



**2021 FALL SEASON**  
Start of the Season is September 20

## Fall Events & Programs

Washington  
**Special Olympics**





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Make sure to review all the [COVID-19 Protocols](#) prior to registering to ensure a safe and successful season.



## FLAG FOOTBALL REGISTRATION CHECKLIST

1. Complete [Pre-Season Registration Form](#) Due: **September 6, 2021**
  - Facility Information -- **Required**
  - Estimated Meals
  - [Submit](#) Pre-Season Registration online
  
2. Athlete Forms Due: **October 12, 2021**
  - [Athlete Medical Form](#)
    - Athlete & Parent/ Guardian Signature and Date – **Required**
    - Physician Signature and Date – **Required**
    - [Spanish Medical Form](#) Available
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) Athlete forms online
  
3. Unified Partner Forms Due: **October 12, 2021**
  - [Unified Partner Registration Form](#)
  - [Background Check](#) (if 18+)
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) Partner forms online
  
4. Coach Forms Due: **October 12, 2021**
  - [Background Check](#)
  - [Protective Behaviors](#)
  - Sports Specific Training
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) 'Code of Conduct' and 'Waiver' forms online
  
5. Team Flag Football [Team BSAT Form](#)
  - Required** for Team Competition
  - Use [Individual BSAT form](#) to gather numbers for the team form
  
6. For Individual Skills
  - Use the [Individual Skills Score Sheet](#) to determine qualifying score
  - Submit the score on the [Individual Sports Entry Form](#)
  
7. Complete [Final Registration Form](#) Due: **October 12, 2021**
  - Transportation Request (*If traveling*)
  - Attach **"Flag Football Team BSAT form"**
  - Attach **"Individual Sports Entry Form"**
  - Include Final Meal Counts – **Required**
  - Final date to submit Athlete Medical Forms for participation
  - [Submit](#) Final Registration online



**Notes:** An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



## **FLAG FOOTBALL REGISTRATION RULES & CODES**

- 1) Events identified with \*\* are intended for athletes unable to participate in the other events listed
- 2) Athletes may only compete in one event
- 3) All entries must be identified with a team name
- 4) Each team shall have a non-playing coach responsible for the line-up and conduct of team during competition
- 5) Team rosters may have a minimum of five players and a maximum of twelve players
- 6) Unified Sports® teams shall consist of a proportionate number of Special Olympics athletes and Unified Sports® partners (non-disabled peers). In Flag Football, that means 3 athletes and 2 partners must be on the field at all times. Failure to adhere to the required ratio results in a forfeit
- 7) The age of the oldest team member will determine the teams grouping for both Special Olympics and Unified Sports® teams
- 8) Wheelchairs and/or walkers are NOT allowed unless the entire team is made up of wheelchair athletes – to compete in the tournament there must be at least one other wheelchair team. This rule is in place for the safety of all non-wheelchair participants
- 9) Competition attire includes:
  - All players must have a mouthpiece
  - All players must have a playing uniform with number on FRONT and BACK
  - All uniforms must be tucked in at the waist
  - No jewelry may be worn
  - No blue jeans allowed, players must wear athletic shorts or pants without pockets
  - Players must wear rubber-cleated or flat-soled athletic shoes
  - Athletes not in appropriate competition attire are subject to disqualification
- 10) The Official Special Olympics Sports Rules for Flag Football shall govern all Special Olympics competitions. Special Olympics has created these rules based upon rules from a National Flag Football Organization

### **CODES**

FFINSC  
FFTEAM  
FFUNIF

### **EVENT**

Individual Skills Competition \*\*  
Special Olympics Team Competition  
Unified Sports® Team Competition





## BOWLING REGISTRATION CHECKLIST

1. **Complete [Pre-Season Registration Form](#) Due: **September 6, 2021****
- Facility Information – **Required**
- [Submit](#) Pre-Season Registration online
  
2. **Athlete Forms Due: **October 12, 2021****
- [Athlete Medical Form](#)
- Athlete & Parent/ Guardian Signature and Date – **Required**
- Physician Signature and Date – **Required**
- [Spanish Medical Form](#) Available
- [COVID Code of Conduct](#)
- [COVID Waiver](#)
- [Submit](#) Athlete forms online
  
3. **Unified Partner Forms Due: **October 12, 2021****
- [Unified Partner Registration Form](#)
- [Background Check](#) (if 18+)
- [COVID Code of Conduct](#)
- [COVID Waiver](#)
- [Submit](#) Partner forms online
  
4. **Coach Forms Due: **October 12, 2021****
- [Background Check](#)
- [Protective Behaviors](#)
- Sports Specific Training
- [COVID Code of Conduct](#)
- [COVID Waiver](#)
- [Submit](#) 'Code of Conduct' and 'Waiver' forms online
  
5. **Singles & Ramp Bowling**
- Complete the [Individual Sports Entry Form](#)
- List what event they will be participating in. (*Refer to Sports Codes on next page*)
- Submit a minimum (5 game) average score
  
6. **Doubles & Team Bowling**
- Complete the [Individual Sports Entry Form](#)
- List what event they will be participating in. (*Refer to Sports Codes on next page*)
- Identify each Pair and/or Team with a specific name
- Submit a minimum (5 game) average score for each individual
  
7. **Complete [Final Registration Form](#) Due: **October 12, 2021****
- Transportation Request (*If traveling*)
- Attach **"Individual Sports Entry Form"**
- Final date to submit Athlete Medical Forms for participation
- [Submit](#) Final Registration online



**Notes:** An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



## **BOWLING REGISTRATION RULES & CODES**

- 1) Athletes may only compete in one event
- 2) **A minimum, 5 game average or an established ABC or WIBC book average must be submitted with final registration as an entry score for all bowlers**
- 3) All bowling team entries must be identified by a team name. A team name shall only be used once
- 4) Special Olympics teams shall consist of 2 or 4 bowlers
- 5) Unified doubles or teams shall consist of an equal number of athletes and partners (1&1 or 2&2)
- 6) The final score for Unified doubles or teams shall be the sum of each competitor's total score
- 7) The age of the oldest team member will determine the age group for both Team and Unified Team bowling
- 8) Rules governing competition include Official Special Olympics Sport Rules and American Bowling Congress

### **CODES**

BOSING  
BOURAM  
BOARAM  
BODOUB  
BOUNDB  
BOTEAM  
BOUNIF

### **EVENT**

Singles Competition  
Unassisted Ramp Competition  
Assisted Ramp Competition  
Traditional Team Doubles  
Unified Team Doubles  
Traditional Team Competition  
Unified Team Competition



## VOLLEYBALL REGISTRATION CHECKLIST

1. Complete [Pre-Season Registration Form](#) Due: **September 6, 2021**
  - Facility Information -- **Required**
  - Estimated Meal Counts
  - [Submit](#) Pre-Season Registration online
  
2. Athlete Forms Due: **October 12, 2021**
  - [Athlete Medical Form](#)
    - Athlete & Parent/ Guardian Signature and Date – **Required**
    - Physician Signature and Date – **Required**
    - [Spanish Medical Form](#) Available
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) Athlete forms online
  
3. Unified Partner Forms Due: **October 12, 2021**
  - [Unified Partner Registration Form](#)
  - [Background Check](#) (if 18+)
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) Partner forms online
  
4. Coach Forms Due: **October 12, 2021**
  - [Background Check](#)
  - [Protective Behaviors](#)
  - Sports Specific Training
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) 'Code of Conduct' and 'Waiver' forms online
  
5. Team Volleyball [Team BSAT Form](#)
  - Required** for Team Competition
  - Use [Individual BSAT form](#) to gather numbers for the team form
  
6. For Individual Skills
  - Use the [Individual Skills Score Sheet](#) to determine qualifying score
  - Submit the score on the [Individual Sports Entry Form](#)
  
7. Complete [Final Registration Form](#) Due: **October 12, 2021**
  - Transportation Request (*If traveling*)
  - Attach **"Volleyball Team BSAT form"**
  - Attach **"Individual Sports Entry Form"**
  - Include Final Meal Counts – **Required**
  - Final date to submit Athlete Medical Forms for participation
  - [Submit](#) Final Registration online



**Notes:** An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



## **VOLLEYBALL REGISTRATION RULES & CODES**

- 1) Events identified with \*\* are intended for athletes unable to participate in the other events listed
- 2) Athletes may only compete in one event
- 3) Each Unified Sports® team shall have a non-playing head coach responsible for the lineup and conduct of the team during competition
- 4) Teams must include a team name with their registration
- 5) Team rosters may have a minimum of six players and a maximum of twelve players
- 6) Unified Sports® teams shall consist of a proportionate number of Special Olympics athletes and Unified Sports® partners (non-disabled peers). In Volleyball, that means 3 athletes and 3 partners must be on the court at all times. Failure to adhere to the required ratio results in a forfeit
- 7) Competition attire includes:
  - Jersey or T-shirt (long sleeved desired)
  - Numbers on front and back of jersey (required)
  - Shorts or sweatpants (no jeans)
  - Court shoes and socks
- 8) Wheelchairs and/or walkers are NOT allowed unless the entire team is made up of wheelchair athletes - to compete in the tournament there must be at least one other wheelchair team. This rule is in place for the safety of all non-wheelchair participants

### **CODES**

VBINSC  
VBTEAM  
VBTEAMU

### **EVENT**

Individual Skills Competition \*\*  
Special Olympics Team Competition  
Unified Sports® Team Competition





## GYMNASTICS REGISTRATION CHECKLIST

1. **Complete [Pre-Season Registration Form](#) Due: **September 6, 2021****

  - Facility Information -- **Required**
  - Estimated Meal Counts
  - [Submit](#) Pre-Season Registration online

2. **Athlete Forms Due: **October 12, 2021****

  - [Athlete Medical Form](#)
    - Athlete & Parent/ Guardian Signature and Date – **Required**
    - Physician Signature and Date – **Required**
    - [Spanish Medical Form](#) Available
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) Athlete forms online

3. **Unified Partner Forms Due: **October 12, 2021****

  - [Unified Partner Registration Form](#)
  - [Background Check](#) (if 18+)
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) Partner forms online

4. **Coach Forms Due: **October 12, 2021****

  - [Background Check](#)
  - [Protective Behaviors](#)
  - Sports Specific Training
  - [COVID Code of Conduct](#)
  - [COVID Waiver](#)
  - [Submit](#) 'Code of Conduct' and 'Waiver' forms online

5. **Gymnastics**

  - Complete the [Individual Sports Entry Form](#)
  - List what events and level they will be participating in. (*Refer to Sports Codes on next page*)

6. **Complete [Final Registration Form](#) Due: **October 12, 2021****

  - Transportation Request (*If traveling*)
  - Attach **"Individual Sports Entry Form"**
  - Include Final Meal Counts – **Required**
  - Final date to submit Athlete Medical Forms for participation
  - [Submit](#) Final Registration online



**Notes:** An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



## GYMNASTICS REGISTRATION RULES & CODES

- 1) Events identified with \*\* are intended for athletes unable to participate in the other events listed
- 2) Athletes in all-around competition must compete at the same level in all events
- 3) Female gymnasts may specialize by competing in one or more events, up to a maximum of five events
- 4) Male gymnasts may specialize by competing in one or more events, up to a maximum of seven events
- 5) Female athletes must choose either rhythmic OR artistic competition - Not Both!
- 6) An entry level must be submitted for all athletes in each event
  - Level A - Lead up
  - Level 1 - Beginner
  - Level 2 – Intermediate
  - Level 3 – Advanced
- 7) Athletes not in appropriate competition attire are subject to disqualification
- 8) Competition attire includes:
  - Male: Tank top or t-shirt
  - White gymnastic pants or shorts
  - White socks, slippers, or bare feet
  - Female: Leotards
  - Colored tights with bare feet are permitted but will be a deduction of .1 from the score
  - White peds, slippers or bare feet
    - Rules governing competition include Special Olympics, Inc. Gymnastic rules, and United States Gymnastic Federation rules

### MEN'S ARTISTIC:

<u>CODES</u>	<u>EVENT</u>
GYMFLX	Floor Exercise
GYMPOH	Pommel Horse
GYMRNG	Rings
GYMVL	Vault
GYMPAR	Parallel Bars
GYMHBR	High Bar
GYMALL	All Around

### WOMEN'S ARTISTIC:

<u>CODES</u>	<u>EVENT</u>
GYWUNB	Uneven Bars
GYWBBM	Balance Beam
GYWVLT	Vault
GYWFLX	Floor Exercise
GYWALL	All Around

### LEVEL A:

<u>CODES</u>	<u>EVENT</u>
GYAWBM	Wide Beam Walk **
GYATUM	Tumbling **
GYAFLX	Floor Exercise **
GYAALL	All Around **



## **SPORTS SPECIFIC COACHES TRAININGS**

It is the responsibility of the Head coach to attend ALL scheduled meetings related to their team's sport(s) and tournament(s). If a Head coach cannot make the scheduled meeting, they must arrange for a liaison from their team to attend the meeting in their place.

### **2021 Bowling/Gymnastics Coaches Training**

Thursday, September 7, 2021 5:00 PM-6:00 PM

#### **Join Zoom Meeting**

<https://us02web.zoom.us/j/84858143876>

**Meeting ID:** 848 5814 3876

#### **One tap mobile**

+12532158782,,84858143876#

### **2021 Flag Football/Volleyball Coaches Training**

Thursday, September 9, 2021 5:00 PM-6:00 PM

#### **Join Zoom Meeting**

<https://us02web.zoom.us/j/85815304736>

**Meeting ID:** 858 1530 4736

#### **One tap mobile**

+12532158782,,85815304736#



## VOLUNTEER REGISTRATION



Special Olympics Washington Volunteers are fundamental to every program and event across the state. Volunteer opportunities range from coaching and program management positions to event volunteers. There is a place for everyone!

Volunteers wishing to serve as coaches, assistant coaches, and chaperones are required to go through further training and a background check process before registering for all Ongoing Volunteer Roles.

Please follow this link to sign up as an Ongoing Volunteer:

<https://sowa-volunteerapp-site.my-trs.com/>

It is vital that ALL volunteers are properly trained and feel equipped to execute the responsibility required of their position. Please take the time to review the information on the [Volunteer Resources Page](#).

Already registered but need to renew your [WSP Background Check](#) online. If prompted, you may enter (Good Deed Code: **e45cri8**)

\*Family, friends and non-competing athletes wishing to assist as a one-time volunteer at a specific event are to register using the event applications located on the Event Volunteers page.



## COACHES EDUCATION

Tier/Level	Action Items	Time Needed	Renewal Requirements	Cost
<b>Tier 1 – Sports Volunteer (Chaperone)</b>	<a href="#">Volunteer Screening - WSP Background Check</a> (SOWA will do background checks on all volunteers)	5 min	Every 3 years	Free
	<a href="#">Protective Behaviors Quiz</a>	15 min	Every 3 years	Free
	General Orientation: <a href="#">Orientation Video</a> <a href="#">General Orientation Quiz</a>	20 min	Once	Free
<b>Tier 2 – Head Coach/Assistant Coach</b>  <b>Prerequisite – All Tier 1 requirements</b>	<a href="#">Concussion Training</a>	1 hour	N/A	Free
	Certification at a Sport Specific Training School	3 hours	Every 3 years	Training Session Local Area
	<a href="#">Coaching Unified Sports</a> – Required if program is in Unified Sports	1 hour	3 years	Free
<b>Tier 3- Continuing Education</b>	Register to Volunteer at an Special Olympic Event	N/A	All coaches need to do at least one of these each year	Free
	Register for a Continued Education Course			
	Waiver for Continued Education (check website for Approved Courses)			





## COACHING TIERS DESCRIPTION

Why Coaching Matters? – Coaching is a vital part of the Special Olympics organization. Our coaches are role models and help improve sports skills in our athletes. It is necessary for our coaches to exemplify good sportsmanship and model character traits to enhance the sports experience for our athletes. The lessons our athletes learn from coaches on and off the field – teamwork, self-discipline, and confidence – carry over into the athletes' everyday lives.

### Tier 1 – Sports Volunteer (Chaperone)

The first tier of our Coaches Education program is the Sports Volunteer or Chaperone member of a team/program. Any prospective coach needs to go through these four requirements to be cleared to chaperone a team or an athlete. These are the basic forms that screen our coaches to ensure our athletes safety which is our number one priority in Special Olympics. All of these items will need to be done only once and should take less than 30 minutes in total.

- [Volunteer Screening - WSP Background Check](#)
- [Protective Behaviors Quiz](#)
- [Orientation Video / General Orientation Quiz](#)

### Tier 2 – Head Coach / Assistant Coach

The second tier of our Coaches Education program is the Head Coach/Assistant Coach. Any coach that wants to be a Head or Assistant Coach has to complete all of the items listed below. The items in this tier are more tailored to specific sport needs and require an in-person training. The in-person trainings allow for a development of skills and drills for a sport that coaches can bring back to their practice and games. The online section of this portion will take 1 hour and 15 minutes in total. The in-person trainings will be 3-4 hours depending on sport and venue availability.

- [Concussion Training](#)
- **In-Person Sport Specific training**
- [Coaching Unified Sports](#) – Only required if program/team is in Unified Sports

### Tier 3 – Continuing Education

The third tier is the continuing education portion of our Coaches Education program. We want all of our coaches to get involved in other sports and events that Special Olympics has to offer. This is also a great opportunity for our coaches to get more experience with Special Olympics athletes on and off the playing field. We want our coaches to do one of the following each year.

- **Register to volunteer at a Special Olympics Event**
- **Complete a Continued Education Course (Sportsmanship, Principles of Coaching, etc.)**
- **Waiver for Continued Education**



## Team Captains

Having an athlete serve as the captain for their team will help promote leadership amongst athletes and improve team training and competition between sporting teams. Captainship helps prepare athletes for other leadership opportunities such as coaching, mentoring, ambassadorship and volunteering.

**Definition of a Team Captain:** A team leader, either appointed or voted on, that is a member of a sports team. This person works to inspire teammates and help create a supportive community in every Special Olympics event they attend.

### **Potential Responsibilities:**

- Lead team meetings
- Help coach technique
- Athlete representative on team decisions
- Motivational/team cheer leader
- Obtain input from team
- Promote leadership amongst teammates

### **Qualities of a Team Captain:**

- Hard Worker
- Encouraging to others
- Trustworthy
- Respects others
- Passionate
- Communicates effectively
- A good role model

### **How are team captains identified?**

Captains are usually identified through a team election process while coaches input may be required in some situations. Captains serve for the length of one season and each team should elect a new captain at the end of this term. Depending on team dynamics, there may be more than one captain per team.

*The purpose of the **Athlete Leadership Program** is to empower athletes to develop leadership skills and utilize their voices and abilities to undertake meaningful leadership roles, influence change in the Special Olympics movement and create inclusive communities around the world.*

For questions and more information about other leadership opportunities, please contact Initiatives Manager, Leah Shaffner at [lshaffner@sowa.org](mailto:lshaffner@sowa.org).

# Fall 2021 Wellness & Fitness Programs



MADE POSSIBLE BY **Golisano** FOUNDATION



**KAISER PERMANENTE.**

OFFICIAL HEALTH PARTNER OF SPECIAL OLYMPICS WASHINGTON



## SONA Move Challenge:

(September 13 - November 7, 2021)

### **Best in a virtual, individual, unified pair or team setting:**

Special Olympics North America presents the [SONA Move Challenge](#), an 8-week movement challenge to see how many minutes of exercise participants can complete each week. Participants can compete as an Individual (Special Olympics athletes only), Doubles (traditional or Unified), as part of a Team (traditional or Unified, 3-10 people total), or as a part of a College Team (3-10 people total). Unified and College teams must be at least 25% athletes and 25% Unified partners. Participants keep track of how many minutes they exercise (Monday-Sunday). Every Monday, participants will self-report their minutes via a SmartSheet survey, earning them a coveted spot on Region-wide leaderboards.

## Fit 5:

### **Best in a practice setting:**

The [Fit 5](#) program takes about 15 minutes each week. Program Leaders will receive a program manual and a Coaches Guide, and every athlete receives a Fit 5 Guide and tracker. The Coaches Guide is a tool to use during practice that leads you step by step through the content to cover with your team. Athletes have three simple goals: drink 5 bottles of water a day, eat 5 servings of fruits and vegetables a day, and exercise 5 times a week. Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Fit 5 can be lead or co-lead by SOWA coaches, athletes, unified partners, or volunteers.

## Unified Fitness Club:

### **Best in a school setting:**

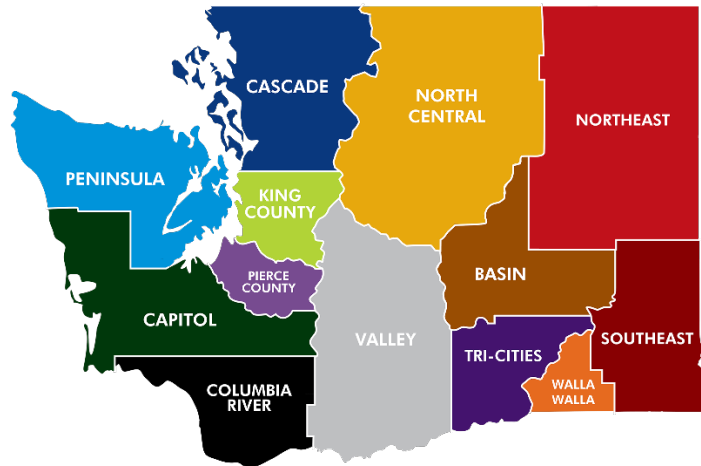
[Unified Fitness Clubs](#) are year-round physical-activity-based programs that utilize activity trackers and incentives to engage participants of all abilities and activity levels in healthy lifestyles. Clubs typically meet weekly and select activity types that suit the needs of their members. Walking is appropriate for all levels of fitness and is easy to access. Other fitness activities could include hiking, yoga, dancing, cycling and strength training. Participants are motivated to stay active throughout the week by tracking progress on goals, typically with a pedometer or fitness tracker. There is also a discussion component around healthy lifestyle/behaviors. Clubs and participants are recognized and rewarded for reaching certain milestones in steps/distance goals or other fitness accomplishments.



To sign up for a Wellness or Fitness program, contact: Della Norton / [dnorton@sowa.org](mailto:dnorton@sowa.org)



## EAST REGION CONTACTS LIST



**Sr. Manager of Sports & Competition, East Region**

Grant Opland

Mailing address: PO Box 727 Colbert, Washington 99005

Email: [gopland@sowa.org](mailto:gopland@sowa.org) Phone: 206-231-6014

**Sr. Manager of Area Services, East Region**

Luke Wall

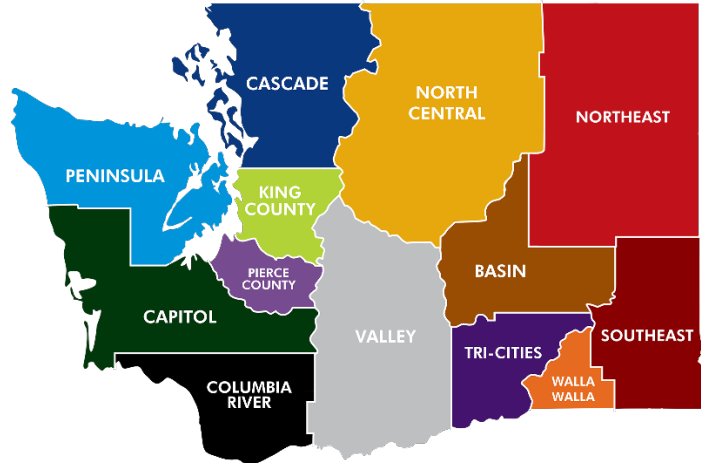
Mailing address: PO Box 446, Pateros, WA. 98846

Email: [lwall@sowa.org](mailto:lwall@sowa.org) Phone: 206-736-6234 Fax: 509-396-9902

<p><b>Northeast Area</b> Area Director: Brenda Devine Email: <a href="mailto:NortheastAD@SOWA.org">NortheastAD@SOWA.org</a> Phone: 509-998-9778</p> <p>Administrative Coordinator: Bobbi Jo Locke Email: <a href="mailto:NortheastAdmin@SOWA.org">NortheastAdmin@SOWA.org</a></p>	<p><b>Southeast Area</b> Area Director: Lori and Ron Landrus Email: <a href="mailto:SoutheastAD@SOWA.org">SoutheastAD@SOWA.org</a> Phone: 208-413-0883</p> <p>Administrative Coordinator: Kari Smith Email: <a href="mailto:SoutheastAdmin@SOWA.org">SoutheastAdmin@SOWA.org</a></p>	<p><b>North Central Area</b> Interim Area Director: Luke Wall Email: <a href="mailto:lwall@sowa.org">lwall@sowa.org</a> Phone: 206-736-6234</p>
<p><b>Basin Area</b> Area Director: Donnie Bagwell Email: <a href="mailto:basinAD@SOWA.org">basinAD@SOWA.org</a> Phone: 509-989-0587</p> <p>Administrative Coordinator: Carrie Hoiness Email: <a href="mailto:choiness@cityofml.com">choiness@cityofml.com</a></p>	<p><b>Valley Area</b> Area Director: Tim McDonald Email: <a href="mailto:ValleyAD@SOWA.org">ValleyAD@SOWA.org</a> Phone: 509-480-0764</p> <p>Administrative Coordinator: Dawn McDonald Email: <a href="mailto:ValleyAdmin@SOWA.org">ValleyAdmin@SOWA.org</a></p>	
<p><b>Tri Cities Area</b> Area Director: Donna Tracy Email: <a href="mailto:donnat@arcoftricity.com">donnat@arcoftricity.com</a> Phone: 509-947-6090</p> <p>Administrative Coordinator: Kelly Correio Email: <a href="mailto:so@arcoftricity.com">so@arcoftricity.com</a></p>	<p><b>Walla Walla Area</b> Area Director: Tracy Gaines Email: <a href="mailto:WallaWallaAD@SOWA.org">WallaWallaAD@SOWA.org</a> Phone: 509-386-4016</p>	



## NORTHWEST REGION CONTACTS LIST



**Sr. Manager of Sports & Competition, Northwest Region**

Nicole Becker

Mailing address: 2815 2<sup>nd</sup> Ave Ste. 370, Seattle, WA 98121

Email: [nbecker@sowa.org](mailto:nbecker@sowa.org) Phone: 206.736.7087

**Manager of Area Services, West**

Alysanne Stack

Mailing address: 2815 2<sup>nd</sup> Ave Ste. 370, Seattle, WA 98121

Email: [astack@sowa.org](mailto:astack@sowa.org) Phone: 206-231-6034 Fax: 509-396-9902

**Cascade Area**

Area Director: Punkie Doyle  
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Administrative Coordinator: Chris Becker  
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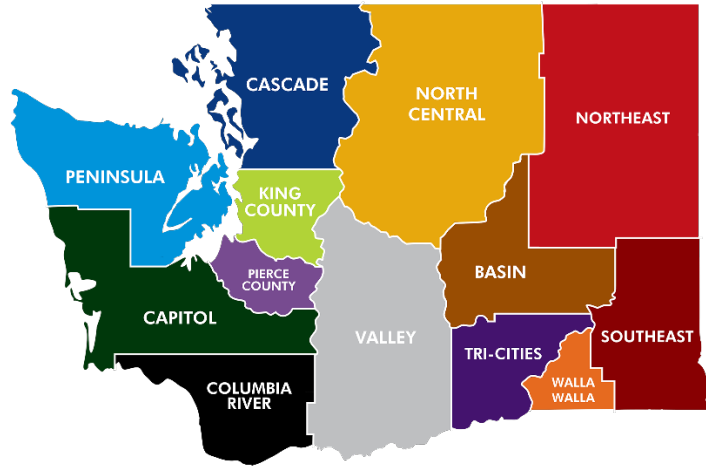
**King County Area**

Area Director: Lindsey Cornish  
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# SOUTHWEST REGION CONTACTS LIST



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<p><b>Capitol Area</b>                  Interim Area Director: Alysanne Stack                  Email: <a href="mailto:AStack@sowa.org">AStack@sowa.org</a>                  Phone: 206-231-6034</p>	<p><b>Columbia River Area</b>                  Co-Area Directors: Elizabeth Francis &amp; Barry Gill                  Email:  <a href="mailto:elizabeth.francis@outlook.com">elizabeth.francis@outlook.com</a> / <a href="mailto:barry.gill@pkinetics.com">barry.gill@pkinetics.com</a>                  Phone: 360-624-0119</p>

# ATHLETE CODE OF CONDUCT

**Special  
Olympics  
Washington**



Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sport and the mission and vision of Special Olympics. All Special Olympics athletes and Unified Sports® partners agree to the following code:

## *Sportsmanship*

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

## *Training & Competitions*

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials, and ask questions when I do not understand.
- I will always try my best during training, divisioning, and competitions.
- I will not hold back in preliminary competitions just to get into an easier finals competition division.

## *Responsibility for My Actions*

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics events.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation, and the National Federation/Governing Body rules for my sport(s).

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee, up to and including not being allowed to participate.

\_\_\_\_\_  
Name

\_\_\_\_\_  
**Athlete or Unified Sports®**  
**Partner** *Circle Role*

\_\_\_\_\_  
Date

# COACHES CODE OF CONDUCT

**Special  
Olympics  
Washington**



Special Olympics is committed to the highest ideals of sport and expects all coaches to honor sport and the mission and vision of Special Olympics. All coaches agree to observe the following:

## *Respect for Others*

- I will respect the rights, dignity, and worth of athletes, coaches, volunteers, friends, and spectators in Special Olympics.
- I will treat everyone equally regardless of gender, ethnic origin, religion, or ability.

## *Ensure a Positive Experience*

- I will ensure that for each athlete I coach, the time spent with Special Olympics is positive.
- I will respect the talent, developmental stage, and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate, and honest with athletes.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminary competitions and finals competition in accordance with the Special Olympics Sports Rules.

## *Act Professionally and Take Responsibility for My Actions*

- My language, manner, punctuality, preparation, and presentation will demonstrate high standards.
- I will display control, respect, dignity, and professionalism to all involved in the sport.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke, or take illegal drugs while representing Special Olympics at training sessions or during competition.
- I will refrain from any form of personal abuse towards athletes and other – including verbal, physical, and emotional abuse.
- I will be alert to any form of abuse from other sources directed towards athletes in my care.

## *Quality Service to the Athletes*

- I will seek continual improvement through performance evaluations and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program for individual practices and the season.
- I will keep copies of the medical, training, and competition records for each athlete I coach.

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Coach or Asst. Coach**  
*Circle Role*

\_\_\_\_\_  
**Date**

# FAMILY CODE OF CONDUCT

**Special  
Olympics  
Washington**



We hope as family members, you will embrace the spirit of Special Olympics and help to provide a competition and training environment that enhances athlete character and skill development. The following Family Code of Conduct should be emphasized during training, competition, and special events at any level – including SOWA, Area Program, National, Regional and World.

*As a Special Olympics family member, I pledge the following:*

- I will let my athlete choose the sports in which he/she would like to participate. I will not force my choice upon him/her.
- I will remember that athletes participate to have fun and that the game is for them; not for the family members.
- I will see to it that my athlete's medical form is up-to-date, complete, and on file.
- I will learn the rules of the game and the SOI policies before I complain or protest.
- I (and my guests) will be a positive role model for my athlete and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials, and spectators at every game, practice, or competition.
- I understand that I play a vital role in the health and safety of my athlete's participation. I have a responsibility to assist Special Olympics in providing for the health and safety of all athletes by reporting suspicious behavior, talking to my child about personal safety, dropping off and picking up my child/guard from Special Olympics events at the times designated by the organization (not excessively earlier or later than said established times), and any and all other reasonable measures to assist in the protection of Special Olympics athletes.
- I (and my guests) will never engage in any kind of unsportsmanlike conduct, such as booing and taunting, refusing to shake hands, or using profane language and gestures with any official, coach, or family member.
- I will never encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will teach my athlete to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my athlete treat other athletes, coaches, officials, and spectators with respect, regardless of race, creed, color, sex, or ability.
- I will teach my athlete that doing one's best is more important than winning, so that my athlete will never feel defeated by the outcome of a game or his/her performance.
- I will praise my athlete for competing fairly and trying hard, and I will make my athlete feel like a winner every time.
- I will never ridicule or yell at my athlete or other participants for making a mistake or losing a competition.



- I will emphasize skill development and practices, and how they benefit my athlete over winning. I will also de-emphasize games and competition in lower age groups.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire that I may have for my athlete to win.
- I will respect the officials and their authority during games and competition, and will never question, discuss, or confront coaches during competitions. Instead, I will take time to speak with coaches at an agreed upon time and place.
- I will demand a sports environment for my athlete that is free from drugs and alcohol, and I will refrain from their use at all sports events and competitions.
- I will smoke/chew tobacco only in designated areas.
- I will refrain from coaching my athlete or other athletes during competitions and practices if I am not the assigned coach.

As a Special Olympics Washington family member, I also understand that if I fail to abide by the aforementioned rules and guidelines, I may be subject to disciplinary action that could include, but may not be limited to, the following:

- Verbal warning by officials, coaches, and/or sub-Program and SOWA personnel
- Game suspension with written documentation of incident kept on file in the SOWA office
- Written warning
- Game forfeit through official or coach
- Season suspension
- Misbehavior Report submitted to Event Director

I hereby certify that I have reviewed, understood, and agreed to this Code of Conduct.

\_\_\_\_\_  
Signature of Family Member

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Print)

\_\_\_\_\_  
Area Leadership Team/sub-Program

\_\_\_\_\_  
Athlete's Name





## DISCIPLINARY ACTIONS

### *Standards of Behavior*

While participating in Special Olympics—whether in transit, during practice, at a competition, or in any associated social activity—participants are expected to exhibit good sportsmanship and to comply with the following standards of behavior:

#### *Refrain from:*

- Category A
  - Use of alcohol, illegal drugs or any controlled substance.
  - Unwanted physical or verbal sexual overtures.
  - Physical abuse or any unwelcome physical contact.
  - Violent or disruptive behavior.
  - Felonies and misdemeanors (or any other illegal or socially unacceptable behavior which seriously disrupts or impedes participation of an athlete or others) and the possession of harmful weapons.
- Category B
  - Profanity or verbal abuse.
  - Tobacco use in restricted areas.
  - Frequent unexcused absences.
  - Poor personal hygiene.

### *Disciplinary Measures*

In *Category A*, Special Olympics Washington (defined as State staff) reserves the right to immediately suspend any participant, pending an investigation of the offense.

In *Category A*, the Staff member will exercise the following progressive disciplinary measures.

1. Verbal warning given to the offender.
2. Personal meeting with the offender.
  - a. A parent/guardian or caseworker will accompany athletes under 18. The meeting will be documented in writing with copies distributed to the athlete, Senior Region Manager, State Office, coach's file, and parent/guardian or caseworker.
3. Individual disciplinary action taken.

The action may include suspension or expulsion. In cases of suspension or expulsion, a review may be conducted at the end of the suspension period. In cases of very serious or repeated incidents, permanent expulsion may be required.

In *Category B*, the following progressive disciplinary measures are to be exercised by the coach:

1. Verbal warning given the athlete.
2. Written warning issued to the athlete, with copy to Region Sports & Training Manager.
3. Suspension from practices or competition during the specific sport season.
4. Further action must be referred to the Senior Region Manager or State staff. The participant has the right to appeal, with written plan in place, to improve behavior.



## **DIVISIONING & ARTICLE 1**

The Official Special Olympics Sports Rules provide standards for Special Olympics training and competition. [Article I](#) provides general principles not found in the sport- specific rules and is essential knowledge for all people involved with Special Olympics sports.