



2024 WINTER SEASON

Start of the Season is November 20, 2023



**Special
Olympics**
Washington

Winter Events & Programs



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WINTER SEASON OFFERINGS

Special Olympics Washington is excited to announce the continuation of in-person training and competition this winter season! Beginning November 20, we will be offering the following in-person competitive sports:

Basketball – *Regional & State*

Alpine Skiing – *State Games Only, West Side Regional*

Snowboarding – *State Games Only, West Side Regional*

Cheerleading – *State Games Only*

Figure Skating – *State Games Only*

Speed Skating – *State Games Only*

Cross Country Skiing – *State Games Only*

Snowshoeing – *State Games Only*

Walking Club – *Local / Recreational*

Fit 5 – *Local / Recreational*

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.

IMPORTANT UPDATES AND HIGHLIGHTS

COVID WAIVER:

- As of December 1st, 2022, Athletes, Unified Partners, Coaches, Chaperones, Program Coordinators, and rostered individuals will no longer need to complete the 'Covid Code of Conduct' form.
- All persons listed on team or program rosters including Coaches, Chaperones, Athletes and Unified Partners will still need to complete the *Communicable Disease/Covid Waiver*. This form does not expire, and waivers previously accepted will continue to be valid.

COVID SCREENINGS AT PRACTICES:

- We will no longer require teams to perform Covid Screenings upon arrival at practices, events, and competitions. **

COMPETING IN MORE THAN ONE SPORT:

- The policy outlined in the return to activities material restricting athletes to one sport per season has been lifted. Athletes will now be allowed to compete in more than one sport per season, but no more than two (2) sports per season, to include one Individual and one team sport.
- Should an athlete choose to compete in an individual sport and a team sport, the athlete may only advance the 'Team Sport' (ie. Basketball, Cheer, Unified / Doubles Competition, etc.).



ADDITIONAL OFFERINGS

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.

****** 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.



REGISTRATION TIMELINE

NORTHWEST REGION

- Start of Winter Season: November 20, 2023
- **Pre-Season Rosters** Due: December 5, 2023
- **Final Registration Due Dates:**
 - **All Basketball** – January 8, 2024
 - **Alpine, Snowboarding, Cross Country, Snowshoe:** January 8, 2024
 - **Cheerleading, Ice Skating, Figure Skating** – January 22, 2024
- State Games Registration Due:
 - Alpine, Snowboarding, Cross Country, Snowshoe, Cheerleading, Ice Skating, Figure Skating – February 5, 2024
 - All Basketball – February 12, 2024
- State Winter Games: March 1 – March 3, 2024

SOUTHWEST REGION









- Start of Winter Season: November 20, 2023
- **Pre-Season Rosters** Due: December 5, 2023
- **Final Registration Due Dates:**
 - **All Basketball** – January 8, 2024
 - **Alpine, Snowboarding, Cross Country, Snowshoe** – January 8, 2024
 - **Cheerleading, Ice Skating, Figure Skating** – January 22, 2024
- State Games Registration Due:
 - Alpine, Snowboarding, Cross Country, Snowshoe, Cheerleading, Ice Skating, Figure Skating – February 5, 2024
 - All Basketball – February 12, 2024
- State Winter Games: March 1 – March 3, 2024





EAST REGION

- Start of Winter Season: November 20, 2023
- **Pre-Season Rosters** Due: December 5, 2023
- **Final Registration Due Dates:**
 - **Basketball (Sunnyside)** – January 8, 2024
 - **Basketball (WSU)** – January 22, 2024
 - **Cheerleading, Ice Skating, Figure Skating** – January 22, 2024
 - **Alpine, Snowboarding, Cross Country, Snowshoe** – January 22, 2024
- State Games Registration Due:
 - Alpine, Snowboarding, Cross Country, Snowshoe, Cheerleading, Ice Skating, Figure Skating – February 5, 2024
 - Basketball (Sunnyside) – February 5, 2024
 - Basketball (WSU) – February 12, 2024
- State Winter Games: March 1 – March 3, 2024



FORM RESOURCES GUIDE

General Links	Individual Forms		
Registration Portal bit.ly/SOWA-Reg 	Athlete Registration Form bit.ly/SOWA-ARF 	Unified Partner Form bit.ly/SOWA-UP 	Covid Waiver-Stand Alone bit.ly/SOWA-C19Waiver 
Return to Activities bit.ly/SOWA-RTA 	Background Check bit.ly/SOWA-BCG 	Protective Behaviors bit.ly/SOWA-PBQ 	Concussion, Coaching Unified Sports, & Fitness bit.ly/SO-Learn 

Fitness & Wellness Page	Regional Sports Pages		
bit.ly/SOWA-FIT 	Southwest bit.ly/SOWA-SW 	Northwest bit.ly/SOWA-NW 	East bit.ly/SOWA-EAST 

Additional Resources	
Article 1 bit.ly/SOWA-ART1	Incident Form bit.ly/SOWA-Incident
Protest Form bit.ly/SOWA-Protest	Suspension Policy bit.ly/SOWA-SUSPOL

Codes of Conduct	
Athlete/Unified Partner bit.ly/SOWA-PCoC	Violation Report bit.ly/SOWA-CoCVR
Family bit.ly/FACoC	Coaches bit.ly/SOWA-CCoC



BASKETBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 5, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Dates: **See Registration Timeline**

Required Team Skills Assessment

- 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 and submit the [Team BSAT Worksheet](#) to the portal.
- Team Skills:** Use the [Team Skills Score Sheet](#) to determine qualifying score.

Required For Individual Skills

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



BASKETBALL REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- [5v5 Rules](#)
- [Individual Skills Rules](#)
- [Basketball Resource Page](#)

Special Olympics Washington Updates & Modifications

1. Athletes may participate in one event.
2. All basketball team entries must be identified by a team name.
3. The age of the oldest team member determines the age group in which a team competes.
4. Events identified with ** are designed for athletes with lower availability levels.
5. Athletes using wheelchairs and assisted walking devices are eligible for individual and team skills only due to safety concerns.
6. Scrimmages: teams and programs are encouraged to participate in 3-4 scrimmages throughout the season and prior to major competitions. We understand that in some cases, this can be difficult to facilitate. Scrimmages can come in many different forms: inner squads or practicing against another team in your program, entering your team into a recreational league to get more games, working with other programs to organize invitationals or league plays prior to each season, etc. There are many ways to get creative!
7. Roster sizes: Team rosters (for both Team Competition, and Team Skills Competition) must have a minimum of 5 players and a maximum of 10 players. Teams may request an exemption by reaching out to their Sport Manager.

EVENTS

Basketball Individual Skills Competition**
Team Skills Competition**

Special Olympics Team Competition - Juniors (8-15)
Special Olympics Team Competition - Seniors (16-21)
Special Olympics Team Competition - Masters (22+)

Unified® Team Competition - Juniors (8-15)
Unified® Team Competition - Seniors (16-21)
Unified® Team Competition - Masters (22+)



ALPINE & SNOWBOARDING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 5, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Date: **See Registration Timeline**

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.



ALPINE SKIING REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- o [Alpine Rules](#)
- o [Alpine Resource Page](#)

Special Olympics Washington Updates & Modifications

1. Athletes may participate in up to three events.
2. A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered. **Placement of athletes in proper levels is important.**
3. Unified® races shall consist of one Special Olympian and one Partner skiing together with the results determined by the average of each competitor's time.
4. **Athletes and Partners may not participate in like events. i.e. ... may not participate in Slalom and Unified® Slalom / Super G and Unified® Super G**
5. Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
6. Finish time for the Super G competition is determined by the time of one run.
7. Finish time for the slalom and giant slalom competition is determined by the combined time of two runs.
8. Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster.
9. All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games.

EVENTS

Glide Event **

10 Meter Ski Race **

Slalom (Novice, Intermediate & Advanced)

Unified® Slalom (Novice, Intermediate & Advanced)

Giant Slalom (Novice, Intermediate & Advanced)

Unified® Giant Slalom (Novice, Intermediate & Advanced)

Super G (Novice, Intermediate & Advanced)

Unified® Super G (Novice, Intermediate & Advanced)



SNOWBOARDING REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- o [Snowboarding Rules](#)
- o [Snowboarding Resource Page](#)

Special Olympics Washington Updates & Modifications

1. Athletes may participate in up to three events.
2. A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered.
Placement of athletes in proper levels is important.
3. Unified® races shall consist of one Special Olympian and one Partner snowboarding together with the results determined by the average of each competitor's time.
4. **Athletes and Partners may not participate in like events. i.e. ... may not participate in Slalom and Unified® Slalom. Super G and Unified® Super G.**
5. Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
6. Finish time for the Super G competition is determined by the time of one run.
7. Finish time for the slalom and giant slalom competition is determined by the combined time of two runs.
8. Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster.
9. All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games.

EVENTS

Glide Event **

10 Meter Skate Race **

Slalom (Novice, Intermediate & Advanced)

Unified® Slalom (Novice, Intermediate & Advanced)

Giant Slalom (Novice, Intermediate & Advanced)

Unified® Giant Slalom (Novice, Intermediate & Advanced)

Super G (Novice, Intermediate & Advanced)

Unified® Super G (Novice, Intermediate & Advanced)



CROSS COUNTRY & SNOWSHOEING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 5, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Date: **See Registration Timeline**

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.



CROSS COUNTRY REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- o [Cross Country Rules](#)
- o [Cross Country Resources Page](#)

Special Olympics Washington Updates & Modifications

1. Athletes may participate in up to two events and a relay.
2. A qualifying time must be submitted for all athletes and partners entered.
3. All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games.
4. Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster.
5. Special Olympics and Unified® races of the same distance will be contested at the same time, therefore an athlete cannot be in both. (i.e. 1K Special Olympics race and 1K Unified race)
6. Unified® relay teams shall consist of two Special Olympians and two Partners. The order of racing is left up to the coaches' decision.
7. Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
8. If there are not enough athletes to properly division separate Classical and Free Technique events of similar distances, the events shall be combined and follow Free Technique Rules

EVENTS

- 10 Meter Ski Race** - Classical Technique
- 25 Meter Ski Race** - Classical Technique
- 50 Meter Ski Race** - Country Skiing Race - Classical Technique
- 100 Meter Race** - Country Skiing Race - Classical Technique
- 500 Meter Race – Country Skiing Race
- 1 Kilometer Race – Country Skiing Race
- 2.5 Kilometer Race – Country Skiing Race
- 5 Kilometer Race – Country Skiing Race
- 7.5 Kilometer Race – Country Skiing Race
- 10 Kilometer Race – Country Skiing Race
- 4 x 1 Kilometer Relay Race – Country Skiing Relay
- 4 x 1 Kilometer Unified® Relay Race – Country Skiing Relay



SNOWSHOEING REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- [Snow Shoe Rules](#)
- [Snow Shoe Resources Page](#)

Special Olympics Washington Updates & Modifications

1. Athletes may participate in up to two events and a relay.
2. A relay team consists of four competitors.
3. Unified relay teams shall be made up of two Special Olympics athletes and two Unified partners. The order of racing is left up to the coaches' decision.
4. Relay teams must have a "team name" assigned to them on final registration.
5. A qualifying time must be submitted for all athletes and partners entered.
6. Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.
7. The Official Special Olympics Rules shall govern all Special Olympics Snowshoeing competitions. Special Olympics, Inc. is the International Governing Body for Snowshoeing

EVENTS

- 25 Meter Race **
- 50 Meter Race **
- 100 Meter Race
- 200 Meter Race
- 400 Meter Race
- 800 Meter Race
- 1600 Meter Race
- 5K Meter Race
- 10K Meter Race
- 4 x 100 Meter Relay Race
- 4 x 200 Meter Relay Race
- 4 x 400 Meter Relay Race
- 4 x 100 Meter Unified Relay Race
- 4 x 200 Meter Unified Relay Race
- 4 x 400 Meter Unified Relay Race



FIGURE & SPEED SKATING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 5, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
 [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 1. Athlete & Parent/ Guardian Signature and Date – **Required**
 2. Physician Signature and Date – **Required**
 [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
 [Background Check \(if 18+\) \(Expires after 3 years\)](#)
 [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
 [Protective Behaviors](#)
 [Heads Up Coaches: Concussion Training](#)
 [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
 Sports Specific Training
 [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
 [Protective Behaviors](#)
 [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Date: **See Registration Timeline**

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.



FIGURE SKATING REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- o [Figure Skating Rules 2022](#)
- o [Figure Skating Resource Page](#)

Special Olympics Washington Updates & Modifications

Events

1. A level of competition must be submitted for all athletes entered.
2. Special Olympics will offer events in the Singles Competition, Free Skate Levels 1 – 6.

Competition Clothing

1. Clothing of the Competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
2. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full length trousers and must not wear tights. In addition, in Ice Dance, Ladies must wear a skirt. Accessories and props are not permitted.
3. Clothing not meeting the requirements will be penalized by a deduction of 0.5 point.
4. The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 0.5 point.

Competition Music:

1. All competitors shall furnish competition music of excellent quality on CD or in any other approved format.
2. Each program (Short Program/Free Skating) must be recorded on one track and on a separate disc.

Singles Free Skate: Levels 1 - 6

LEVEL 1	LEVEL 2	LEVEL 3
MANDATORY ELEMENTS: CLICK HERE COACHING VIDEO: CLICK HERE	MANDATORY ELEMENTS: CLICK HERE COACHING VIDEO: CLICK HERE	MANDATORY ELEMENTS: CLICK HERE COACHING VIDEO: CLICK HERE
LEVEL 4	LEVEL 5	LEVEL 6
MANDATORY ELEMENTS: CLICK HERE COACHING VIDEO: CLICK HERE	MANDATORY ELEMENTS: CLICK HERE COACHING VIDEO: CLICK HERE	MANDATORY ELEMENTS: CLICK HERE COACHING VIDEO: CLICK HERE



SPEED SKATING REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- [Speed Skating Resource Page](#)
- [Speed Skating Rules](#)

Special Olympics Washington Updates & Modifications

1. Athletes may participate in up to three of the events listed below.
2. A qualifying time must be submitted for all athletes entered.
3. Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events.

Equipment | All speed skaters are required to wear the following safety equipment:

1. Long-sleeved and long-legged uniforms.
2. Knee pads or have padded knee protection as part of their uniform.
3. Shin guards or have cut protection in the lower leg portion of their uniform.
4. Cut resistant neck protector.
5. Cut resistant gloves or mittens.
6. The following are recommended but not mandatory for competition:
 - a. Elbow pads and wrist guards are optional safety equipment.
 - b. Eye protection meeting the ANSI Z87.1 Standard is recommended.
 - c. Cut resistant under garments.
7. Helmets are Mandatory.

EVENTS

25 Meter Straight Race**
55 Meter Half Lap Race**
111 Meter Race
333 Meter Race
500 Meter Race
777 Meter Race



CHEERLEADING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 5, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 1. Athlete & Parent/ Guardian Signature and Date – **Required**
 2. Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Date: **See Registration Timeline**



CHEERLEADING REGISTRATION RULES & CODES

Special Olympics Rules & Resources

- [Competitive Cheer Rules 2022](#)
- [Competitive Cheer Resource Page](#)

Special Olympics Washington Updates & Modifications

- 1) Athletes may participate in individual performances or team competitions but not both. Athletes and Unified Partners may also only participate within one level of one event.
- 2) For all Unified Sports® team competition, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one
- 3) Ability is the primary divisioning factor in Special Olympics. In the sport of cheerleading, the ability of an athlete or team is determined by the event in which they are competing.

EVENTS

Team Competition: Small Team Division (Traditional & UNIFIED)

Events: Team Cheer Routine

Levels:

- Introductory
- Level 0 (beginner)
- Level 1 (novice)
- Level 2 (intermediate)

Team Size: Minimum of four (4) and maximum of fifteen (15).

Unified Division Ratio: Team competing in this category should follow the Unified Sports Competitive Model. The ratio of athletes to Unified partners must be 1:1. In the event of an odd-numbered team, there must be one less Unified partner than total number of athletes.



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.

Please follow this link to sign up as an Ongoing Volunteer:
<https://specialolympicswashington.org/volunteer/event-volunteers/>

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: **e45cri8** 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 volunteers 18+) (Good Deed Code: e45cri8)	5 min	Every 3 years	Free
	Protective Behaviors Quiz	15 min	Every 3 years	Free
Tier 2 – Head Coach/Assistant Coach Prerequisite – All Tier 1 requirements	Concussion Training	1 hour	N/A	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](#)
- [Protective Behaviors 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, please contact Coaches@sowa.org**