

Rules for the Sports of the 2019 World Transplant Games



Note: The possessive 'his' in this document also refers to 'her' but is used by itself for brevity.

Conditions of Entry

Entry is open to all recipients of life supporting allografts (heart, intestine, kidney, liver, lung, pancreas) and hematopoietic cell (bone marrow) transplants from other individuals or species which require or have required the use of immunosuppressive drug therapies. Living donors and immediate family members of donors (parents, siblings, spouses/partners and children of deceased donors)—including tissue donors—are also eligible to compete in selected events in their own division. Recipient competitors must have been transplanted for at least 1 year, with stable graft function, be **medically fit and have regularly trained** at the events in which they have entered. Living donors must be nine months post-donation. If a recipient or living donor competitor is at least 6 months post-procedure, with stable graft function, has been training and has permission from his own doctor, his entry may be considered by the WTGF medical committee and be allowed. All competitors must be medically approved by their physician to compete.

Ideally, each nation will have selected its best competitors and ensure that they are medically fit, without significant complications of chronic organ failure or immunosuppressive therapy. Before competing, each competitor must send back a "waiver" form with his sport registration, which states that he has knowledge of the rules and of the difficulties of the event(s) and of the medical requirements of the WTGF. In addition, all forms, including a WTGF medical certificate and a 'statement by participant' form for each competitor, **must** be submitted at least one month before the start of the Games. The medical certificates will be reviewed by a representative of the WTGF and, if deemed unsatisfactory, that competitor may be barred from competition. The medical certificate must be fully filled out and signed by a transplant doctor.

Competitors of one nationality who live permanently in another country may compete for their country of permanent residence if they wish. Competitors who have been transplanted in a country other than their country of permanent residence may compete for the country where they were transplanted if that team agrees to accept them. Competitors may not switch once a decision is made except if one of the two conditions above changes.

Competitors are expected to understand and be familiar with the WTGF Rules for the World Games and for their sport(s). At all times, participants must respect the etiquette and traditions of their sport/discipline. This includes being properly dressed and equipped and conducting themselves in a sportsmanlike manner.

All registration materials must be reviewed by the team manager prior to submission.

Entry forms must include a signed declaration that each competitor is fit and has trained for the events entered.

Age Groups

Athletes will compete by gender in the following age groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 and over. In doubles events that are age-categorized, the age groups are under 30, 30-49, and 50 and over. Age on the day of the Opening Ceremony of the Games will apply. The Living Donor/Donor Family division is an open division and will not be categorized by age, only by gender.

Juniors will compete in events designated as junior events by gender in the following age groups: 5 years and under, 6-8 years, 9-11 years, 12-14 years and 15-17 years. Juniors 15-17 years of age are

permitted to compete in adult age events, but must continue in that age category for any other event in that discipline, i.e. swimming, athletics.

Volleyball, basketball, 6 sided football, the relay events in track and swimming, all mixed doubles events, and the team events in the road race and cycling will be one open age category - i.e., no age classifications. All other events are to be age categorized. In doubles events that are age-categorized, if the members of a team are in different age groups, the team will be classified in the younger age group

Competitor numbers or identifications for each age group shall be identified by a distinct color so that competitors will be able to easily determine each other's age group during competition. Each competitor will have a unique number for the duration of the Games and they must bring their number to every event.

Medals

Medals are awarded to the top three competitors in each age group. A competitor must be deemed to have competed according to the rules of his sport in order to earn a medal.

In events which involved classification before competition (racquet sports, volleyball), duplicate bronze medals will be awarded to both losing semi-finalists.

The top three finishers in a junior age bracket will receive medals.

Entrants

There will be a separate heat or bracket for each age group if eight or more individuals compete. If there are fewer than eight individuals or in other cases, age groups may be combined in the interests of competition and meet management, but medals will be awarded as per the age groups of the Games. If an event is scheduled with trials (heats) and finals and the trials (heats) "scratch down" to a final, the final will be held at the scheduled time for the final.

All events may have a maximum number of competitors. Entries will be processed on a first-come, first-served basis. When the maximum number is reached, no additional entries will be allowed in that event.

Athletes will be allowed to enter a total of five events, in addition to the swimming and track relay events. Donor athletes may compete in any, or all, of the following events; the 5K road race, the 50 freestyle in swimming, and the 100 meters, ball throw and long jump in athletics.

Athletes may not enter events that take place at the same time and in different venues. If an athlete does not withdraw (scratch) from an event and subsequently fails to compete in that event, he/she will be ineligible to compete in any other events in that sport for that day. There will be no appeal of any disqualification for failure to appear.

Competitors are required to verify scores, sign scoresheets, etc. as per the usual and customary practices of their sport.

For events with more than one competitor, e.g. doubles and relays, each team must consist of members from one nation only.

It is not permitted to change doubles partners after the entry deadline, except for medical necessity. In that case, the new partner must be from the same country, must be medically cleared for the event, and must not compete in more than five events as stated above.

An athlete cannot withdraw from one event in order to compete in another after the entry deadline, unless the athlete's medical certification requires a change in events.

Adequate hydration being essential, competitors are allowed to take drinks during reasonable breaks in competition.

Lists of registered competitors in each event must be sent electronically to each country's team manager at least one month before the event. Within seven days, the team manager must immediately inform the LOC of any errors or omissions. Team managers must check their team registration after registration closes and report any errors or omissions. At each venue, there must be a list of all registered entrants for each event on that day. Only those who have registered for that event may compete. No last minute entrants will be accepted, and no additions are allowed onsite. All issues and problems must be addressed and resolved 14 days before the Games.

Heat lists must be issued at least 24 hours prior to the events taking place (ideally at the Team Manager Meeting held two days prior to the event) in order that the entries may be checked for any missing valid entries.

Seeding

Seeding should be used in all events to ensure the fairest competition possible.

In all events, to ensure the fairest competition possible, the entries should be formatted using standard procedures. The following factors should be considered (in this order):

1. medallists from the previous World Games;
2. performances from the previous national games (in evaluating national games, the strength of the competition - quality and size--should be considered);
3. other pertinent information.
4. The playing level of a competitor as might be reported during the registration process.

Time permitting, preliminary round competition will be in small "round robin" pools with the top finishers advancing to the next round.

Judiciary Committee and Disputes

The WTGF will appoint a Judiciary Committee of at least three persons at least one of whom shall be a representative of the sport technical of the Local Organizing Committee to resolve any dispute arising in conjunction with the sports of the Games. The Judiciary Committee must meet with the LOC and sports organisers, together with WTGF Sports sub-committees delegates, at least one day before the Games and as required during the Games.

The Judiciary Committee will liaise with the LOC Sports' Chairman on an on-going basis and clarify the rules of competition. The members of the Judiciary Committee must be issued mobile phones from the date of their arrival and for the duration of the Games.

The Local Sports Organisers and WTGF representatives will each be present at all events and be introduced to the referees and officials so that their identity is clearly established. On his/her

arrival at a venue, the member of the Judiciary Committee should make him/her-self known to the officials at the venue.

In the event of a serious breach of discipline, the Judiciary Committee has executive powers to suspend an athlete immediately and refer the matter to the next Council Meeting or to an Extraordinary Council Meeting. The Council has the power to suspend the athlete for the rest of the Games.

Protests

Protests will be made to the referee for each sport with payment of \$50 US/€50 within 15 minutes of declaration of the event result. Protests will be passed to the Judiciary Committee with the head sporting official advising. A decision will be made by the WTGF Judiciary Committee as soon as possible. The fee will be returned if the protest is upheld. If a member of the Judiciary Committee is from a country involved in the protest, that member must recuse himself from the discussion and resolution of the protest.

Results

The day's results should be given to all Team Managers each evening at the Team Managers' Meeting. Final results and medal table should be published at the end of the Games. At the end of the Games, a full set of results (including all performances) should be given to each Team Manager.

Sports and Events

ARCHERY

Rules: The event will be governed by World Archery Federation rules (<https://worldarchery.org/rulebook>) except as modified herein.

Format: Events are men's and women's singles, and teams. Teams may be mixed gender, no age groups. Archers must be experienced and able to demonstrate their competence at 30 metres during the mandatory practice session which will be held on Saturday.

The individual competition will be held on Sunday and will be 3 dozen arrows at 30m at an 80cm cm target face; scoring is 10 zone. The top 4 in each age group will advance to a semifinal round of 18 arrows—1-4, 2-3. Winners advance to a final round of 12 arrows. Losing semifinalists will both receive bronze medals.

The team competition on Monday will consist of teams of three archers from each country. Targets will be the same as the individual competition—30 meters at an 80 cm target face; scoring is 10 zone. The ranking round is 24 arrows—each team member shoots 2 arrows so there are 6 in total per end. The eight best teams will proceed to a knock out process using team match play format. Competition results will be based on set points awarded in the ensuing head to head matches—winning cumulative score for the end = 2 points, Drawn score = one point each. First team to 5 points wins. In event of a draw at 4-4 a shoot off will be held—an additional end is shot, the highest

score determines the winner. If score is equal, the closest arrow to the centre wins. If the first arrows tie, then the second closest is judged and determines the win

Countries bringing 40 or more competitors to the Games may enter three archery teams if they wish. In that event, the teams will be designated "One", "Two", and "Three". Competitors are not permitted to change between teams from a country.

Equipment: Recurve bows only. Archers must bring their own equipment.

BADMINTON

Rules: Tournament will be governed by Badminton World Federation rules (http://system.bwfbadminton.com/documents/folder_1_81/Regulations/Simplified-Rules/Simplified%20Rules%20of%20Badminton%20-%20Dec%202015.pdf), except as modified herein.

Format: Competition in men's and women's singles and doubles and mixed doubles (mixed doubles not by age group); competition in junior boy and junior girl singles and open junior doubles (no age groups). After preliminary round(s), single elimination tournament.

Equipment: Feather shuttlecocks will be provided. Racquets will not be provided; you must bring your own.

3-on-3 BASKETBALL

Rules: These rules are based on FIBA (Federation Internationale de Basketball) rules for 3X3 competition: <http://www.fiba.com/3x3/rules>

Format: Teams will consist of a maximum of six players. Three players are required to start the game. A team may continue with two players, if no other eligible players are available.

Countries bringing 40 or more competitors to the Games may enter three basketball teams if they wish. In that event, the teams will be designated "One", "Two", and "Three" and will be seeded into separate groups for the first round. A player may only play on one team—it is not permitted to change between teams from a country.

Each team should have two sets of uniform shirts available, one white and one dark. Each shirt should have a legal number printed on the front and back, no smaller than 20 cm/eight inches high. (Legal numbers are: 0-5, 10-15, 20-25, 30-35, 40-45 and 50-55.)

Games will be played half court. All games will be officiated by one or two officials. First possession will be determined by a coin flip before the game between two team representatives. The visitor shall make the call and have the choice.

Games will consist of two 15-minute halves. The clock will be on running time except for the final two minutes of the second half. In the final two minutes of the

second half, the clock will stop when play is disrupted by the official's whistle. Half-time will be five minutes in duration.

The ball must be taken behind the 3-point line after each change of possession. (The ball must be in possession of a player whose feet are behind the 3-point arc.) After each made basket, the ball must be checked at the top of the key and thrown to another player to start play. The team that was on defense will be awarded the ball (not "make it, take it".)

Three points are scored for a successful shot from beyond the 3-point arc, two points for all other goals from the floor. One point is scored for a successful free throw.

After five team fouls, any foul in the act of shooting will be awarded two free throws. The ball will be alive if the second free throw is missed. If both free throws are made, the ball is awarded as if a team scored during regular play. A player, after committing five fouls, will be disqualified from the game.

Each team may call two timeouts per game. Timeouts are one-minute in duration and the clock will be stopped. The timer will sound the warning horn at the 45-second mark and play will resume at the one-minute mark.

If the game is tied at the end of regulation play, a two-minute overtime period will be played after a one-minute intermission. A coin flip will determine first possession. This procedure will be repeated until a winner is determined.

Teams play in an opening round. Winning teams from the first round will advance to the "Open" division and play for Open medals. Losing teams will advance to the "Recreation" division and play for Recreation medals.

CYCLING

Rules: The event will be governed by International Cycling Union rules (http://www.uci.ch/mm/Document/News/Rulesandregulation/18/23/94/2-ROA-20180301-E_English.PDF), except as modified herein. All races will be videotaped as part of the scoring/timing effort.

Format: 10 kilometer closed course time trial (5K for juniors), 30 kilometer road race, and 20 kilometer team event.

10 kilometer time trial—the winner in each age group will be the individual with the lowest elapsed time. Juniors will compete in a 5 Km event.

30 kilometer road race--some age group races will be combined in the interest of competition, but it is recommended that no race contain more than 25 athletes. Juniors are not permitted to compete in the 30 Km event.

20 kilometer team race—teams of three riders will compete; teams will be ranked by the finish time of the third (slowest) cyclist. Teams can be mixed in gender—no age groups. There will be one set of medals. Juniors are not permitted to compete in the 20 kilometer team race.

Equipment: At present, bicycles will not be available for rent; you must bring your own. Helmets must be worn. Bicycles must be in a safe and rideable condition. There will be a mandatory safety inspection for all competitors. Aerobars are not permitted in the road races. Colored bibs worn on the back will be used to differentiate the age groups. Timing chips are to be used for scoring.

DARTS

Rules: The event will be governed by World Darts Federation Rules (<https://www.dartswdf.com/rules/>) except as modified herein.

Format: Men's and women's singles, boys' and girls' singles (9 years and older) and triple mix (men or women) matches. Age group for teams is determined by the youngest player. In the single events opening score from 301. For team play the opening score is increased to 501.

If the match is still tied at the end of regulation, there will be a 3-dart shot off to determine the winner. The highest total of the 3 shots will win the competition. If at the end of the 3-dart shot off, the players are still tied, the players will continue with shot off until one player finishes with a higher score.

Equipment: Competitors must provide the own darts.

FOOTBALL (6 SIDE)

Rules: These rules are based on The Football Association Small Sided Football Rules (http://www.thefa.com/-/media/files/thefaportal/governance-docs/rules-of-the-association/2017-18-final/032_small-sided-football.ashx) except as modified herein.

Format: Teams will consist of a maximum of twelve players. Team members may be male or female. There must be six players including a goalkeeper on the pitch at all times.

Countries bringing 40 or more competitors to the Games may enter two football teams if they wish. If so, the teams will be designated "One", and "Two" and will be seeded into separate groups for the first round. A player may only play on one team—it is not permitted to change between teams from one country.

Each team should have two sets of uniform shirts available, one white and one dark. Each shirt should have a legal number printed on the front and back, no smaller than eight inches high.

The match shall be two 20 minute halves. There will be no injury time. Unlimited substitutions using the "roll-on-roll-off" rule are allowed when the ball is not in play.

All free kicks are direct and can be taken as soon as the ball is stationary. Free kicks must be taken where the offence was committed and opponents must be 2 metres from the ball. A one-handed underarm throw and under knee height in a horizontal or downward motion must be used to re-introduce the ball into play from throw-ins, corners and from goalkeepers.

The goalkeeper should wear a shirt that distinguishes him/her from all other players. Goal keepers are not allowed to kick the ball from their hands to introduce the ball into play. Only the defending goalkeeper is allowed to play the ball inside the goal area and only the goalkeeper may handle the ball in this area. Outfield players are allowed in the goal area. Goalkeepers are allowed out of goal area; however, a free kick can be awarded if the goalkeeper handles the ball outside this area. An outfield player who receives a throw from the goalkeeper cannot pass the ball directly back to the keeper, the ball must be touched by a second player. Such an action would result in a direct kick 2m outside the penalty area in line with the infringement.

Sliding tackles are not permitted; an infringement of this rule will lead to a free kick being awarded to the opposition. Arm/elbow contact with the chest will NOT be allowed. If it occurs, it could result in an immediate red card. The taking of a penalty will be in line with the one step rule. Abusive language will be penalised at the referee's discretion by awarding a direct free kick. If a team member receives a yellow card, s/he must stay in the penalty box for 3 minutes. If a team member received a red card, s/he will no longer be able to take part in this competition.

Equipment: Shin Pads are compulsory. Trainers or Astro boots are the only permitted footwear. No studs, bladed boots or moulded studs may be worn. Jewellery should be removed or taped to the satisfaction of the referee.

GOLF

Rules: The event will be governed by the Royal and Ancient Golf Club of St. Andrews (R&A) Rules (online rules at <https://www.rules.golf/>) except as modified herein. Events are men's and women's singles, and doubles (pairs) teams. Teams may be mixed gender, no age groups.

Format: In the individual event, golfers will compete in an 18-hole stroke-play individual tournament by age group. Tee times will be assigned, with players with lower handicaps playing first. Ties will be resolved by ranking the holes by difficulty and then comparing the scores one at a time until the tie is broken. Golfers cannot earn medals in both the gross and net divisions; should a golfer qualify for a medal in both the gross and the net division, he or she will be awarded the higher ranking medal (ex. gold, then silver, then bronze), and the other division's results will then be adjusted.

For the team event, two players from the same country may nominate for the team event; there is no limit on the number of teams from a country. This event is not age specific and will be conducted as an open event with men, mixed or ladies combinations eligible. Medals will be awarded for the best team (aggregate) score in gross and net. Should a pair qualify for a medal in both the gross and net divisions, they will be awarded the higher medal.

To compete in the net division, acceptable proof of handicap must be submitted—there will be no exceptions. To be acceptable, the certification must be during the previous three months and must be from a recognized authority. **The WTGF reserves the right to refuse any certification for any reason at its sole discretion.** Competitors may only bring an updated certification on the day of the event if there is a way to verify it independently (web site, etc.).

Equipment: Players to provide own clubs. The Close House golf resort has a course rating of for men, for women. Additional information on the course can be found at: <https://closehouse.com/>.

PETANQUE

Rules: The event will be governed by International Federation Petanque rules (http://www.englishpetanque.org.uk/Information/Rules-ENG_2017.pdf) except as modified herein.

Format: Competition in men's and women's singles, and men's and women's doubles.

Equipment: Competitors should provide own boules.

ROAD RACE

Rules: The event will be staged over a road course. Every effort will be made to provide maximum security for the competitors. Men and women will compete over 5 kilometers. Events are men's and women's individual (by age group) and men's and women's team (not by age group). The time permitted for races will be the winner's time plus 30 minutes; after this time, the race is over and timing will cease. Timing chips will be used.

Format: The individual medalists will be the first three finishers in each age group. The team medalists will be determined by adding the combined times for the first three individuals of each gender from each country, with the lowest combined time the winner.

SQUASH

Rules: The event will be governed by World Squash Federation rules (http://www.worldsquash.org/ws/wp-content/uploads/2015/11/150601_Rules-of-Singles-Squash-2014-V2014-03.pdf), except as modified herein.

Format: Competition in men's and women's singles; competition in boys and girls singles. All games will be best of 5 games to 11 points and use PARS (rally) scoring (must win by 2). If tied at 14, next point wins (15 max).

Equipment: Players to provide own racquets. Safety glasses must be worn; players to provide own glasses. Balls will be provided—single yellow dot.

SWIMMING

Rules: The event will be governed by Federation Internationale de Natation (FINA) rules (<http://www.fina.org/content/fina-rules>), except as modified herein.

Format: The following events will be held: freestyle (50, 100, 200, 400), breaststroke (50, 100) backstroke (50, 100), butterfly (50), 200 individual medley, 4x50 m freestyle

relay, and the 4x50 m medley relay. Preliminary rounds of timed heats if necessary, eight fastest times to final (no trials in 400 free). Donor competitors will compete in the 50 free in their own heat(s). Junior events are designated below*. The competition schedule is as follows:

First Day

200 Freestyle
 50 Butterfly (50 juniors 12-17, 25 11 and under)*
 100 Breaststroke (100 juniors 12-17, 50 11 and under)*
 50 Backstroke (50 juniors 12-17, 25 11 and under)*
 100 Freestyle (juniors 12-17, 50 11 and under)*
 4x50 Freestyle Relay (women)
 4x50 Medley Relay (men)
 4x50 Freestyle 200+ Year Relay (women)

Second Day

400 Freestyle (200 juniors 12-17)*
 50 Freestyle (50 juniors 12-17, 25 11 and under)*
 200 Individual Medley
 100 Backstroke (100 juniors 12-17, 50 11 and under)*
 50 Breaststroke (50 juniors 12-17, 25 11 and under)*

 4X50m Freestyle Relay (men)
 4X50m Medley Relay (women)
 4x50 Freestyle 200+ Year Relay (men)

TABLE TENNIS

- Rules: Tournament will be governed by International Table Tennis Federation rules (<https://www.ittf.com/handbook/>), except as modified herein.
- Format: Competition in men's and women's singles, doubles (by age category) and mixed doubles (not by age group). For juniors, competition in singles only. After preliminary round(s), single elimination tournament, best three out of five games to 11 points.
- Equipment: Competitors must provide own paddles. Competitors must wear court shoes and shirts must contrast with the ball. Balls will be provided—white Championship balls will be used.

TEN PIN BOWLING

- Rules: Tournament will be governed by World Bowling rules <http://www.worldbowling.org/wp-content/uploads/2018/03/World-Bowling-Statutes-and-Playing-Rules-as-of-Mar-2018.pdf>, except as modified herein. Events are men's and women's singles, men's and women's pairs, (by age category) and mixed pairs (no

age groups), junior boys and junior girls singles. At the conclusion of the team events, there will be a Baker team event for countries represented.

Format: There will be a three games series in the singles competition and a three games series in the pairs competition. The highest combined score in each competition is the winner. Ties are resolved by a frame by frame roll-off until there is a winner.

TENNIS

Rules: Tournament will be governed by International Tennis Federation rules (<http://www.itftennis.com/media/277489/277489.pdf>), except as modified herein.

Format: Competition in men's and women's singles, doubles (by age category), and mixed doubles (not by age group). For juniors, competition in boy's and girls' singles and open junior doubles (no age groups in doubles). After preliminary round(s), single elimination tournament, eight-game pro-set matches. Ties at seven games will be resolved using a 12 point tie-breaker (first to 7, must win by 2).

Equipment: Players provide own rackets. Balls will be provided.

TRACK AND FIELD

Rules: Tournament will be governed by IAAF Competition Rules 2018-2019 ([found here](#)), except as modified herein.

Format: Track Events: 100, 200, 400, 800, 1500, 5000 (3000 for women) racewalk (powerwalk), 4x100 relay, 4x400 relay. Donor athletes will compete in their own division in the 100 meters, ball throw and long jump. 100-200, preliminary heats if necessary, eight fastest times to final. Junior events are noted below. The competition schedule is as follows:

First Day

3000 M Racewalk (powerwalk) women
 100 M Trials (8 fastest times to final)
 100 M Trials (if necessary) (12-14, 15-17)
 1500 Finals
 400 M Finals
 100 M Finals
 25 M Finals (5 and under)
 50 M Finals (6-8; 9-11)
 100 M Finals (12-14, 15-17)
 4x100 M Finals

Second Day

5000 M Racewalk (powerwalk) men
 200 M Trials (if necessary)
 800 M Finals

200 M Finals
4x400 Relay Finals

In the 100 and 200, if there are eight or less entrants in an age group, then a final only will be held as scheduled. When there are trials, the ranking of the athletes for advancement will be based solely on time. The lists for heats must be checked before the competition by a WTGF sports committee representative and an LOC technical representative.

The use of starting blocks is not required.

Racewalk (powerwalk) will be conducted using the following rules: One foot must be on the ground at all times. Both feet off the ground is cause for disqualification. Each advancing foot-strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running, or "creeping" and is cause for disqualification. The advancing leg as it moves forward does not have to be completely locked as it passes under the body as it does in racewalking. Soft knee is acceptable however over excessive bent knee is deemed to be in a creeping or running shuffle and subject to disqualification. Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials during the course of the completion.

The athlete makes a progression of steps such that there is always contact with the ground. Complete loss of foot-to-ground contact may not occur. Bent knees are allowed. Disqualification will result when an athlete is judged to be running (both feet off the ground at the same time) in three separate instances during the course of the race.

Field Events: Three preliminary attempts, 8 best to final, then 3 attempts in final. If fewer than 8 in an age group, all competitors receive 6 attempts.

Schedule of Field events:

First Day

Shot Put (men and women, boys and girls 15 and older only)
Ball Throw (men and boys)
Long Jump (men and boys)
Discus (women)
High Jump (women and girls 15 and older)

Second Day

Discus (men)
High Jump (men and boys 15 and older)
Ball Throw (women and girls)
Long Jump (women and girls)
Javelin (men and women)

Age Group Implement Weights

Men	Shot put	Discus	Javelin
15 - 17	5 kg		
18 - 29	7.26 kg	2 kg	800 gr
30 - 39	7.26 kg	2 kg	800 gr
40 - 49	7.26 kg	2 kg	800 gr
50 - 59	6 kg	1.5 kg	700 gr
60 - 69	5 kg	1 kg	600 gr
70 - 79	4 kg	1 kg	500 gr
80+	3 kg	1 kg	400 gr
Women	Shot put	Discus	Javelin
15 - 17	3 kg		
18 - 29	4 kg	1 kg	600 gr
30 - 39	4 kg	1 kg	600 gr
40 - 49	4 kg	1 kg	600 gr
50 - 59	3 kg	1 kg	500 gr
60 - 69	3 kg	1 kg	500 gr
70 - 79	2 kg	0.5 kg	400 gr
80+	2 kg	0.75 kg	400 gr

Ball Throw weight: standard cricket ball (156 grams)

If a competitor wishes to use his own implement, he must submit the implement to the officials on the day of practice so that it can be weighed and certified—it will be returned to the competitor at the competition.

High Jump and Shot Put will not be contested for competitors ages 14 and under.

TRIATHLON (Virtual)

Rules: This event will be contested by adding the individual times in the following three events: 5K Road Race, 400M Freestyle Swim, and the 10K Cycling Time Trial, with the lowest total elapsed time ranked first. To be eligible, an athlete must be deemed to have competed in each of the three events according to the rules of each event.

VOLLEYBALL

Rules: Tournament will be governed by Federation Internationale de Volleyball rules (<http://www.fivb.org/TheGame/Rules.htm>), except as modified herein. National teams are comprised of a minimum of 6 and a maximum of 12 players at least one of whom must be a woman. Teams may choose to use a libero to replace a player in the back row. The libero is required to wear a different color shirt. Up to five substitutions are allowed per game, but none after a team has scored 20 points. A woman must be on court at all times during the match. The men's height for the net will be used.

Countries bringing 40 or more competitors to the Games may enter two volleyball teams if they wish. In that event, the teams will be designated "One" and "Two" and will be seeded into separate groups for the first round. A player may only play on one team—it is not permitted to change between teams from a country. There is a sixteen team limit for this competition.

Participation in the volleyball competition counts as one of the maximum five events each competitor may enter.

Format: The first round will be played as a "round-robin" where each team in a group plays against each other team in the group. The top team(s) in each group will then progress to the knock-out stages, which will use standard seeding procedures. The first round will be games of two sets to 25; rally scoring, win by 2 or first team to 27. Ties between teams are broken by considering the scores of the sets. The team with the best ratio of points scored divided by points lost is the winner. The bracketed playoff round will be the best two of three games, games to 25 points, rally scoring, win by 2 or first team to 27. Third games, if needed, to 15 points.