

European Transplant Sports Championships Lisbon 2024

Sport Rules



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Forewords

The European Transplant Sports Championships (ETSC) is a multi-disciplinary sport competition organised by the European Transplant and Dialysis Sport Federation (ETDSF) and European Heart and Lung Transplant Federation (EHLTF) with the Local Organising Committee (LOC). The event follows ETDSF's and EHLTF's previous guidelines and is governed by both federations equally.

1. General Sport Rules

1.1. *General points*

All sports are run in accordance with the regulations of their International Governing Bodies except where modified by the ETDSF and EHLTF. Contravening these regulations may result in disqualification.

If, after registration has closed, in an event – considering all age categories – there are less than 3 athletes, then that event may be cancelled. In such cases, the athletes involved will be informed as soon as possible after the registration has closed and given the opportunity to choose another sport.

All doubles partnerships, teams and relays must consist of members from one nation only.

It is not permitted to enter an event after registration has closed. The only exceptions are:

- One of your events has been cancelled due to insufficient numbers and you have been asked to choose another event (before the first day of the Championships).
- Where the withdrawal of a participant on health / injury grounds causes a doubles partnership or a team to be short of a player. The replacement, from within the team, must be registered for less than 5 events and medically cleared for that event.

1.2. *Sporting events and competition categories*

As the ETSC 2024 is a joint event between ETDSF and EHLTF, there are some sports that are combined – meaning that all organ transplant recipients and people on dialysis compete in the same competition category. The combined sports are skill-based sports, team events, relays and doubles and mixed doubles events. Sports that are high intensity sports, such as track and field, badminton singles, swimming and so on, are separated events that have heart and lung and people on dialysis in their own competition categories.

Organising separated events will mean that there will be starts/heats for three different competition categories, and they will each have their own age and medalling categories. Competition categories are:

- Heart and Lung Transplant Category
- Dialysis Category
- Open Transplant Category

ETSC 2024 LISBON			
	European Heart and Lung Transplant Federation	European Transplant and Dialysis Sports Federation	
	Heart and Lung Transplant Event Category	Dialysis Event Category	Open Transplant Event Category
Event Categories	Heart	Hemo	Kidney
	Lung	APD	Liver
		CAPD	Heart
			Lung
			Bowel
			Pancreas
			Bone marrow
			Hemodialysis
Competing and medaling separately			APD - dialysis
			CAPD - dialysis
	Athletics	Athletics	Athletics
	Swimming	Swimming	Swimming
	Cycling	Cycling	Cycling
	5 km Mini-Marathon	5 km Mini-Marathon	5 km Mini-Marathon
	Virtual Duathlon	Virtual Duathlon	Virtual Duathlon
	Badminton singles	Badminton singles	Badminton singles
Table Tennis singles	Table Tennis singles	Table Tennis singles	
Tennis singles	Tennis singles	Tennis singles	
Competing and medaling together	Ten-Pin Bowling		
	Petanque		
	Darts		
	Golf		
	Volleyball		
	Basketball 3v3		
	Badminton doubles and mixed doubles		
	Table Tennis doubles and mixed doubles		
	Tennis doubles and mixed doubles		
	Padel open mixed		
	Swimming relays		
	Athletics relays		

1.3. Medalling

- **Singles Events**

- All age categories are medalled separately regardless of participant numbers.
- Please note that heart and lung transplant athletes and dialysis athletes can choose to register to Open Transplant Category but there will only be one set of medals offered for the category and no separate medals for dialysis athletes.
- Racquet sports have less age categories in use but if there are sufficient entries additional age categories will be made.
- All 70+ (M7/F7) athletes are medalled so that if there are more than three athletes in a competition, the athletes outside of official medals will receive a commemorative medal. Commemorative medals are not awarded in other age categories.

- **Team events, Relays and Mixed Doubles**

- Team events, (Volleyball, Basketball, Darts Triples, and the team event in the Road Race), Relay events (Swimming and Track) and Mixed Doubles events (Badminton, Table Tennis, Padel, Ten Pin Bowling and Tennis) are one open age category (from 15 years and older) with one set of medals.

In the following events, all transplant recipients and people on dialysis will compete together for one set of medals. Doubles partnerships can be both transplanted, both on dialysis or one transplant recipient and one person on dialysis.

- Badminton Doubles & Mixed Doubles
- Table Tennis Doubles and Mixed Doubles
- Ten Pin Bowling Doubles and Mixed Doubles
- Tennis Doubles and Mixed Doubles
- Padel Open Mixed Doubles
- Golf
- Relays (Swimming and Track)
- Volleyball
- Basketball
- Pétanque doubles
- Darts triple mix

1.4. Sport registration

Each competitor may enter a maximum of five events only, excluding relays and Volleyball. Athlete can only register for one type of sport per day. One or more of the five events may be from the same sport category, for example an athlete may choose all five sports registrations from swimming or from Track and Field or an athlete may choose all five sports from different sports (as long as they are on different days). Athletes participating in relays also must not have different sport category registration on the same day.

Organisers are not required to wait for athletes or teams in case or athlete or team is not present due to registering to different sport.

1.5. Age categories

Athletes will compete by gender in the following age groups, unless indicated otherwise in these rules. The athlete's age on the day of the Opening Ceremony of the Championships will apply):

			EHLTF category insignia
• M2	F2	(18-29 years)	Adults
• M3	F3	(30-39 years)	Seniors
• M4	F4	(40-49 years)	Veterans
• M5	F5	(50-59 years)	Super Veterans
• M6	F6	(60-64 years)	Old Boys and Girls
• M65	F65	(65-69 years)	Super Old Boys and Girls
• M7	F7	(70 years+)	Very Special Old Persons

Juniors will compete by gender in the following age groups:

- JM1 JF1 12-14 years
- JM2 JF2 15-17 years

Juniors, **15-17** years of age, are permitted to compete in the adults 18-29 years age category events but must continue in that age category for any other events in that sport, i.e., swimming, athletics.

1.6. Lane allocation

One heat/start may have one or more same gender medalling categories starting at the same time to save time. Combining more than one medalling event to a start/heat may include medalling categories from the same competition category or combine medalling categories from two or more competition categories. Medalling will still be organised separately for each medalling category.

1.7. Protests

Official protests are made by Team Managers to the senior local official for the relevant sports competition with payment of €50 (or the equivalent in local currency) within 15 minutes of declaration of the event result. If the senior official cannot resolve the protests, it will be passed to the Judiciary Committee with the senior official for the sport involved advising. A decision will be made by the Judiciary Committee as soon as possible. The €50 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 excuse themselves from the discussion and resolution of the protest.

2. ETSC 2024 Lisbon Sport Rules

Sport rules are edited for each ETSC event by ETDSF and EHLTF with LOC. The final modifications are reflecting the venue specifications. All athletes are expected to follow the set rules throughout the competition event and no changes are allowed during the competition.

2.1. 5km Mini-Marathon

Categories	ADULTS: Male and Female	
	Individual	Team
	H&L / Open Transplant / Dialysis	Combined
	18-29 years	Open Male Open Female
	30-39 years	
	40-49 years	
	50-59 years	
	60-64 years	
	65-69 years	
	70 years and over	
Open Category Donor Event		
<ul style="list-style-type: none"> ● One open age category in each gender 		
Rules	<ul style="list-style-type: none"> ● The event will be staged over a road course or on footpaths wide enough to allow for a safe event. Every effort will be made to provide maximum security for the competitors. ● Water will be available as dictated by the course but ideally at approximately $\frac{1}{3}$ of the course distance 	
Medal Structure	<ul style="list-style-type: none"> ● The individual medallists will be the first three finishers in each category ● Medals to be presented at the end of the competition ● Team Event: Medals are determined by adding the finishing times of the first three individuals from each country with the lowest combined time being declared the winner. Each country with three or more individual competition participants are automatic in the Team event. 	
Attire & Equipment	<ul style="list-style-type: none"> ● Competitors must wear sports clothing and sports footwear 	
Protests	<ul style="list-style-type: none"> ● Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. ● Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 	
Venue:		
Date/Time:		
Food:		

2.2. Badminton

Categories	ADULTS: Male and Female			
	Singles	Doubles	Mixed Doubles	
	H&L / Open Transplant / Dialysis	Combined	Combined	
	18-29 years	18-39 years	One Category One set of medals	
	30-39 years	40-59 years		
	40-49 years	60 years and over		
	50-59 years			
	60-64 years			
	65-69 years			
70 years and over				
Note: If there are sufficient entries additional age categories will be made				
Rules	<ul style="list-style-type: none"> ● Best of 3 games to 15 (Rally scoring) Scoring equipment to be provided ● Round Robin in the elimination to semi finals ● Doubles pairings will play in the category of the younger partner ● At least 8 courts to be provided ● Referee for each court (Must be at least a Club player) ● Tournament will be governed by International Badminton Federation Rules (http://is.gd/badmintonrules), except as modified herein 			
Medal Structure	<ul style="list-style-type: none"> ● Gold, Silver and Bronze medals will be awarded for each category ● Bronze medals will be awarded to both losing semi-finalists (If Round Robin only, then only one bronze unless there is a tie) ● Medals to be presented throughout the event as categories are completed 			
Attire & Equipment	<ul style="list-style-type: none"> ● Non-marking trainers ● Equipment: Players provide own racquets. Shuttlecocks will be provided 			
Protests	<ul style="list-style-type: none"> ● Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. ● Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 			
Venue:				
Date/Time:				
Food:				

2.3. Basketball 3v3

Categories	ADULTS: Open mixed	
	Team	Events
	Combined	One set of medals.
Open Mixed		
Rules	<ul style="list-style-type: none"> • This competition will be governed by Federation International de Basketball Rules except as modified herein. • National teams are comprised of a minimum of 3 and a maximum of 4 players • Both teams are entitled to request a substitution when the ball becomes dead prior to a check-ball or free throw. The substitute can enter the game without any prior notice to the officials or table officials while the ball is dead and the game clock is stopped. The substitutions can only take place behind the endline and require no action from the officials or table officials. • First round will be played as round robin. Games of 10 minutes. The first team to score 21 points or more wins the game. If the score is tied at the end of regular playing time, an overtime shall be played. There shall be an interval of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game • Participation in Basketball counts as one of the maximum 5 events each competitor may enter. 	
Medal Structure	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded to the top three teams • Medals to be presented at the end of the competition. 	
Attire & Equipment	<ul style="list-style-type: none"> • Competitors must wear appropriate Basketball clothing 	
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 	
Venue:		
Date/Time:		
Food:		

2.4. Cycling

Categories	ADULTS: Male and Female		
		5km Time Trial	30km Road Race
		H&L / Open Transplant / Dialysis	H&L / Open Transplant / Dialysis
		18-29 years	18-29 years
		30-39 years	30-39 years
		40-49 years	40-49 years
		50-59 years	50-59 years
		60-64 years	60-64 years
		65-69 years	65-69 years
		70 years and over	70 years and over
Rules	<ul style="list-style-type: none"> ● 5 km closed circuit time trial: The winner in each age group will be the individual with the lowest elapsed time ● 30 km Road Race: Some age group races may be combined in the interests of competition, but no race should contain more than 25 competitors ● The event will be governed by International Cycling Union Rules (http://is.gd/cyclerrules), except as modified herein. 		
Medal Structure	<ul style="list-style-type: none"> ● Gold, Silver and Bronze medals will be awarded for each category ● Medals to be presented at the end of the competition 		
Attire & Equipment	<ul style="list-style-type: none"> ● Helmets are compulsory and must be provided by the competitor ● Bicycles are generally not available for rent. Competitors must provide their own ● Bicycles must be in a safe and rideable condition - all bicycles are subject to a safety inspection ● Aero-bars are permitted in the time trial competition only 		
Protests	<ul style="list-style-type: none"> ● Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. ● Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 		
Venue:			
Date/Time:			
Food:			

2.5. Darts

Categories	ADULTS:		
	Male and Female		
	Individual	Triples	
	Combined	Combined	
	18-29 years	One Category One set of medals	
	30-39 years		
	40-49 years		
	50-59 years		
	60-64 years		
	65-69 years		
70 years and over			
Rules	<ul style="list-style-type: none"> ● In singles events the starting total is 301, for the triples event it is 501 ● The first to reduce their score to exactly zero is the winner. Competitors do NOT need to finish on a double ● If a score greater than that required to reach zero is thrown then none of the three darts count for that round and the score remains the same. ● It is a single elimination tournament with matches being the best of three legs ● The event will be governed by World Darts Federation Rules (http://is.gd/dartsrules), except as modified herein. 		
Medal Structure	<ul style="list-style-type: none"> ● Gold, Silver and Bronze medals will be awarded for each category ● Bronze medals will be awarded to both losing semi-finalists (If Round Robin only, then only one bronze unless there is a tie). ● Medals to be presented throughout the event as categories are completed. 		
Attire & Equipment	<ul style="list-style-type: none"> ● Competitors must wear sports clothing and sports shoes ● Competitors must provide their own darts 		
Protests	<ul style="list-style-type: none"> ● Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. ● Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 		
Venue:			
Date/Time:			
Food:			

2.6. Golf	
Categories	<ul style="list-style-type: none"> Male and female will compete in separate categories. The golfers will be banded in the best interests of competition according to golf handicaps submitted
Rules	<ul style="list-style-type: none"> Evidence of WHS handicap from the relevant national golf union must be submitted. There is no WHS handicap limit but for the purposes of scoring the maximum playing handicap will be 28 for male competitors and 36 for female competitors. The Stableford scoring system per hole is: <ul style="list-style-type: none"> Nett Eagle: 4 pts; Nett Birdie: 3 pts; Nett Par: 2pts; Nett Bogey: 1 pt; Nett Double bogey & above: 0 pts. Gross Eagle: 4 pts; Gross Birdie: 3 pts; Gross Par: 2pts; Gross Bogey: 1 pt; Gross Double bogey & above: 0 pts. <i>You get points for each hole. There are "gross" and "nett" stableford scores. You will get extra points based on your handicap of the day (to calculate your net score). Stableford is also meant to speed up the game a little as you can pick up your ball without finishing a hole if you're having a disaster (e.g. you've already played 7 strokes on a par 4 and you're still not on the green). When you mark your co-competitor's card, just fill in their gross score for each hole (i.e. the actual number of strokes he/she took per hole) - do not calculate their stableford points or nett score, that will all be done at the end.</i> Record only the gross score on each hole Competitors should pick up their golf ball without finishing the hole when they can no longer score on the hole The same single round covers both the gross and nett competition Ties will be resolved based on the best last 9 holes otherwise the best last 6 holes otherwise the best last three holes otherwise the best last hole – if still tied then from the front nine the best last 6 holes otherwise the best last three holes otherwise the best last hole and if still tied by the toss of a coin The event will be governed by the Royal and Ancient Golf Club of St. Andrews Rules (http://is.gd/golfrules), except as modified herein
Medal Structure	<ul style="list-style-type: none"> Gold, Silver a Bronze medals will be awarded for each Handicap band according to both the Gross and the Net scores A player can only win ONE golf medal, (either in the Gross OR the Net competitions) Medals will be awarded such that a player in a position for a medal in both categories will always get the higher medal If a competitor finishes in the same medal position in both the gross and nett competitions, the competitor is awarded the medal in the gross competition and is removed from the nett competition rankings
Attire & Equipment	<ul style="list-style-type: none"> A shirt with a collar and golf shoes must be worn Every player must bring their own equipment. Measurement devices will be permitted Golf Buggies will be available.
Protests	<ul style="list-style-type: none"> Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved.
Venue:	
Date/Time:	
Food:	

2.7. Pétanque

Categories	ADULTS: Male and Female		
		Singles	Doubles
		Combined	Combined
		18-29 years	18-39 years
		30-39 years	
		40-49 years	40-59 years
		50-59 years	
		60-64 years	
		65-69 years	
		70 years and over	60 years and over
Note: If there are sufficient entries additional categories will be made			
Rules	<ul style="list-style-type: none"> ● Round Robin in the elimination rounds to semi finals ● Matches play first to 13 wins or the score at 40 minutes counts (may change according to entries) ● The Petanque tournament will be played by the rules set by the International Petanque Federation except as modified herein. (http://is.gd/petanquerules). 		
Medal Structure	<ul style="list-style-type: none"> ● Gold, Silver and Bronze medals will be awarded for each category ● Bronze medals will be awarded to both losing semi-finalists ● Medals to be presented throughout the event as categories are completed 		
Attire & Equipment	<ul style="list-style-type: none"> ● Competitors must wear sports clothing and sports shoes ● Competitors should provide their own petanque balls. If they cannot, they must inform the organisers in advance of the day of the Opening Ceremony. 		
Protests	<ul style="list-style-type: none"> ● Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. ● Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 		
Venue:			
Date/Time:			
Food:			

2.8. Padel					
Categories	ADULTS:				
	Open mixed				
	<table border="1"> <thead> <tr> <th>Team</th> <th>Events</th> </tr> </thead> <tbody> <tr> <td>Combined</td> <td rowspan="2">One set of medals.</td> </tr> <tr> <td>Open Mixed</td> </tr> </tbody> </table>	Team	Events	Combined	One set of medals.
Team	Events				
Combined	One set of medals.				
Open Mixed					
Rules	<ul style="list-style-type: none"> • This competition will be governed by international Padel Federation Rules except as modified herein. • sufficient number of hard courts and independent judge referees for all tournament • Open mixed category allows all gender combinations to participate (male-male, female-female, male-female) • If there are 3 or more same sex pairs for both gender categories then the doubles are divided by gender and mixed pairs will play in mens doubles category. • If there are 5 or less teams then only round robin is played with no ad rule. • If there are more than 5 teams in the age category then the group will be divided into two or more round robin groups. Round robin: first to 4 games, tiebreak at 3:3 normal format. Semifinals and finals: first to 4 with no ad rule. Tiebreak at 3:3 normal format. • First round will be played as round robin. Games of 10 minutes. The first team to score 21 points or more wins the game. If the score is tied at the end of regular playing time, an overtime shall be played. There shall be an interval of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game • Participation in Padel counts as one of the maximum 5 events each competitor may enter. 				
Medal Structure	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded to the top three teams • Medals to be presented at the end of the competition. 				
Attire & Equipment	<ul style="list-style-type: none"> • Competitors must wear appropriate sports clothing and sports shoes • Equipment: Players provide own racquets. Balls will be provided 				
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior 				
Venue:					
Date/Time:					
Food:					

2.9. Swimming

Categories	ADULTS:		
	Male and Female		
	Individual events	Events	
	H&L / Open Transplant / Dialysis	Freestyle: 50m, 100m, 400m	Time limit for 400m:
	18-29 years	Breast Stroke: 50m, 100m	
	30-39 years	Back Stroke: 50m, 100m	
	40-49 years	Butterfly: 50m, 100m	
	50-59 years	Individual Medley: 200m	Time limit:
	60-64 years	Freestyle Relay: 4x50m (combined)	
65-69 years	Medley Relay: 4x50m (combined)		
70 years and over			
Rules	<ul style="list-style-type: none"> ● 50/25m pool will be used ● Electronic timing or timekeeper for each lane measuring the eight fastest times to final ● We will be operating heat declared finals. ● Stroke judge to monitor every lane ● When appropriate, age categories may be combined in the interests of competition and meet management but will be medalled separately. ● There must be a lunch break in the programme ● The event will be governed by Federation Internationale de Natation (FINA) rules, except as modified herein. Http://is.gd/swimrules. 		
Medal Structure	<ul style="list-style-type: none"> ● Gold, Silver a Bronze medals will be awarded for each category ● Medals to be presented throughout the event as categories are completed 		
Attire & Equipment	<ul style="list-style-type: none"> ● Ideally, swim Hats should be worn by all swimmers 		
Protests	<ul style="list-style-type: none"> ● Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. ● Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 		
Venue:			
Date/Time:			
Food:			

2.10. Table Tennis

Categories	ADULTS:			
	Male and Female			
	Singles		Doubles	Mixed Doubles
	H&L / Open Transplant / Dialysis		Combined	Combined
	18-29 years		18-39 years	One Category One set of medals
	30-39 years		40-59 years	
	40-49 years			
	50-59 years			
	60-64 years		60 years and over	
	65-69 years			
70 years and over				
Note: If there are sufficient entries additional categories will be made				
Rules	<ul style="list-style-type: none"> • At least 12 tables • An independent referee per table • Best of 5 games to 11 • Round Robin in the elimination to semi-finals • Doubles pairings will play in the category of the younger partner • Tournament will be governed by International Table Tennis Federation Rules (http://is.gd/tabletennisrules), except as modified herein. 			
Medal Structure	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded for each category • Bronze medals will be awarded to both losing semi-finalists • Medals to be presented throughout the event as categories are completed 			
Attire & Equipment	<ul style="list-style-type: none"> • Non-marking trainers must be used. • Dark shirts must be worn (different colour to the balls used) • Equipment: Players provide own paddles. NEW PLASTIC BALLS WILL BE USED 			
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 			
Venue:				
Date/Time:				
Food:				

2.11. Tennis

Categories	ADULTS: Male and Female			
		Singles		Doubles
		H&L / Open Transplant / Dialysis		Combined
		18-39 years		18-39 years
		40-59 years		40-59 years
		60 years and over		60 years and over
				Mixed Doubles Combined One Category One set of medals
Note: If there are sufficient entries additional age categories will be made				
Rules	<ul style="list-style-type: none"> • At least 8 hard courts • An independent umpire per court (at least a club player) • If there are 5 or less players in the age category then only round robin is played. First to 6 with no ad rule • If there are more than 5 players in the age category then the group will be divided into two or more round robin groups. Round robin: first to 4 games, tiebreak at 3:3 normal format. Semifinals and finals: first to 6 with no ad rule. Tiebreak at 6:6 normal format. • Doubles pairings will play in the category of the younger partner • Tournament will be governed by International Tennis Federation Rules (http://is.gd/tennisrules), except as modified herein. 			
Medal Structure	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded for each category • Bronze medals will be awarded to both losing semi-finalists • Medals to be presented throughout the event as categories are completed 			
Attire & Equipment	<ul style="list-style-type: none"> • Competitors must wear sports clothing and sports shoes • Equipment: Players provide own racquets. Balls will be provided 			
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 			
Venue:				
Date/Time:				
Food:				

2.12. Ten Pin Bowling

Categories	ADULTS: Male and Female			
	Singles	Doubles	Mixed Doubles	
	Combined	Combined	Combined	
	18-29 years	18-29 years	One Category One set of medals	
	30-39 years	30-39 years		
	40-49 years	40-49 years		
	50-59 years	50-59 years		
	60-64 years	60-64 years		
	65-69 years	65-69 years		
	70 years and over	70 years and over		
Rules	<ul style="list-style-type: none"> • At least 16 lanes • Officials to monitor lanes • 3 game competition in singles & doubles • The Ten Pin Bowling tournament will be played by the rules set by the World Ten Pin Bowling Association except as modified herein. (http://is.gd/tenpinbowlingrules). • Lane conditioning plan and oiling pattern should be released minimum of one month before the competition. 			
Medal Structure	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded for each category • Medals to be presented throughout the event as categories are completed 			
Attire & Equipment	<ul style="list-style-type: none"> • Competitors must wear sports clothing and bowling shoes • Competitors can provide their own bowling balls. If they cannot, they can use the house balls available at the venue. 			
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 			
Venue:				
Date/Time:				
Food:				

2.13. Track & Field (Athletics)

Categories	ADULTS:			
	Male and Female			
	Individual events		Events	
	H&L / Open Transplant / Dialysis		Track:	
	18-29 years		100m, 200m, 400m, 800m, 1500m	
	30-39 years		3000m (female) / 5000m (Male) Power Walk	
	40-49 years		4x100m Relay (combined)	
	50-59 years		Field:	
	60-64 years		Long Jump, High Jump	
	65-69 years		Javelin, Discus, Shot Putt, Cricket Ball Throw	
70+ years				
Donor	Open Male		100m, ball throw, long jump	One set of medals for each gender category.
	Open Female			
Rules	<ul style="list-style-type: none"> ● 8 lane 400m running track ● Official Starter, Timekeeper for each lane or Electronic Timing and Field Judges required ● For sprints (100m, 200, 400m) starting blocks should be available but are not compulsory ● There will be separate heats in each age group if more than 8 individuals compete. Advancement to the final is based solely on times. If fewer than 8 competitors, then there will be a straight final ● The 5000m and 3000m Walking event is a Power Walking event. There is one rule. Disqualification will result when athletes are judged to be running (both feet off the ground at the same time) in 3 separate instances by 3 separate officials during the course of the race. ● Field events: There will be 3 preliminary attempts with the 8 best participants advancing to the final. There will be 3 further attempts in the final. Otherwise there will be 3 attempts only. ● The competition will be governed by International Amateur Athletics Federation rules (http://is.gd/athleticsrules) except as modified herein. ● Donor category is a single age group men and women separately 			
	Shot put weights:		Javelin weights:	
	3 kg: men 60 & over; women 50 & over		800 grams-men under 50	
	4 kg: women under 50.		600 grams-women under 50; men 50-69	
	5 kg: men 40-59.		400 grams-women 50 & over; men 70 & over	
	7.26 kg: men 18-39.			
	Discus weights:		Ball throw weights:	
	2 kg: men under 50		Ball for Ball Throw is 156 g cricket ball.	
	1,5 kg: men between 50-59			
	1 kg: women (all age groups) & men 60 & over			

Medal	
Stucture	<ul style="list-style-type: none"> • Medals to be presented throughout the event as categories are completed
Attire	<ul style="list-style-type: none"> • Competitors must wear appropriate sports clothing. Running spikes are permitted.
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved.
Venue:	
Date/Time:	
Food:	

2.14. Virtual Duathlon (Heart and Lung only)

Categories	ADULTS: Male and Female	
	Singles	Events
	Transplant	1500m Run 30km cycling event
	18-29 years	
	30-39 years	
	40-49 years	
	50-59 years	
	60-64 years	
	65-69 years	
70+ years		
Rules	<ul style="list-style-type: none"> • This event will be contested by adding the individual times in the following events: 1500m Run and 30km Cycling event. • Medals will be awarded to the lowest combined times for the three events • By registering for this event, the competitor is automatically entering the aforementioned 2 events. This does not count as an additional 3th event in its own right. • To be eligible, an athlete must be deemed to have competed in each of the two events according to the rules of each event. 	
Medal	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded for each category 	
Structure	<ul style="list-style-type: none"> • Medals to be presented throughout the event as categories are completed 	
Attire & Equipment	<ul style="list-style-type: none"> • Competitors must wear appropriate sports clothing 	
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 	
Venue:		
Date/Time:		
Food:		

2.15. Virtual Triathlon (Open and Dialysis only)

Categories	ADULTS: Male and Female	
	Singles	Events
	Transplant / Dialysis	5km road race 400m Freestyle swim 30km cycling event
	18-29 years	
	30-39 years	
	40-49 years	
	50-59 years	
	60-64 years	
	65-69 years	
70+ years		
Rules	<ul style="list-style-type: none"> • This event will be contested by adding the individual times in the following events: 5km Road Race; 400m Freestyle Swim; 30km Cycling event. • Medals will be awarded to the lowest combined times for the three events • By registering for this event, the competitor is automatically entering the aforementioned 3 events. This does not count as an additional 4th event in its own right. • To be eligible, an athlete must be deemed to have competed in each of the three events according to the rules of each event. 	
Medal Structure	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded for each category • Medals to be presented throughout the event as categories are completed 	
Attire & Equipment	<ul style="list-style-type: none"> • Competitors must wear appropriate sports clothing 	
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 	
Venue:		
Date/Time:		
Food:		

2.16. Volleyball

Categories	ADULTS:		
	Open mixed		
		Team	Events
		Combined	One set of medals.
	Open Mixed		
Rules	<ul style="list-style-type: none"> • This competition 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 12 players • Up to 5 substitutions allowed per game but none after a team scores 20 points • First round will be played as round robin. Games of two sets to 25 points; rally scoring, win by 2 or first team to 27 points. Ties are broken by looking at the scores of sets. The team with the best ratio of points scored divided by points lost is the winner. • Bracketed playoff round is best two of three games, games to 25 points, rally scoring, win by 2 or first to 27. Third games if needed to 15 points. • Participation in volleyball counts as one of the maximum 5 events each competitor may enter. 		
Medal Structure	<ul style="list-style-type: none"> • Gold, Silver and Bronze medals will be awarded to the top three teams • Medals to be presented at the end of the competition. 		
Attire & Equipment	<ul style="list-style-type: none"> • Competitors must wear appropriate volleyball clothing 		
Protests	<ul style="list-style-type: none"> • Official protests are made to the senior official for the relevant sports competition with payment of €50 or local equivalent within 15 minutes of declaration of the event results. • Protests will be dealt with by the Judiciary Committee in consultation with the senior official for the sport involved. 		
Venue:			
Date/Time:			
Food:			