

2025 National Summer Games Rules Update

The 2025 National Summer Games will be run under 2022 sports rules, with the exception of the details outlined below.

Athletics

1. Standing Long Jump
 - Competitors shall start with both feet from a take-off line. The **take-off line shall be placed at the nearer edge** of the landing area (pit).
 - The take-off line can be marked by a coloured tape or marked permanently by a white line on the runway surface.
 - The competitor shall initiate all attempts from behind the take-off line.
2. Long jump
 - Jump board/take off line will remain 1m from the pit.
3. Track
 - The 50m Run / Walk distance has been changed to 60m. This aligns with Athletics New Zealand rulings and track markings.
4. Javelin
 - No Javelin will be offered at NSG 2025. Mini Javelin will be offered.
5. Maximum effort rule
 - Enforced across all divisions.



Bocce

1. The 2024 Divisioning process will be used
 - Each competitor should play a modified frame from 3 distances.
 - The referee will place the Pallina at the marked spot (centre) of the 9.15m (30-ft) line, and the player should play four balls. The referee will measure the distance to the Pallina of each ball and record these distances in centimetres. Four balls are also played and measured for the other two divisioning distances (12.20m and 15.24m) and measured. Twelve measurements are made instead of nine. This gives player their divisioning score.
2. Unified
 - Athletes can choose to compete in Doubles, Teams and Unified Doubles and Unified Teams.
 - Unified players can be coaches/mentors but must adhere to bocce coaching rules during play outlined in SONZ Bocce 2022 rules.
 - Unified partners must have completed 10 hours of training alongside their SO athlete before competition to qualify.
 - Athletes will be divisioned for both standard and unified simultaneously and an athletes divisioning score is applicable to both formats.

Basketball

1. Unified
 - Athletes can compete in both the 5x5 format and Unified 3x3 at NSG 2025.
 - Unified players can be coaches/mentors but must adhere to basketball coaching rules during play outlined in SONZ Basketball 2022 rules.
 - Unified partners must have completed 10 hours of training alongside their SO athlete before competition to qualify.
 - Clubs can enter Unified 3x3 without their team having a unified partner within the team. Other teams will have unified partners playing and will adhere to Unified rules for 3x3.

Equestrian

1. Helmet Tagging
 - All rider helmets must be tagged or taggable before competition. This is in line with Equestrian NZ rules.

Golf

1. Unified

- Unified players can be coaches/mentors but must meet the unified standard for eligibility: Both the athlete and Unified partner to have completed an Individual Skills Competition with a total score of at least 60 points to qualify.
- If an athlete competes in Unified golf, they will not be able to enter standard stroke play due to timetabling.

Swimming

1. Mixed Relays additional format.

- A Mixed relay team **MUST** consists of 2 male and 2 female swimmers.
- Where a relay team is unable to fill a Mixed relay, the team shall compete as a Male relay.
- Relay teams must consist of swimmers from the same Club. Combined Club relays and, combined relays will not be permitted.

2. Exception Code list added. During competition exception codes shall be identified on the swimmers' arms. The code will be written vertically below the bib number on the upper part of both arms in marker.

- A = Assistant required poolside, which could be for hearing impaired, visual impaired, support and guidance.
- B = Sitting on starting block for start.
- C = Sitting on concourse for start.
- E = Unable to grip handle/s with hand/s in Backstroke.
- H = Hearing impaired swimmer who will require a Strobe Light.
- L = Swimmer needs to be in a side lane for medical, confidence reasons.
- S = Standing start on concourse.
- T = Assistant required for a visual impaired swimmer who uses a Tapper.
- U = Swimwear exception for medical, cultural, religious, modesty reason/s.
- W = Water start.
- Z = Medical alert.

