

2022 USA Games Sports & Events Listing

To improve the quality of competition we are reducing the number of events that will be offered within individual sports. The reductions were done in consultations with the Quality Games Task Force based upon participation in previous USA Games.

Sport		Events	
Athletics	Category 1 <ul style="list-style-type: none"> • 50M Run • 100M Walk • 400M Walk • Long Jump • Mini Jav 	Category 2 <ul style="list-style-type: none"> • 100M Run • 200M Run • 400M Run • 4x100M Relay • 4x400M Relay • Shot Put • Long Jump • Mini Jav 	Category 3 <ul style="list-style-type: none"> • 400M Run • 800M Run • 1500M Run • 4x100M Relay • 4x400M Relay • Shot Put • Long Jump • Mini Jav
	Category 4 <ul style="list-style-type: none"> • 1500M Run • 3000M Run • 5000M Run • 10,000M Run • 4x100M Relay • 4x400M Relay 	Category 5 <ul style="list-style-type: none"> • Pentathlon • 4x100M Relay • 4x400M Relay 	Category 6 <ul style="list-style-type: none"> • Interscholastic Unified Team
Bocce	<ul style="list-style-type: none"> • Singles • Doubles • Team (4 Person) 	<ul style="list-style-type: none"> • Unified Doubles • Unified Team (4 Person) 	
Bowling	<ul style="list-style-type: none"> • Singles • Doubles • Team (4 Person) 	<ul style="list-style-type: none"> • Unified Doubles • Unified Team (4 Person) 	
Equestrian	<ul style="list-style-type: none"> • Dressage: Levels A, BI • Pole Bending: Levels A, BI • Barrel Racing: Levels A, BI • Unified Drill Team: Levels A, BI 	<ul style="list-style-type: none"> • English Equitation: Levels A, BI, BS • Western Equitation: Levels A, BI, BS • Western Working Trails: Levels A, BI, BS • English Working Trails: Levels A, BI, BS 	
Golf	<ul style="list-style-type: none"> • Level 1 Individual Skills • Level 2 Alternate Shot Unified Team 9 Hole • Level 3 Alternate Shot Unified Team 18 Hole 	<ul style="list-style-type: none"> • Level 4 Stroke Play 9 Hole • Level 5 Stroke Play 18 Hole 	
Gymnastics	<u>Artistic</u> <ul style="list-style-type: none"> • Level 1 • Level 2 • Level 3 • Level 4 	<u>Rhythmic</u> <ul style="list-style-type: none"> • Level 1 • Level 2 • Level 3 • Level 4 	

Open Water Swimming	<ul style="list-style-type: none">• 1000M• 1500M		<ul style="list-style-type: none">• 1000M Unified• 1500M Unified
Powerlifting	<ul style="list-style-type: none">• Bench Press• Deadlift• Squat		<ul style="list-style-type: none">• Combination Bench & Deadlift• Combination Bench, Deadlift & Squat
Stand Up Paddle	<ul style="list-style-type: none">• Level 1 – Max 4800 Yards• Level 2 – Max 3200 Yards		<ul style="list-style-type: none">• Level 3 – Max 1600 Yards• Level 4 – Max 800 Yards
Swimming	Category 1 <ul style="list-style-type: none">• 25 Freestyle• 25 Backstroke• 4x25 Freestyle Relay	Category 2 <ul style="list-style-type: none">• 25 Backstroke• 50 Butterfly• 50 Breaststroke• 50 Freestyle• 50 Backstroke• 100 Freestyle• 4x25 Freestyle Relay• 4x50 Freestyle Relay• 4x50 Medley Relay	Category 3 <ul style="list-style-type: none">• 100 Freestyle• 100 Backstroke• 100 Butterfly• 100 Breaststroke• 100 individual Medley• 200 Individual Medley• 200 Freestyle• 400 Freestyle• 4x25 Freestyle Relay• 4x50 Freestyle Relay• 4x50 Medley Relay
Surfing	<ul style="list-style-type: none">• Level 1 – No physical assistance, must stand on board.• Level 2 – Physical assistance getting onto board, must stand on board.• Level 3 – Physical assistance getting onto board, may kneel or stand.		
Tennis	<ul style="list-style-type: none">• Singles• Doubles	<ul style="list-style-type: none">• Mixed Doubles• Unified Doubles	
Triathlon	<ul style="list-style-type: none">• Sprint (tentative: Swim – 300M, Bike – 10 miles, Run – 5K)	<ul style="list-style-type: none">• Unified Sprint (tentative: Swim – 300M, Bike – 10 miles, Run – 5K)	
TEAM SPORTS			
Baseball	<ul style="list-style-type: none">• Team		
Basketball	<ul style="list-style-type: none">• Team (5v5)• Unified Team (5v5)• Interscholastic Unified (5v5)	<ul style="list-style-type: none">• Intercollegiate Unified (5v5)• 3v3 Team (Female)• 3v3 Unified (Female)	
Competitive Cheer	<ul style="list-style-type: none">• Small Team Level 1• Small Team Level 2	<ul style="list-style-type: none">• Small Unified Team Level 1• Small Unified Team Level 2	
Flag Football	<ul style="list-style-type: none">• 5v5 Team• 5v5 Unified Team	<ul style="list-style-type: none">• 5v5 Intercollegiate Unified	
Soccer	<ul style="list-style-type: none">• 5v5 Team• 7v7 Unified	<ul style="list-style-type: none">• 5v5 Interscholastic Unified• 7v7 Intercollegiate Unified	
Softball	<ul style="list-style-type: none">• Team	<ul style="list-style-type: none">• Unified Team	
Volleyball	<ul style="list-style-type: none">• Team• Unified Team	<ul style="list-style-type: none">• Intercollegiate Unified	