

# 2021 National Senior Games - Limited Event Verification Form Instructions

Please read **ALL** instructions before completing the attached form.

General Information from the NSGA Rule Book



## D. QUALIFICATION FOR “LIMITED” EVENTS

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

1. If a “limited” event (except triathlon) is offered at the NSGA qualifying games in an athlete’s home state, the athlete must qualify for that event by participating in a NSGA qualifying games and by satisfying the qualifying requirements for that event for athletes who compete in a NSGA qualifying games.
2. If a “limited” event is not offered at the NSGA qualifying games in an athlete’s home state, the athlete may qualify for that event by meeting the following criteria:
  - a. For 20K or 40K cycling road race an athlete must submit verification of having completed one cycling road race of the event length or better between January 1 and December 31, 2020. An athlete qualifying in either of the cycling road races (20K and 40K) is reciprocally qualified in the other.
  - b. If your state did not offer the 5K and 10K road race an athlete must submit verification of having completed one 5K or 10K event between January 1 and December 31, 2020. The road race events are reciprocal. If you compete in a 5K or 10K road race event; you will qualify for both.
  - c. For pole vault an athlete must submit verification of having met the NSGA minimum performance standard for pole vault in any USA Track & Field sanctioned competition between January 1 and December 31, 2020.
  - d. For hammer throw an athlete must submit verification of having competed in one USA Track & Field sanctioned competition between January 1 and December 31, 2020.
  - e. For triathlon an athlete must submit verification of having completed one triathlon between January 1 and December 31, 2020. All triathletes have the opportunity to participate under the “limited” event criteria regardless if a state offers the event.
  - f. For non-ambulatory bowling and shuffleboard an athlete must submit verification of having competed in one non-ambulatory competition between January and December 31, 2020.
3. Athletes must submit to the NSGA office by no later than **March 15, 2021**, a Limited Event Verification form, available on the NSGA website, along with a copy of the official results or other public document illustrating the results.

## Documentation Required for Limited Event Verification Form

Sport/Event

Qualifying Requirement Under Limited Event Rule

### Cycling

- 20K Road Race* Verified **completion** of **ONE** 20K race during the qualifying year.  
*40K Road Race* Verified **completion** of **ONE** 40K race during the qualifying year.

### Non-Ambulatory

- Bowling* Verified **completion** of **ONE** non-ambulatory event during the qualifying year.  
*Shuffleboard* Verified **completion** of **ONE** non-ambulatory event during the qualifying year.

### Road Race

- 5K* Verified **completion** of **ONE** 5K race during the qualifying year.  
*10K* Verified **completion** of **ONE** 10K race during the qualifying year.

### Track & Field

- Hammer Throw* Verified **completion** of **ONE** USA Track & Field sanctioned competitions during the qualifying year.
- Pole Vault* Verified jump meeting the **MPS** for your age division/gender at a USA Track & Field sanctioned competition during qualifying year.  
*(See official NSGA Rulebook for minimum performance standards.)*

### Triathlon

- Verified **completion** of **ONE** triathlon during the qualifying year.

# 2021 National Senior Games - Limited Event Verification Form

Please read the instructions and NSGA Rule D on Limited Events before completing this form.

Mail to: National Senior Games Association  
ATTN: 2021 Limited Events  
PO Box 5630  
Clearwater, FL 33758-5630



**National  
Senior Games  
Association**

Please **PRINT** clearly or **TYPE**. Keep a copy for your records. or  
NSGA must **RECEIVE** this form **by MARCH 15, 2021.**

EMAIL to: REGISTRATION@NSGA.COM

## Section I: Athlete Information

**NOTE:** Name and address must be same one you use to register for the National Games.

**COPY of PHOTO ID with DATE OF BIRTH information must be attached.**

FIRST NAME	MIDDLE INITIAL	LAST NAME	NICKNAME		
MAILING ADDRESS			APT/SUITE	<input type="checkbox"/>	<input type="checkbox"/>
				MALE	FEMALE
CITY	STATE	ZIP	E-MAIL		
( )	( )	( )			
DAY PHONE	CELL PHONE	DATE OF BIRTH (MM/DD/YYYY)			
		( )			
EMERGENCY CONTACT	RELATIONSHIP	TELEPHONE			

## Section II: Event Information

Copies of results for the completed event must be **ATTACHED**. **Step 1:** Check the box for the sport/event you wish to qualify.

**Step 2:** Complete the information below for each sport/event.

Triathlon  Pole Vault  Hammer Throw  Cycling  Road Race  Non-Ambulatory

20K  
 40K

5K  
 10K

Bowling:   
Shuffleboard:

NAME OF EVENT	HEIGHT CLEARED
DATE OF EVENT	DISTANCE THROWN
NAME OF EVENT DIRECTOR	TIME FINISHED
PHONE # OF EVENT DIRECTOR	TRIATHLON RUN DISTANCE & TIME
	TRIATHLON BIKE DISTANCE & TIME
	TRIATHLON SWIM DISTANCE & TIME

## Section III: Certification by Athlete

I verify that the information on this form is accurate.

SIGNATURE OF COMPETITOR

DATE