



National  

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Senior Games  

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Association™

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**Official Sport Rules**  
**2022 National Senior Games**  
Presented by Humana

QUALIFYING PROCEDURES AND RULES OF COMPETITION  
GOVERNING THE 2022 NATIONAL SENIOR GAMES

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The following qualifying procedures and rules of competition for the 2022 National Senior Games are based upon those set forth by the recognized national governing body for each sport. For the National Senior Games, however, some sport rules have been modified and/or revised in the best interest of the competitors. **It is your responsibility to review the new rules in the shaded areas and refresh your knowledge on the existing rules.**

These qualifying procedures and rules of competition have been approved by the National Games Committee and the Board of Directors of the National Senior Games Association. These rules may be subject to change prior to the 2022 event. Any changes or updates will be posted on [www.NSGA.com](http://www.NSGA.com).

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Shaded text in this document indicates rules and regulations that have been significantly revised for 2021-2022

## **ADJUSTED QUALIFICATION, POSTPONEMENT & EXTENDED QUALIFICATION PERIOD**

*(revised January 13, 2021)*

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Adjustments to the qualification process for the 2022 National Senior Games have been made in response to the Coronavirus pandemic.

### **ADJUSTED QUALIFICATION**

- If a state qualifying senior games was **ABLE** to conduct Games or specific sports/events in 2020, the qualification standards for the sports/events as specified in the 2022 NSGA Rulebook will determine qualifiers. In addition athletes **from** that state's senior games who qualified **for** the 2019 National Senior Games in Albuquerque, NM will also qualify in the respective sports/events for the National Senior Games in 2022 (i.e., qualifiers **from** 2018 respective sports/events from that state's senior games).
- If a state qualifying senior games was **UNABLE** to conduct Games or specific sports/events in 2020, athletes **from** that state's senior games who qualified **for** the 2017 National Senior Games in Birmingham, AL and/or 2019 National Senior Games in Albuquerque, NM will qualify in the respective sports/events for the 2022 National Senior Games (i.e., qualifiers **from** 2016 and/or 2018 respective sports/events from that state's senior games).

### **CHANGE IN TEAM ROSTER ADDITIONS**

- Due to the adjusted qualification process for 2022 the number of roster additions will be waived.

### **CHANGE IN POWER WALK QUALIFICATION**

- Power Walk will continue as an Open Sport for the 2022 National Senior Games presented by Humana. Qualification will not be required for Power Walk.

### **ADJUSTED REGISTRATION**

- For qualified athletes a Priority Registration Period will be offered which will be followed by an Open Registration Period.
  - The Open Registration Period will accommodate athletes age 50+ as of December 31, 2021 unable to attend or qualify at a state senior games in 2020 or 2021.
  - The number of registrants may be limited for certain sports/events and registration could reach capacity at any point during the Priority Registration Period or the Open Registration Period.
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January 13, 2021 Update

Further adjustments for the National Senior Games in Greater Fort Lauderdale, Florida have been made in response to the Coronavirus pandemic.

### **POSTPONEMENT**

- The National Senior Games in Greater Fort Lauderdale, Florida have been postponed to May 10-23, 2022.

### **EXTENDED QUALIFYING PERIOD**

- In addition to the adjustments above, the qualifying period for the National Senior Games in Greater Fort Lauderdale, Florida has been extended to December 31, 2021.
- Athletes who meet the sport/event qualification standards at a qualifying state senior games in 2021 will qualify for the National Senior Games in Greater Fort Lauderdale, Florida.

*NSGA reserves the right to make further adjustments to National Senior Games qualification and registration.*

## 2022 NATIONAL SENIOR GAMES MENU OF EVENTS

ARCHERY	Compound Fingers, Compound Release, Barebow Compound, Recurve, Barebow Recurve
BADMINTON	Singles, Doubles, Mixed Doubles
BASKETBALL	Team Basketball (Three on Three Half Court)
BOWLING	Singles, Doubles, Mixed Doubles, Non–Ambulatory Singles <sup>1</sup> , Non–Ambulatory Doubles, Non- Ambulatory Mixed Doubles <sup>1</sup> Team Bowling <sup>5</sup> (4 person team)
CORNHOLE	Singles, Doubles, Mixed, Non-Ambulatory Singles
CYCLING	5K, 10K (Time Trials) (Two Wheel & Trike Recumbent bikes (Non-Fairing) <sup>7</sup> 20K <sup>1</sup> , 40K <sup>1</sup> (Road Races)
GOLF	54-Hole Scratch Play
PICKLEBALL	Singles, Doubles, Mixed Doubles
POWER WALK	1500 Meter, 5K
RACE WALK	1500 Meter, 5K
RACQUETBALL	Singles, Doubles, Mixed Doubles
ROAD RACE <sup>1</sup>	5K, 10K
SHUFFLEBOARD	Singles, Open Doubles, Non-Ambulatory Singles <sup>1</sup> , Non–Ambulatory Open Doubles <sup>1</sup>
SOCCER	Team Soccer (Eight versus Eight)
SOFTBALL	Team Softball
SWIMMING	Backstroke: 50-, 100-, 200-Yard Breaststroke: 50-, 100-, 200-Yard Butterfly: 50-, 100-Yard, 200- Yard Freestyle: 50-, 100-, 200-, 500-Yard Individual Medley: 100-, 200-Yard, 400- Yard (four strokes) Relay - Mixed 200-Yard Freestyle & Medley (2 women, 2 men) <sup>3</sup>
TABLE TENNIS	Singles, Doubles, Mixed Doubles
TENNIS	Singles, Doubles, Mixed Doubles
TRACK & FIELD	50, 100, 200, 400, 800, 1500 Meter, 4 x 100 Relay <sup>4</sup> Discus, Hammer Throw <sup>1</sup> , High Jump, Javelin, Long Jump, Pole Vault <sup>1</sup> , Shot Put, Triple Jump
TRIATHLON <sup>1</sup>	Swimming: 400M Freestyle; Cycling: 20K; Road Race: 5K
TRIATHLON RELAY <sup>2</sup>	
VOLLEYBALL	Team Volleyball, Beach Volleyball <sup>6</sup>

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

<p><sup>1</sup> Denotes a "limited" event. For more information, refer to Rule "D".</p> <p><sup>2</sup> Triathlon Relay will be an "OPEN" event for the 2022 National Senior Games and no qualifying is necessary.</p> <p><sup>3</sup> Swimming relays are open to those that qualify and compete in swimming at the National Senior Games. Registration for the relays will take place during the registration process and at the venue during the National Games. (Must have all 4 members to register online).</p> <p><sup>4</sup> Track relays are open to those that qualify for and compete in the 50, 100, 200, 400, or 800 Meter Dashes at the National Senior Games. Registration for relays will take place at the venue during the National Games. Specific information regarding relay registration will be made available through registration materials.</p> <p><sup>5</sup> Team Bowling is available for any athlete already registered for singles or doubles. See bowling sports page for details.</p> <p><sup>6</sup> Beach Volleyball will be an "OPEN" event for the 2022 National Senior Games and no qualifying is necessary.</p> <p><sup>7</sup> Two Wheel &amp; Trike Recumbent bikes are a new category for the Cycling Time Trials.(Non-Fairing) No qualifying is necessary.</p>
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## SPORT RULES, REGULATIONS & FORMAT

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The following are the qualifying procedures and rules of competition governing the 2022 National Senior Games in Fort Lauderdale, Florida.

### A. QUALIFYING DATES

The qualifying period for the 2022 National Senior Games will run from January 1, 2021 through December 31, 2021.

Competition completed after December 31, 2021 will not be considered for qualifying for the 2022 National Senior Games.

### QUALIFICATION OPTIONS

An athlete may qualify for the 2022 National Senior Games presented by Humana in several ways. The options include Qualify by Place; Minimum Performance Standard (MPS); Qualifying Down; Reciprocal Qualification; Bonus Events and Limited Events. See Appendix A.

### B. AGE FOR COMPETITION AT QUALIFYING SITES

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

Athletes must compete in a qualifying event and be 50 years of age on or before December 31, 2021 to be eligible for the 2022 National Senior Games.

### C. AGE FOR COMPETITION AT THE 2022 NATIONAL SENIOR GAMES

Age division for all singles competition at the 2022 National Senior Games will be determined by the athlete's age as of December 31, 2022. Age division for all doubles and mixed doubles competition will be determined by the younger age of the two players as of December 31, 2022. Age division for all relay competition will be determined by the age of the youngest relay team member as of December 31, 2022.

Age division for all team competition will be determined by the age of the youngest team player as of December 31, 2022. For example, a team consisting of eight players ages 65 or older and one player age 63 will compete in the 60+ age division.

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

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

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

### D. QUALIFICATION FOR "LIMITED" EVENTS

The NSGA defines a "limited" event as one in which an athlete can qualify in ways other than by participating in a NSGA qualifying games. Events that are considered "limited" are 20K and 40K cycling, hammer throw, pole vault, 5K/10K road race, triathlon and the following non-ambulatory sports - bowling and shuffleboard. The rules for qualifying for these events are as follows.

1. If a "limited" event (except triathlon) is offered at the NSGA qualifying games in an athlete's home state, the athlete *must* qualify for that event by participating in a NSGA qualifying games and by satisfying the qualifying requirements for that event for athletes who compete in a NSGA qualifying games.
2. If a "limited" event is *not* offered at the NSGA qualifying games in an athlete's home state, the athlete may qualify for that event by meeting the following criteria:
  - a. For 20K or 40K cycling road race an athlete must submit verification of having completed one cycling road race of the event length or better between January 1 and December 31, 2021. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.

Except as noted below, there is no restriction to the number of events within an individual sport an athlete may enter. For example, in track & field the events are: 50, 100, 200, 400, 800 and 1500 meters; discus; hammer throw; high jump; javelin; long jump; pole vault; shot put and triple jump. Athletes may enter all the events within track & field for which they are qualified.

The exceptions are:

1. In **archery**, an athlete may enter only one event.
2. In **swimming**, an athlete may enter a maximum of six events, including bonus events.
3. In **tennis**, which has singles, doubles and mixed doubles events, athletes may enter only two events.

In addition to two individual sports, athletes may compete in **two team sports** (basketball, softball, volleyball). At the National Senior Games athletes may compete on up to two teams per sport providing that the teams are in different age divisions that are scheduled to play in completely separate sessions. All

The NSGA offers an OPEN SPORT category that allows athletes to add a third sport. Please visit the specific sports page for entry information.

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

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

#### **M. REQUIRED CREDENTIALS**

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

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

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

#### **N. SEEDING**

All seeding shall be random except as follows.

1. Track and swimming heats will be seeded in accordance with standard national governing body procedures.
2. Table Tennis will use USATT rankings to assist in pool seeding if available.
3. Tennis will use USTA rankings to assist in seeding if available.
4. Racquetball will use USA Racquetball rankings to assist in the pool seeding if available.
5. Softball will use tournament history, past National Senior Games results and current team rating.
6. Basketball will use tournament history and past state game and National Senior Games results.
7. Results of past National Senior Games will be used whenever possible.
8. Home state information will be made available to the Competition Manager. Every effort will be made to schedule preliminary round matches between players/teams of different geographic areas.

#### **O. NATIONAL GOVERNING BODY RULES**

All sports/events shall be governed by the rules of the NGB for that sport. The NSGA has modified some of these rules in the best interest of the participants. All rules shall apply as stated in the NGB and NSGA rulebooks. NGB rulebooks in effect the opening day of the National Games, shall govern the 2022 National Senior Games, unless otherwise noted.

In case of conflict between NGB and NSGA rules, NSGA rules shall govern.

## SWIMMING

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

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### QUALIFYING RULES – (Please see page 1 for revised Qualification Information)

1. All first-, second-, third- and fourth-place winners or athletes meeting this sport's NSGA minimum performance standards in competition at a 2021 NSGA qualifying games will qualify for the 2022 National Senior Games.

### ENTRY REGULATIONS

1. At the 2022 National Senior Games, swimmers will be eligible to swim bonus events. Bonus events may only be in the same stroke an athlete qualified in and can only be of a lesser distance, not greater. Athletes must enter seed times, from yards' competition, for their selected bonus events. Seed times must be entered in minutes, seconds and hundreds of seconds (00:00.00). Seed times for each bonus events must be achieved during the last twelve months prior to the registration deadline. (For 2022 National Senior Games ONLY seed times must be achieved by the Adjusted Qualification on page 1.)
2. Swimmers may enter a maximum of six events, including bonus events.
3. The 500-yard freestyle, 200-yard butterfly and 400-yard individual medley events are not available as bonus events; swimmers must qualify in these events to enter them
4. Swimmers who qualify in the 400-yard and 200-yard individual medley may select the 200-yard and the 100-yard individual medley as a bonus event.
5. Swimmers must provide their own suits, caps, goggles, towels, etc. All swim suits must conform to United States Masters Swimming Rule 102, 12-Swimwear for Pool Competition.
6. Mixed relays consist of two males and two female swimmers. Swimmers may enter one 200 yard mixed medley relay and one 200 yard mixed freestyle relay. Captains of relays may pre-register teams during online registration. Deck entries for relays will also be accepted at the meet. Relay packets for deck entries will be available at the venue starting the first day of competition. The swimmers on each relay do not have to be from the same state. Age groups for relays will be the same for individual events. (50-54, 55-59, 60-64, 65-69, etc.) with the youngest swimmer's age as of December 31, 2022 determining the relay's age group. Awards for relays will be the same as for individual events.

### FORMAT

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

### SPORT RULES

1. This competition will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please write, email or call:

United States Masters Swimming, Inc.  
1751 Mound Street, Suite 201  
Sarasota, FL 34236  
(941) 256-8767 or (800) 550-7946  
[www.usms.org/rules](http://www.usms.org/rules)

2. The major points of the rules include:
  - a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
  - b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
  - c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
  - d) Breaststroke: The appropriate stroke is required.
  - e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.
  - f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
  - g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.

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

## SWIMMING MINIMUM PERFORMANCE STANDARDS

### Yard to Metric Conversion

Multiply 50, 100 and 200 yard times by 1.11 to get the meter MPS.

Divide the 500-yard time by 1.15526 to get 400 meter MPS.

#### 50- Yard Backstroke

Men		Women	
50-54	:34.45	50-54	:41.40
55-59	:35.33	55-59	:41.40
60-64	:36.33	60-64	:41.69
65-69	:38.73	65-69	:44.31
70-74	:42.03	70-74	:49.82
75-79	:50.10	75-79	:59.81
80-84	:53.16	80-84	1:04.26
85-89	1:13.76	85-89	1:34.90
90+	1:50.80	90+	2:25.20

#### 100- Yard Backstroke

Men		Women	
50-54	1:19.19	50-54	1:33.00
55-59	1:20.03	55-59	1:33.00
60-64	1:20.03	60-64	1:33.00
65-69	1:24.38	65-69	1:39.57
70-74	1:29.90	70-74	1:46.40
75-79	1:53.48	75-79	2:16.10
80-84	2:01.77	80-84	2:19.62
85-89	3:33.40	85-89	4:17.20
90+	4:25.20	90+	5:45.90

#### 200-Yard Backstroke

Men		Women	
50-54	2:56.02	50-54	3:07.60
55-59	2:59.32	55-59	3:07.60
60-64	3:01.05	60-64	3:31.86
65-69	3:17.69	65-69	3:38.34
70-74	3:47.61	70-74	3:57.69
75-79	4:12.90	75-79	4:52.00
80-84	4:35.70	80-84	5:24.37
85-89	10:35.90	85-89	10:44.80
90+	10:35.90	90+	10:44.80

#### 50-Yard Breaststroke

Men		Women	
50-54	:36.50	50-54	:46.86
55-59	:36.90	55-59	:46.86
60-64	:37.80	60-64	:46.86
65-69	:40.11	65-69	:49.59
70-74	:41.73	70-74	:57.42
75-79	:50.24	75-79	1:03.86
80-84	:58.60	80-84	1:18.94
85-89	1:18.12	85-89	2:28.70
90+	1:36.20	90+	3:29.90

#### 100-Yard Breaststroke

Men		Women	
50-54	1:22.70	50-54	1:43.30
55-59	1:22.70	55-59	1:43.30
60-64	1:22.90	60-64	1:43.30
65-69	1:27.42	65-69	1:55.02
70-74	1:36.22	70-74	2:11.31
75-79	1:51.23	75-79	2:36.75
80-84	2:13.31	80-84	2:45.00
85-89	4:26.04	85-89	5:45.90
90+	5:29.50	90+	5:45.90

#### 200-Yard Breaststroke

Men		Women	
50-54	3:08.40	50-54	3:52.79
55-59	3:09.80	55-59	3:52.79
60-64	3:14.94	60-64	3:52.79
65-69	3:31.31	65-69	4:17.69
70-74	3:45.49	70-74	4:32.18
75-79	4:18.58	75-79	5:43.59
80-84	6:05.62	80-84	6:48.78
85-89	12:03.60	85-89	12:47.90
90+	12:03.60	90+	12:47.90

#### 100-Yard Individual Medley

Men		Women	
50-54	1:13.21	50-54	1:26.70
55-59	1:16.00	55-59	1:26.70
60-64	1:16.13	60-64	1:33.75
65-69	1:18.32	65-69	1:43.15
70-74	1:34.55	70-74	1:51.81
75-79	1:48.90	75-79	2:25.40
80-84	2:17.30	80-84	2:54.50
85-89	4:16.60	85-89	5:25.60
90+	4:16.60	90+	5:25.60

#### 200-Yard Individual Medley

Men		Women	
50-54	2:54.40	50-54	3:08.99
55-59	2:54.80	55-59	3:12.15
60-64	2:57.22	60-64	3:38.91
65-69	3:15.15	65-69	4:26.41
70-74	3:39.79	70-74	4:34.47
75-79	4:10.90	75-79	5:15.30
80-84	7:57.00	80-84	8:52.60
85-89	9:30.10	85-89	12:02.80
90+	9:30.10	90+	12:02.80



**SWIMMING MINIMUM PERFORMANCE STANDARDS (continued)**

**400-Yard Individual Medley**

Men		Women (No MPS Available – 2021)	
50-54	7:22.08	50-54	No MPS
55-59	7:22.08	55-59	No MPS
60-64	8:28.96	60-64	No MPS
65-69	8:28.96	65-69	No MPS
70-74	9:57.74	70-74	No MPS
75-79	11:23.13	75-79	No MPS
80-84	11:58.67	80-84	No MPS
85-89	12:12.24	85-89	No MPS
90+	12:12.24	90+	No MPS

**50-Yard Butterfly 100-Yard Butterfly**

Men		Women		Men		Women	
50-54	:30.07	50-54	:37.65	50-54	1:23.70	50-54	1:27.05
55-59	:32.34	55-59	:38.41	55-59	1:25.68	55-59	1:37.60
60-64	:32.34	60-64	:42.26	60-64	1:25.68	60-64	1:56.14
65-69	:34.51	65-69	:47.31	65-69	1:25.68	65-69	2:38.31
70-74	:37.96	70-74	:54.82	70-74	1:43.31	70-74	2:55.90
75-79	:49.80	75-79	1:07.54	75-79	3:02.03	75-79	4:33.80
80-84	1:25.86	80-84	1:30.00	80-84	5:18.00	80-84	5:18.00
85-89	2:03.77	85-89	3:18.20	85-89	6:11.00	85-89	6:11.00
90+	2:18.90	90+	3:18.20	90+	6:11.00	90+	6:11.00

**200-Yard Butterfly  
(No MPS Available – 2021)**

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

**50-Yard Freestyle 100-Yard Freestyle**

Men		Women		Men		Women	
50-54	:27.51	50-54	:33.08	50-54	1:03.00	50-54	1:13.70
55-59	:28.80	55-59	:34.19	55-59	1:03.43	55-59	1:16.40
60-64	:29.08	60-64	:34.39	60-64	1:06.00	60-64	1:17.85
65-69	:30.43	65-69	:37.05	65-69	1:08.25	65-69	1:22.82
70-74	:33.22	70-74	:41.40	70-74	1:10.41	70-74	1:31.70
75-79	:36.80	75-79	:47.49	75-79	1:26.30	75-79	1:50.00
80-84	:41.40	80-84	:56.16	80-84	1:35.70	80-84	2:07.48
85-89	1:05.77	85-89	1:08.67	85-89	2:59.50	85-89	2:48.60
90+	1:34.95	90+	2:30.20	90+	3:43.50	90+	4:39.10

**200-Yard Freestyle 500-Yard Freestyle**

Men		Women		Men		Women	
50-54	2:26.01	50-54	2:46.10	50-54	6:57.40	50-54	7:32.20
55-59	2:27.20	55-59	2:46.10	55-59	7:15.30	55-59	7:33.32
60-64	2:30.23	60-64	3:01.70	60-64	7:15.30	60-64	8:07.23
65-69	2:43.10	65-69	3:09.66	65-69	7:15.30	65-69	8:59.03
70-74	3:05.24	70-74	3:30.74	70-74	8:18.70	70-74	8:59.66
75-79	3:18.25	75-79	4:15.78	75-79	9:50.50	75-79	10:59.80
80-84	3:52.68	80-84	4:40.74	80-84	11:50.90	80-84	14:52.08
85-89	6:27.40	85-89	7:19.83	85-89	16:46.00	85-89	26:55.30
90+	7:25.00	90+	11:02.40	90+	16:46.00	90+	26:55.30

**MINIMUMS ARE BASED ON PREVIOUS NSGA RESULTS BONUS EVENTS**

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

## **Appendix A**

### **QUALIFICATION FOR THE NATIONAL SENIOR GAMES**

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

#### **QUALIFYING BY PLACE**

Prior to the beginning of the qualifying year the National Senior Games Association Board of Directors specifies the number of places that will qualify. The number of qualifying places is not the same for all events; for example, the 2021 qualifying year (qualifying for the 2022 summer National Senior Games) in most events the top four places qualify. But in tennis only the top three places qualify; in golf only the first place qualifies; in triathlon and hammer all finishers qualify.

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

#### **QUALIFYING BY MINIMUM PERFORMANCE STANDARD (MPS)**

Minimum performance standards have been established for many of the individual events where the performance can be measured by time, distance, or score. These minimum performance standards are recalculated after every summer National Senior Games. An athlete does not have to meet both the placement and MPS in order to qualify—it is one or the other.

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

#### **QUALIFYING BY QUALIFYING DOWN**

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

In doubles events where one player is in-state and one is out-of-state the team is considered an out-of-state team. For basketball, softball and volleyball the team captain must specify the team's home state.

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

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

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

Example 2: 3 places qualify

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

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

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

### RECIPROCAL QUALIFICATION

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

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

### BONUS EVENTS

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

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

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

### LIMITED OPPORTUNITY QUALIFICATIONS

The cycling road races (20K and 40K), pole vault, hammer throw, road races (5K and 10K), triathlon and the following non-ambulatory sports – bowling and shuffleboard are considered limited opportunity events. Athletes may qualify in limited opportunity events if his/her home state does not offer the event. The participation and documentation requirements are different for the different events and are detailed in the senior games rule book. The submitted requests for limited opportunity qualifications are evaluated by the NSGA staff and notices of approval or disapproval are sent to the athletes.



## ADJUSTED QUALIFICATION, POSTPONEMENT & EXTENDED QUALIFICATION PERIOD (revised January 13, 2021)

**Adjustments** to the qualification process for the **2022** National Senior Games **have** been made in response to the Coronavirus pandemic.

### ADJUSTED QUALIFICATION

- If a state qualifying senior games **was ABLE** to conduct Games or specific sports/events in 2020, the qualification standards for the sports/events as specified in the **2022** NSGA Rulebook will determine qualifiers. In addition athletes **from** that state's senior games who qualified **for** the 2019 National Senior Games in Albuquerque, NM will also qualify in the respective sports/events for the National Senior Games in **2022** (i.e., qualifiers **from** 2018 respective sports/events from that state's senior games).
- If a state qualifying senior games **was UNABLE** to conduct Games or specific sports/events in 2020, athletes **from** that state's senior games who qualified **for** the 2017 National Senior Games in Birmingham, AL and/or 2019 National Senior Games in Albuquerque, NM will qualify in the respective sports/events for the **2022** National Senior Games (i.e., qualifiers **from** 2016 and/or 2018 respective sports/events from that state's senior games).

### CHANGE IN TEAM ROSTER ADDITIONS

- Due to the adjusted qualification process for **2022** the number of roster additions will be waived.

### CHANGE IN POWER WALK QUALIFICATION

- Power Walk will continue as an Open Sport for the **2022** National Senior Games presented by Humana. Qualification will not be required for Power Walk.

### ADJUSTED REGISTRATION

- For qualified athletes a Priority Registration Period will be offered which will be followed by an Open Registration Period.
- The Open Registration Period will accommodate athletes age 50+ as of December 31, **2021** unable to attend or qualify at a state senior games in 2020 **or** 2021.
- **The number of registrants may be limited for certain sports/events and registration could reach capacity at any point during the Priority Registration Period or the Open Registration Period.**

### January 13, 2021 Update

Further adjustments for the National Senior Games in Greater Fort Lauderdale, Florida have been made in response to the Coronavirus pandemic.

### POSTPONEMENT

- The National Senior Games in Greater Fort Lauderdale, Florida have been postponed to May 10-23, 2022.

### EXTENDED QUALIFYING PERIOD

- In addition to the adjustments above, the qualifying period for the National Senior Games in Greater Fort Lauderdale, Florida has been extended to December 31, 2021.
- Athletes who meet the sport/event qualification standards at a qualifying state senior games in 2021 will qualify for the National Senior Games in Greater Fort Lauderdale, Florida.

*NSGA reserves the right to make further adjustments to National Senior Games qualification and registration.*



## 2022 National Senior Games – Fort Lauderdale, Florida Swimming - Order of Events - (All Age Groups)



**Thursday, May 12, 2022**  
**Practice: Men & Women-All Ages (12:00pm-6:00pm)**

### Session 1

**8:00am Start/7:00am Warm-up**  
**Friday, May 13, 2022** Ages

#1 Women 100 Fly	70 and Up
#2 Men 100 Fly	70 and Up
#3 Women 200 Free	70 and Up
#4 Men 200 Free	70 and Up
#5 Women 50 Breast	70 and Up
#6 Men 50 Breast	70 and Up
#7 Women 100 Back	70 and Up
#8 Men 100 Back	70 and Up
#9 Women 400 IM	70 and Up
#10 Men 400 IM	70 and Up

### Session 2

**1:00pm Start/12:00pm Warm-up**  
**Friday, May 13, 2022** Ages

#11 Women 100 Fly	50 - 69
#12 Men 100 Fly	50 - 69
#13 Women 200 Free	50 - 69
#14 Men 200 Free	50 - 69
#15 Women 50 Breast	50 - 69
#16 Men 50 Breast	50 - 69
#17 Women 100 Back	50 - 69
#18 Men 100 Back	50 - 69
#19 Women 400 IM	50 - 69
#20 Men 400 IM	50 - 69

### Session 3

**8:00am Start/7:00am Warm-up**  
**Saturday, May 14, 2022** Ages

#21 Women 100 Breast	70 and Up
#22 Men 100 Breast	70 and Up

#23 Women 200 Back	70 and Up
#24 Men 200 Back	70 and Up
#25 Women 100 IM	70 and Up
#26 Men 100 IM	70 and Up
#27 Women 50 Free	70 and Up
#28 Men 50 Free	70 and Up
#29 Women 200 Fly	70 and Up
#30 Men 200 Fly	70 and Up

### Session 4

**1:00pm Start/12:00pm Warm-up**  
**Saturday, May 14, 2022** Ages

#31 Women 100 Breast	50 - 69
#32 Men 100 Breast	50 - 69
#33 Women 200 Back	50 - 69
#34 Men 200 Back	50 - 69
#35 Women 100 IM	50 - 69
#36 Men 100 IM	50 - 69
#37 Women 50 Free	50 - 69
#38 Men 50 Free	50 - 69
#39 Women 200 Fly	50 - 69
#40 Men 200 Fly	50 - 69

### Session 5

**8:00am Start/7:00am Warm-up**  
**Sunday, May 15, 2022** Ages

#41 Women 50 Back	70 and Up
#42 Men 50 Back	70 and Up
#43 Women 200 IM	70 and Up
#44 Men 200 IM	70 and Up
#45 Women 100 Free	70 and Up
#46 Men 100 Free	70 and Up

#47 Women 50 Fly	70 and Up
#48 Men 50 Fly	70 and Up
#49 Women 200 Breast	70 and Up
#50 Men 200 Breast	70 and Up

### Session 6

**1:00pm Start/12:00pm Warm-up**  
**Sunday, May 15, 2022** Ages

#51 Women 50 Back	50 - 69
#52 Men 50 Back	50 - 69
#53 Women 200 IM	50 - 69
#54 Men 200 IM	50 - 69
#55 Women 100 Free	50 - 69
#56 Men 100 Free	50 - 69
#57 Women 50 Fly	50 - 69
#58 Men 50 Fly	50 - 69
#59 Women 200 Breast	50 - 69
#60 Men 200 Breast	50 - 69

### Session 7

**8:00am Start/7:00am Warm-up**  
**Monday, May 16, 2022** Ages

#61 Women 500 Free	All Ages
#62 Men 500 Free	All Ages

### Session 8

**1:00pm Start/12:00pm Warm-up**  
**Monday, May 16, 2022**

#63 Mixed 200 Medley Relay	All Ages
#64 Mixed 200 Free Relay	All Ages

(Swimming Order of Events – Subject to Change)

(Afternoon session Warm-up and Start Times

Subject to change depending on length of the morning session)

- ❑ Only those athletes entered in swimming events can participate in the relays
- ❑ Information and relay cards will be available the first day of competition and must be received by **5:00 PM on Sunday, May 15, 2022 (Pool Deck Management Table)**
- ❑ All events are Timed Finals; one swim only