

Special Olympics
Washington



2018 Winter Season Information

Winter Games: March 2nd - 4th

Snowshoeing and Cheerleading: If you are interested in registering for [Snowshoeing](#) or [Cheerleading](#), please review the rules for the sport your team is interested in and contact your Area Director for more information:

General Rule Reminders

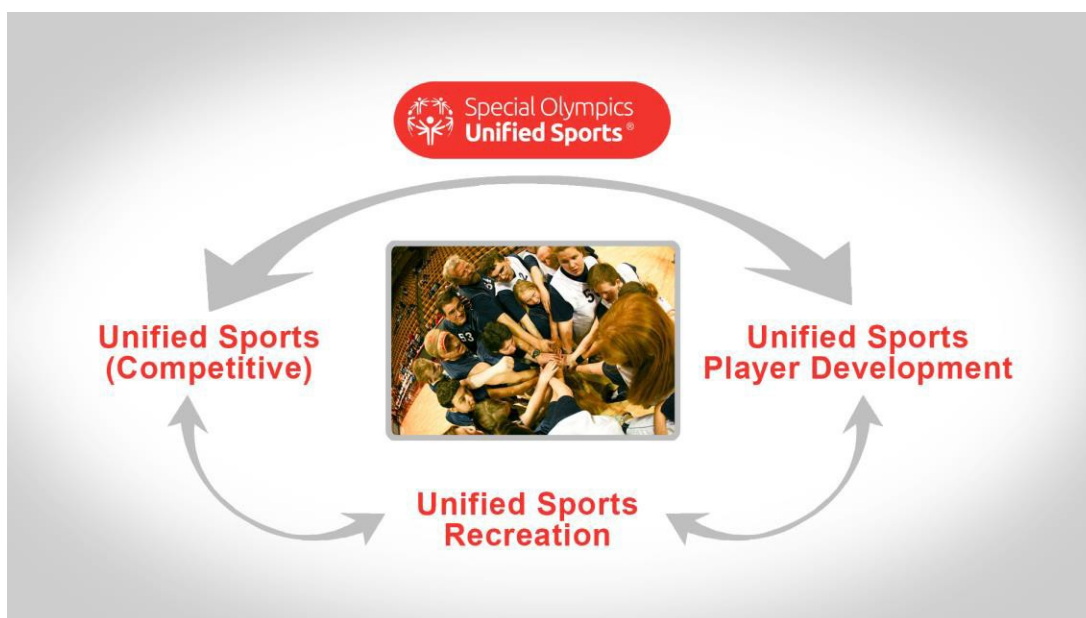
Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday at State Games. Unified Partners are considered 'Athletes' and are held to the same expectations as everyone on the roster and must be present for all competition opportunities.

Final divisions of less than three athletes or teams are only permissible once age groups and ability range have been broadened as far as possible. Meaning, if an Athlete or Team is registered for a competition and the minimum of 3 competitors is not achievable, the competition director may ask that the Athlete or Team register into an event or division where competition exists.

As a resource, here is the link to Article 1 for an overview of the General Sports Rules for Special Olympics: <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>

Unified Models

Three models exist within Unified Sports (Competitive, Player Development, and Recreational), all three provide different experiences with different core outcomes as explained below.



Unified Sports (Competitive)

The Unified Sports competitive model combines Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates on sport teams for training and competition. Two things differentiate the competitive Unified Sports model from the other two models: 1) all athletes and partners on a Unified Sports competitive team must have attained the necessary sport-specific skills and tactics to compete without modification of the current Special Olympics Official Sports Rules; and 2) teams that participate in this model may be eligible for advancement to Regional and World Games. A Unified Sports team is an inclusive sports program with approximately equal numbers of athletes and partners. Unified Sports teams should never be comprised solely of people with disabilities. Athletes and partners should be of

similar age and ability in team sports. However, a greater variance in age and ability is allowed in specific sports such as golf. Refer to Article 1 of the Official Special Olympics Sports Rules for more details regarding age and ability matching by sport.

Unified Sports Player Development

The Unified Sports Player Development model combines approximately equal numbers of Special Olympics athletes (Individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates on sports teams for training and competition. What differentiates Unified Sports Player Development from the other two models is: 1) teammates are not required to be of similar abilities, and 2) teammates of higher abilities serve as mentors to assist teammates of lower abilities in developing sport-specific skills and tactics, and in successfully participating in a cooperative team environment. Athletes and partners should be of similar age. However, a greater variance in age is allowed in specific sports such as bocce. (Refer to Article 1 of the Official Special Olympics Sports Rules for more details regarding age matching by sport.) Because of differences in abilities, rules modifications are necessary and designed to both ensure meaningful involvement of all teammates and define for higher ability players their roles as mentors so they do not dominate play. Each Program is given the opportunity to establish rules modifications that fulfill these outcomes.

Unified Sports Recreation

Unified Sports Recreation consists of inclusive recreational sports opportunities for Special Olympics athletes (individuals with intellectual disabilities) and partners without intellectual disabilities. What differentiates this model from the other two is that this model does not follow any prescribed training, competition and/or team composition requirements established by Special Olympics. These recreational opportunities may take place in partnership with schools, sport clubs, the community and other private or public organizations as introductory one-day events, exhibitions or demonstrations (including *Unified Sports Experiences*) or ongoing activities such as physical education classes and intramurals.

Work with your Senior Region Manager to identify what model your team represents!

2018 Winter Games

ALPINESKIING

REGISTRATION GUIDELINES

- Athletes may participate in up to three events.
- A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered. **Placement of athletes in proper levels is important.**
- Unified® races shall consist of one Special Olympian and one Partner skiing together with the results determined by the average of each competitor's time.
- **Athletes and Partners may not participate in like events. i.e. ... may not participate in Slalom and Unified® Slalom. Downhill and Unified® Downhill.**
- Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
- Finish time for the downhill competition is determined by the time of one run.
- Finish time for the slalom and giant slalom competition is determined by the combined time of two runs.
- Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered 'Athletes' and are held to the same expectations as everyone on the roster.
- All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games.

Alpine Skiing Rules:

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Alpine-Skiing-Sports-Rules.pdf>

EVENT CODES

<u>CODE</u>	<u>EVENT</u>
ASGLID	Glide Event **
AS10MR	10 Meter Ski Race **
ASSLAL ASSLUN	Slalom (Novice, Intermediate & Advanced) Unified® Slalom (Novice, Intermediate & Advanced)
ASGTSL ASGSUN	Giant Slalom (Novice, Intermediate & Advanced) Unified® Giant Slalom (Novice, Intermediate & Advanced)
ASDOWN ASDWUN	Downhill (Novice, Intermediate & Advanced) Unified® Downhill (Novice, Intermediate & Advanced)

2018 Winter Games

BASKETBALL

REGISTRATION GUIDELINES

- Athletes may participate in one event.
- All basketball team entries must be identified by a team name
- The age of the oldest team member determines the age group in which a team competes.
- Events identified with ** are designed for athletes with lower availability levels
- Athletes using wheelchairs and assisted walking devices are eligible for individual and team skills only. Do to safety concerns.
- Scrimmages: teams and programs are encouraged to participate in 3-4 scrimmages throughout the season and prior to major competitions. We understand that in some cases, this can be difficult to facilitate. Scrimmages can come in many different forms: inner squads or practicing against another team in your program, entering your team into a recreational league to get more games, working with other programs to organize invitationals or league plays prior to each season, etc. There are many ways to get creative!

For the 2018, please communicate challenges you experience to your Area Director so we may address any problems you experience. We know it is not always simple, so reach out!

- 2018 (Winter): Scrimmages are not required, but encouraged. Explore different options in your community that will best accommodate your program.
- 2019 (Winter): 3-4 scrimmages will be required.
- Roster sizes:
 - Team rosters must have a minimum of 5 players and a maximum of 10 players

Basketball Rules

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Basketball-Sports-Rules.pdf>

EVENT CODES

CODE

BBSKIL
BBTMSK

BBTEJR
BBTESR
BBTEMA

BBUNJR
BBUNSR
BBUNMA

EVENT

Basketball Individual Skills Competition**
Team Skills Competition**

Special Olympics Team Competition - Juniors (8-15)
Special Olympics Team Competition - Seniors (16-21)
Special Olympics Team Competition - Masters (22+)

Unified® Team Competition - Juniors (8-15)
Unified® Team Competition - Seniors (16-21)
Unified® Team Competition - Masters (22+)

2018 Winter Games CROSS COUNTRY SKIING

REGISTRATION GUIDELINES

- Athletes may participate in up to two events and a relay.
- A qualifying time must be submitted for all athletes entered.
- All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games.
- Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered 'Athletes' and are held to the same expectations as everyone on the roster.
- Special Olympics and Unified® races of the same distance will be contested at the same time, therefore an athlete cannot be in both. (i.e. 1K Special Olympics race and 1K Unified race)
- Unified® relay teams shall consist of two Special Olympians and two Partners. The order of racing is left up to the coaches' decision.
- Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
- If there are not enough athletes to properly division separate Classical and Free Technique events of similar distances, the events shall be combined and follow Free Technique Rules.

QUALIFYING GUIDELINES

- Qualifying events on Friday will be conducted as follows:
 - Those registered in the 10M will race in the 10M for preliminary scores
 - Those registered in the 100M will race in the 100M for preliminary scores
 - Those registered in the 500M and/or 1K will race in the 500M for preliminary scores
 - Those registered in the 2.5K, 5K, 7.5K, 10K will race in a 2.5K for preliminary scores

Note for Qualifying:

- If there are not enough competitors to make more than 1 division of competition (min of 3- max of 8 competitors), those racers will not have to complete the preliminary round race but will be automatically placed into a division.
- If there are less than 3 people registered in an event, not enough to meet the minimum standard, Coaches will have to register athletes in a race where competition exists (a different race)

Cross Country Skiing Rules

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Cross-Country-Skiing-Sports-Rules.pdf>

EVENT CODES

CODE

CC10MR
CC25MR
CC50MR
CC100M

EVENT

10 Meter Ski Race** - Classical Technique
25 Meter Ski Race** - Classical Technique
50 Meter Ski Race** - Country Skiing Race - Classical Technique
100 Meter Race** - Country Skiing Race - Classical Technique

2018 Winter Games

CC500M	500 Meter Race – Country Skiing Race
CC1KLM	1 Kilometer Race – Country Skiing Race
CC2KLM	2.5 Kilometer Race – Country Skiing Race
CC5KLM	5 Kilometer Race – Country Skiing Race
CC7KLM	7.5 Kilometer Race – Country Skiing Race
CC10KL	10 Kilometer Race – Country Skiing Race
CC4X1K	4 x 1 Kilometer Relay Race – Country Skiing Relay
CC4X1U	4 x 1 Kilometer Unified® Relay Race – Country Skiing Relay

Continue for Figure Skating...

2018 Winter Games FIGURESKATING

REGISTRATION GUIDELINES

- Athletes may participate in up to three of the events listed below.
- A level of competition must be submitted for all athletes entered.
- When registering, athletes must be registered for Compulsory and Free Competition together when choosing events.

Figure Skating Rules

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Figure-Skating-Sports-Rules.pdf>

EVENT CODES

<u>CODE</u>	<u>EVENT</u>
FSCOMP	Singles Compulsory Competition (Levels 1 - 5)
FSFREE	Singles Freestyle Competition (Levels 1 - 5)
FSDANC	Ice Dancing (Levels 1 - 3)
FSUNDA	Unified@ Ice Dancing (Levels 1 - 3)
FSPAIR	Pair Skating (Levels 1 - 2)
FSUNPA	Unified@ Pairs Skating (Levels 1 – 2)

SPEEDSKATING

REGISTRATION GUIDELINES

- The size of the Track has changed to be in accordance with International Speed Skating rules. The new size is 111.12 Meters. Please make these changes in your training of athletes and your event codes.
- Athletes may participate in up to three of the events listed below
- A qualifying time must be submitted for all athletes entered.
- Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
- Rules governing competition include Special Olympics International Speed Skating rules and United States International Speed Skating Association, Inc.

Speed Skating Rules

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Short-Track-Speed-Skating-Sports-Rules.pdf>

EVENT CODES

<u>CODE</u>	<u>EVENT</u>
SS25MR	25 Meter Straight Race**
SS50MR	55 Meter Half Lap Race**
SS111M	111 Meter Race 1 lap
SS333M	333 Meter Race 3 laps
SS500M	500 Meter Race 4.5 laps
SS777M	777 Meter Race 7 laps
SS1KLM	1,000 Meter Race 9 laps
SS1500	1,500 Meter Race 13.5 laps
SS15UR	1,500M Unified® 4 person Short Track
SS5XUR	4X500M 4,000 Meter Unified® Relay
SSUNST	Unified® Team Sprint - 2 pairs/500M and 1,000M combined

2018 Winter Games SNOWBOARDING

REGISTRATION GUIDELINES

- Athletes may participate in up to three events.
- A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered. **Placement of athletes in proper levels is important.**
- Finish time for the slalom and giant slalom competition is determined by the combined times of two runs.
- The Super Giant Slalom is a one-run race.
- All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games.
- Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered 'Athletes' and are held to the same expectations as everyone on the roster.

Snowboarding Rules

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Snowboarding-Sports-Rules.pdf>

EVENT CODES

CODE

SBADGS

SBADSL

SBADSG

SBADGSU Unified

SBADSLU Unified

SBADSGU Unified

SBINGS

SBINSL

SBINSG

SBINGSU

SBINSLU

SBINSGU

SBNOGS

SBNOSL

SBNOSG

SBNOGSU

SBNOSLU

SBNOSGU

EVENT

Advanced Giant Slalom

Advanced Slalom

Advanced Super G

Advanced Giant Slalom

Advanced Slalom

Advanced Super G

Intermediate Giant Slalom

Intermediate Slalom

Intermediate Super G

Unified Intermediate Giant Slalom

Unified Intermediate Slalom

Unified Intermediate Super G

Novice Giant Slalom

Novice Slalom

Novice Super G

Unified Novice Giant Slalom

Unified Novice Slalom

Unified Novice Super G

2018 Winter Games

SNOWSHOEING

REGISTRATION GUIDELINES

- Athletes may participate in up to three events. Two single and one relay.
- A relay team consists of four competitors.
- Unified relay teams shall be made up of two Special Olympics athletes and two Unified partners. The order of racing is left up to the coaches' decision.
- Relay teams must have a "team name" assigned to them on final registration.
- A qualifying time must be submitted for all athletes and partners entered.
- Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
- The Official Special Olympics Rules shall govern all Special Olympics Snowshoeing competitions. Special Olympics, Inc. is the International Governing Body for Snowshoeing.

SnowshoeingRules

<https://www.specialolympics.org/snowshoeing.aspx>

EVENT CODES

<u>CODE</u>	<u>EVENT</u>
SS25MR	25 Meter Race **
SS50MR	50 Meter Race **
SS100M	100 Meter Race
SS200M	200 Meter Race
SS400M	400 Meter Race
SS800M	800 Meter Race
SS1600	1600 Meter Race
SS5KMR	5K Meter Race
SS10KM	10K Meter Race
SS1MRR	4 x 100 Meter Relay Race
SS2MRR	4 x 200 Meter Relay Race
SS4MRR	4 x 400 Meter Relay Race
SS1URR	4 x 100 Meter Unified Relay Race
SS2URR	4 x 200 Meter Unified Relay Race
SS4URR	4 x 400 Meter Unified Relay Race

2018 Winter Games CHEERLEADING

REGISTRATION GUIDELINES

- Athletes may participate in individual performance or team completion but not both. Athletes and Unified Partners may also only participate within one level of one event.
- Additionally, teams may be further defined by squad size (small = 5 – 9 members; large = 10-15 members) and Traditional or Unified Sports.
- For all Unified Sports® team competition, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one.
- Ability is the primary divisioning factor in Special Olympics. In the sport of cheerleading, the ability of an athlete or team is determined by the event in which they are competing (e.g. individual skills, non-mount or tumble, etc).
- The Special Olympics Washington Cheerleading Competition Guide, and SOWA rules and guidelines will govern all cheerleading competitions sanctioned by SOWA. SOWA has adopted the safety guidelines and competition rules developed by the National Federation of High School Athletic Associations (NFHS), and United States AllStar Federation Level 1 (USASF).

CheerleadingRules

<http://specialolympicswashington.org/wp-content/uploads/SOWA-Cheerleading-Manual-2017-2018-July-1.pdf>

EVENT CODES

<u>CODE</u>	<u>EVENT</u>
CLINDP	Individual Performance
CLTENN	Team non-mount & non-tumble: There are no tumbling, stunts or mounts allowed in this level.
CLTENM	Team non-mount: tumbling is allowed in this level, but no stunts or pyramids.
CLTENT	Team non-tumble: stunts and pyramids are allowed in this level; however tumbling elements are not.
CLTEMT	Team mount & tumble: Tumbling, stunts, and pyramids are allowed.