

Senior Games FAQ's

1. **What age do I have to be to participate?**
55 was the age established when the NCSG was founded in 1983. Effective 2014, NCSG reduced the age to 50.
2. **How can I participate in the Senior Games?**
Read over the MCSG website and then if you have any questions, call our Hotline, leave a message and your call will be returned.
3. **I just moved to the area and competed in the Senior Games where I used to live. Is it o.k. if I sign up for the MCSG?**
Yes, if you have lived in N.C. for 3 consecutive months during the past 12 months.
4. **I live in S.C. but go to Charlotte to work and church. I have lots of friends in Charlotte. Is it o.k. if I compete in the MCSG?**
No, you will have to compete in South Carolina - sorry!
5. **Do I need to have experience in a sport before signing up to play in the MCSG?**
No, but you might enjoy coming out to the games and watching the different events, before deciding what you would like to do.
6. **What are the qualifications for signing up for a sport or an art competition and being a part of the Senior Games?**
None, only that you are at least 50 years of age. To compete in the state senior games, you must have medaled in the MCSG. To compete in the national senior games you had to have medaled in the state games.
7. **When are the local senior games held?**
In the spring. Checking this website is the best way to keep abreast of what is going on.
8. **Is equipment furnished for the sports?**
For some sports it is. Track and field events have the equipment at the venue. Bowling equipment can be rented and badminton racquets are available at the venues.
9. **I take photographs and have tried my hand at painting. I have even written some poetry. Do you have competitions for these kinds of hobbies?**
Yes, our senior games has 97 different activities, in sports and the arts. Attending the Performing Arts Show and the Silver Arts Awards (no charge) will give you a good idea of what competitions we have.
10. **I'm looking for places to practice but don't know where to go. Can someone help me find the best place to practice?**
Yes, Please contact Senior Games at 980-314-1328 or email seniorgames@mecknc.gov.