

2025 National Senior Games Frequently Asked Question (FAQ)

Q: When and where are the next National Senior Games?

A: The National Senior Games is a biennial event, held every other year in odd-numbered years (2025, 2027, etc.) with athletes qualifying in even-numbered years (2024, 2026, etc.).

The next National Senior Games will be in Des Moines, Iowa on July 24-August 4, 2025.

Q: How do I qualify for the 2025 National Senior Games in Des Moines, Iowa?

A: To qualify for the 2025 National Senior Games, athletes must be at least 50 years of age by 12/31/2024 and meet the qualification standards for their sport(s)/event(s) in 2024 at a Qualifying State Senior Games that is sanctioned by NSGA. Athletes may qualify at the sanctioned senior games in the state they live in, or in any state which allows out-of-state competitors. Qualification steps are available at [NSGA.com](https://www.nsga.com); under the NATIONAL GAMES tab select, How To Qualify.

Q: I medaled at the 2023 National Senior Games. Does that automatically qualify me for the 2025 National Senior Games in Des Moines, Iowa?

A: Qualification is not automatic based on medaling or participating at the previous National Senior Games. Athletes must qualify for each National Senior Games by meeting the qualification criteria for the sport as specified in the NSG Rulebook available at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.

Q: Where can I qualify in 2024?

A: Athletes may qualify for the 2025 National Senior Games at a 2024 Qualifying State Senior Games that is sanctioned by NSGA. They can participate at the sanctioned senior games in their state of residence, or in any state that allows out-of-state competitors. The Qualifying State Senior Games are managed independently from the National Senior Games. Athletes are advised to directly contact the senior games office(s) in any location(s) where they plan to participate in 2024 to get specific competition dates, deadlines and details. A directory and contact list for the Qualifying State Senior Games is available at [NSGA.com](https://www.nsga.com), under the STATE GAMES tab.

Q: Will I receive a qualification notice for the National Senior Games?

A: NSGA will email qualification notices to qualified athletes who have a valid email address on file with NSGA. Electronic qualification notices are sent after the state senior games where the athlete qualified submits complete and accurate results to NSGA and the results for all sports are verified through the qualification process. It is important that athletes provide both the Qualifying State Senior Games and NSGA with a valid email address in order to receive electronic qualification notices and communications. NSGA is not responsible for misdirected email communications. Qualification steps are available at [NSGA.com](https://www.nsga.com); under the NATIONAL GAMES tab select, How To Qualify.

Q: The Qualifying State Senior Games in my state of residence do not offer a certain sport/event or there are no Qualifying State Senior Games offered. How can I qualify?

A: There are a couple of pathways to qualify: Limited Event Qualification or participating at the Qualifying State Senior games in another state.

Limited Event Qualification: 20K and 40K Cycling, Hammer Throw, Pole Vault, Road Race, Triathlon and the following Non-Ambulatory Sports - Bowling and Shuffleboard are considered "limited" events. Please refer to Rule D – QUALIFICATION FOR "LIMITED" EVENTS in the NSG Rulebook available at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.

If your sport/event is not a 'limited event', the pathway to qualify is to attend the Qualifying State Senior Games in another state. You may participate in any Qualifying State Senior Games which is open to out-of-state competitors. Please directly contact the Qualifying State Senior Games to confirm information for out-of-state athletes as participation details can vary between state games. A list of Qualifying State Senior Games with contact information is available at [NSGA.com](https://www.nsga.com), under the STATE GAMES tab.

Q: What are the qualification standards for my sport?

A: Qualifying standards are specific to each sport/event and are available in the respective sport section of the NSG Rulebook available at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.

For most sports, the top 4 finishers in each age group qualify for the National Senior Games, as well as those who meet the Minimum Performance Standards (for applicable sports). The exceptions are Golf (only 1st place qualifies or meet the Minimum Performance Standards) and Road Race & Triathlon (all finishers qualify). For team sports (basketball, softball, volleyball) the top 3 teams in each age group, per skill division (if applicable) qualify.

Q: Explain qualifying by Minimum Performance Standards (MPS)?

A: Minimum performance standards (MPS) have been established for many events where the performance can be measured by time, distance, or score. An athlete does not have to meet both the placement and MPS criteria in order to qualify - it is one or the other (placement or MPS). For sports with MPS, it's possible to have many qualifiers in each age group. If the top 10 participants in an age group all meet the minimum standard, all 10 qualify. To qualify by MPS, athletes must meet the minimum standard for the age group they are competing in at a Qualifying State Senior Games. (Example: An athlete is 54 in 2024 and competes in the 50-54 age division at a Qualifying State Senior Games, but will move to the 55-59 age division at the 2025 National Senior Games. At the Qualifying State Senior Games the athlete must meet the MPS for the 50-54 age group in order to qualify by MPS for the National Senior Games). Sports which have minimum performance standards are: Archery, Golf, Race Walk, Swimming and Track and Field. For details refer to the respective sport section of the NSG Rulebook available at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.

Q: Between the Qualifying State Senior Games in 2024 and the 2025 National Senior Games I will change age groups. What age group do I compete in at the Qualifying State Senior Games?

A: In 2024 at most Qualifying State Senior Games, athletes will compete in the age group based on their age as of December 31, 2024 (if that is the age determination date being used by the Qualifying State Senior Games you attend). The age determination date is established by each Qualifying State Senior Games so it can vary. Reference Rule B and Rule C which explain Age Determination, in the NSG Rulebook available at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.

Please directly contact the senior games office in the state(s) where you plan to compete in 2024 for age determination date and specific qualifying information. A list of Qualifying State Senior Games with contact info is available at [NSGA.com](https://www.nsga.com), under the STATE GAMES tab.

Q: What age division will I compete in at the 2025 National Senior Games in Des Moines, Iowa?

A: At the National Senior Games in 2025, age division will be determined by your age as of **December 31, 2025** (regardless of the age you were when you qualified). Reference Rule B and Rule C which explain Age Determination, in the NSG Rulebook available at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.

- Age division for all **singles competition** at the 2025 National Senior Games will be determined by the athlete's age as of December 31, 2025.
- Age division for all **doubles and mixed doubles competition** will be determined by the age of the younger partner as of December 31, 2025.
- Age division for **pickleball age/skill doubles and mixed doubles competition** will be determined by the higher skilled partner and the lower aged partner as of December 31, 2025.
- Age division for all **relay competition** will be determined by the age of the youngest relay team member as of December 31, 2025.
- Age division for all **team competition** will be determined by the age of the youngest player on the National roster as of December 31, 2025.

Q: At the National Senior Games can I play with a different Doubles Partner from the person I qualify with at the Qualifying State Senior Games and does my new partner have to qualify?

A: Doubles partners who qualify together are not required to play together at the National Senior Games. For details reference Rule E-Doubles Partners in the NSG Rulebook available at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.

The new partner does need to qualify for at least one event (singles, doubles or mixed doubles) within the Sport, to be eligible as a doubles partner at the National Senior Games.

Q: Is there a way to participate in the 2025 National Senior Games if I'm unable to qualify?

There are a few competitions being offered at the 2025 National Senior Games as "Open Sports/Events," which do not require qualification: Basketball Shooting Skills Competition, Beach Volleyball, Billiards, Cornhole, Cycling Recumbent Time Trials, Disc Golf, Golf Scramble, Non-Ambulatory Pickleball Singles, Power Lifting, Power Walk, 1-Mile Road Race, 8v8 Soccer, Tai Chi and Triathlon Relay. Athletes must be at least 50 years of age by 12/31/2024 to be eligible. For details refer to the Menu of Events and specific sport section of the NSG Rulebook at [NSGA.com](https://www.nsga.com), under the NATIONAL GAMES tab.



Q: When will I be able to register for the 2025 National Senior Games in Des Moines, Iowa?

A: Online Registration for the National Senior Games in Des Moines, Iowa will begin in the Fall of 2024. Once details are finalized, exact registration dates and deadlines will be available at [NSGA.com](https://www.nsga.com); under the NATIONAL GAMES tab select Registration.

Q: If I qualify in a sport/event for the National Senior Games, am I guaranteed entry into the sport/event?

A: The number of registrants may be limited for certain sports/events and registration could reach capacity at any point during registration. NSGA is unable to guarantee entry into sports/events that reach registration capacity.

Q: How will I know if my sport/event has entry limits and what the registration capacity is?

A: Before registration begins, registration capacity (for sports with entry limits) will be listed at [NSGA.com](https://www.nsga.com); under the SPORTS tab select your sport to see if entry limits apply.

Q: If my sport/event reaches registration capacity will a waiting list be taken?

A: If a sport/event reaches registration capacity a waiting list will be taken. If space becomes available in the sport/event, athletes on the waiting list will be contacted in chronological order and will be given a brief timeframe to accept the opening and to register for the sport/event. NSGA is unable to guarantee entry into sports/events that reach registration capacity.