



National

Senior Games

Association[™]

**Official Sport Rules
2011 Summer National Senior Games -
Presented by Humana**

January 1, 2010

Final

**QUALIFYING PROCEDURES AND
RULES OF COMPETITION
GOVERNING THE
2011 SUMMER NATIONAL SENIOR GAMES –
PRESENTED BY HUMANA**

The following qualifying procedures and rules of competition for the 2011 Summer National Senior Games presented by Humana are based upon those set forth by the recognized national governing body for each sport. For the National Senior Games, however, some sport rules have been modified and/or revised in the best interest of the competitors.

These qualifying procedures and rules of competition have been approved by the National Games Committee of the National Senior Games Association (NSGA). These rules may be subject to change prior to the 2011 event. Any changes or updates will be posted on www.nsga.com.

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Shaded text in this document indicates rules and regulations that have been significantly revised for 2010-2011.

2011 SUMMER NATIONAL SENIOR GAMES

MENU OF EVENTS

ARCHERY	Compound Fingers, Compound Release, Barebow Compound Recurve, Barebow Recurve
BADMINTON	Singles, Doubles, Mixed Doubles
BASKETBALL	Three on Three Half Court
BOWLING	Singles, Doubles, Mixed Doubles
CYCLING	5K, 10K (Time Trials) 20K ¹ , 40K ¹ (Road Races)
GOLF	54-Hole Scratch Play
HORSESHOES	Singles
RACE WALK	1500, 5000 Meter
RACQUETBALL	Singles, Doubles
ROAD RACE	5K, 10K
SHUFFLEBOARD	Singles, Doubles
SOFTBALL	Team Softball
SWIMMING	Backstroke: 50-, 100-, 200-Yard Breaststroke: 50-, 100-, 200-Yard Butterfly: 50-, 100-Yard Freestyle: 50-, 100-, 200-, 500-Yard Individual Medley: 100-, 200-Yard (four strokes)
TABLE TENNIS	Singles, Doubles, Mixed Doubles
TENNIS	Singles, Doubles, Mixed Doubles
TRACK & FIELD	100, 200, 400, 800, 1500 Meter, 4 x 100 Relay ² Discus, Hammer Throw ¹ , High Jump, Javelin, Long Jump, Pole Vault ¹ , Shot Put, Triple Jump ¹
TRIATHLON ¹	Swimming: 400M Freestyle Cycling: 20K Road Race: 5K
VOLLEYBALL	Team Volleyball

All individual sports are offered separately for men and women in five-year age divisions beginning with 50 and ending with 100+. All team sports are offered separately for men and women in the following age divisions: 50+, 55+, 60+, 65+, 70+, and 75+. In addition, 3-on-3 basketball shall have an 80+ age division.

¹Denotes a "limited" event. For more information, refer to item "D" on page 5.

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

SUMMARY OF SIGNIFICANT CHANGES

Following is a summary of the significant changes to the qualifying procedures and rules of competition governing the 2011 Summer National Senior Games presented by Humana. **This section is a summary only. It does not, however, summarize every change. For specific information, please review the actual rule in question.**

1. **RULE C – AGE FOR COMPETITION AT THE 2011 SUMMER NATIONAL SENIOR GAMES** – Age determining date for individual sports (singles, doubles and mixed doubles) has changed to December 31 of the National Games year.
2. **RULE E – DOUBLES PARTNERS** – Doubles partners who qualify together are no longer required to play together. All participants must have qualified for the sport in which they intend to participate. Therefore, an athlete qualified for a doubles event in a sport who loses their partner may recruit a new partner, so long as that individual is qualified for that same sport.
3. **RULE F – TEAMS** – Clarification that non-players do not have to meet qualifying standards for their sport.
4. **RULE H – DETERMINING WHO QUALIFIES** – Wording removed referencing limitations to team sport qualifying in Rule F.
5. **RULE M – REQUIRED CREDENTIALS** – Clarification of penalty for not providing proper credentials. Clarification of approved credentials for proof of age and residency.
6. **RULE O – NATIONAL GOVERNING BODY RULES** – Wording has been changed to reflect the use of the most current NGB Rules of Competition
7. **QUALIFYING RULES** – First through Fourth place finishers in all individual sports (except Golf and Tennis) are now eligible to compete in the National Games. First through Third place finishers in Tennis are now eligible to compete in the National Games.
8. **BASKETBALL** – The penalty for stalling has been changed. A technical foul will be charged in addition to loss of ball possession. Overtime periods have been changed to three-minutes. Competition and awards formats have been changed. Wording has been changed to reflect the use of the most current NCAA Rules of Competition. Current Men’s and Women’s three-point line will be utilized.
9. **BOWLING** – A change has been made in tie-breaking procedures for 4th – 8th place.
10. **GOLF** – Range finders will now be permitted.
11. **HORSESHOES** – Change in competition format, eliminating the use of cancellation scoring for final rounds.
12. **SOFTBALL** – Change in number of out-of-state players permitted on a roster for teams 70+ and over. Awards format has been changed. Changes reflecting changes in SPA Rules regarding Player Commitment Line, Strike Zone Mat and Pitchers Box. Time limit removed from championship/medal games.
13. **VOLLEYBALL** – Change in number of out-of-state players permitted on a roster. Competition and awards formats have been changed.

SPORT RULES, REGULATIONS & FORMAT

Following are the qualifying procedures and rules of competition governing the 2011 Summer National Senior Games presented by Humana. These games will be held June 19 – July 5, 2011 in Houston, Texas.

A. QUALIFYING DATES

The qualifying period for the 2011 Summer National Senior Games will run from Jan. 1, 2010 through Dec. 31, 2010.

Competition completed after Dec. 31, 2010, will not be considered for qualifying for the 2011 Summer National Senior Games.

B. AGE FOR COMPETITION AT QUALIFYING SITES

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

Athletes must compete in a qualifying event and be 50 years of age on or before Dec. 31, 2010, to be eligible for the 2011 Summer National Senior Games.

C. AGE FOR COMPETITION AT THE 2011 SUMMER NATIONAL SENIOR GAMES

Age division for all singles competition at the 2011 Summer National Senior Games will be determined by the athlete's age as of **December 31, 2011**. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of **December 31, 2011**. Age division for all relay competition will be determined by the age of the youngest relay team member as of **December 31, 2011**.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2011. For example, a team consisting of eight players ages 65 or older and one player age 63 will compete in the 60+-age division.

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

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

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

D. QUALIFICATION FOR "LIMITED" EVENTS

The NSGA defines a "limited" event as one in which an athlete can qualify in ways other than by participating in a qualifying Games. Events that are considered "limited" are 20K and 40K cycling, the hammer throw, pole vault, triple jump and the triathlon. The rules for qualifying for these events are as follows.

1. If a "limited" event is offered at the qualifying games in an athlete's home state, the athlete *must* qualify for that event by participating in a qualifying games and by satisfying the qualifying requirements for that event for athletes who compete in a qualifying games.
2. If a "limited" event is *not* offered at the qualifying state games in an athlete's home state, the athlete may qualify for that event by meeting the following criteria:
 - a. For 20K or 40K cycling road race an athlete must submit verification of having completed two cycling road races of the event length or better between Jan. 1 and Dec. 31, 2010. Cyclists who complete two 40K or **longer** events may qualify for both events.

- b. For pole vault an athlete must submit verification of having met the NSGA minimum performance standard for pole vault in any USA Track & Field sanctioned competition between Jan. 1 and Dec. 31, 2010.
- c. For hammer throw and triple jump an athlete must submit verification of having competed in two USA Track & Field sanctioned competitions between Jan. 1 and Dec. 31, 2010.
- d. For triathlon an athlete must submit verification of having completed two triathlons between Jan. 1 and Dec. 31, 2010.
- e. Athletes must submit to the NSGA office by no later than March 1, 2011, a Limited Event Verification form, available from the NSGA office, along with a copy of the official results or other public document illustrating the results.

E. DOUBLES PARTNERS

Doubles partners who qualify together are not required to play together at the 2011 Summer National Senior Games. All participants must have qualified for the sport in which they intend to participate. The NSGA and LOC will not assign partners at the Games. Badminton, bowling, racquetball, table tennis and tennis doubles partners must be of the same gender. Note: Badminton, bowling, table tennis and tennis also have a separate mixed doubles event. Racquetball does not have a mixed doubles event. Shuffleboard doubles may be of mixed gender. All doubles and mixed doubles pairs will compete in the age division of the younger partner as of December 31, 2011.

Athletes may compete with only one partner per event.

F. TEAMS

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

Basketball:	3
Volleyball:	4
Softball:	5

Any player or any player/coach must have been registered in a qualifying games in that sport to be eligible for addition to a roster. Documentation of player registration must be provided by the State Coordinator to the NSGA. All other team and qualifying rules apply. Changes may not be made after March 1, 2011.

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 no more than two teams in the same sport, each of which must be in different age divisions.
- 2. Non-playing coaches, non-playing captains or non-playing bench personnel are not subject to age and gender requirements.
- 3. Athletes may compete with only one team per sport. Athletes who compete in a team sport may serve as a non-playing coach, non-playing captain or non-playing bench representative for one additional team in the same sport, provided the teams are in different age divisions.
- 4. Non-playing coaches, non-playing captains or non-playing bench personnel are not required to meet qualifying standards for their sport.

Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2011.

G. RESIDENTS OF FOREIGN COUNTRIES

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

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

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

1. All results must be translated into English.
2. Athletes must be 50 years old on or before Dec. 31, 2010.
3. Athletes must provide accurate contact information, including mailing address, phone number and copies of photo identification. Photo identification must include date of birth.
4. Athletes must adhere to all rules and regulations of the NSGA, including entry deadlines.
5. Qualifying must take place between Jan. 1 and Dec. 31, 2010.
6. Residents of foreign countries who compete at the National Senior Games shall be eligible for all awards.

H. DETERMINING WHO QUALIFIES

Qualifying games are responsible for determining qualifiers at their games and for advising the NSGA who has qualified. NSGA qualifying games that permit and encourage participation by out-of-state residents are classified by the NSGA as "open." (Note: This should not be confused with "limited" events.)

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

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

Competition must take place to determine qualifiers. If there is only one individual entered in an age group, that athlete must enter and complete the event in order to be given the gold medal and to qualify for the National Senior Games. Athletes should be placed in the age division nearest their own in order to compete. Competition for the athletes in this "closest age division" shall be considered exhibition.

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

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

Athletes may also qualify by meeting or exceeding the Minimum Performance Standards (MPS) in Archery, Golf, Race Walk, Road Race, Swimming and Track & Field at a 2010 qualifying games. In general, the MPS is based on the time, distance or score of the 6th place finisher from the previous National Games, plus or minus 10% (Plus 10% for timed events; minus 10% for distance and scored events). If this formula would relax the MPS, a change will not be made and the previous MPS will continue to be used. An MPS will not be changed by more than 10% per Games. MPS shall decrease or be equal in difficulty as age divisions increase. The NSGA reserves the right to use judgment based on experience when setting the standard, therefore, a standard may not always match the formula if applied to the results of the most recent Games.

I. NSGA DEFINITION OF A PROFESSIONAL

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

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

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

J. UNIFORMS AT THE NATIONAL SENIOR GAMES

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

TEAM UNIFORMS: Team clothing (shirts, pants, shorts) must be of like design and color. Jerseys that are numbered on the front and back are highly recommended. Refer to each sport for specific details.

Uniforms shall be free of inappropriate symbols or wording.

K. PROTEST POLICY

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

L. EVENT ENTRY LIMITS

Athletes may enter no more than two individual sports at the 2011 Summer National Senior Games. Individual sports are as follows:

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

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: 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 bowling and tennis, each of which has singles, doubles and mixed doubles events, athletes may enter only two events.

In addition to two individual sports, athletes may compete in two team sports (basketball, softball or volleyball). Athletes may compete in more than one team sport but may only be a player on one team roster per team sport. For example, an athlete may be on one basketball and one softball team but not two basketball teams.

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

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

M. REQUIRED CREDENTIALS

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

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

Medals and ribbons will only be issued to properly credentialed personnel.

The NSGA reserves the right to revoke any credential at any time.

N. SEEDING

All seeding shall be random except as follows.

1. Track and swimming heats will be seeded in accordance with standard national governing body procedures.
2. Results of past National Senior Games will be used whenever possible.
3. Home state information will be made available to the Competition Manager. Every effort will be made to schedule preliminary round matches between players/teams of different geographic areas.

O. NATIONAL GOVERNING BODY RULES

All sports/events shall be governed by the rules of the national governing body (NGB) for that sport. The NSGA has modified some of these rules in the best interest of the participants. All rules shall apply as stated in the NGB and NSGA rulebooks. NGB rulebooks in effect the opening day of the National Games, shall govern the 2011 Summer 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 Director of National Games. NSGA rules are reviewed and approved by the NSGA National Games Committee and Board of Directors and are normally published in February of qualifying years.

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

You may contact the NSGA Director of National Games if you would like to suggest that a new sport and/or event be added to the menu. You must include the following information:

1. An exact description of the sport/event.
2. The address, phone number and contact person for the national governing body for the sport/event.
3. The number of people ages 50 and older who participate in this activity.
4. The geographic distribution of people ages 50 and older that participate.
5. Anything else you think is important.

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

R. DEFAULT DURING COMPETITION

Athletes or teams that forfeit during pool play rounds shall not be permitted to advance to the championship or consolation brackets except where such a forfeit is the result of a verified medical reason, or a good-faith effort was made to compete. Verification by a member of the Games' medical staff of an athlete's injury and capability to continue must be submitted to and subsequently approved by the Competition Manager and the NSGA prior to the athlete being permitted to continue. A good-faith effort to compete will be determined by the Competition Manager and the NSGA.

Athletes or teams that forfeit during championship or consolation play shall not be eligible for awards except where such forfeit is the result of a verified medical condition, or a good-faith effort was made to compete, and does not result in a Did Not Finish under NSGA or NGB rules. Their award spot will be left open and subsequent places will not be moved up. Verification by a member of the Games' medical staff of the athlete's injury must be provided to and subsequently approved by the Competition Manager and NSGA prior to receipt of any awards. A good-faith effort to compete will be determined by the Competition Manager and the NSGA.

S. REPRESENTATION DURING NATIONAL GAMES

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

T. ADDITIONAL QUALIFIERS

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

ARCHERY

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

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. An archer may enter only the event in which he/she has qualified.

ENTRY REGULATIONS

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

FORMAT

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

SPORT RULES

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

National Archery Association
One Olympic Plaza
Colorado Springs, CO 80909-5778
(719) 866-4576
www.usarchery.org

National Field Archery Association
31407 Outer I-10
Redlands, CA 92373-9802
(800) 811-2331
www.nfaa-archery.org

2. 'X' ring hits will be kept on the scorecard by all competitors and will be used as a tie-breaker. If still tied, the number of '10' ring hits will be used, then '9' ring hits, and so on until the tie is broken.

3. Should equipment failure occur, a 30-minute repair time will be allowed with no disruption of the shooting line. A maximum of two ends may be made up at the discretion of the Director of Shooting.
4. Field glasses or scopes are permitted for spotting arrow hits. Scopes may be placed on the shooting line provided they do not disrupt the shooting of the adjacent archer. Scopes shall be removed from the line between ends if not utilized by the other archer shooting in that space.
5. No broadheads will be permitted.
6. Regulation FITA 122-centimeter (48-inch) five-color target faces will be used. Scoring values are: Gold (10-9), Red (8-7), Blue (6-5), Black (4-3), White (2-1), 10-ring scoring. At the discretion of the Director of Shooting, replacement centers may be used to repair a target face during competition.
7. Dividing lines are part of the higher scoring. The arrow shaft must only touch the color or dividing line between scoring zones to score the higher value.
8. Hits will not be marked on the target face. Witnessed bounce out and pass through arrows will be shot over at the end of the distance as make-up arrows. If the bounce out destroys an arrow in the target, then it is a "Robin Hood" and will score the value of the arrow it destroyed.
9. Two archers at each target will keep the double set of scorecards. Scores shall be compared after each end. If the scorecards do not agree after arrows have been removed from the target, then the lower score shall be the official score. The winner(s) shall be the archer(s) scoring the highest number of points in the double "900" round.
10. Archers will not be required to wear white or blue attire, however, they will be expected to wear clothing appropriate for a national event.
11. Athletes should be able to keep their arrows on target at 60 yards.
12. Barebow Recurve Equipment: Any recurve bow or longbow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No stabilizers, levels or draw checks are allowed. Arrows must all be the same length and weight.
13. Barebow Compound Equipment: Any compound bow may be used. Bow sights are not allowed. Archers may string-walk and/or face-walk in sighting. No levels are allowed. Archers may use a stabilizer and may use a draw check that is either on the bow limbs or under the arrow in the bow window. Arrows must all be the same length and weight.
14. Compound Bow Equipment: The maximum peak draw weight allowed shall be 80 pounds. Maximum arrow speed shall be 280 feet per second with a variance of 3%. Lighted sights may be used.

ARCHERY

MINIMUM PERFORMANCE STANDARDS

MINIMUMS ARE BASED ON SINGLE-DAY COMPETITION

900 ROUND

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

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

600 ROUND

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

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

300 INDOOR ROUND

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

NATIONAL FIELD ARCHERY ASSOCIATION

28 Target Field round

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

* compound finger, recurve

** compound release

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

BADMINTON

Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes must qualify in each badminton event (singles, doubles, mixed doubles) in which they wish to compete at the 2011 Summer National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per event.
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, 2011.
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. All consolation round play will require athletes to check-in at the venue.

SPORT RULES

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

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

BASKETBALL

Three-on-Three Half Court

QUALIFYING RULES

1. All first-, second- and ~~third~~-place teams at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Each 2010 NSGA qualifying games may qualify all basketball teams that compete in the 80+ age division. Competition must take place in accordance with Rule H in order for teams to be qualified.

ENTRY REGULATIONS

1. Teams must be of all one gender.
2. Team rosters shall be limited to 10 persons, including non-playing coaches, non-playing captains and non-playing bench personnel, with a maximum of one out-of-state player, except as otherwise permitted. Teams in the 70+, 75+ and 80+ age divisions may have three out-of-state players on their rosters. Roster changes shall be allowed only as permitted under Rule F.
3. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
4. Athletes may compete with only one team per sport.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2011.

FORMAT

1. Tournament format will be single round robin (pool play), with re-seeding into the Gold Playoff Bracket (depending on number of teams entered in the division). Double elimination will be conducted for the Gold Brackets only. All other flight brackets will be single elimination.
2. First through fourth place awards will be presented within each Bracket and Division.
3. Every effort will be made to provide teams a minimum of 5 games.
4. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, or other circumstance.
5. Ties for seeding will be broken in the following manner:
 - a. Overall record
 - b. Head-to-head competition
 - c. Point differential
 - d. Coin Toss
6. A maximum of 13 points will be awarded towards point differential, regardless of final score.
7. Forfeits shall be scored 7-0.

SPORT RULES

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

National Collegiate Athletic Association
P. O. Box 6222
Indianapolis, IN 46206-6222
(317) 917-6222
www.ncaa.org
2. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
3. The game shall be played on half court by two teams of three players each, with a maximum of seven substitutes.
4. Playing time shall be two halves of 12 minutes of a continuously running clock with an intermission of five minutes. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules.
5. A tie score at the end of regulation time will result in a ~~three~~-minute stop clock overtime period with ball possession determined by a coin flip. If the game is still tied, subsequent ~~three~~-minute periods shall be played until the tie is broken.

6. Two time-outs are permitted per team per half. 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 30 seconds in duration. The clock will not run during time-outs.
7. Substitutions may be made after a basket, foul shot, stoppage of play or any other time an official beckons the player onto the court.
8. The winner of the coin toss shall take the first possession. Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.
9. Deliberate stalling or attempts to freeze the ball shall result in a technical foul and loss of ball possession. A warning shall be given by an official prior to assessing the penalty. During the last two minutes of the ball game and during any overtime period, teams shall attempt a shot within approximately 20 seconds of gaining possession as determined by the referee.
10. The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows:
 - a) After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key. The ball must be advanced into play by means of a pass to a teammate. The teammate receiving the pass may be in front of or behind the check line.
 - 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 penalty for failure to be in possession of the ball with both feet behind the line shall be loss of possession. The player who returns the ball behind the line may maintain possession and attempt to score.
11. Following a made basket or dead ball, the ball shall be put in play within five seconds. 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. Dribbling will result in a replay.
12. Defenders may not cross the check line to guard the player throwing in the ball until after that player has made the first pass.
13. A player is disqualified on his/her fifth foul. Technical fouls will be assessed in accordance with NCAA rules.
14. All personal and technical fouls shall be counted against a team total. After the seventh team foul, a bonus shall be awarded for the remainder of the game. Penalties for fouls shall be as set forth below.
15. Prior to the seventh team foul:
 - a) any common foul shall result in loss of possession for the offending team;
 - b) any player control foul shall result in disallowing a converted basket and loss of possession;
 - c) any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
 - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
16. Beginning with the seventh team foul:
 - a) any common foul shall result in a single free throw and the offended team shall retain possession;
 - b) any player control foul shall result in disallowing a converted basket and in a single free throw which, if made, shall entitle the shooter to a second free throw, and the offended team shall retain possession;
 - c) any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
 - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team will retain possession.
17. Beginning with the 10th team foul:

- a) any common foul shall result in two free throws, and the offended team shall retain possession;
 - b) any player control foul shall result in disallowing a converted basket and in two free throws, and the offended team shall retain possession;
 - c) any shooting foul with a missed basket shall result in two free throws, and the offended team shall retain possession;
 - d) and any shooting foul with a converted basket shall result in the basket being awarded along with one free throw, and the offended team shall retain possession.
18. During the last two minutes of the each half, and during any overtime period, the automatic awarding of team possession after free throws does not apply (live rebounding will be in effect).
19. Team clothing must be of like design and color. Teams are encouraged to have both "home" and "away" uniforms with jerseys numbered front and back.
20. Three point shots are allowed.
21. The NSGA Sport Rules for Basketball are governed by the **current** NCAA rules as stated in Rule O.
22. Officials do not put the ball in play, except at the start of each half.

BOWLING

Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes must qualify in each bowling event (singles, doubles, mixed doubles) in which they wish to compete at the 2011 Summer National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may enter a maximum of two bowling events in which they have qualified.
2. Competitors are encouraged to provide their own bowling balls and shoes. House balls and shoes may be available at the competitor's expense.
3. Athletes may compete with only one partner per event.
4. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2011.

FORMAT

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

SPORT RULES

1. This tournament will be conducted in accordance with United States Bowling Congress rules, except as modified herein. For a copy of these rules, please write or call:
United States Bowling Congress
5301 S. 76th Street
Greendale, WI 53129
(800) 514-2695
www.bowl.com
2. All equipment shall meet United States Bowling Congress specifications. The NSGA reserves the right to check equipment at any time.

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

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes who reside in a state that does not offer a 20K or 40K cycling road race may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
3. Qualifying events must be conducted under the rules for the appropriate event to be used for qualifying. States may conduct a "combined" event, but competitors may not compete in both events when events are combined. Those wishing to collect awards in the 5K or 20K must stop after that portion of the event is complete.

ENTRY REGULATIONS

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

FORMAT

1. Starting times for the time trials will be at equal intervals, usually one minute, but no less than 30 seconds. No allowances will be made for mechanical or other mishaps.
2. Starting order for the time trials is by random selection.
3. If a rider appears later than the appointed starting time, the start will be allowed only to the extent that in the judgment of the officials it does not interfere with other riders starting on schedule. If it does interfere, the rider may be further delayed. In case of a late start, the appointed starting time shall be used in computing results.
4. The start sheet with the starting order and appointed starting times will be available for the rider's perusal at least one hour before the start of each event.
5. The road races will be mass start at approximately 10-minute intervals by age division and gender with combinations when needed.
6. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All cycling events will be conducted in accordance with U.S. Cycling Federation (USCF) rules, except as modified herein. For a copy of these rules, please write or call:
USA Cycling
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4581
www.usacycling.org
2. Helmets are mandatory and must conform to USA Triathlon regulations.
3. Multigear (free wheel) bikes with front and rear brakes are required. Fixed gear and recumbent bicycles are not permitted. All bicycles must be certified by race officials prior to the competition.
4. There may be no protective shield, faring or other device on any part of the bicycle (including, but not limited to, the frame, wheels, handlebars, chainwheel or accessories) that has the effect of reducing air resistance, except those allowed by the USCF.
5. Handlebars used for steering with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands (including aerobars) are permitted only in time trial events, not in road race events.
6. If in doubt about your qualification, check for an official ruling from the chief referee before your appointed starting time. Once the clock begins, your time is running and will not be adjusted.
7. In time trial events, the rider shall be held by an official at the start but shall be neither restrained nor pushed.

8. Riders must stay to the right except when overtaking another rider. Failure to do so will result in disqualification.
9. In time trial events, no rider shall take pace behind another rider closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty.
10. No restarts are permitted.

GOLF

54-Hole Scratch

QUALIFYING RULES

1. Only athletes meeting this sport's NSGA minimum performance standards in competition at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games. Qualifiers will be determined by 18-hole gross score played on a course with a minimum par of 70 and a United States Golf Association (USGA) slope rating between 119 and 126 for men and between 113 and 120 for women. Handicap scores are not acceptable for qualifying. Nine-hole gross scores are permitted only for those 90 and older. In competitions with more than an 18-hole competition, any single 18-hole score meeting the golf minimum performance standard will qualify a competitor for the NSGA tournament.

ENTRY REGULATIONS

1. Golfers must provide their own clubs.
2. Golf cart use during practice round and official competition is mandatory.

FORMAT

1. The tournament will be 54-hole medal play with 18 holes per day except for men and women in age divisions 90 and older. Competitors in age divisions 90 and older will play 9 holes per day, competing for 27 total holes.
2. In the event of a tie between 1st, 2nd or 3rd place the USGA tie-breaking procedure of matching scorecards will be implemented. The player with the best score on the last nine holes will win the higher medal. If players have the same score for the last 9 holes, the last 6 holes will be compared, then 3 holes and then finally the 18th hole.
3. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

1. This tournament will be conducted in accordance with USGA rules, except as modified herein. For a copy of these rules, please write or call:
 United States Golf Association
 P.O. Box 708
 Far Hills, NJ 07931
 (908) 234-2300
www.usga.org
2. One caddie per golfer will be permitted. All caddies must register with the Competition Manager prior to taking the course. The NSGA recommends the use of "forecaddies". Caddies will be required to walk. If a caddie is not walking, the player will be penalized one stroke for each hole at which the breach occurs. Between holes, the penalty applies to the next hole. The third breach will result in disqualification.
3. Spectators are permitted on the course; however, they will be required to walk. Spectators must remain at least 25 feet away from tee boxes and greens.
4. USGA rules regarding coaching will be strictly enforced.
5. USGA rules regarding pace of play will be observed.
6. Range finders of any type are permitted.

GOLF MINIMUM PERFORMANCE STANDARDS

Age Div.	Men			
	Slope 119-120	Slope 121-122	Slope 123-124	Slope 125-126
50-54	77	78	79	80
55-59	78	79	80	81
60-64	79	80	81	82
65-69	81	82	83	84
70-74	84	85	86	87
75-79	88	89	90	91
80-84	93	94	95	96
85-89	100	101	102	103
90+	105 51 (9-hole)	106 52 (9-hole)	107 53 (9-hole)	108 54 (9-hole)

Age Div.	Women			
	Slope 113-114	Slope 115-116	Slope 117-118	Slope 119-120
50-54	88	89	90	91
55-59	89	90	91	92
60-64	90	91	92	93
65-69	93	94	95	96
70-74	97	98	99	100
75-79	102	103	104	105
80-84	106	107	108	109
85-89	111	112	113	114
90+	115 56 (9-hole)	116 57 (9-hole)	117 58 (9-hole)	118 59 (9-hole)

HORSESHOES

Singles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.

ENTRY REGULATIONS

1. Competitors must provide their own horseshoes.

FORMAT

1. If numbers are conducive, athletes will be divided into pools within their age divisions. Within each pool a preliminary single round-robin tournament will be played. At the conclusion of the preliminary round robin, the top eight players will advance and play a single round-robin championship final. If entries are not conducive, a double elimination tournament will be played within the age division.
2. All rounds will be conducted using count-all scoring with five bonus points awarded for each match won. All matches will continue until each player has pitched 30 shoes. If the score is tied after 30 shoes are pitched, four additional shoes shall be pitched to determine which player shall be awarded the five bonus points. Additional sets of four shoes shall continue to be pitched until the winner is determined. Final scores reported shall be scores after 30 shoes.
3. Double elimination rounds will be conducted using cancellation scoring.
4. Awards will be presented for 1st through 8th place within each age division.

SPORT RULES

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

Mr. Dick Hansen
Secretary/Treasurer
National Horseshoe Pitcher's Association
3085 76th Street
Franksville, WI 53126
(262) 835-9108
www.horseshoepitching.com

2. Shoes shall be pitched from alternate ends of the court at stakes 40 feet apart, except as modified herein. Women in age divisions 50-74 will pitch a distance of 30 feet. Women in age divisions 75 and older will pitch a minimum distance of 20 feet. Men in age divisions 50-69 will pitch a distance of 40 feet. Men in age divisions 70 and older will pitch a minimum distance of 30 feet.
3. A match will consist of one game.
4. Players will match shoes to determine who pitches first. For preliminary rounds, the order of pitching shall alternate.
5. A 15-minute default time will be enforced. For default matches in preliminary rounds, the remaining player will pitch 30 shoes to determine his/her score and be awarded the five bonus points.
6. The pitcher must stand on one of the pitching platforms. Players may use the platform on either side of the court. Feet must stay behind the foul line and within the platform limits until the shoe has left the pitcher's hand. Opponents must remain on the opposite sides of the stake, either in the rear quarter of the other pitching platform or behind the pitching box, with the toes of one foot touching that platform, and must not talk, move, or in any other way distract the pitcher. Such an offense incurs a loss of score in that inning. No player may walk to the opposite stake, or be informed of the position of the shoes before

- an inning is complete. Once thrown, shoes may not be moved or touched until the scores have been decided. Such an offense incurs a loss of score in that inning.
7. Shoes must be within six inches of the stake to be scored. A shoe that first strikes the ground outside the target area or rebounds from the backboard cannot be scored, nor can any shoe thrown from an invalid position. Such shoes may be removed from the target area on the request of the opponent. A shoe landing in the area and breaking is not scored; it is removed and another pitch taken. A “ringer” is a shoe that encircles the stake so that a straight edge could touch the two prongs without touching the stake.
 8. The top eight players based on total points will advance to the championship finals.

RACE WALK
1500/5000 Meter

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. The minimum distance acceptable for qualifying will be 1500 meters.

ENTRY REGULATIONS

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

FORMAT

1. Courses and formats for the 1500-meter and 5000-meter will be determined by the availability of facilities in the host city.
2. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. All race walking events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:
USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org
2. Athletes must use proper race walking techniques or risk disqualification.
3. Athletes must not wear clothing that could impede the view of the judges.

RACE WALK MINIMUM PERFORMANCE STANDARDS

Men	1500m	5000m	Women	1500m	5000m
50-54	8:25	30:30	50-54	9:55	35:35
55-59	8:43	31:21	55-59	10:12	36:13
60-64	9:00	32:15	60-64	10:21	37:05
65-69	9:34	34:14	65-69	10:51	37:56
70-74	10:06	36:48	70-74	11:26	42:26
75-79	11:12	39:10	75-79	13:46	44:17
80-84	13:06	46:39	80-84	14:08	48:44
85-89	16:21	53:10	85-89	18:16	55:30
90+	17:19	53:10	90+	18:16	55:30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

RACQUETBALL
Singles/Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes must qualify in each racquetball event (singles, doubles) in which they wish to compete at the 2011 Summer 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.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2011.

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. 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.

SPORT RULES

1. All matches will be conducted in accordance with United States Racquetball Association rules, except as modified herein. For a copy of these rules, please write or call:
United States Racquetball Association
1685 West Uintah St.
Colorado Springs, CO 80904
(719) 635-5396
www.usra.org
2. Lensed eye-wear designed for racquet sports is mandatory.
3. Matches will be best of three games, with the first to games to 15. Third game tiebreakers will be played to 11.

ROAD RACE

5K/10K

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.

ENTRY REGULATIONS

1. Athletes may enter only the event(s) in which he/she has qualified.

FORMAT

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

SPORT RULES

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

USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0500
www.usatf.org

ROAD RACE MINIMUM PERFORMANCE STANDARDS

Men	5K	10K	Women	5K	10K
50-54	19:10	43:30	50-54	24:25	54:47
55-59	19:23	45:06	55-59	26:50	56:46
60-64	20:02	46:29	60-64	27:21	59:05
65-69	22:07	49:45	65-69	28:09	59:33
70-74	23:42	53:22	70-74	33:20	1:10:40
75-79	28:70*	1:02:24	75-79	37:50	1:40:00
80-84	39:15	1:27:18**	80-84	46:58	1:50:00
85-89	42:90*	1:45:20	85-89	53:50	1:50:00
90+	42:90*	1:45:20	90+	57:30	1:50:00

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

*This is not a change, but rather a correction to the rulebook. MPS in rulebook has not been updated since 2005.

**Actual calculation was greater than 10% increase in difficulty. New MPS is exactly 10% increase from 2009.

SHUFFLEBOARD

Singles/Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes must qualify in shuffleboard doubles to be eligible to enter this event at the 2010 Summer National Senior Games, except when Rule E applies.

ENTRY REGULATIONS

1. Athletes may compete with only one partner per sport.
2. Doubles teams may be of mixed gender.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2011.
4. Athletes must provide their own cues. Disks will be provided.

FORMAT

1. Tournament format will be round robin, with as many players as possible advancing to a single elimination championship bracket. Quarterfinal round losers will compete for 5th through 8th places.
2. 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.

SPORT RULES

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

Walt Wedel, President
National Shuffleboard Association
Winter Address:
4926 8th St E
Bradenton, FL 34203
(941) 753-3428

Summer Address:
15150 V Ave E
Fulton, MI 49052
(269) 778-3741
www.national-shuffleboard-association.us

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 frames. Partners will play from opposite ends of the court. Each partner shall complete eight frames. Players will not switch ends after any frame. The team or pair with the highest point score at the end of 16 total frames will be the winner.
5. In case of a tie, two extra frames will be played until the tie is broken.
6. The cue shall not have an overall length of more than 6 feet, 3 inches. No metal part of the cue shall touch the playing surface.

SOFTBALL

Team Softball

QUALIFYING RULES

1. All first-, second-, and third-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. States that divide men's competition into three skill categories may qualify three men's teams in each skill category. States that divide women's competition into two skill categories may qualify three women's teams in each skill category.

ENTRY REGULATIONS

1. Teams must supply current team rating and all other names used or played under during the period of one year.
2. Teams must provide their own bats, gloves and practice balls.
3. Teams must be all one gender.
4. Team rosters shall be limited to 22 persons, including non-playing coaches, non-playing captains and non-playing bench personnel. No more than 20 of these persons may be players. A maximum of five out-of-state players are allowed. Teams in the 70+, 75+ and 80+ age divisions may have six out-of-state players on their rosters. Roster changes shall be allowed only as permitted under Rule F.
5. Teams that add two or more players from a higher rated team may be subject to reclassification.
6. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
7. Athletes may compete with only one team per sport.
8. Age divisions for all team competition will be determined by the age of the youngest team player as of December 31, 2011.

FORMAT

1. Tournament format will be round robin (pool play), with as many teams as possible advancing to a double elimination championship bracket. Every effort will be made to provide teams a minimum of 5 games.
2. Awards will be presented for 1st through 4th place within each age/skill division.
3. Men's teams will be divided into three categories (Platinum, Gold and Silver) based on pool play results and strength of team during pool play. Current national senior softball team rating may be considered. The Platinum division will be utilized as needed as determined by tournament officials. Team ratings are as determined by the National Senior Softball Summit Ratings Committee.
4. Women's teams will be divided into two categories (Gold and Silver) based on pool play results, strength of team during pool play. The Gold division will be utilized as needed as determined by tournament officials.
5. Seeding for double elimination play will be determined based on pool play results in the following order:
 - Won/loss Record
 - Head-to-head results – only when all teams play each other
 - Total runs allowed
 - Run differential
 - Total runs scored
 - Coin Toss
6. The NSGA and LOC reserve the right to change the tournament format for any age division based on entry numbers, space restrictions, skill levels or other circumstance.
7. If there are fewer than 4 teams registered in the 80+ age division, they will be combined with the 75+ age division.

SPORT RULES

1. This tournament will be conducted in accordance with Softball Players Association (SPA) rules (Rule 1 – Rule 11), except as modified herein. For a copy of these rules, please write or call:

Softball Players Association
925 W. State Hwy. 152
Mustang, OK 73064
(405) 376-7034
www.softballspa.com

2. Commitment line: A 6 foot line drawn perpendicular to the 3rd base line, beginning at the base line and extending into foul territory. This line is located 20 feet from point of home plate, measured along the 3rd base line. Once a runner's foot touches the ground on or past the commitment line, the runner may not return to third base; the runner must continue toward the scoring plate. Violations will result in an out.
3. Scoring plate: A scoring plate shall be placed 8 feet from the back tip of home plate on an extended line from first base. A line shall be drawn from third base to the scoring plate. The scoring plate is for use by the offensive player only.
4. All plays at the plate shall be force plays. A defender shall record an out at the plate by having possession of the ball and tagging home plate prior to the runner touching the scoring plate. If a defender attempts to tag an offensive player at the scoring plate the runner shall be called safe. A runner who attempts to score by touching other than the scoring plate shall be called out. Players who violate this rule are subject to ejection from the game.
5. Strike zone mat: A strike zone mat will be used. 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.
6. 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 eight feet (8ft) 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.
7. Double bag/mat: A double bag/mat, twice the size of a standard base shall be placed at first base, the double portion of the bag or mat being in foul territory. For the purposes of plays at first base, the entire bag shall be considered to be in fair territory.
8. Runner's line: A runner's line measuring 3-inches wide and 30-feet long shall be marked parallel to, and 3 feet away from, the first-base foul line in foul territory, extending from first base back toward home plate. Runners shall stay between this line and the foul line while running to first base. Failure to do so will result in the runner being declared out.
9. Metal cleats: Metal cleats will not be permitted. Players found wearing metal cleats in a game will be ejected from the game, and, if on base, a "dead ball out" will be called. If there are less than three outs, any players on base must return to the base occupied at the time the ejected player came to bat.
10. Players and substitutes: SPA rules for re-entry and extra player (EP) will apply. Extra players may play defense at any time provided the total number of defensive players on the field at any time does not exceed the total allowed for that age division.
 - Men in age divisions 50+, 55+, 60+ and 65+: Ten defensive players shall constitute a team. A team must have a minimum of nine players at the beginning and end of a game. For any team playing with nine players, an out will be recorded when the 10th

position in the batting order appears. A 10th player may be added as he/she shows up for play; however, he/she must be listed as the 10th offensive player and bat after the other nine players. If EPs are used, a team must start and end a game with 11 players, including the EP. In addition, for teams using EPs, 10 players must play defense.

- Men in age divisions 70+, 75+, 80+ and women in age divisions 50+, 55+, 60+, 65+, 70+: Eleven defensive players shall constitute a team. A team must have a minimum of 10 players at the beginning and end of a game. An 11th player may be added as he/she shows up to play; however, he/she must be listed as the 11th offensive player and bat after the other 10 players. Teams in these divisions may use up to two EPs. If EPs are used, teams must start and end a game with 11 players plus the number of EPs used. In addition, for teams using EPs, 11 players must play defense.
 - Women in age division 75+ and 80+: Twelve (12) players constitute a team. A team must have a minimum of 11 players to start the game. Until the 12th position is filled, an out will be recorded each time that position in the batting order appears. A twelfth (12th) player listed on the roster may be added any time during the game, batting in the last (12th) position of the lineup card. Players may leave and re-enter the game unlimited times without penalty, but batting order must remain the same. A team can bat up to 20 players, but all players must be listed on the roster and lineup card.
11. 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.
 12. Runs per inning: For all games, there shall be a seven run per inning rule, with unlimited runs allowed in the seventh or final inning.
 13. Mercy rule: A mercy rule will be in effect for all games. The rule shall be 20 runs after four innings and 15 runs after five innings, ending the game.
 14. Homerun rule: All teams except those in the Platinum division will play under the 1-homerun +1-up single rule. Teams in the Platinum division will play under the 3-homerun +1-up single rule. The first ball hit over the fence will count as a home run. Subsequent balls hit over the fence by the same team will count as singles until the opposing team has hit a ball over the fence (homerun). Base runners may only advance one base per single over the fence. This rule shall continue throughout the entire game.
 15. Games against a higher rated opponent: This rule applies only to the men's skill categories. When a team is playing an opponent with a higher classification as determined by tournament officials the lower classified team shall be given 5 runs added to their score at the beginning of the game at the discretion of the softball sport director.
 16. Time limit: The length of a game will be seven innings or one hour and fifteen minutes. After one hour the umpire shall announce that teams will finish the current inning and play one more. This last inning shall be played with unlimited runs allowed in accordance with Rule 12. 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.
 17. Women age divisions 65+, 70+, 75+, 80+ 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.
 18. Courtesy runner: A player may only be used as a courtesy runner once per inning (except Women 65+, 70+, 75+, 80+ which may have a courtesy runner as many times as needed and players 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.
 19. Sliding or diving: A player may slide or dive into any base and when returning to any base. Runners shall be called out for contact with a defensive player if, in the umpire's judgment, the contact was deliberate or the runner could reasonably have been expected to minimize or avoid contact under the circumstances and failed to do so.

20. Runner hit by fair ball: A runner is not out when he/she is hit with a fair, untouched, batted ball that has passed an infielder, excluding the pitcher, and, in the judgment of the umpire, no other infielder had a chance to make an out.
21. Team clothing must be of like design and color. Jerseys must have a number on the back.
22. The men's divisions will play 12-inch slow pitch (.44 cor and .375 compression). The women's divisions will play 11-inch slow pitch (.47 cor and .500 compression).
23. All bats with a BPF of 1.20 or less will be legal for play except those bats listed on the most current SPA banned bat list.

SWIMMING

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

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.

ENTRY REGULATIONS

1. At the 2011 Summer National Senior Games, swimmers will be eligible to swim two bonus events. Bonus events may only be in the same stroke an athlete qualified in and can only be of a lesser distance, not greater. Athletes must provide times from the last twelve months for their selected bonus events.
2. Athletes who qualify in the 200-yard individual medley may select only the 100-yard individual medley as a bonus event.
3. Swimmers must swim in their qualified events at the 2011 Summer National Senior Games in order to pick a bonus event from that stroke.
4. Swimmers may enter a maximum of six events, including bonus events.
5. The 500-yard freestyle and the 200-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them.
6. Swimmers must provide their own suits, caps, goggles, towels, etc.

FORMAT

1. All swimming events will be timed finals.
2. Warm-up time will be available.
3. All swimmers in the 500-yard freestyle will be required to check-in at the venue.
4. Awards will be presented for 1st through 8th place for each event within each age division.

SPORT RULES

1. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write or call:
United States Masters Swimming, Inc.
P. O. Box 185
Londonderry, NH 03053-0185
(800) 550-7946
www.usms.org
2. The major points of the rules include:
 - a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
 - b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
 - c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
 - d) Breaststroke: The appropriate stroke is required.
 - e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly
 - f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
 - g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.
 - h) General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

SWIMMING MINIMUM PERFORMANCE STANDARDS

Based on Short Course Yards - Conversion
Metric Times: Multiply by 0.893 to get yardage times.
Yardage Times: Multiply by 1.118 to get metric times.

50-Yard Backstroke				100-Yard Backstroke			
Men		Women		Men		Women	
50-54	:36.20	50-54	:41.40	50-54	1:27.20	50-54	1:33.00
55-59	:36.80	55-59	:43.30	55-59	1:27.20**	55-59	1:34.80
60-64	:37.30	60-64	:49.50	60-64	1:27.20**	60-64	1:50.40
65-69	:42.30	65-69	:52.00	65-69	1:31.70	65-69	1:57.50
70-74	:47.70	70-74	:55.20	70-74	1:44.80	70-74	2:05.80
75-79	:50.10	75-79	1:00.10	75-79	1:54.70	75-79	2:15.70
80-84	:55.40	80-84	1:14.30	80-84	2:12.70	80-84	2:36.40
85-89	1:31.40	85-89	1:34.90	85-89	3:33.40	85-89	4:17.20
90+	1:50.80	90+	2:25.17*	90+	4:25.20	90+	5:45.90

200-Yard Backstroke				50-Yard Breaststroke			
Men		Women		Men		Women	
50-54	3:09.90	50-54	3:07.60	50-54	:36.50	50-54	:47.40
55-59	3:00.30	55-59	3:29.80	55-59	:37.70	55-59	:47.40**
60-64	3:00.30**	60-64	3:59.20	60-64	:37.80	60-64	:53.00
65-69	3:26.30	65-69	4:20.80	65-69	:44.20	65-69	:55.10
70-74	3:53.90	70-74	4:46.20	70-74	:46.10	70-74	1:00.00
75-79	4:12.90	75-79	4:52.00	75-79	:54.80	75-79	1:09.80
80-84	4:58.80	80-84	5:31.20	80-84	:58.60	80-84	1:19.70
85-89	10:35.90	85-89	10:44.80	85-89	1:26.80	85-89	2:28.70
90+	10:35.90	90+	10:44.80	90+	1:36.20	90+	3:29.90

100-Yard Breaststroke				200-Yard Breaststroke			
Men		Women		Men		Women	
50-54	1:22.70	50-54	1:43.40	50-54	3:08.40	50-54	3:59.70
55-59	1:22.70**	55-59	1:40.70	55-59	3:09.80	55-59	3:59.70**
60-64	1:28.60	60-64	2:02.80	60-64	3:17.60	60-64	4:32.60
65-69	1:37.20	65-69	2:03.50	65-69	3:39.40	65-69	4:32.90
70-74	1:44.20	70-74	2:15.70	70-74	3:55.30	70-74	5:00.60
75-79	2:04.40	75-79	2:39.00	75-79	4:43.80	75-79	5:53.00
80-84	2:21.20	80-84	2:45.00	80-84	6:13.00	80-84	7:34.20
85-89	4:56.60	85-89	5:45.90	85-89	12:03.60	85-89	12:47.90
90+	5:29.50	90+	5:45.90	90+	12:03.60	90+	12:47.90

100-Yard Individual Medley				200-Yard Individual Medley			
Men		Women		Men		Women	
50-54	1:16.00	50-54	1:26.70	50-54	2:54.40	50-54	3:10.40
55-59	1:16.00**	55-59	1:36.00	55-59	2:57.70	55-59	3:33.50
60-64	1:21.80	60-64	1:44.60	60-64	3:02.30	60-64	4:12.40
65-69	1:29.40	65-69	1:52.30	65-69	3:40.10	65-69	4:27.00
70-74	1:39.10	70-74	2:04.60	70-74	3:42.80	70-74	4:40.90
75-79	1:52.30	75-79	2:25.40	75-79	4:10.90	75-79	5:15.30
80-84	2:32.60*	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	9:29.70	85-89	12:02.80
90+	4:16.60	90+	5:25.60	90+	9:29.70	90+	12:02.80

SWIMMING MINIMUM PERFORMANCE STANDARDS

(continued)

50-Yard Butterfly			
Men		Women	
50-54	:30.90	50-54	:37.70
55-59	:32.40	55-59	:39.10
60-64	:33.80	60-64	:47.50
65-69	:40.60	65-69	:54.20
70-74	:42.20	70-74	:58.60
75-79	:55.30	75-79	1:13.60
80-84	1:46.00	80-84	1:30.00
85-89	2:03.70	85-89	3:18.20
90+	2:18.90	90+	3:18.20

100-Yard Butterfly			
Men		Women	
50-54	1:33.00***	50-54	1:30.00
55-59	1:35.20	55-59	1:47.20*
60-64	1:40.10	60-64	2:55.90
65-69	1:51.33*	65-69	2:55.90**
70-74	1:51.33**	70-74	2:58.80*
75-79	3:44.70	75-79	4:33.80
80-84	5:18.00	80-84	5:18.00
85-89	6:11.00	85-89	6:11.00
90+	6:11.00	90+	6:11.00

50-Yard Freestyle			
Men		Women	
50-54	:28.50	50-54	:34.20
55-59	:28.80	55-59	:34.80
60-64	:29.50	60-64	:41.00
65-69	:31.80	65-69	:42.30
70-74	:34.40	70-74	:44.00
75-79	:36.80	75-79	:48.10
80-84	:41.50	80-84	1:01.20
85-89	1:21.20*	85-89	1:16.30
90+	1:45.50	90+	2:30.20

100-Yard Freestyle			
Men		Women	
50-54	1:04.20	50-54	1:16.20
55-59	1:06.00	55-59	1:16.90
60-64	1:06.00**	60-64	1:33.10
65-69	1:15.10	65-69	1:33.30
70-74	1:19.70	70-74	1:44.20
75-79	1:26.30	75-79	1:54.80
80-84	1:43.70	80-84	2:23.10
85-89	2:59.50*	85-89	2:48.60
90+	3:43.50	90+	4:39.10

200-Yard Freestyle			
Men		Women	
50-54	2:27.20	50-54	2:46.10
55-59	2:27.20**	55-59	2:53.70
60-64	2:33.60	60-64	3:19.00
65-69	2:57.30	65-69	3:30.00
70-74	3:13.60	70-74	3:48.90
75-79	3:36.20	75-79	4:15.20
80-84	4:06.40	80-84	6:02.10
85-89	6:27.40	85-89	8:08.70
90+	7:25.00	90+	11:02.40

500-Yard Freestyle			
Men		Women	
50-54	7:15.30	50-54	7:32.20
55-59	7:15.30**	55-59	8:50.80
60-64	7:15.30**	60-64	9:20.60
65-69	8:11.10	65-69	9:47.50
70-74	8:18.70	70-74	10:55.30
75-79	9:50.50	75-79	11:22.60
80-84	12:06.70	80-84	15:47.20
85-89	16:46.00	85-89	26:55.30
90+	16:46.00	90+	26:55.30

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

*Original calculation was greater than 10% increase permitted. New MPS is exactly 10% greater than 2009 MPS.

**Original MPS and/or original calculations were more difficult than a younger age group. New MPS is equal to the MPS of the younger age group.

***This is not a change, but a correction to the rulebook.

TABLE TENNIS

Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second-, third- and fourth-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes must qualify in each table tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2011 Summer 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.
3. The age division of competition for doubles will be determined by the younger age of the two partners as of December 31, 2011.

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. 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. Play shall consist of a five-game match. The winner shall be the first player to win three games.
5. Throughout the match play shall be continuous, with a two-minute break between games.

SPORT RULES

1. All matches will be conducted in accordance with USA Table Tennis rules, except as modified herein. For a copy of these rules, please write or call:
USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4583
www.usatt.org
2. White shirts or jackets are not permitted for competition, per USA Table Tennis rules.
3. The expedite system shall not be in effect, with the following exception. The Competition Manager may invoke the system to keep the tournament on schedule. The system may be placed in effect during a match but must not be placed in effect in the middle of a game.

TENNIS

Singles/Doubles/Mixed Doubles

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes must qualify in each tennis event (singles, doubles, mixed doubles) in which they wish to compete at the 2011 Summer 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 per event.
2. The age division of competition for doubles will be determined by the lower age of the two partners as of December 31, 2011.
3. Athletes must provide their own racquets and practice balls.
4. Athletes may enter a maximum of two tennis events.

FORMAT

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

SPORT RULES

1. All matches will be conducted in accordance with United States Tennis Association (USTA) rules, except as modified herein. For a copy of these rules, please write or call:
United States Tennis Association
Publications Department
70 West Red Oak Lane
White Plains, NY 10604
(914) 696-7000
www.usta.com
2. If an athlete is entered in more than one tennis event, a situation may arise wherein he/she will have to play more than the USTA-recommended number of matches in any given day. Attempts will be made to schedule in such a manner to avoid conflicts between events. However, it is the responsibility of the athlete to make conflicts known to the Competition Manager with sufficient time in order to reschedule or withdraw.
3. There will be a one-minute break every two games.
4. Matches shall consist of two sets using regular scoring. Ties will be broken using a "super" tie-breaker except as may be modified in accordance with Format, Item 3.

TRACK & FIELD

**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 as well as athletes meeting this sport's NSGA minimum performance standards in competition at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. All athletes who compete in hammer throw or triple jump at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
3. Athletes who reside in a state that does not offer the hammer throw, pole vault or triple jump may qualify for those events by meeting the "limited" event qualifying criteria in Rule D.
4. Athletes that qualify for and compete in the 100-, 200-, 400- or 800-meter events at the 2011 Summer National Senior Games will be eligible to compete in the 4x100-meter relay. Athletes can not qualify to compete in the relay event except in this manner.

ENTRY REGULATIONS

1. The Local Organizing Committee shall provide certified implements for all events and age groups. In addition, athletes shall be permitted to use their own implements, provided they have been certified by the Track & Field Committee. Athletes who wish to use their own implements shall agree to all certification procedures including but not limited to marking, impounding, etc. Athletes must provide their own vaulting poles.
2. Shoes must comply with USATF Rule 143.
3. Registration for the relay event will take place at the track venue. Age division of relay teams will be based on the age of the youngest team member as of **December 31, 2011**.

FORMAT

1. For field events, if there are more than 12 athletes in any age division, a qualifying round may be held.
2. For track events, the number of heats will be determined based on the number of entries.
3. The 1500-meters will be a timed final event.

SPORT RULES

1. This meet will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these rules, please write or call:
USA Track & Field
One RCA Dome Suite 140
Indianapolis, IN 46225
(317) 261-0478
www.usatf.org
2. Following are the weights of the various implements (subject to change) to be used for each gender and age division:

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

W60-79	1.0kg	3kg	400g	3kg
W80+	.75kg	3kg	400g	3kg

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

TRACK MINIMUM PERFORMANCE STANDARDS
(Shaded items indicate revised standards)

MEN'S DIVISION					
Age	100 M	200 M	400 M	800 M	1500 M
50-54	:14.00	:28.70	1:06.20	2:32.10	5:19.00
55-59	:14.00**	:29.10	1:06.40	2:36.40	5:24.20
60-64	:14.30	:29.80	1:07.80	2:40.20	5:35.10
65-69	:14.70	:30.90	1:11.20	2:50.40	6:03.80
70-74	:16.00	:32.40	1:17.00	3:05.20	6:51.80
75-79	:16.90	:36.90	1:27.60	3:39.00	7:58.00
80-84	:19.50	:44.20	1:43.80	5:06.00	10:23.60
85-89	:25.50	:58.90	2:51.30*	6:44.80	16:05.00
90-94	:51.90	1:03.00	3:30.00	7:00.20	16:05.00
95+	:57.70	1:03.00	3:30.00	7:00.20	16:05.00

WOMEN'S DIVISION					
Age	100 M	200 M	400 M	800 M	1500 M
50-54	:17.20	:35.20	1:21.60	3:10.40*	6:35.10
55-59	:17.20**	:36.60	1:28.70	3:32.10	7:03.00
60-64	:18.00	:38.80	1:35.10	3:40.80	7:17.00
65-69	:18.40	:41.50	1:42.00	3:50.00	7:55.00
70-74	:20.60	:44.20	1:48.20	4:29.80	9:10.00
75-79	:22.20	:47.80	2:13.90	5:02.30	13:38.70
80-84	:26.80	1:07.30	3:48.70	6:11.80	15:20.70
85-89	:39.80	1:46.70	4:17.00	9:30.00	16:30.00
90+	:44.20	1:46.70	4:21.80	9:30.00	16:30.00

FIELD MINIMUM PERFORMANCE STANDARDS

MEN'S DIVISIONS						
Age	Long Jump	High Jump	Shot Put	Discus	Javelin	Pole Vault
50-54	14'11"	4'10"	37'06"	130'09"	132'06"	8'06"
55-59	14'09"	4'04"	37'00"	116'05"	132'06"***	8'03"
60-64	13'11"	4'01"	36'11"	116'05"***	118'00"	8'00"
65-69	13'02"	4'00"	34'06"	113'03"	112'08"	7'03"
70-74	11'06"	3'11"	34'05"	102'08"	96'00"	6'04"
75-79	9'11"	3'04"	29'04"	86'08"	85'04"	4'07"
80-84	9'06"	3'01"	26'11"*	72'05"	69'04"*	3'00"
85-89	4'06"	2'02"	20'11"	52'08"	47'00"	2'10"
90+	3'11"	2'02"	11'08"	38'00"	22'04"	2'10"

WOMEN'S DIVISIONS						
Age	Long Jump	High Jump	Shot Put	Discus	Javelin	Pole Vault

50-54	11'00"	3'06"	27'04"	68'10"	67'00"	4'00"
55-59	10'06"	3'03"	25'07"	60'10"	65'03"	4'00"
60-64	9'01"	3'03"**	24'00"	60'10"	65'03"**	4'00"
65-69	9'00"	2'10"	22'05"	57'03"	58'02"	4'00"
70-74	8'00"	2'08"	21'00"	55'09"	50'05"	4'00"
75-79	5'11"	2'05"	17'08"	45'05"	44'10"	4'00"
80-84	5'01"	2'02"	14'07"	37'00"	33'08"	3'00"
85-89	2'06"	1'10"	11'10"	20'08"*	19'06"	2'10"
90+	2'06"	1'10"	7'00"	10'04"	14'00"	2'10"

MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS

* Original calculation was greater than 10% increase permitted. New MPS is exactly 10% greater than 2009 MPS.

**Original MPS and/or original calculations were more difficult than a younger age group. New MPS is equal to the MPS of the younger age group.

TRIATHLON

400M Freestyle/20K Cycling/5K Road Race

QUALIFYING RULES

1. All athletes completing a triathlon at a 2010 NSGA qualifying games will qualify for the 2011 Summer National Senior Games.
2. Athletes who reside in a state that does not offer a triathlon event may qualify for triathlon by meeting the "limited" event qualifying criteria in Rule D.
3. Triathlon competitions used for qualifying purposes must adhere to expected standards for the conduct of that sport. All three triathlon elements must be held consecutively on the same day with no scheduled rest periods.

ENTRY REGULATIONS

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

FORMAT

1. The events in this sport are the 400M freestyle swim, 20K cycling and the 5K road race.

SPORT RULES

1. This event will be conducted in accordance with Triathlon Federation/USA rules except as modified herein. For a copy of these rules, please write or call:
USA Triathlon
1365 Garden of the Gods Rd, Suite 250
Colorado Springs, CO 80907
(719) 597-9090
www.usatriathlon.org
2. No rider shall take pace behind another rider closer than 10 meters (33 feet) ahead or 2 meters (7 feet) to the side.
3. Helmets are mandatory and must conform to USA Triathlon regulations. Multi-gear (free-wheel) bikes with front and rear brakes are required. Fixed-gear bicycles are not permitted.
4. Swim caps are mandatory.

VOLLEYBALL

Team Volleyball

QUALIFYING RULES

1. All first-, second- and third-place winners at a 2010 NSGA qualifying games will qualify for the 2011 Summer 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, with a maximum of four out-of-state residents, except as otherwise permitted. Teams in the 70+, 75+ and 80+ age divisions may have five out-of-state residents. Roster changes shall be allowed only as permitted under Rule F.
3. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel.
4. Athletes may compete with only one team per sport.
5. Age divisions for all team competition will be determined by the age of the youngest team member as of December 31, 2011.

FORMAT

1. Tournament format will be pool play, with re-seeding into the Gold Playoff Bracket (depending on the number of teams entered into the division). Double elimination will be conducted for Gold Brackets, only. All other flight brackets will be single elimination.
2. Every effort will be made to provide teams a minimum of 6 matches.
3. All competition will be the best of 3 set matches.
4. First through fourth place awards will be presented within each Bracket and Division.
5. Teams will be required to provide line judges and scorekeepers during competition.
6. Net height shall be in accordance with USA Volleyball rules.

SPORT RULES

1. All matches will be conducted in accordance with USA Volleyball rules, except as modified herein. For a copy of these rules, please write or call:
USA Volleyball
715 South Circle Dr
Colorado Springs, CO 80910
(719) 228-6800
www.usavolleyball.org
2. Team clothing should be of like design and color. Teams must have shirts numbered both front and back.
3. A team must have at least five players present to start a game; otherwise, the game is forfeited. Teams will allowed a five-minute grace period to assemble a minimum of five players. The sixth player may enter upon arrival. In the event of injury, a team may continue/finish with a minimum of four players on the floor.
4. Teams competing with only five players shall always have three players on the front row. No service rotation penalty shall be assessed for not having six players.
5. To win the match, a team must win two out of three games.
6. In pool play, USA Volleyball rules governing tie-breakers will be used.