



Quest for the Best!



28th National Veterans Wheelchair Games

Omaha08

Omaha, Nebraska • July 25-29, 2008

2008 Events & Rules



Hosted by the VA Nebraska-Western Iowa Health Care System
and the Great Plains Chapter Paralyzed Veterans of America

Events & Rules

This booklet briefly describes each sport, the equipment policies, and medal distribution procedures offered at the 28th NVWG. If you would like more information about any sport, contact the organization or individual listed after each entry.

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AIR GUNS



Air gun competition will consist of four categories for each gender (Paraplegic, Paraplegic with Assistance, Quadriplegic, and Quadriplegic with Assistance). To determine your appropriate classification, use the general classification you are given and match it with the following: Quadriplegics (IA-IC) and Paraplegics (II-V). If it is necessary for you to use a support stand to hold the rifle, you must indicate this on your registration form.

Prone Firing Position: Both elbows resting on shooting table. The chest and/or abdomen may also rest on the table. The angle of the forward supporting arm shall not be less than 30 degrees in relation to the table surface. The shooter's feet may be on the wheelchair footrests or the floor when competing. During the shooting competition, no part of the wheelchair or the shooter's body may extend past the firing line.

Note: *If you are registering for the air guns event for the first time, you are required to establish a shooting time with the air guns registration booth at the Expo or during Early Classification and Air Gun Registration on July 24 at the Qwest Center from 1 p.m. to 4 p.m.*

EQUIPMENT

Be sure your equipment (gun, shooting table, spotting scope, jacket, etc.) meets the requirements of the National Wheelchair Shooting Federation shooting rules. Unacceptable equipment includes certain types of shooting jackets, scopes attached to the rifle, and sights with magnifying lenses incorporated.

1. **The air gun must be a .177 caliber.**
2. **No air gun producing muzzle velocities above 750 fps will be allowed, nor**

will any multiple-pump gun that increases power with each pump (sport-style rifles).

All competitors must bring their **own** wheelchair.

If you do not have your own shooting table, banquet style tables will be provided.

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

MEDALS

Awarded by category, division, and gender.

FOR COMPLETE RULES, CONTACT:

NRA Disabled Services Dept.
11250 Waples Mill Rd.
Fairfax, VA 22030
(800) 672-3888

ARCHERY



Limited to 90 competitors. Competition will be conducted in both Recurve Bow and Compound Bow rounds. Competitive rounds consist of:

Recurve Bow: Male and female 6 ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face. Two categories: Quadriplegic with recurve bow; Paraplegic with recurve bow.

Compound Bow: A compound bow with a peak draw of 60 pounds or less may be used. Male and female 6 ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face.

Two categories: quadriplegic with compound bow; paraplegic with compound bow.

EQUIPMENT

All equipment must conform to USA Archery rules. All competitors must bring their **own** wheelchair.

Note: Participants must select **either** compound bow **or** recurve bow for all rounds—**not both**.

Equipment will be provided for novice archers only. A limited number of recurve bows and arrows will be provided on a first-come, first-served basis. You must present a credit card or driver's license to procure equipment.

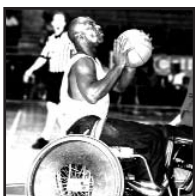
MEDALS

Awarded by category, division, and gender.

FOR COMPLETE RULES, CONTACT:

Disabled Archery USA
P.O. Box 698
Langley, WA 98260
(360) 321-5979

BASKETBALL



Limited to 96 competitors. Rules are determined by the National Wheelchair Basketball Association (NWBA) and are essentially the

same rules as the National Collegiate Athletic Association. The wheelchair is considered part of the player's body in ruling physical contact fouls. Three levels of player classification are used to achieve team balance.

At the NVWG, basketball is played using a "draw" system to choose players in each classification to form teams. Classes I, II, and III will be drawn to form eight teams. The tournament will be a modified double elimination with a third- and fourth-place playoff and a first- and second-place playoff. NWBA rules concerning points and play will be followed,

except the 35-second shot clock will not be used.

All players on each team must be played for a minimum of 10 minutes per game. Team size will be limited to 12 players (8 teams). Team assignments are final.

EQUIPMENT

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

MEDALS

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

FOR COMPLETE RULES, CONTACT:

National Wheelchair Basketball Association
6165 Lehman Drive, Suite 101
Colorado Springs, CO 80918
(719) 266-4082

BOWLING



American Wheelchair Bowling Association rules will be followed. Winners will be determined by counting the total pins attained

in three complete games. Averages and handicaps will not be taken into account.

Handleball and stick bowling will be allowed for quadriplegic bowlers only, and ramp bowling will be allowed for quadriplegic bowlers who use motorized wheelchairs, including those with MS, TBI, or similar disabling conditions.

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

EQUIPMENT

Balls will be provided. All competitors must bring their **own** wheelchair, including foot rests, brakes, and foot straps.

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

MEDALS

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

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

Ramp: Head/Mouth, Hand control; division; gender

Manual: Class, division, and gender

FOR COMPLETE RULES, CONTACT:

American Wheelchair Bowling
Association
c/o Dave Roberts
P.O. Box 69
Clover, VA 24534-0069
(434) 454-2269
bowlawba@aol.com

FIELD



For classes IB-V, field events include the javelin, shotput, and discus. Class IA throws the discus and club. These events are performed

from the wheelchair in a stationary, stabilized position. Rising off the wheelchair or throwing chair is a disqualifying position.

The sequence of events and the number of throws will be announced in the coaches' meeting on the day of registration.

EQUIPMENT

All equipment will be provided. No personal throwing implements will be permitted. Competitors may use their personal regulation throwing chairs, if desired.

The official women's international javelin is used. The javelin is a minimum length of 220 centimeters (7⁵/₈") and weighs 600 g (1 lb, 5¹/₄ oz).

The discus must weigh no less than one kilogram (2 lb, 3¹/₄ oz). Class IB men and women use the two kilo shot (4 lb, 6 oz). Class IC men and IC-V women use the three kilo shot (6 lb, 10 oz), and class II-V men use the four kilo shot (8 lb, 13 oz).

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

US Paralympics
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-2030
www.usolympicteam.com/paralympics

HANDCYCLING



The handcycling road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance. The race will measure approximately 10K. This event will have a 75-minute time limit imposed.

There will be three categories: IA-C, II-III, IV-V. There will be no divisions; all competitors will compete at the same time.

EQUIPMENT

No equipment is provided; all competitors must bring their own handcycle and helmet. **Helmets are mandatory.**

You will not be allowed to compete without one.

MEDALS

Medals will be awarded by category and gender.

FOR COMPLETE RULES, CONTACT:

United States Handcycling Federation
P.O. Box 3538
Evergreen, CO 80437
(303) 459-4159
<http://www.ushandcycling.org/2008/>

MOTOR RALLY



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

Each participant will receive a map, a set of instructions, and a check card at the starting point of the rally. The instructions and the map will help guide participants through the course.

The course will contain a total of 10 checkpoints, with the start and finish each counted as one checkpoint. One playing card will be given out to each participant at five of the checkpoints. Other items will be given to each participant at the other checkpoints. Any participant arriving at the finish line without each of the items given at the checkpoints will be automatically disqualified. During the course of the rally, 10 questions will be asked. Some of these questions will be trivia and others will be observation questions. The participant's answers to these questions will be recorded as per the instructions and handed in at the finish line. Each participant will have one escort to help him or her through the course. The escort will be assigned; personal escorts will not be allowed.

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

This event will be an open classification. All participants must use a motorized wheelchair, with categories for hand controls and head/mouth controls.

This is not a timed event.

EQUIPMENT

No equipment is provided; all competitors must bring their **own** wheelchair.

MEDALS

Awarded by category and gender.

FOR COMPLETE RULES, CONTACT:

Tom Brown
(210) 617-5159

NINE BALL



Competition will be best two out of three games.

Nine ball is played with nine object (numbered) balls and a cue ball. On

each shot, the cue ball must first contact the lowest numbered ball on the table, but the balls need not be pocketed in order. After a miss, the incoming player must shoot from the position left by the previous player.

Determining the break: The breaker must strike the one ball first and either pocket a ball or drive at least four numbered balls to the rail. If the cue ball is pocketed or driven off the table, or if the requirements of the opening break are not met, it is a foul and the incoming player has the cue ball in hand anywhere on the table. No object ball is respotted.

Fouls: A player who commits a foul must relinquish his or her turn at the table and no balls pocketed on the foul shot, except the nine ball, are spotted. The incoming player is awarded the cue ball in hand. If a player commits several fouls in one shot, they are counted as only one foul. Three consecutive fouls result in loss of the game. (A warning must be given between the second and third fouls.)

End of game: The game ends at the end of a legal shot that pockets the nine ball or when a player forfeits the game as a result of a foul.

EQUIPMENT

Pool cue sticks will be provided or participants may use their own.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Poolplayers Association
9757 Mt. Lompoc Ct.
Las Vegas, NV 89178
(702) 437-6792

POWER SOCCER



Power soccer is a unique, competitive sport for motorized wheelchair users. It is played on a basketball-size court by two four-member

teams (one member as goalie) using a large rubberized ball. The objective is to maneuver the ball across the opponent's goal line and keep them from doing the same.

The tournament will be a single-elimination tournament with a first-, second-, and third-place playoff.

EQUIPMENT

All competitors must bring their **own** wheelchair. No scooters allowed—only motorized four-wheeled chairs accepted. Wheelchair guards and game balls will be provided.

MEDALS

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

FOR COMPLETE RULES, CONTACT:

P.O. Box 1765
Duluth, GA 30096
powersoccerusa.net

QUAD RUGBY



Limited to 40 competitors. Quad rugby is a unique, competitive sport for quadriplegics. It is played on a basketball court by four-member teams

using a volleyball. The objective is to carry the ball across the opponent's goal line.

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

Players are classified according to the USQRA classification system as 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, or 3.5. Each class has a point value, and teams are balanced by limiting the number of points allowed on the court. Teams will be limited to 10 players (4 teams).

The tournament will be a round robin with a first-, second-, and third-place playoff.

EQUIPMENT

All competitors must bring their **own** wheelchair.

MEDALS

Awarded to first-, second-, and third-place teams.

FOR COMPLETE RULES, CONTACT:

U.S. Quad Rugby Association
5593 Cedar Oak Blvd.
Sarasota, FL 34233
(941) 924-1804
quadrugby.com

SLALOM



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

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

MOTORIZED SLALOM

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

EQUIPMENT

All competitors must bring their **own** wheelchair **and** helmet. **Helmets are mandatory.**

MEDALS

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

FOR COMPLETE RULES, CONTACT:

Tom Brown
(210) 617-5159

SOFTBALL



Limited to 90 competitors. Softball is played on a hard surface. Teams are made up by a draw system to choose players in each classification to form teams. Team size will be limited to 15 players (6 teams).

EQUIPMENT

All competitors must bring their **own** wheelchair. No motorized wheelchairs or scooters will be allowed. Other equipment will be provided.

MEDALS

Awarded to first-, second-, and third-place teams.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Softball Association
6000 West Floyd Ave. #110
Denver, CO 80227
www.wheelchairsoftball.org

SWIMMING



The strokes used in competition are breaststroke, backstroke, freestyle, and butterfly. Classes IA, IB, and IC swim 25 yards (or meters depending on the pool); Classes II and III swim 50 yards; and Classes IV, V, and VI swim 100 yards. The individual medley for Class IA consists of 25 yards each of the back, breast, and freestyle strokes. The individual medley for Classes IB, IC, II, and III consists of 25 yards each of the butterfly, back, breast, and freestyle, in that order. Classes IV, V, and VI swim 50 yards each of the butterfly, back, breast, and freestyle in that order.

All swimming events start in the water.

No body suits are allowed.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

USA Swimming
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4578
usaswimming.org

TABLE TENNIS



Table tennis is open to all competitors. Class IA, IB, and IC are permitted to secure the paddle to their hand by tape or a brace. All

competition is governed by The United States Table Tennis Association rules with modifications as necessary to accommodate wheelchair movement. A single-elimination system is used, which results in the loser of each match being eliminated from the competition and the winner advancing to the next round of play. Competition will be best three out of five. An 11-point scoring system will be used. No white shirts are allowed during competition.

EQUIPMENT

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

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4583
www.usatt.org

TRACK



Track events are governed by the rules of Athletics Congress of the USA. Events are run as finals on a hard-surface track with

a minimum of six lanes. The front caster(s) constitute the starting and finishing points. The individual may modify the chair while staying within Wheelchair Sports, USA standards.

For distances of greater than 400 meters, racing chairs are mandatory. A 20-minute time limit will be imposed on the 3,000 meter race.

The distance for the power chair relay will be 800 meters. First and second legs will be 200-meter runs in assigned lanes. There will be three competitors on each team, and they can decide who runs in which leg of the race. There will be two divisions: mouth/chin/head controls and hand controls.

EQUIPMENT

All competitors must bring their **own** wheelchair. No scooters allowed—only four-wheeled chairs accepted. Helmets are **mandatory**.

Power chair 200 will be run in three categories: hand control, head (chin) control, and mouth control.

EQUIPMENT

No equipment is provided; all competitors must bring their **own** wheelchair and helmet. **Helmets are mandatory; you will not be allowed to compete without one.**

MEDALS

Awarded by class, division, and gender. For power chair 200, by category: hand control, head (chin) control, and mouth control.

FOR COMPLETE RULES, CONTACT:
 USA Track & Field
 One Olympic Plaza
 Colorado Springs, CO 80909
 (719) 866-2030
www.usolympicteam.com/paralympics

FOR COMPLETE RULES, CONTACT:
 Reed Weir
 PVA National Office
 801 18th St., NW
 Washington, DC 20006
 (202) 416-7687
reedw@pva.org

TRAPSHOOTING



Limited to 50 participants.

SAFETY AND INSTRUCTIONAL CLINIC

All competitors will be required to demonstrate a knowledge of firearms safety and proficiency before being allowed to participate. Novice participants will be provided personal instruction and assistance before and during the event. Any infraction of firearms safety will be cause for cessation of the participant's continuance in the event. All participants will be required to sign a liability release. Decisions by shoot official are final.

RULES

Basic Amateur Trapshooting Association rules will apply. All participants will shoot 50 rounds of 12 gauge ammunition from the 16 yard line. Competitors breaking at least 25 of the first 50 targets will continue with a second 50 targets to determine final (standings). Winning ties will be given duplicate awards.

EQUIPMENT

Shotguns, ammunition, pouches, and earplugs will be provided. Participants will not be allowed to shoot their personal firearm or ammunition. Quadraplegics bringing personal shotguns with modifications required because of their level of injury will be allowed to compete in a separate division.

WEIGHTLIFTING



The bench press is the only form of weightlifting performed.

Competitors start with the bar held one inch from the chest

and are required to drive the weights up in one continuous motion to a fully extended position.

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

The Class I "High Para" will consist of athletes classified as Class II and III.

The Class II "Low Para/Amputee" will consist of athletes classified as Class IV and V.

Athletes in the previous two Classes will compete by class, division, bodyweight, and gender.

OFFICIAL WEIGHTS BY CATEGORIES ARE:

Category	Weight
I	Up to 105½ lbs (48 kg)
II	105¾ to 114½ lbs (52 kg)
III	114¾ to 123¾ lbs (56 kg)
IV	123½ to 132 lbs (60 kg)
V	132¼ to 148½ lbs (67.5 kg)
VI	148¾ to 165 lbs (75 kg)
VII	165¼ to 181½ lbs (82.5 kg)
VIII	181¾ to 198 lbs (90 kg)
IX	198¼ to 220 lbs (100 kg)
X	Over 220 lbs (100 kg)

Weightlifters must weigh in during the designated weigh-in time to be eligible to lift. Quadriplegic weightlifters do not need to weigh in.

EQUIPMENT

Quadriplegic weightlifters compete using a Universal system instead of free weights and compete by class.

MEDALS

Awarded by weight categories: Males I–X, Females I–VIII (over 82.5 kg) Class (High Para, Low Para/Amputee), division, and gender. Medals for quadriplegic competitors will be awarded by division, class, and gender.

FOR COMPLETE RULES, CONTACT:

US Paralympics
One Olympic Plaza
Colorado Springs, CO 80909
(719) 866-2030
www.usolympicteam.com/paralympics

EXHIBITION EVENT

SLED HOCKEY



Limited to 48 participants. Sled hockey is a unique competitive sport for individuals with limited use of their lower extremities. It is played on a regulation hockey rink and follows the rules set forth by USA Hockey. Players sit on their skates rather than stand on them and use two shortened hockey sticks affixed with picks to propel themselves across the ice. The object is to score goals by shooting the puck into the opponent's net.

At the NVWG, sled hockey is played using a “draw” system to choose players in each classification to form teams. Classes I, II, and III will be drawn to form teams. Teams are balanced by limiting the total number of points allowed on the ice. Teams will be limited to 12 players (4 teams).

This will be a single-elimination exhibition tournament with a first-, second-, and third-place playoff.

EQUIPMENT

All competitors must wear proper footwear to offer foot protection and bring an extra pair of sweatpants.

Mandatory equipment will be provided. This includes sleds, sticks, gloves, neck protectors, shoulder pads, shin pads, elbow pads, and helmets. Participants may bring their own.

SLED HOCKEY IS AN EXHIBITION EVENT.

It does not count as one of the two minimum or five maximum events allowed per athlete. No official medals will be awarded.

FOR COMPLETE RULES, CONTACT:

USA Hockey, Inc.
1775 Bob Johnson Drive
Colorado Springs, CO 80906-4090
(719) 576-USAH (8724)
usah@usahockey.org
www.usahockey.com/ussha/



CO-PRESENTERS

