

SUMMER GAMES



DATES June 6-8, 2025

SITES Indiana State University 200 North 7th Street Terre Haute, IN 47809
Rose-Hulman Institute of Technology 5500 Wabash Avenue Terre Haute, IN 47803

SPORTS Bocce Powerlifting Volleyball (Traditional only) Bowling (Ramp & Doubles only) Swimming Cycling Track & Field

SCHEDULE (All times in Eastern Time Zone)

- Thursday 6-9 p.m. Registration: Thursday arrivals
- Friday 9 a.m.-noon Registration
9 a.m.-noon Healthy Athletes Screenings
Noon-5:30 p.m. Competition
7:30-10 p.m. Opening Ceremony and Dance
- Saturday 8 a.m.-9 p.m. Competition
9 a.m.-4 p.m. Healthy Athletes Screenings
(last screening accepted at 3:15 p.m.)
8-10 p.m. Victory Party
- Sunday 8:30 a.m.-noon Competition

ENTRY DEADLINE & Timeline

BO - Bowling, BC - Bocce, CY - Cycling, PL - Powerlifting, SW - Swimming, TF - Track & Field, VB - Volleyball

Date	Items	How is it Due?	Sports Impacted
Mar 4	Eligible Athlete Listing sent to programs w/eligible through June 8		
April 8	DEADLINE: Bowling Quota Form	Form	BO
April 14	DEADLINE: Spring Games Entries (no scores/times needed)	GMS	Sports at Area Spring Games
April 21	DEADLINE: Spring Games Qualifying Scores or Times Due	GMS	Sports at Area Spring Games
May 5	DEADLINE: Summer Games Entries (Athletes and Volunteers)	GMS	BC, BO, CY, PL, SW (no scores), VB
May 8	Preliminary Reports sent to Programs		
May 14	DEADLINE: Updated Scores or Times	GMS	TF
May 19	DEADLINE: Times for swimming events	Form	SW
May 23	Invoices sent to programs Final Delegation Reports sent to programs		
May 28	DEADLINE: Updated times for swimming	Form	SW
May 30	DEADLINE: Box Lunch Order Due	Form	

ENTRY FEES

- **\$140** per person for Thursday arrivals (3 nights lodging & 8 meals)
- **\$120** per person for Friday arrivals (2 nights lodging & 6 meals).
- **\$75** per athlete for those housed off-campus (days only, no lodging or meals).

SUMMER GAMES

The Off Campus housing option, in which athletes participate in the Games but are not housed on campus, is available to all County Programs without restriction. County Programs using this option for all or part of their delegation are responsible for making their own housing and meal arrangements, and following all procedures ensuring the safety of their athletes.

HOUSING

1. Entries for Summer Games will be accepted on a first-come, first-served basis for housing until housing capacity is reached.
2. If housing capacity at ISU is reached, Programs may still enter by using the Off Campus entry option and secure their own housing.
3. Delegations may house swimmers and swim coaches at Rose-Hulman.

ENTRY INFORMATION

1. Refer to the Events Policy section for more details regarding entry information.
2. Athlete must be eligible at the time of registration and through the end of the state competition date.
3. An athlete may enter no more than two (2) sports at Summer Games. In all, he or she may be entered in no more than four (4) events or three (3) events in Swimming. An athlete may enter no more than three (3) events in Track & Field, including relays; and no more than two (2) of those events may be field events. An athlete may enter no more than three (3) events in Cycling.
4. When Special Olympics athletes or Unified Sports® partners require the use of wheelchairs or other mobility assistance devices, participation in team sports (basketball, softball, volleyball, and flag football) likely creates undue health and safety risks for that athlete and others in the game. The County Coordinator may apply to the State Office for special consideration for an athlete who require such assistance. These requests will be considered on a case-by-case basis. Athletes in question should not compete at any level without State Office approval.

COACHES MEETINGS

- Each sport will host a MANDATORY coaches meeting prior to Summer Games. Each delegation must have a representative present for each sport in which they have athletes or a team competing.
- Delegations failing to have a representative attend the coaches meeting will lose their ability to protest in the sport for which the coaches meeting was not attended.
- Coaches meetings will contain important competition information and give coaches an opportunity to ask any final questions.
- Coaches meeting will take place via Zoom when possible.

HEALTHY ATHLETES

Through the Healthy Athletes® program, SOIN athletes will receive free screenings during Summer Games in a fun, welcoming environment that removes the anxiety and fear that individuals with intellectual disabilities often experience when faced with a visit to the doctor or dentist. Our mission is to improve each athlete’s health and fitness, leading to enhanced sports experience and improved well-being. Athletes should intend to visit disciplines based on medical needs or absence in health care. While participating in Healthy Athletes, an athlete may be referred to seek additional care for an identified health concern. Please encourage athletes to follow-up with a primary physician or specialist if they receive a referral.

SCHEDULE

Friday, June 6 9 a.m.-noon All disciplines	Saturday, June 7 9 a.m.-4 p.m. All disciplines (Last screening accepted at 3:15 p.m.)
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LOCATION

Health and Human Services building
 Indiana State University

DID YOU KNOW?







Athletes do not have to be competing at Summer Games to go through Healthy Athletes. The athlete must be compliant (have an Application for Participation on file with the State Office and a current Medical Form).

INCENTIVES

Incentives are specific to the discipline. Examples are a pair of socks at Fit Feet, a toothbrush and/or toothpaste at Special Smiles, and a pair of glasses or sports goggles at Opening Eyes. Finish Line shoes are no longer contingent on Healthy Athletes screenings.

For last minute up-to-date information, look for the Summer Games webinar posted on SOIN resource page, the Summer Games Pre-Arrival Guide, and the Summer Games Handbook.

DISCIPLINES

	FIT FEET (Podiatry) Estimated time: 15 minutes		HEALTHY HEARING (Audiology) Estimated time: 25 minutes
	FUN FITNESS (Physical Therapy) Estimated time: 45 minutes		OPENING EYES (Vision) Estimated time: 45 minutes
	HEALTH PROMOTION (Better Health & Well-Being) Estimated time: 30 minutes		SPECIAL SMILES (Dentistry) Estimated time: 20 minutes

STATE OFFICE CONTACT

Kyle Moran, kmoran@soindiana.org

SUMMER GAMES

Tentative Competition Schedule

The final schedule will be determined by the number of entrants in each event.

	BOCCE	BOWLING	CYCLING	POWERLIFTING
FRIDAY AFTERNOON	GROUP A Traditional Doubles Traditional Team Unified Doubles Unified Team GROUP B OFF	Traditional Doubles Unified Doubles	PRELIMINARY ROUND 1K Time Trial Individual Adaptive Cycle Adaptive Tandem Unified Tandem 5K Time Trial Individual Adaptive Cycle Unified Tandem 5K Road Race Individual	WEIGH-INS (all lifters)
FRIDAY EVENING	NO COMPETITION — Opening Ceremony in Hulman Center			
SATURDAY MORNING	GROUP A Traditional Doubles Traditional Team Unified Doubles Unified Team GROUP B OFF	Assisted Ramp Traditional Doubles	FINALS ROUND 2K Road Race Individual 500m Time Trial Individual Adaptive Cycle Adaptive Tandem 1K Time Trial Individual Adaptive Cycle Adaptive Tandem Unified Tandem	Schedule determined by weigh-ins
SATURDAY AFTERNOON	GROUP A OFF GROUP B Traditional Doubles Traditional Team Unified Doubles Unified Team	Traditional Doubles Unified Doubles	FINALS ROUND 2K Time Trial Individual Adaptive Cycle Adaptive Tandem Unified Tandem	Schedule determined by weigh-ins
SATURDAY EVENING	COMPETITION (if needed)	NO COMPETITION	NO COMPETITION	NO COMPETITION
SUNDAY MORNING	GROUP A OFF GROUP B Traditional Doubles Traditional Team Unified Doubles Unified Team	Assisted Ramp Traditional Doubles		Schedule determined by weigh-ins

SUMMER GAMES

Tentative Competition Schedule

The final schedule will be determined by the number of entrants in each event.

	SWIMMING	TRACK & FIELD	VOLLEYBALL
FRIDAY AFTERNOON	100yd Individual Medley FINALS 25yd Freestyle TRIALS 25yd Butterfly TRIALS 50yd Backstroke TRIALS 4 x 25yd Freestyle Relay FINALS 200yd Freestyle FINALS	800m Run FINALS Running Long Jump FINALS 100m Dash PRELIMS 100m Wheelchair FINALS 400m Dash FINALS 200m Dash PRELIMS 200m Wheelchair FINALS Level 2 - OFF	GROUP A POOL PLAY
FRIDAY EVENING	NO COMPETITION — Opening Ceremony in Hulman Center		
SATURDAY MORNING	100yd Freestyle FINALS 25yd Backstroke TRIALS 4 x 50yd Medley Relay FINALS 25yd Breaststroke TRIALS 50yd Freestyle TRIALS 4 x 25yd Medley Relay FINALS	All Levels Competing 1500m Run FINALS Level M Events FINALS Level 1 Events FINALS Standing Long Jump FINALS 100m Dash FINALS 200m Dash FINALS 4x100m Relay PRELIMS	GROUP B POOL PLAY
SATURDAY AFTERNOON	NO COMPETITION	50m Dash PRELIMS Level M Events FINALS Level 1 Events FINALS Softball Throw FINALS 400m Walk FINALS Level 3 - OFF	SEMI-FINAL MATCHES
SATURDAY EVENING	NO COMPETITION	NO COMPETITION	SEMIFINAL MATCHES (if needed)
SUNDAY MORNING	25yd Freestyle FINALS 25yd Butterfly FINALS 50yd Backstroke FINALS 25yd Backstroke FINALS 25yd Breaststroke FINALS 50yd Freestyle FINALS	800m Walk FINALS Shot Put FINALS 50m Dash FINALS Mini-Javelin Throw FINALS 4x100m Relay FINALS	CONSOLATION AND FINAL MATCHES



BOCCE

TRADITIONAL EVENTS

Traditional Doubles
Traditional 4-person Team

UNIFIED EVENTS

Unified Doubles
Unified 4-person Team

Athletes and Unified partners must be at least 30 years old to compete in Bocce.

The Official Special Olympics Sports Rules for Bocce shall govern all Special Olympics competitions. Special Olympics has created these rules based International Federation for Bocce rules, which shall be employed except when they are in conflict with the [Official Special Olympics Sports Rules for Bocce](#).

COMPETITION MANAGEMENT

1. Event Limits
 - a. Athletes may compete on one (1) Doubles team only (Traditional or Unified), but not both.
 - b. Athletes may compete on one (1) 4-person Team only (Traditional or Unified), but not both.
 - c. Within an event, athletes and Unified partners may only compete on one (1) team.
2. Qualification Scores
 - a. A qualification score is required for each individual on a bocce doubles and 4-person team entered. The individual scores of each participant will be added together to create the team qualifying score.
 - b. The team qualification score shall be the basis for division placement in Summer Games.
 - c. The team qualification score will be the total of all individual teammate qualification scores, which will be totaled together by our Games Management System (GMS).
 - d. For entry purposes and deadlines, submit each individual's qualification score ONLY during the entry process.
 - e. A pilot CHAMPS Bocce competition is being developed, more information will be available in the future.

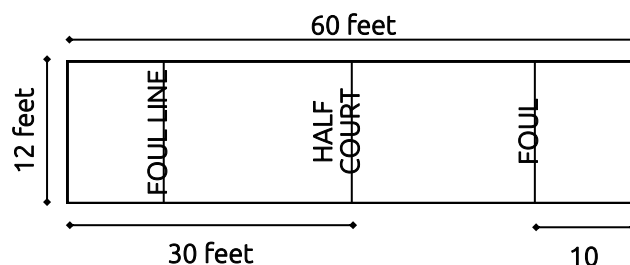
DIVISIONING

1. Teams score will be compiled of all individual's entry scores per team submitted during the entry process.
2. Counties will be divided into either a Session A or Session B based on county team numbers.
3. After being placed into a session, teams will be placed into divisions by qualification scores of the team.
4. Teams from the same county may be placed into the same division.
5. Teams are not disqualified based on Maximum Effort for Bocce.

SPORT RULES

COURT AND EQUIPMENT

1. The court is an area 12-feet by 60-feet.
2. Court surface may be composed of stone-dust, dirt, clay, grass or artificial surface.
3. Court walls are the side and end walls of the court and may be composed of any rigid material.
 - a. The walls must be at least as high as the bocce balls.
4. Court markings
 - a. Foul lines: 10-feet from both backboards behind which competitors may toss their bocce balls. The foul line opposite the players throwing is also known as the 50-foot marker.
 - b. Half-court line: 30-feet from both backboards that marks the midway point, also known as the 30-foot marker.
5. Bocce balls may be composed of wood, metal or hard plastic of equal size.
 - a. Sizes may be from 107mm to 110mm.
6. Bocce is played with eight (8) balls and one (1) smaller target or object ball called the pallina.
 - a. There are four (4) balls to a side or team, and they are generally made in two (2) colors to distinguish the balls of one (1) team from those of the opposing team.
 - b. The pallina may be from 48mm to 63mm in diameter and should be a color visibly distinct from both teams' bocce ball colors.





UNIFORM SPECIFICATIONS

1. Players will dress in a manner which will bring credit to them and the sport of bocce.
2. Players must wear closed-toed shoes that will not damage or disrupt the court surface.
3. Shirts that identify the Special Olympics program are preferred.
4. Prohibited apparel
 - a. Cutoffs, tank tops, sleeveless t-shirts or anything with advertisements or inappropriate subject matter.
5. The Bocce Sport Management Team or sport official shall have the authority to bar offenders from competition until they comply with the rule.

GENERAL RULES

1. Team Competition
 - a. Traditional
 - i. Traditional doubles teams shall consist of two (2) athletes per team.
 - ii. Traditional 4-person teams shall consist of four (4) athletes per team.
 - b. Unified Sports®
 1. Unified doubles teams shall consist of one (1) athlete and one (1) Unified partner.
 2. Unified 4-person teams shall consist of two (2) athletes and two (2) Unified partners.
2. Pallina and Color
 - a. A coin toss by the referee will determine which team has the pallina or choice of ball color.
3. Three Attempt Rule
 - a. The team possessing the pallina will have three (3) attempts at placing the pallina past the half court line (30-foot marker) and before the opposite foul line (50-foot marker). See the Court and Equipment section for a visual aid.
 - b. If these three (3) attempts are unsuccessful, the opposing team will have one (1) opportunity to place the pallina.
 - c. If this attempt is unsuccessful, the referee will place the pallina in the center of the court width at the 40-foot mark.
 - d. However, at no time does a team lose its earned pallina advantage to deliver the first ball.
4. Sequence of Play
 - a. The pallina is rolled or tossed by a member of the team having won the coin toss to start the game.
 - b. The player tossing the pallina must deliver the first ball.
 - c. The opposing team will then deliver their bocce balls until the point is taken or they have exhausted their four (4) balls.
 - d. This "nearest ball" rule governs the sequence of played balls.
 - e. The side whose ball is closest to the pallina is called the "in" ball and the opposing side the "out" ball.
 - f. Whenever a team gets "in", it steps aside and allows the "out" team to deliver.
5. Initial Point
 - a. It is always incumbent upon the team with the pallina advantage to establish the initial point.
 - b. Example:
 - i. Team A tosses the pallina and delivers the first ball.
 - ii. Team B elects to hit Team A's ball out of position.
 - iii. In doing so, both balls fly out of the court, leaving only the pallina.
 - iv. It is incumbent upon Team A to re-establish the initial point.
6. Ball Delivery
 - a. A team has the option of rolling, tossing, banking, etc., its ball down the court, provided it does not go out-of-bounds or the player does not violate the foul markers.
 - b. A player also has the option of "spocking" or hitting out any ball in play in trying to obtain a point, or decreasing the opposing team's points.
 - c. If at any point the pallina is knocked outside the court, the pallina shall be placed at the point it exited the court, and the normal sequence of play continues.
 - d. All ball delivery attempts must be of an underhand style.



BOCCE

- g. Number of Balls Played by each Player
 - a. Doubles – each player is allowed to play two (2) balls.
 - b. 4-person Team – each player is allowed to play one (1) ball.
8. Rotation of Players
 - a. The players of any given team may elect to play their ball in any rotation provided the player who tosses the pallina delivers the first ball.
9. Scoring
 - a. At the end of each frame (when both teams have exhausted all balls), points will be determined as follows:
 - i. Scoring points are all those balls from one (1) team closer to the pallina than the closest ball of the opposing team, which can be determined by viewing or by mechanical measurements.
 - ii. The scoring team for each frame will also win the pallina advantage for the subsequent frame.
 - iii. The referee will be responsible for validity of the scorecard at the end of each frame.
10. Ties During Frame
 - a. In the event that two (2) opposing balls are equidistant from the pallina (tied), the team that rolled last will continue to roll until the tie is broken.
 - b. Example
 - i. Team A rolls a ball for the pallina, and Team B rolls its ball for the pallina.
 - ii. The referee determines that both balls are 13 inches away from the pallina.
 - iii. Team B must roll until it has a point closer than 13 inches away from the pallina.
11. Ties at the End of Frame
 - a. In the event that the two (2) closest balls to the pallina belong to the opposing teams and are tied, no points will be awarded.
 - b. In the next frame, the pallina returns to the team which delivered it in the previous frame.
12. Winning Score
 - a. The first team to score 12 points or the leader when the time limit (30 minutes) is reached will be declared the winner
13. Alternates & Substitutes
 - a. Each delegation can place as many athletes as they want on their list of alternates. Identify the alternates list as “Bocce Alternates” on the Team & Relay Entry Form.
 - b. Only one (1) substitution will be allowed per team for the tournament. Alternates may take the place of any player on the team. In Unified competition, only athletes may substitute for athletes, and only Unified partners may substitute for Unified partners.
 - c. Once a player has registered with the Officials to substitute, they may NOT substitute for any other team within the same event. Alternates are held to the same event limits as other players.
 - d. Substitutions procedure:
 - i. Officials must be notified of any substitutions PRIOR to the start of any game, and all substitutions must take place between games ONLY.
 - ii. Once a game has started, substitutions will only be allowed in the case of a medical emergency or another verifiable emergency.
 - iii. Emergency substitutions will only be made at the end of a frame. If this is not possible, the frame will be considered dead.
 - iv. Once an emergency substitution has been made, the alternate must complete the game and all consecutive games for the tournament.
17. Forfeits
 - a. A team will forfeit a match if it cannot start and finish the match with the previously announced team members (original line up or line up after placing substitute).
18. Coaching
 - a. Coaching is prohibited once the competitors step onto the field of play.
 - b. Coaches and spectators are restricted from entering the field of play.
 - c. If it is determined that a coach or spectator is violating the rules, the Bocce Sport Management Team may impose sanctions on the offending individual including, but not limited to, a verbal warning, citation for unsportsmanlike conduct, or expulsion from competition.

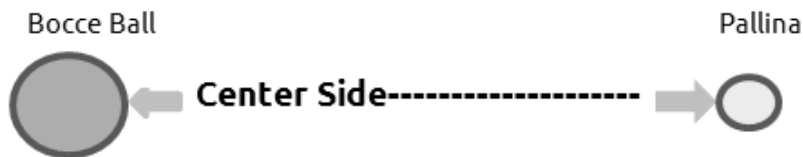
BOCCE



GENERAL RULES FOR DETERMINING INDIVIDUAL QUALIFICATION SCORE

1. Purpose
 - a. To measure the participant's ability for placement in an appropriate division for competition.
2. Equipment
 - a. A grass bocce court area 12-feet x 60-feet. Bocce balls, composed of resin, and one (1) smaller target or object ball called the pallina.
3. Description
 - a. Each athlete should play three (3) modified games, called a set. The athlete should not surpass the foul line when they plays the allotted balls.
 - b. The referee should place the pallina at the 30-foot line, and the player should play four (4) balls. The referee will measure the (4) four balls and record their distance in inches.
 - c. The referee will then place the pallina at the 40-foot line, and the player should play four (4) balls. The referee will measure the (4) four balls and record their distance in inches.
 - d. The referee will then place the pallina at the 50-foot line, and the player should play four (4) balls. The referee will measure the (4) four balls and record their distance in inches.
 - e. At practice, the coach shall serve as the referee.
4. Scoring
 - a. Measurements will be taken from the center side (the side and center of the ball closest to the pallina) of the bocce ball to the center side (the side and center of the pallina closest to the bocce ball) of the pallina, for a total of nine (9) measurements (3 measurements at the 3 distances), the sum of which becomes the athlete's divisioning score. Example below.
 - b. For doubles and teams, the sum of the athletes and Unified partners divisioning scores shall be the doubles and team's divisioning score - 18 measurements for doubles and 36 measurements for teams.
 - c. See the Bocce Qualification Scorecard.
5. During the divisioning process, if the pallina is moved from its spot at 30-feet, 40-feet or 50-feet, it is to be replaced on the spot before the next ball is rolled and before any measurements are taken.

EXAMPLE: How to measure scores for Bocce Qualification Scorecard



BOCCE Qualification Scorecard

Athlete's / Unified Partner's Name: _____

County Program: _____



DISTANCE	MEASUREMENT (INCHES)				
	1	2	3	4	TOTAL
30 feet					
40 feet					
50 feet					
TOTAL = INDIVIDUAL ENTRY SCORE					

NOTE

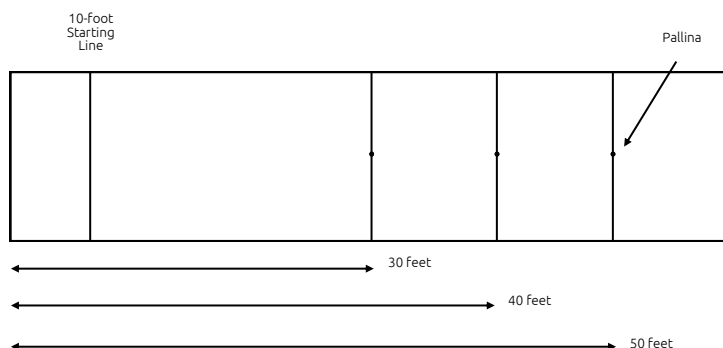
1. Do NOT submit this form as the entry form. Use this form for entry score calculation only.
2. Place the TOTAL as the entry score.
3. The total represents the individual's entry score. The individual's total entry score is the score to submit to the state office for the entry score.

SCORING:

1. The athlete / Unified partner will throw four (4) bocce balls from each of the three (3) distances.
2. Measurements will be taken from the closet side of the ball to the closest side of the pallina.
3. Record the total distance in inches.
4. Place the pallina on the target distance for each throw.
5. If the pallina is moved / hit, replace the pallina to the target distance before the next throw.
6. Each of the three (3) distances will have four (4) measurements, twelve (12) measurements in total. All twelve(12) measurements added together will be the qualification score that is used for the individual's entry.

TEAM SCORE

Alternates must enter scores, but scores will not be used for double or team scores until the alternate replaces a team member.



BOWLING



MODIFIED EVENTS

Assisted Ramp

TRADITIONAL EVENTS

Traditional Doubles

UNIFIED EVENTS

Unified Doubles

The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. Special Olympics has created these rules based upon World Bowling (WB) rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling or Article I. In cases such as this, the [Official Special Olympics Sports Rules for Bowling](#) will be used.

COMPETITION MANAGEMENT

1. Bowling Quota
 - a. Due to facility constraints, a quota must be established for the bowling competition. The State Office will distribute bowling quotas based on response to the Bowling Quota Request Form (due back to the State Office by April 1, 2025).
2. The State Tournament is a Handicap tournament. In a handicap tournament the final score is the total pin fall plus the bowler's handicap added together.
3. The handicap is based on 100 percent of the difference of the bowler's average and 200.
4. The Bowling Sport Management Team shall be the final authority for all rule interpretations and appeals during the tournament.
5. Blind or Vacancy
 - a. There are no alternates for bowling
 - b. If an athlete arrives after the game has completed four (4) frames, or if he misses a game completely, a blind score will be given for that game and they will begin bowling at the start of the next game.
 - c. The blind score is calculated by subtracting 10 pins from the entry score for the tournament.
For example, if the bowler's entry score is 120, the blind score will be 110 (120 minus 10).
6. Illness or Injury
 - a. If an athlete gets sick or injured once the game has started, the following procedure will be used to determine the score for the game.
 - i. For the remaining frames, the bowler will receive 1/10 of his average per frame.
 - ii. Example: If a bowler has an entry score of 100, they will receive 10 pins per frame for the portion of the game that they are unable to bowl.
 - b. If the injury occurs in the first game and they are unable to bowl the second or third game, he will receive a blind score for each of those two (2) remaining games.
7. Bowling Etiquette
 - a. If two (2) athletes line up to bowl at the same time on adjacent lanes, the athlete on the right has the priority to bowl first.
 - b. Due to time constraints at the State Tournament, a time limit will be imposed on the slower divisions.
 - i. All morning session bowlers must complete their second game before 11:30 a.m. or they will be stopped after the second game.
 - ii. For afternoon session bowlers, they must complete their second game before 4:00 p.m. or they will be stopped.
 - iii. Similar time constraints may be used at the Area Tournament.

DIVISIONING

1. Traditional Doubles:
 - a. Bowlers will be divisioned by and ability level.
 - b. There will be 3 - 8 athletes per division.
 - c. Gender groups and age groups will be combined as needed to provide for meaningful competition.
 - d. Divisioning by ability is based on the bowler's reported twelve (12) game average, handicaps not included. For teams, the averages of both athletes will be combined.
 - e. There will be no more than a 20% difference between the highest average and the lowest average in the division.
2. Ramp Bowlers
 - a. Ramp bowlers will be placed in their own ramp divisions.
 - b. Ramp bowlers will be divisioned by gender and ability level.
 - c. Divisioning by ability is based on the bowler's reported average, handicaps not included.
 - d. There will be 3 - 8 athletes per division.
 - e. There will be no more than a 20% difference between the highest average and the lowest average in the division.



BOWLING

- f. Gender groups may be combined if space is limited or there are not a minimum of 3 athletes to make up a division.
3. Unified Doubles
 - a. Bowlers will be divisioned by age and ability.
 - b. There will be 3 - 8 athletes per division.
 - c. Divisioning by ability is based on the bowler's reported average, handicaps not included. For teams, the averages of both the athlete and Unified Partner will be combined.
 - d. Age groups will be combined as needed to provide for competition.
 - e. There will be no more than a 20% difference between the highest average and the lowest average in the division.
4. Athletes and Teams will not be disqualified for Maximum Effort for bowling.

SPORT RULES

UNIFORM SPECIFICATIONS

1. Players will dress in a manner which will bring credit to them and the sport of Bowling.
2. Players must wear bowling shoes.
3. Shirts with collars that identify the Special Olympics program are preferred.
4. Prohibited apparel includes: cutoffs, tank tops, sleeveless shirts, hats, or anything with advertisements or inappropriate subject matter.
5. The Bowling Sport Management Team or sport official shall have the authority to bar offenders from competition until they comply with the rule.

EQUIPMENT

1. Coaches must provide any special equipment for their bowlers (i.e., handle ball, ramp).
2. All special equipment must be approved by the Bowling Sport Management Team.

GENERAL RULES

1. Athletes will bowl the cross-lane method (exception - Assisted Ramp).
2. Bumpers of any type shall NOT be used during competition at the County, Area or State Tournament.
3. Fouls
 - a. A foul occurs when a part of the player's person encroaches on or goes beyond the foul line and touches any part of the lane, equipment or building during or after a delivery
 - i. Foul on the first ball: Reset the pins. The pin fall for the second ball is the score for that frame.
 - ii. Foul on the second ball: The bowler receives zero (0) pin fall for the second ball. The score for that frame is the pin fall for the first ball.
4. Bowling on the Wrong Lane
 - a. A dead ball shall be called and the player or players required shall re-bowl on the correct lane when one player bowls on the wrong lane.
5. When the following occurs the delivery counts but the resulting pin fall does not:
 - a. A ball leaves the lane before reaching the pins.
 - b. A ball rebounds from the rear cushion.
 - c. A pin rebounds after coming in contact with the body, arms or legs of a human pinsetter.
 - d. A pin is touched by mechanical pin setting equipment.
 - e. Any pin knocked down when dead wood is being removed.
 - f. Any pin knocked down by human pinsetter.
 - g. The player commits a foul.
 - h. A delivery is made with dead wood on the lane or in the gutter and the ball constacts such dead wood before leaving the lane surface.
 - i. A ball comes out of the gutter and knocks down pins.
6. Athletes using a ramp may not compete in Unified Team competition.

GENERAL RULES FOR DOUBLES COMPETITION

1. Doubles teams can be all male, all female, or coed.
2. Unified doubles teams shall consist of one (1) athlete and one (1) Unified partner.
3. Doubles competition will consist of a four (4) game series.
4. Final scores will be determined by adding the actual pinfall and the doubles team handicap.

BOWLING



GENERAL RULES FOR ASSISTED RAMP COMPETITION

1. County Programs must provide the ramps their athletes will use during the ramp bowling competition.
2. Bowlers in the Assisted Ramp division will not use the cross-lane method of bowling.
3. Each ramp bowler will bowl frames consecutively. The format for one (1) game is:
 - Five (5) frames - Five (5) frames.
 - This rule modification is designed to promote the pace of play.
4. County Programs **MUST** provide a ramp assistant for each ramp bowler.
 - a. Assistants must be registered as a Class A volunteer and be entered as a ramp assistant in GMS.
 - b. Assistants will be required to go through a ramp assistant meeting.
 - c. If you have an athlete who is entered in ramp bowling and does not need a ramp assistant, please notify the Tournament Director.
5. Ramp assistants may help ramp bowlers set their equipment on the lane, while allowing the athlete to do as much as physically possible.
 - a. The assistant may help initially line up the ramp.
 - b. The assistant may set the ball on the ramp.
 - c. After the ball is set on the ramp, the assistant must keep their back to the pins. The assistant can adjust the ramp based on the direction (either verbally or by physical cues) from the athlete.
 - d. The assistant may not give forward impetus to the ball. The athlete must provide the force that pushes the ball down the ramp toward the pins.
 - e. The assistant may hold the ramp to steady it while the athlete pushes the ball, if requested.



CYCLING

The Official Special Olympics Sports Rules for Cycling shall govern all Special Olympics competitions. Special Olympics has created these rules based upon Union Cycliste International (UCI) rules, which shall be employed except when they are in conflict with the [Official Special Olympics Cycling Sport Rules](#).

	MODIFIED EVENTS		TRADITIONAL EVENTS							UNIFIED EVENTS	
LEVEL	1 Adaptive Cycle	2 Adaptive Cycle	3	4	5	6	7	8	9	10 Adaptive Tandem	11 Unified Tandem
BICYCLE	Non-standard bicycle with one (1) rider. <i>(See rules below).</i>		Standard, two-wheeled, single-rider bicycle.							Three-wheeled, two-person unit.	Standard tandem.
EVENTS	500 TT 1K TT 2K TT	1K TT 2K TT 5K TT	500 TT 1K TT 2K TT	1K TT 2K TT 5K TT	1K TT 2K TT 5K RR	2K TT 2K RR 5K TT	2K TT 2K RR 5K RR	2K TT 5K TT 5K RR	2K RR 5K TT 5K RR	500 TT 1K TT 2K TT	1K TT 2K TT 5K TT
FITNESS LEVEL	Lower	Higher than Level 1	Lower	Moderate	Moderate	Moderately High	Moderately High	High	High		
RIDING SKILLS	Lower	Lower	Lower, but can ride standard bicycle	Low Pack Riding Skills	Moderate Pack Riding Skills	Moderate Pack Riding Skills	High Pack Riding Skills	Moderate Pack Riding Skills	High Pack Riding Skills		

In table, TT = Time Trial, RR = Road Race. See rules below for differences.
500 = 500 meters; 1K = 1000 meters; 2K = 2000 meters; 5K = 5000 meters.

COMPETITION MANAGEMENT

1. Athletes and tandems may select up to three (3) Cycling events.
2. Athletes and tandems must stay within one (1) level only.
3. Athletes and tandems must provide a time for their 1K time trial on the entry form.

DIVISIONING

1. A preliminary time trial shall be conducted as a means to determine a cyclist's riding ability and; consequently, for placement in an appropriate competition division.
 - a. For distances of 1K, 2K, and 5K (whether Time Trial or Road Race), event divisions will be based upon a 1K preliminary time trial. Competitors will have one (1) 1K preliminary time trial only.
 - b. If an athlete or Unified tandem is in a 500m event and another event, they will have two (2) preliminary time trials - one 500m preliminary time trial and one 1K preliminary time trial.
2. Athletes are put into their final divisions based on age and preliminary round time.
3. Athletes and Teams will not be disqualified for Maximum Effort for cycling.
4. There will be no more than a 30% difference between the highest average and the lowest average in the division.

SPORT RULES

UNIFORM & EQUIPMENT SPECIFICATIONS

1. The following is the approved uniform/equipment list and is required for cycling competition:
 - a. Running shorts, basketball shorts, cycling shorts, sweatpants, Jogging pants, t-shirts, tank-tops, sweatshirts, athletic shoes, cycling shoes, tennis shoes, basketball shoes, running shoes, and cross-trainers.
2. Competitors must wear helmets which meet the safety standards of the US Consumer Product Safety Commission.
 - a. Competitors are responsible for providing their own helmet.
3. The Cycling Sport Management Team reserves the right to disallow the use of equipment deemed unsafe or not meeting safety standards.
4. Adaptive cycles may include recumbent, adult tricycles, bicycles with outriggers or other approved modifications. The Cycling Sport Management Team has final authority on what is considered an acceptable adaptive cycle.

GENERAL RULES

1. Time Trial Rules
 - a. A time trial consists of an individual racing against the clock.
 - b. Competitors shall depart at 30-second or 60-second intervals.
 - c. The start order for the final round of competition shall be the slowest rider to the fastest rider.
 - d. The rider may be held with his or her feet on the pedals for the start of the time trial.
 - e. The start is by a gun or whistle.

CYCLING



- f. Drafting is NOT allowed.
 - g. Cyclists must keep at least one (1) hand on the handle bars at all times, even at the finish line.
 - h. The time trial shall be declared finished when the front tire crosses the finish line.
2. Road Race Rules
- a. A road race consists of a mass start event.
 - b. The course is a closed circuit.
 - c. The start is by a gun or whistle.
 - d. Drafting is allowed.
 - e. Cyclists must keep at least one (1) hand on the handle bars at all times, even at the finish line.
 - f. Cyclists may not impede other competitors, which may be cause for a warning and/or disqualification.
 - g. The cyclist shall be declared finished when the front tire crosses the finish line.
 - h. Recorded times are for cyclists use only. Awards are based on placing only.
3. Tandem Rules
- a. In Adaptive and Unified tandem competition, the team shall consist of one (1) athlete and one (1) Unified partner, either of whom may assume the driver position (front) or the stoker position (rear).
 - b. The same tandem that competed in the preliminary round must compete in the final round. Alternates are not allowed once competition has begun.

BICYCLE HELMET SAFETY STANDARDS (as determined by the U.S. Consumer Product Safety Commission - CPSC)

- 1. Helmets specifically marketed for exclusive use in an activity such as skateboarding, in-line skating, baseball, or roller hockey are not covered by the requirements for bicycle helmet; consequently, these helmets are NOT allowed.
- 2. Each bicycle helmet must have a label certifying that the helmet meets the requirements of CPSC standards.
- 3. Helmets must:
 - a. NOT block the rider's vision,
 - b. NOT come off when the rider falls,
 - c. NOT have straps that stretch enough to let the helmet come off in an accident, and
 - d. Significantly reduce the force to the rider's head when the helmet hits a hard surface.
- 4. CPSC offers the following tips on how to correctly wear a helmet:
 - a. Wear the helmet flat atop the head, not titled back at an angle,
 - b. Make sure the helmet fits snugly and does not obstruct one's field of vision, and
 - c. Make sure the chin strap fits securely and that the buckle stays fastened.

BICYCLE SAFETY STANDARDS (as determined by the U.S. Consumer Product Safety Commission - CPSC)

- 1. When selecting a bicycle, consider the following:
 - a. If you're buying a bicycle for a child, choose one to fit the child's size today, not one he or she will "grow into" later.
 - a. A bicycle should suit the rider's ability and kind of riding.
 - b. Check hand and foot brakes for fast, easy stops without instability or jamming.
 - c. Avoid slippery plastic pedals. Look instead for rubber-treated pedals, or
 - d. metal pedals with serrated rattrap edges or with firmly attached toe clips.
- 2. To ensure safety and top performance, bicycle maintenance is necessary, including:
 - a. Regular maintenance is essential for safe riding. Refer to the owner's manual for the manufacturer's maintenance recommendations. An experienced repair technician should do complicated work.
 - b. Align (or "true") wobbly wheels for better control. Spokes also may need adjustment.
 - c. Replace all missing, damaged, or worn parts; for example, brake pads, chain guards, chain links, spokes, screws and bolts, handlebar grips.
 - d. Tighten and/or adjust loose parts.
 - e. Periodically inspect frame, fork, spindles and other components for cracking.
 - f. Parts should be adjusted to manufacturer's torque specifications.
 - g. Inflate tires to recommended pressure, and replace worn ties.
 - h. Lightly oil and clean moving parts. Keep oil off rubber.
 - i. Keep bicycle indoors when not in use - moisture may cause rust and weaken metal parts.





POWERLIFTING

TRADITIONAL EVENTS

- Bench Press
- Deadlift
- Squat
- Combination (Bench Press, Squat and Deadlift)

UNIFIED EVENTS

- Unified Bench Press
- Unified Deadlift
- Unified Squat
- Unified Combination (Bench Press, Squat and Deadlift)

Athletes must be at least 14 years old to compete in Powerlifting.

The Official Special Olympics Sports Rules for Powerlifting shall govern all Special Olympics competitions. Special Olympics has created these rules based upon International Powerlifting Federation (IPF) rules, which shall be employed except when they are in conflict with the [Official Special Olympics Sports Rules for Powerlifting](#).

An athlete with Down Syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in the back squat lift in Powerlifting.

COMPETITION MANAGEMENT

- Athletes in Powerlifting must be at least 14 years old by June 7, 2024 to be eligible.
- The Head Coach of each Powerlifting team must have been certified by attending a Special Olympics Powerlifting Coaches Training School or another training offered and approved by Powerlifting's National Governing Body (NGB).
- Athletes will be weighed in while wearing their competitive uniform (singlet/lifting suit, or tight shirt, shorts, socks, and shoes).
- Athletes must attend weigh-ins on the day their anticipated weight class is scheduled to compete.
- The coaches must declare the athletes' opening lift for each event during the weigh-in.
- Order of Competition
 - The order of events shall be 1) Squat 2) Bench Press 3) Deadlift.

DIVISIONING

- Athletes will be divided by gender.
- Athletes will be put in divisions based on their weight class. Weight class is established on the weight at weigh ins.
- Athletes from the same county may be placed in the same division.
- The Wilkes Formula will be used when there are not at least three (3) athletes in a weight class.
- Divisions of not less than three (3) lifters or more than eight (8) lifters will be made using the following criteria.
 - Lifters will be put in the appropriate weight class based on their body weight at weigh-in.
 - Lifters can then be divisioned within the weight class based on body weight.
- Athletes will not be disqualified for Maximum Effort for Powerlifting.

WEIGHT CLASSES	
MALE	FEMALE
117 lbs and under	95 lbs and under
118-130 lbs	96-103 lbs
131-145 lbs	104-114 lbs
146-163 lbs	115-125 lbs
164-183 lbs	126 -139 lbs
184-205 lbs	140 -158 lbs
206-231 lbs	159-185 lbs
232-264 lbs	186 lbs and up
265 lbs and up	

CONVERSION CHART

- Competition will be using kilograms. A conversion chart can be found in the Official Special Olympics Powerlifting Rules.
- To convert kilos to pounds, multiply kilos by 2.2046. Rules state that poundage's shall be rounded off by reducing to the nearest quarter, i.e., 107.5 kilos multiplied by 2.2046 equals 236.99450. The poundage then becomes 236—3/4 rather than 237.

SPORT RULES

UNIFORM SPECIFICATIONS

- The lifting costume shall consist of a one-piece, full length lifting suit of one-ply stretch material without any patches or padding. A non-supportive weightlifting/wrestling type suit is also a legal suit. The straps of the suit must be worn over the shoulders at all times while lifting in competition.
- No sweat pants or shorts are allowed.
- A singlet with a T-shirt underneath must be worn by all competitors during all events.
- Socks may be worn. Long socks (at least to the knee) must be worn for the Deadlift.
- Some type of shoe or boot (i.e. trainer or powerlifting boots) must be worn. The height of the heels shall not exceed 5cm. Hiking or work boots are not permitted.
- Athletes with physical disabilities may wear a two-piece outfit with both upper and lower pieces being form fitting and snug to the body.

POWERLIFTING



EQUIPMENT

1. A belt made of leather, vinyl, nylon, or other similar non-stretch or non-metal (other than buckle and stud attachments material) may be worn on the outside of the suit. The belt may not encircle the body more than once. A lifting belt must be used in the deadlift. The athletes must provide their own.
2. Gloves may not be used.
3. Bandages of rubber or supports of rubber substitutes are forbidden.
4. The use of oil, grease, and all other lubricants is strictly prohibited. Baby powder may be used.
5. Wrist
 - a. Bandages of gauze or medical crepe may be worn with a maximum width of 8cm (3-1/4") and a maximum length of one (1) meter (3' 3-1/2").
6. Knee
 - a. Bandages of gauze or medical crepe may be worn with a maximum length of two (2) meters (6' 6-3/4").
 - b. Alternatively, an elastic knee cap may be worn with a maximum length of 20cm (8 inches). A combination of the two (2) is forbidden.
 - c. Any other type of brace or wrap, other than those specified in #4 and #5 above, require a physician's note.

GENERAL RULES

1. The Chief Referee shall be seated in front of the platform. The three (3) referees may seat themselves according to the best points of vantage; usually the head judge sits directly in front of the platform and the other two (2) judges on each side of the platform.
2. The bar is loaded progressively; the lifter taking the lowest weight will lift first. In no case can the bar be reduced to a lighter weight when the lifter has performed a lift with the weight announced.
3. Round's System
 - a. Lifters will be divided into flights of no more than 14 lifters. The lifter with the lightest attempt will lift first and the weight will progressively increase until the 14th lifter has lifted. The bar will be unloaded and second attempts will be performed in the same fashion, followed by the third attempt. Then the next flight will lift.
 - b. Each competitor has one (1) minute from the calling of their name to the start of the attempt. If the delay exceeds one (1) minute, the attempt shall be forfeited. Lifters with physical disabilities declared at weigh-in will be granted extra time, up to three (3) minutes).
 - c. First round attempts should be submitted at weigh-ins. After completing an attempt, once the lights are activated, a lifter must submit the next attempt within one (1) minute. If no weight is submitted within the time limit, the lifter will be granted a 5-pound increase on the next attempt. If no weight is submitted, and the previous attempt failed, no weight increase will be granted.
4. If a lifter, after the referee's inspection, changes part of their costume, belt, or bandages or puts on anything which has not been authorized or which is contrary to the rules, they shall immediately be disqualified from the competition.
5. Each athlete must have an accurate lift recorded for each event entered.
6. Individuals will be placed in competitive divisions according to age group, gender, and qualifying score. The Powerlifting Sport Management Team reserves the right to re-classify or disqualify any individual whose pre-tournament scores do not fairly represent their ability.
7. In Powerlifting, athletes may be entered in each of the four (4) events offered.

LIFTING STANDARDS

1. Bench Press Standards
 - a. The lifter must assume the following position on the bench, and maintain the position during the entire lift; the head and trunk (including buttocks) must be in contact with the surface of the bench, and the feet must be on the floor. The hands must grip the bar with thumbs around grip, thus locking the bar safely in the hands.
 - b. After removing the bar from the racks, the lifter shall wait with elbows and arms in full extension for the Chief Referee's signal. The signal will consist of a downward movement of the arm with the audible command "START OF DOWN".
 - c. When the bar is absolutely motionless against the chest, the Chief Referee will give the audible command "PRESS".
 - d. After the referee's signal, the bar is pressed vertically to straight arm's length and held motionless for the referee's signal to replace the bar. This signal will be a backward movement of the arm with the audible command "RACK".
 - e. The spacing of the hands shall not exceed 81cm measured between the forefingers.
 - f. For the lifters whose feet do not touch the floor, the platform may be built up with 45lb plates to provide firm footing.



POWERLIFTING

- a. Reasons for Disqualifications in the Bench Press
 - i. During the lift, any change of the lifting position.
 - ii. Any raising or shifting of the lifter's head, shoulders, buttocks or legs from the bench, or movement of the feet.
 - iii. Any heaving or bouncing of the bar from the chest.
 - iv. Allowing the bar to sink excessively into the lifter's chest prior to the uplift.
 - v. Any uneven extension of the arms.
 - vi. Stopping of the bar during the press proper.
 - vii. Any touching of the bar by the spotters, before the referee's signal to replace the bar.
 - viii. Failure to wait for the referee's signal.
 - ix. Touching against of the uprights of the bench with the feet.
 - x. Touching the shoulders against the uprights of the bench during the press.
 - xi. Allowing the bar to touch the uprights of the bench during the lift in order to gain an advantage.
2. Deadlift Standards
 - a. The bar must be laid horizontally in front of the lifter's feet, and gripped with both hands, and uplifted with one (1) continuous motion until the lifter is standing erect. At completion of the lift, the knees must be locked and the shoulders thrust back. The referee's signal (audible command "DOWN") shall indicate the time when the bar is held motionless in the final position.
 - b. Reasons for Disqualifications in the Deadlift
 - i. Any stopping of the bar before it reaches the final position.
 - ii. Failure to stand erect.
 - iii. Failure to lock the knees.
 - iv. Supporting the bar on the thighs.
 - v. Any raising of the bar or any deliberate attempt to do so shall count as an attempt.
 - vi. Any shifting of the feet during the performance of the lift.
 - vii. The heels or toes may be raised, provided that either foot is not displaced or comes down in a different position.
 - viii. Lowering the bar before the referee's signal to do so.
 - ix. Allowing the bar to return to the platform without maintaining control with both hands.
3. Squat Standards
 - a. The lifter will assume the upright position with the top of the bar NOT more than 3cm (1.18 inches) below the top of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands in contact with the bar and the feet flat on the platform with the knees LOCKED. The lifter's hands may be against the inside collars but not on the inside collars nor on the plates.
 - b. After removing the bar from the racks, the lifter must move backwards to establish the starting position. The lifter will wait in this position for the Chief Referee's signal. The signal will be given as soon as the lifter is MOTIONLESS, ERECT WITH THE KNEES LOCKED, and the bar is PROPERLY POSITIONED. The signal will consist of a downward movement of the arm and the audible command "SQUAT". Before receiving the starting, the lifter may make position adjustments within the rules without penalty. Once the lifter has received the starting signal, the feet may NOT move and the hands may NOT slide laterally on the bar.
 - c. Upon receiving the starting signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one (1) descent attempt is allowed.
 - d. The lifter must recover at will from the deepest point of the squat, without double-bouncing or any downward movement (stopping is permitted) once the upward motion has started, to an upright position with the knees locked. When the lifter is motionless, the Chief Referee will give the signal to replace the bar: "RACK". The signal will be given when the lifter is in the apparent final position as best determined by the Chief Referee (even if the final position is not correct according to the rules). The "RACK" signal is given along with a backward movement of the hand.
 - e. Upon receiving the "RACK" signal, the lifter MUST make a bona fide attempt to return the bar to the racks. This is defined as one (1) step towards the racks; the lifter may then request aid to rack the bar if necessary.
 - f. The lifter may enlist the aid of the spotter/loaders in removing the bar from the racks; however, once the bar has cleared the racks, the spotters/loaders may NOT assist any further with regard to proper positioning, foot placement, bar position, etc.

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- g. Reasons for Disqualifications in the Squat
 - i. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
 - ii. Double bouncing or more than one (1) recovery attempt at the bottom of the lift.
 - iii. Failure to assume an upright position with the knees locked at the COMMENCEMENT or COMPLETION of the lift.
 - iv. Any shifting of the feet laterally or stepping forward or backward during the performance of the lift. The toes and/or heels may come up off the platform, but MUST return in the same position.
 - v. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
 - vi. Changing the position of the bar across the shoulders after the commencement of the lift. This applies to intentional or unintentional rolling of the bar to aid in performance of the lift - it does NOT apply to a minute amount of position change that would not aid the lifter.
 - vii. Contact of the bar or the lifter by the spotters before the referee's signal to replace the bar.
 - viii. Contact of the elbows or upper arms with the legs.
 - ix. Failure to make a bona fide attempt to return the bar to the racks. Bona fide attempt consists of one step towards the rack.

UNIFIED POWERLIFTING RULES

1. Unless otherwise stated, the Powerlifting Rules stated in the 2022-2023 Program Information Guide shall govern the Unified powerlifting competition.
2. A Unified powerlifting team shall consist of one (1) athlete and one (1) Unified partner.
3. There will be three (3) classes based on gender: 1) Male 2) Female 3) Coed
4. Divisions will be determined using the combined weight of the athlete and partner.
5. Both the athlete and partner are expected to attend weigh-ins on the day of competition.
6. Each team's place is determined using the combined Wilkes scores for the athlete and partner. For example: Athlete (Team A) weighs 150lbs and lifts a total of 600lbs, yielding a Wilkes score of 209. Partner (Team A) weighs 200lbs and lifts a total of 700lbs, yielding a Wilkes score of 202. The combined Wilkes score for Team A is 411. Athlete (Team B) weighs 200lbs and lifts a total of 650lbs, yielding a Wilkes score of 187. Partner (Team B) weighs 250lbs and lifts a total of 800lbs, yielding a Wilkes score of 212. The combined Wilkes score for Team B is 399. Team A would be awarded the higher place in this scenario.



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INDIVIDUAL EVENTS

25yd Backstroke(M/F)**
25yd Breaststroke (M/F)
25yd Butterfly (M/F)
25yd Freestyle (M/F)**
50yd Backstroke (M/F)
50yd Freestyle (M/F)
100yd Freestyle (M/F)
100yd Individual Medley (Coed)
200yd Freestyle (Coed)

RELAY EVENTS (Traditional & Unified)

4 x 25yd Freestyle (Coed)**
4 x 25yd Medley (Coed)**
4 x 50yd Medley (Coed)

** - Denotes those events open to swimmers requiring flotation devices. In the 4 x 25yd Medley Relay, flotation devices in the Freestyle or Backstroke relay legs only.

The Official Special Olympics Sports Rules for Swimming shall govern all Special Olympics competitions. Special Olympics has created these rules based upon Federation International de Natacion Amateur (FINA) rules, otherwise known as World Aquatics, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Swimming or Article I. In such cases, the [Official Special Olympics Sports Rules for Swimming](#) shall apply.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial Instability may not participate in Butterfly events, Individual Medley event, or diving starts.

COMPETITION MANAGEMENT

All swimming events at Summer Games will be competed in a 25 yard pool. If your County Program is training and obtaining times in a metric pool, you must convert your times by multiplying by .9144.

1. The Meet Referee, in cooperation with the Games Director, shall have the authority to adjust these rules on a case-by-case basis for the safety and well-being of an athlete. The Meet Referee may intervene in the competition at any stage to ensure that the appropriate regulations are observed; and shall adjudicate all protests related to the competition in progress.
2. The Meet Referee shall have the discretion to allow for certain modifications/interpretations of the current technical rules based upon a physical disability characteristic. Such interpretation shall be requested and ruled on prior to the athlete's participation in a final and shall not give advantage over another swimmer. Stroke interpretations will be concerned with the action a limb(s) is performing. The Stroke Judge shall be concerned with what action the arm or leg action constitutes.
3. The Meet Referee shall have full control and authority over all officials, approve their assignments and instruct them regarding all Special Olympics features or regulations related to the competitions. They shall enforce all rules and decisions of the Official Special Olympics Sports Rules and FINA/World Aquatics rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise covered by these rules.
4. Refer to the Swimming Safety Policy under Event Policies prior to any training, competitive, or recreational swimming session.

All entries must be in GMS by the Summer Games deadline of May 6th, however you will not need to enter your scores at this time. All entry times for swimming are due on May 21st directly to the Swim Management Team and any corrections or updated scores are due on May 29th directly to the Swim Management team.

PRELIMINARY/ FINALS & TIMED FINALS FORMAT & DIVISIONING INFORMATION

1. Swimmers can enter a maximum of three (3) events.
 - a. Individual events with a distance of 50-yards or less will have preliminary and final heats.
 - b. All relay events and individual events with a distance of 100-yards or more will only swim final heats.
2. Swimmers are seeded in preliminary and timed final heats based on entry times seeded slowest to fastest. Heats are filled to the maximum lanes available.
3. Swimmers must participate in a preliminary of an event to be eligible for the final in that event, if a preliminary heat is offered.
 - a. Swimmers will be advanced and seeded in the final based on their preliminary time seeded slowest to fastest. Heats are filled to the maximum lanes available.
 - b. If a swimmer is disqualified in a preliminary, they will be advanced and seeded in the DQ heats for the final without regard to times. Lane and heat assignments will be random.
 - c. The DQ heats for a final will receive only participation ribbons and be able to swim.
 - d. The finals heats, other than the DQ heats, will be for medal and ribbon awards.
 - i. Participation ribbons will be given for any swimmer disqualified in a final heat.
 - ii. Any swimmer swimming faster than 20% of their preliminary round time will be disqualified and receive a

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participation ribbon. This does not apply to relay events utilizing timed finals.

- iii. Any relay team swimming faster than 30% of their qualifying time in a relay event utilizing timed finals entry times will be disqualified and receive a participation ribbon.
3. Swimmers should only enter into Swimming events.
 - a. The Swimming timeline will be tight so we do not want swimmers to miss swimming events while participating in another sport.

SPORT RULES

UNIFORM OR EQUIPMENT SPECIFICATIONS

1. All participants must wear swimsuits that are non-transparent and conform to the current concept of an appropriate swimsuit.
2. The Swimming Sport Management Team or sport official shall have the authority to bar offenders from competition, until they comply with this rule.
3. No competitor shall be permitted to use or wear any device that may aid their speed, buoyancy or endurance during a competition (except flotation races) such as webbed gloves, flippers, fins, etc. Goggles may be worn.
4. For events in which flotation devices are allowed, each athlete is responsible for their own flotation device. The device **must** be of the body wraparound type such that if the athlete were to not be able to hold onto the device, the device would support the athlete with their face out of the water. **Noodles are prohibited.**
5. Starting devices may include the following: whistle or horn. Athletes with hearing impairments may receive hand signal starts from the starter or a designated official.
6. Watches (timing system); at least one (1) watch per lane is required.
7. Electronic timing equipment button watches (manual timing system) is required at competition.

GENERAL RULES

1. Rules require a water depth of four (4) feet or more for a deck entry. All events beginning in water less than four (4) deep require all swimmers for that event to begin in the water with one (1) hand on the wall.
2. The starting signals shall be "Take your marks", followed by an electronic tone. There will be no recall of swimmers when a false start occurs, so long as the remaining swimmers have not been affected by the false start.
3. Participants shall start, finish and compete on their own, **without assistance.**
4. Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but they shall not walk.
5. Standing on the bottom in the racing course is allowed only for the purpose of resting. Walking on or jumping from the bottom must disqualify the offender.
6. Swimmers may be assisted from the water upon request.

PERFORMANCE STANDARDS

The following swimming performance standards are new to the Summer Games Swimming competition. Their intent is to assist coaches in determining the proper event for athletes of varying abilities, while also challenging athletes to reach their maximum potential. Please note that the performance standards are only in place for certain events.

1. Minimum Time
 - a. It is strongly recommended that athletes swimming faster than the minimum time should move to the next longest distance in that event (i.e. moving from the 25yd Freestyle to the 50yd Freestyle).
 - b. Athletes swimming faster than the minimum time will not be disqualified or penalized.
 - c. This performance standard is meant to further challenge our athletes with the goal of improving their swimming

SWIMMING PERFORMANCE STANDARDS		
Event	Minimum Time	Maximum Time
Females 25yd Freestyle	27 seconds	
Males 25yd Freestyle	21 seconds	
Females 25yd Backstroke	32 seconds	
Males 25yd Backstroke	29 seconds	
Females 50yd Freestyle		1 minute 45 seconds
Males 50yd Freestyle		1 minute 30 seconds
Females 50yd Backstroke		1 minute 50 seconds
Males 50yd Backstroke		1 minute 50 seconds
Females & Males 100yd Freestyle		3 minutes
Females & Males 200yd Freestyle		5 minutes 30 seconds



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abilities.

2. Maximum Time
 - a. Athletes swimming slower than the maximum time limit are required to move to the next lowest distance of that event, or consider another event (i.e. moving from the 50yd Freestyle to the 25yd Freestyle).
 - b. The maximum time listed will also be used for entry cutoffs. Athletes with qualifying times slower than the listed maximum time must choose another event.
 - c. Any athlete swimming slower than the maximum time will be disqualified and pulled from the pool.
 - d. If the disqualification occurs during prelims, the athlete will **NOT** be allowed to swim that event during finals.

STROKE STANDARDS

1. Stroke judges will adhere to the stroke standards outlined below.
2. Disqualification (DQ) of a swimmer who does not conform to Special Olympics and FINA/World Aquatics standards is required. If these standards are not upheld, it is unfair to the swimmer who has been properly trained and entered into an appropriate event. All stroke standards apply to all athletes and Unified partners. The referee has the discretionary power to allow for certain modifications and interpretations of rules based upon the physical or sensory disability of the individual swimmer. It is the coach's responsibility to inform the referee about an athlete who has a physical problem that could cause a DQ. **The referee may allow a deviation if notified before a race.**
3. Breaststroke Standards
 - a. From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto their back during their swim.
 - b. All movements of the arms shall be simultaneous without alternating movement.
 - c. In the leg kick, the feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except after the start and each turn. At any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous without alternating movement. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
 - d. Hands shall be pushed forward together from the breast, on, under, or over the water. Hands shall be brought back on or under the surface of the water.
 - e. At the finish, the touch shall be made with both hands simultaneously at, above, or below the water surface. The shoulders shall be in line with the water surface. At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface, and the shoulders shall be in line with the water surface.
 - f. While swimming the breaststroke, swimmers may use a head position of any depth as long as their face breaks the surface of the water at least once during every cycle of the stroke. At the start and after each turn, specifically, the head must begin to break the surface of the water before the widest pull of the second arm stroke.
 - g. In the individual medley, the completion of the breaststroke portion is considered as a turn (both hands shall touch simultaneously.) In the medley relay, finishing the breaststroke portion is considered as the end of the race (both hands shall touch simultaneously).
4. Freestyle Standards
 - a. The swimmer's head must break the surface of the water within 15 meters of the start.
 - b. Freestyle means that, in an event so designated, the competitor may swim any style. In freestyle turning and finishing, the swimmer can touch the wall with any part of his body. A hand touch is not required.
 - c. Standing on the bottom during the freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but they shall not walk.
5. Butterfly Standards
 - a. Both arms must be brought forward together over the water and brought backward simultaneously.
 - b. The swimmer's head must break the surface of the water within 15 meters of the start.
 - c. The body must be kept on the breast and both shoulders kept in line with the surface of the water from the beginning of the first arm stroke after the start and on the turn.
 - d. All movements of the legs and feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs or feet need not be at the same level, but no alternating movement is permitted.
 - e. When touching at the turn or upon finishing a race, the touch shall be made with both hands simultaneously at, above, or below the water surface on the same level. The swimmer's shoulders must be in the horizontal position.
 - f. At the start and at the turns, a swimmer is permitted one (1) or more leg kicks and one (1) arm pull under the water, which must bring his body to the surface.
6. Backstroke Standards

SWIMMING



- a. The competitors shall line up in the water, facing the starting end, with the hands placed on the gutter or on the starting grips. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter, or bending the toes over the lip of the gutter is prohibited. The swimmer is not allowed to make any movement with any part of his body before the starting signal has been given.
 - b. At the signal for starting and when turning, the swimmer must push off and swim upon their back throughout the race. The hands must not be released before the starting signal has been given.
 - c. Any competitor leaving his normal position on the back before the head, shoulder, foremost hand, or arm has touched the end of the course for the purpose of turning or finishing shall be disqualified. The swimmer may turn his body beyond the vertical, after the foremost part of the body has touched the wall during a turn, but the swimmer must have returned to a position on his back before the feet leave the wall.
 - d. The swimmer's head must break the surface of the water within 15 meters of the start.
 - e. When swimming the 50, 100, or 200 backstrokes, swimmers may use the backstroke flip turn to turn around at each wall (not legal if used at the finish of the event). The turn allows the swimmer to turn on to the stomach before the flip turn. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer may only attempt a single arm or simultaneous double arm stroke while on the stomach. Before the completion of the single or simultaneous double arm stroke, the swimmer must begin the flip turn. An arm stroke is not required while on the stomach during the flip turn. However, at no time is the swimmer allowed to kick while on the stomach without also using an arm stroke. The swimmer must touch the wall with some part of their body before proceeding to swim the remaining length of the event.
7. Individual Medley Standards
- a. Order: butterfly, backstroke, breaststroke and freestyle. (Reminder: In the IM, "freestyle" means any other stroke than the butterfly, backstroke or breaststroke.)
 - b. Rules pertaining to individual strokes govern disqualifications.
 - c. The turns from one (1) stroke to another are considered finishes, NOT turns, and are to be judged accordingly.

RELAY EVENTS

1. No Swimmer may swim more than one (1) leg in any relay.
2. A swimmer may not start until his preceding teammate finishes their leg.
3. Each relay member will leave the water immediately after finishing their leg.
4. All events will be designated as combined (coed).
5. In Medley Relay events, each swimmer is to swim 1/4th of the prescribed distance continuously in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.
6. In relays, Traditional teams and Unified teams will be combined. Divisioning will be based upon qualifying scores only. Relay teams may have zero (0), one (1) or two (2) Unified partners. Members of a relay team may be assigned to swim in any order. Please designate the order on the entry form.



TRACK & FIELD

The Official Special Olympics Sports Rules for Track & Field shall govern all Special Olympics competitions. Special Olympics has created these rules based upon USA Track & Field rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Athletics or Article I. In cases such as this the [Official Special Olympics Sports Rules for Athletics](#) shall be used.

COMPETITION MANAGEMENT

- Participants in Track & Field will be entered into one (1) of the levels below, based primarily on the athlete's ability. The level system provides coaches with an effective guide for assessing athletes' abilities and placing them in the most appropriate events.
- Athletes may enter up to three (3) events including relays. Unified Partners can enter in 2 events, either the 100m or 400 m relay.**
- No more than two (2) of the events may be field events.**
- If an athlete is entered as an alternate in a relay, they may be signed up for their relay plus three (3) additional events.
- Athletes may be entered in Level M, 1A, 1B, 1C, 1D, 2, 3A or 3B but may only participate in events within the selected level.
- Level 1 Athletes may enter the Tennis Ball Throw or Softball Throw, but not both. Level 2 athletes may enter the 50m Dash or the 400m Walk, but not both. Level 2 athletes may enter the Shot Put or the Softball Throw, but not both. Level 2 athletes may enter the Mini-Javelin Throw or the Softball Throw, but not both.

LEVEL M - MOTOR DEVELOPMENT	
Physical assistance may come from a coach.	
WALKING & WHEELCHAIR EVENTS	FIELD EVENT
10m Physically Assisted Walk	Target Throw
25m Physically Assisted Walk	
15m Physically Assisted Wheelchair Race	
15m Physically Assisted Wheelchair Slalom	
LEVEL 1A - ASSISTED WALKERS	
Assisted devices may consist of canes, crutches or walker, not another person. Gait belts are not allowed.	
WALKING EVENTS	FIELD EVENTS
**10m Assisted Walk	Softball Throw OR Tennis Ball Throw
**25m Assisted Walk	
**50m Assisted Walk	
LEVEL 1B - UNASSISTED WALKERS	
No assisted devices of any kind are allowed.	
WALKING EVENTS	FIELD EVENTS
**10m Unassisted Walk	Softball Throw OR Tennis Ball Throw
**25m Unassisted Walk	
**50m Unassisted Walk	
LEVEL 1C - MOTORIZED WHEELCHAIRS	
MOTORIZED wheelchairs, NOT manual wheelchairs	
MOTORIZED WHEELCHAIR EVENTS	FIELD EVENTS
**25m Motorized Wheelchair Race	Softball Throw OR Tennis Ball Throw
**25m Motorized Wheelchair Slalom	
**25m Motorized Wheelchair Obstacle Race	
**50m Motorized Wheelchair Slalom	

LEVEL 1D - MANUAL WHEELCHAIRS	
MANUAL wheelchairs, NOT motorized wheelchairs	
MANUAL WHEELCHAIR EVENTS	FIELD EVENTS
**10m Wheelchair Race	Softball Throw OR Tennis Ball Throw
**25m Wheelchair Race	
**25m Wheelchair Slalom	
**50m Wheelchair Slalom	
**100m Wheelchair Race	
**200m Wheelchair Race	

LEVEL 2 - SPURTERS & WALKERS	
RUNNING & WALKING EVENTS	FIELD EVENTS (no more than 2)
**50m Dash OR 400m Walk	Mini-Javelin Throw OR Softball Throw
**4 x 100m Relay	Standing Long Jump
800m Walk	Shot Put OR Softball Throw

LEVEL 3A - SPURTERS	
RUNNING EVENTS	FIELD EVENTS (no more than 2)
**100m Dash	Mini-Javelin Throw
**200m Dash	Running Long Jump
400m Dash	Shot Put
**4 x 100m Relay	

LEVEL 3B - DISTANCE RUNNERS	
RUNNING EVENTS	FIELD EVENTS (no more than 2)
400m Dash	Mini-Javelin Throw
800m Run	Running Long Jump
1500m Run	Shot Put
**4 x 100m Relay	

UNIFIED	
**4 x 100m Relay	
**4 x 400m Relay	

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PRELIMINARY & FINALS FORMAT

1. Competitors (athletes & Unified partners) may enter up to three (3) events including relays. No more than two (2) of the events may be field events.
2. Each running & walking event 200-meters or less, including the 4 x 100m Relay, will have preliminary heats to determine the final heats.
 - a. If an event has fewer than four (4) competitors, then the Track & Field Sport Management Team reserves the right to hold finals only in that event.
3. Competitors must participate in a preliminary of an event to be eligible for the final in that event.
4. Competitors will be advanced and seeded in the final heats based on their preliminary time.
5. If a competitor is disqualified in a preliminary, they will receive a participation ribbon and will not advance to finals.
6. The final heats will be for medal and ribbon awards.
 - a. Participation ribbons will be given for any competitor disqualified in a final heat.

DIVISIONING

1. All events will be divisioned and awarded separately.
2. All track & field events will be divisioned by age, gender, and athlete's entry score.
 - a. Exception: Level 1 A,B,C,D and M are divisioned based on gender and athlete's entry score. Level 1 Softball Throw and tennis ball throw are divisioned by age (8—21, 22+), gender, and athlete's entry score.
1. Age groups will be: 8-11; 12-15; 16 - 21; 22 - 29, & 30 and over.
2. There may be up to 8 athletes per division.
3. All entry times will come directly from Area Spring Games. All athletes must participate at Area Spring Games to advance to the Summer Games.
 - a. During the entry process, all athletes who would like to participate at Area Spring Games must be entered into GMS with their entry times/scores.
 - b. Area Directors will division for their Area Spring Games.
 - c. There will be timing systems at all Area Spring Games to get accurate times that will feed into the Summer Games.
 - d. After Area Spring Games, County Coordinators will receive a list of their athletes entered in Track & Field and elect who will be advancing on to the Summer Games.
7. There may be no more than a 25% difference between the highest average and the lowest average in the division.
8. Age groups or genders groups may be combined to run or participate together but scored and awarded separately.
9. Maximum Effort will be enforced for Track and Field finals. Athletes who exceed their preliminary round time by 30% will be disqualified and receive a participation ribbon.
 - a. Any time that divisioning is not compliant with 25% difference between the highest average and the lowest average in the division then Maximum Effort will not be enforced.
 - b. Exception: Athletes who are divisioned in the highest heat or flight will not be disqualified due to Maximum Effort.

SPORT RULES

UNIFORM SPECIFICATIONS

1. The following is the approved uniform/equipment list and is required for athletic competition: running shorts, basketball shorts, biker shorts, sweatpants, jogging pants, t-shirts, tank tops, sweatshirts, athletic shoes, tennis shoes, basketball shoes, running shoes, cross-trainers, and track shoes with 1/4 inch spikes.
2. The following uniform/equipment list will disqualify the individual from athletic competition if worn: denim slacks or shorts, casual wear, dress slacks or shorts, tennis shorts, button-down casual shirts, golf shirts, shirts with collars, ads for alcohol or tobacco products, hard-sole shoes, sandals, and hiking boots.
3. No athlete shall wear advertisements of any kind, including but not limited to their favorite race driver or favorite college. The only exception is a logo of the manufacturer, which is limited to less than 2 inches x 3 inches.
4. Headwear, such as baseball caps or bandanas, is not considered part of the uniform and cannot be worn during competition. The only exception is sweatbands.
5. Relay team members must wear matching uniform tops.
6. Jewelry is acceptable. However, athletes may be asked to remove jewelry if the event officials believe it to be a potential safety hazard. This does not eliminate a coach's right to exclude their athletes from wearing jewelry.

GENERAL RULES & MODIFICATIONS FOR TRACK EVENTS

1. Starting Commands
 - a. All questions concerning the start shall be decided by the starter.
 - b. All running events will be started using a .22 or .32 caliber blank pistol.



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- c. In races up to and including 400 meters, the commands of the starter shall be “on your marks,” “set” and, when all competitors are set, the gun shall be fired.
- d. In races 800 meters or longer, the commands shall be “on your marks” and, when all competitors are steady, the gun shall be fired. A competitor shall not touch the ground with their hand(s).
2. Starting races longer than 400 meters:
 - a. 800 meters distance: Runner will run in the lanes through the first turn and break toward lane one at the breakline marked after the first turn.
 - b. 1500 meters and greater distances: A waterfall start shall be used.
3. Starting Relays
 - a. 4 x 400 meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in their lane and break toward lane one at a breakline marked after the first turn.
4. The starter shall give each competitor a chance to do their best by:
 - a. Giving the competitors ample time to settle down after taking their marks;
 - b. Starting the sequence over if any runner is off-balance; and
 - c. Not holding the runners too long after the set command.
5. False Starts
 - a. Only one (1) false start per race shall be allowed without disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.
6. Lane Violations
 - a. In all races run in lanes, each competitor shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
 - b. If a competitor is pushed or forced by another person to run outside their lane, and if no material advantage is gained, the competitor should not be disqualified.
 - c. If an athlete either:
 - i. Runs outside their lane in the straight or
 - ii. Runs outside the outer line of their lane on the bend, with no material advantage thereby being gained and no other runner is obstructed, then the competitor should not be disqualified.
7. Finish
 - a. Pacing is not allowed for any running or walking event.
 - b. All runners must complete the full distance of a race entered in order to qualify for an official place.
 - c. The competitors finishing shall be placed in the order in which any part of their torso (excluding head, arms, legs, hands) reaches the vertical plane of the nearest edge of the finish line.
8. Race Walking
 - a. Athlete must have one (1) foot in touch with the ground at all times.
 - b. In all race walking events, an athlete does not have to have a straight advancing leg while competing.
 - c. In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two (2) or more officials, a technical violation has been committed that results in an advantage being gained.

GENERAL RULES FOR RELAY EVENTS

1. Batons shall be provided by the Track & Field Sport Management Team.
2. For all traditional & Unified relay events, alternates must have the event listed on the *Summer Games Individual Entry Form*, the same as the “starters.”
3. If an athlete drops the baton in the proper exchange zone, and the outgoing runner picks it up in the zone, no violation will be charged.
4. If an athlete drops the baton outside of the exchange zone, brings it back to the proper zone, and makes the exchange with the outgoing relay runner, no violation will be charged.
5. Athletes may be listed as an alternate on multiple relay teams; but may only be used once. Whether used or not, being listed as an alternate will be counted toward the athlete’s three (3) event limit.
6. Level 2 athletes, Level 3A athletes and Level 3B athletes may be used to create a 4 x 100m Relay team.

GENERAL RULES FOR FIELD EVENTS

1. In the long jump, standing long jump and throwing events (shot put, softball throw, tennis ball throw, and mini-javelin throw) each athlete shall be allowed three (3) non-consecutive attempts. The longest measurement of the three attempts shall be used for scoring.
2. Implements shall be provided by the Track & Field Sport Management Team.
3. Running Long Jump
 - a. In the long jump, an athlete must be able to jump at least one (1) meter, which is the maximum distance between the take-off board and the sand pit. Jumps shorter than one (1) meter shall be considered “foul”.
 - b. Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the take-off line for all jumps.
 - c. In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.
4. Standing Long Jump
 - a. Competitors shall start with both feet behind a designated take-off line and on the ground.

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- b. When starting, competitors' toes shall be behind the take-off line.
- c. A competitor shall use both feet on the take-off. They may rock backward and forward lifting their heels and toes alternately, but they may not lift either foot completely off the ground.
- d. Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the take-off line for all jumps.

5. Shot Put

- a. A legal put shall be made from within the circle. In the course of an attempt, the athlete, or their wheelchair, may not touch the top edge of the toe-board, the top of the iron ring or any surface outside of the circle. It is legal to touch the inside of the toe-board or the iron band.
- b. The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
- c. The shot shall be put from the shoulder with one (1) hand only. When the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
- d. The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following:
 - i. Uses any method contrary to the definition of legal put; or
 - ii. Causes the shot to fall on or outside the lines marking the landing vector.

SHOT PUT	
Gender & Age	Weight
Females 8 - 11	1.8 kg (4.0 lbs)
Females 12 & Older	3.0 kg (6.6 lbs)
Males 8 - 11	3.0 kg (6.6 lbs)
Males 12 & Older	4.0 kg (8.8 lbs)

6. Mini-Javelin Throw

- a. The mini-javelin must be held by the grip with one (1) hand only.
- b. At no time may the competitor turn completely around so that their back is towards the throwing area.
- c. The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- d. It is counted as a foul if the competitor:
 - i. Does not use the proper throwing technique.
 - ii. Does not throw the mini-javelin so that the point lands before any other part of the implement.
 - iii. Does not throw the mini-javelin so that the point falls completely within the inner edges of the sector lines.
 - iv. Steps on or beyond the throwing arc.
 - v. Steps beyond the parallel runway lines while in the process of throwing the implement.

MINI-JAVELIN THROW	
Gender & Age	Weight
Females	300 g
Males 8 - 15	300 g
Males 16 & older	400 g

7. Softball Throw & Tennis Ball Throw

- a. Competitors may use any type of throw.
- b. All throws must land between the 34.92° sector lines. A ball landing on the sector line is a foul.
- c. The throwing box shall be a 2-meter x 3-meter rectangle. The 2-meter length is the front and back side of the throwing box.

GENERAL RULES FOR ASSISTED WALKS (LEVEL 1A)

- 1. Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker, not another person.
- 2. Gait belts are not allowed.

GENERAL RULES FOR LEVEL M EVENTS

- 1. Athlete moves forward using their own momentum with support from a coach/volunteer to stay in their lane, continue moving, or gain stability. Support could be a gait belt or 1-2 people guiding the athlete. (Athletes who use assistive devices such as walkers, crutches or canes should be in the Level 1 Assisted events).
- 2. Rules for the Physically Assisted Wheelchair event: Athlete initiates forward movement with assistance from a coach/volunteer that must maintain a walking pace equal to the athlete's pace.
- 3. Rules for the Physically Assisted Wheelchair slalom: Athlete initiates forward movement with assistance from a coach/volunteer that must maintain a walking pace equal to the athlete's pace while maneuvering in and out of cones.
- 4. Rules for the Target toss: Athlete has 3 attempts to push, drop or toss a beanbag onto a target on the floor. (Athletes who lack the grasping and upper body strength to throw a tennis ball should enter this event).

GENERAL RULES FOR ATHLETES WHO HAVE A VISUAL OR HEARING IMPAIRMENT



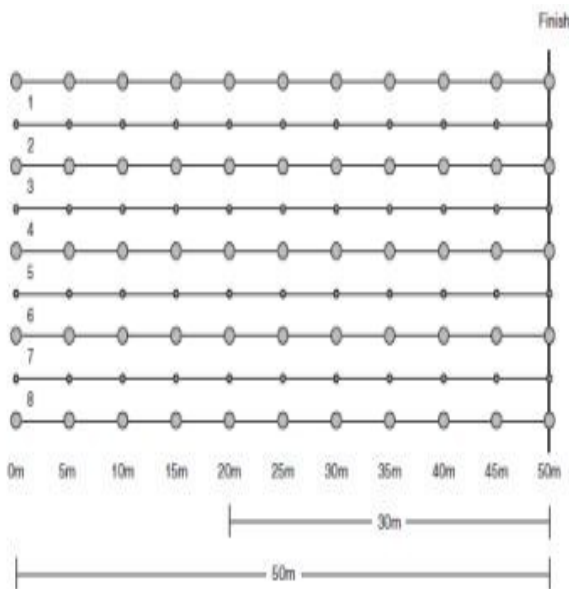
TRACK & FIELD

1. A rope or sighted guide runner may be used to assist athletes who have visual impairments. Ropes or guide runners shall be provided by the athlete's program.
2. A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.
3. A tap start will be used for an athlete who is both deaf and blind.
4. Guide runners must wear a brightly colored running vest so that they are clearly distinguished from competitors. These vests will be provided by the Track & Field Sport Management Team.

GENERAL RULES FOR WHEELCHAIR EVENTS

1. Main Principles for Wheelchair Races
 - a. Athletes shall start with all wheels behind the start line
 - b. An athlete is timed from the whistle to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
 - c. Motorized wheelchairs shall not be allowed in manual wheelchair races.
 - d. Only athletes who ambulate by use of a wheelchair may participate in the events.
 - e. Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - f. The lanes for the wheelchair events shall be made two (2) track-lanes wide.
 - g. Each competitor must keep in their lane from start to finish and may not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.
2. Wheelchair Slaloms
 - a. Beginning at the start line, place one (1) cone in each lane at five (5) meter intervals. Cones should be placed in the middle of the lanes.
 - b. Knocking down a marker constitutes a violation, and a three (3) second penalty will be assessed.
 - c. No penalty will be incurred as a result of touching a cone.
 - d. If a competitor varies from a sequence of obstacles, they must resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety, or be disqualified. In essence, failure to complete the course as designed will result in disqualification.
3. 25m Motorized Wheelchair Obstacle Course
 - a. Mark one (1) box two (2) meters from the start line and one (1) box two (2) meters from the finish line. Each box should be 3-meters x 3-meters.
 - b. Place four (4) cones between the boxes, each three (3) meters apart.
 - c. Rules:
 - i. Athlete starts facing the course.
 - ii. The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion, the athlete weaves in and out of four (4) cones set three (3) meters apart, then completes a second 360 degree circle between the fourth cone and the finish line.
 - iii. The box (3-meters x 3-meters) is used only as an indicator for the athlete to complete the 360-degree circle.

Wheelchair Slalom course set-up

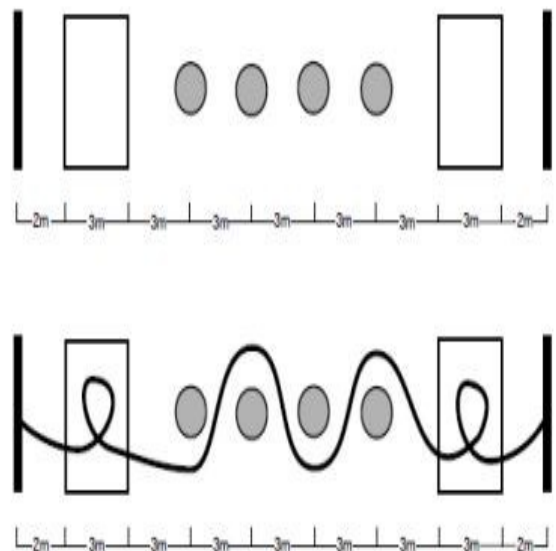


No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with tape.

iv. Knocking down a marker constitutes a violation, and a three (3) second penalty will be assessed.

Competitors who do not make an obvious attempt to go between each pair of markers are subject to disqualification at the discretion of the referee.

Wheelchair Obstacle course set-up



TRACK & FIELD



PERFORMANCE STANDARDS

Athletics performance standards are guidelines only. Their intent is to assist coaches in determining the proper events for athletes of varying abilities. Performance standards will not prevent an athlete from entering an event and will not disqualify an athlete during competition (*with two exceptions, see below*).

• RUNNING EVENTS

In running events, if an athlete has a score lower than the minimum, they should consider moving up to the next level or to an event of greater distance. If an athlete has a score greater than the maximum, they should consider moving down to the next level or to an event of lesser distance.

• FIELD EVENTS

In field events, if an athlete has a score lower than the minimum, they should consider moving down to the next level or not competing in that event. If an athlete has a score greater than the maximum, they should consider moving up to the next level (i.e. from Softball Throw to Shot Put).

- ♣ Athletes not jumping farther than one (1) meter in the Running Long Jump CANNOT compete in this event. One (1) meter is the distance from the take-off board to the sand. Jumping less than one (1) meter runs the risk of injury.
- ♦ Due to time constraints, athletes must be able to finish the 800m Walk within 20 minutes. Athletes unable to do so will not be allowed to finish and will receive a participation ribbon.

Event	Minimum Score	Maximum Score
♣ Running Long Jump	1.00 meters	
Standing Long Jump	0.1 meter	2.60 meters
Softball Throw	4.00 meters	35.00 meters
Tennis Ball Throw	1.00 meter	20.00 meters
25m Wheelchair Races	9.00 sec	1:00.0
50m Wheelchair Races	14.00 sec	2:12.0
50m Dash	7.00 sec	1:00.0
50m Walk	15.00 sec	1:00.00
100m Dash		1:00.0
200m Dash		1:00.0
400m Dash		1:55.00
400m Walk	3:00.0	10:00.00
800m Run		4:50.00
♦ 800m Walk	5:00.0	20:00.0
1500m Run		12:00.00
4 x 100m Relay		2:00.00
4 x 400m Relay		7:00.00

Metric Conversion Table (*Do not submit entry scores in feet and inches*)

1/2 inch = 1cm	1 foot = 30cm	20 feet = 6m 10cm
1 inch = 3cm	2 feet = 61cm	30 feet = 9m 14cm
2 inches = 5cm	3 feet = 91cm	40 feet = 12m 19cm
3 inches = 8cm	4 feet = 1m 22cm	50 feet = 15m 24cm
4 inches = 10cm	5 feet = 1m 52cm	60 feet = 18m 29cm
5 inches = 13cm	6 feet = 1m 83cm	70 feet = 21m 34cm
6 inches = 15cm	7 feet = 2m 13cm	80 feet = 24m 38cm
7 inches = 18cm	8 feet = 2m 44cm	90 feet = 27m 43cm
8 inches = 20cm	9 feet = 2m 74cm	100 feet = 30m 48cm
9 inches = 23cm	10 feet = 3m 5cm	
10 inches = 25cm		
11 inches = 28cm		



VOLLEYBALL

TRADITIONAL EVENTS

Traditional Team Competition

The Official Special Olympics Sports Rules for Volleyball shall govern all Special Olympics competitions. Special Olympics has created these rules based upon United States Volleyball Association (USVBA) rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Volleyball and Article I. In such cases, the [Official Special Olympics Sports Rules for Volleyball](#) shall apply.

COMPETITION MANAGEMENT

1. Team Classification
 - a. A team's age group is determined by the oldest player on the team.
 - b. A team without competition in their age group may be assigned to a different age group.
 - c. Coed teams participate in the men's division.
 - d. A minimum of seven (7) and maximum of 12 players are on a roster.
2. Team Level
 - a. Each team shall be placed in one (1) of three (3) Levels for play, based on attributes that best characterize the team.
 - b. The Level placement is subject to change by the Volleyball Sport Management Team prior to the tournament.
 - c. A team's level will serve as the basis for division placement.
3. Mandatory Matches
 1. Teams will be divisioned onsite utilizing pool play process. Reference #9 under General Rules.
 2. Competition prior to Summer Games is strongly encouraged.
4. All team members must have participated in the evaluation round in order to participate.

TEAM LEVELS					
	LEVEL 1 (<i>Regulation Volleyball</i>)		LEVEL 2 (<i>Volleyball Lite ball</i>)		LEVEL 3 (<i>Volleyball Lite ball</i>)
1	High to excellent skills and athleticism	1	Above average to average skills and athleticism	1	Average to below average skills and athleticism
2	Implements strategies	2	Some strategy	2	Limited strategy
3	Serves and returns effectively	3	Most serves and returns legal	3	Does not adjust to the way the other team plays
4	Reacts to the way the other team plays	4	Some players aggressive	4	Usually driven by one or two players
5	Aggressive play			5	Serves and returns occasionally successful
				6	Limited aggressiveness

DIVISIONING

1. A divisioning process will be used for volleyball, like all other team sports. The Volleyball Management Team along with SOIN staff will work together to create these divisions by using a combination of age, gender, and ability levels. Results from the preliminary round will be used to gauge the team's ability level.
2. The primary goal with the divisioning process is to create divisions of equal ability for quality competition.
3. Program location and travel time will be considered when scheduling.
4. Team will be grouped in divisions based on a classification round game or minimum game requirement and submitted game records.

SPORT RULES

UNIFORM SPECIFICATIONS

1. All participants must have a playing uniform consisting of jersey, athletic shorts and athletic shoes. No blue jeans or dress slacks allowed.
2. All jerseys must be marked with numbers not less than 8cm (3 inches) in height on the chest and not less than 15cm (6 inches) in height on the back.

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3. Players requesting the use of sweatpants or any other uniform adjustment (due to religious or medical reasons) during any State-sanctioned tournament or match MUST submit a written request to the State Office for approval. Requests must be made one (1) week prior to competition.
4. Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

EQUIPMENT

1. The playing court shall be 18m x 9m (59 feet X 29' 6").
2. The height of the net measured from the center of the court shall be 2.43m (7' 11").
3. Ball: Level 1 teams will use a regulation volleyball. Level 2 and Level 3 teams will use a Volleyball Lite ball.

GENERAL RULES

1. Each team is required to be at its assigned court by the official start time. If a team is not at its assigned court at the time of the scheduled match, the offending team will forfeit the first set (game) of the match. After an additional five (5) minutes, if the offending team has not reported, the team will forfeit the match.
2. Timeouts
 - a. Each team is allowed two (2) 30-second timeouts per set (game).
 - b. The clock will stop for a timeout in the last two (2) minutes of Match-Play. Timeouts will not stop the clock in Pool Play.
3. Players
 - a. All matches shall start with six (6) players. In the event of injury or illness during a match a team may continue with five (5) players during tournament competition.
 - b. A team will forfeit their match if they are reduced to fewer than five (5) players.
4. Coin Toss
 - a. During the pre-match conference, a coin toss shall be conducted with the captains and head coaches of both teams. The visiting team's captain shall call the toss. The winner shall choose to serve/receive or choose the playing area.
 - b. The loser of the toss shall be given the remaining choice.
 - c. For the third game tiebreaker (if necessary and only during medal round play), the captains and head coaches will meet at center court. Another coin toss will be conducted and will follow the same procedure as the pre-match coin toss.
5. Service
 - a. The team which receives the ball for service shall rotate one (1) position clockwise before serving.
 - b. The server shall have eight (8) seconds after the referee's whistle in which to serve the ball.
 - c. The server shall not have any part of their body in contact with the end line or the lines marking the service area at the time of the serve.
 - d. The server may serve from anywhere on the back end line.
 - e. After a ball is released for service, it may be caught or dropped for re-service a maximum of one (1) additional time.
 - f. The serve shall be considered good if the ball passes over the net. A net serve is legal.
 - g. Service cannot be made with two (2) hands or arms.
 - h. If the ball is served before the referee's whistle, the serve shall be cancelled and a re-serve directed. A second early-serve will result in a side-out.
 - i. Once a server has scored three (3) consecutive points, the team shall rotate to the next server with no penalty.
6. Play
 - a. Each team is allowed a maximum of three (3) successive contacts of the ball.
 - b. The ball may contact any part of the body.
 - c. A player shall not contact the ball more than once without another player touching it in between contacts, except in blocking.
 - d. Any player participating in a block shall have the right to make the next contact.
 - e. The team which executes a block may have three (3) additional contacts after the block.
 - f. The ball shall not come to rest in the arms or hands of a player. The ball must be hit so that it rebounds cleanly after contact.
 - g. A player shall not block or attack a served ball. If a player on the receiving team blocks/attacks a served ball, play shall be stopped and a point shall be awarded to the serving team.
 - h. If a player's action causes the player to contact the net during play, that player shall be charged with a fault.
 - i. A player may step on, but not over, the center line.
 - j. Players may not enter an adjacent court conducting competition in order to play a ball.
 - k. If the volleyball strikes an object above the court, it shall remain in play if it returns to the same side from which



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it was hit, provided the team has hits remaining.

7. Substitutions

- a. Substitutions shall be made when the ball is dead and when recognized by the referee.
- b. A team shall be allowed a maximum of 15 substitutions in any one (1) set (game).
- c. Players re-entering the set (game) must assume their original position in the serving order in relation to other teammates.
- d. Substitutes going on the court must wait by the side of the court in the designated substitution zone until permission is given by the referee.
- e. The original starter shall replace a substitute during the game. There shall be a maximum of three (3) players in any one (1) position (except in the case of injury).

8. Scoring

- a. Pool-Play: two (2) sets will constitute a match during pool-play **OR** 30 minutes, whichever occurs first.
- b. Match-Play (medal round): matches shall consist of the best two (2) out of three (3) sets **OR** 45 minutes, whichever occurs first.
- c. Sets will be played to 25 points and teams must have at least a two (2) point advantage with a cap of 30 points.
- d. Match-Play only: If a third set is needed, teams will play to 15 points and teams must have at least a two (2) point advantage with a cap of 17 points.
- e. A cap is defined by the maximum amount of points a team may score in one (1) set.
- f. The rally system will be used for all sets during a match. Points are scored by the serving team or receiving team following each serve.
- g. When a fault / side-out is committed by one (1) team, a point is awarded to the opposing team.
- h. Medal round tiebreakers (if regulation time runs out), based on game possibilities:
 - i. Set 2 is tied when regulation time runs out. Teams will continue to play until one (1) team has a one (1) point advantage. That team is declared the Set 2 winner. If teams split Sets 1 and 2, then move to the next scenario (10.h.ii) listed below. The team that held serve when time ran out will continue to serve for the set.
 - ii. If teams split Sets 1 and 2 when time runs out, there will be a third set played to five (5) points with no cap. See coin toss runs to determine first serve.
 - iii. If teams are tied in Set 3 when time runs out, the team that holds the serve will continue the serve with the team winning the next point declared the winner.

9. Change of Playing Areas

- a. Teams will change sides and benches between sets of a match.
- b. Correct protocol for changing sides is as follows:
 - i. All team members move counter-clockwise around the court to their bench.

10. Referees

- a. Referees shall have full authority to interpret the rules. For further questions, the Volleyball Sport Management Team shall be consulted.
- b. Ball handling will be called in accordance with the ability level of the athletes.
- c. Line Judges
 - i. Teams will be required to provide Line Judges for matches not involving their team.
 - ii. Line Judges must register with the Tournament Director prior to the start of competition.