

Rules for the Sports of the 2025 World Transplant Games



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

For questions regarding these Rules, please contact sports@wtgf.org

Conditions of Entry

Entry is open to all recipients of life-supporting allografts (heart, intestine, kidney, liver, lung, pancreas) from other individuals, and hematopoietic cell (bone marrow) transplants, which may require or have required the use of immunosuppressive drug therapies. Bone Marrow transplants include both allogenic (from other individuals or species) and autologous (from the same individual) transplants. Living organ donors and immediate family members of living donor and deceased organ or tissue donors (parents, siblings, spouses/partners and children) 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.

Each nation is encouraged to select its top competitors, ensuring they are medically fit and free from significant complications related to chronic organ failure or immunosuppressive therapy. To confirm eligibility, competitors must meet the following requirements:

- Competitors must provide specific medical details during the registration process. This information will be reviewed to ensure the athlete is fit to participate safely.
- Competitors must sign a waiver confirming they are in good health, have trained adequately for their events, and are cleared to participate by their transplant follow-up doctor.
- Competitors must also confirm they have had no recent serious illnesses or hospital admissions.

If any concerns arise from the submitted medical information, a representative from the WTGF Medical Committee may request additional details. In such cases, participation may be denied if safety cannot be assured. This process ensures the health and safety of all competitors while maintaining the integrity of the competition.

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 rules for their sport(s) and the WTGF Rules for the World Transplant Games. Proficiency in chosen sports is required. 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.

Competition days are long—competitors are urged to be sure they are properly trained and are competent in the sports that they enter.

Before registering, athletes are urged to consider their stamina and physical ability for their events during the entire week. Poorly trained athletes can negatively influence the scheduling of events and can result in increased physical effort leading to unnecessary fatigue.

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. Athletes 80 and over are permitted to compete in the 70-79 age group, but must continue in that age category for any other event in that sport. In doubles events that are age-categorized, the age groups are under 30, 30-49, and 50 and over. There will be three age groups for the Living Donor/Donor Family division. These will be determined at the close of registration—donor athletes will be able to withdraw if they wish without losing any registration fees. Age on the day of the Opening Ceremony of the Games will apply.

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 sport.

Volleyball, basketball, football, the relay events in track and swimming, all mixed doubles events, and the team events in the road race, Baker tenpin bowling, 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.

If a sport or event does not use a preliminary competition round to rank competitors before the beginning of elimination rounds, duplicate bronze medals will be awarded to both losing semi-finalists.

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

Entrants

Generally, 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.

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, volleyball, 3on3 basketball, football, and the tenpin bowling Baker event. Donor athletes may compete in any five of the following events; road race, petanque singles (held on the recipient athletes' pairs day), darts, golf pairs (random teams), 50 freestyle, 50 backstroke, 50 breaststroke, 50 butterfly in swimming, the racewalk, 100 meters, ball throw and long jump in track and field and the triathlon.

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, must not be competing in more than five events as stated above, and must not change the original age group of the doubles team.

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.

For all team events (basketball, cycling, football, and volleyball), space permitting, countries are permitted to enter multiple teams. If more teams enter a team event than the competition format can accommodate, then following the registration deadline, countries bringing 40 or more competitors to the Games will be awarded a second team entry chosen by lot. If there are additional available slots, they will be allocated by lot from the remaining entries. Athletes who are then unable to participate in the team event will be permitted to select another sport event if desired. A player may only play on one team—it is not permitted to change between teams from a country.

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 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 six weeks before the Games.

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-committee’s 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 Board Meeting or to an Extraordinary Board Meeting. The WTGF Board 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. 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 Tuesday.

The individual competition will be held on Wednesday and will be 3 dozen arrows at 30m at an 80cm target face; scoring is 10 zone. Competitors have 40 seconds time per arrow. 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 in the afternoon 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. No Camouflage clothing allowed.

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. For preliminary rounds, if needed, matches to be best of 3 games to 11, all other matches to be best of 5 games to 11.

Equipment: Feather shuttlecocks will be provided. Badminton 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: <https://fiba3x3.com/en/rules.html>, except as modified herein.

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. Juniors 15-17 are permitted.

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 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 one 10-minute period or to 21 points. The clock will be on running time except for dead balls (fouls and out of bounds). A 24 second shot clock will be used.

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”).

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

After six team fouls, any foul will be awarded two free throws. After nine team fouls, any fouls will be awarded two free throws and also possession of the ball. Until ten team fouls, if both free throws are made, the ball is awarded to the defense as if a team scored during regular play. A player, after committing five fouls, will be disqualified from the game.

There will be timeouts at approximately 4 minutes and at 7 minutes, upon ball stoppage. In addition, each team may call one timeout 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 possession. The first team to score two points in overtime wins the game. This procedure will be repeated until a winner is determined.

A rules meeting will be held the morning of the competition so that all players will know what is to be allowed and what constitutes a foul.

CYCLING

Rules: The event will be governed by International Cycling Union rules (<https://www.uci.org/regulations/3MyLDDrwJCJJ0BGGOFzOat>), 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—each age group will have a separate start but age groups can start closely together. Juniors are not permitted to compete in the 30 Km event. Competitors will have a maximum of 75 minutes to complete the race (men 70 and over and women will have 90 minutes).

20 kilometer team time trial—teams of three riders (two for women) will compete in men's, women's and mixed; teams will be ranked by the finish time of the slowest cyclist. Teams in the mixed race must have at least one woman. Juniors are not permitted to compete in the 20 kilometer team race.

Equipment: Helmets meeting UCI safety standards must be worn. Bicycles must be in a safe and rideable condition—any frame type is acceptable. There will be a mandatory safety inspection for all competitors. Aerobars and time trial helmets 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://dartswdf.com/storage/uploads/fb05b306-c92c-4f08-b512-affb092a1b3d/2018-02-28_WDF_Playing_and_Tournament_Rules_rev20.pdf) 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, no age categories) matches. Competition in groups of 4, the best two advance to the knockout stage. In singles, opening score from 301 best of three sets. For team play the opening score is increased to 501, best of three sets. Single out will be played in all competitions. Darts competitors must be experienced and able to demonstrate their competence during the mandatory practice session which will be held on Wednesday between 1 PM and 8 PM.

Finishing: If after twelve rounds in the singles competition or 21 rounds in the team competition neither player is able to finish in the same turn, there will be a 3 dart shoot-off to determine the winner. The highest total of the 3 shots will win the

competition. If at the end of the 3-dart shoot-off, the players are tied, the players will continue with another shoot-off until one player finishes with a higher score.

Equipment: Competitors must provide their 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 minimum of six players (nine strongly recommended) and 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. Juniors 15-17 are permitted.

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 back, no smaller than eight inches high.

The size of the FA approved artificial pitch is 50mx35m. For Dresden, the goals are 7.32 meters wide by 2.44 meters in height. The match shall be two 15 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 meters from the ball. Players may not shoot free kicks into “walls” of players from the other team.

The goalkeeper should wear a shirt that distinguishes him/her from all other players. The goalkeeper can pick the ball up anywhere inside the penalty box area, the regular back pass rule applies. They are allowed to leave the penalty area but cannot handle the ball once outside. Distribution may be made only by throwing/rolling or playing from the ground (Kicks directly out of the hands or 'Drop Kicks' are not permitted). Once the ball is placed on the ground, other players are permitted to play it. Goal kicks must be taken from inside the box, by any player. The ball must be kicked from the ground, not thrown (the ball may be thrown if the goalkeeper picks the ball up in play).

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 penalized at the referee's discretion by awarding a direct free kick.

If a player commits a foul that would normally result in a yellow card, s/he will be sent off for 2 minutes and the team will play with a one-person disadvantage. The second infraction will result in a yellow card. A third yellow card infraction will

mean that the player must leave the game and cannot play in the next game. If a player receives a straight red card, s/he will be sent off, will not be able to play in the next game, and there may be points deducted from the team depending on the offense

If a match is tied at the end of regulation time, the tie will be resolved by a penalty kick shootout.

Equipment: Shin Pads are compulsory. Trainers or Astro boots are the only permitted footwear. No studs, bladed boots or molded studs may be worn. Jewelry 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.randa.org/en/rog/2019/pages/the-rules-of-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. Medals will be awarded in both gross and net divisions. The gross competition is by age group; the net competition is by handicap bands: men 0-10, 11-18, and 19 and over, women 0-15, 16-26, and 27 and over.

Following the new high score cap rule for 2019, a high score cap of double par will be used. Once a player has scored double par on a hole, s/he must pick up the ball and move on—the player's score for that hole will be double par plus 1, i.e. a par 4 would be 9

The individual event will be a shotgun start. Men will use the yellow tees; women will use the red tees.

Ties will be resolved by a card countback starting with the back 9, back 6, back 3, and the last hole in that order.

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 a better ball tournament—it is not age specific and will be conducted as an open event with men, mixed or ladies combinations eligible. Players will record the better score for each hole on the competition scorecard. Medals will be awarded for the best team score in gross and net.

Note that new international handicap rules (World Handicap System—<https://www.whs.com/>) are now in effect. The maximum allowed handicap is 28 for men and 36 for women.

An international 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.**

Equipment: Players to provide own clubs. The golf course at Dresden Ullersdorf has a slope of 131 and a rating of 72.3 for men and 74.2 for women. Additional information on the course can be found at: <https://www.golfanlage-ullersdorf.de/en/>.

PETANQUE

Rules: The event will be governed by International Federation Petanque rules (https://www.petanque-england.uk/wp-content/uploads/2021/06/Official_Rules_Petanque-En.pdf) except as modified herein.

Format: Competition in men's and women's singles, and men's and women's doubles. As per the official rules, during competition, competitors may not move boules even if they are not going to count in scoring.

Only competitors are allowed on the playing field during competition. Spectators, coaches, etc. must stay off the playing area at all times.

Equipment: Competitors should provide own boules—all boules are acceptable but must be regulation weight and size. A very limited number of boules will be available for loan.

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), junior boys and girls (15-17), and men's and women's team (not by age group). 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 (<https://www.worldsquash.org/rules-of-squash-2/>), 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—double yellow dot.

SWIMMING

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

The breast stroke kick is allowed in butterfly events.

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. The 400 meter freestyle will be swum in a special morning session on Day 2, before the regular program. For the 400, heats will be formed based on seed times provided.

Preliminary rounds of timed heats if necessary, eight fastest times to final (no trials in 200 free, 200 IM, 400 free). If a scheduled preliminary heat “scratches down” to a final, the final will be swum at the scheduled time for the final. 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

Adults	Juniors 12-14, 15-17	Juniors 5 and Under, 6-8, 9-11*
200 Freestyle		
50 Butterfly	50 Butterfly	25 Butterfly
100 Breaststroke	100 Breaststroke	50 Breaststroke
50 Backstroke	50 Backstroke	25 Backstroke
100 Freestyle	100 Freestyle	50 Freestyle
4x50 Freestyle Relay (women)		
4x50 Medley Relay (men)		
4x50 Donor/Recipient Medley Relay (exhibition)		

Second Day

Adults	Juniors 12-14, 15-17	Juniors 5 and Under, 6-8, 9-11*
400 Freestyle	200 Freestyle	
50 Freestyle	50 Freestyle	25 Freestyle
200 Individual Medley		
100 Backstroke	100 Backstroke	50 Backstroke
50 Breaststroke	50 Breaststroke	25 Breaststroke
4X50m Medley Relay (women)		
4X50m Freestyle Relay (men)		
4x50 Freestyle 200+ Year Relay (mixed)		
4x50 Donor/Recipient Freestyle Relay (exhibition)		

Swimmers are urged to choose their events with caution, as some age groups and events will have preliminary heats.

In relays, countries are permitted to enter more than one relay team, but one team must be designated as competing for a medal. A country can only earn one medal in each relay.

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 and mixed doubles (not by age group). For juniors, competition in singles only. All matches are best three out of five games. After preliminary round(s), single elimination tournament. All matches five games to 11.
- 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. The quality of the tables, nets and balls will be conforming to ITTF Rules.

TEN PIN BOWLING

- Rules:** Tournament will be governed by International Bowling Federation rules, the latest English language version <https://btba.org.uk/wp-content/uploads/2022/01/General-Playing-Rules-2021-10-PLM.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 boy's and junior girls' singles, and a Baker team event (teams of five bowlers from a country, does not count as one of the five allowed events).
- 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 (<https://www.itftennis.com/en/about-us/governance/rules-and-regulations/>), 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. Matches to be "best of 3" ITF format, 4 game sets. A 7 point tie breaker at 3:3 and a super-tiebreaker to 10-points at one set all as a deciding 3rd set (i.e., 4:2 3:4, 10:4).
- Coaching is only allowed during match changeovers.
- Equipment:** Players provide own rackets. Balls will be provided.

TRACK AND FIELD

- Rules:** Tournament will be governed by World Athletics Technical Rules 2022 ([found here](#)), except as modified herein. A call room is to be used to manage and stage races.
- 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)
 200 M Trials (15-17) (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, or if a preliminary heat “scratches down” to a final, then the final will be held as scheduled. When there are trials, the ranking of the athletes for advancement will be based solely on time, and placement in the final will follow standard procedure (1-4 in middle four lanes, 5 and 6 in lane 2 and 7, 7 and 8 in 1 and 2). 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. The starter will use a whistle before the start and the appropriate starting commands depending on the competitors’ use of blocks.

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.

In relays, countries are permitted to enter more than one relay team, but one team must be designated as competing for a medal. A country can only earn one medal in each relay.

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 (boys and girls)
 Long Jump (men and women under 40)
 High Jump (women and girls 15 and older)
 Javelin (men and women)

Second Day

Discus
 High Jump (men and boys 15 and older)
 Ball Throw (men and women)
 Long Jump (men and women 40 and older)

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	0.75 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 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 (Sprint)

Rules: Tournament will be governed by the **World Triathlon** rules (<https://www.triathlon.org/about/downloads/category/rules>), except as modified herein.

Format: 500m swim, 20km cycling followed by 5km running. Competition will be in men's and woman Individuals (by age group from 18 years) and in men's team, women's team, and mixed team (one athlete in each of the three parts).

Equipment: Any swimwear is allowed—wetsuits allowed if desired. The organizers will provide a swim cap with a race number.

Helmets meeting UCI safety standards must be worn. Bicycles must be in a safe and rideable condition—any frame type is acceptable. There will be a mandatory safety inspection for all competitors.

VOLLEYBALL

Rules: Tournament will be governed by [Federation Internationale de Volleyball rules](#)), except as modified herein. National teams are comprised of a minimum of 6 and a maximum of 15 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 nine 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. Juniors 15-17 are permitted.

The net height will be 2.35 meters.

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.