

2019 Spring Season



Special Olympics Washington

Sport Codes and Rules Summary

Swimming, Athletics, Cycling,
Powerlifting & Soccer

2019 Spring Games
May 31st - June 2nd, 2019
Federal Way and Tacoma, WA



2019 SOWA SPRING GAMES EVENT CODES

SWIMMING

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 $31 \times 1.11 = \mathbf{34.41}$. 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 Swimming 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.

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

SWIMMING 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
AQ2CUR	4 x 50 meter Unified Free Relay 4 x
AQ4CUMR	100 meter Unified Medley Relay 4 x
AQ4CUR	100 meter Unified Free Relay 4 x
AQ8CUR	200 meter Unified Free



2019 SOWA SPRING GAMES EVENT CODES

ATHLETICS

RULES & REGISTRATION GUIDELINES

- Athletes may participate in up to four events: two track (running) events, one field event and one relay.
- Athletes may participate in either walking or running events that are not of the same distance. Walking events must be greater in distance than running events. (Example: An athlete in the 100M dash, must enter the 200M walk or greater.)
- Athletes may participate in either the 50 or 100 meter dash, but not both.
- Athletes capable of running the **50 meter dash in nine seconds or less must register for the 100 meter dash**. If an athlete runs the **50 meter dash in less than nine seconds** at the region event he or she **will be disqualified** and unable to participate at state in this event. The athlete will not be allowed to add another running event.
- Athletes participating in the Pentathlon are limited to that event only.
- Athletes capable of throwing a tennis ball 5 meters or more must register for the softball throw. If an athlete throws the tennis ball over 5 meters at region he or she will be disqualified and unable to participate at state in this event. The athlete will not be allowed to add another field event.
- Athletes capable of throwing a softball **15 meters or more** must register for another field event. If an athlete throws **over 15 meters** at the region event he or she **will be disqualified** and unable to participate at state in this event. The athlete will not be allowed to add another field event.
- A qualifying time/distance/score **must** be submitted for each athlete for each event.
- Athletes able to jump a minimum of one meter, which is the distance between the toe board & the sandpit, are encouraged to enter the Running Long Jump.
- 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.
- Unified relay teams shall consist of two Special Olympics Athletes and two Unified Partners. The order of running on the team is left up to the coaches' decision.
- Events identified with **are designed for athletes with lower ability levels who are unable to participate in other events.
- Rules governing competition include Special Olympics International Athletics rules and USA Track and Field rules.

Rule Amendments

1. Athletes must register and compete within one **category**. For example, if an athlete registers for the AT400 and ATHIGH (Category F events) they can't register for the AT1500 (a Category G event). All two or three events must be in the same category.
2. For **Assisted Walking Events** (Category C), athletes must provide their own device. Assisted devices may consist of one of the following:
 - Canes
 - Crutches
 - Walker
3. New for 2013 -15: Category D – Guided Events
 - a) **Criteria**
 - Who can compete in a Guided event?
 - Blind or visually impaired athletes
 - Athletes with severe cognitive delay
 - Athletes that wander
 - b) **Rules**
 - What are the requirements for guided events?
 - Athlete would have a guide positioned in the next lane
 - Two lanes will be used for all guided events.
 - Athlete and the guide must be connected by one of the following:
 - Rope
 - Baton
 - PVC Pipe
 - The length of the rope/baton/pipe is no less than 30 centimeters and no greater than 1 meter.
 - Rope can be wrapped around one of the athlete's and one of the guide's hands.
 - **Velcro** straps may be attached to the end of the rope/baton/pipe.
 - Tape **will not** be allowed to secure hands on rope/baton/pipe.
 - No more than four competitive teams (athlete/guide) in a heat.
 - Only the athlete will receive an award at the conclusion of the heat.
 - The athlete can't be jerked or be pushed by the guide. If jerked or pushed, the athlete will be disqualified.
 - The guide is allowed to use verbal cues while competing to communicate with the athlete.
 - The athlete must cross the finish line before the guide. If the guide crosses the finish line first the athlete will be disqualified.
4. **Lane Violations**
 - In all races run in lanes, each competitor shall keep within his/her allocated Lane from start to finish.
 - If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
 - If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend,
 - with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.

ATHLETICS CATEGORIES/EVENT CODES

CODE

EVENT

Category A

Wheelchair:

AT10WC	10 Meter Manuel Wheelchair Race**
AT25WC	25 Meter Manuel Wheelchair Race**
AT30WS	30 Meter Manuel Wheelchair Slalom Race**
AT1CWC	100 Meter Manuel Wheelchair Race
AT2CWC	200 Meter Manuel Wheelchair Race
AT4CWC	400 Meter Manuel Wheelchair Race
ATTENN	Tennis Ball Throw**
ATSOFT	Softball Throw**
ATWCSH	Wheelchair Shot Put

Category B

Motorized Wheelchair:

AT25MO	25 Motorized Wheelchair Obstacle Race**
AT30MS	30 Meter Motorized Wheelchair Slalom Race**
AT50MS	50 Meter Motorized Wheelchair Slalom Race**
ATTENN	Tennis Ball Throw**
ATSOFT	Softball Throw**
ATWCSH	Wheelchair Shot Put

Category C

Assisted Walking:

AT10AW	10 Meter Assisted Walk**
AT25AW	25 Meter Assisted Walk**
AT50AW	50 Meter Assisted Walk**
ATTENN	Tennis Ball Throw**
ATSHOT	Shot Put
ATSOFT	Softball Throw**

Category D

Guided Events:

AT10GW	10 Meter Guided Walk**
AT25GW	25 Meter Guided Walk**
AT50GW	50 Meter Guided Walk**
AT100G	100 Meter Guided Walk
ATG25M	25 Meter Guided Race
ATG50M	50 Meter Guided Race
ATSTAN	Standing Long Jump**
ATSHOT	Shot Put
ATSOFT	Softball Throw**
ATTENN	Tennis Ball Throw**

Category E

AT50MW	50 Meter Walk**
AT50MD	50 Meter Dash**

AT100M	100 Meter Dash
AT200M	200 Meter Dash
AT100W	100 Meter Walk
AT200W	200 Meter Walk
AT400W	400 Meter Walk
AT800W	800 Meter Walk
ATSTAN	Standing Long Jump**
ATTENN	Tennis Ball Throw**
ATSHOT	Shot Put
ATSOFT	Softball Throw**
ATMJAV	Mini Javelin

Category F

AT100M	100 Meter Dash
AT200M	200 Meter Dash
AT400M	400 Meter Run
AT800M	800 Meter Run
AT200W	200 Meter Walk
AT400W	400 Meter Walk
AT800W	800 Meter Walk
ATSTAN	Standing Long Jump**
ATRUNN	Running Long Jump
ATHIGH	High Jump
ATSHOT	Shot Put
ATSOFT	Softball Throw**
ATMJAV	Mini Javelin

Category G

AT400M	400 Meter Run
AT800M	800 Meter Run
AT1500	1500 Meter Run
ATMHUR	110 Meter Hurdles Men
ATWHUR	100 Meter Hurdles Women
ATPENT	Pentathlon
ATRUNN	Running Long Jump
ATHIGH	High Jump
ATSHOT	Shot Put
ATMJAV	Mini Javelin

Category H

AT1500	1500 Meter Run
AT3000	3000 Meter Unified Team Running (2 person)
AT5000	5000 Meter Unified Team Running (2 person)
LD1KRW	1.5 Kilometer Race Walk
LD5KRW	5 Kilometer Race Walk
LD1KUW	1.5 Kilometer Unified Race Walk
LD5KUW	5 Kilometer Unified Race Walk
LD3KRR	3 Kilometer Road Race (<i>New Event as of 2010</i>)
LD5KRR	5 Kilometer Road Race
LD10KR	10 Kilometer Road Race
LD5KUR	5 Kilometer Unified Road Race
LD10KU	10 Kilometer Unified Road Race
ATRUNN	Running Long Jump
ATHIGH	High Jump
ATSTAN	Standing Long Jump**
ATSHOT	Shot Put
ATMJAV	Mini Javelin

Relay Events (For Categories E - H Only):

AT1CRE	4 x 100 Meter Relay
AT1CUR	4 x 100 Meter Unified Relay
AT4CRE	4 x 400 Meter Relay
AT4CUR	4 x 400 Meter Unified Relay



2019 SOWA SPRING GAMES EVENT CODES

CYCLING

RULES & REGISTRATION GUIDELINES

- Athletes may participate in up to three events.
- A qualifying time **must** be submitted for all athletes.
- Athletes wishing to participate in the Stage race are limited to that event.
- A Unified tandem team consists of a Special Olympics Athlete and a Unified Partner on one two-person rider bike. (2- person team)
- A Unified team consists of a Special Olympics Athlete and a Unified Partner on two bikes. (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.
- All Unified teams (tandem and non-tandem teams) **must** be identified by either a team name or number.
- Protests must be submitted within 30 minutes after the race results are posted. Please, if in doubt, see the Protest Station before awards have occurred. Protest procedures and forms are located in coaches' packets which are picked up at Friday registration.
- Rules governing competition include Special Olympics International Cycling rules and United States Cycling Federation rules.

Rule Amendments

Race Lengths and Times:

- 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 / Road Race
 - **Middle Distance:** consisting of the following events: 5 Kilometer Time Trial / Road Race & 10 Kilometer Time Trial / Road Race
 - **Long Distance:** consisting of the following events: 25 Kilometer Road Race, 40 Kilometer 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 25- and 40-kilometer road race.

MAXIMUM Time Standards for Short distance events are:

- 500m- 8 minutes
- 1K- 15 minutes
-

MAXIMUM Time Standards for Middle distance events are:

- 5k- 30 minutes
- 10k- 35 minutes
-

MAXIMUM Time Standards for Long distance events are:

- 25k- 1 hour 15 minutes
- 40k- 1 hour 30 minutes
-

MINIMUM Time Standards for Long distance events are:

- 25k- 40 minutes
- 40k- 1 hour

Note: These times 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.)

Racing Courtesy:

- Bicycles must be "Road Ready" before arriving at competition and there by 7:30 AM.
- Bike inspections are available 7:00 AM to 12:00 PM by professional volunteers over the weekend.
- Races begin each day at 8:00 AM. Athletes are required to line up at least 10 minutes before their race time. Please see staging time per race.
- Practice laps will be available with permission given from the event Director at the 7:00 AM Coaches meeting each morning with names & bib numbers provided, athletes must be off the course by 7:45 AM. (course length is 5k, max time for your athlete is 30 minutes.)
- Everyone riding a bicycle must have an available and proper helmet.
- Entry numbers are to be worn on the left lung, outside jackets or rain gear. The numbers must be visible to the Officials. Extra safety pins will be available at the start/finish line.
- Recording chips will be provided for recording start and finish times, instructions will be provided.
- Coaches/Parents are encouraged to support their athletes! Please REMEMBER all traffic on the racing course is for ATHLETES ONLY! **Stay off the road while athletes are riding!** If this rule is not followed your athlete can be DISQUALIFIED. Please understand that this is for the safety for all of our athletes. Each athlete is unique in their own way and some have visual / hearing challenges. It is up to us to keep the roads clear, this means that spectators, coaches & parents may not be on the road during an active race. You are only allowed to follow off of the road and, on the grassy or sidewalk area.

Cycling Competition Schedule:

Saturday Times	Event
07:00	Coaches Meeting with Cycling Venue Director
07:50	Staging 25K
08:10	25K Unified Team Road Race (partner)
	25K Road Race
09:30	Staging 5K
09:50	5K Unified Time Trial (tandem)
	5K Time Trials
11:00	Lunch
11:15	Staging 1K
11:45	1K Road Race
12:10	Staging 10K
12:30	10K Unified Team Road Race (partner)
	10K Road Race
13:30	Staging 1K
13:50	1K Unified Time Trial (tandem)
	1K Time Trial
14:10	Awards (Lasting up to 3 hours)

Sunday Times	Event
07:00	Coaches Meeting with Cycling Venue Director
07:50	Staging 40K
08:10	40K Unified Team Road Race (partner)
	40K Road Race
09:50	Staging 5K
10:10	5K Road Race
10:35	5K Unified Road Race (partner)
11:00	Lunch
11:15	Staging 500m
11:45	500m Time Trial
12:00	Staging 10K
12:20	10K Unified Team Time Trial (tandem)
	10K Time Trials
13:15	Award Ceremony (Lasting up to 3 hours)

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

EVENT CODES

<u>CODE</u>	<u>EVENT</u>
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

2019 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

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

2019 SOWA SPRING GAMES EVENT CODES

SOCCER

RULES & REGISTRATION GUIDELINES

- Athletes are limited to team competition or individual skills competition.
- Individual competition 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 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 reasons, but may take part in Individual Skills Competition.
- 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. For UNIFIED 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. For UNIFIED only the following lineups are allowed:
 - 3 athletes and 2 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

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+)