



29th National Veterans Wheelchair Games

Roll'n on the River

Spokane, Washington ★ July 13-18, 2009

2009 Events & Rules

Presented by the Paralyzed Veterans of America
and the Department of Veterans Affairs



Hosted by Spokane VA Medical Center and the
Northwest Chapter Paralyzed Veterans of America

Events & Rules

This booklet briefly describes each sport, the equipment policies, and medal distribution procedures offered at the 29th NVWG. If you would like more information about any sport, contact the organization or individual listed after each entry.

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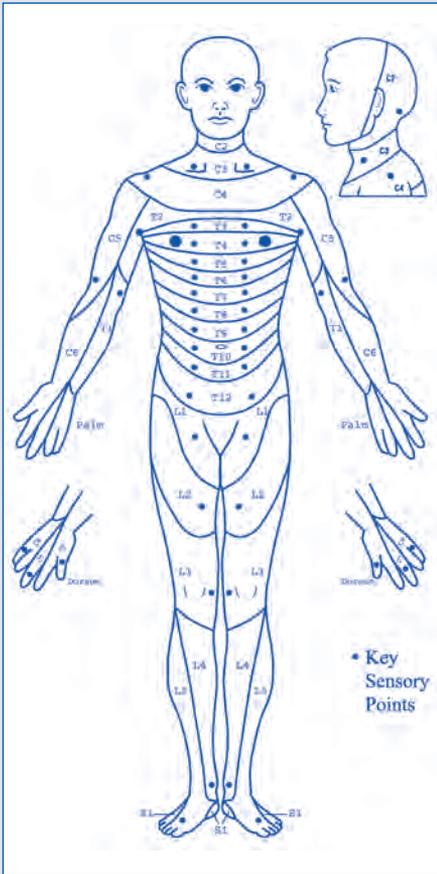
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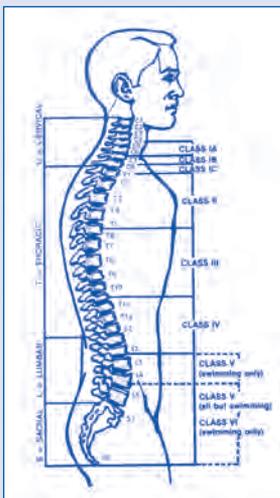
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* Indicates a change/modification in rules or distribution of medals.



Classification Charts



* AIR GUNS



Air guns competition will consist of SH1 (competitors who do not use a rifle support stand), SH2 (competitors who need to use a rifle

support stand), SH3 (visual impairment). Each category will be divided by gender; as well as Novice, Open, Master within each class. To determine your appropriate classification, use the general classification guidelines for ISCD/ISSF Classifications. If you have competed in a sectional, regional, or international Air Rifle Shooting event, please submit a copy of your current classification card when you submit your registration form.

Prone Match: This is R3/R5 Prone Match, consisting of 3 relays, 2 targets each relay, ten 10-point bull's on each target, totaling 60 rounds (Total 600 points) in one hour and 30 minutes.

In air rifle prone events, competitors may not lie down, but must use a table (and may use a shooting chair if wanted).

ISCD 8.4.7 in prone shooting: Both elbows (not upper arms) must rest on the table or board. The forearm in this position must not form an angle of less than 30 degrees from the horizontal, measured from the axis of the forearm. The chest and/or abdomen may rest on the table or board.

ISCD 8.4.8 in prone and kneeling positions: the arms of the shooting chair are part of the shooting table.

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 Guns Registration on July 12 at the Spokane Convention Center from 11 a.m. to 4 p.m.*

EQUIPMENT

Be sure your equipment (gun, shooting table, spotting scope, jacket, shooting chair, etc.) meets the requirements of the ISCD shooting rules, listed below:

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 multipump gun that increase the velocity with each pump (sport-style rifles).
3. Flathead pellets only.

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

A shooter may use his or her own shooting table (according to ISCD/ISSF standards). 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: ISSF SHOOTING RULES

www.issf-shooting.org

ISCD Shooting Rules and Functional Guidelines

www.paralympic.org

NRA Disabled Shooting Services

11250 Waples Mill Rd.

Fairfax, VA 22030

(703) 267-1495

ARCHERY



Limited to 90 competitors. Archery will follow the established guidelines for “novice” as printed in the current official WSUSA rule book.

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. There will be no compound bows provided. 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.

Handle and stick bowling will be allowed for Classes 1A, 1B, and 1C. Ramp bowling will be allowed for bowlers who have been classified as ramp bowlers by the NVWG classifiers.

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

EQUIPMENT

Balls will be provided. (If you would like a lightweight ball with large holes, you will need to bring your own). All competitors must bring their **own** wheelchair, including foot rests, brakes, and foot straps.

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

MEDALS

Handleball: Class 1A, 1B, 1C; division; gender

Stick: Class 1A, 1B, 1C; 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
www.awba.org

FIELD



For classes IB-V, field events include the javelin, shot put, and discus. Class 1A throws the discus and the club. These events are performed

from a stationary, stabilized position.

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

EQUIPMENT

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

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

The discus weighs one kilogram (2 lb, 3¹/₄ oz). Class 1B men and women use the two kilo shot (4 lb, 6 oz). Class 1C men and 1C-V women use the three kilo shot (6 lb, 10 oz), and class 11-V men use the four kilo shot (8 lb, 13 oz).

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA
1236 Jungermann Rd.
Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org

* 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; for 1A–1C competitors the distance will be 5K. 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
www.ushandcycling.org/2008/

* MOTOR RALLY



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

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 is not a timed event.

EQUIPMENT

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

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Tom Brown

National Director, NVWG

(210) 617-5159

tom.brown@va.gov

* NINE BALL



Competition will be best two out of three games. All games will have a 10-minute maximum time limit.

Nine ball is played with numbered balls

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

Determining the break: The first break is determined by a coin toss. The breaker must contact the one ball when breaking and either pocket a ball or drive at least four balls to the rail, without pocketing the cue ball in order to achieve a legal break.

If the terms of a legal break are not met or the cue ball is pocketed, the incoming player has the cue ball in hand anywhere on the table. If the breaker completes a legal break and makes a ball, he or she will shoot again at the lowest numbered ball on the table and continue to shoot until they either miss, foul, or win the game.

Fouls: All fouls carry the ball-in-hand anywhere on the penalty. Fouls are to be called by the opposing player before another shot is taken. All of the following are fouls (for a complete list refer to the NWPA website):

- Cue ball goes in the pocket or off the table;
- Any object ball jumped off the table;
- Primary contact with a ball other than the lowest numbered ball on the table;
- During a shot, if the object ball is not pocketed and no ball is driven to the rail after contact;
- Push shots, double hits on cue ball and split hits.

EQUIPMENT

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

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

www.nwpainc.org

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** motorized wheelchair. No scooters allowed—only motorized four-wheeled chairs accepted. Wheelchair guards and game balls will be provided. If a guard is borrowed, the motorized wheelchair must have two foot posts to attach the guard to.

MEDALS

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

FOR COMPLETE RULES, CONTACT:

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

QUAD RUGBY



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

teams using a quad rugby ball. 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).

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
www.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, mouth control, division, and gender.

FOR COMPLETE RULES, CONTACT:

Tom Brown
National Director, NVWG
(210) 617-5159
tom.brown@va.gov

SOFTBALL



Limited to 120 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 (8 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:

Wheelchair Sports, USA
1236 Jungermann Rd.
Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org

TABLE TENNIS



Table tennis is open to all competitors, including ambulatory. Class IA, IB, and IC are permitted to secure the paddle to their hand by tape

or a brace. All competition is governed by The United States Table Tennis Association rules, with modifications as necessary to accommodate wheelchair movement. A single-elimination system is used. Competition will be best three out of five. An 11-point scoring system will be used. No white shirts are allowed during competition.

EQUIPMENT

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

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA
1236 Jungermann Rd.
Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.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**.

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

Track: Awarded by class, division, and gender.

Power Chair 200: Awarded by class, division, and gender.

Power Chair Relay: Awarded to first-, second-, and third-place teams.

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA
1236 Jungermann Rd.
Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org

* TRAPSHOOTING



Limited to 50 competitors.

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 ending the veteran's participation 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. Quadriplegics bringing personal shotguns with modifications required because of their level of injury will be allowed to compete in a separate division.

MEDALS

Awarded by category and gender.

FOR COMPLETE RULES, CONTACT:

Andy MacDonald
PVA National Office
801 18th St., NW
Washington, DC 20006
(202) 416-7620
andym@pva.org

* 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 (categories), 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 123¼ lbs (56 kg)
IV	123½ to 132 lbs (60 kg)
V	132¾ to 148½ lbs (67.5 kg)
VI	148¾ to 165 lbs (75 kg)
VII	165¾ to 181½ lbs (82.5 kg)
VIII	181¾ to 198 lbs (90 kg)
IX	198¾ to 220 lbs (100 kg)
X	Over 220 lbs (100 kg)

The participant’s category will be determined at weightlifting weigh-in on July 16 between 2–4 p.m. at the Convention Center.

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

Lifting apparel shall consist of pants and a shirt with sleeves. Shoes must be worn unless a medical condition is present. No elastic wrist straps or lifting belts may be used.

Quad Weightlifting Exceptions:

Quadriplegic weightlifters do not need to weigh in.

Gloves, straps, tape, etc., are permitted to help keep hands on the bar during lift.

Competitor is allowed to drop down in weight if attempt is unsuccessful.

Quad Order of Competition:

IA, IB, IC, Masters, Open, Novice.

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:

Wheelchair Sports, USA
1236 Jungermann Rd.
Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org

EXHIBITION EVENT

GOLF



The Golf Exhibition will consist of instruction on the driving range and three holes of golf on the course, time permitting. A participant will have the choice of golfing from his or her wheelchair, an adapted cart, or on prosthetics. The golf exhibition will be limited to 20 golfers per session. Session one will consist of Classes

1A, 1B, 1C, II, and III; session two will consist of Classes IV and V. Each session will last approximately three hours. There will not be any medals awarded. This event does not count as one of the two minimum events required, nor does it count toward the five maximum number of events.

FOR COMPLETE RULES, CONTACT:

The United States Golf Association
P.O. Box 708

Far Hills, N.J. 07931

(908) 234-2300

Fax: (908) 234-9687

www.usga.org/playing/rules/golfers_with_disabilities.html



CO-PRESENTERS

