



National
Senior Games
Association

ROAD RACE

SPORT RULES

2027 National Senior Games

Presented by **Humana**



NSGA.com

ROAD RACE

EVENTS

1 Mile (OPEN) / 5K / 10K

QUALIFYING RULES

1. All athletes who complete a 5K or 10K Road Race at a 2026 NSGA Qualifying State Games will qualify for the 2027 National Senior Games.
2. Athletes who reside in a state that does not offer a 5K or 10K road race may qualify for those events by meeting the “limited” event qualifying criteria in Rule D.
3. A 5000-meter and 10000-meter track event cannot be used as a qualifying event for the 5K and 10K road race, respectively.
4. For 2027, the 1 Mile Run event will be classified as an “OPEN” event. Athletes do not need to qualify at a 2026 state qualifier.

ENTRY REGULATIONS

1. Athletes qualified in either the 5K or the 10K Road Race may compete in both events.

FORMAT

1. The 1 Mile Run, 5K and 10K events will all be conducted on a road course.
2. Awards will be presented for 1st through 8th place within each age division for the 5K and 10K Road Races. Awards will be presented for 1st through 4th place within each age division for the 1-Mile Road Race.
3. The NSGA reserves the right to change the race format for any age division based on entry numbers, space restrictions, or other circumstance.

SPORT RULES

1. All Road Race events will be conducted in accordance with USA Track & Field rules, except as modified herein. For a copy of these, rules please visit the USATF website www.usatf.org or call:
USA Track & Field
132 East Washington St., Suite 800
Indianapolis, IN 46204
(317) 261-0500
2. For the safety and well-being for the athlete, a time limit of 20 minutes maximum per kilometer will be allowed. The athlete will be pulled from the course if exceeding the 20-minute maximum time limit.