



NATIONAL VETERANS WHEELCHAIR GAMES

GET PUMPED FOR PORTLAND

JULY 4-9, 2023 • PORTLAND, OR

EVENT GUIDE

Co-Presented by:



VA | U.S. Department
of Veterans Affairs





Welcome to the 42nd National Veterans Wheelchair Games!

The Department of Veterans Affairs and Paralyzed Veterans of America are so excited to finally bring the NVWG to Portland, Oregon! Set along the Columbia River and nestled between three volcanoes--Mt. Hood, Mt. Adams, and the latest to lose its top, Mt. St. Helens--the stage is set for energy packed competitions.

Many thanks go out to the Portland VA Health Care System who is serving as the host of this year's Wheelchair Games. They were ready to go in 2020 and have kept up the momentum to make sure your experience is a memorable one.

This is going to be a NVWG for the record books! Refer to the 2023 National Veterans Wheelchair Games Event Guide for details on each of this year's sporting events, to include our new medal event Pickleball and exhibition events, Bass Fishing and Cornhole. You never know, one of them may be a new medal event in 2024! We'll look forward to your feedback.

The 2023 National Veterans Wheelchair Games Event Guide provides event information, game rules, and logistical guidance to help all Veteran participants have a safe and successful experience in Portland. Please review this Guide carefully. Additionally, if you are a food lover or an avid outdoorsman/woman, you are in for a treat and may want to plan a few more days to tour the area!

We look forward to seeing you in Portland!



VA | U.S. Department
of Veterans Affairs

Dave Tostenrude

Director, National Veterans Wheelchair Games
Department of Veterans Affairs



Jen Purser

Senior Associate Director, Sports and Recreation,
Paralyzed Veterans of America

Enclosed in this 42nd National Veterans Wheelchair Games Event Guide is critical information for Veterans and coaches regarding registration, planning, competing, and making the most out of the Portland NVWG experience this summer. Additional information will be updated and available at WheelchairGames.org, as well as on the 2023 Wheelchair Games app.



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REGISTRATION INFORMATION

The registration period is Feb 1 - April 5, 2023. Please submit your online registration and medical forms digitally through the VA Registration Box. (Link will be available on the online registration). Please see steps to complete registration below. All waivers will be signed, in person, at the EXPO/Registration in Portland. For Veterans competing in the atHOME events, waivers must be submitted through the VA Registration Box link. IMPORTANT - If you cannot attend the NVWG after registration closes, please let us know and cancel as soon as possible with our NVWG registration team at NVWGregistration@pva.org. Your cancellation could save room for another Veteran who is waiting to join.

Eligibility:

Participation is open to Veterans living with spinal cord injuries, amputations, multiple sclerosis or other central neurological conditions. Physical disabilities must be permanent and measurable. All Veterans registering for the National Veterans Wheelchair Games must be eligible to receive care at a VA medical facility. When a Veteran's diagnosis and eligibility to compete is in question, we will refer to the eligibility criteria appropriate for that person to participate in other community wheelchair sports organizations. If there are questions regarding eligibility or classification, please contact Kristie Goedhard at Kristine.Goedhard@va.gov.

New for 2023 Registration:

All required forms, such as photo consent, damage provision, waivers, and concussion awareness forms, will be signed onsite in Portland; however, you must indicate acceptance on the NVWG Online Registration. The NVWG Liability and Waiver Forms are required to participate. For Veterans participating in atHOME events, waivers must be submitted via the VA Registration Box link.

VETERANS, take note and mark your calendars!

Important steps to complete your registration and secure your event selections:

1. Complete online registration
2. Upload and submit your VA ID Card and Physician Clearance (2 pages) electronically to VA Registration Box by April 5, 2023, for both atHOME and inperson.
3. atHOME Events—waivers are required and will be e-mailed to you or your coach after April 5, 2023, and you will upload via VA Registration Box link. Waivers are due by May 5, 2023.



REGISTRATION INFORMATION

Coaches & VA Caregivers:

Online registration is required for any VA staff participating as a caregiver (nursing support) or coach. Non-VA caregivers do not need to register. Veteran athletes needing a caregiver must arrange support on their own. NVWG Medical Staff are not available to provide attendant support.

Once approved, coaches will have access to coach reports to assist their team with planning. If you have any additional questions or concerns, please contact Kristie Goedhard at Kristine.Goedhard@va.gov or email the NVWG registration team at NVWGregistration@pva.org.

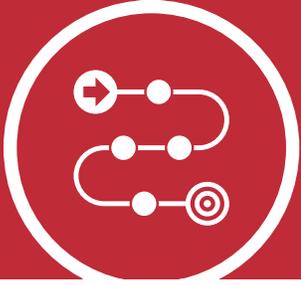
NVWG Event Planning:

• Event Selections:

- You must register for at least (2) events.
- There is no event cap, but you must plan your schedule carefully. Register for as many events as you can manage. Some events run historically long despite the efforts we put in to keep to the schedule, typically the bracket events. Plan for delays as we are trying to avoid capping events. We are also expanding "Drop-In Events" such as Bowling, Disc Golf and Field Events to minimize schedule conflicts with the bracket events. Being late to an event will result in a disqualification.
- Consult the "Tentative Event Schedule" carefully. Plan for travel time if you are participating in community venues. Give at least an hour to include waiting for the bus, getting secured, travel time, and getting off the bus and into the venue. We monitor delays because of traffic and will do our best to accommodate, but no guarantee.

- **Training:** Whether in Portland this Summer or competing in the atHOME events, this should not be your first time attempting the event. This should not be your first time attempting the event. All of the NVWG events require a certain amount of physical strength, conditioning, and skill in order to participate safely. Lack of preparation and training will result in poor outcomes, frustration, and increase risk of injury.

- CRITICAL - Before you start any physical training program, consult with your doctor or VA therapist for advice and recommendations. With their guidance, develop a training or workout program to prepare.
- Select events that match your interests and passions. Remember, this isn't about what you do this one week, but discovering opportunities beyond!
- Research the event and get up to date on the rules, equipment and strategies.
- Get your own equipment if possible. You'll do better and be more comfortable with your own.
- Find local opportunities to get involved and practice. If you are not on a NVWG team, contact David.Tostenrude@va.gov or JenniferP@pva.org who will try to connect you with local opportunities.
- Set realistic goals to get started and have FUN!



PLANNING FOR THE 42ND NVWG

1. COVID-19 Mitigation: VA and PVA remain committed to honoring our nation's Veterans by ensuring a safe and exceptional event. A NVWG COVID-19 Playbook is available at Wheelchairgames.ORG that outlines the requirements for all Veterans and participants for 2023. Please refer to the 2023 NVWG Safety Playbook for details.

2. Travel Planning:

- **Hotel Registration:** The 42nd NVWG Reservation window is open between April 19 - May 19, 2023. Do not try to book reservations or ADA rooms outside of the NVWG registration link. If you have questions, please contact Marisa Ramos at MarisaR@pva.org or via phone at (202) 416-7709. The room rates for the NVWG Official Hotels are \$182 per night.

Hotel assignments are made by NVWG staff. Please refer to the www.wheelchairgames.org website for specifics.

Hotel Cancellation Policy: Cancellations must be made directly with the hotel no later than 72 hours prior to your scheduled arrival day and an e-mail must be sent to PVA meetings (MarisaR@pva.org). Check-in is 4 p.m. and check-out is 12 p.m.

- **Managing Your Hotel Stay:** The team has selected terrific hotels that will support your accessibility and meal needs. The best strategy of success is do your homework and plan ahead. If you are unfamiliar with staying in hotels, once you get your reservation, reach out to MarisaR@pva.org and get more info on your room and accessibility needs. Find out about the room's layout and bathroom. Set up a mock layout at home and practice. In some locations, we will have "Personal Care Rooms" for showering, which will require some pre-planning. Don't forget to pre-arrange durable medical equipment (DME) if needed. All Portland hotels are central to restaurants. The best advice is to do your homework and plan ahead!
- **Transportation:** Official NVWG transportation will be available from Portland International Airport (PDX) for arrivals July 3, 2022, and departures on July 10, 2023. Any arrival or departure location or dates outside of those listed dates cannot be supported by the NVWG. Veteran travel details must be entered into the NVWG Registration no later than June 1, 2023. Veterans not entering their travel information by June 1 will not be guaranteed transportation upon arrival. Event transportation will be available throughout the week between the NVWG Official Hotels and the NVWG venues only.
- **Airline Travel:** Remember to take any removeable or control systems off your wheelchair prior to getting on the plane. Take the equipment with you on the plane as a carry-on. Read up on the Air Carrier Access Act before traveling and know your rights by reviewing [DOT's Airline Passengers with Disabilities Bill of Rights](#). If you experience any damage to your chair while the airline has it in their possession, document it and file an incident with the airline immediately. Below are a couple great resources to review before you book your flight. Check them out here: [PVA Disability Complaint Reminder Card](#) and [PVA Air Travel Tips Check List](#).

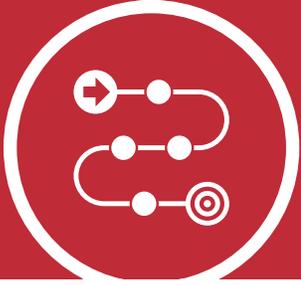


PLANNING FOR THE 42ND NVWG

- **DME:** Requests will be limited to shower benches and commodes. A limited number of Hoyer lifts will be available but must be reserved and Veterans must bring their personal slings. The type available will be communicated. If another type of lift is needed, Veterans must coordinate with a local medical supply company. There will not be equipment available onsite that hasn't been pre-arranged. If you require additional equipment, you will need to arrange through local medical supply companies to coordinate. We'll provide Portland companies to assist.
- **Meal Debit Cards:** A pre-loaded Visa Meal Debit Card (MDC) will be provided to support Veteran meals beginning for dinner on July 4 through lunch on July 9, 2023. Funds can only be used for food and non-alcoholic beverages. The amount provided on the MDC is based on government per diem rates for Portland, OR. A detailed explanation will be provided to each Veteran in the 2023 NVWG Confirmation Package. Veterans need to budget within that allotment and personally fund their meals outside the dates listed. Additional funds will not be available if spent early. MDCs are not provided to coaches or caregivers.
- **Personal Supplies:** Make sure to bring at least a 3-day supply of medications and/or personal care supplies with you on the plane in case your luggage is delayed. The NVWG Medical Clinics will not have replacement supplies or medications available. There are local Portland pharmacies available for you to use, if needed.
- **Service Animals:** Only service dogs only are permitted. Pets are not allowed. Individuals are responsible for the care and health of their service dog. **NOTE.** *Owners of service dogs will be asked to remove them if they act inappropriately (i.e. excessive barking or showing aggression). Any fines occurred from the Oregon Convention Center associated with Service Animals with bowel or bladder incidents will be the responsibility of the animal's owner.*
- **Personal Security:** Your safety is our first priority! There has been significant media over the years highlighting civil unrest and homeless crisis in Portland. The city leadership has taken significant steps to address the situation and great improvements have been made. NVWG leadership is in contact with Portland officials and no related concerns or threats are present to your safety or the event success. Personal diligence is always stressed and we will publish recommendations as the event gets closer.

Oregon Temperature

The average temperature in Portland for July 4th week is in the low 80's, with morning temperatures in the 60's. However, in the past two years, temperatures during this timeframe have exceeded 100 degrees. Also, people in the Pacific Northwest traditionally plan for rain on the 4th. So, plan for layers of clothes with a sweatshirt in the mornings and short sleeves later. A raincoat may also be a good idea or something you pick up in town. NVWG Transportation areas or other NVWG areas that require waiting outside will be tented. As always, it is important to stay hydrated and bring sunscreen. If you have a cooling vest, please bring one.



PLANNING FOR THE 42ND NVWG

Portland Excursions

The Pacific Northwest offers beautiful and diverse opportunities for everyone. Whether you are choosing to explore the Portland area via Tri-Met light rail, which is a block from your NVWG hotel, or, for the adventurer, are renting a vehicle, you have an abundance of choices. Below are some websites to help you plan:

- www.travelportland.com
- www.traveloregon.com
- www.trimet.org
- www.parks.wa.gov/245/Mount-St-Helens
- www.visitoregon.com/oregon-coast/
- www.traveloregon.com/places-to-go/regions/columbia-river-gorge
- www.travelportland.com/plan/accessible-portland

Events going on while you're here:

- Accessible bike-share program
www.adaptivebiketown.com
- Waterfront Blues Festival
www.waterfrontbluesfest.com
- Portland Timbers and Portland Thorns (2022 NWSL Champs)
www.timbers.com



EVENT MEDALS



Exhibition Events





NEW FOR 2023

1. **Novice Veterans** - A Veteran who is new to the NVWG in Portland or was new at the 2022 NVWG in Tempe, can compete in the Novice category. Veterans may choose to bypass being a Novice and compete in Open or the appropriate age division, but then must compete in all their events in that division.
2. **New Medal Event: PICKELBALL** — Competition will be Doubles (Para's; Quads, Mixed Gender). This is subject to change after we see how many register for the event. Manual chairs only. Veterans can compete in pre-set pairs (both must be registered for Pickleball) or we will pair up Veteran athletes. Tournament will be double elimination, games will be to a score of 11 with a 20-min time limit per game.
3. **New Event Competition Changes for 2023:**
 - Air Pistol: New Class: (P1) Single Hand, no support. (P2) Two Hand and prone position allowed (resting elbows on table).
 - Adaptive Fitness: Competition changes to: II, III, IV, V, IA, IB, IC by Division and Gender.
 - Archery:
 - o Novice Competitors only shoot at 10m range.
 - o DQ Rule! - If at any time (practice or competition) a competitor misses the target: (1) if the miss causes damage to the facility, the competitor is immediately disqualified and is responsible for the damage. (2) If the miss doesn't cause damage, the first miss is a warning and the second will result in a disqualification.
 - Bowling: Returning competition to: II, III, IV, V, IA, IB, IC by Division and Gender
 - Cycling: The competition distance is 21K for all competitors, except IA, which is 7K.
 - Disc Golf—Competition will be by combined classes of II-III, IV-V, and IA,IB,IC. No Divisions.
 - Swimming is BACK!
 - For events offered in-person in Portland and in the atHOME events, Veterans have to choose the setting, and cannot compete in both, with the exception of eSports.
4. **2023 NVWG atHOME Events:**
 - Veterans will have from June 19-30, 2023, to submit results for the atHOME events.
 - Veterans must complete a full NVWG registration to compete in the atHOME events.
 - 2023 NVWG atHOME events are: (full descriptions provided in the NVWGatHOME Section)
 - o Archery, Cycling, Trap Shooting, Adaptive Fitness, Air Rifle, Bowling, eSports (note - the eSports competition will occur online July 5)
 - Veterans attending the NVWG in Portland will have to choose between the events offered atHOME or the event in Portland—they cannot do both. (i.e., Archery, Cycling, Bowling, Air Rifle, Adaptive Fitness).



SCHEDULE OF EVENTS

SUBJECT TO CHANGE

*All times are Pacific Standard Time

TIME <i>(PST)</i>	EVENT	CLASSIFICATION	LOCATION
JUNE 19—30			
ALL DAY	NVWGATHOME EVENTS		
TUESDAY, JUNE 27			
1PM	VETERANS NVWG PLANNING CALL		ONLINE TBD
3PM	42nd NVWG COACHES MEETING		ONLINE TBD
MONDAY, JULY 3			
ALL DAY	ARRIVALS AND CHECK-IN		HOTELS
10A - 5P	EARLY CLASSIFICATION		OCC - A106
6P	SOFTBALL CLINIC		OCC - HALL C
	POWER SOCCER CLINIC		OCC - HALL C
TUESDAY, JULY 4			
9A-3P	EXPO / GAMES REGISTRATION		OCC - HALL A
	CLASSIFICATION		OCC - A106
9A - 4P	BASS FISHING	EXHIBITION	OCC - HALL A
10A - 12P	AIR GUNS/ARCHERY CLINIC		OCC - HALL D
10A - 2P	POWER LIFTING WEIGH-IN		OCC - HALL A
11A	NOVICE ATHLETE MEETING		OCC - B113/B114
12P	BASKETBALL CLINIC		OCC - HALL C
	POWER SOCCER CLINIC		OCC - HALL C
	WC RUGBY CLINIC		OCC - HALL B
1P	PICKLEBALL CLINIC		OCC - HALL D



SCHEDULE OF EVENTS

SUBJECT TO CHANGE

TIME <i>(PST)</i>	EVENT	CLASSIFICATION	LOCATION
TUESDAY, JULY 4 CONTINUED			
2P	SOFTBALL PRACTICE		OCC - HALL C
3P	SOFTBALL	GAMES 1-2	OCC - HALL C
	POWER SOCCER	GAME 1-2	OCC - HALL C
	CORNHOLE	EXHIBITION	OCC - PREFUNCTION
	ADAPTIVE FITNESS		OCC - PREFUNCTION
6:30P	OPENING CELEBRATION		OCC - HALL C
7:30P	ATHLETE RECEPTION		MODA CENTER
WEDNESDAY, JULY 5			
7:30A	CYCLING		PORTLAND INT'L RACEWAY
8A	AIR PISTOL #1	BY ASSIGNED TIMES	OCC - HALL D
	FIELD EVENTS	Drop-In	OCC - HALL A1
9A	POWER SOCCER	GAME 3-4	OCC - HALL C
	EXHIBITION: BASS FISHING		OCC - HALL A
10A	FIELD EVENTS	Drop-In	OCC - HALL A1
10:30A	AIR PISTOL #2		OCC - HALL D
	POWER SOCCER	GAMES 5-6	OCC - HALL C
	SOFTBALL	GAMES 3-4	OCC - HALL C
1P	AIR PISTOL #3	BY ASSIGNED TIMES	OCC - HALL D
	POWER SOCCER	GAMES 7-8	OCC - HALL C
	SOFTBALL	GAMES 5-6	OCC - HALL C



SCHEDULE OF EVENTS

SUBJECT TO CHANGE

TIME <i>(PST)</i>	EVENT	CLASSIFICATION	LOCATION
WEDNESDAY, JULY 5 CONTINUED			
3P	ADAPTIVE FITNESS		OCC - PREFUNCTION
	SOFTBALL	GAMES 7-8	OCC - HALL C
6P	AIR RIFLE #1	BY ASSIGNED TIMES	OCC - HALL D
	BASKETBALL	GAMES 1,2,3	OCC - HALL C
	ESPORTS		OCC - PREFUNCTION
	CORNHOLE	EXHIBITION	OCC - PREFUNCTION
THURSDAY, JULY 6			
7:30A - 11A	MOTOR RALLY	Drop-In	OREGON ZOO
8A	AIR RIFLE #2	BY ASSIGNED TIMES	OCC - HALL D
	SOFTBALL	GAME 9-10	OCC - HALL C
	FIELD EVENTS	Drop-In	OCC - HALL A1
10A	FIELD EVENTS	Drop-In	OCC - HALL A1
10:30A	POWER SOCCER	GAMES 9 - 10	OCC - HALL C
	AIR RIFLE #3	BY ASSIGNED TIMES	OCC - HALL D
	PICKLEBALL		OCC - HALL B
1P	AIR RIFLE #4	BY ASSIGNED TIMES	OCC - HALL D
	BASKETBALL	GAMES 4,5,6	OCC - HALL C
	POWER SOCCER	GAMES 11/12	OCC - HALL C



SCHEDULE OF EVENTS

SUBJECT TO CHANGE

TIME <i>(PST)</i>	EVENT	CLASSIFICATION	LOCATION
THURSDAY, JULY 6 CONTINUED			
3P	AIR RIFLE #5	BY ASSIGNED TIMES	OCC - HALL D
	ADAPTIVE FITNESS		OCC - PREFUNCTION
	WC RUGBY		OCC - HALL B
6P	SOFTBALL	CONS/CHAMP GAMES	OCC - HALL C
	AIR RIFLE #6	BY ASSIGNED TIMES	OCC - HALL D
	ESPORTS		OCC - PREFUNCTION
	SLALOM	IA,IB, IC	OCC - HALL A1
FRIDAY, JULY 7			
8A	9-BALL	IV	OCC - HALL A
	TABLE TENNIS	1A,1B,1C	OCC - HALL A
	BOCCIA	V - SENIORS	OCC - HALL A
10A	WC RUGBY		PIONEER COURTHOUSE SQUARE
	TABLE TENNIS	III	OCC - HALL A
10:30A	9-BALL	V - SENIORS/MASTERS	OCC - HALL A
12P	BASKETBALL	GAME 7	PIONEER COURTHOUSE SQUARE
1P	ARCHERY #1		OCC - HALL D
	DISC GOLF	Drop-In	OCC - HALL C
	9-BALL	II	OCC - HALL A



SCHEDULE OF EVENTS

SUBJECT TO CHANGE

TIME <i>(PST)</i>	EVENT	CLASSIFICATION	LOCATION
FRIDAY, JULY 7 CONTINUED			
3P	ARCHERY #2		OCC - HALL D
	BASKETBALL	Games 8,9	OCC - HALL C
	DISC GOLF	Drop-In	OCC - HALL C
6P	ARCHERY #3		OCC - HALL D
	WC Rugby		OCC - Hall B
	BOCCIA	1A/RAMP	OCC - HALL A
	SLALOM	IV/V	OCC - HALL A
6P	WC Rugby		OCC - Hall B
	ESPORTS		OCC - PREFUNCTION
	BOCCIA	1A/RAMP	OCC - HALL A
	SLALOM	IV/V	OCC - HALL A
SATURDAY, JULY 8			
8A	BOWLING	V	KINGPINS
	9-BALL	1A,1B,1C	OCC - HALL A
	BOCCIA	IV	OCC - HALL A
	SLALOM	II/III	OCC - HALL A
	ARCHERY #4		OCC - HALL D
10A	BOWLING	IA,IB, IC - STICK - HANDLE	KINGPINS
	PICKLEBALL		OCC - HALL B



SCHEDULE OF EVENTS

SUBJECT TO CHANGE

TIME <i>(PST)</i>	EVENT	CLASSIFICATION	LOCATION
SATURDAY, JULY 8 CONTINUED			
10:30A	ARCHERY #5		OCC - HALL D
	BOCCIA	III	OCC - HALL A
11A	BOWLING	RAMP	KINGPINS
	KIDS DAY		
	9-BALL	V - NOVICE, OPEN	OCC - HALL A
1P	DISC GOLF	Drop-In	OCC - HALL C
	BASKETBALL	GAMES 10,11,12	OCC - HALL C
	BOCCIA	IB/IC	OCC - HALL A
3P	DISC GOLF	Drop-In	OCC - HALL C
	TABLE TENNIS	V	OCC - HALL A
	9-BALL	III	OCC - HALL A
6P	SWIMMING		MT.HOOD COMMUNITY COLLEGE
	MOTOR SLALOM		OCC - HALL A
	POWERLIFTING		OCC - HALL C
SUNDAY, JULY 9			
8A	BOWLING	II/III	KINGPINS
	TABLE TENNIS	IV	OCC - HALL A
	BOCCIA	V - NOVICE, OPEN, MASTERS	OCC - HALL A
10A	SLALOM - SUPER G & Q		OCC - HALL A



SCHEDULE OF EVENTS

SUBJECT TO CHANGE

TIME <i>(PST)</i>	EVENT	CLASSIFICATION	LOCATION
SUNDAY, JULY 9 CONTINUED			
10:30A	BOWLING	IV	KINGPINS
	TABLE TENNIS	II	OCC - HALL A
11A	PICKLEBALL	FINALS	OCC - HALL D
1PM	BASKETBALL	CONSOLATION	OCC - HALL C
	POWER SOCCER	CONSOLATION	OCC - HALL C
	BOCCIA	II/IV	OCC - HALL A
2P	CORNHOLE	EXHIBITION	PREFUNCTION
3P	WC RUGBY	CHAMPIONSHIP	OCC - HALL C
	BASKETBALL	CHAMPIONSHIP	OCC - HALL C
	POWER SOCCER	CHAMPIONSHIP	OCC - HALL C
6:30P	CLOSING CELEBRATION		OCC - HALL C

MONDAY, JULY 10

3AM-3PM		DEPARTURES	
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VENUES

Oregon Convention Center

777 NE Martin Luther King Jr Blvd,
Portland, OR 97232

- NVWG Operations and Event Hub, Air Rifle, Air Pistols, Archery, Adaptive Fitness, Esports, Basketball, Boccia, Disc Golf, Field Events, Power Soccer, WC Rugby, Slalom, Softball, Softball, Table Tennis, Powerlifting, Pickleball, Cornhole, Bass Fishing

KingPins-Beaverton

2725 SW Cedar Hills Blvd, Beaverton, OR 97005

- Bowling

Portland International Raceway

1940 N Victory Blvd, Portland, OR 97217

- Cycling

Mt. Hood CC Aquatics Center

3545 NE 17th St, Gresham, OR 97030

- Swimming

Oregon Zoo

4001 SW Canyon Rd, Portland, OR 97221

- Motor Rally

Moda Center

1 N Center Ct St, Portland, OR 97227

- Athlete (4th of July) Celebration

Portland International Airport

7000 NE Airport Way, Portland, OR 97218

- Arrivals/Departures

Pioneer Courthouse Square

701 SW 6th Ave, Portland, OR 97205

- WC Rugby and Basketball

Doubletree by Hilton Portland

1000 Northeast Multnomah St,
Portland, OR 97232

- Veteran Hotel

Courtyard Portland Downtown/ Convention Center

435 NE Wasco St, Portland, OR 97232

- Veteran Hotel





REFERENCE GUIDE

For complete rules and general information on each of this year's sports, please visit or contact the following national organizations. **The National Veterans Wheelchair Games reserves the right to modify the event rules or conditions of play to best fit the program environment and logistics.**

The following National Governing Bodies or National Sport Associations are dedicated to the development of the standards of their respective sports including the advancement of equipment and opportunities. If you are interested in getting further involved in the sport in your home community or beyond, we encourage you to reach out and contact them. Do some research on their sites to see what is going on or ask if they have someone in your home area that could help get you started. The toughest part of anything new is the first step. Go for it!

MEDAL EVENTS

- **eSports:** Dave Tostenrude, Director, NVWG; David.Tostenrude@va.gov
- **9-Ball:** National Wheelchair Poolplayers Association <https://www.facebook.com/National-Wheelchair-Poolplayers-Association-132128663527118>
- **Air Guns:** Shooting Para Sport; USA Shooting www.shooting.org/7-events/usarules
- **Archery:** USA Archery www.teamusa.org/USA-Archery
- **Adaptive Fitness:** Adaptive Training Academy www.ata.fit
- **Basketball:** National Wheelchair Basketball Association; www.nwba.org
- **Boccia:** USA Boccia www.usaboccia.org World Boccia www.worldboccia.com
- **Bowling:** American Wheelchair Bowling Association www.awba.org
- **Disc Golf:** Professional Disc Golf Association; Chris Britt: chrisbritt19872005@gmail.com
- **Field Events:** Move United www.moveunitedsport.org
- **Motor Rally:** Dave Tostenrude, Director, NVWG; David.Tostenrude@va.gov
- **Power Soccer:** US Power Soccer Association; www.powersoccerusa.org
- **WC Rugby:** United States Wheelchair Rugby Association; www.usqra.org
- **Slalom:** Dave Tostenrude, Director, NVWG; David.Tostenrude@va.gov
- **Softball:** USA Wheelchair Softball, www.wheelchairsoftball.org



REFERENCE GUIDE

- **Table Tennis:** United States Table Tennis; www.teamusa.org/usa-table-tennis
- **Powerlifting:** Mary Hodge, High Performance Manager; www.disabledpowerlifting.com
- **Swimming:** Move United; www.moveunitedsport.org
- **Pickleball:** USA Pickleball; www.usapickleball.org
- **Cycling:** Jen Purser, Senior Associate Director, PVA Sports; JenniferP@pva.org
- **Trap Shooting:** Jen Purser, Senior Associate Director, PVA Sports; JenniferP@pva.org

EXHIBITION EVENTS

- **Cornhole:** American Cornhole Association www.playcornhole.org
- **Bass Fishing:** Jen Purser, Senior Associate Director, PVA Sports; JenniferP@pva.org



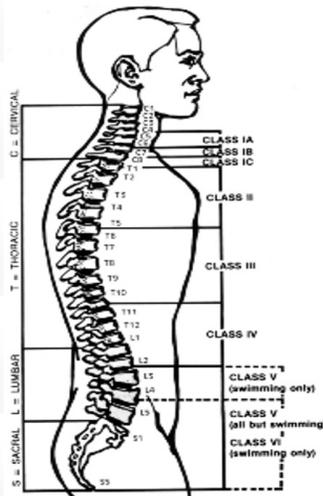


COMPETITION INFORMATION

CRITICAL REMINDER: All the events at the NVWG 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 keep practicing. Failure to do so could place your health in jeopardy. Competitors will compete at their own risk.

In all events, we attempt to match the community or particular sport standards and rules, but reserve the right to modify the rules to meet the needs of the NVWG.

CLASSIFICATION: For the NVWG, Veterans will compete by an assigned classification reflecting similar degrees of disability and by division reflecting age and experience. Classifications are assigned to each Veteran based on a combination of physical and sports evaluation. This is to ensure fair competition. First-time Veterans to the NVWG are placed in the Novice Division whereas all others are placed in Open, Masters or Senior Divisions for all events. For some events, we may combine classification groups in areas where the differences between the combine classes is negligible for the event. (i.e., Class II - III combined for Disc Golf and Cycling).



Veteran athletes who require classification will be given a medical exam and classified to ensure fair competition among those with similar degrees of disability.

- Quadriplegics will be classified into three classes (IA, IB, IC) and Paraplegics into four (II, III, IV, V).
- Amputees will be classified based on the level of amputation.
- Disabilities arising from stroke, multiple sclerosis or other conditions will be classified based on level of impairment.

A physician must complete the Physical Exam Forms (C & D) for an athlete to be eligible to register and compete.

Any application without the required completed forms will be returned and must be resubmitted by the registration deadline, **April 5, 2023**. Classification will be completed at the Oregon Convention Center in room A106 during the early classification on July 3 from 10 a.m. to 5 p.m. and at the Disabled Sports, Recreation & Fitness Expo on July 4 from 9 a.m. to 4 p.m.

Only competitors with a National Veterans Wheelchair Games classification that is permanent or less than three years old will be exempt from on-site classification. **Re-examination and reclassification may be performed during the Wheelchair Games at the discretion of the Wheelchair Games Athlete Classification Team.**



COMPETITION INFORMATION

COMPETITIVE DIVISIONS

Novice: A Veteran who is new to the National Veteran Wheelchair Games. This includes Veterans who are attending in Portland for their first NVWG. We are including those Veterans who were new at the 2022 NVWG in Tempe, AZ as Novices. Veterans may choose to bypass being a Novice and compete in Open or the appropriate age division, but then must compete in all their events in that division.

Open: A more competitive division for Veteran athletes under the age of 45 who have competed in prior National Veteran Wheelchair Games. Others may self-select if they are over the age of 45 and choose to compete in the Open Class in all their events.

Masters: Veteran competitors who are 46-65 years old may compete in the Masters Division or they may choose to compete in the Open Division.

Senior: Veteran competitors who are 66 and older may compete in the Seniors Division or they may choose to compete in the Open Division.

Competition Division Notes:

- The order of competition, where possible, are: Seniors, Masters, Open and then Novices. This allows for Novices to observe, ask questions and more time to prepare for their competition.
- Veteran participants can opt-out to compete in the Open Division, but then must remain in that division for all their events.
- Veteran athletes must choose either to compete in the manual or powerchair event in slalom, not both.
- Read the Event Guide carefully for your events. There are some events where Competitive Divisions are not separated out.

HOW TO HAVE THE BEST NVWG EXPERIENCE IN PORTLAND!

- **Choose your events carefully.** There isn't a cap on the number of events you can do, but if you are late getting to the next event, that will result in a disqualification. We have done our best to balance the schedule, reflecting the variety of interests and Veteran classifications that are present at the NVWG. However, there are obvious conflicts we can't avoid. Read over the schedule and select your events strategically.
- **Prepare and Practice before you get to Portland.** Know your events. Work with your coaches if you have questions. You may reach out to David.Tostenrude@va.gov or JenniferP@pva.org if you don't have a coach.
- **Come early to events.** NVWG Event Officials will always explain the rules or conditions of competition before the competition. So, get to your event at least 1 hour in advance of the published start time to get settled in, practice and get your questions answered.
- **Events start on time.** Failure to be on time, can and in most cases will result in disqualification. If the bus is late, we will monitor the situation and will try to accommodate, if possible. If you're late getting to the bus, that is not an acceptable reason.
- **Bring your own.** Veterans are responsible for bringing their own equipment for competition where appropriate. The NVWG will provide Bowling ramps, Boccia ramps, Field throwing chairs, Power Soccer brackets, Disc Golf discs and other tools for competition. If Veterans bring their own equipment, the NVWG Event Head Official may check out the Veteran's personal equipment to ensure that event standards are upheld.



COMPETITION INFORMATION

- Some Veterans have invested in amazing equipment. If you are new, talk to your peers or NVWG staff to get info on equipment resources and possible VA Prosthetics benefits.
- Practice and repetition in every sport increases the advantage during a competition. In the end, it is always how the person uses the equipment where the advantage comes into play.
- **Concerns during Competition.** During the competition, if there is a question or concern that competitors cannot work out, the Veteran is to address the issue immediately with an NVWG OFFICIAL. The play will stop until a decision is made. If necessary, the NVWG Event Head Official will determine a final ruling and competition will continue. Once the decision is made, the Veteran will have a set time to return to competition. There are no further protest procedures.
- **Be respectful.** Everyone is expected to support an environment that is healthy and supportive. Conduct by anyone who is deemed abusive or has a negative impact on another Veteran's experience and/or anyone's safety will be addressed and may result in disqualification from the event or removal from the NVWG.





EVENT RULES

AIR PISTOLS:

Limited to 75 Veterans. Air Pistol competition will consist of shooters competing in a 60-shot event.

New for 2023: Competition Classes will be:

- (P1) Single Hand, no support.
- (P2) Two Hand and prone position allowed (resting elbows on table).
- Division and Gender will be combined in the competition.

NOTE - This is to increase Veteran participation. NON-NVWG Air Pistol events focus on P1 qualifications only.

If you have competed in an air pistol shooting event and received a classification card, please submit a copy of the card with your registration or bring it to the NVWG. The competition will involve 60-shots in 75-minutes. Preparation and sighting time is 15-minutes prior to the match, with unlimited sighting shots.

There will be an **Air Guns Clinic, July 4 from 10 a.m. – 12 p.m. in the Oregon Convention Center—Hall D**. This will be an opportunity to get additional information on the NVWG Air Guns event, check equipment and practice, receive education to continue in shooting events beyond the NVWG.

Equipment: Shooters may bring their own equipment, but it must meet Shooting Para Sport standards. All personal equipment will be checked. The NVWG Air Guns Head Official has the authority to deny any equipment if it is determined a safety issue. The following standards must be met:

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 (will be provided).
5. May only be loaded with (1) pellet per shot. Ported barrels and perforated barrels 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 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 competitors must bring their own wheelchair. A shooter may use his/her own shooting table (according to Shooting Para Sport), but banquet-style tables will be provided, and shooters will share the table with another shooter.

Important: Shooters must check-in 1 hour prior to the event start time. The combined competition time and break between stages will be 2 hours. Veterans using NVWG equipment must provide a driver's license or government ID to procure equipment.

AIR RIFLE:

Limited to 150 Veterans. The Air Rifle competition will consist of SH1 (Veteran competitors who do not use a rifle support stand), SH2 (Veteran competitors who need to use a rifle spring-stand) and SH3 (Veteran competitors with visual impairments). The competition will involve 60-shots in 75-minutes.

If you have competed in an air rifle shooting event and received a classification card, please submit a copy of the card with your registration or bring it to the NVWG. To determine your classification, use the classification guidelines for Shooting Para Sport, www.paralympic.org/shooting/classification.



EVENT RULES

Prone: Both elbows (not upper arms) must rest on the table or board. The forearms 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.

There will be an **Air Guns Clinic, July 4 from 10 a.m. – 12 p.m. in the Oregon Convention Center—Hall D.** This will be an opportunity to get additional information on the NVWG Air Guns event, check equipment and practice. Additional info will be available to support participation in shooting events beyond the NVWG. Novice Veterans are strongly encouraged to attend.

Equipment: Shooters may bring their own equipment, but it must meet Shooting Para Sport standards. All personal equipment will be checked. The NVWG Air Guns Head Official has the authority to deny any equipment if it is determined a safety issue. The following standards must be met:

1. The air rifle must be 4.5mm (.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 (will be provided).

All competitors must bring their own wheelchair. A shooter may use his/her own shooting table (according to IPC standards), but banquet-style tables will be provided. Shooters will have to share the table with another athlete.

Important: Shooters must check in 1 hour prior to the event start time. The combined competition time and break between stages will be 2 hours. Veterans using NVWG equipment must provide a driver's license or government ID to procure equipment.

ARCHERY:

Limited to 120 Veterans. The distance will be 18 meters, except for Novice Veterans who will shoot at 10 meters. The competition will consist of 10 timed rounds (2 minutes per round) with 3 arrows per round. Total possible score of 300 points. There will be 2 practice ends of 3 arrows prior to the scoring rounds.

World Archery Rules will guide the round. All equipment is subject to inspection by the NVWG Archery Head Official prior to the competition. Any equipment found out of specification or unsafe will be excluded from the competition. No loaner equipment is available.

There will be an **Archery Clinic, July 4 from 10 a.m. – 12 p.m. in the Oregon Convention Center—Hall D.** This will be an opportunity to get additional information on the NVWG Archery event, check equipment and practice. Novice Veterans are strongly encouraged to attend.

For Recurve Bow, the following CANNOT be used:

1. A release aid or any device that removes the fingers from the string.
2. Magnifier attached to the bow sight.
3. For Recurve and Compound: No Headsets or communication devices (cell phones; etc.)

Compound Bow Division: Peak draw weight is 60 pounds.

Competition will be by Class, Division and Gender.

New for 2023:

- Novice competitors only shoot at 10m range.
- DQ Rule! - If at any time (practice or competition) a competitor misses the target: (1) if the miss causes damage to the facility, the competitor is immediately disqualified



EVENT RULES

and is responsible for the damage. (2) If the miss doesn't cause damage, the first miss is a warning, and the second will result in a disqualification.

ADAPTIVE FITNESS:

This is a CrossFit type or Functional Fitness type of event. Training is **STRONGLY RECOMMENDED!** Movement standards will be communicated leading up to the 2023 NVWG. Link will be provided prior to the event.

Portland Competitors: The competition will include two parts. (1) Workout of the Day (WOD). The WOD can be attempted multiple times to help to improve the score. (2) The total weight of the highest lift in the Powerlifting event. If Veterans do not register for the NVWG Powerlifting event, the Bench Press is an available option at the Adaptive Fitness venue. Attempts will be limited to (3) to obtain the best score.

For 2023: Competition will be by each class: II, III, IV, V, IB, IC, IA; Gender and Division.

eSPORTS:

This is a form of sport competition using video games. eSports often take the form of organized, multiplayer video game competitions between players individually or on teams. Adaptive eSports considers the person's physical, cognitive and/or psychosocial limitation and modifies the experience to promote maximum participation.

The 2023 game will be announced April 5, 2023. There will be one online competition including both the atHOME and Portland competitors on July 5 at 6 p.m. (Pacific Time). The link and directions will be provided to the atHOME competitors. A game director will be available to assist Veterans and address questions.

For 2023: Medals to the top three places.

BASKETBALL:

Limited to 96 Veterans. Rules are determined by the National Wheelchair Basketball Association (NWBA). The 35-second shot clock will not be used. NWBA rules concerning points and play will be followed. There is no double dribbling; 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 fouls. All players must always remain firmly seated in the wheelchair, 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 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.

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 targeted to 12 players per team, if possible. Team assignments are final.

Equipment: 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 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.

For 2023: Medals will be provided to the 1st, 2nd and 3rd place teams.



EVENT RULES

BOCCIA:

Boccia will be played as individuals, one-on-one in bracket play. The object of the game is to throw or roll game balls, so they land as close as possible to a target ball, called the Jack. The game begins with a player throwing the white target ball (Jack) onto the court, followed by the same player then throwing one of their colored balls. The opponent then throws, attempting to get closer to the Jack. This continues till the player lands a ball closer to the Jack than the opponent or until they run out of balls. Then the process is repeated by the opponent. When all the game balls are 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 will advance to the next round. If possible, depending on the size of the competition bracket, the tournament will be double elimination. The NVWG Boccia Head Official will make the tournament decision.

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 will be available for use to qualifying Veterans. Veterans will be eligible to use their personal Boccia Balls if they meet the following criteria: All personal equipment including Boccia Ramps and Boccia Balls will be tested by NVWG Boccia Officials prior to use. Any personal Boccia equipment deemed out of specifications will be disqualified from use and the Veteran will use the NVWG Boccia equipment. The following equipment specifications must be met:

- The ball must be allowed to roll under its own weight down a 290 mm ramp consisting of a pair of aluminum bars centered 50 mm apart.
- The ramp will be set at 25 degrees to the horizontal. When the ball exits the ramp, it must travel at least 175 mm in a straight line along the exit plate. A ball will pass if it exits the device on at least one of three attempts by falling off the exit plate.
- The circumference of the ball should be 270 mm +/- 8 mm and will be tested using a BISFed STANDARD template (of thickness 7 – 7.5 mm) which contains two holes: one hole with a circumference of 262 mm and one with a circumference of 278 mm.
- The weight of the ball should be 275 g. +/- 12 g. Each ball will be tested using a scale accurate to within 0.01 g.

For 2023: The play will be by Class and Division, while Gender will be included and not broken out. Medals to the top three in each competition.

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 considered.

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

Equipment: General bowling alley balls will be provided, and Veterans may use their own bowling balls. A limited amount of adaptive equipment will be available including handle balls and bowling sticks. If you require a bowling ball with special sized holes, please bring your own ball. Bowling ramps are available for those eligible to use in competition.



EVENT RULES

For 2023: Competition will be by Class, Division and Gender. Veteran athletes will have to select Bowling as atHOME or in Portland. Veterans cannot compete in both.

CYCLING:

The cycling road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance. New for 2023: the race will measure approximately 21K. The distance for IA competitors is 7K. This event will have a 90-minute time limit. The venue is the Portland International Raceway which is flat and fast!

Equipment: No equipment is provided. Each competitor must bring his or her own cycle and helmet. Helmets are mandatory. 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 (Foot Recumbent or Handcycle), combined class (II-III, IV-V, IC-IB, IA) and gender. No two wheeled bikes allowed.

DISC GOLF:

The event format will be by drop-in vs. assigned times. Veterans will compete on a 6-9 hole course. Each Veteran will begin throwing the disc from a "Tee Box" to a target basket. Distances and fairway shapes will vary per hole. Veterans and a "Group Marshal" will keep track of the number of throws it takes to get the disc in the hole to get a score. If there is a variation between the Veteran and the Group Marshal, the NVWG Official will be called in to decide. The group will then continue. Combining the scores from each hole will determine the Veteran's event score.

Equipment: Disc sets will be provided. Veterans may use their own equipment after approval by the NVWG Disc Golf Head Official.

For 2023: Medals will be provided for top three in combined classes of II-III, IV-V, IC, IB and IA only. Divisions will not be broken out.

FIELD EVENTS:

Veterans will not be assigned specific times for competitions but rather will have to drop-in and fit in time for competition during the published Field Event times. This will allow Veterans to have greater flexibility to manage events. For classes, IB-V, field events include the Javelin, Shotput and Discus. Class IA throws the Discus and Club. All throws are performed from a stationary, stabilized position. Throwing chairs will be provided.

Equipment: All equipment will be provided. No personal Field Event throwing implements are allowed. The official women's international javelin is used (220 centimeters (7.625') and weighs 600 grams (1 lb., 5.25 oz.). The discus weighs one kilogram (2 lb., 3 1/4 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.).

For 2023: The competition will be Class; Division: Gender per implement (Shot, Discus, Javelin, IA-Club). Top three places will receive medals.

MOTOR RALLY:

The Motorized Wheelchair Rally is designed for Veterans using motorized wheelchairs or scooters. This is not a timed event. At the starting point, the participant receives 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 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. No electronic devices such as phones or media tools are allowed.



EVENT RULES

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. No wild cards. Ties will be broken by a tiebreaker question and/or best poker hand.

For 2023: Medals will be awarded by Class, Division and Gender.

POWER SOCCER:

Power Soccer 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.

Teams will be determined once the number of players registered for Power Soccer is identified.

All competitors must bring their own motorized wheelchairs. No scooters allowed—only motorized four-wheeler chairs accepted. Wheelchair guards and game ball will be provided. Personal equipment will be allowed after inspection and approval by the event Head Official. There is a maximum speed of 6.2 mph during play. All powerchairs will be tested over a 50 ft. course where they go faster than 5.5 seconds. Each athlete must ensure compliance with this aspect of the rule.

For 2023: Medals will be awarded to the 1st, 2nd and 3rd place teams.

WHEELCHAIR RUGBY:

Wheelchair Rugby is a unique, competitive sport for individuals with a disability that impacts four (4) limbs. It is played on a basketball-sized court by four-member teams using a WC rugby ball. The objective is to carry the ball across the opponent's goal line. Shot clock will be enforced.

Players are classified according to the WSQRA Classification System as 0, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0 and 3.5. Men, age 45 and older, will have their classification reduced by 1/2 point. Women Classes are a 1/2 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. Teams will be determined after registration closes the number of competitors are determined.

For 2023: Medals will be awarded to the 1st, 2nd and 3rd place teams.

SLALOM:

Slalom competition is a test of agility, strength, skill and speed. The event is held on an exhibition hall floor or other smooth surface and is defined by cones around which the athlete must maneuver the chair both forward and back-ward. In addition, obstacles of different sizes are added and may include ramps, platforms, slopes, hurdles, textured surfaces, etc. Missing any of the gate's results in disqualifications. Each cone struck or assistance given to prevent falls will result in a time penalty.

Motor Slalom: Veterans in power wheelchairs will be divided into three categories: hand, head (chin) and mouth controls. Scooters and motor/power assist wheelchairs are not approved for slalom.

For 2023: Medals will be awarded by Class, Division and Gender. The Super G is back and we've added a Super Q for IA, IB, IC competitors and a Super M for the Motor Slalom.



EVENT RULES

SOFTBALL:

Limited to 120 Veterans. 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 on 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: 6-10 ft. Run ahead rules: 12 after 4 innings/10 after 5 innings.

Softball Clinic: On July 3, 2023, from 6-9 p.m., there will be a Softball Clinic at the Oregon Convention Center—Hall C. Coaches will provide instruction on pitching, infield and outfield play and hitting. All softball players and NVWG Coaches are encouraged to attend. Information will also be provided to get involved in wheelchair softball beyond the NVWG and/or starting teams.

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 stand-by list.

All competitors must bring their own wheelchairs. No scooters or motorized chairs will be allowed.

For 2023: Medals will be awarded to 1st, 2nd and 3rd place teams.

TABLE TENNIS:

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.

For 2023, the tournament will include a double-elimination system. Competition will be best three of five games. An 11-point scoring system will be used. No white shirts are allowed during the competition. Veterans are allowed to bring their

own paddles and are subject to inspection and authorization by the event Head Official.

For 2023: Medals will be awarded by Class, Division and Gender.

PICKLEBALL:

The competition will be doubles consisting of three competition groups: (II-IV), (IA, IB, IC) and a Mixed Gender. This will be subject to change after the number of Veterans registering for the event is determined. Manual wheelchairs are permitted only.

Veterans can compete in pre-set pairs, but both need to be registered for the Pickleball event. We will pair up registered Veteran athletes who don't have a partner.

The tournament will be double elimination. Games will consist to a score of 11 with time limit of 20 min. per game. Dependent on the number of Veterans registered for the event, the game score to 11. This will be communicated prior to the NVWG in Portland.

For 2023: Medals will be awarded to the top three teams in each category.

9-BALL:

The object of 9-Ball is to pocket the balls in numerical order. All games will be subject to a 10-min. time limit. At the end of 10 minutes, if the game is not concluded, the Veteran who has legally hit the most balls in is declared the winner of that game. On each shot, the cue ball must first contact the lowest numbered ball on the table. The player who pockets the 9-ball on a legal shot wins.

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 (1) 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



EVENT RULES

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. 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).

For 2023: Medals will be awarded to the top 3 places for Class, Division and Gender.

POWERLIFTING:

Veterans will conduct three lifts. The final score is the amount of weight of their largest lift. The lift will be completed as 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 controlled, then the competitor can "rack" the bar. Assistance to rack the bar is permitted.

For 2023: Medals will be awarded to the top three in each group, including:

- IA, IB and IC Veterans will compete in Class, Division and Gender.
- The Class I Division "High Para" will consist of Veteran athletes classified as Class II and III.
- The Class II Division "Low Para/Amputee" will consist of Veteran athletes classified as Class IV and V.
- Veteran athletes in the Class I and Class II Divisions will compete by Class, Division, bodyweight and Gender.

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.

Class IA, IB and IC Veterans:

- 25-yd - Backstroke, Breaststroke, Butterfly and Freestyle
- 50-yd - Freestyle
- 75-yd - Individual Medley

Class II, III, IV and V Veterans:

- 50-yd - Backstroke, Breaststroke, Butterfly and Freestyle
- 75-yd - Individual Medley
- 100-yd - Backstroke, Breaststroke, Freestyle
- 200-yd - Individual Medley (III-IV-V-VI), Freestyle (II-IV-V-IV)

For 2023: Medals will be awarded by distance/stroke, Gender, Class and Division.



EXHIBITION EVENT RULES

BASS FISHING:

Look for the big fish tank! The event will take place at "Lake Purser" in the Oregon Convention Center - Hall C, July 4-5, 2023. Come by and learn about the PVA Bass Tournament Series sanctioned by B.A.S.S. and the many great fishing programs hosted at VA medical centers throughout the country.

Fishing is a great recreational and competitor sport depending on your level and dedication. Its open to all injuries and can be done in a wheelchair or without. Come meet our experts and learn how to be a better angler! There will be opportunities to sign up for fishing opportunities outside of the National Veterans Wheelchair Games.

Sessions will include initial education, instruction, & competition.

Considerations: Determine your level of interest in fishing. Please note fishing can be done on a boat or on land so the opportunities are endless. Our experts will have guidance and opportunities for everyone. If you have some great fishing stories, we would love to hear them and see some of your pics/videos!

Equipment: Standard fishing rod and reel, live or artificial bait, tackle, boat or no boat, nets and various support equipment (gloves, pliers, scales- various sizes, etc.).

CORNHOLE:

Cornhole is a competitive sport ranging from recreational backyard picnics, camping and tailgating opportunities to serious competitive tournaments held across the United States. The game involves players or teams that take turn throwing a fabric bean bag at a raised, angled board with a hole in its far end. There are several variations, but the goal is to score points by either landing the bean bag on the board (1 point) or landing the bag through the hole (3 points). The player scoring the most points deducts the number of points of the other players' score for that round and the play continues. (Example: Player one gets 4 pts, Player 2 gets 1 point. Player one wins the round and receives 3 points.) The play goes to 21, exactly. If a player goes over, they return to a score of 13 and the play continues. The boards are typically placed 27 feet apart.

For the NVWG, we are going to trial single and team competitions during the week. Based on your feedback, we will determine the future of Cornhole as a medal event at the NVWG. For Veterans in the IA, IB or IC classes, we'll be evaluating the distance of the boards for future play.



2023 NVWG ATHOME EVENTS

We are excited to continue to offer the atHOME events as part of the National Veterans Wheelchair Games. The atHOME program expands Veteran engagement to those unable to travel to Portland and enables us to provide additional events that may not be feasible to do in Portland.

We can't wait to see the results and accomplishments on social media! Remember to use hashtag #NVWGatHome!

Reminder:

- For those events offered in Portland and atHOME, Veterans must choose the setting to compete and cannot do both. The exception is eSports on July 5.
- Veterans will have from June 19- 30, 2023, to submit results. A link will be provided to submit scores.
- Veterans must submit a full registration to compete in the atHOME events. Veterans not attending the NVWG in Portland will receive the 2023 memorabilia via mail.
- The atHOME Medal Ceremony will be held virtually the week of July 4, 2023.

CYCLING:

Veterans will complete (4) rides during the atHOME event period (June 19-30, 2023). Veterans will track the number of miles achieved for each ride. The total number of miles covered will determine final results. You must use a bike computer or preferred app, i.e., Fitbit, Garmin, Strava, Apple Watch, etc. and provide verification of the miles/distance. The link to submit the results will be provided.

For 2023: Medals will be awarded by Gender and combined classes of II-III; IV-V; IB-IC; IA.

TRAP SHOOTING:

Each shooter must shoot 50 targets for the base score. They then will shoot another 50 score to determine tie breakers and place. Winning ties will be given duplicate awards. Competitors will be provided a scorecard which must be certified by a range official after completion of the competition.

Basic Amateur Trapshooting Association Rules will apply. All competitors must utilize a wheelchair for competition and both feet must be placed on the wheelchair footrests.

For 2023: Medals will be awarded by Gender, Division and combined classes of II-III; IV-V; IB-IC; IA.

AIR RIFLE:

Is a precision shooting event which is held at the Paralympic level. While the NVWGatHome will conduct a 40-shot match, typical matches consist of 60-shots in 50 minutes. Shooters are given a 15-minute period prior to the match start to adjust their position and shoot unlimited sighters. The sighters are used to adjust their sights before the match and do not count towards their score. Since this is a Paralympic event, consideration is given to participants' physical limitations to make the sport accessible.

Available adaptations include:

- Spring Stands for SH-2 shooters
- Sip/puff triggers for those with limited hand control
- Shooting tables to allow shooters to compete in Prone matches from a chair.

The targets are mailed to competitors for the match and must be returned for scoring. These matches use the Orion Scoring System, which allows the targets to be scanned for consistent scoring.



2023 NVWG ATHOME EVENTS

ADAPTIVE FITNESS:

This is a CrossFit or Functional Fitness type of event. Training is **STRONGLY RECOMMENDED!** Movement standards will be communicated leading up to the 2023 NVWG. Link will be provided prior to the event.

atHOME Competitors: Veterans will have between June 19-30, 2023, to complete the competition. There will be (2) WODS that will make up the competition. Veterans will submit a video of their WOD to be judged for a score. The link will be provided prior to the event.

For 2023: Medals will be awarded by each class: II, III, IV, V, IB, IC, IA; Gender and Division.

eSPORTS:

The tournament will be at 6 p.m. (Pacific Time) on July 5. This is a form of sport competition using video games. eSports often take the form of organized, multiplayer video game competitions between players individually or on teams. Adaptive eSports considers the person's physical, cognitive and/or psychosocial limitation and modifies the experience to promote maximum participation.

The 2023 game will be announced April 5, 2023. There will be one online competition including both the atHOME and Portland competitors on July 5 at 6 p.m. (Pacific Time). The link and directions will be provided to the atHOME competitors. A game director will assist Veterans and address questions.

For 2023: Medals will be awarded to the top three places.

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 considered.

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. Ramp Bowlers are divided into two categories: hand control and head/mouth control.

Veterans will submit a scorecard representing 3 games, the total combination of the three will determine the final results. Each scorecard must be verified by their NVWG Coach or signed by the bowling alley representative. Veterans will have from June 19-30, 2023, to submit the score.

For 2023: Medals will be awarded by Class, Division and Gender. Veterans will have to select Bowling as atHOME or in Portland. Veterans cannot compete in both.

ARCHERY:

SAFETY, SAFETY, SAFETY!!!!!! It is our preference that each Veteran competes in the Archery event on a supervised Archery Range. If a competitor chooses to participate at home, they must submit a picture of the range and steps they've taken to assure a safe experience for scores to be approved. All Veterans compete at their own risk and personal liability.

(4) NVWG Targets will be mailed to each participant.

The distance is 18 meters, except for Novice Veterans, who will shoot at 10 meters. The competition will consist of 3 rounds of 4 arrows per round, total possible score of 120 points. A quality picture of each round's target must be submitted. The picture must be clear enough to accurately determine the score. Each round's score must be verified by a range official or NVWG coach by signing the target.

FOR 2023: Medals will be awarded by Class, Division and Gender.



SAVE THE DATE



NATIONAL VETERANS
**WHEELCHAIR
GAMES**



JULY 25—30, 2024
NEW ORLEANS, LOUISIANA