North Carolina Senior Games began in 1983 with a vision to create a year-round health promotion and wellness education program for adults 50 years of age and better.

Senior Games is a holistic approach to keeping the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.

Something for Everyone!

Local Senior Games

53 Local Games serving all 100 counties across the state

SilverArts

Heritage, Visual, Performing, Literary Arts and Cheerleader programs

SilverStriders

National award-winning walking program

Silver Legacies

Planned giving and endowment program
Sports

Archery, Badminton, Basketball Shooting, Basketball Tournament, Billiards, Bocce, Bowling, Cornhole, Croquet, Cycling, Shot Put, Discus, Running and Standing Long Jumps, Football Throw, Golf, Horseshoes, Mini Golf, Pickleball, Shuffleboard, Softball Throw, Softball Tournament, Swimming, Table Tennis, Tennis, Track Events (including Race Walk & Power Walking)


The NCSG Official Rules Book is available on our website or from your Local Coordinator.

Senior Games State Finals 2022

is for qualifiers from Local Games who register by August 1st.

Archery September 1
Bocce & Cornhole Tournaments September 7–8
Mini Golf September 9

Big Week
Raleigh/Cary/Durham September 19–25

Pickleball Tournament October 15–17
Softball Tournament October 21–24
Golf Tournament TBD
Basketball Tournament TBD

National Senior Games

is offered every two years for State Finals qualifiers. Contact NSGA for information at nsga@nsga.com or 727-475-1187.

www.nsga.com

Local Senior Games

Participants in all 100 North Carolina counties compete in 53 Local Games programs each spring.

Volunteer

for a Local Games or State Finals and enjoy the fun, fitness, family and fellowship that is Senior Games.

Visit www.ncseniorgames.org for Local Games details, results, records, & more!
SilverArts, "a celebration of the creative Spirit" is a major component of the traditional athletic competition of North Carolina Senior Games. In a philosophy that strives to keep seniors healthy, active, and involved, SilverArts unites the athlete and artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one’s accomplishments. Medals are awarded in each sub-category in Visual, Literary, and Heritage Arts. Medals in Performing Arts are awarded to solo, small group, and large group per sub-category. Medals in Cheerleading are awarded in three group sizes; small, medium, and large. The SilverArts Booklet with details and rules is available on our website or from your Local Coordinator.
2022 LOCAL SENIOR GAMES

Contact the Local Coordinator in your area to find out how you can be part of Senior Games! Email addresses are at www.ncseniorgames.org.

Please click this link for information about Local Games.