



# Sports Information

[Changes highlighted in red]

June 2010

# COMPETITION INFORMATION

## Conditions of Entry

The National Kidney Foundation U.S. Transplant Games® (the “Games”) is a multi-sport age group athletic competition open to all recipients and living donors of life-supporting allografts (heart, intestine, kidney, liver, lung, pancreas) and hemopoetic cell (bone marrow) transplants from other individuals or species which require or have required the use of immunosuppressive drug therapies. Living donors of the aforementioned organs are eligible to compete in selected events in their own division. Recipients must have been transplanted for at least nine months, with stable graft function, be **medically fit** and have trained at the events in which they have entered. Living donors must be nine months post-donation. Recipients less than nine months post-transplant and living donors less than nine months post-donation will be considered on a case-by-case basis. All competitors must be medically approved by their physician to compete.

Before competing, each athlete must complete a general waiver with his or her registration, stating that the athlete is fit, has trained for the events entered, and has knowledge of the rules, the difficulties of the event and the medical requirements of the Games. In addition, a medical certificate **must** be submitted at least one month but no more than four months before the start of the Games. Medical waivers will be reviewed and, if deemed unsatisfactory, that competitor may be restricted from competition. The medical waiver must be filled out entirely and signed by the athlete’s primary physician.

All medical waivers must be reviewed by the Team Manager prior to submission.

## Age Groups

Athletes will compete by gender in the following age groups: 14–17, 18–29, 30–39, 40–49, 50–59, 60–69, and 70 and over. Children under 14 years of age will compete in designated children’s events in the following age groups: 5 and under, 6–10, and 11–13. Age on the day of the Opening Ceremony will apply. The Living Donor division is an open division and will not be categorized by age.

Volleyball, 3-on-3 basketball, virtual triathlon, demonstration ballroom dancing, team golf, relay events in track and swimming, mixed doubles events, and the team event in the road race will be one open age category—i.e., no age classifications. All other events are age-categorized. In doubles events that are age-categorized, if the members of a pair are over 18 and in different age groups, the pair will be classified in the younger age group. **If one of the players is under 18, the pair will play in the older age group.**

Competitor numbers or identifications for each age group will be identified by a distinct color so that competitors will be able to easily determine each other’s age group during competition.

## Medals

Transplant athlete 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 or her sport to earn a medal.

International recipients, including those that have competed within in the past year in the World Transplant Games as part of a team other than Team USA, are welcome to compete but will earn duplicate medals in an international division.

In events which involve classification before subsequent medal competition (racquet sports, volleyball), duplicate bronze medals will be awarded to both losing semifinalists, unless there is a means to clearly classify the competitors prior to the start of the elimination round(s) (for instance, the number of players in an age group is sufficiently small to conduct the competition by pools or round-robin, or a seeding round is possible).

## Seeding

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

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

1. Medalists **from the same age group** in the previous U.S. Games
2. Medalists **from a different age group** in the previous U.S. Games
3. Medalists from the previous World Games
4. Other pertinent information

## Entries

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, 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. No sport entry changes will be made after the registration deadline, no exceptions.

Transplant athletes will be allowed to enter a total of four events. The 5K Road Race and all team events (3-on-3 basketball, volleyball, team golf, road race team, swimming and track relay events) do not count toward the four-event limit. Competitors entered in team and relay events by a team representative must be medically approved to participate in that sport.

Living Donor athletes will be allowed to compete in the 5K road race, and the following events in track and field: 100M, ball throw and long jump.

Athletes may not enter events that take place at the same time in different venues. Failure of an athlete to appear at any event when called will result in the athlete being eliminated from that competition. There will be no appeal of any disqualification for failure to appear.

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

For events with doubles competition in both same and mixed gender categories (e.g., tennis), competitors may enter one category, but not both.

Doubles partners must be finalized before the registration deadline. Competitors who have entered a doubles event and not supplied a partner will be dropped from the competition after the registration deadline. It is not permitted to change doubles partners after the deadline, except for in the case of medical necessity. Then, the new partner must be from the same team, must be medically approved to compete in the event, and must not compete in more than four events as stated above.

## BADMINTON

**Rules:** As a general guide, the International Badminton Federation rules can be found at <http://www.internationalbadminton.org/page.aspx?id=11164>

**Format:** Competition in men's and women's singles, children 6 and older. Elimination tournament, rally scoring to 21. Competitors must check in before their assigned age group check-in time.

**Equipment:** Players must bring their own racquet. Only officially approved racquets are allowed. Shuttlecocks will be provided.

### **BALLROOM DANCING (Demonstration)**

**Format:** Competition in this event will be showcase style for partner dances.

Three Divisions:

Latin/Rhythm: Rumba, Cha Cha, Jive, Paso Doble and Samba

Standard/Smooth: Waltz, Foxtrot, Quickstep, Viennese Waltz and Tango

Nightclub: Argentine Tango, Lindy Hop, West Coast Swing, Hustle and Salsa

Competing pairs may perform any dance within a Division; due to the limited number of possible entries, pairs may only enter one division. Gold, silver and bronze medals will be awarded for each Division. In the event of a tie for a medal position, the team with the greater number of highest votes of the judges will be ranked first. If still a tie, it will go to the next highest vote, etc. Non-medal positions will be recorded as ties.

Due to the limited number of possible entries, each team in the Games will be allowed one dance entry. Additional entries will be allotted based on overall team size

At least one dancer in the pair must be a recipient and both must be registered for the Games. Judging will be based solely on the performance of the recipient. Partners may be mixed or same gender, ages 11 and over. Each competitor's performance must be choreographed and **should be** between 1 ½ to 2 minutes, **maximum of 2 ½ minutes**.

**Equipment:** Competitors will supply their own music, both digitally and on analog CD. Registered competitors will receive additional information.

### **3-on-3 BASKETBALL**

**Rules:** These rules are based on the National Federation of State High School Athletic Associations Rules with the following adaptations:

1. 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.
2. 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. (Legal numbers are: 0–5, 10–15, 20–25, 30–35, 40–45 and 50–55.)
3. The team at the top of the bracket will be designated the home team.
4. Games will be played half court.
5. All games will be officiated by one or two officials.
6. 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.
7. Games will consist of two 15-minute halves. The clock will be on running time except for in 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.

8. 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.)
9. 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.)
10. 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.
11. 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.
12. A player, after committing five fouls, will be disqualified from the game.
13. 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.
14. 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.

Due to the limited number of possible entries, each team in the Games will be allowed one basketball team entry. Additional basketball entries will be based on overall team size.

**Format:** Basketball includes five divisions: Open, Recreation, Co-Ed Open, Co-Ed Rec, and Youth.

Co-Ed teams require one woman on the court at all times. Youth teams are for athletes 6–13 years old.

All other teams play in an opening round with the usual seeding procedures (medalists from previous Games will be seeded). 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. Teams will be guaranteed at least two games.

All players must wear court shoes.

## **BOWLING**

**Rules:** As a general guide, the World Tenpin Bowling Association rules can be found at <http://www.worldtenpinbowling.com/rulesandpublications/statutes.php>

**Format:** Events are men's and women's singles; men's and women's doubles; mixed doubles; and all children's age groups. There will be a three-game series in both the singles and the doubles competition. The highest combined score in each competition is the winner. Competitors must check in before their assigned age group check-in time.

Children **10** and under will use gutter pads.

## **CYCLING**

**Rules:** As a general guide, International Cycling Union rules can be found at [www.uci.ch](http://www.uci.ch)

**Format:** The first event is a five kilometer closed course time trial (one kilometer for athletes 13 and under). The winner in each age group will be the individual with the lowest elapsed time.

The second event will be a 20-kilometer road race by age groups. Some age group races will be combined in the interest of competition. **All 20K races will start on time or 10 minutes after the previous race has been completed whichever comes first. The race will be over after 60 minutes- no participant will be allowed to start a new lap after 45 minutes. A merge lane at the finish line will be used to separate those finishing the race and those starting another lap. During the race, slower riders must stay to the outside and not impede a faster cyclist. After 60 minutes, the race is over, and timing will cease.**

**Equipment:** Helmets must be worn. Bicycles must be in a safe and rideable condition. There will be a mandatory safety inspection. Aero bars are not permitted in the road race. Numbers shall be worn on the back and front.

A limited number of race bike rentals will be available on a first-come, first-served basis starting March 1, 2010. Rate is \$75 per day or \$225 per week. Bikes may be shipped to Machinery Row Bicycles (address below). Machinery Row Bicycles will assemble the bikes upon receipt, then re-box and ship the bike after the event for a \$100 fee. For questions or rental inquiries, please contact: **Luke@machineryrowbicycles.com**

Ship bikes to:  
Machinery Row Bicycles  
**ATTN: Luke**  
601 Williamson Street  
Madison, WI 53703-3543  
608.442.5974

Please write in RED ink on the side of the box: "Transplant Games 2010" and enclose a note in the box with the information below:

This bike belongs to \_\_\_\_\_ (athlete's first and last name), a participant in the Transplant Games, Sunday, August 1<sup>st</sup>.

Bike needs to be built and picked up on \_\_\_\_\_ (date requested for pick up at store).

Contact Phone number and e-mail address: \_\_\_\_\_.

NOTE: You will also need to supply the return shipping labels.

## **GOLF**

**Rules:** As a general guide, United States Golf Association rules can be found at <http://www.usga.org/Rule-Books/Rules-of-Golf/Rules-and-Decisions/>

**Format:** Events are men's and women's individual and team. In the individual event, golfers will compete in an 18-hole stroke-play individual tournament. Medals will be awarded in both low gross and low net divisions. 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 divisions, he or she will be awarded the higher ranking medal (ex. gold, then silver, then bronze), and the other division's results will be adjusted.

In the team event, the two players will play their own balls for each hole and will record their individual scores. The lowest of the two scores for the hole will be considered the team gross score for that hole. Net scores for a team will only be calculated if both players have previously submitted handicap information as specified below. The net score for the team will be calculated by adding the two player's handicaps together, with an 80% course allowance then subtracted.

For example, if player A is a 9.7 and player B is a 17.3, this would equal a combined 27 – minus 80% which calculates to a 5.4 which is then rounded to a team handicap of 5. The net calculation is the team's gross score minus their team handicap. In this example, if this team shoots a gross team score of 78, their team net score would be 73. Ties will be resolved in the manner described above.

To compete in the net divisions, acceptable proof of handicap from at least the second half of the previous season must be submitted—there will be no exceptions. All handicaps will be verified. The Games reserves the right to refuse any certification at its sole discretion. A maximum index of 25.0 for both men and women will be applied. Handicaps will be adjusted to the slope of the course.

Due to the limited number of possible entries, each team in the Games will be allowed one golf team entry. Additional golf teams will be allotted based on overall team size. Should a team qualify for a medal in both the gross and the net division, the team will be awarded the higher ranking medal (ex. gold, then silver, then bronze), and the other division's results will then be adjusted.

All **men under 50** and over 59 and all women will compete on the Yahara Hills West course, which has a difficulty rating of 109/66.0 for men and 116/70.9 for women. **Men 50–59** will compete on the Yahara Hills East course, which has a difficulty rating of 109/66.0 for men.

Equipment: If desired, clubs are available for a \$15 rental. Call Mark or Jim at 608.838.3126 after April 10<sup>th</sup> for more information.

## RACQUETBALL

**Rules:** As a general guide, United States Racquetball rules can be found at <http://www.usra.org/Rulebook.aspx>

**Format:** Competition in men's and women's singles. Final format will be determined based on the number of entries.

**Equipment:** Players must provide their own racquets. Eye protection and appropriate footwear are required.

## ROAD RACE

**Format:** The event will be staged over a 5K road course (1K for children 6–13 years old). Events are men's and women's individual (by age group), men's and women's team (not by age group), and children 6 and older. This event will include a living donor division.

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

## SWIMMING

**Rules:** As a general guide, United States Masters Swimming rules can be found at [www.usms.org/rules](http://www.usms.org/rules)

**Format:** The following events will be held: freestyle (50, 100, 200, 500); breaststroke (50, 100); backstroke (50,100); butterfly (50); 100 individual medley; 4x50 freestyle relay; and the 4x50 medley relay. All events will be timed finals. Relay entries will be accepted until one hour before the scheduled start of the event. The pool is 25 yards in length.

Children's Events:

- 10 and under: 25 freestyle
- 11–13: 50 freestyle, 50 backstroke, 50 breaststroke, 50 butterfly

Flotation devices will be allowed for children 5 and under.

## TABLE TENNIS

**Rules:** As a general guide, USA Table Tennis Association rules can be found at [www.usatt.org/rules](http://www.usatt.org/rules)

**Format:** Competition in men's and women's singles, and children 6 and older. Competitors must check in before their assigned age group check-in time. First round(s) will be round-robins, two out of three games to 11 points; top individuals advance to a single elimination tournament, best three out of five games to 11 points.

**Equipment:** Players must provide their own racquet; racquets must have different-colored sides. No sandpaper racquets are permitted.

## TENNIS

**Rules:** As a general guide, United States Tennis Association rules can be found at <http://www.usta.com/AboutUs/Rules.aspx>

**Format:** Competition in men's and women's singles; men's and women's doubles; and mixed doubles. Ages 6 and older. Competitors must check in before their assigned age group check-in time. Eight-game pro-set matches. Ties at seven games will be resolved using a 12-point tiebreaker (first to seven, must win by two points).

**Equipment:** The Nielsen Tennis Stadium is hard court. Players must bring their own racquets.

## TRACK AND FIELD

**Rules:** As a general guide, USA Track and Field rules can be found at [www.usatf.org/about/rules/2009](http://www.usatf.org/about/rules/2009)

**Format:** Track Events: 100, 200, 400, 800, 1500, 1500 racewalk, 4x100 relay, 4x400 relay. All events except the 100 are timed finals. In the 100, preliminary heats if necessary, eight fastest times to final. Spikes maximum 1/4".

When there are multiple heats in an event, the ranking of the athletes for medals or for advancement will be based solely on time.

Field Events: Shot put, discus, softball ball throw, long jump and high jump. Three attempts.

*Shot put weights:*

- 3 kg: men 60 and over; women 50 and over
- 4 kg: women under 50
- 5 kg (12 lbs): boys 14–17; men 40–59
- 7.26 kg (16 lb): men 18–39

*Discus weights:*

- 2 kg for men under 50
- 1 kg for women (all age groups) and men 50 and over

#### Children's Events:

- 5 and under: 25M, long jump and softball throw
- 6–10: 50M, long jump and softball throw
- 11–13: 100M, long jump, high jump and softball throw

Living donors will compete in their own division in the following events: 100M dash, softball throw and long jump.

#### TRIATHLON (Virtual)

**Rules:** This event will be contested by adding the individual times in the following three events: 5K Road Race, 500 Yard Freestyle Swim, and the 20K Cycling Event, with the lowest total elapsed time ranked first. This event counts as two of the maximum allowed four events.

**Format:** Competition by gender only. 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:** As a general guide, United States Volleyball Association rules can be found at <http://usavolleyball.org/pages/2495>

The height of the net for this event will be 2.24 meters (7' 4 1/8")—"women's" height.

**Format:** Teams will consist of a maximum of 12 players—no age groups, ages 11 and older allowed. Six players are required to start the competition, with at least one woman on the court at the beginning of play. A team may continue with four players if no other eligible players are available due to injury. 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 six substitutions are allowed per game, but none after a team has scored 20 points.

All teams will check in at 8 am on competition day. After check-in, brackets will be drawn; play will commence no later than one hour after check-in. 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 bracketed playoff round. The first round will be games of two sets to 25; rally scoring, win by two points 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 two or first team to 27. Third game, if needed, to 15 points.

Due to the limited number of possible entries, each team in the Games will be allowed one volleyball team entry. Additional volleyball entries will be based on overall team size.

06.28.10