

Virtual Summer Games Sports & Events

Soccer

Soccer				
	Individual Skills Event			Team Event
Event	Dribbling (Ind Skills)	Shooting (Ind Skills)	Run & Kick (Ind Skills)	Juggling
Description	<i>How fast can you dribble a soccer ball 15 meters?</i>	<i>How many goals can you make from 6 meters away from net?</i>	<i>How fast can you run and kick a soccer ball?</i>	<i>How many times can your team juggle a soccer ball?</i>
Rules	<ul style="list-style-type: none"> • Measure out 15 meters (49 feet) • Place cones or object at the starting line and at the finish line • Complete 10 turns • Record your time each turn • Add your fastest time to total score 	<ul style="list-style-type: none"> • Measure out 6 meters (19 ft) from the goal and place a cone (or stationary object) to mark off where to kick the soccer ball from • Goals should be 4 meters (13 ft) wide by 2 meters (6 ft) high • Complete 10 turns • Each goal scored is worth 1 point. Goals missed are 0 points • Add your score to the total score 	<ul style="list-style-type: none"> • Mark off a starting point with a stationary object • Mark off 4 target gates 2 meters (6 ft) away from starting point (front, both sides, back) • Athlete runs to any ball and kicks it through the target gate • Continue until all 4 soccer balls are kicked • Time is converted into points • Record your points and add it to the total score 	<ul style="list-style-type: none"> • Team of 5 <ul style="list-style-type: none"> ◦ Unified (3 athletes/2 partners) • Juggle as many times as you can until the soccer ball hits the ground • You can have 10 consecutive turns of juggling and record your highest score • No hands • Can use knees and feet • Record your score individually • Add up your team's score • Send in the final team score
Equipment Needed	<ul style="list-style-type: none"> • Soccer ball • Cones • Stopwatch • Score Card or something to track your score • Measuring tape 	<ul style="list-style-type: none"> • Soccer ball • Goal • Stationary object to mark where to shoot from • Score card • Measuring Tape 	<ul style="list-style-type: none"> • 4 soccer balls • Cones or stationary objects to mark off gates and where to kick the soccer ball/starting point • Stopwatch • Score card • Measuring Tape 	<ul style="list-style-type: none"> • Soccer ball • Score card
Modifications	<ul style="list-style-type: none"> • Smaller/larger soccer ball • If you do not have a soccer ball, you can use another round object to dribble • If you do not have cones, use any other stationary object to mark start/finish line • If you do not have measuring tape, take 20 big steps 	<ul style="list-style-type: none"> • Use a smaller/larger soccer ball • If you do not have a soccer ball, you can use another round object that you can kick • If you do not have a goal, use 2 objects to mark the edges of the goal. This can be a broom, a chair, etc. • Tape the size of a goal on a fence or wall surface 	<ul style="list-style-type: none"> • Smaller/larger soccer ball • If you do not have cones or other objects, use something that will not be able to move while completing the event • If you do not have a measuring tape, take 4 big steps to measure target gates 	<ul style="list-style-type: none"> • Lighter soccer ball (beach ball/volleyball/kick ball)

Athletics

Event	50M Dash/Walk/Roll	100M Dash/Walk/Roll	5k Race	25M Manual Wheelchair Race	25M Motorized Wheelchair Obstacle Race
Description	<i>How fast can you complete 50 Meters?</i>	<i>How fast can you complete 100 Meters?</i>	<i>How fast can you complete 5 Kilometers?</i>	<i>How fast can you complete 25 Meters?</i>	<i>How fast can you complete the course?</i>
Rules	<ul style="list-style-type: none"> • Measure out 50 Meters (164 feet) • Use cones to set the start and finish lines • Have someone time you • Record the time 	<ul style="list-style-type: none"> • Measure out 100 Meters (328 feet) • Use cones to set the start and finish lines • Have someone time you • Record the time 	<ul style="list-style-type: none"> • Lay out what the 5k (3.1 miles) will be • Have someone time you • Record the time 	<ul style="list-style-type: none"> • Measure out 25 Meters (82 ft) • Use cones to set the start and finish lines • Have someone time you • Record the time 	<ul style="list-style-type: none"> • Measure out 25 Meters (82 ft) • Use cones to set the start and finish lines • Mark 1 box 2 meters (6 ft) from the start line and 2 meters (6 ft) from the finish line • Each box should be 3 x 3 meters (9 ft x 9 ft) • Place 4 cones between the boxes, each 3 meters away • Athletes will start at start line, complete a 360 circle between the starting line and first box, then weave through the 4 cones, complete another 360 turn between the box and finish line, then cross the finish line • Have someone time you • Record the time
Equipment Needed	<ul style="list-style-type: none"> • Stopwatch • Score card • Objects to mark start and finish • Measuring Tape 	<ul style="list-style-type: none"> • Stopwatch • Score card • Objects to mark start and finish • Measuring Tape 	<ul style="list-style-type: none"> • Stopwatch • Score card • Objects to mark start and finish • App to show distance and time – Runkeeper App 	<ul style="list-style-type: none"> • Stopwatch • Score card • Objects to mark start and finish • Measuring Tape 	<ul style="list-style-type: none"> • Stopwatch • Score card • Objects to mark start and finish • Measuring tape
Modifications	<ul style="list-style-type: none"> • If you do not have a measuring tape, take 50 big steps 	<ul style="list-style-type: none"> • If you do not have a measuring tape, take 100 big steps 	<ul style="list-style-type: none"> • Measure 2.5k and double the distance • Measure 1k and complete that 5 times • Complete race however you can (run/walk/wheelchair) 	<ul style="list-style-type: none"> • If you do not have a measuring tape, have someone take 25 big steps 	<ul style="list-style-type: none"> • If you do not have a measuring tape, have someone take 25 big steps

Athletics

Event	Standing Long Jump	Tennis Ball Throw	Wheelchair Tennis Ball Throw	4x100 Traditional Relay	4x100 Unified Relay
Description	<i>How far can you jump from a standing position?</i>	<i>How far can you throw a tennis ball?</i>	<i>How far can you throw a tennis ball?</i>	<i>How fast can your team complete a 4x100 Meter relay?</i>	<i>How fast can your team complete a 4x100 Meter relay?</i>
Rules	<ul style="list-style-type: none"> • Mark a line • Both feet start behind the line • Athlete must jump with both feet • Distance will be measured from the line to the closet distance touched • Record the distance on the score card 	<ul style="list-style-type: none"> • Athlete will stand behind a designated line • Athlete will throw the tennis ball as far as they can • Measurement will be made from the designated line to where the tennis ball first touched the ground • Record the distance on score card • If you can throw more than 15M, consider doing the softball throw instead 	<ul style="list-style-type: none"> • Athlete will stay behind a designated line • Athlete will throw the tennis ball as far as they can • Measurement will be made from the designated line to where the tennis ball first touched the ground • Record the distance on score card 	<ul style="list-style-type: none"> • If you have access to a track, space out the 4 athletes as you would a typical relay event • Create a designated start/finish line • Time how long it takes the team to complete the relay • Submit team's total time 	<ul style="list-style-type: none"> • If you have access to a track, space out the 4 teammates (2 athletes and 2 partners) as you would a typical relay event • Create a designated start/finish line • Time how long it takes the team to complete the relay • Submit team's total time
Equipment Needed	<ul style="list-style-type: none"> • Designated line (cones, chair, stationary object that will not move) • Measuring tape 	<ul style="list-style-type: none"> • Throwing line (cones, chair, stationary object that will not move) • Measuring tape • Tennis ball 	<ul style="list-style-type: none"> • Throwing line (cones, chair, stationary object that will not move) • Measuring tape • Tennis ball 	<ul style="list-style-type: none"> • Designated start/finish line (cones/ chairs/ stationary object that won't move) • Measuring tape • Stopwatch 	<ul style="list-style-type: none"> • Designated start/finish line (cones/ chairs/ stationary object that won't move) • Measuring tape • Stopwatch
Modifications	<ul style="list-style-type: none"> • If you do not have a measuring tape, you can measure the distance jumped in steps 	<ul style="list-style-type: none"> • If you do not have a tennis ball, use another object (stuffed animal, rolled up socks, baseball, etc.) • If you do not have a measuring tape, you can measure the distance thrown in steps 	<ul style="list-style-type: none"> • If you do not have a tennis ball, use another object (stuffed animal, rolled up socks, baseball, etc.) • If you do not have a measuring tape, you can measure the distance thrown in steps 	<ul style="list-style-type: none"> • If you do not have access to a track or able to meet in-person, you can measure out 100M (328 feet) in your backyard, sidewalk, etc • If you do not have a measuring tape, take 100 large steps • Record and combine each individual's time to get the team's total 	<ul style="list-style-type: none"> • If you do not have access to a track or able to meet in-person, you can measure out 100M (328 feet) in your backyard, sidewalk, etc • If you do not have a measuring tape, take 100 large steps • Record and combine each individual's time to get the team's total

Softball

Softball					
	Individual Skills Event				Team Event
Event	Softball Throw	Fielding	Base Race	Hitting	Home Run Derby
Description	<i>How far can you throw a softball?</i>	<i>How many fielded softballs can you catch?</i>	<i>How fast can you run around the bases?</i>	<i>How far can you hit a softball?</i>	<i>How many homeruns can your team execute?</i>
Rules	<ul style="list-style-type: none"> • Athlete will stand behind a designated line • Athlete will throw the softball as far as they can • Measurement will be made from the designated line to where the softball first touched the ground • Record the distance on the score card • Repeat throw 5 times 	<ul style="list-style-type: none"> • Mark a 10 ft area with 2 cones for the athlete to stand behind and between • Mark a line 20 ft away from the athlete towards the thrower • The thrower will stand at least 50 ft away from the athlete and throw the ball to the athlete. The ball must bounce before the 20 ft line • The athlete may move toward the ball once thrown • If the ball is thrown outside the cones, the throw must be redone • 10 consecutive attempts per trial 	<ul style="list-style-type: none"> • Set up bases in the shape of a square with 5 meters (16 feet) in between each base • Number the bases 1, 2, 3, 4 • Athlete will start at base 4 • The athlete will run to each base in order; they must touch each base • The clock will start once they step off base 4 and will stop once they touch base 4 again 	<ul style="list-style-type: none"> • Athlete will hit the ball off of the tee • Athlete receives 3 attempts • Score is measured from the batting tee to the spot where the ball first touched the ground • The longest hit is the athlete's score • 1 meter of distance= 1 point 	<ul style="list-style-type: none"> • Team of 5 <ul style="list-style-type: none"> ◦ Unified (3 athletes/2 partners) • Each hitter will complete 10 consecutive swings • There will be 4 designated zones (1-4, 1 being the closest, 4 being the furthest) • When a hitter makes contact with the ball, whatever zone the ball FIRST HITS THE GROUND IN will be the number of points the hitter will receive for that hit • Batter will receive a retry for a bad pitch • If a softball is hit out of play, it is worth 0 points • Combine points from all 10 attempts for individual score • Combine all individual scores to get your team total <p style="text-align: center;">*** A BASEBALL/SOFTBALL FIELD IS REQUIRED FOR THIS EVENT ***</p>
Equipment Needed	<ul style="list-style-type: none"> • Softball • Measuring tape 	<ul style="list-style-type: none"> • Softball • Measuring tape • Cones • Softball glove 	<ul style="list-style-type: none"> • 4 bases • Stopwatch • Measuring tape • Score card 	<ul style="list-style-type: none"> • Batting Tee • Softball • Measuring tape • Bat 	<ul style="list-style-type: none"> • Softballs • Cones/ any other object to identify the different zones • Bat • Bases, or markings where bases are located • Helmet
Modifications	<ul style="list-style-type: none"> • Any stationary object the athlete can use to mark where you throw from • If you do not have a softball, use another object (baseball, large stuffed animal, etc.) • If you do not have a measuring tape, take big steps. • 1 big step = 1 meter 	<ul style="list-style-type: none"> • If you do not have cones, you can use 2 stationary objects that will not move throughout the skill • If you do not have a softball, you can use another object (baseball, tennis ball, etc.) • If you do not have a measure tape, you can take big steps • 1 big step = 1 meter 	<ul style="list-style-type: none"> • You can measure the distance in an open space, or even one leg of the distance and run that 4 times • You can run, walk, etc • If you do not have bases, you can use another object that is stable enough to not move 	<ul style="list-style-type: none"> • If you do not have a softball, use another object (whiffle ball, baseball, etc.) • If you do not have a tee, use an umbrella stand • If you do not have a measuring tape, take big steps • 1 big step=1 meter 	<ul style="list-style-type: none"> • If you cannot swing from a pitch thrown, you may use a batting tee • If you do not have a tee, use an umbrella stand

Golf









Individual Skills Event

Event	Short Putt	Long Putt	Chip Shot	Pitch Shot
Description	<i>How many putts can you make from 2 meters away?</i>	<i>How many putts can you make from 8 meters away?</i>	<i>How close to the hole can you get with a chip shot from 14 meters away?</i>	<i>How accurate are you with a pitch shot over a 1-meter barrier?</i>
Rules	<ul style="list-style-type: none"> Select the target hole with 2 circles placed around it (one at 0.5M [1 ft] and the second one at 1.5M [5 ft]) Athlete will have 5 attempts from a marked spot 2M (6.5 ft) away from the hole Refer to golf diagram for scoring Add all 5 attempts for total score 	<ul style="list-style-type: none"> Select the target hole with 2 circles placed around it (one at 0.5M [1 ft] and the second one at 1.5M [5 ft]) Athlete will have 5 attempts from a marked spot 8M (26 ft) away from the hole Refer to golf diagram for scoring Add all 5 attempts for total score 	<ul style="list-style-type: none"> Mark a 3M x 3M (9ft x 9 ft) square hitting area 14 M (46 ft) from the hole The hitting area should also be 2 M (6 ft) from the edge of the green Mark a 3M (9 ft) radius circle and a 6M (19 ft) radius circle around the hole Athlete will try to chip the golf ball as close to the hole as possible from the hitting area Athlete will have 5 shots Refer to golf diagram for scoring Combine score from all 5 attempts for total score 	<ul style="list-style-type: none"> Target area should be a circle with a 6M (20 feet) radius The distance from the hitting area to the 1M (3.28 feet) high barrier should be 5M (16 feet) The distance from the 1M (3 feet) barrier to the target area should be 5M (16 feet) Athlete will have 5 attempts to pitch the golf ball over the barrier toward the target area Refer to golf diagram for scoring Combine score from all 5 attempts for total score
Equipment Needed	<ul style="list-style-type: none"> Regulation putting green with a properly marked target hole 5 golf balls Chalker/markers Measuring Tape Golf clubs 	<ul style="list-style-type: none"> Regulation putting green with a properly marked target hole 5 golf balls Chalker/markers Measuring Tape Golf clubs 	<ul style="list-style-type: none"> 5 golf balls Putting green with marked target flag and hole Measuring Tape Golf clubs 	<ul style="list-style-type: none"> 5 golf balls Marked hitting area (paint/chalk/cones) Target flag Hitting mat/surface Banner, sign, net or barrier that is 1M (3 feet) high by 5M (16 feet) wide Measuring Tape Golf clubs
Modifications	<ul style="list-style-type: none"> If you cannot get to a golf course, create the set up on a flat grassy surface If you do not have a golf club, you can use a baseball bat, field hockey stick 	<ul style="list-style-type: none"> If you cannot get to a golf course, create the set up on a flat grassy surface If you do not have a golf club, you can use a baseball bat, field hockey stick 	<ul style="list-style-type: none"> If you cannot get to a golf course, use an open/large flat grassy surface If you do not have a golf club, you can use a baseball bat, field hockey stick 	<ul style="list-style-type: none"> If you cannot get to a golf course, use an open/large flat grassy surface If you do not have a golf club, you can use a baseball bat, field hockey stick.

Golf

Event	9-Hole Traditional	9-Hole Unified	18-Hole Traditional	18-Hole Unified
Description	<i>How many strokes will it take to complete 9 holes?</i>	<i>How many strokes will it take to complete 9 holes?</i>	<i>How many strokes will it take to complete 18 holes?</i>	<i>How many strokes will it take to complete 18 holes?</i>
Rules	<ul style="list-style-type: none"> • Athletes will play a 9-hole golf course and hit the ball until it is holed, or until 10 strokes have occurred at each hole • Document the score from each hole on the score card • Document which golf course you are playing at <p style="text-align: center;">**THIS EVENT REQUIRES A GOLF COURSE**</p>	<ul style="list-style-type: none"> • One traditional athlete partnered with one unified partner • Players will alternate from the tee box as well as alternate strokes on the playing grounds until the golf ball is holed, or until 10 strokes have occurred • Document the score from each hole on the score card • Document which golf course you are playing at <p style="text-align: center;">**THIS EVENT REQUIRES A GOLF COURSE**</p>	<ul style="list-style-type: none"> • Athletes will play an 18-hole golf course and hit the ball until it is holed, or until 10 strokes have occurred at each hole • Document the score from each hole on the score card • Document which golf course you are playing at <p style="text-align: center;">**THIS EVENT REQUIRES A GOLF COURSE**</p>	<ul style="list-style-type: none"> • One traditional athlete partnered with one unified partner • Players will alternate from the tee box as well as alternate strokes on the playing grounds until the golf ball is holed, or until 10 strokes have occurred • Document the score from each hole on the score card • Document which golf course you are playing at <p style="text-align: center;">**THIS EVENT REQUIRES A GOLF COURSE**</p>
Equipment Needed	<ul style="list-style-type: none"> • Golf Course • Golf Clubs • Golf Balls • Score Card 	<ul style="list-style-type: none"> • Golf Course • Golf Clubs • Golf Balls • Score Card 	<ul style="list-style-type: none"> • Golf Course • Golf Clubs • Golf Balls • Score Card 	<ul style="list-style-type: none"> • Golf Course • Golf Clubs • Golf Balls • Score Card
Modifications	<ul style="list-style-type: none"> • n/a 	<ul style="list-style-type: none"> • n/a 	<ul style="list-style-type: none"> • n/a 	<ul style="list-style-type: none"> • n/a

Fitness

Event	Push-Ups	Squats	Jumping Jacks	Boxing	Curl-Ups
Description	<i>How many push-ups can you complete in 1 minute?</i>	<i>How many squats can you complete in 1 minute?</i>	<i>How many jumping jacks can you complete in 1 minute?</i>	<i>How many punches can you complete in 1 minute?</i>	<i>How many curl-ups can you do in 1 minute?</i>
Rules	<ul style="list-style-type: none"> Start in a high-plank position (hands below shoulders, legs straight behind, head in neutral position) Only hands/feet should be touching the ground Bend your arms and lower yourself towards the ground Get as low as you can Push yourself back up to the starting position Repeat for one minute 	<ul style="list-style-type: none"> Start in a standing position with feet shoulder width apart Bend your knees and hips until it looks like you are sitting in a pretend chair Keep your chest up and feet flat on the floor Use your legs to stand up and return to the starting position Repeat for one minute 	<ul style="list-style-type: none"> Start in a standing position Jump up and spread your legs apart as you swing your arms over your head Jump again and bring your arms back to your sides and legs together Repeat for one minute 	<ul style="list-style-type: none"> Put both your hands in fists by your chest. Keep your elbows by your side. Stand with your feet a little wider than your shoulders. Bend your knees slightly. Turn toward your left side. Punch your right arm in that direction. Return to center with both hands in fists by your chest and elbows down by your side. Now, turn toward your right side. Punch your left arm in that direction. Repeat for one minute. 	<ul style="list-style-type: none"> Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor Reach your arms toward your knees Lift your head and then slowly lift your upper back until you reach your knees Try to get your shoulder blades completely off the ground Pause and then slowly lower all the way back down, including your head. Repeat for one minute. 
Equipment Needed	<ul style="list-style-type: none"> Timer 	<ul style="list-style-type: none"> Timer 	<ul style="list-style-type: none"> Timer 	<ul style="list-style-type: none"> Timer 	<ul style="list-style-type: none"> Timer
Modifications	<ul style="list-style-type: none"> Knee pushups  Wall pushups  1-handed pushups Seated Push-ups <ul style="list-style-type: none"> Place your hands on your knees, sitting up tall. Lower yourself towards your thighs. Push yourself back up to starting position. Repeat. 	<ul style="list-style-type: none"> Chair Squats  Knee Lifts <ul style="list-style-type: none"> Sit with good posture and a straight back. Lift one leg up at a time in a marching motion. Bring that leg back down. Do the same exercise with the other leg. Repeat. 	<ul style="list-style-type: none"> Seated jumping jacks <ul style="list-style-type: none"> Sit with good posture and a straight back. At the same time, bring both hands above your head, and open your legs as far as you can. Bring your arms and legs back to the starting position. Repeat. 	<ul style="list-style-type: none"> Seated Weighted punches 	<ul style="list-style-type: none"> Captain's Chair <ul style="list-style-type: none"> Start in a seated position with a straight back. Hold on to the sides of the chair. At the same time, lift both legs towards your chest, knees bent. Lower your legs back to the starting position. Repeat.