

# 2018 Spring Season



## ***Special Olympics Washington***

Sport Codes and Rules Summary

Aquatics, Athletics, Cycling,  
Powerlifting & Soccer

2017 Spring Games  
June 1-3, 2018  
Federal Way and Tacoma, WA

**Special Olympics**  
Washington



## 2018 SPRING GAMES EVENT CODES

### AQUATICS

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#### RULES & REGISTRATION GUIDELINES

- Athletes can participate in a total of four events. The maximum number of non-relay events an athlete can participate in is three.
- Athletes may participate in a maximum of two relays. An athlete, who is registered in two relays, can only register for two events within one category.
- Unified Partners can participate in a maximum of two Unified Relays.
- A qualifying time **in meters must** be submitted for all athletes entered in swimming events. If the qualifying times are timed in yards, multiply the times by 1.11 to get times for meters. For example, a time of 31 seconds for 25 yards would be changed to  $31 \times 1.11 = \underline{34.41}$ . The time of 34.41 would be submitted as the time for 25 **meters**.
- All relay teams (4 members) must be identified by number R1, R2, etc.
- All unified relay teams (4 members) must be identified by number U1, U2, etc.
- **Relay teams will have a maximum of four and two alternates identified. Alternates may not be changed after Friday prior to Spring Games competition.**
- Unified relay teams shall consist of two Special Olympic Athletes and two Unified Partners. The order of swimming in the relay is left to the coaches' decision.
- Rules governing competition include Special Olympics International Aquatics rules and United States Swimming, Inc.
- Athletes must register and compete within one category. For example, if an athlete registers for the AQ10AS and AQ15WK (Category A events) they can't register for the AQ25FR (a Category B event). All two or three events must be in the same category.
- A Relay team which combines genders to include both male and female swimmers shall compete as a male relay
- Flotation Devices: For Flotation Events, each athlete is responsible for his/her 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 still support the athlete with his/her face out of the water. (Flotation devices such as innertubes or floats that wrap around the arms are not acceptable for use at any time)
- Markings: During competition all swimmers shall be identified by the use of individual bib numbers. The numbers will be written vertically on the upper part of both arms where it is visible at all times.
- Exception Codes shall be written on athletes arms along with bib numbers. Exception codes are used where a swimmer cannot comply with the correct swimming rules for race starts, cultural, health, or safety reasons.

# **Rule Amendments**

## Enforcement of Maximum Effort Rule

### Maximum Effort - Performance Discrepancy

An athlete who exceeds a time of 15 percent better than the time recorded for divisioning or a reported time shall be disqualified. This only applies to events of 25 meters and longer, with the exception of the 25M freestyle race and 25M flotation race.

An athlete who exceeds a time of 25 percent better than the time recorded for divisioning or a reported time shall be disqualified. This applies to the 25M freestyle race, 25M flotation race, 4 x 25M freestyle relay and shorter distance events.

It is the responsibility of the coach to submit an improved performance time, if the time recorded in the divisioning competition is not a true reflection of the athlete's ability.

An athlete who is disqualified for a violation of the Maximum Effort rule shall be presented with a participation ribbon.

Where a divisioning round of competition is not offered at an event the coach must have the opportunity to update a swimmers submitted time prior to the event. The coach is responsible for ensuring that all times submitted are the fastest time recorded for the swimmer at the time of submission. Competition management are responsible for setting the deadline for submission of all updated times.

**US Swimming, Inc.  
1750 East Bolder St.  
Colorado Springs, CO 80909  
(719) 578-4578**

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**EVENT CODES**

**CODE****EVENT****Category A**

AQ10AS	10 meter Assisted Swim
AQ15WK	15 meter Aquatics Walk
AQ15FL	15 meter Flotation Race
AQ25FL	25 meter Flotation Race

**Category B**

AQ15US	15 meter Unassisted Swim
AQ15BK	15 meter Unassisted Backstroke
AQ25FL	25 meter Flotation Race
AQ25FR	25 meter Freestyle
AQ25BK	25 meter Backstroke

**Category C**

AQ25FR	25 meter Freestyle
AQ25BK	25 meter Backstroke
AQ25BS	25 meter Breaststroke
AQ25BF	25 meter Butterfly
AQ50FR	50 meter Freestyle
AQ50BK	50 meter Backstroke
AQ50BS	50 meter Breaststroke
AQ50BF	50 meter Butterfly

**Category D**

AQ50FR	50 meter Freestyle
AQ50BK	50 meter Backstroke
AQ50BS	50 meter Breaststroke
AQ50BF	50 meter Butterfly
AQ1CFR	100 meter Freestyle
AQ1CBK	100 meter Backstroke
AQ1CBS	100 meter Breaststroke
AQ1CBF	100 meter Butterfly
AQ1CIM	100 meter Individual Medley

**Category E**

AQ1CFR	100 meter Freestyle
AQ1CBK	100 meter Backstroke
AQ1CBS	100 meter Breaststroke
AQ1CBF	100 meter Butterfly

AQ1CIM	100 meter Individual Medley
AQ2CIM	200 meter Individual Medley
AQ2CFR	200 meter Freestyle
AQ2CBK	200 meter Backstroke
AQ2CBS	200 meter Breaststroke
AQ4CFR	400 meter Freestyle
AQ8CFR	800 meter Freestyle
AQ1500	1500 meter Freestyle

**Relays**

AQ1CRE	4 x 25 meter Freestyle Relay
AQ2CUMR	4 x 25 meter UNIFIED Medley
AQ2CRE	4 x 50 meter Freestyle Relay
AQ4CRE	4 x 100 meter Freestyle Relay
AQ1CMR	4 x 25 meter Medley Relay
AQ2CMR	4 x 50 meter Medley Relay
AQ4CMR	4 x 100 meter Medley Relay
<b>AQ2CUR</b>	<b>4 x 50 meter Unified Free Relay 4</b>
AQ4CUMR	x 100 meter Unified Medley Relay
AQ4CUR	4 x 100 meter Unified Free Relay 4
AQ8CUR	x 200 meter Unified Free Relay















## 2018 SOWA SPRING GAMES EVENT CODES

### CYCLING

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#### RULES & REGISTRATION GUIDELINES

- Athletes may participate in up to three events.
- Athletes wishing to participate in the Stage race are limited to that event. A racer's final place will be determined by his or her combined time for all three events.
- A Unified tandem team consists of a Special Olympics Athlete and a Unified Partner. A Unified team consists of a Special Olympics Athlete and a Unified Partner.(2 person team)
- All Unified teams (2 members) **must** be identified by number U1, U2, etc.
- The Unified team race, place, and time will be determined when the last person on the team crosses the finish line.
- A qualifying time **must** be submitted for all athletes.
- All Unified teams (tandem and non tandem teams) **must** be identified by either a team name or number.
- Rules governing competition include Special Olympics International Cycling rules and United States Cycling Federation rules.

# **Rule Amendments**

Special Olympics cycling competitions shall be offered for all ability levels. Cycling events will be offered in three levels:

Short Distance: consisting of the following events: 500 Meter Time Trial, 1 Kilometer Time Trial, 2 Kilometer Time Trial

Middle Distance: consisting of the following events: 1 Kilometer Time Trial; 2 Kilometer Time Trial, 5 Kilometer Time Trial or Road Race

Long Distance: consisting of the following events: 5 Kilometer Time Trial or Road Race, 10 Kilometer Time Trial or Road Race, 15 Kilometer Time Trial or Road Race, 25 Kilometer Time Trial or Road Race, 40 Kilometer Time Trial or Road Race

Cyclists will be placed in appropriate divisions based upon entry time and/or preliminary events. Local, state, regional and World Games competitions shall be free to set time standards for the various events. The time standards set for the short and middle distance events cannot have a minimum time requirement. Any time standard used for Short and Middle Distance events shall be set as to NOT permit riders who are capable of posting faster times to enter these events. However, it is permitted and encouraged, when appropriate, to have a minimum time standard set for the 40 kilometer road race.

Suggested MAXIMUM Time Standards for Short distance events are:

- 500 Meters (male) between 1.00 - 2.00 minutes
- 500 Meters (female) between 1.05 - 2.10 minutes
- 1 Kilometer (male) between 2.00 - 3.00 minutes
- 1 Kilometer (female) between 2.00 - 3.00 minutes

Suggested MINIMUM\* Time Standard for 40 Kilometer Road Race

1 hour and 20:00 minutes for men

1 hour and 30:00 minutes for women.

This time may be adjusted by the Technical Delegate, depending upon the course, course times, and weather conditions

If an Athlete's divisioning time does not match event requirements they have been registered for, they may be moved to different events at the discretion of the Technical Delegate and Chief Referee.

Coaches will be notified of the change in entry, when possible, prior to the event.

(Note: it is the coach's responsibility to be aware of the Time Standards for their athletes' events.)

**US Cycling Federation  
1750 E. Boulder St.  
Colorado Springs, CO 80909  
(719) 578-4581**

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**EVENT CODES**

<b><u>CODE</u></b>	<b><u>EVENT</u></b>
CY5CTT	500 meter Time Trial
CY1KTT	1 kilometer Time Trial
CY1KRR	1 kilometer Road Race
CY5KTT	5 kilometer Time Trial
CY10TT	10 kilometer Time Trial
CY5KRR	5 kilometer Road Race
CY10RR	10 kilometer Road Race
CY25RR	25 kilometer Road Race
CY40RR	40 kilometer Road Race
CY1KUT	1 kilometer Unified Tandem Time Trial
CY5KUT	5 kilometer Unified Tandem Time Trial
CY10UT	10 kilometer Unified Tandem Time Trial
CY5KUR	5 kilometer Unified Team Race
CY10UR	10 kilometer Unified Team Race
CY25UR	25 kilometer Unified Team Race
CY40UR	40 kilometer Unified Team Race



## 2018 SOWA SPRING GAMES EVENT CODES

### POWERLIFTING

#### RULES & REGISTRATION GUIDELINES

- Athletes with a minimum of two years of lifting experience may compete in all four events. Other athletes may compete in all events excluding the Squat.
- A qualifying weight lifted must be submitted for all participants in each of their lifts. (Enter in Points/Pounds box).
- Combination events are scored by adding the maximum weight successfully lifted in the respective events.
- Rules governing competition include Special Olympics International Powerlifting rules and United States Powerlifting Federation rules.

**US Powerlifting Federation**  
**2103 Langley Ave.**  
**Pensacola, FL 32504**  
**(904) 477-4863**

#### \*EVENT CODES\*

<u>CODE</u>	<u>EVENT</u>
PLBENC	Bench Press
PLDEAD	Deadlift
PLSQUA	Squat
PLCOM1	Combination 1 (bench press & deadlift)
PLCOM2	Combination 2 (bench press & deadlift & squat)



## 2018 SOWA SPRING GAMES EVENT CODES

### SOCCER

#### RULES & REGISTRATION GUIDELINES

- Athletes are limited to team competition or individual skills competition, which is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team soccer.
- All soccer teams' entries **must** be identified by a team name.
- All 5-a side rosters **must** have a minimum of five players and a maximum of ten players.
- All 7-a side rosters **must** have a minimum of seven players and a maximum of twelve players total roster size.
- 7-a side teams will play in the highest traditional division available.
- Teams should compete in a minimum of four games prior to your respective region tournament.
- Unified rosters shall contain a proportionate number of athletes and partners.
- During Unified competition, the line-up shall never differ from three athletes and two partners at any time. Failure to adhere to the required ratio results in a forfeit.
- Each Unified team shall have an adult non-playing coach responsible for the line-up and conduct of the team during competition.
- Athletes using wheelchairs and assistive walking devices are ineligible for soccer team competition for safety reason, but may take part in Individual Skills Competition.
- Teams who qualify for the 2017 Spring Games will be required to compete in a divisioning round. This excludes Unified Schools as you will be pre-placed based off of your District tournaments.
- Rules governing competition include Special Olympics International rules and the United States Soccer Federation rules.

Only the following Lineups are Allowed:

7-a-side Lineup: A team is allowed to play with a maximum of seven and a minimum of five players during competition. Only the following lineups are allowed:

- 4 athletes and 3 partners
- 3 athletes and 3 partners
- 3 athletes and 2 partners

5-a-side Lineup: A team is allowed to play with a maximum of five and a minimum of three players. Only the following lineups are allowed:

- 3 athletes and 3 partners
- 2 athletes and 2 partners
- 2 athletes and 1 partner

**US Soccer Federation**  
**1750 E. Boulder St.**  
**Colorado Springs, CO 80909**  
**(719) 578-6400**

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**\*EVENT CODES\***

<u>CODE</u>	<u>EVENT</u>
SOSKIL	Soccer Individual Skill Competition
SOTEJR	Special Olympics Team Competition (5-a side) - (8-15)
SOTESR	Special Olympics Team Competition (5-a side) - (16-21)
SOTEMA	Special Olympics Team Competition (5-a side) - (22+)
SO7ATT	Traditional Team Competition (7-a side) (High Level – Div. 1-2)
SOUNEL	Unified Team Competition Elementary- (8-13)
SOUNMS	Unified Team Competition Middle School- (14-15)
SOUNHS	Unified Team Competition – Interscholastic - (16-21)
SOUNCO	Unified Team Competition- SO College (22+)
SOUNAD	Unified Team Competition- Community (22+)