



2022 FALL SEASON
Start of the Season is August 22



**Special
Olympics**
Washington

Fall Events & Programs



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FALL SEASON OFFERINGS

Special Olympics Washington is excited to announce the continuation of in-person training and **competition this fall season!** Beginning August 22, we will be offering the following in-person competitive sports:

- Bowling
- Flag Football
- Volleyball
- Gymnastics



Programs are encouraged to start securing practice facilities, communicating with their teams on what they intend to offer and begin verifying individual paperwork. Athlete and Unified partner registration packets can be found [here](#) under “General Resources for All.”

Fitness & Wellness Programs:



Fit 5: Special Olympics Washington athletes and teams can take the next steps to become healthier and improve their athletic performance by participating in the **Fit 5** program. Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day. Fit 5 is a flexible program that provides tips and information to lead a healthy lifestyle. Fit 5 is ideally implemented during team sports practices by

coaches, volunteers or athlete leaders. Athletes and coaches will receive incentives for tracking their goals! Coaches and Coaches can register and request Fit 5 program materials in the Fall Season Registration form.



Unified Fitness Clubs: (Unified Champion Schools only) 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. Athletes and coaches will receive incentives for tracking their goals! UCS coaches or liaisons can register and request Unified Fitness Club program materials in the Fall Season Registration form.



Walking Clubs: bring together individuals with and without intellectual disabilities for non-competitive physical activity. Walking Clubs provide the platform and opportunity for individuals to challenge themselves, establish friendships, and exercise. Walking Clubs can be led or co-led by SOWA coaches, athletes, and Unified Partners. Walking Clubs can take place during a traditional sports season or as a standalone club. Athletes and coaches will receive incentives for tracking their goals! Coaches can register and request Walking Club program materials in the Fall Season Registration form.



Regional & State Competitions

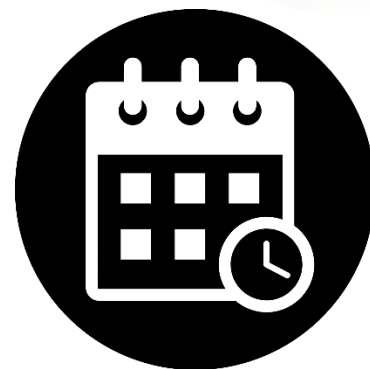
- Bowling – *Regional & State*
- Flag Football – *Regional & State*
- Volleyball – *Regional & State*
- Gymnastics – *Regional & State*

Special Olympics Washington will continue to monitor the status of COVID-19 and will be acting under guidance and advice from the CDC, the Washington State Department of Health, and local health authorities. Please be advised that participation and/or events are subject to change or cancellation at any time. Safety is our highest priority.



TIMELINE FOR FALL SEASON

- Start of Fall Season – August 22
- **Pre-Season Rosters** Due – September 1
- **Pre-Season Rosters** for Unified Champion Schools Due – September 14
- **Individual Registration Forms** Due – September 21
- Final Rosters Due (**Flag Football, Volleyball**) – September 28
- Final Rosters Due (**Bowling**) – October 4
- Final Rosters Due (**Gymnastics**) – October 24
- Region Competitions - October 15 – November 6
- State Fall Games – November 18 – 20



All forms must be uploaded onto the **Registration [Portal](#)**

COMPETITION SCHEDULE

- **October 9** – NW/SW Volleyball Competition / Dakine Sports Center, University Place
- **October 15** – East / Flag Football Competition / To Be Determined
- **October 15** – East / Volleyball Competition / To Be Determined
- **October 16** – NW/SW Flag Football Competition / White River HS
- **October 22** – East / Moses Lake Bowling Competition / Lake Bowl
- **October 23** – Northwest / Cascade Area Bowling Competition #1 / Park Bowl
- **October 23** – Southwest / Peninsula Bowling Competition / All Star Lanes
- **October 29** – Northwest / King County Bowling Competition #1 / Kenmore Lanes
- **October 29** – East / Tri-Cities Bowling Competition #1
- **October 29** – East / Tri-Cities Bowling Competition #2
- **October 30** – Northwest / King County Bowling Competition #2 / Secoma Lanes
- **November 5** – NW/SW Gymnastics Competition / Naydenov Gymnastics
- **November 5** – East / Spokane Bowling Competition #1 / Lilac Lanes
- **November 6** – East / Spokane Bowling Competition #2 / Lilac Lanes
- **To Be Determined** – Northwest / Cascade Area Bowling Competition #2
- **To Be Determined** – Southwest / Columbia River Bowling Competition
- **To Be Determined** – Southwest / Capitol & Pierce Bowling Competition #1
- **To Be Determined** – Southwest / Capitol & Pierce Bowling Competition #2
- **To Be Determined** – East / Gymnastics Competition
- **November 18 – 20** – State Fall Games / Tri-Cities





FORMS & TRAINING QUICK REFERENCE

| Registration Paperwork | Common Reasons for Submission Rejection | Pages Required for Submission Acceptance |
|---|--|--|
| Athlete Registration Form | Form must be from 2017 or later. The Physical Exam must have doctor's information, checked clearance box, doctor signature, and exam date present. | Pages 2-6 |
| Unified Partner Form | Signature date | Pages 2-3 |
| Covid Code of Conduct | Make sure to print participant name before signing. | Page 2 |
| Covid Waiver | Make sure to print name before signing. | Page 2 |

| Coaches and Volunteers | General Links |
|---|---|
| Background Check | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: red; color: white; padding: 10px; border-radius: 10px; text-align: center;">Registration Portal</div> <div style="background-color: red; color: white; padding: 10px; border-radius: 10px; text-align: center;">Fitness & Wellness Page</div> </div> |
| Good Deed Code:e45cri8 | |
| General Orientation Quiz | |
| Protective Behaviors Quiz | |
| Concussion Training | |
| Coaching Unified Sports | |
| Fitness for the Sport Coach | |

| Additional Resources | Regional Sports Pages |
|--|--|
| Registration Portal | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: red; color: white; padding: 10px; border-radius: 10px; text-align: center;">Southwest</div> <div style="background-color: red; color: white; padding: 10px; border-radius: 10px; text-align: center;">Northwest</div> <div style="background-color: red; color: white; padding: 10px; border-radius: 10px; text-align: center;">East</div> </div> |
| Individual Sports Entry Form | |
| Incident Form | |
| Protest Form | |
| Code of Conduct Violation Report | |
| Suspension Policy | |
| How to fill out your Pre-Season Roster | |
| How to fill out your Final Roster | |



FLAG FOOTBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **September 1, 2022**
 - Upload [Pre-Season Roster](#) for each sport
2. Athlete Forms Due: **September 21, 2022**
 - [Athlete Medical Form](#) (Expires after 3 years)
 - [Spanish Athlete Medical Form](#) (Expires after 3 years)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)
3. Unified Partner Forms Due: **September 21, 2022**
 - [Unified Partner Registration Form](#) (Expires after 3 years)
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)
4. Coach & Chaperone Forms Due: **September 21, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#) (Expires after 3 years)
 - [Concussion Training](#) (Expires after 3 years)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)
5. Team Flag Football
 - **Required** for Team Competition
 - Use [Individual BSAT form](#) to gather numbers for the final roster
 - Transfer total individual score from individual BSAT to final roster
6. Individual Skills Flag Football
 - Use the [Individual Skills Score Sheet](#) to determine qualifying score
 - Transfer total individual score from individual score sheet to final roster
7. Complete Online [Event Registration](#) Due: **September 28, 2022**
 - Attach “Final Roster”

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



FLAG FOOTBALL RULES & REGISTRATION GUIDELINES

1. Events identified with ** are intended for athletes unable to participate in the other events listed.
2. Athletes may compete in one event.
3. All entries must be identified with a team name.
4. Each team shall have a non-playing head 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® - During competition, the line-up shall never exceed three Special Olympics athletes and two Unified Sports® partners at any time. 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 in team play 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:
 - a. All players must have a mouthpiece.
 - b. All players must have a playing uniform with number on FRONT and BACK.
 - c. All uniforms must be tucked in at the waist.
 - d. No jewelry may be worn.
 - e. No blue jeans allowed, players must wear athletic shorts or pants without pockets.
 - f. Players must wear rubber-cleated or flat-soled athletic shoes.
10. Athletes not in appropriate competition attire are subject to disqualification.
11. 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.

FLAG FOOTBALL EVENTS

- Individual Skills Competition **
(Run & Catch, Throwing for Accuracy, Throwing for Distance, Agility & Speed, Flag Pulling)
- Special Olympics Team Competition
- Unified Sports® Team Competition



VOLLEYBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **September 1, 2022**
 - Upload [Pre-Season Roster](#) for each sport

2. Athlete Forms Due: **September 21, 2022**
 - [Athlete Medical Form](#) (Expires after 3 years)
 - [Spanish Athlete Medical Form](#) (Expires after 3 years)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

3. Unified Partner Forms Due: **September 21, 2022**
 - [Unified Partner Registration Form](#) (Expires after 3 years)
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

4. Coach & Chaperone Forms Due: **September 21, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#) (Expires after 3 years)
 - [Concussion Training](#) (Expires after 3 years)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Team Volleyball
 - **Required** for Team Competition
 - Use [Individual BSAT form](#) to gather numbers for the final roster
 - Transfer total individual score from individual BSAT to final roster

6. Individual Skills Flag Football
 - Use the [Individual Skills Score Sheet](#) to determine qualifying score
 - Transfer total individual score from individual score sheet to final roster

7. Complete Online [Event Registration](#) Due: **September 28, 2022**
 - Attach **“Final Roster”**

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



VOLLEYBALL RULES & REGISTRATION GUIDELINES

1. Athletes may enter one event.
2. Each Unified Sports® team shall have a non-playing head coach responsible for the lineup and conduct of the team during competition.
3. Teams must include a team name with their registration.
4. Team rosters may have a minimum of six players and a maximum of twelve players.
5. The age of the oldest team member will determine the teams grouping for both Special Olympics and Unified Sports® divisions.
6. The line-up for Unified Sports® teams must consist of three athletes and three partners at all times. Failure to adhere to this will result in a forfeit.
7. Competition attire includes:
 - a. Jersey or T-shirt (long sleeved desired)
 - b. Numbers on front and back of jersey (required)
 - c. Shorts or sweatpants (no jeans)
 - d. Court shoes and socks
8. (If Applicable) All Individual competitors, Individual Skills competitors, Special Olympics teams and Unified Sports® teams must participate in a region event to be eligible for advancement to the State tournament. Rosters must remain the same from Regional Competition to State Competition.
9. 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.

VOLLEYBALL EVENTS

- Individual Skills Competition **
(*Overhead Passing/Setting, Serving, Passing/Forearm Passing*)
- Special Olympics Team Competition
- Unified Sports® Team Competition



BOWLING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **September 1, 2022**
 - Upload [Pre-Season Roster](#) for each sport

2. Athlete Forms Due: **September 21, 2022**
 - [Athlete Medical Form](#) (Expires after 3 years)
 - [Spanish Athlete Medical Form](#) (Expires after 3 years)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

3. Unified Partner Forms Due: **September 21, 2022**
 - [Unified Partner Registration Form](#) (Expires after 3 years)
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

4. Coach & Chaperone Forms Due: **September 21, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#) (Expires after 3 years)
 - [Concussion Training](#) (Expires after 3 years)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Complete Online [Event Registration](#) Due: **October 4, 2022**
 - Attach “Final Roster”

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



BOWLING RULES & REGISTRATION GUIDELINES

1. Athletes must compete at an Area / Region event to be eligible for advancement to State games.
2. Athletes may participate in one event.
3. **A 15-game average or an established ABC or WIBC book average must be submitted as an entry score for all bowlers.**
4. All bowling team entries must be identified by a team name. A team name shall only be used once.
5. Special Olympics teams shall consist of 2 or 4 bowlers.
6. Unified doubles or teams shall consist of an equal number of athletes and partners (1&1 or 2&2).
7. The final score for Unified doubles or teams shall be the sum of each competitor's total score.
8. The age of the oldest team member will determine the age group for both Team and Unified Team bowling.
9. Bowlers using a ramp are not to be divisioned with non-ramp bowlers.
10. The use of bumpers is not allowed in tournament play.
11. Rules governing competition include Official Special Olympics Sport Rules, Federation Internationale des Quilleurs (FIQ) Rules as well as World Bowling (WB) Rules for bowling. FIQ, WB or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling or Article I.

BOWLING EVENTS

- Singles Competition
- Unassisted Ramp Competition
- Assisted Ramp Competition
- Traditional Doubles (*Two athletes*)
- Unified Sports® Doubles (*athlete & unified partner*)
- Traditional Team Competition (*Four athletes*)
- Unified Sports® Team Competition (*2 athletes & 2 unified partners*)



GYMNASTICS REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **September 1, 2022**
 - Upload [Pre-Season Roster](#) for each sport

2. Athlete Forms Due: **September 21, 2022**
 - [Athlete Medical Form](#) (Expires after 3 years)
 - [Spanish Athlete Medical Form](#) (Expires after 3 years)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

3. Unified Partner Forms Due: **September 21, 2022**
 - [Unified Partner Registration Form](#) (Expires after 3 years)
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

4. Coach & Chaperone Forms Due: **September 21, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#) (Expires after 3 years)
 - [Concussion Training](#) (Expires after 3 years)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Complete Online [Event Registration](#) Due: **October 24, 2022**
 - Attach “**Final Roster**”

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



GYMNASTICS RULES & REGISTRATION GUIDELINES

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.
 - a. Level A - Lead up
 - b. Level 1 - Beginner
 - c. Level 2 – Intermediate
 - d. Level 3 – Advanced
7. Athletes not in appropriate competition attire are subject to disqualification.
8. Competition attire includes:
 - a. Male: Tank top or t-shirt
 - b. White gymnastic pants or shorts
 - c. White socks, slippers or bare feet
 - d. Female: Leotards
 - e. Colored tights with bare feet are permitted but will be a deduction of .1 from the score
 - f. White peds, slippers or bare feet
9. Rules governing competition include Special Olympics, Inc. Gymnastic rules and United States Gymnastic Federation rules.

GYMNASTICS EVENTS

Men's Artistic

- Floor Exercise
- Pommel Horse
- Ring
- Vault
- Parallel Bars
- High Bars
- All Around

Women's Artistic

- Uneven Bars
- Balance Beam
- Vault
- Floor Exercise
- All Around

Level A

- Wide Beam Walk**
- Tumbling**
- Floor Exercise**
- All Around**



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 are required to go through further training and a background check process before all Ongoing Volunteer Roles. To volunteer at events, register using the event applications located on the Event Volunteers page.

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 [Background Check](#)? Please complete the online Background Check application. Use the Special Olympics Washington Identification Good Deed Code: e4cri8 when completing the application.



COACHES EDUCATION

| Tier/Level | Action Items | Time Needed | Renewal Requirements | Cost |
|---|--|-------------|--|-----------------------------|
| Tier 1 – Sports Volunteer (Chaperone) | Online Background Check (SOWA will do background checks on all Class A volunteers) (Good Deed Code: e45cri8) | 5 min | Every 3 years | Free |
| | Protective Behaviors Quiz | 15 min | Every 3 years | Free |
| | General Orientation: Orientation Video General Orientation Quiz | 20 min | Once | Free |
| Tier 2 – Head Coach/Assistant Coach Prerequisite – All Tier 1 requirements | Concussion Training | 1 hour | Every 3 years | Free |
| | Certification at a Sport Specific Training School | 3 hours | Every 3 years | Training Session Local Area |
| | Coaching Unified Sports – Required if program is in Unified Sports | 1 hour | 3 years | Free |
| Tier 3- Continuing Education | 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.

- [Online Background Check](#) (Good Deed Code: **e45cri8**)
- [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.)**
 - [Fitness for the Sports Coach](#)
 - [Introduction to UNIFIED Champion Schools for Educators](#)
 - [Coaching UNIFIED Sports](#) – If you have not already taken this as part of your regular trainings.
- **Waiver for Continued Education**



ATHLETE LEADERSHIP



The Athlete Leadership Program empowers 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.

Be a Leader This Fall

Take Leadership Trainings

Special Olympics Washington offers leadership trainings to support athletes develop their leadership skills and prepare to take on leadership roles. Learn about upcoming trainings by visiting the [Athlete Leadership webpage](#) or contacting Leah Shaffner (lshaffner@sowa.org)



Join an Athlete Leadership Council (ALCs)

ALCs are groups of Athlete Leaders developing their leadership skills through projects that improve local Special Olympics Washington programming. ALCs are run by Athlete Leaders and are driven by the athlete-voice. Contact Leah Shaffner (lshaffner@sowa.org) to join.



To sign up or get more information about the opportunities above, contact:
Leah Shaffner / lshaffner@sowa.org



EAST REGION CONTACTS LIST

Sr. Manager of Competition & Operations, East Region

Grant Opland

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Phone: 206-231-6014

East Region Program Manager

Tim Toon

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Email: ttoon@sowa.org

Phone: 206-681-9385 Fax: 206-361-8158



| | | |
|--|---|---|
| <p>Northeast Area Interim Area Director: Tim Toon Email: ttoon@sowa.org Phone: 206-681-9385</p> <p>Administrative Coordinator: Bobbi Jo Locke Email: NortheastAdmin@SOWA.org</p> | <p>Southeast Area Area Director: Lori and Ron Landrus Email: SoutheastAD@SOWA.org Phone: 208-413-0883</p> <p>Administrative Coordinator: Kari Smith Email: SoutheastAdmin@SOWA.org</p> | <p>Valley Area Area Director: Tim McDonald Email: ValleyAD@SOWA.org Phone: 509-480-0764</p> <p>Administrative Coordinator: Dawn McDonald Email: ValleyAdmin@SOWA.org</p> |
| <p>North Central Area Interim Area Director: Tim Toon Email: ttoon@sowa.org Phone: 206-681-9385</p> | <p>Basin Area Interim Area Director: Tim Toon Email: ttoon@sowa.org Phone: 206-681-9385</p> <p>Administrative Coordinator: Carrie Hoiness Email: choiness@cityofml.com</p> | <p>Tri Cities Area Area Director: Donna Tracy Email: donnat@arcoftricity.com Phone: 509-947-6090</p> <p>Administrative Coordinator: Kelly Correio Email: so@arcoftricity.com</p> |
| | <p>Walla Walla Area Area Director: Tracy Gaines Email: WallaWallaAD@SOWA.org Phone: 509-386-4016</p> <p>Administrative Coordinator: Mercedes Robinson Email: sadiesdesiree@gmail.com</p> | |



WEST SIDE CONTACTS LIST

Sr. Manager of Competition & Operations, Northwest Region

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Northwest Program Manager

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Manager of Competition & Operations, Southwest Region

Dori McGovern

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Southwest Program Manager

Cheyenne Baird

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Email: cbaird@sowa.org

Phone: 206-681-9386 Fax: 206-361-8158



| | |
|---|---|
| <p>Cascade Area Area Director: Punkie Doyle Email: CascadeAD@SOWA.org Phone: 206-910-1704</p> | <p>King County Area Interim Area Director: Chad VanderPoel Email: cvanderpoel@sowa.org Phone: 507-215-1918</p> |
| <p>Pierce County Area Interim Area Director: Cheyenne Baird Email: cbaird@sowa.org Phone: 206-681-9386</p> | <p>Peninsula Area Area Director: Wendy Bonham Email: PeninsulaAD@SOWA.org Phone: 360-461-7817</p> |
| <p>Capitol Area Interim Area Director: Cheyenne Baird Email: cbaird@sowa.org Phone: 206-681-9386</p> | <p>Columbia River Area Co-Area Directors: Elizabeth Francis & Barry Gill Email: elizabeth.francis@outlook.com barry.gill@pkinetics.com Phone: 360-624-0119</p> |



ATHLETE CODE OF CONDUCT

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 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

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



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 the Program Manager.
3. Suspension from practices or competition during the specific sport season.
4. Further action must be referred to the 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 1](#) provides general principles not found in the sport-specific rules and is essential knowledge for all people involved with Special Olympics sports.