38th National Veterans Wheelchair Games

Conquer the Challenge

July 30 - August 4, 2018 • Orlando, FL

Events & Rules

wheelchairgames.org

VA | U.S. Department of Veterans Affairs

Paralyzed Veterans of America

WheelchairGames | #NVWG
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This guide briefly describes each sport, the equipment policies, and medal distribution procedures offered at the 38th National Veterans Wheelchair Games (NVWG). If you would like more information about any sport, contact the organization or individual listed after each entry (see full list on page 2). Rules may be modified from National Governing Association rules to fit the NVWG.

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**KEEP IN MIND**

All the events at the National Veterans Wheelchair Games require some level of physical exertion (ranging from mild to substantial) to successfully compete. Every Veteran should consult their VA physician and therapist before registering, set up an appropriate training program and then start preparing and practicing. Failure to do so could place your health in jeopardy. Competitors compete at their own risk.
REFERENCE GUIDE

For complete rules and general information on each of this year’s sports, please visit or contact the following:

AIR PISTOL & RIFLE
IPC Shooting Rules
USA Shooting
http://www.usashooting.org/
7-events/usasrules

ARCHERY
USA Archery
https://www.teamusa.org/
USA-Archery
National Field Archery Association (NFAA)
https://www.nfaausa.com/

BASKETBALL
National Wheelchair Basketball Association
1130 Elkton Street, Suite C
Colorado Springs, CO 80907
719.266.4082

BOCCIA
USA Boccia
1398 Penataquit Avenue
Bay Shore, NY 11706
631.388.6164
usaboccia@gmail.com

BOWLING
American Wheelchair Bowling Association
c/o Peggy Smith, Secretary
22000 N. Douglas Avenue
Edmond, OK 73012
918.816.0799
peggsmith1968@gmail.com
www.awba.org

CYCLING
Paralyzed Veterans Racing
4603 Myrtle Avenue
Virginia Beach, VA 23451
757.439.8031

FIELD, SWIMMING & TRACK
Adaptive Sports USA
P.O. Box 5266
Kendall Park, NJ 08824-5266
732.266.2634
www.wasusa.org

FIELD, SWIMMING & TRACK
Motor Rally, Nine Ball & Slalom
Dave Tostenrude,
Director, National Veterans Wheelchair Games
206.445.3519
www.wheelchairgames.org

POWER SOCCER
Dominic Russo
president@powersoccerusa.net
U.S. Power Soccer Association
www.powersoccerusa.net

QUAD RUGBY
David R. Mengyan
USQRA Commissioner
302 S Main, Suite 201
Royal Oak, MI 48067
248.850.8973
usqra.org

SOFTBALL
National Wheelchair Softball Association
Bruce Froendt
13414 Paul St.
Omaha, NE 68154
402.305.5020
www.wheelchairsoftball.org

TABLE TENNIS
United States Table Tennis
4065 Sinton Road, Suite 120
Colorado Springs, CO 80907
719.866.4583

TRAPSHOOT
Andy MacDonald
Paralyzed Veterans of America
National Office
801 18th St., NW
Washington, DC 20006
202.416.7620
andym@pva.org

WEIGHTLIFTING
Disabled Powerlifting
Mary Hodge
High Performance Manager
516.377.2035
www.disabledpowerlifting.com
usapowerlifting@verizon.net

EXHIBITION EVENTS:

THREE HOLE GOLF TOURNAMENT AND GOLF SKILLS CLINIC
Dave Tostenrude,
Director, National Veterans Wheelchair Games
206.445.3519
www.wheelchairgames.org
AIR PISTOL

Limited to 50 competitors.

Air pistol competition will consist of shooters who have the ability to safely handle and hold an air pistol with one hand for a 60-shot event. To determine your classification, use the classification guidelines for IPC Shooting Rules.

If you have competed in an air pistol shooting event and received a classification card, please submit a copy of your card with your registration form.

The competition will be a men’s and women’s 60-shot match, 6-target, 3-stage event, in 1 hour and 15 minutes for 600 possible points.

Number of Sighting Shots—unlimited sighting during preparation and sighting time.

Preparation time is 15 minutes.

Important: Competition is two hours long, this includes target changes. Shooters must check in one hour prior to their scheduled events.

Note: If registering air rifle or air pistol for the first time, you must complete a shooting evaluation at the Air Rifle/Pistol Registration booth located at the Expo, or during Early Classification at the Convention Center.

EQUIPMENT
Shooters may bring their own equipment, but it must meet IPC standards:

1. The air pistol must be 4.5mm (.177 caliber)
2. No air pistol producing muzzle velocities above 600 fps will be allowed.
3. No air pistol with repeating capability will be allowed.
4. Flathead pellets only.
5. May only be loaded with one (1) pellet. Ported barrels and perforated barrel attachments are allowed.

10m Air Pistol Grips: No part of the grip frame or accessories may touch any part of the wrist. The heel rest must extend at an angle 30 degrees to the grip.

This applies to the heel rest in front and behind the grip as well as on the sides. Any upward heel and/or thumb rest and/or a downward curvature of the side opposite the thumb is prohibited. The grip must not encircle the hand. Curved surfaces on the grips or frame, including the heel and/or thumb rest, in the longitudinal direction of the pistol are permitted.

All equipment is to be checked by the head range official or designated official for inspection prior to the event.

All competitors must bring their own wheelchair. A shooter may use his or her own shooting table (according to IPC standards), but banquet-style tables will be provided.

Note: A limited number of air pistols will be provided on a first-come, first-served basis. You must present a credit card or driver’s license to procure equipment.

MEDALS
Awarded according to score, division, and gender.

IMPORTANT: Rules for 2018 Air Pistol rules are following the USA Shooting rules.

FOR COMPLETE RULES, CONTACT:
IPC SHOOTING RULES
USA SHOOTING
usashooting.org/7-events/usasrules

AIR RIFLE

Air rifle competition will consist of SH1 (competitors who do not use a rifle support stand), SH2 (competitors who need to use a rifle support stand), and SH3 (visual impairment).

Each category will be divided by gender, as well as division (novice, open, master, and senior) within each class. To determine your classification, use the classification guidelines for IPC Shooting Rules.

If you have competed in an air rifle shooting event and received a classification card, please submit a copy of your card with your registration form.
The competition will be a prone event. Relays will consist of six targets in three stages: 60 shots for record, including all sighter shots all within a one-hour fifteen-minute time limit for possible 600 points.

**Prone:** Both elbows (not upper arms) must rest on the table or board. The forearm in this position must not form an angle of less than 30 degrees from the horizontal, measured from the axis of the forearm. The chest and/or abdomen may rest on the table or board.

**Important:** Competition time is two hours. Shooters must check in and participate in a safety briefing before the match.

All shooters must arrive one hour prior to their scheduled shooting event.

**Note:** If registering air rifle or air pistol for the first time, you must complete a shooting evaluation at the Air Rifle/Pistol Registration booth located at the Expo, or during Early Classification at the Convention Center.

**EQUIPMENT**
Shooters may bring their own equipment, but it must meet IPC standards:

1. The air rifle must be a .177 caliber.
2. No air rifle producing muzzle velocities above 600 fps will be allowed.
3. No air rifle with repeating capability will be allowed.
4. Flathead pellets only.

All competitors must bring their own wheelchairs.

A shooter may use his or her own shooting table (according to IPC standards), but banquet-style tables will be provided.

**Note:** A limited number of air guns will be provided on a first-come, first-served basis. You must present a credit card or driver’s license to procure equipment.

**MEDALS**
Awarded according to score, by class, category, division, and gender.
**BASKETBALL**

Limited to 96 competitors.

Rules are determined by the National Wheelchair Basketball Association (NWBA) and are essentially the same as the National Collegiate Athletic Association.

**Exceptions:** the 35-second shot clock will not be used. NWBA rules concerning points and play will be followed. There is no double dribble; a player is entitled to two pushes before he or she must pass, shoot, or dribble again, or a traveling violation is committed. The wheelchair is considered part of the player’s body in ruling physical fouls. All players must remain firmly seated in the wheelchair at all times, not using a functional leg or stump for a physical advantage over an opponent (e.g., rising out of the chair, using the heel of the foot to maneuver the chair). Any infraction constitutes a physical advantage foul (PAF), which is penalized like a noncontact technical foul.

Three levels of player classification are used to achieve team balance: Class I, Class II, Class III. No more than 12 players are allowed on the court at one time and no more than three Class III players are allowed to play together at any time. Women players on a men’s team may roster one class level below their actual medical classification level.

Basketball uses the draw system to assign players in each classification to teams. Classes I, II, III will be drawn to form eight teams. The tournament will be a modified double elimination with a third- and fourth-place playoff and a first- and second-place playoff. All players on each team must be played for 10 minutes per game. Team size will be limited to 12 players (8 teams). Team assignments are final.

**EQUIPMENT**

Balls will be provided. All competitors must bring their own wheelchairs. Wheelchair footrests must have a roll bar or be padded to protect the floor. Rear push handles and push bars must be padded. All chairs must have a leg strap. The height of the seat rail must be no more than 21”. Measurement must be made from the ground or court to the top of the seat rail bar (highest point) with the player in the chair. All chairs will be measured prior to each game.

**MEDALS**

First-, second-, and third-place teams will be awarded medals.

**FOR COMPLETE RULES, CONTACT:**
National Wheelchair Basketball Association
1130 Elkton Street, Suite C
Colorado Springs, CO 80907
719.266.4082

**BOCCIA**

Boccia at the 2018 National Veterans Wheelchair Games will be played by Para (II - V) by Division, not class specific and Quad (IA, IB, IC) Classification and Division specifically. Competitions will not be broken up by gender. Boccia will be played as individual boccia, one-on-one. The object of the game is to throw or roll game balls so that they land as close as possible to a target ball, called the jack. The game begins with a player throwing the white target ball on to the court, followed by the same player playing one of his/her colored balls. The opponent then throws. The player that is not closest to the jack must then throw until he or she puts a ball closer to the jack. This continues until all balls are thrown. When all the game balls have been thrown, a referee determines the points awarded to the individual. The closest player receives the number of points equal to the number of balls closer to the jack than the opponent’s closest ball. Players will have **four minutes** to throw all their balls in a single game. Ramp players will have **six minutes** to play all their balls.

Each game will have four “ends” or rounds with a fifth if a tiebreaker is required. The player with the most points after will advance to the next round. The game can also be adapted to allow players with functional limitations to use chutes and ramps to place their game balls into play. Ramps and balls will be available for use to qualifying Veterans.

**EQUIPMENT**

A limited number of adaptive ramps will be available on a first-come, first-served basis.
**BOWLING**

American Wheelchair Bowling Association rules will be followed. Winners will be determined by counting the total pins attained in three complete games. Averages and handicaps will not be taken into account.

Handle and stick bowling will be allowed for Classes IA, IB, and IC. Ramp bowling will be allowed for bowlers who have been classified as ramp bowlers by the NVWG classifiers.

Volunteers will be assigned to each lane. No coaches or family members may assist.

Ramp bowlers will be divided into two categories: hand control and head/mouth control.

**EQUIPMENT**

General bowling alley bowling balls will be provided. This does not include lightweight balls with large holes or bowling balls without holes (preferred by ramp bowlers). If you require this type of equipment, you will need to bring your own. All competitors must bring their own wheelchairs, including foot rests, brakes, and foot straps.

Note: For novice bowlers only—a limited number of ramps, handle-balls, and push sticks will be provided on a first-come, first-served basis.

**MEDALS**

Handleball: Class IA, IB, IC; division; gender.

Stick: Class IA, IB, IC; division; gender.

Ramp: Head/mouth, hand control; division; gender.

Manual: Class, division, and gender.

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**CYCLING**

The cycling road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance. The race will measure approximately 10K. **The distance for IA competitors only is 5K.** This event will have a 75-minute time limit. Competitors will compete by division and gender in the following categories: IA, IB–IC, II–III, IV–V, foot recumbent.

No two wheeled bikes will be allowed.

It is highly recommended that competitors train prior to the race. No assistance on the hills will be allowed.

**EQUIPMENT**

No equipment is provided; each competitor must bring his or her own cycle and helmet. Helmets are mandatory. You will not be allowed to compete without one. Each competitor is responsible to ensure that their equipment is properly functioning. Once the start line is clear and the race has begun there will be no late starts.

**MEDALS**

Medals will be awarded by category and gender.

(5K) IA: Division and Gender.

(10K) IB–IC, II–III, IV–V, 3-Wheel Foot Recumbent: Division and Gender.

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**FOR COMPLETE RULES, CONTACT:**

**USA Boccia**
1398 Penataquit Avenue
Bay Shore, NY 11706
631.388.6164
usaboccia@gmail.com

**American Wheelchair Bowling Association**
c/o Peggy Smith, Secretary
22000 N. Douglas Avenue
Edmond, OK 73012
918.816.0799
peggy smith1968@gmail.com
www.awba.org

**Paralyzed Veterans Racing**
4603 Myrtle Avenue
Virginia Beach, VA 23451
757.439.8031
FIELD

For classes IB–V, field events include the javelin, shot put, and discus. Class IA throws the discus and the club. These events are performed from a stationary, stabilized position. The sequence of events and the number of throws will be announced in the coaches’ meeting on the day of registration.

EQUIPMENT

All equipment will be provided. No personal throwing implements will be permitted. Competitors may use their personal regulation throwing chairs, if desired. The official women’s international javelin is used. The javelin is a minimum length of 220 centimeters (7.625’) and weighs 600g (1 lb, 5.25 oz).

The discus weighs one kilogram (2lb, 31/4 oz). Class IB men and women use the two kilo shot (4 lb, 6 oz). Class IC men and IC–V women use the three kilo shot (6 lb, 10 oz), and class II–V men use the four kilo shot (8 lb, 13 oz).

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

WASUSA
P.O. Box 5266
Kendall Park, NJ 08824-5266
732.266.2634
www.wsusa.org

MOTOR RALLY

The motorized wheelchair rally is designed for people using motorized wheelchairs or scooters.

This is not a timed event. At the starting point, the participant will receive a map, a set of instructions, answer/score sheet, and a volunteer escort. No personal escorts allowed. The instructions and map will guide participants throughout the course.

The course will contain a total of 10 checkpoints. During the course of the rally, 10 questions will be asked. Some of these questions will be trivia and others will be observation questions.

Questions must be answered and recorded at the checkpoint. There will be an adequate time limit.

One playing card will be selected at five of the checkpoints. Participants must complete all checkpoints.

Each participant will receive 1 point for each correct answer and a maximum of 10 points for the poker hand, i.e., royal flush = 10 points, straight flush = 9 points, etc. There will be no wild cards. Ties will be broken by a tiebreaker question and/or best poker hand.

The use of electronic devices (smartphones, tablets, smart watches, etc.) and any media (local newspapers, magazines, etc.) is not allowed.

EQUIPMENT

No equipment is provided; all competitors must bring their own motorized wheelchair or scooter.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Dave Tostenrude Director, NVWG
www.wheelchairgames.org
206.445.3519

NINE BALL

Nine ball is a game of rotation, where the object is to pocket the balls in numerical order. The winner of each match will be determined by winning two out of three games. All games will be subject to a 10-min time limit.

Nine ball is played with numbered balls one through nine and a cue ball. On each shot, the cue ball must first contact the lowest numbered ball on the table. Neither shots nor pockets need to be called. The player who pockets the nine ball on a legal shot wins the game.

Breaks: The first break is determined by flip of a coin. The winner of the flip is the first breaker and he/she must contact the one ball when breaking and either pocket a ball or drive at least four balls to the rail, without pocketing cue ball to achieve a legal break.
If the terms of a legal break are not met or the cue ball is pocketed, the incoming player has the cue ball in hand anywhere on the table. If the breaker completes a legal break and makes a ball while breaking, he or she will shoot again at the lowest numbered ball on the table and continue to shoot until missing, fouling, or winning the game.

**Fouls:** All fouls carry the ball-in-hand penalty anywhere on the table. Fouls can only be called and must be called before another shot is executed. Fouls can only be called by the player himself/herself or by his/her opponent, no outside assistance is allowed. All of the following are considered fouls:

- Cue ball goes in the pocket or off the table.
- Any object ball jumped off the table.
- Primary contact with a ball other than the lowest numbered ball on the table.
- During a shot, if the object ball is not pocketed and no balls are driven to the rail after contact with object ball.
- Pushes or double hits with object ball and split hits (when you hit the object ball and another ball at the same time).

**EQUIPMENT**
Pool cue sticks will be provided or participants may use their own. Players may use their own adaptive equipment. All players must remain in their chairs while shooting and feet may not touch the floor.

**MEDALS**
Awarded by class, division, and gender.

**FOR COMPLETE RULES, CONTACT:**
Dave Tostenrude, Director, NVWG
www.wheelchairgames.org
206.445.3519

**POWER SOCCER**
Limited to 64 competitors.

Power soccer is the first competitive team sport designed and developed specifically for power wheelchair users. It combines the skill of the athlete with the speed and power of the chair to create an extremely challenging game similar to soccer and football. The game is played on a regulation size basketball court with two teams of four players who attack, defend, and maneuver an oversized soccer ball in an attempt to score goals. The bottom of the ball can rise no more than 50 cm above the floor.

The tournament consists of two rounds of play. The first round is pool play, which consists of 2 pools of 4 teams. The top two teams from each pool will advance to the second round of play. In the second round of play, the top team from each pool will play each other to determine the gold and silver medal winners, and the second team from each pool will play each other to determine the bronze medal winner.

**EQUIPMENT**
All competitors must bring their own motorized wheelchairs. No scooters allowed—only motorized fourwheeled chairs accepted. Wheelchair guards and game balls will be provided.

There is a limited number of center post guards to borrow.

Only assigned volunteers are allowed in the technical (team bench) area.

There is a maximum allowable speed of 6.2 mph (10 km/hr) during play. All powerchairs will be tested over a 50 ft course where they go faster than 5.5 seconds. It is the athlete’s responsibility to ensure compliance with this aspect of the rule.

**MEDALS**
First-, second-, and third-place teams will be awarded medals.

**FOR COMPLETE RULES, CONTACT:**
Dominic Russo
president@powersoccerusa.net
U.S. Power Soccer Association
www.powersoccerusa.net

**QUAD RUGBY**
Limited to 40 competitors.
Quad rugby is a unique, competitive sport for quadriplegics. It is played on a basketball-size court by fourmember teams using a quad rugby ball. The objective is to carry the ball across the opponent’s goal line. Shot clock will be enforced.

At the NVWG, teams are determined by a “draw” system.

Players are classified according to the USQRA classification system as 0, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, or 3.5. Men, age 45 and older will have their classification reduced by 1/2 point. Women classes are a ½ point less than their functional test. Each class has a point value, and teams are balanced by limiting the number of points allowed on the court. Teams will be limited to 10 players (4 teams).

**EQUIPMENT**
All competitors must bring their own wheelchairs, strapping, and gloves.

**MEDALS**
Awarded to first-, second-, and thirdplace teams.

**FOR COMPLETE RULES, CONTACT:**
David R. Mengyan
USQRA Commissioner
302 S Main, Suite 201
Royal Oak, MI 48067
248.850.8973
usqra.org

**SLALOM**
Slalom competition is a test of agility, strength, skill, and speed. The course should run no longer than 100 meters.

The event is held on a gymnasium floor or other smooth surface and is defined by cones around which the athlete must maneuver the chair both forward and backward. In addition, obstacles of different sizes are added and may include ramps, platforms, slopes, hurdles, textured surfaces, low-head clearance, and bridges. Missing any of the gates results in disqualification, and each cone struck adds one second to the actual time. Each instance of assistance from an official (catch or help over an obstacle) adds 5 seconds to the actual time.

**MOTORIZED SLALOM**
Motorized slalom will follow the same rules as above. Athletes will be divided into three categories: hand, head (chin), and mouth controls.

**EQUIPMENT**
Competitors must choose between manual slalom or motorized slalom. Participation in both will not be allowed. All competitors must bring their own wheelchairs and helmet. Helmets are mandatory. Scooters and motor/power assist wheelchairs are not approved for slalom competition.

**MEDALS**
Awarded by class, division, and gender. Medals for motorized slalom are awarded by category: hand control, head (chin) control, mouth control, division, and gender.

**FOR COMPLETE RULES, CONTACT:**
Dave Tostenrude,
Director, National Veterans Wheelchair Games
206.445.3519
www.wheelchairgames.org

**SOFTBALL**
Limited to 120 competitors.

All softball competitors need to report 1 hour prior to the published start time of the first game. If a competitor does not show up by the published start time of the first game, they will forfeit their spot for the rest of the tournament and it will be given to the next Veteran on the wait list.

Softball is played on a hard surface. Teams are made by a draw system to choose players in each classification to form teams. Team size will be limited to 15 players (8 teams). All team members must bat and remain in the batting rotation for the entire game. All team members must also take the field for a minimum of one inning.

Batters come to bat with a one-ball, one-strike count. Height of pitches: 6 ft–10 ft Run ahead rules: 12 after 4 innings/ 10 after 5 innings
EQUIPMENT
All competitors must bring their own wheelchairs. No motorized wheelchairs or scooters will be allowed. Other equipment will be provided.

MEDALS
Awarded to first-, second-, and thirdplace teams.

FOR COMPLETE RULES, CONTACT:
National Wheelchair Softball Association Bruce Froendt
13414 Paul St.
Omaha,NE 68154
402.305.5020
www.wheelchairsoftball.org

SWIMMING
All swimming events start in the water. No bodysuit, assisted devices or buoyant foot protection are allowed. Socks and mesh water shoes are acceptable. Swimming will only count as one event. Veterans will be able to compete in multiple distances or strokes.

STROKES USED IN COMPETITION

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<td>25 yard IA-IB-IC-II</td>
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<td>100 yard IV-V-VI</td>
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<tr>
<th>Freestyle</th>
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<td>25 yard IA-IB-IC</td>
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<tr>
<td>50 yard IA-IB-IC</td>
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<td>50 yard III</td>
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<td>100 yard IV-V-VI</td>
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<td>200 yard IV-V-VI</td>
<td></td>
</tr>
</tbody>
</table>

MEDALS
Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:
Adaptive Sports USA
P.O. Box 5266
Kendall Park, NJ 08824-5266
732.266.2634
www.wsusa.org

TABLE TENNIS
Table tennis is open to all competitors. Class IA, IB, and IC are permitted to secure the paddle to their hand by tape or a brace. All competition is governed by the United States Table Tennis Association rules, with modifications as necessary to accommodate wheelchair movement. A single-elimination system is used.

Competition will be best three out of five. An 11-point scoring system will be used. No white shirts are allowed during competition.

EQUIPMENT
Balls and a limited number of paddles will be provided.

MEDALS
Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:
United States Table Tennis
4065 Sinton Road, Suite 120
Colorado Springs, CO 80907
719.866.4583

TRACK
Track events are governed by the rules of USA Track and Field. Events are run as finals on a hard-surface track with a minimum of six lanes. The hub of the front caster(s) constitute the starting and finishing points. The individual may modify the chair while staying within the rules for wheelchairs. Racing chairs are mandatory for races of 400, 800, and 800m Biathlon.

Track will only count as one event. Veterans can complete in multiple distances.

800m Biathlon: Track/Air Rifle combined. Competition is by Para Combined; by Quad Combined; Gender. Veterans begin with 250m, move into shooting area and shoot 5 targets. Each miss is 30-sec penalty and then the Veteran completes the 400m, then repeats the target shooting. When all 5 shots are attempted, the Veteran completes the final 150m to the finish. Competitors must use personal race chairs and the NVWG Air Rifles.
**EQUIPMENT**
No equipment is provided other than the biathlon rifles for the 800m biathlon; all competitors must bring their own wheelchairs and helmets. Helmets are mandatory; no one will be allowed to compete without one. Novice athletes will have priority if extra helmets are available.

**MEDALS**
Medals awarded by best time.

**FOR COMPLETE RULES, CONTACT:**
Adaptive Sports USA  
P.O. Box 5266  
Kendall Park, NJ 08824-5266  
732.266.2634

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**TRAPSHOOTING**
Limited to 50 competitors.

**SAFETY AND INSTRUCTIONAL CLINIC:**
All competitors will be required to demonstrate a knowledge of firearm safety and proficiency before being allowed to participate. Novice participants will be provided personal instruction and assistance before and during the event. Any infraction of firearm safety will be cause for ending the Veteran’s participation in the event. All participants will be required to sign a liability release. Decisions by shoot officials are final.

All trapshooting competitors must utilize a wheelchair for competition and both feet must be placed on the wheelchair footrests.

**RULES**
Basic Amateur Trapshooting Association rules will apply. All participants will shoot 50 clay targets utilizing 12 gauge shotguns from the 16-yard line. Competitors breaking at least 25 of the first 50 targets will continue with 50 more targets to determine final standings. Winning ties will be given duplicate awards.

**EQUIPMENT**
Shotguns, ammunition, pouches, and earplugs will be provided. Participants will be allowed to shoot their personal firearm; however, they will not be allowed to use their personal ammunition. Quadriplegics bringing personal shotguns with modifications required because of their level of injury will be allowed to compete in a separate division.

Practice with the Biathlon Rifles will be available at published times during the NVWG Expo on July 30th and during the week in the Veterans Experience are in the Orlando Convention Center.

**MEDALS**
Medals awarded by best time. Awarded by class, division, and gender.

**FOR COMPLETE RULES, CONTACT:**
Andy MacDonald  
Paralyzed Veterans of America National Office  
801 18th St., NW  
Washington, DC 20006  
202.416.7620  
andym@pva.org

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**WEIGHTLIFTING**
Para Class athletes will compete using the Powerlifting lift defined by the IPC Powerlifting Rules.

Competitors will begin their lift at height and then lower the bar to the chest in a fully controlled manner without heaving or bouncing the bar while visibly stopping on the chest and then press it upwards again. There must be a visible break in the lowering motion and the raising movement when the bar touches the chest of the competitor. Once the competitors arms are locked out and the bar is firmly under control, an audible command “rack” will be given by the official and the lifter can replace the bar in the rack with or without assistance of spotters. The official will give a white light/white flag for clean lift or red flag/red light for no-lift.

The Class “Quadriplegic” will consist of athletes classified as Class IA, IB, and IC. Athletes in this class will compete by class, division, and gender.

The Class I Division “High Para” will consist of athletes classified as Class II and III.

The Class II Division “Low Para/ Amputee” will consist of athletes classified as Class IV and V.
Athletes in the Class I and Class II Divisions will compete by class, division, bodyweight (categories), and gender.

Weight category will be determined at weigh-in August 2, 2018 at the Convention Center. Weightlifters must weigh in during the designated weigh-in time to be eligible to lift.

Lifting apparel shall consist of nonelastic pants and a nonelastic shirt with sleeves.

Shoes must be worn unless a medical condition is present. No elastic wrist straps or elastic lifting belts may be used. All medical conditions affecting an athlete’s ability to lift or assume the lifting position must be brought to the attention of the head official during weigh-in.

**QUAD WEIGHTLIFTING EXCEPTIONS:**
Quadriplegic weightlifters do not need to weigh in. Gloves, straps, tape, etc., are permitted to help keep hands on the bar during lift. Competitor is allowed to drop down in weight if attempt is unsuccessful.

Please see Equipment for additional guidance.

**QUAD ORDER OF COMPETITION:**
IA, IB, IC, Senior, Masters, Open, Novice

**OFFICIAL WEIGHTS BY CATEGORIES ARE:**

<table>
<thead>
<tr>
<th>Male Category</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unclassified</td>
<td>Up to 49.00 kg</td>
</tr>
<tr>
<td>54.00kg Class</td>
<td>49.01kg – 54kg</td>
</tr>
<tr>
<td>59.00kg Class</td>
<td>54.01kg – 59kg</td>
</tr>
<tr>
<td>65.00kg Class</td>
<td>59.01kg – 65kg</td>
</tr>
<tr>
<td>72.00 kg Class</td>
<td>65.01kg – 72kg</td>
</tr>
<tr>
<td>80.00kg Class</td>
<td>72.01kg – 80kg</td>
</tr>
<tr>
<td>88.00kg Class</td>
<td>80.01kg – 88kg</td>
</tr>
<tr>
<td>97.00kg Class</td>
<td>88.01kg – 97kg</td>
</tr>
<tr>
<td>106.09kg Class</td>
<td>97.01kg – 106.9kg</td>
</tr>
<tr>
<td>Over 107.00kg</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female Category</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>41kg Class</td>
<td>Up to 41.00 kg</td>
</tr>
<tr>
<td>45kg Class</td>
<td>41.01kg – 45kg</td>
</tr>
<tr>
<td>50kg Class</td>
<td>45.01kg – 50kg</td>
</tr>
<tr>
<td>55kg Class</td>
<td>50.01kg – 55kg</td>
</tr>
<tr>
<td>61kg Class</td>
<td>55.01kg – 61kg</td>
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<tr>
<td>67kg Class</td>
<td>61.01kg – 67kg</td>
</tr>
<tr>
<td>73kg Class</td>
<td>67.01kg – 73kg</td>
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<tr>
<td>79kg Class</td>
<td>73.01kg – 79kg</td>
</tr>
<tr>
<td>86kg Class</td>
<td>79.01kg – 86kg</td>
</tr>
<tr>
<td>86.01kg over</td>
<td></td>
</tr>
</tbody>
</table>

**AMPUTEE CATEGORY**
Body weight additions are added to lifters based on their weight and amputation location/level:

For each through ankle amputation: ½ kg added to anyone with an ankle amputation (per ankle missing).

For each below knee amputation: 1kg added if weight 67.5kg or under 1.5kg added if weight over 67.5.

For each above knee amputation: 1.5kg added if weight 67.5kg or under 2kg added if weight over 67.5kg.

For each hip disarticulation: 2.5kg added if weight under 67.5kg 3kg added if weight 67.5kg and above.

**EQUIPMENT**
Quadriplegic weightlifters compete using a universal system instead of free weights and compete by class.

Competitors competing in the Quad Weightlifting and whose lift attempt exceeds the weights available on the universal quad bench will be able to attempt their remaining lifts on a free weight bench. However, before moving to the free weight bench, the competitor must complete a successful lift at the max level of the universal quad bench. They will continue to compete within their class and division.
MEDALS
Medals awarded by best time. Awarded by weight categories: Males I–X, Females I–X, division and class (II–V). Medals for quadriplegic competitors will be awarded by division, class, and gender.

FOR COMPLETE RULES, CONTACT:
Disabled Powerlifting
Mary Hodge, High Performance Manager
516.377.2035
www.disabledpowerlifting.com
usapowerlifting@verizon.net

THREE HOLE GOLF TOURNAMENT AND GOLF SKILLS CLINIC (EXHIBITION SPORT)

Limited 24 participants.

The Three Hole Golf Tournament will be limited to the first 24 Veterans registered. Standard Stroke Play rules will be in effect. There will be a mandatory 20 minute time limit in effect for each hole. In the event of a tie, those competitors will compete in a closest to the hole shoot out to determine the winner.

The Golf Skills Clinic is open to all competitors and involve clinics related to hitting, putting and gameplay. This is a great opportunity to learn more about the sport of golf and how to get involved at home. No registration is required.

FOR ADDITIONAL INFORMATION, CONTACT:
Dave Tostenrude, Director,
National Veterans Wheelchair Games,
206.445.3519
www.wheelchairgames.org

INDOOR ROWING (EXHIBITION SPORT)

An indoor rowing clinic will be open to all competitors and does not require pre-registration. Veterans will be placed in competitive classes and be able to compare results among peers at the end of the week.

This is a fantastic occasion to learn an aerobic sport that is easy to quickly achieve strong performance and provides for numerous venues for further competition and participation.

ATHLETE CLASSIFICATIONS:
Sport Classes: (Within each of these classes, there are events for Men and Women)

• AS/PR1: Arms and Shoulders class is for rowers who have no minimal trunk function (i.e. shoulder function only). An AS class rower is able to apply force predominantly using the arms and/or shoulders. These athletes will likely also have poor sitting balance. In addition, these athletes are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs. (If you are unable to sit unassisted or return to an upright position unassisted after leaning forward you are most likely in the AS sport class.)

• TA/PR2: Trunk and Arms class is for rowers who have functional use of the trunk and who are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs. (If you are unable to perform a full squat unassisted or do not have the use of your legs you are most likely in the TA sport class.)

• TA/PR3: Legs, Trunk, and Arms class is for rowers who have functional use of their leg(s), trunk, and arm(s) for rowing, and who can utilize the sliding seat.

Includes:
• LTA-PD (physically disabled)
• LTA-AK (above the knee amputee)
• LTA-VI (visually impaired – B1, B2, B3)