



2024 SPRING SEASON
Start of the Season is March 4, 2024



**Special
Olympics**
Washington

Spring Events & Programs



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SPRING SEASON OFFERINGS

Beginning March 4, we will be offering the following in-person competitive sports:

- Athletics
- Soccer
- Swimming
- Powerlifting
- Cycling



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. Soccer).



REGISTRATION TIMELINE

NORTHWEST REGION REGISTRATION TIMELINE

Start of Spring Season	March 4, 2024
Preseason Rosters Due	March 12, 2024
Final Registration & Individual Forms Due Dates	
Swimming, Powerlifting	April 1, 2024
Soccer, Athletics	April 15, 2024
Cycling.....	May 6, 2024
State Games Registration Due	May 16, 2024
State Spring Games	June 7 - June 9, 2024

SOUTHWEST REGION REGISTRATION TIMELINE

Start of Spring Season	March 4, 2024
Preseason Rosters Due	March 12, 2024
Final Registration & Individual Forms Due Dates	
Swimming, Powerlifting	April 1, 2024
Soccer, Athletics	April 15, 2024
Cycling.....	May 6, 2024
State Games Registration Due	May 16, 2024
State Spring Games	June 7 - June 9, 2024

EAST REGION REGISTRATION TIMELINE

Start of Spring Season	March 4, 2024
Preseason Rosters Due	March 12, 2024
Final Registration & Individual Forms Due Dates	
Swimming, Powerlifting, Athletics, Soccer	April 15, 2024
Cycling.....	May 6, 2024
State Games Registration Due	May 16, 2024
State Spring Games	June 7 - June 9, 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		Codes of Conduct	
Article 1 bit.ly/SOWA-ART1	Incident Form bit.ly/SOWA-Incident	Athlete/Unified Partner bit.ly/SOWA-PCoC	Violation Report bit.ly/SOWA-CoCVR
Protest Form bit.ly/SOWA-Protest	Suspension Policy bit.ly/SOWA-SUSPOL	Family bit.ly/FACoC	Coaches bit.ly/SOWA-CCoC



ATHLETICS REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **March 12, 2024**

- 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 \(Expires after 3 years\)](#)
 - 0. Athlete & Parent/ Guardian Signature and Date – **Required**
 - 1. 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: **April 15, 2024**

Track Pass: Required For ALL Participants Requesting a Track Pass:

- If registering for a deck pass or track pass, this individual must be listed on final registration as a chaperone.



ATHLETICS RULES & REGISTRATION GUIDELINES

- 1) Athletes may participate in up to four events: two track (running) events, one field event and one relay.
- 2) 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.)
- 3) Athletes may participate in either the 50 or 100 meter dash, but not both.
- 4) 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.
- 5) Athletes participating in the Pentathlon are limited to that event only.
- 6) 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.
- 7) 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.
- 8) A qualifying time/distance/score must be submitted for each athlete for each event.
- 9) 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.
- 10) All relay teams (4 members) must be identified by number R1, R2, etc.
- 11) All Unified relay teams (4 members) must be identified by number U1, U2, etc.
- 12) 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.
- 13) Events identified with **are designed for athletes with lower ability levels who are unable to participate in other events.
- 14) Rules governing competition include Special Olympics International Athletics rules and USA Track and Field rules.



15) 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.

16) For **Assisted Walking Events** (Category C), athletes must provide their own device. Assisted devices may consist of one of the following:

1. Canes
2. Crutches
3. Walker

17) New for 2013 -15: Category D – Guided Events

1. Criteria

- Who can compete in a Guided event?
 - a) Blind or visually impaired athletes
 - b) Athletes with severe cognitive delay
 - c) Athletes that wander

2. 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:
 - a) Rope
 - b) Baton
 - c) 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.

18) Lane Violations

1. In all races run in lanes, each competitor shall keep within his/her allocated Lane from start to finish.
2. 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.
3. If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend,
4. with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.



ATHLETICS CATEGORIES AND EVENTS

Category A

Wheelchair:

10 Meter Manual Wheelchair Race**
25 Meter Manual Wheelchair Race**
30 Meter Manual Wheelchair Slalom Race**
100 Meter Manual Wheelchair Race
200 Meter Manual Wheelchair Race
400 Meter Manual Wheelchair Race
Tennis Ball Throw**
Softball Throw**
Wheelchair Shot Put

Category B

Motorized Wheelchair:

25 Motorized Wheelchair Obstacle Race**
30 Meter Motorized Wheelchair Slalom Race**
50 Meter Motorized Wheelchair Slalom Race**
Tennis Ball Throw**
Softball Throw**
Wheelchair Shot Put

Category C

Assisted Walking:

10 Meter Assisted Walk**
25 Meter Assisted Walk**
50 Meter Assisted Walk**
Tennis Ball Throw**
Shot Put
Softball Throw**

Category D

Guided Events:

10 Meter Guided Walk**
25 Meter Guided Walk**
50 Meter Guided Walk**
100 Meter Guided Walk
25 Meter Guided Race
50 Meter Guided Race
Standing Long Jump**
Shot Put
Softball Throw**
Tennis Ball Throw**

Category E

50 Meter Walk**
50 Meter Dash**
100 Meter Dash
200 Meter Dash
100 Meter Walk
200 Meter Walk
400 Meter Walk
800 Meter Walk
Standing Long Jump**
Tennis Ball Throw**
Shot Put
Softball Throw**
Mini Javelin

Category F

100 Meter Dash
200 Meter Dash
400 Meter Run
800 Meter Run
200 Meter Walk
400 Meter Walk
800 Meter Walk
Standing Long Jump**
Running Long Jump
High Jump
Shot Put
Softball Throw**
Mini Javelin

Important Note:

4 x 100 Meter Relay (Walk): In 2023 we introduced a 4 x 100 Meter Relay for Walkers. Please indicate in your notes during registration if they are a walking relay or running relay team.

Long Distance Races (LDR): All LDR Races, including Road Races and Race Walks include the option to walk. Competition Setting (Road, Trail, Track) is determined by availability at venue and will be communicated beforehand.



Category G

400 Meter Run
800 Meter Run
110 Meter Hurdles Men
100 Meter Hurdles Women
Pentathlon
1500 Meter Run
3000 Meter Unified Team Running (2 person)
5000 Meter Unified Team Running (2 person)
1.5 Kilometer Race Walk
5 Kilometer Race Walk
1.5 Kilometer Unified Race Walk
5 Kilometer Unified Race Walk
3 Kilometer Road Race
5 Kilometer Road Race
10 Kilometer Road Race
5 Kilometer Unified Road Race
10 Kilometer Unified Road Race
Running Long Jump
High Jump
Standing Long Jump**
Shot Put
Mini Javelin

Relay Events (For Categories E - G Only):

4 x 100 Meter Relay
4 x 200 Meter Relay
4 x 100 Meter Unified Relay
4 x 200 Meter Unified Relay
4 x 400 Meter Relay
4 x 400 Meter Unified Relay



SWIMMING REGISTRATION CHECKLIST

2. Complete online [Pre-Season Participation Form](#) Due: **March 12, 2024**

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

3. 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 \(Expires after 3 years\)](#)
 - 0. Athlete & Parent/ Guardian Signature and Date – **Required**
 - 1. 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:

- Northwest & Southwest Region Swimming: **April 1, 2024**
- East Region Swimming: **April 15, 2024**

Deck Pass: Required For ALL Participants Requesting a Deck Pass

- If registering for a deck pass or track pass, this individual must be listed on final registration as a chaperone.



SWIMMING RULES & REGISTRATION GUIDELINES

- 1) Athletes can participate in a total of four events. The maximum number of non-relay events an athlete can participate in is three.
- 2) 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.
- 3) Unified Partners can participate in a maximum of two Unified Relays.
- 4) 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 $31 \times 1.11 = \mathbf{34.41}$. The time of 34.41 would be submitted as the time for 25 **meters**.
- 5) All relay teams (4 members) must be identified by number R1, R2, etc.
- 6) All unified relay teams (4 members) must be identified by number U1, U2, etc.
- 7) Relay teams will have a maximum of four and two alternates identified. Alternates may not be changed after Friday prior to Spring Games competition.
- 8) 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.
- 9) Rules governing competition include Special Olympics International Swimming rules and United States Swimming, Inc.
- 10) Athletes must register and compete within one category. For example, if an athlete registers for the 10 meter Assisted Swim and 15 meter Aquatics Walk (Category A events) they can't register for the 25 meter Freestyle (a Category B event). All two or three events must be in the same category.
- 11) A Relay team which combines genders to include both male and female swimmers shall compete as a male relay
- 12) 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)
- 13) Markings: During the 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.
- 14) Exception Codes shall be written on athlete's 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.



SWIMMING CATEGORIES & EVENTS

Category A

10 meter Assisted Swim
15 meter Aquatics Walk
15 meter Flotation Race
25 meter Flotation Race

Category B

15 meter Unassisted Swim
15 meter Unassisted Backstroke
25 meter Flotation Race
25 meter Freestyle
25 meter Backstroke

Category C

25 meter Freestyle
25 meter Backstroke
25 meter Breaststroke
25 meter Butterfly
50 meter Freestyle
50 meter Backstroke
50 meter Breaststroke
50 meter Butterfly

Category D

50 meter Freestyle
50 meter Backstroke
50 meter Breaststroke
50 meter Butterfly
100 meter Freestyle
100 meter Backstroke
100 meter Breaststroke
100 meter Butterfly
100 meter Individual Medley

Category E

100 meter Freestyle
100 meter Backstroke
100 meter Breaststroke
100 meter Butterfly
100 meter Individual Medley
200 meter Individual Medley
200 meter Freestyle
200 meter Backstroke
200 meter Breaststroke
400 meter Freestyle
800 meter Freestyle
1500 meter Freestyle

Relays

4 x 25 meter Freestyle Relay
4 x 25 meter UNIFIED Medley
4 x 50 meter Freestyle Relay
4 x 100 meter Freestyle Relay
4 x 25 meter Medley Relay
4 x 50 meter Medley Relay
4 x 100 meter Medley Relay
4 x 50 meter Unified Free Relay
4 x 100 meter Unified Medley Relay
4 x 100 meter Unified Free Relay
4 x 200 meter Unified Free



POWERLIFTING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **March 12, 2024**

- 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 \(Expires after 3 years\)](#)
 - 0. Athlete & Parent/ Guardian Signature and Date – **Required**
 - 1. 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: **April 15, 2024**

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.



POWERLIFTING RULES & REGISTRATION GUIDELINES

- 1) Athletes with a minimum of two years of lifting experience may compete in all four events. Other athletes may compete in all events (bench press, deadlift), not to include the Squat.
- 2) A qualifying weight lifted must be submitted for all participants in each of their lifts. (Enter in Points/Pounds box).
- 3) Combination events are scored by adding the maximum weight successfully lifted in the respective events.
- 4) Rules governing competition include Special Olympics International Powerlifting rules and United States Powerlifting Federation rules.

POWERLIFTING EVENTS

Bench Press
Deadlift
Squat
Combination 1 (bench press & deadlift)
Combination 2 (bench press & deadlift & squat)



SOCCKER REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **March 12, 2024**

- 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 \(Expires after 3 years\)](#)
 - 0. Athlete & Parent/ Guardian Signature and Date – **Required**
 - 1. 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: **April 15, 2024**

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.

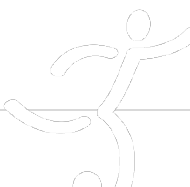
Required For Individual Skills

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



SOCCER RULES & REGISTRATION GUIDELINES

- 1) Athletes are limited to team competition or individual skills competition.
- 2) Individual competition is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team soccer.
- 3) All soccer teams' entries **must** be identified by a team name.
- 4) All 5-a side rosters **must** have a minimum of five players and a maximum of ten players.
- 5) All 7-a side rosters **must** have a minimum of seven players and a maximum of twelve players total roster size.
- 6) 7-a side teams will play in the highest traditional division available.
- 7) Teams should compete in a minimum of four games prior to your region tournament.
- 8) Unified rosters shall contain a proportionate number of athletes and partners.
- 9) 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.
- 10) Each team shall have an adult non-playing coach responsible for the line-up and conduct of the team during competition.
- 11) Athletes using wheelchairs and assistive walking devices are ineligible for soccer team competition for safety reasons, but may take part in Individual Skills Competition.
- 12) Rules governing competition include Special Olympics International rules and the United States Soccer Federation rules.
- 13) Only the following Lineups are Allowed:
 - a. 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:
 - i. 4 athletes and 3 partners
 - ii. 3 athletes and 3 partners
 - iii. 3 athletes and 2 partners
 - b. 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:
 - i. 3 athletes and 2 partners
 - ii. 2 athletes and 2 partners
 - iii. 2 athletes and 1 partner





SOCCER EVENTS

Soccer Individual Skill Competition

Special Olympics Team Competition (5-a side) - (8-15)
Special Olympics Team Competition (5-a side) - (16-21)
Special Olympics Team Competition (5-a side) - (22+)

Unified Team Competition Elementary- (8-13)
Unified Team Competition Middle School- (14-15)
Unified Team Competition – Interscholastic - (16-21)
Unified Team Competition- SO College (22+)
Unified Team Competition- Community (22+)



CYCLING REGISTRATION CHECKLIST

4. Complete online [Pre-Season Participation Form](#) Due: **March 12, 2024**

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

5. 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 \(does not expire\)](#)

6. Individual Forms & [Final Registration](#) Due Date: **May 6, 2024**

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.



CYCLING RULES & REGISTRATION GUIDELINES

- 1) Athletes may participate in up to three events.
- 2) A Unified race must consist of a Special Olympics Athlete and a Unified Partner.
- 3) When registering, all Unified teams (2 members) must be identified by number U1, U2, etc. Example: Skagit U1 (consists of an athlete and a unified partners).
- 4) The Unified race, place, and time will be determined when the last person on the team crosses the finish line.
- 5) A qualifying time must be submitted for all athletes.
- 6) Rules governing competition include Special Olympics International Cycling rules are based upon Union Cycliste International (UCI) rules for cycling.

CYCLING EVENTS

500-meter Time Trial
1 kilometer Time Trial
2-kilometer Time Trial
5-kilometer Time Trial
10-kilometer Time Trial
5-kilometer Road Race
10-kilometer Road Race
25-kilometer Road Race
5-kilometer Unified Time Trial – 2 bikes
10-kilometer Unified Time Trial – 2 bikes
10-kilometer Unified Tandem Time Trial – Tandem Bike
20-kilometer Unified Tandem Time Trial – Tandem Bike



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)	Concussion Training	1 hour	N/A	Free
	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.

- [Concussion Training](#)
- [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**