start each routine with a score of 10.000 points. Following completion of the routine, deductions are made based on the following criteria:
   a. Quality of movement – 6 points
   b. Power in harmony – 2 points
   c. Spirit, pace, style, content, structure and choreography – 2 points
4. Group size shall be limited to ten participants or less for all group routines.
5. Solo and group routines shall be judged on rhythm, continuity, style, content, structure, composition and harmony.
6. Weapon routines shall be judged on ability to control the weapon, rhythm, continuity, style, content, structure, composition and harmony.
7. Open weapons division shall be open to all "other" Tai Chi weapons – fan, staff, stick, ball, etc. (No sword shall be allowed in the open weapons division).
8. All equipment and weaponry will be inspected by competition judges to determine condition and ensure safety. When possible, weaponry should conform to the IWUF (International Wushu Federation) technical standards and requirements.
9. For all events, music is optional. Music must be on external hard drive/removable media (i.e. flash drive, etc.) and given to referee/judge before ones turn.

TENNIS

QUALIFYING RULES

1. All first-, second-, third- and fourth place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

SPORT RULES

4. Tennis seedings are established by following the USTA "All Factors" method. This includes considering any available information such as USTA rankings, NTRP ratings, UTR ratings, WTN ratings, recent head-to-head and common opponent results and other information available or provided to the tournament chairs.

APPENDIX A

QUALIFYING BY QUALIFYING DOWN

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

In doubles events where one player is in-state and one is out-of-state, the team is considered an out-of-state team. For

qualifying team sports: Basketball, Softball and Volleyball, the team captain must specify the team's home state when registering for the Qualifying State Senior Games.

SPORT RULES, REGULATIONS & FORMAT

The following are the qualifying procedures and rules of competition governing the 2025 National Senior Games in Des Moines, IA.

A. QUALIFYING DATES

The qualifying period for the 2025 National Senior Games will run from January 1, 2024, through December 31, 2024.

Competition completed after December 31, 2024, will not be considered for qualifying for the 2025 National Senior Games.

QUALIFICATION OPTIONS

An athlete may qualify for the 2025 National Senior Games presented by Humana in several ways. The options include Qualify by Place; Minimum Performance Standard (MPS); Qualifying Down; Reciprocal Qualification; Bonus Events and Limited Events. See Appendix A.

B. AGE FOR COMPETITION AT QUALIFYING SITES

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

Athletes must compete in a qualifying event and be 50 years of age on or before December 31, 2024, to be eligible for the 2025 National Senior Games.

C. AGE FOR COMPETITION AT THE 2025 NATIONAL SENIOR GAMES

Athletes must be 50 years of age on or before December 31, 2024, to be eligible for the 2025 National Senior Games.

Age division for all singles competition at the 2025 National Senior Games will be determined by the athlete's age as of December 31, 2025. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2025. Age division for all relay competition will be determined by the age of the youngest relay team member as of December 31, 2025.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2025. For example, a team consisting of eight players ages 65 or older and one player age 63 will compete in the 60+ age division.

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

All team sports are divided into the following divisions for both men and women: 50+; 55+; 60+; 65+, 70+, and 75+. In addition, 3-on-3 Basketball shall have an 80+ and 85+ age division, and Volleyball (indoor) 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, 5K/10K Road Race, Triathlon and the following non-ambulatory sports – Bowling and Shuffleboard. The rules for qualifying for these events are as follows.

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

2. If a “limited” event is *not* offered at the NSGA qualifying games in an athlete’s home state, the athlete may qualify for that event by meeting the following criteria:
   a. For 20K or 40K Cycling Road Race an athlete must submit verification of having completed one cycling road race of the event length or better between January 1 and December 31, 2024. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.
   b. If your state did not offer the 5K and 10K road race an athlete must submit verification of having completed one 5K or 10K event between January 1 and December 31, 2024. The road race events are reciprocal. If you compete in a 5K or 10K road race event, you will qualify for both.
   c. For pole vault an athlete must submit verification of having met the NSGA minimum performance standard for pole vault in any USA Track & Field sanctioned competition between January 1 and December 31, 2024.
   d. For hammer throw an athlete must submit verification of having competed in one USA Track & Field sanctioned competition between January 1 and December 31, 2024.
   e. For triathlon an athlete must submit verification of having completed one triathlon between January 1 and December 31, 2024. All triathletes have the opportunity to participate under the “limited” event criteria regardless if a state offers the event.
   f. For non-ambulatory bowling and shuffleboard, an athlete must submit verification of having competed in one non-ambulatory competition between January and December 31, 2024.
   g. Athletes must submit to the NSGA office by no later than March 15, 2025, a Limited Event Verification form, available on the NSGA website, along with a copy of the official results or other public document illustrating the results.

E. DOUBLES PARTNERS

Doubles partners who qualify together are not required to play together at the 2025 National Senior Games. All participants must have qualified for the **SPORT** in which they intend to participate, with one partner having qualified in the **EVENT** in which they intend to participate. The NSGA and LOC **WILL NOT** assign partners at The Games. Badminton, bowling, pickleball, racquetball, table tennis and tennis doubles partners must be of the same gender. Note: Badminton, Bowling, Pickleball, Racquetball, Table Tennis and Tennis also have a separate mixed doubles event. Shuffleboard and Billiards open doubles may be of mixed gender. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2025. You cannot compete in an age division younger than the youngest partner.

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

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

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

F. TEAMS

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

Basketball: 3	Beach Volleyball: 2	Volleyball: 4	Soccer: 4	Softball: 5

Any player or any player/coach must have been listed on the roster of a team as a player that participated in a NSGA qualifying games in that sport to be eligible for addition to a roster (excluding Open Sports). Documentation of player registration must be provided by the State Coordinator to the NSGA. All other team and qualifying rules apply. Non-player(s) added to a roster are not subject to player addition limits, but the total number of team members may not exceed the roster limit for the sport.

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

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

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

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

Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2025.

G. RESIDENTS OF FOREIGN COUNTRIES

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

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

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

1. All results must be translated into English.
2. Athletes must be 50 years old on or before December 31, 2024.
3. Athletes must provide accurate contact information, including mailing address, email address, phone number and copies of photo identification. Photo identification must include date of birth.
4. Athletes must adhere to all rules and regulations of the NSGA, including entry deadlines.
5. Qualifying must take place between January 1 and December 31, 2024.
6. Residents of foreign countries who compete at the National Senior Games shall be eligible for all awards.

H. DETERMINING WHO QUALIFIES

Qualifying State Senior Games that are sanctioned by NSGA are responsible for determining qualified athletes from their games and for advising the NSGA who has qualified. Qualifying State Senior Games that permit participation by out-of-state residents are classified by the NSGA as "open." (Note: This should not be confused with "limited" events or open sports.)

Each event within each qualifying sport 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 an in-state resident. "Open" games may qualify the number of state residents specified for each event in addition to the out-of-state qualifiers. The NSGA definition of an athlete's state of residence is that state in which the person resides for at least six months out of the year.

All Doubles teams made up of one in-state and one out-of-state athlete will be designated as an out-of-state team. Competition must take place to determine qualifiers. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to be given the gold medal and to qualify for the National Senior

Games. Athletes should be placed in the age division nearest their own in order to compete. Competition for the athletes in this "closest age division" shall be considered exhibition.

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

The NSGA shall determine whether an athlete has met the qualifying criteria for "limited" sports events (see Rule D – Qualification for "Limited" Events).

Athletes may also qualify by meeting or exceeding the Minimum Performance Standards (MPS) in Archery, Golf, Race Walk, Swimming and Track & Field at a 2024 qualifying games. Athletes must meet or exceed the MPS based on their age in the 2024 qualifying year. In general, the MPS is based on the time, distance or score of the 6th place finisher from the previous National Senior Games, plus or minus 10% (Plus 10% for timed events; minus 10% for distance and scored events). If this formula would relax the MPS, a change will not be made and the previous MPS will continue to be used. An MPS will not be changed by more than 10% per Games. MPS shall decrease or be equal in difficulty as age division's increase. The NSGA reserves the right to use judgment based on experience when setting the standard, therefore, a standard may not always match the formula if applied to the results of the most recent National Games.

I. NSGA DEFINITION OF A PROFESSIONAL

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

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

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

J. UNIFORMS AT THE NATIONAL SENIOR GAMES

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

TEAM UNIFORMS: Team clothing (shirts, pants, and shorts) must be of like design and color. Basketball and Soccer teams must have both "home" and "away" uniforms with permanently attached numbers on front and back. Sponsors may be added to the jersey but cannot interfere with number placement. Refer to each sport for specific placement of numbers. Uniforms must 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 National Chair of the competition in question. A protest fee of $50 cash for an individual or $100 cash fee for a team and a completed Protest Form must be received within 30 minutes of the conclusion of the game, match, heat, or event under protest. National Chairs will have the blank protest forms. Protests after this time WILL NOT be considered. The National Chair and Director of Operations will evaluate the protest and render a decision. If the Director of Operations is unavailable, another NSGA Director can evaluate the protest and issue a ruling or determine if further input is necessary. If the protest is valid, the $50/$100 charge will be reimbursed to the person submitting the protest. If the protest is not valid, the NSGA reserves the right to retain the Protest Fee. All decisions by the NSGA Director of Operations are final and not subject to further appeal.

Judgement Decisions: Players or managers may NOT protest any official's judgement calls.

L. EVENT ENTRY LIMITS

Athletes may enter no more than two qualifying individual sports at the 2025 National Senior Games.

Qualifying individual sports are as follows:

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

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 qualifying individual sports, athletes may compete in **two qualifying team sports** (Basketball, Softball, Volleyball). At the National Senior Games, athletes may compete on up to two teams per sport, provided that the teams are in different age divisions that are scheduled to play in completely separate sessions.

Athletes may register for an unlimited number of OPEN SPORTS. Open Sports/Events do not require qualification.

Open Sports/Events are as follows:

Basketball Skills Shooting	Disc Golf	Road Race (1 Mile Run)
Beach Volleyball	Golf Scramble	Soccer
Billiards	Pickleball (Non-Ambulatory Singles)	Tai Chi
Cornhole	Powerlifting	Triathlon Relay
Cycling (Recumbent Time Trials	Power Walk	

Athletes are responsible for making sure that the sports/events they enter do not result in scheduling conflicts. The NSGA will not provide refunds for time conflicts due to overlapping events. NSGA and the LOC will not accommodate individual scheduling requests.

The Local Organizing Committee (LOC) and the NSGA may place a cap on the total number of entries for any and/or all sports and/or events in the best interest of games management. At the time this rulebook was printed, the necessary caps had not been determined. Therefore, these rules will serve as a guideline for both the LOC and the NSGA. However, additional modifications may be made in order to meet the necessary caps. Member Organizations will be notified any time a cap or modification is necessary.

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

M. REQUIRED CREDENTIALS

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

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

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

N. SEEDING

All seeding shall be random except as follows.

1. Track and Swimming heats will be seeded in accordance with standard national governing body procedures.
2. Table Tennis will use USATT rankings to assist in pool seeding if available.
3. Tennis seedings are established by following the USTA "All Factors" method. This includes considering any available information such as USTA rankings, NTRP ratings, UTR ratings, WTN ratings, recent head-to-head and common opponent results and other information available or provided to the tournament chairs.
4. Racquetball will use USA Racquetball rankings to assist in the pool seeding if available.
5. Softball will use tournament history, past National Senior Games results and current team rating.
6. Basketball will use tournament history and past State Games and National Senior Games results.
7. Results of past National Senior Games will be used whenever possible.
8. Home state information will be made available to the Competition Manager. Every effort will be made to schedule preliminary round matches between players/teams of different geographic areas.

O. NATIONAL GOVERNING BODY RULES

All sports/events shall be governed by the rules of the NGB for that sport. The NSGA has modified some of these rules in the best interest of the participants. All rules shall apply as stated in the NGB and NSGA rulebooks. NGB rulebooks in effect the opening day of the National Games, shall govern the 2025 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 2025 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. 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.

R. ADDITIONAL QUALIFIERS

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

S. 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.

T. NSGA ABLE BODIED ATHLETE POLICY

The National Senior Games is comprised of twenty sports for "able-bodied" athletes. At the discretion of the NSGA, athletes with physical disabilities may be allowed to compete insofar as any and all handicap devices used by the athlete falls within certain rules and regulations to ensure fairness in competition. The NSGA will abide by the rules of the National Governing Body of the athlete's sport to govern circumstances regarding athletes with disabilities in able-bodied competition for specific sport instances. The use of any technical device that incorporates springs,

wheels or any other element that provides the user with an advantage over another athlete not using such a device will be prohibited in athletic competition.

U. NSGA NON-AMBULATORY ATHLETE POLICY

The National Senior Games is comprised of four "limited" non-ambulatory sports – Bowling, Cornhole, Pickleball and Shuffleboard. The NSGA will abide by the rules of the National Governing Body of the athlete's sport to govern circumstances regarding athletes with disabilities. The NSGA has the right to modify the rules depending on the abilities of the participants. For the National Senior Games, an athlete who is confined to a wheelchair and unable to ambulate is considered non-ambulatory.

V. 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 or governing body, they will also be banned from NSGA competitions until the sanction or banned is removed. The NSGA will communicate with NGB's for a current list of athletes.

W. OPEN SPORTS

Open Sports are events that do not require qualification at a Qualifying State Senior Games. Open Sports can be re-categorized as qualifying sports for following games if the number of participants and various criteria warrant the change.

X. UNSPORTSMANSLIKE CONDUCT

Any athlete, coach, captain, non-bench personnel or team that displays unsportsmanlike conduct on or off the playing field or court, including but not limited to abusive/foul language, harassment of tournament officials/umpires, interference during the seeding process may be ejected from the facility and eliminated from the competition.

Y. DISCRIMINATION POLICY

NSGA does not and shall not discriminate on the basis of race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity or expression, veteran status, marital status or any other characteristic protected by applicable law.

ARCHERY
Compound Fingers/Compound Release (Freestyle) /Recurve
Barebow Compound/Barebow Recurve

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA – 900 round minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. An archer may enter only the style in which he/she has qualified.

ENTRY REGULATIONS

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

FORMAT

1. Competition will be two days. All archers will compete both days.
2. The "900" American round will be used each day of competition.
3. There will be five styles:
   a) Recurve – with sights
   b) Barebow Recurve – no sights
   c) Compound Fingers – with sights
   d) Barebow Compound – no sights
   e) Compound Release (Freestyle)
4. Competition will consist of 90 arrows shot as follows: 30 arrows from 60 yards; 30 arrows from 50 yards; and 30 arrows from 40 yards. Arrows will normally be shot in six arrow ends, but may be shot in three arrow ends when field and equipment conditions require more than four archers to be grouped on a target butt.
5. Each end will consist of one set of six arrows with five minutes allowed for each end to be shot. When three arrow ends are necessary, each end will consist of one set of three arrows with 2-1/2 minutes allowed for each end to be shot. Shooters will rotate with target mates after each end.
6. Awards will be presented for 1st through 8th place for each style within each age division.

SPORT RULES

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

   USA Archery
   210 Cycling Point, Ste. 130
   Colorado Springs, CO 80919
   (719) 866-4576
   www.usarchery.org

   National Field Archery Association
   800 Archery Lane
   Yankton, SD 57078
   (605) 260-9279
   www.nfaausa.com

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

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

2025 Minimum Performance Standards

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

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

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

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

*compound finger, recurve

**compound release

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

BADMINTON
Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in each Badminton event (singles, doubles, mixed doubles) in which they wish to compete at the 2025 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, 2025.
3. Competitors must bring their own racquets. Natural-feathered shuttlecocks will be provided.

FORMAT

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

SPORT RULES

1. All matches will be conducted in accordance with USA Badminton Association rules, except as modified herein. For a copy of these rules, please visit the USA Badminton website www.usabadminton.org or call:

USA Badminton
9255 Telstar Avenue, Unit I
El Monte, CA 91731
(714) 602.1691

QUALIFYING RULES

1. All first-, second- and third-place teams at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Each 2024 NSGA qualifying games may qualify all basketball teams that compete in the 80+ and 85+ age divisions. Competition must take place in accordance with Rule H in order for teams to be qualified.

ENTRY REGULATIONS

1. Teams must be of all one gender.
2. Team rosters shall be limited to ten persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Teams are no longer limited to the number of out-of-state players on their rosters; however, roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
3. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
4. At the National Senior Games, athletes may compete on up to two teams per sport, providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2025.

FORMAT

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system, a maximum of three skill divisions based on number of teams in each division and pool play results, will be utilized. The following divisions will be used: Division I (highest level), Division II and Division III. The number of divisions will be determined by the number of teams within each age division. The final playoff format will be determined at the discretion of the NSGA.
    a. In situations where a second championship game is needed to determine an overall winner (i.e. team from bottom bracket beats a team from an upper bracket in a championship game). The second championship game will only be one-half that will be played in accordance the standard "second half" game play. The length of this one-half of play will be 15 minutes for teams in all age groups.
2. First through eighth place awards will be presented in each skill age division.
3. Every effort will be made to provide teams a minimum of five games.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. Ties for seeding will be broken in the following manner:

If a two-team tie situation:

- Head-to-Head competition
- Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
- Point differential against all opponents
- Least points allowed (total points allowed against all opponents)
- Coin Toss

If a three-team tie situation:

e. Point differential against teams in tie - a maximum of 21 points will be awarded towards point differential, regardless of final score
f. Point differential against all opponents
g. Least points allowed (total points allowed against all opponents)
h. Coin Toss

6. Forfeits shall be scored 21-0.
7. Default during competition Rule Q will be strictly enforced.

8. Home and Visitor teams will be determined by the order teams are listed in the schedule. The first team listed will be the home team and the second team listed will be the visiting team. (Top team on bracket – Home, bottom team on bracket – Away.)

SPORT RULES

This tournament will be conducted in accordance with National Collegiate Athletic Association (NCAA) Women's College Basketball rules, except as modified herein. For a copy of these rules, please visit the website www.NCAA.org

National Collegiate Athletic Association
700 W. Washington Street
P. O. Box 6222
Indianapolis, IN 46206-6222

1. Uniforms:

a) Teams should attempt to have uniforms of like design and color.
b) Teams should attempt to have both "home" and "away" uniforms with at least 1 permanently attached number. Numbers on front of uniform shall be approximately 4" and approximately 6" on back.
c) Sponsors may be added to uniforms, but cannot interfere with number placement.
d) Uniforms shall be free of inappropriate symbols or wording.
e) Game officials will have the final determination when uniform issues arise in determining safety, compliance, legality, contrasting visibility and their ability to access fouls, penalties and violations.

2. The Game-Court-Equipment-Markings:

a) The game shall be played by two teams of 3 players each on a half court containing dimensions, boundary lines, throw-in area, other line markings such as 3-point line, free throw lane lines, etc., and in accordance with NCAA rules unless further noted.
b) A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet.
c) Goals, baskets, standards, paddings all should be in accordance with NCAA rules.
d) Scoreboard & clock are typically one unit located at the scorer's table, therefore NCAA rules do not apply here.
e) The ball used during games is in accordance with NCAA rules for both men and women.
f) 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.
g) The winner of the pre-game coin flip (called in the air by the away team) shall take first possession of the ball, thus beginning the AP (alternating possession) arrow process for the rest of regulation play.

3. Scoring & Timing Violations & Overtime Regulations:

a) Playing time shall be two halves of 15-minutes for all age groups. The exception would be for the following age divisions: 75+ women's teams and 80+ men's teams. If both captains of teams in these divisions agree, prior to the game, to play 12-minute halves, it shall be permissible. There shall be a continuously running clock with an intermission of five minutes for half time. In the last two minutes of each half and all of overtime, the clock will stop in accordance with normal basketball rules like out of bounds, traveling, 3 seconds in the lane as examples and also includes Live Play/Live Rebounding being in effect regarding free throw situations in which offense and defense will line up in appropriate lane spaces and the ball does not automatically go back to offense during this time frame. The clock will also stop after a made basket during the last minute of the second half.
b) A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules, and after a made basket, during the last minute. If the game is still tied at the end of the first overtime period, a final overtime will be played with a sudden-death format; the first team to score will win. Ball

possession will be determined by a coin flip for each overtime period. The team who had AP (alternating possession) arrow at end of regulation shall call first OT coin flip, and team with AP arrow at end of first OT shall call sudden death coin flip). There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.

c) Two time-outs are permitted per team, per half. Timeouts do not carry over from one period to the next. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 60 seconds in duration. The clock will not run during time-outs.

d) 3-point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.

e) A 5-second closely guarded violation occurs when an offensive player *holding the ball* does not pass, shoot, or dribble within a 5-second timeframe. To be considered "closely guarded", a defender must be in a defensive position and located within six feet of the player.

f) 3-second in the lane violation: It is a violation for an offensive player to have any part of their body remain in the lane for more than three consecutive seconds. To establish a position outside the 3-second lane, an offensive player must place both feet on the playing court outside the lane.

g) Grace Rule will go into effect when a team is ahead by 30+ points, and only during the second half of play. During this time, the clock will continue to run until the team behind can reduce the point spread to less than 30 points.

4. Check Line/Throw-In Area & Ball In/Out of Play:

a) The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows.

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 not 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.

e) After a made basket and all dead ball situations, the ball shall be placed in play from the designated throw- in area which shall be the space at the top of the key with a width no less than the free throw lane extension area (12 feet wide) and a depth no less than 5 feet from the top of the 3-point line.

5. Player Restrictions When Inbounding Ball:

a) Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the throw-in area regardless of whether the in-bounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.

b) The in-bounder must stay within the lines of the designated throw-in area,

c) The defense may defend anywhere on the court; however, no player (offensive or defensive) may enter the throw-in area. This area is a restricted space for the thrower-in only.

d) The in-bounder may not hand-off the ball to a teammate, it must be passed.

e) The in-bounder's teammates may only enter the three-second lane to receive a pass when their teammate has possession of the ball for the throw-in, is in the throw-in area and only after they have cleared the lane following a made goal or free throw. "Clearing the lane" is establishing a position outside the 3-second lane with both feet having been placed on the playing court outside the lane.

f) Offensive screens should not be set until the inbounding teammate actually takes possession of the ball in the throw-in area.

g) Violations of the throw-in area by the offense result in loss of possession.

h) Violations of the throw-in area by the defense could result in warning, administrative or unsporting technical.

6. Substitutions:

a) A substitute is a team member who has reported to the scorer's table and is waiting there to be beckoned onto the court by an official. Entering the court without being beckoned may result in a warning and/or technical foul. Substitution requests should be made prior to the in-bounder having the ball in the throw-in area.
b) Substitutions by both offense and defense may occur during all normal stoppages in the game such as non-shooting common fouls, out of bounds, violations (traveling, 3-second in lane, double dribble, injured player, contact lens, timeouts, etc.).
c) Free Throw Substitutions: During either half, and Prior to 2 minutes remaining (when Live Play/Live Rebounding goes into effect) substitutions by both the offensive and defensive teams may only occur after the first free throw of any merited two-shot foul, and after the second free throw of any merited three-shot foul. ONLY the offensive team, who will retain possession of the ball following the last merited free throw, can request a substitution and the incoming substitute must have been at the scorer's table prior to the free throw shooter releasing the ball. Once the last free throw is made or missed and the official's recognize & beckon the player onto the court, the defensive team is allowed to counter sub.
d) Normal substitution procedures will be followed by either team during free throws occurring in live play within the last 2 minutes of either half and overtime.
e) Both offense and defense can be subject to delay of game warnings and penalties for blatant and repeated substitution process violations.

7. Fouls and Penalties:

a) A player is disqualified for his/her fifth foul.
b) A more complete descriptive Foul/Penalty chart is available 2023-24 NCAA Women's Rules Book in Appendix III.
c) Any shooting foul with a missed basket shall result in two free throws (three for a three- point attempt).
d) Any shooting foul with a converted basket shall result in the basket being awarded along
e) with one free throw.
f) Any offensive foul (player in control of the ball or is an airborne shooter) shall result in disallowing a converted basket, recording the foul and a change in possession.
g) Prior to the fifth team foul, any common foul shall result in loss of possession for the offending team.
h) All personal, offensive and technical fouls shall count towards a team's total. Exceptions are: Indirect Technicals and Administrative Technicals.
i) Beginning with the fifth team foul in the first half, the penalty is two free throws awarded to the offended team. This will reset at halftime. Beginning with the fifth team foul in the second half, the penalty, again, is two free throws awarded to the offended team and will carry over into overtime.
j) During the first (13) minutes of each half, any shooting foul will result in the offended team retaining possession and all non-shooting players will be above and behind the 3 point arc and cannot be below the intersection of the free throw shooting line. During the final (2) minutes of each half and any overtime period, the automatic awarding of team possession after free throws does not apply and Live Play/Live Rebounding is in effect.
k) During Live Play/ Live Rebounding all players on both teams are allowed to line up along the free throw lane when the free throws are shot.
l) The free-throw shooter shall not break the vertical plane of the free-throw line with either foot until the ball strikes the rim, flange or backboard or until the free throw ends.
m) No player shall enter or leave a marked lane space or contact any part of the court outside the marked lane space until the free-throw shooter has released the ball.

8. Technical Fouls:

a) Direct Technical foul is one assessed to the head coaches for their own behaviors.
b) Indirect Technical refers to a technical foul assessed to a head coach for the actions of bench personnel only. Penalty for a) and b) are 2 free throws and the ball is awarded to the offended team.
c) Administrative Technicals are issued for not submitting to the scorer, names and numbers of team members and or, having to make roster changes once the game begins (Exception allowed for injury, illness, blood on uniform). Penalty is two shots and ball is awarded at point of interruption or AP (alternating possession) if at beginning of game. If before the game, only one technical foul will be issued, regardless of the number of infractions. Once the game begins, only one technical foul will be issued, regardless of the number of infractions and when they occurred. Administrative Technicals do not count towards the team foul total.
d) Team Technical Fouls shall be assessed after a team warning has been issued for each of the following, and the penalty shall be two shots and awarded possession.

Delay of Game: A warning will be given the first time any of the following occur: Improper substitutions, defense breaking the plane of throw-in area with no contact of ball or thrower, delaying return to floor after timeouts or intermission, interfering with ball and not allowing it to be readily available, huddling on the court or prior to free throws, and faking being fouled. Stalling, or not running an offense, is a delay of game, except during the last 2 minutes of second half play or any overtime.

e) Unsporting behavior technicals will be issued for disrespectfully addressing officials, use of profanity or language that is abusive, vulgar or obscene, taunting or baiting an opponent, or inciting undesirable crowd reactions. The penalty shall be 2 free throws and awarded possession.
f) Intentional Foul will be assessed when there is not a legitimate attempt to make a direct Play on the ball, excessive, hard or unnecessary contact with opponent. The penalty shall be two free throws and awarded possession.

QUALIFYING RULES

1. For 2025, Shooting Skills Competition will be classified as an "OPEN" event. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.
2. Participants do not have to compete in three-on-three basketball to participate in the shooting skills competition.
3. Participants may compete in only one session and based solely on the athlete's age.
4. Age divisions for basketball shooting skills competition will be determined by the age of the athlete as of December 31, 2025.

FORMAT

1. All events will be finals, and competition for a particular age group shall be conducted during one session.
2. Participants will shoot (25) free throws for the free throw shooting competition.
3. Participants will shoot (15) 3-point shots, three from each of five locations for the 3-point shooting competition.
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. The NSGA and Tournament Manager may impose time limits during competition if necessary. If a time limit is imposed, the player with the most made baskets at the end of the time limit shall be declared the winner.
6. Awards will be presented for 1st through 4th place for each event within each age division.

SPORT RULES

1. When applicable, the shooting skills competition will be conducted in accordance with National Collegiate Athletic Association (NCAA) Women's College Basketball rules, except as modified herein. For a copy of these rules, please visit the website www.NCAA.org.

National Collegiate Athletic Association
700 W. Washington Street
P. O. Box 6222
Indianapolis, IN 46206-6222

FREE THROW COMPETITION:

1. Participants are allowed 2 practice shots.
2. Each participant will first shoot 25 (uninterrupted) free throws and will earn 1 point for each basket made. A total of 25 points is possible.
3. A modified free throw line shall be available for use for the following age divisions: 75+ women's teams and 80+ men's teams. Players in these divisions may choose to shoot any foul shot from a modified free throw line of 12 feet. All eligible participants must declare the free throw line they intend to shoot from prior to the start of competition. No eligible participants shall be allowed to shoot from both free throw lines at any point during competition.
4. The ball will be rebounded for the shooter.
5. Basketballs will be provided. No personal basketballs may be used for competition
6. The participant may not step over the free throw line while shooting (from the time the ball leaves his/her hand until the ball reaches the rim or backboard).
7. Tie breaker policy will be as follows:
    a. Most consecutive free throws made
    b. Sudden death shoot-off of up to ten additional free throws
    c. If still tied, multiple medals or ribbons will be awarded

3-POINT COMPETITION:

1. Participants will have 5-10 minutes to warm up as a group. No additional practice shots will be given.
2. Each participant will shoot 3 shots (untimed) from each of five marked locations around the three-point arc. (right and left baselines, right and left wings, and top of key). Shooter will take all shots in succession. All participants will start in the left baseline area and work their way around the arc.
3. Participants will earn 1 point for each basket made. A total of 15 points is possible.
4. No 3-point line distance modifications will be given for any age group. All participants must shoot from the distance of (19' 9").
5. The balls will either be on a rack positioned at each location or handed to the shooter by a volunteer. All shots will be rebounded for the shooter.
6. Basketballs will be provided. No personal basketballs may be used for competition
7. The participant's feet must be completely behind the 3-point line at the time of the shot. The participant is allowed to jump from outside the line and land inside, so long as the ball is released mid-air.
8. Tie breaker policy will be as follows:
    a. Sudden death shoot-off from top-of-key location

BEACH VOLLEYBALL – OPEN
Volleyball – 2 and 4 Person Teams (Men/Women)

QUALIFYING RULES

1. For 2025, Beach Volleyball event will be classified as an "OPEN Sport". Teams do not need to qualify at a 2024 qualifier.

ENTRY REGULATIONS

1. Teams must be of one gender.
2. Team roster shall be limited to (4) players for 2-person teams and (6) players for 4-person teams including non-playing coach.
3. At the National Senior Games, athletes may compete on up to two teams per event providing that the teams are in different age divisions that are scheduled to play on completely separate dates.
4. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2025.
5. 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.

FORMAT

1. Depending on the number of teams registered, match play is 2 of 3 sets, with the first 2 sets to 21-points (win by 2) and a 15-point 3rd set (win by 2) if needed OR, for Pool Play only, 2 Sets to 21 (win by 2). The final playoff format will be determined at the discretion of the NSGA.
2. Net height shall be in accordance with USA Volleyball rules. Same net height as indoor volleyball.
3. Default during competition Rule Q will be strictly enforced.
4. 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 Beach Volleyball rules, except as modified herein. For a copy of the complete rules, please visit www.usavolleyball.org or call:

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

2. Team clothing should be of like design and color. Numbers will be provided at the competition.
3. In the 4's competition, a team must have at least three players present to start a game; otherwise, the game is forfeited. In the event of injury, a team may continue/finish with a minimum of three players.
4. Net contact is only penalized if the player is in the action of play.
5. The imaginary centerline can be crossed as long as there is no interference with the opponent.
6. In pool play, USA Volleyball rules governing tie-breakers will be used.
7. All players may attack at the net (but, never with open-handed tipping).
8. Any setting action toward the opponent must be executed by being square to the direction of the ball.
9. Sets that drift over the net (meant for a teammate, but unintentionally goes over) will be permitted.
10. A hard-driven ball can have multiple contacts, if one attempt, in a defensive/reactive manner (not offensive action).
11. May never block or attack a serve.
12. Block contact counts as one of the 3 allowable hits per side.
13. Play will only be halted for a threat of lightning or other unplayable weather factors (wind, darkness etc.)
14. Unlimited substitutions

QUALIFYING RULES

1. For 2025, Billiards will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Athletes may compete in singles, and open doubles.
2. Anyone can register for the event regardless if a state qualifier offers it or not.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2025.

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. A match shall consist of the best 2 of 3 games, or 3 of 5 games, as determined and announced by the NSGA and Tournament Manager.
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. The NSGA and Tournament Manager may impose time limits during competition. During preliminary rounds, games shall not last over 15 minutes. Tournament bracket and all medal games shall not last over 25 minutes. If a time limit is imposed, the player with the most balls pocketed at the end of the time limit shall be declared the winner.
    a. In the case of any ties at the end of the time limit, all balls will be removed from the table except the 8-ball. The 8-ball is spotted and the cue ball is shot from behind the headstring. Lagging shall be used to determine order of play, and normal 8-ball rules shall apply.
5. In doubles competition, players shall alternate shots, not turns. The first break of the match starts the rotation. If a player makes the 8-ball, their teammate breaks the next rack. The lag will not count as part of the rotation.
6. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All Billiards events will be conducted in accordance with World Pool-Billiard Association rules, except as modified herein. For a copy of these rules, please visit:

World Pool-Billiard Association
https://wpapool.com/

2. Play will take place on regulation billiard tables, 9' x 4 ½', when available.
3. The cue may weigh a minimum of 10 oz. but no more than 25 oz. Players may use personal or borrowed legal cue sticks.
4. Except for the break, all shots will be called.
5. Lagging shall be used to determine order of play.
6. Smoking will not be allowed by participants in tournament area, while tournament is in progress.

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in each Bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2025 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may enter all three Bowling events (singles, doubles, mixed) provided they have qualified in the event except when Rule E applies.
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 team bowling will be determined by the age of the youngest team member as December 31, 2025. Awards for teams will be the same as for individual events.
5. Athletes may only compete on one four-person team. Any combination of gender is considered a mixed team.
6. Athletes that qualify for and compete in singles, doubles or mixed doubles at the 2025 National Senior Games will be eligible to compete in team bowling. Athletes cannot qualify to compete in the team event except in this manner.

FORMAT

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

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 visit the website www.bowl.com or call:

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

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

BOWLING
NON-AMBULATORY
Singles/Doubles/Mixed Doubles/Team – Men/Women/Mixed

QUALIFYING RULES

1. All non-ambulatory athletes competing at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in each event in which they wish to compete at the 2025 National Senior Games.
3. Athletes who reside in a state that does not offer a non-ambulatory bowling event may qualify for bowling by meeting the "limited" event qualifying criteria in Rule D.

ENTRY REGULATIONS

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

FORMAT

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

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 visit the website www.bowl.com or call:

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

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

CORNHOLE - OPEN
Singles/Doubles/Mixed/Non-Ambulatory

QUALIFYING RULES

1. For 2025, Cornhole event will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 qualifier.

ENTRY REGULATIONS

1. Athletes may compete in singles, doubles and mixed.
2. Anyone can register for the event regardless if a state qualifier offers it or not. It can also be counted as a third sport ONLY for the 2025 Games.

FORMAT

1. Tournament format will be double elimination play. Championship match will be a traditional double dip where player coming out of loser's bracket must beat the player in the winner's bracket twice.
2. The NSGA and ACO reserve the right to change the tournament format depending on entry numbers, space restrictions or other circumstances.
3. Awards will be presented to 1st through 8th place for each event within each age division.

SPORT RULES

1. All Cornhole events will be conducted in accordance with the (ACO) American Cornhole Organization rules, except as modified herein. For copy of the rules, please visit ACO's website: www.americancornhole.com/rules

American Cornhole Organization
7832 Glendale Milford Road
Dennison, OH 45111

2. **Singles Play**
   a) Player A competes against Player B. Both players stay in their designated lane for the whole game.
   b) Players start the game at the headboard and will alternate pitching bags until each player has pitched all (four) of his/her bags.
   c) Players then walk to the end of their lane to the other court, take score, and resume pitching back to the other cornhole board.
3. **Doubles Play/Mixed**
   a) Team A competes against Team B-each team is comprised of two players.
   b) Each team will stay in their designated lane for the whole game.
   c) Players at the headboard will alternate pitching bags until each player has pitched all (four) of his/her bags.
   d) Players at the footboard will take score and resume pitching back to the other cornhole board.
   e) The older doubles partner will pitch from the same distance as the younger partner required for that age division.
4. **Length of Games**
   The game shall be played to the pre-determined number of (21) points. The first player/team to reach (or exceed) that amount at the conclusion of a frame is the winner.
5. **Distance of Boards**
   Age 50 to 69 - 27 feet front edge to front edge
   Age 70 to 79 - 25 feet front edge to front edge
   Age 80 Plus/Non-Ambulatory - 23 feet front edge to front edge
6. **Cornhole Scoring – Bag Terms**
   Woody – refers to any cornhole bag that has been pitched and remains on the cornhole board playing surface at the conclusion of the frame.
   Cornhole – refers to any cornhole bag that has been pitched and passes through the cornhole board hole at any time within the frame.
   Foul Bags – refers to any cornhole bag that has not been determined as a "woody" or "cornhole" or was designated a foul bag as the result of rules violation.

7. **Scoring**
The method of scoring is “cancellation” scoring, the points of one player cancel out the points of their opponent. Using this method, one player can score in each frame.
a) Each woody is worth one (1) point.
b) Each cornhole is worth (3) points.
Example**:**
Red achieves one (1) woody and two (2) cornholes during the frame (7 total pts)
Blue achieves two (2) woodies and zero (0) cornholes during the frame (2 total pts)
7 points – 2 points = Red scores 5 points for that frame

8. **Recording the Score**
No cornhole bags shall be moved before the scoring is determined. If the decision is in doubt, a Certified Official or Sport Chair shall be called to determine the scoring for the frame in question.
Players are encouraged to pay close attention to the score at all times. Players are required to update their score on the score tower at the conclusion of each frame.

9. **Pitching**
a) Players alternate pitching bags (one player at a time) until each player has pitched all (four) of his/her bags.
b) A player must pitch all (4) cornhole bags from their designated cornhole pitcher’s box.
c) Players must deliver the bag with an under-hand release.
d) One foot or appendage must be completely within the pitcher’s box at the time of releasing the bag.
e) When pitching a bag, players must release the bag before any part of the player’s body touches the ground on or beyond the foul line.

10. **Pitching the Next Frame**
The player/team who scored in the preceding frame shall pitch in the next frame. If neither player/team scores, the player/team who pitched first in the preceding frame shall retain first pitch in the next frame.

11. **Pitching Out of Turn**
If a player pitches out of turn at any time during a frame, their pitch will be considered a Foul Bag and swept from the playing surface.
If the out-of-turn bag affects any bags in play, their opponent has the option of returning all cornhole bags to their original position on the playing surface or leaving all bags as they are.
If the error is not discovered until after two (2) cornhole bags have been pitched, the frame shall continue and be score accordingly.
If no agreement can be reached a Certified Official shall be called. The official shall either determine the scoring or void the inning and order to be repitched.

12. **Touching Bags Before Frame is Complete**
If any bags in scoring positions are touched by a player, whether intentionally or unintentionally, before all bags during the frame are pitched, the frame is over. The offending team (team who touches the bags) forfeits all remaining bags and tallies the score for the bags they have already thrown during the frame. The non-offending team tallies 12 points as if they had thrown (4) cornholes during the frame.
IMPORTANT NOTE: 12 points are NOT automatically added to the overall score (scoreboard). The 12 points are only used within this specific frame before cancellation.

13. **Time Limits – Pitching and Scoring**
Pitching - A player must pitch each cornhole bag within (15) seconds of their opponent’s bag coming to rest.
In Singles play, once the final bag comes to a rest, each player has 30 seconds to walk to the other end, pick up their bags, and ready themselves to pitch.
**Exception may be made by the Certified Official or Sport Director considering any physical disabilities or difficulties*.
Scoring - The frame will be scored 5 seconds after the last bag is pitched, comes to rest, and all bags on the playing surface have stopped moving. Any bag that moves in position after 5 seconds be scored based on its previous position. If timing cannot be agreed on, the Certified Official or Sport Chair will score or negate the frame.

14. **Timeouts**
a) Each player or team is allowed two, 1-minute time outs per game.
b) A player may only call a time out when it is his/her turn to pitch.
c) Both players may walk to the other boards to examine bag position during the time out.

d) Players may not touch the cornhole bags or boards during a timeout.

15. **Player Conduct**
    A cornhole player/team while in competition, shall make no disturbing noises or movements that would distract the opponent or players on surrounding courts. Other inappropriate behavior would include profanity, abusive language, obscene gestures, flipping bags etc. First offense shall be a warning; second offense shall call for forfeiture of the game being played.
16. **Cell Phones** - While in the confines of the courts cell phones are prohibited for all participants.
17. **Alcohol and Tobacco** – Alcohol or any form of tobacco while in the confines of the courts is prohibited for all participants.

CYCLING
5K/10K (Time Trials), 20K/40K Road Races
Recumbent Two Wheel &Trike 5K/10K (Time Trials ONLY) (Non-Fairing)

QUALIFYING RULES

1. For 2025, Recumbent Two Wheel and Trike Time Trials (Non-Fairing) will be classified as "Open" events. Athletes do not need to qualify for Recumbent Time Trials at a 2024 state qualifier. Recumbent bikes and trikes are prohibited in the road race competitions.
2. For our qualifying Cycling events, all first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
3. 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.
4. 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.
5. Qualifying event must be a stand-alone road race that is not combined with another event (i.e. duathlon, or triathlon).

ENTRY REGULATIONS

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

FORMAT

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than 30 seconds. No allowances will be made for mechanical or other mishaps.
2. Starting order for the time trials is by random selection.
3. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
4. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
5. The road races will be a mass start at pre-determined intervals by age division and gender with combinations when needed. Depending on the structure of the road race course, a neutral start may be utilized.
6. Awards will be presented for 1st through 8th place for each event within each age division.
7. A minimum and a maximum distance will be allowed as a qualifier event for the 20K and 40K Road Races. Cycling events at Nationals will be within the range in the chart below.

RACE	Minimum Distance for Course	Maximum Distance for Course
20 K	18 K	22 K
40 K	35 K	40 K

SPORT RULES

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

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

2. Helmets are mandatory and must conform to USA Cycling regulations.
3. Multi-gear (free wheel) bikes with front and rear brakes are required. Fixed gear bikes are not permitted. All bicycles must be certified by race officials prior to the competition.

4. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chain wheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aero bars) are permitted only in the time trial events and not in the road race events.
6. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.
8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. In time trial events, no rider shall pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
10. No restarts are permitted.
11. Protests can be made to the competition manager if submitted within 30 minutes of the conclusion of the cyclist's race under protest. Please refer to Item K on page 9 for the Protest Policy, which details the procedure.

DISC GOLF - OPEN
54 Hole/36 Hole - Scratch Play

QUALIFYING RULES

1. For 2025, Disc Golf will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.
2. Disc golfers must provide their own discs and related equipment.

FORMAT

1. The tournament will be 54-hole medal play with 18 holes per day except for men and women in age divisions 75 and older. Competitors in age divisions 75 and older will play 36-hole scratch play with 18 holes per day.
2. Tee times will be used for competition
3. The NSGA reserves the right to change the tournament format for any age division based on entry numbers, space restrictions or other circumstance. This includes but is not limited to tee times or a shotgun start.
4. In the event of a tie between 1st, 2nd or 3rd place, the PDGA tie-breaking procedures will be implemented.
5. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. All Disc Golf events will be conducted in accordance with PDGA rules, except as modified herein. For a copy of these rules, please visit or call:

Professional Disc Golf Association
https://www.pdga.com/
(706) 261-6342

2. Discs used in play must be approved by the PDGA and meet all of the conditions set forth in the PDGA Technical Standards.
3. A player may not use any device that directly assists in making a throw.
4. Devices that reduce or control abrasion to the skin (such as gloves, tape, bandages, or gauze), items applied to the skin to improve grip (such as talc, chalk, dust, or dirt) and medical items (such as knee or ankle braces) are allowed.
5. Caddies shall not be permissible.

QUALIFYING RULES

1. All first place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games. Qualifiers will be determined by 18-hole (not two rounds of a 9-hole course) gross score played on a course with a minimum par of 70 and a United States Golf Association (USGA) slope rating between 119 and 126 for men and between 113 and 120 for women. Handicap scores are not acceptable for qualifying. Nine-hole gross scores are permitted only for those 90 and older. In competitions with more than an 18-hole competition, any single 18-hole score meeting the golf minimum performance standard will qualify a competitor for the NSGA tournament. For open state qualifiers, Rule H applies.
2. The state organization is required to specify the method of determining the first place winner (when multiple rounds are played) prior to the beginning of play so all golfers understand what they need to do in order to qualify as the 1st place winner.
3. Any NSGA Member Organization using a golf course that does not meet the NSGA slope ratings is required to complete and submit a waiver. The MPS may be adjusted.

ENTRY REGULATIONS

1. Golfers must provide their own clubs.
2. Golf cart use during practice round and official competition is mandatory.
3. PGA members may compete as long as they are not on the PGA TOUR and adhere to Rule I Definition of a Professional of the Official Sport Rules for 2025. The NSGA has the right to determine pro status.

FORMAT

1. The tournament will be 54-hole medal play with 18 holes per day except for men and women in age divisions 90 and older. Competitors in age divisions 90 and older will play 9 holes per day, competing for 27 total holes.
2. Maximum score will be utilized for all tournament rounds for both men and women. A player's maximum score for each hole shall be related to par and set at triple bogey. A player who does not complete a hole in the given number of strokes up to triple bogey, must pick up their ball and forgo any further play for that particular hole. This player will not be disqualified, but simply gets the maximum score for that hole equal to triple bogey.
3. Handicaps will be utilized to assist with placement in a foursome on the first day of competition. The second day will be based on the first day scores. The third day tee times will be determined by the cumulative scores from both the first and second day scores.
4. The NSGA reserves the right to change the tournament format for any age division based on entry numbers, space restrictions or other circumstance. This includes but is not limited to tee times or a shotgun start.
5. 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.
6. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. This tournament will be conducted in accordance with any Local Course rules and USGA rules, except as modified herein. Please refer to Local rule sheet during competition at the National Senior Games or for a copy of these rules, please visit the USGA website www.usga.org or call:

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

2. One caddie per golfer will be permitted. Golf bags must be carried by the caddie or usage of a segway cart is allowed. 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 and Local rules regarding pace of play will be observed and enforced.
6. Range finders of any type are permitted.

GOLF MINIMUM PERFORMANCE STANDARDS (MPS)

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

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

WOMENS SLOPE	108	109	110	111	112	**113**	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130		
AGE DIVISION																									
50-54	86	86	87	87	88	**88**	88	89	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96		
55-59	87	87	88	88	89	**89**	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97		
60-64	87	87	88	88	89	**89**	89	90	90	91	91	92	92	93	93	94	94	95	95	96	96	97	97		
65-69	89	89	90	90	91	**91**	91	92	92	93	93	94	94	95	95	96	96	97	97	98	98	99	99		
70-74	91	91	92	92	93	**93**	93	94	94	95	95	96	96	97	97	98	98	99	99	100	100	101	101		
75-79	94	94	95	95	96	**96**	96	97	97	98	98	99	99	100	100	101	101	102	102	103	103	104	104		
80-84	95	95	96	96	97	**97**	97	98	98	99	99	100	100	101	101	102	102	103	103	104	104	105	105		
85-89	109	109	110	110	111	**111**	111	112	112	113	113	114	114	115	115	116	116	117	117	118	118	119	119		
90-94*	54	54	55	55	56	**56**	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64		
95+*	54	54	55	55	56	**56**	56	57	57	58	58	59	59	60	60	61	61	62	62	63	63	64	64		
MPS ADJUSTMENT	-2	-2	-1	-1	N/C		N/C	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8		

QUALIFYING RULES

1. For 2025, Golf Scramble will be classified as an "OPEN" event. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.
2. Participants do not have to compete in the 54-hole scratch play golf event to participate in the scramble.
3. The age division of competition for golf scramble will be determined by the age of the youngest team member as December 31, 2025.
4. Athletes may only compete on one four-person team. Teams may be same gender, or coed.
5. 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.

FORMAT

1. Teams will be made up of four players. No twosomes or threesomes allowed. Teams will be required to find their own teammates or place an ad on NSGA's team finder web page. The NSGA and LOC WILL NOT assign golfers to teams.
2. Teams will play 18 holes.
3. Standard best-ball format shall be used:
    a. All four members of a team start by teeing off on each hole before deciding on the best shot through a consensus. The "best ball" will retain its lie while the remaining players will pick up their balls and proceed to hitting their next shot where the best ball has been determined.
    b. Each golfer will then hit their ball within one club length of the previously determined "best shot location" when playing shots off the green. For shots on the green, each player must play their shot within a putter's head of where the ball came to rest.
    c. The team with the lowest total score for the 18-hole round shall be declared the winner.
4. In the case of a tie:
    a. Teams in tie shall play a single playoff hole as chosen by the tournament organizer.
    b. If a tie still exists, the tournament organizer will select a random hole number and use a team's lowest score on that hole to determine the winner.
    c. If still tied, organizers will call for progression from that hole until a tie is broken.
5. 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.
6. Awards will be presented for 1st through 4th place.

SPORT RULES

1. This tournament will be conducted in accordance with any Local Course rules and USGA rules, except as modified herein. Please refer to Local rule sheet during competition at the National Senior Games or for a copy of these rules, please visit the USGA website www.usga.org or call:

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

2. Code of conduct and adherence to the honor system shall also be in accordance with USGA rules.
3. Caddies shall not be permitted during the Golf Scramble event.
4. Tee distances shall be assigned based on age group of team, which is determined by the age of the youngest team member as December 31, 2025.
5. No mulligans shall be permissible.
6. There shall be no requirement to play a minimum number of any particular player's shots.

QUALIFYING RULES

1. All first, second, third and fourth place winners in each age division at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. States that use age/skill competitions may qualify up to four in each age/skill category within the division.
3. Athletes must qualify in each Pickleball event (singles, doubles and mixed doubles) in which they wish to compete at the 2025 National Senior Games except where Rule E applies.
4. The state coordinator will have the ability to divide the skills rating into four divisions or less (Division I, II, III, IV). You will qualify four in each age category per division. If a state does not have enough athletes in an age/skill division, the athlete would move up or down in an age group within the same division at the discretion of the Tournament Director.
5. NSGA shall use the following skill levels within each age group at Nationals: (3.0 and under, 3.5, 4.0 and 4.5/5.0)

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. Age/Skill doubles and mixed doubles will be determined by the higher skill player and the lower aged player as of December 31, 2025.
3. Athletes must supply current USAPA rating at the time of registering for the 2025 National Senior Games. If an athlete does not have a skill rating, they will need to refer to the document posted on NSGA.com under the Pickleball sports page in order to determine their skill rating.
4. Competitors must provide their own paddles. Balls will be provided.

FORMAT

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

SPORT RULES

1. All Pickleball events will be conducted in accordance with the USA Pickleball Association rules, except as modified herein. For copy of the rules, please visit the USA Pickleball website info@pickleball.org :

   USA Pickleball Association
   PO Box 7354
   Surprise, AZ 85374

2. Athletes must wear proper court shoes – no black sole shoes allowed on the court area. Also, shirt color cannot be the same color as the game ball. (Optic yellow/green).

PICKLEBALL
NON-AMBULATORY - OPEN
Singles

QUALIFYING RULES

1. For 2025 Non-Ambulatory Pickleball will be classified as a "NON-AMBULATORY - OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.
2. NSGA shall use the following skill levels within each age group at Nationals: (3.0 and under, 3.5, 4.0 and 4.5/5.0)

ENTRY REGULATIONS

1. Anyone (non-ambulatory) can register for the event regardless if a state qualifier offers it or not.
2. Athletes must supply current USAPA rating at the time of registering for the 2025 National Senior Games. If an athlete does not have a skill rating, they will need to refer to the document posted on NSGA.com under the Pickleball sports page in order to determine their skill rating.
3. Competitors must provide their own paddles. Balls will be provided.

FORMAT

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

SPORT RULES

1. All Pickleball events will be conducted in accordance with the USA Pickleball Association rules, except as modified herein. For copy of the rules please visit the USA Pickleball website info@pickleball.org :

USA Pickleball Association
PO Box 7354
Surprise, AZ 85374

2. Participant must be seated in their wheelchair for the entire duration of competition.
3. The playing surface for Wheelchair play shall be 44 feet wide and 74 feet long.
4. Players may allow the ball to bounce twice before returning the ball. The second bounce can be anywhere on the playing surface.
5. Shirt color cannot be the same color as the game ball. (Optic yellow/green).

QUALIFYING RULES

1. For 2025, Powerlifting will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the event regardless if a state qualifier offers it or not.

FORMAT

1. Each competitor will compete in one lifting session and is allowed three attempts on each of three lifts (squat, bench press, deadlift).
2. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
3. Awards will be presented for 1st through 8th place within each age division based upon totals. In addition, awards will be presented for 1st through 3rd places in the individual lifts of squat, bench press and deadlift, in each age division.

SPORT RULES

1. All Powerlifting events will be conducted in accordance with USA Powerlifting rules, except as modified herein. For a copy of these rules, please visit:

USA Powerlifting
https://www.usapowerlifting.com/

2. Competition takes place between lifters in categories defined by sex, bodyweight, age, and equipped vs. raw.
3. The following competition lifts are recognized and must be taken in the same sequence in all contests: 1) squat, 2) bench press, and 3) deadlift. The "total" is the sum of the heaviest successful attempt on each lift.
4. Each competitor is allowed three attempts on each lift. The lifter's best successful attempt on each lift counts toward their competition total. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
5. If two lifters register the same bodyweight at the weigh-in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter.
6. A successful attempt in all three disciplines is required to earn a total. Should a lifter fail to make a successful attempt in the squat and/or bench press, they may continue to compete for the remainder of the contest but they will not earn an official total (their total will be recorded as 0).
7. Equipment check is required for every competitor. Either the lifter or the lifter's coach must present the apparel/equipment to be inspected. All personal apparel/equipment that will (or might) be worn/used during competition must be inspected and approved at equipment check.
8. All lifters in the session must attend a formal weigh-in prior to competition.
9. The following weight classes shall be used for competition:

The (11) female weight classes and their ranges/limits are as follows:

USA Powerlifting Female Weight Classes and Ranges				
Class (kg)	Range (kg)		Class (lb)	Range (lb)
44	up to 44.00		97.00	up to 97.00
48	44.01 - 48.00		105.80	97.01 - 105.80
52	48.01 - 52.00		114.60	105.81 - 114.60
56	52.01 - 56.00		123.40	114.61 - 123.40
60	56.01 - 60.00		132.20	123.41 - 132.20
67.5	60.01 - 67.50		148.80	132.21 - 148.80
75	67.51 - 75.00		165.20	148.81 - 165.20
82.5	75.01 - 82.50		181.80	165.21 - 181.80
90	82.51 - 90.00		198.40	181.81 - 198.40
100	90.01 - 100.00		220.40	198.41 - 220.40
100+	100.01 and above		220.40+	220.41 and above

The (12) male weight classes and their ranges/limits are as follows:

USA Powerlifting Male Weight Classes and Ranges				
Class (kg)	Range (kg)		Class (lb)	Range (lb)
52	up to 52.00		114.60	up to 114.60
56	52.01 - 56.00		123.40	114.61 - 123.40
60	56.01 - 60.00		132.20	123.41 - 132.20
67.5	60.01 - 67.50		148.80	132.21 - 148.80
75	67.51 - 75.00		165.20	148.81 - 165.20
82.5	75.01 - 82.50		181.80	165.21 - 181.80
90	82.51 - 90.00		198.40	181.81 - 198.40
100	90.01 - 100.00		220.40	198.41 - 220.40
110	100.01 - 110.00		242.40	220.41 - 242.40
125	110.01 - 125.00		275.40	242.41 - 275.40
140	125.01 - 140.00		308.60	275.41 - 308.60
140+	140.01 and above		308.60+	308.61 and above

POWER WALK - OPEN
1500M on a Track or Road Course
5K on a Road Course

QUALIFYING RULES

1. For 2025, Power Walk will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K Power Walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K Power Walk event will be held on a road course.
4. If a track is used the 5K is referred as a 5000M.

ENTRY REGULATIONS

1. Athletes qualified in either the 1500M or the 5K power walk may compete in both events.
2. Power Walk will continue as an Open Sport for the 2025 National Senior Games presented by Humana. Qualification will not be required for Power Walk.

FORMAT

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

SPORT RULES

1. All Power Walking events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please visit the USATF website www.usatf.org or call:

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

2. No canes, walkers, headphones, cell phones or water bottles allowed during the event.

Power Walk is a monitored event in which an athlete can be disqualified. Power Walking, while very similar to Race Walking, does not have the same technical requirements.

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

RACE WALK
1500M on a Track/Road course
5K on a road course

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K race walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K race walk event will be held on a road course.
4. If a track is used for the 5K, it is referred as a 5000M.

ENTRY REGULATIONS

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

FORMAT

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5K shall be a maximum of 1250M but not shorter than 1000M. The 1500M Race Walk will be on a standard 400M track or a 1500M road course.
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 visit the USATF website www.usatf.org or call:

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

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

RACE WALK MINIMUM PERFORMANCE STANDARDS

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

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in each Racquetball event (singles, doubles and mixed doubles) in which they wish to compete at the 2025 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes must provide their own racquets. Balls will be provided.
2. Athletes may compete with only one partner per event. Under NSGA rules, doubles and mixed doubles are classified as an event. Therefore, athletes may not compete in more than one age division for doubles.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2025.

FORMAT

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

SPORT RULES

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

   USA Racquetball
   1661 Mesa Avenue
   Colorado Springs, CO 80904
   (719) 635-5396

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

QUALIFYING RULES

1. All athletes who complete a 5K/10K Road Race at a 2024 NSGA Qualifying State Games will qualify for the 2025 National Senior Games, or athletes can qualify by meeting the "limited" qualifying criteria in Rule D.
2. For 2025, the 1 Mile Run event will be classified as an "OPEN" event. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

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

FORMAT

1. In the 1 Mile Run, 5K and 10K events, all age divisions will run simultaneously.
2. The 1 Mile Run will be conducted on a 1 mile road course.
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 race format for any age division based on entry numbers, space restrictions, or other circumstance.

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 visit the USATF website www.usatf.org or call:

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

2. For the safety and well-being for the athlete, a time limit of 20 minutes maximum per kilometer will be allowed. The athlete will be pulled from the course if exceeding the 20-minute maximum time limit.

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in each Shuffleboard event (singles, open doubles) in which they wish to compete at the 2025 National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per event. Under NSGA rules, open doubles are classified as an event. Therefore, athletes may not compete in more than one age division for open doubles.
2. Open Doubles teams may be same or mixed gender.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2025.
4. Athletes must provide their own cues. Discs 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 email Rob:

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

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

SHUFFLEBOARD
NON-AMBULATORY
Singles/Open Doubles

QUALIFYING RULES

1. All non-ambulatory athletes competing at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in a shuffleboard event, singles and or open doubles in which they wish to compete at the 2025 National Senior Games.
3. Athletes who reside in a state that does not offer non-ambulatory shuffleboard may qualify for the event by meeting the "limited" event qualifying criteria in Rule D.

ENTRY REGULATIONS

1. Athletes must provide their own cues. Discs will be provided.
2. Athletes may compete with only one partner per event. Under NSGA rules open doubles is classified as an event. Therefore, athletes may not compete in more than one age division for open doubles.
3. Open Doubles teams may be same gender or mixed gender.
4. The age divisions of competition for open doubles will be determined by the younger age of the two partners as December 31, 2025.

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 email Rob:

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

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

SOCCER – OPEN (Women/Men)
8 v 8

QUALIFYING RULES

1. For 2025, Soccer event will be classified as an "OPEN" sport. Teams do not need to qualify at a 2024 qualifier.

ENTRY REGULATIONS

1. Teams must be all one gender.
2. Team rosters shall be limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. No players will be added to the roster during the tournament.
3. Teams are not limited to the number of out-of-state players on their rosters; however, roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration. Team roster participants who are unable to compete may be replaced after the official registration deadline for valid medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
5. At the National Senior Games, athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
6. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2025.

FORMAT

1. The number of entries in each division will determine the format of the competition.
2. Any game missed/forfeited during bracket play will be considered a loss.
3. Awards will be presented for 1st through 4th 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. This tournament will be conducted in accordance with the United States Adult Soccer Association rules, except as modified herein.
2. All games in a competition will follow the FIFA Laws of the Game in effect at the time of the competition.
3. Length of the field shall not be more than 80 X 50 yards.
4. Playing time will be two halves of 30 minutes.
5. Goal nets shall be used – 7' x 21'
6. Fields shall be properly marked. A flag on a post not less than five (5) feet high & having a non–pointed top, shall be placed at each corner.
7. Substitutions shall be unlimited.
8. In the event of the score being tied at the end of regulation periods, in a group round match the tie score will stand. In the event a semifinal or final round match is tied at the end of regulation periods, the winner will be determined according to the FIFA method of obtaining a result in knock---out competition in effect at the time of the competition. In the event of a playoff game being tied at the end of the regulation periods, a ten (10) minute overtime period, which is divided into two (2) periods of five (5) minutes, shall be played. Tied playoff games after overtime will be decided by penalty kicks.
9. Tie Breaks – the following sequence shall be used to break times in the standings. For a three or more way tie; after the first time is broken, the tiebreaker shall start at the beginning to break the next tie.
   a) Head to Head
   b) Goals against
   c) Goals for
   d) Fair Play
   e) Toss of a coin
10. Uniforms:
    a) Team clothing must be of like design and color.
    b) Teams must have both "home" and "away" uniforms with permanently attached numbers. The numbers must be 4" on the front and 6" on the back in the center of the jersey.

c) Sponsors may be added to uniforms, but cannot interfere with number placement.
d) Uniforms shall be free of inappropriate symbols or wording.
e) Teams must provide their own goalie jersey and equipment.

QUALIFYING RULES

1. All first-, second-, and third-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. States that divide men's competition into three skill categories may qualify three men's teams in each skill category. States that divide women's competition into three skill categories may qualify three women's teams in each skill category.

ENTRY REGULATIONS

1. Teams must supply current team rating, tournament history and all other names used or played under during the period of one year. Failure to provide or falsification of information given to the NSGA will result in the team automatically be placed in the highest skill division (Division 1) in the tournament.
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. No players will be added to the roster during the tournament. This includes non-players moving to player status due to an injured team member.
5. Teams are not limited to the number of out-of-state players on their rosters; however, roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration. Team roster participants who are unable to compete may be replaced after the official registration deadline for valid medical reasons only. Determining valid change requests are at the discretion of the NSGA and may be made after the advertised registration deadline. The new team member or partner must have participated in the sport they wish to enter, at a qualifying state game.
6. Teams that add two or more players from a higher rated team may be subject to reclassification.
7. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
8. At the National Senior Games athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
9. Age divisions for all team competition will be determined by the age of the youngest team player as of December 22, 2025.

FORMAT

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

SPORT RULES

1. This tournament will be conducted in accordance with Softball Players Association (SPA) Rules, except as modified herein. For a copy of these rules, please visit the SPA website https://softballspa.com/ or call:

Softball Players Association (SPA)
PO Box 1307
Mustang, OK 73064
(405) 376-7034

2. **Strike Zone Mat**: A Strike Zone Mat will be used in all games to determine balls, strikes, and outs at home plate. The top of the mat will be placed at the top of home plate. The mat will measure twenty-one (21) inches wide and thirty-five (35) inches long with a white home plate centered at the front of the mat measuring seventeen (17) inches across the front, 8 1/2 inches down each side, and 12 inches diagonally to a point nearest the catcher. A legal pitch not swung at that strikes any part of the strike zone mat or home plate shall be called a strike by the umpire.
3. **Pitcher's Plate/Box**: A pitcher's box consisting of the area from the front of the pitcher's plate, 50 feet from home plate, and extending back ten feet (10 ft.) and twenty-four (24) inches wide perpendicular to the pitcher's plate shall be used. The pitcher must release the ball after coming to a complete stop with one foot or both feet in contact with the pitcher's plate or within the pitcher's box. One foot must remain in contact with the plate/box when the pitch is released with an underhand motion. A step simultaneous with the release of the ball may be taken in any direction with the free foot. The pitcher must be facing the batter when delivering the pitch. The catcher must remain within the lines of the catcher's box until the pitched ball is batted, touches the ground or home plate, or reaches the catcher's box. This area should be chalked off.
4. **Players and substitutes**: SPA Softball rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at any time does not exceed the total allowed for that age division.
    a. Men in age divisions 50+, 55+ and 60+: Ten defensive players shall constitute a team.
    b. Men in age divisions 65+ 70+ and 75+: Eleven (11) defensive players shall constitute a team
    c. Women in all age divisions 50+, 55+, 60+, 65+, 70+ and 75+: Eleven (11) defensive players shall constitute a team.
5. **Line-up cards**: Official line-up cards must be presented to the opposing manager and scorekeeper 10 minutes prior to game time. Tournament line-up cards will be furnished to all team managers. Name of player, number and position must be indicated on line-up card.
6. **Batting Line Up**: A Team can bat the allowed number of players or the ability to bat any number of players that are available. This must be declared prior to the beginning of the game and indicated on the line-up card.
7. **Runs per inning**: For all pool play there shall be a five (5) run per inning rule, with unlimited runs allowed in the seventh or final inning. For double elimination play in skill divisions III and II there shall be a five (5) run per inning rule, with unlimited runs allowed in the seventh or final inning. For double elimination play in the Div. I skill division there shall be a seven (7) run per inning rule, with unlimited runs allowed in the seventh or final inning.
8. **Mercy rule**: A mercy rule will be in effect for all games. The rule shall be 20 runs after four innings and 15 runs after five innings, or any time a team may not mathematically score enough runs to stay in the game, ending the game.
9. **Homerun rule**: The homerun rule shall be utilized in pool play (round robin) and double elimination play. All teams except those in the division I will play under the 1-homerun +1-up single rule. Teams in the division I will play under the 3-homerun +1-up single rule. The first ball hit over the fence will count as a home run. Subsequent balls hit over the fence by the same team will count as singles until the opposing team has hit a ball over the fence (homerun). Base runners may only advance one base per single over the fence. This rule shall continue throughout the entire game.
10. **Time Limit**: The length of a game will be seven innings or 60 minutes for pool play (round robin) and double elimination games. After 60 minutes the umpire shall announce that teams will finish the current inning and play one more. The last inning shall be played with unlimited runs. This rule is designed to allow 1 hour and 15 minutes for a game, which is ample time to play 7 innings. Tie games after seven innings or at the end of

regulation time will continue until one team is ahead after the completion of any subsequent inning using the International tie-breaker rule. There will be no time limit for championship / medal games.

11. **Base Overrun**: Women age divisions 70+ and 75+ can run through 2nd and 3rd base without the possibility of being tagged out unless an attempt is made or a turn toward the next base is indicated.
12. **Courtesy runner**: An unlimited number of courtesy runners may be used per inning. A player may only be used as a courtesy runner once per inning (except Women 70+ and 75+ which a player can be a courtesy runner as many times as needed per inning). A courtesy runner may not be replaced by another courtesy runner except for injury causing removal of the original courtesy runner permanently from the game. A courtesy runner on base when it is his/her turn at bat will be declared out as the runner. Another courtesy runner may not be used to circumvent this rule.
13. **Team clothing**: Must be of like design and color. An Arabic whole number (0-99) of contrasting color, or outlined in contrasting color, at least 6 inches high must be visible on the back of uniform shirts. No players on the same team may wear identical numbers. Sponsors may be added to jersey but cannot interfere with number placement. Uniforms shall be free of inappropriate symbols or wording.
14. **Pitching Mask**: All pitchers are encouraged to wear a defensive face mask while pitching in all games.
15. **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.
16. **Official Softball**: The men's divisions will play 12-inch slow pitch (.44 core and a compression rating of no more than 375 psi). The women's divisions will play 11-inch slow pitch (.47 core and a compression rating of no more than 525 psi).
17. **Bat Rules**: All bats with a *BPF of 1.21 or less will be legal for play. All bats used in play must be stamped with a BPF of 1.21 or less, and must have either a manufacturer installed non-slip grip surface, or a minimum of one wrap of tape. Bats without the BPF stamped on the bat will be considered illegal.
    All bats models approved for senior play by ISA, ISSA, SPA and SS-USA will be allowed for tournament play in NSGA.
18. **Field Dimensions**: State qualifying games and the 2025 National Senior Games will utilize a double first base, second home plate, 30-foot commitment line between third base and home plate and a 6-foot pitching box. A field diagram with dimensions is included in the SPA Softball rulebook (with the exception of the 6-foot pitching box and strike zone mat). If in the National Chair's and tournament director's discretion, such an adjustment is feasible, base paths will be 70' for men's age divisions 50 to 65+, and 60' for women's 75+. The base paths will be 65 feet for men's 70+ and women's 50-70+ age divisions.

SWIMMING

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

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

ENTRY REGULATIONS

1. At the 2025 National Senior Games, swimmers will be eligible to swim bonus events. Bonus events may only be in the same stroke an athlete qualified in and can only be of a lesser distance, not greater. Athletes must enter seed times, from yards' competition, for their selected bonus events. Seed times must be entered in minutes, seconds and hundreds of seconds (00:00.00). Seed times for each bonus events must be achieved during the last twelve months prior to the registration deadline.
2. Swimmers may enter a maximum of six events, including bonus events.
3. The 500-yard freestyle, 200-yard butterfly and 400-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them
4. Swimmers who qualify in the 400-yard and 200-yard individual medley may select the 200-yard and the100-yard individual medley as a bonus event.
5. Swimmers must provide their own suits, caps, goggles, towels, etc. All swimsuits must conform to United States Masters Swimming Rule 102, 12-Swimwear for Pool Competition.
6. Mixed relays consist of two males and two female swimmers. Swimmers may enter one 200-yard mixed medley relay and one 200-yard mixed freestyle relay. Captains of relays may pre-register teams during online registration. Deck entries for relays will also be accepted at the meet. Relay packets for deck entries will be available at the venue starting the first day of competition. The swimmers on each relay do not have to be from the same state. Age groups for relays will be the same for individual events (50-54, 55-59, 60-64, 65-69, etc.) with the youngest swimmer's age as of December 31, 2025, determining the relay's age group. Awards for relays will be the same as for individual events.

FORMAT

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

SPORT RULES

1. This competition will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please visit the website www.usms.org/rules or call:

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

2. The major points of the rules include:
   a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
   b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
   c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
   d) Breaststroke: The appropriate stroke is required.
   e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.

f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.

g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.

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

SWIMMING MINIMUM PERFORMANCE STANDARDS

Yard to Metric Conversion
Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.
Divide the 500-yard time by 1.15526 to get 400 meter MPS.

50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:35.33	55-59	:41.40
60-64	:36.33	60-64	:41.40
65-69	:37.62	65-69	:41.65
70-74	:39.94	70-74	:47.73
75-79	:50.10	75-79	:53.83
80-84	:53.16	80-84	1:04.26
85-89	1:13.76	85-89	1:34.90
90+	1:50.80	90+	2:25.20

100- Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:23.70
55-59	1:20.03	55-59	1:23.70
60-64	1:20.03	60-64	1:26.75
65-69	1:20.03	65-69	1:35.76
70-74	1:26.49	70-74	1:46.40
75-79	1:53.48	75-79	2:02.49
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	3:55.20
90+	4:25.20	90+	5:45.90

200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	2:59.32	55-59	3:07.60
60-64	3:00.59	60-64	3:31.86
65-69	3:00.59	65-69	3:38.34
70-74	3:23.05	70-74	3:57.69
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90-94	10:35.90	90+	10:44.80
95+	10:35.90	95+	10:44.80

50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:46.86
60-64	:37.80	60-64	:46.86
65-69	:40.11	65-69	:49.59
70-74	:41.73	70-74	:57.42
75-79	:50.24	75-79	1:03.86
80-84	:57.02	80-84	1:18.94
85-89	1:18.12	85-89	2:28.70
90-94	1:26.58	90-94	3:29.90
95+	1:36.20	95+	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	1:22.90	60-64	1:43.30
65-69	1:27.42	65-69	1:49.95
70-74	1:36.22	70-74	1:58.18
75-79	1:51.23	75-79	2:36.75
80-84	2:13.31	80-84	2:45.00
85-89	4:26.04	85-89	5:45.90
90+	5:29.50	90+	5:45.90

200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:04.87
70-74	3:45.49	70-74	4:16.88
75-79	4:18.58	75-79	5:43.59
80-84	6:05.62	80-84	6:48.78
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:16.13	60-64	1:27.02
65-69	1:18.32	65-69	1:38.65

200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:57.22	60-64	3:17.02
65-69	3:12.41	65-69	3:59.77

70-74	1:25.09	70-74	1:42.41	70-74	3:29.95	70-74	4:07.10
75-79	1:48.90	75-79	2:12.55	75-79	4:10.90	75-79	5:15.30
80-84	2:17.30	80-84	2:54.50	80-84	7:57.00	80-84	8:52.60
85-89	4:16.60	85-89	5:25.60	85-89	9:30.10	85-89	12:02.80
90+	4:16.60	90+	5:25.60	90+	9:30.10	90+	12:02.80

SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)

400-Yard Individual Medley

Men		Women (No MPS Available)	
50-54	7:22.08	50-54	07:37.91
55-59	7:22.08	55-59	07:37.91
60-64	7:22.08	60-64	07:37.91
65-69	7:38.06	65-69	08:56.25
70-74	9:57.74	70-74	09:19.08
75-79	10:56.83	75-79	09:41.11
80-84	11:58.67	80-84	16:08.42
85-89	12:12.24	85-89	16:08.42
90+	12:12.24	90+	16:08.42

50-Yard Butterfly100-Yard Butterfly

Men		Women		Men		Women	
50-54	:30.07	50-54	:37.65	50-54	1:23.70	50-54	1:27.05
55-59	:32.34	55-59	:38.26	55-59	1:25.68	55-59	1:37.60
60-64	:32.34	60-64	:38.76	60-64	1:25.68	60-64	1:44.53
65-69	:33.64	65-69	:42.58	65-69	1:25.68	65-69	2:22.48
70-74	:37.72	70-74	:54.51	70-74	1:39.83	70-74	2:38.31
75-79	:49.80	75-79	1:07.54	75-79	3:02.03	75-79	4:33.80
80-84	1:25.86	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

200-Yard Butterfly
(No MPS Available)

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

50-Yard Freestyle100-Yard Freestyle

Men		Women		Men		Women	
50-54	:27.51	50-54	:33.08	50-54	1:03.00	50-54	1:13.70
55-59	:28.80	55-59	:33.08	55-59	1:03.43	55-59	1:13.70
60-64	:29.08	60-64	:33.70	60-64	1:06.00	60-64	1:16.53
65-69	:29.79	65-69	:35.65	65-69	1:08.25	65-69	1:20.45
70-74	:31.05	70-74	:39.39	70-74	1:10.41	70-74	1:27.32
75-79	:36.80	75-79	:46.24	75-79	1:26.30	75-79	1:44.15
80-84	:41.40	80-84	:56.16	80-84	1:35.70	80-84	2:07.48
85-89	1:05.77	85-89	1:08.67	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

200-Yard Freestyle500-Yard Freestyle

Men		Women		Men		Women	
50-54	2:26.01	50-54	2:46.10	50-54	6:57.40	50-54	7:26.36
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:26.66
60-64	2:30.23	60-64	2:49.34	60-64	7:15.30	60-64	7:28.76
65-69	2:33.45	65-69	3:02.67	65-69	7:15.30	65-69	8.05.13
70-74	2:55.45	70-74	3:19.03	70-74	8:15.62	70-74	8:59.79
75-79	3:18.25	75-79	4:15.78	75-79	9:50.50	75-79	10:59.80
80-84	3:52.68	80-84	4:40.74	80-84	11:50.90	80-84	14:52.08
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS BONUS EVENTS

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

TABLE TENNIS
Singles/Doubles/Mixed Doubles

QUALIFYING RULES
1. All first-, second-, third- and fourth-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in each Table Tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2025 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, 2025.

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

SPORT RULES
1. All matches will be conducted in accordance with USA Table Tennis rules, except as modified herein. For a copy of these rules, please visit the USATT website www.usatt.org or call:

   USA Table Tennis
   4065 Sinton Road, Suite 120
   Colorado Springs, CO 80907
   (719) 866-4583

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

TAI CHI - OPEN
Individual/Group/Open

QUALIFYING RULES

1. For 2025, Tai Chi will be classified as an "OPEN" sport. Athletes do not need to qualify at a 2024 state qualifier.

ENTRY REGULATIONS

1. Anyone can register for the sport, regardless if a state qualifier offers it or not.
2. Athletes may enter all three Tai Chi events (Individual, Group, Open).
3. The age division of competition for all group events will be determined by the age of the youngest group member as of December 31, 2025.
4. Group competitions may be of same or mixed gender.
5. When applicable participants must provide their own equipment

FORMAT

1. Events will be as follows:
    a. Tai Chi Chuan Solo Women
    b. Weapon Solo Women (sword only)
    c. Tai Chi Chuan Solo Men
    d. Weapon Solo Men (sword only)
    e. Tai Chi Chuan Group - empty hand, weapon
    f. Open Division (Women/Men) – weapon only (non-sword)
2. Competitors will have one routine for each event.
3. All routines must conform to Tai Chi style.
4. All routines shall be no less than 2 minutes, but no more than 6 minutes in duration.
5. 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.
6. Awards will be presented for 1st through 8th place for each solo event within each age division, and 1st through 4th for each group event within each age division.

SPORT RULES

1. All Tai Chi competition will be conducted in accordance with USAWKF rules, except as modified herein. For a copy of these rules, please visit:

    USA Wushu Kungfu Federation
    https://usawkf.org/

2. Participant level of experience and mastery shall be as follows:
    a. Beginner – 1 year of experience or less
    b. Intermediate – 1-3 years of experience
    c. Advanced – 3+ years of experience
3. Competitors will start each routine with a score of 10.000 points. Following completion of the routine, deductions are made based on the following criteria:
    a. Quality of movement – 6 points
    b. Power in harmony – 2 points
    c. Spirit, pace, style, content, structure and choreography – 2 points
4. Group size shall be limited to ten participants or less for all group routines.
5. Solo and group routines shall be judged on rhythm, continuity, style, content, structure, composition and harmony.
6. Weapon routines shall be judged on ability to control the weapon, rhythm, continuity, style, content, structure, composition and harmony.
7. Open weapons division shall be open to all "other" Tai Chi weapons – fan, staff, stick, ball, etc. (No sword shall be allowed in the open weapons division).
8. All equipment and weaponry will be inspected by competition judges to determine condition and ensure safety. When possible, weaponry should conform to the IWUF (International Wushu Federation) technical standards and requirements.

9. For all events, music is optional. Music must be on external hard drive/removable media (i.e. flash drive, etc.) and given to referee/judge before ones turn.

QUALIFYING RULES

1. All first-, second-, third- and fourth place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes must qualify in each tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2025 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, 2025.
3. Athletes must provide their own racquets and practice balls.
4. Athletes may enter a maximum of two tennis events.

FORMAT

1. Tournament formats may include but are not limited to: Single elimination with a consolation bracket for first match losers, round robins, feed-in consolations, modified feed-in consolations, Curtis consolations, no-ad scoring, combinations of these and any other formats at the discretion of the tournament director (s) to facilitate orderly and timely play. The draw format used will determine 5th through 8th place (subject to change based on smaller draw sizes).
2. Based on sufficient entries, 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, prior to or after play has commenced in any or all divisions, based on entry numbers, space restrictions, or other circumstances. Formats used may include but are not limited to: Regular tiebreak sets, Pro-sets, Fast-4, No-Ad scoring and other modified formats. The NSGA and LOC may also modify the formats of consolation or non-medal matches while playing a different format for medal matches.

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 visit the USTA website www.usta.com or call:

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

2. If an athlete is entered in more than one Tennis event, a situation may arise wherein he/she will have to play more than the USTA-recommended number of matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events. However, it is the responsibility of the athlete to make conflicts known to the Competition Manager with sufficient time in order to reschedule or withdraw.
3. The scoring format for all singles and doubles matches will be two out of three tiebreak sets, in the event of split sets, a match tiebreak (first to 10 points win by 2) will be played. There will be no full third sets. The only exception to this is that it may be modified in accordance with Format, Item 3.
4. Tennis seedings are established by following the USTA “All Factors” method. This includes considering any available information such as USTA rankings, NTRP ratings, UTR ratings, WTN ratings, recent head-to-head and common opponent results and other information available or provided to the tournament chairs.

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 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. All athletes who compete in hammer throw at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
3. Athletes who reside in a state that does not offer the hammer throw and pole vault may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 50-,100-, 200-, 400- or 800-meter events at the 2025 National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes cannot qualify to compete in the relay event except in this manner.

ENTRY REGULATIONS

1. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143, 3(a) – (f).
3. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of December 31, 2025.

FORMAT

1. Advancement to the finals for the 50m, 100m, 200m and 400m will be on time (the fastest 8 times to the final)
2. All races longer then 400m will be timed finals, with the fastest final going last.
3. All throws, long jumps and triple jumps will be conducted in flights. Two or more flights may be formed. Each athlete will have three trials in their flight, followed by a final of the athletes with the 8 best performances from all of the flights. These athletes will have three additional trials.
4. General order for track events is Women, Oldest to Youngest then Men, Oldest to Youngest.
5. 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 visit the USATF website www.usatf.org or call:

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

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

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

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

TRACK MINIMUM PERFORMANCE STANDARDS

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

(Metric)

	MEN'S DIVISION					
Age	**50 M**	**100 M**	**200 M**	**400 M**	**800 M**	**1500 M**
50-54	:7.47	:13.82	:28.49	1:06.20	2:32.10	5:19.00
55-59	:7.51	:14.00	:28.74	1:06.40	2:35.14	5:24.20
60-64	:7.77	:14.30	:29.80	1:07.80	2:36.40	5:35.10
65-69	:7.98	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:8.33	:15.62	:32.37	1:15.13	3:05.20	6:46.90
75-79	:8.92	:16.39	:36.90	1:27.60	3:24.88	7:32.90
80-84	:9.91	:18.94	:39.79	1:42.87	4:11.66	8:47.37
85-89	:10.54	:21.59	:51.17	2:18.75	5:30.32	13.01.62
90-94	:14.87	:37.84	1:03.00	3:30.00	7:00.20	16:05.00
95+	:16.54	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

	WOMEN'S DIVISION					
Age	**50 M**	**100 M**	**200 M**	**400 M**	**800 M**	**1500 M**
50-54	:8.62	:16.35	:35.20	1:21.60	3:10.40	6:35.10
55-59	:8.62	:16.36	:35.52	1:22.98	3:15.36	6:51.28
60-64	:8.73	:16.61	:36.19	1:29.32	3:30.00	7:17.00
65-69	:9.25	:17.89	:37.42	1:38.77	3:50.00	7:42.34
70-74	:10.34	:19.36	:41.94	1:44.17	4:11.21	8:54.97
75-79	:11.18	:21.99	:46.84	1:55.20	5:02.30	10:55.47
80-84	:14.10	:25.28	1:06.55	2:48.07	6:11.80	13:44.30
85-89	:21.45	:35.82	1:40.41	3:51.30	8:34.92	16:30.00
90+	:23.83	:44.20	1:46.70	4:21.80	9:30.00	16:30.00

National Senior Games Association

FIELD MINIMUM PERFORMANCE STANDARDS (Metric)

MEN'S DIVISIONS								
Age	**Long Jump**	**High Jump**	**Triple Jump**	**Shot Put**	**Discus**	**Javelin**	**Pole Vault**	**Hammer**
50-54	4.55	1.49	8.52	11.43	39.85	40.39	2.60	29.00
55-59	4.50	1.37	8.52	11.28	35.91	40.39	2.60	27.20
60-64	4.46	1.35	8.27	11.28	35.91	38.61	2.60	27.20
65-69	4.01	1.22	7.70	10.55	34.95	34.49	2.43	27.20
70-74	3.65	1.17	7.43	10.49	31.29	31.03	2.21	27.20
75-79	3.04	1.08	6.09	9.41	26.73	27.26	1.53	22.18
80-84	2.90	.99	4.97	9.06	22.73	22.65	1.10	21.72
85-89	1.73	.84	2.94	7.07	17.30	17.34	.86	17.60
90-94	1.19	.66	2.00	4.41	11.58	9.06	.86	14.00
95-99	1.19	.66	2.00	3.41	6.20	6.81	.86	5.00
100+	1.19	.66	2.00	3.05	6.20	5.00	.86	5.00

WOMEN'S DIVISIONS								
Age	**Long Jump**	**High Jump**	**Triple Jump**	**Shot Put**	**Discus**	**Javelin**	**Pole Vault**	**Hammer**
50-54	3.37	1.07	6.60	8.94	22.40	21.15	1.22	19.30
55-59	3.37	1.04	4.73	8.93	22.40	21.15	1.22	19.30
60-64	3.23	.99	4.73	8.57	21.74	20.48	1.22	19.30
65-69	2.92	.99	4.73	7.51	17.45	17.75	1.22	16.26
70-74	2.52	.90	4.63	6.69	17.45	15.37	1.22	13.44
75-79	2.22	.78	3.52	6.40	15.81	13.92	1.22	11.11
80-84	1.57	.66	3.52	6.09	13.51	11.18	.91	7.70
85-89	.84	.56	2.50	4.55	8.38	6.54	.86	6.00
90+	.76	.56	2.30	2.13	3.15	4.27	.86	5.00

FIELD MINIMUM PERFORMANCE STANDARDS (English)

MEN'S DIVISIONS								
Age	**Long Jump**	**High Jump**	**Triple Jump**	**Shot Put**	**Discus**	**Javelin**	**Pole Vault**	**Hammer**
50-54	14' 11.25"	4' 10.5"	27' 11.5"	37' 6"	130' 9"	132' 6"	8' 6.25"	95' 1.75"
55-59	14' 7.25"	4' 7"	27' 11.5"	37' 0"	117' 9.75"	132' 6"	8' 6.25"	89' 2.75"
60-64	14'7.25"	4' 5"	27' 1.5"	37' 0"	117' 9.75"	126' 8"	8' 6.25"	89' 2.75"
65-69	13' 2"	4' 0"	25' 3.25"	34' 7.5"	114' 8"	113' 1.75"	7' 11.75"	89' 2.75"
70-74	11'11.75"	3' 10"	24' 4.5"	34' 5"	102' 8"	101' 9.75"	7' 3"	89' 2.75"
75-79	9'11.75"	3' 6.5"	19' 11.75"	30' 10.5"	87' 8.5"	89' 5.25"	5' 0.25"	72' 9.75"
80-84	9' 6"	3' 3"	16' 3.75"	29' 9"	74' 6.75"	74'3.75"	3' 7.25"	71'3"
85-89	5' 8"	2' 9"	9' 7.75"	23' 2.25"	56' 9"	56'10.5"	2' 10"	57' 9"
90-94	3' 10. 75"	2' 2"	6' 6. 75"	15' 11"	37'11.75"	29' 8.75"	2' 10"	45' 11"
95-99	3' 10.75"	2' 2"	6' 6.75"	11' 3.5"	20' 4"	22' 4"	2' 10"	16' 4.75"
100+	3' 10.75"	2' 2"	6' 6.75"	10' 0"	20' 4"	16' 10"	2' 10"	16' 4.75"

WOMEN'S DIVISIONS								
Age	**Long Jump**	**High Jump**	**Triple Jump**	**Shot Put**	**Discus**	**Javelin**	**Pole Vault**	**Hammer**
50-54	11' 0.75"	3' 6"	21' 7.75"	29'4"	73' 5.75"	69' 4.5"	4' 0"	63' 4
55-59	11' 0.75"	3' 4"	15' 6.25"	29'4"	73' 5.75"	69' 4.5"	4' 0"	63' 4"
60-64	10' 7.25"	3' 2"	15' 6.25"	28' 1.5"	71' 4"	67' 2"	4' 0"	63' 4"
65-69	9' 7"	3' 2"	15' 6.25"	24' 7.75"	57' 3"	58' 2.75"	4' 0"	53' 4.25"
70-74	8' 3.25"	2'11.5"	13' 9.75"	21' 11.5"	57' 3"	50' 5.25"	4' 0"	44' 1.25"
75-79	7' 3.5"	2' 6.75"	11' 6.5"	21' 0"	51' 10.5"	45' 8"	4' 0"	36' 5.5"
80-84	5' 1.75"	2' 2"	11' 6.5"	19'11.75"	44' 3.75"	36' 8"	2' 11.75"	25' 3.25"
85-89	2' 9"	1' 10"	8' 2.5"	14'11.25"	27' 6"	21' 5.5"	2' 10"	19' 8.25"
90+	2' 6"	1' 10"	7' 6.5"	6' 11.75"	10' 4"	14' 0"	2' 10"	16' 4.75"

QUALIFYING RULES

1. All athletes completing a triathlon at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.
2. Athletes who reside in a state that does not offer a triathlon event may qualify for triathlon by meeting the "limited" event qualifying criteria in Rule D.
3. Athletes who reside in a state that offers the triathlon and does not participate in that state qualifier event can qualify by meeting the "limited" event qualifying criteria in Rule D.
4. Triathlon competitions used for qualifying purposes must adhere to expected standards for the conduct of that sport. All three triathlon elements must be held consecutively on the same day with no scheduled rest periods.
5. Each element must be at least as long as the triathlon event at Nationals. (400M Swim, 20K Cycling and a 5K Road Race).
6. The Triathlon Relay is an OPEN EVENT for 2025. No qualifying by state or limited event is necessary.

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.

TRIATHLON RELAY

FORMAT

1. Triathletes will form a team of three. They will be required to find their own teammates or place an ad on our team finder web page (same as for any other partner or team sport).
2. Each member of the team will complete one element of the triathlon. One will complete the 400M swim, one will complete the 20K cycling course, and lastly, one will complete the 5K road race.
3. The relay will be the first wave of the event. Age division wave for individuals will follow.
4. The age of the youngest member of the team will be the age for the group.
5. There will be three divisions: women, men and mixed relay teams.

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 visit the website www.usatriathlon.org or call:

   USA Triathlon
   5825 Delmonico Drive Suite 200
   Colorado Springs, CO 80919
   (719) 597-9090

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

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2024 NSGA qualifying games will qualify for the 2025 National Senior Games.

ENTRY REGULATIONS

1. Teams must be of one gender.
2. Team roster shall be limited to 15 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. Roster changes shall be allowed only as permitted under Rule F.
3. Teams are no longer limited to the number of out-of-state players on their rosters; however, roster changes shall be allowed only as permitted under Rule F. It is the captain's responsibility to declare team residency subject to NSGA approval, at the time of registration.
4. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
5. At the National Senior Games, athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions.
6. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2025.

FORMAT

1. Tournament format will include preliminary round robin pool play leading to an elimination bracket championship final. A championship final flight system maximum of three skill divisions based on number of teams in each division and pool play results will be utilized. The following divisions may be used, Division I – (highest level), Division II - and Division III. The final playoff format will be determined at the discretion of the NSGA.
2. Every effort will be made to provide teams a minimum of 6 matches.
3. All competition will be the best of 3 set matches.
4. 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 Q 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 visit the website at www.usavolleyball.org or call:

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

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

Appendix A
QUALIFICATION FOR THE NATIONAL SENIOR GAMES

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

QUALIFYING BY PLACE
Prior to the beginning of the qualifying year, the National Senior Games Association Board of Directors specifies the number of places that will qualify. The number of qualifying places is not the same for all events; for example, during the 2024 qualifying year, (qualifying for the 2025 National Senior Games) in most events the top four places qualify. In Golf, only the first place qualifies and in Triathlon, Road Race and Hammer, all finishers qualify.

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

QUALIFYING BY MINIMUM PERFORMANCE STANDARD (MPS)
Minimum performance standards have been established for many of the individual events where the performance can be measured by time, distance, or score. An athlete does not have to meet both the placement and MPS in order to qualify—it is one or the other.

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

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

In doubles events where one player is in-state and one is out-of-state, the team is considered an out-of-state team. For qualifying team sports: Basketball, Softball and Volleyball, the team captain must specify the team's home state when registering for the Qualifying State Senior Games.

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

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

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

Example 2: 3 places qualify

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

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

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

RECIPROCAL QUALIFICATION

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

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

BONUS EVENTS

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

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

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

LIMITED OPPORTUNITY QUALIFICATIONS

The Cycling road races (20K and 40K), Pole Vault, Hammer Throw, Road Races (5K and 10K), Triathlon and the following non-ambulatory sports – Bowling and Shuffleboard - are considered limited opportunity events. Athletes may qualify in limited opportunity events if his/her home state does not offer the event. The participation and documentation requirements are different for the different events and are detailed in the Senior Games rulebook. The submitted requests for limited opportunity qualifications are evaluated by the NSGA staff and notices of approval or disapproval are sent to the athletes.