

2018 Spring Season



Special Olympics Washington

Sport Codes and Rules Summary

Swimming, Athletics, Cycling,
Powerlifting & Soccer

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



2018 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 $31 \times 1.11 = \underline{34.41}$. 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 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.

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**

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 |
| AQ4CUMR | 4 x 100 meter Unified Medley |
| AQ4CUR | Relay 4 x 100 meter Unified Free |
| AQ8CUR | Relay 4 x 200 meter Unified Free Relay |



2018 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.

Rule Amendments

Maximum Effort Rules and Application:

Reasons for the use of the Maximum Effort Rule

Due to the unique divisioning process utilized at Special Olympics competitions to ensure that athletes are competing against other athletes of similar ability and the unique awards process which provides recognition to all competitors: it is sometimes necessary to employ the Maximum Effort Rule to ensure that participants are competing with Maximum Effort at all stages of competition. Therefore, the Maximum Effort Rule is used:

To provide a fair competitive environment for athletes

To provide a resource for officials/event directors to create a fair competitive environment

Rule Application

Events which use a numerical score to determine divisions offer an opportunity to take a quantitative approach as it relates to the Maximum Effort Rule.

The following options may be used alone or in combination to apply Maximum Effort Rules/Guidelines:

Percentage Rule - A percentage is established and published for each event in which the rule will be applied. Athlete/teams may not exceed this percentage of improvement from their divisioning score to their final score. If an athlete exceeds this performance percentage, disqualification may take place. For some sports, percentages have already been established within the Special Olympics Official Sports Rules. (WASHINGTON STATE WILL OBSERVE A 15% MAXIMUM EFFORT RULE FOR STATE AND REGIONAL GAMES)

Jury Review – A percentage is established and published for each event in which the rule will be applied. If an athlete/team exceeds this percentage from their divisioning score to their final score this will automatically “trigger” a jury review to determine if the athlete/team shall be disqualified from the event. Regardless of the option selected above, the following procedures must be used when the Maximum Effort Rule is applied:

The coach must be provided an opportunity to submit an improved performance score if the score recorded in the divisioning competition is not a true reflection of the athlete’s ability.

Competition management may take the better of a submitted training score or a divisioning score to determine placement for the final.

If competition management determines that an athlete or team has not competed with maximum effort in preliminary and/or divisioning rounds with the clear intent to gain an unfair advantage in the divisioning process, he/she has the right to sanction that athlete or team. Sanctions may include: Verbal Warning to the player and/or coach, adjusted division placement, final placement or disqualification from the event or the entire competition.

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

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 |



2018 SOWA SPRING GAMES EVENT CODES

CYCLING

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

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 |



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

CODE

EVENT

| | |
|--------|--|
| 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 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.
- 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+) |