

Sports Chart

SPORT	MODIFIED	REGULATION	UNIFIED SPORTS®	EVENT(S)
ALPINE SKIING		Novice: Glide Super Glide Intermediate: Giant Slalom Slalom Advanced: Giant Slalom Slalom	Novice: Glide Super Glide Intermediate: Giant Slalom Slalom Advanced: Giant Slalom Slalom	Winter Games
BASKETBALL	Adapted Skills Competition Individual Skills Competition ----- 3-on-3 (Half-court) 5-on-5 (Level 3 and 4)	5-on-5 (Level 1 and 2)	5-on-5 Unified Team	State Basketball Tournaments
BOCCE		Doubles 4-person Team	Unified Doubles Unified 4-person Team	Summer Games
BOWLING	Assisted Ramp Bowl	Singles Doubles	Unified Doubles Unified 4-person Team	Summer Games <i>Ramp & Doubles</i> State Bowling <i>Ramp, Singles & Team</i>
CORN TOSS		Doubles - 21 feet Doubles - 30 feet	Unified Doubles	EKS Games
CYCLING	500m Adaptive Cycle Time Trial 1K Adaptive Cycle Time Trial 2K Adaptive Cycle Time Trial 5K Adaptive Cycle Time Trial	500m Time Trial 1K Time Trial 2K Time Trial 5K Time Trial 2K Road Race 5K Road Race	1K Unified Tandem Time Trial 2K Unified Tandem Time Trial 5K Unified Tandem Time Trial 500m Adaptive Tandem Time Trial 1K Adaptive Tandem Time Trial 2K Adaptive Tandem Time Trial	Summer Games
DISTANCE RUN & WALK	1-Mile Walk	3K Walk 3K Run 5K Walk 5K Run	Unified 3K Walk Unified 3K Run Unified 5K Walk Unified 5K Run	EKS Games
EQUESTRIAN	Grooming and Tacking Horse Parts Identification Spoon Race ----- Barrel Race Dressage Drill Team - 2 person Drill Team - 4 person Driving English Equitation English Trail Prix Caprilli Showmanship Stake Race Team Relay Western Trail Western Equitation	Level A-I Barrel Race Dressage Drill Team - 2 person Drill Team - 4 person Driving English Equitation English Trail Prix Caprilli Showmanship Stake Race Team Relay Western Trail Western Equitation	Unified Drill Team - 2 person Unified Drill Team - 4 person Unified Team Relay	EKS Games
FLAG FOOTBALL	Individual Skills Competition	Team	Unified Team	EKS Games
GOLF	Individual Skills Competition ----- Individual - 3, 6 holes	Individual - 9 holes	Unified 2-person Team (alternate shot)	EKS Games
HORSESHOES	10ft Singles 20ft Singles 30ft Singles 20ft Doubles 30ft Doubles	40ft Singles 40ft Doubles	20ft Unified Doubles 30ft Unified Doubles 40ft Unified Doubles	Summer Games
POWERLIFTING		Bench Press Squat Deadlift Combination		Summer Games

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SPORT	MODIFIED	REGULATION	UNIFIED SPORTS®	EVENT(S)
SOFTBALL	Individual Skills Competition ----- Designated Pitcher Team	Traditional Team	Unified Team	EKS Games
SNOWBOARDING		Novice: Glide Intermediate: Slalom Advanced: Slalom	Novice: Glide Intermediate: Slalom Advanced: Slalom	Winter Games
SNOWSHOEING		50m Race 100m Race 200m Race	50m Race 100m Race 200m Race	Winter Games
SWIMMING	**25yd Backstroke 25yd Breaststroke 25yd Butterfly **25yd Freestyle **4 x 25yd Freestyle Relay **4 x 25yd Medley Relay <i>**Denotes those events open to swimmers requiring flotation devices. In the Medley Relay, flotation devices in Free & Back relay legs only.</i>	50yd Backstroke 50yd Freestyle 100yd Freestyle 100yd Individual Medley 200yd Freestyle 4 x 50yd Medley Relay	**4 x 25yd Freestyle Relay **4 x 25yd Medley Relay 4 x 50yd Medley Relay	Summer Games
TRACK & FIELD	10m Physically Assisted Walk 15m Physically Assisted Wheelchair Race 15m Physically Assisted Wheelchair Slalom 25m Physically Assisted Walk Target Throw ----- 10m Assisted Walk 10m Unassisted Walk 10m Wheelchair Race 25m Assisted Walk 25m Motor WC Obstacle Race 25m Motorized WC Race 25m Motorized WC Slalom 25m Unassisted Walk 25m Wheelchair Race 25m Wheelchair Slalom 50m Wheelchair Slalom 50m Assisted Walk 50m Unassisted Walk 50m Motorized WC Slalom 100m Wheelchair Race 200m Wheelchair Race Softball Throw Tennis Ball Throw ----- 50m Dash 400m Walk 800m Walk Softball Throw Standing Long Jump	100m Dash 200m Dash 400m Dash 800m Run 1500m Run 4 x 100m Relay Mini- Javelin Throw Running Long Jump Shot Put	<u>Unified Team</u> 100m Dash 200m Dash 400m Dash 800m Run 1500m Run 4 x 100m Relay 4 x 400m Relay Mini- Javelin Throw Running Long Jump Shot Put	Summer Games <i>Athletes may compete in one level only, and in a maximum of 3 events, including relays; no more than 2 field events.</i>
TRIATHLON		Individual Triathlon 2-3 Person Triathlon Relay	2-3 Person Unified Triathlon Relay	Summer Games
VOLLEYBALL	Individual Skills Competition	Team	Unified Team	Summer Games <i>Traditional Team</i> EKS Games <i>Unified Team & Skills</i>