



2022 SPRING SEASON

Start of the Season is March 7



**Special
Olympics**
Washington

Spring Events & Programs



TABLE OF CONTENTS

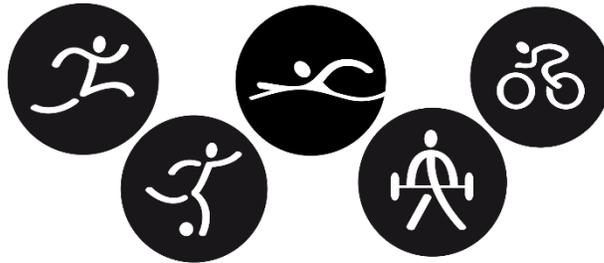
SPRING SEASON OFFERINGS	3
ADDITIONAL SPORT OFFERINGS	4
TIMELINE FOR SPRING SEASON	5
COMPETITION SCHEDULE	5
ATHLETICS REGISTRATION CHECKLIST	6
ATHLETICS RULES & REGISTRATION GUIDELINES	7
ATHLETICS CATEGORIES AND EVENTS	9
SWIMMING REGISTRATION CHECKLIST	11
SWIMMING RULES & REGISTRATION GUIDELINES	12
SWIMMING CATEGORIES & EVENTS	13
CYCLING REGISTRATION CHECKLIST	14
CYCLING RULES & REGISTRATION GUIDELINES	15
CYCLING RULE AMENDMENTS	16
CYCLING EVENTS	17
POWERLIFTING REGISTRATION CHECKLIST	18
POWERLIFTING RULES & REGISTRATION GUIDELINES	19
POWERLIFTING EVENTS	19
SOCCER REGISTRATION CHECKLIST	20
SOCCER RULES & REGISTRATION GUIDELINES	21
SOCCER EVENTS	22
SCHOOL OF STRENGTH CHALLENGE	23
FIT 5	24
COACHES TRAININGS	25
VOLUNTEER REGISTRATION	26
COACHES EDUCATION	27
COACHING TIERS DESCRIPTION	28
ATHLETE LEADERSHIP	29
EAST REGION CONTACTS LIST	30
WEST SIDE CONTACTS LIST	31
ATHLETE CODE OF CONDUCT	32
COACHES CODE OF CONDUCT	33
FAMILY CODE OF CONDUCT	34
DISCIPLINARY ACTIONS	36
DIVISIONING & ARTICLE 1	37



SPRING SEASON OFFERINGS

Special Olympics Washington is excited to announce the continuation of in-person training and competition this spring season! Beginning March 7, we will be offering the following in-person competitive sports:

- Athletics
- Soccer
- Swimming
- Powerlifting
- Cycling



Spring Season COVID protocols for practices will be published and communicated on February 15.

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."

Regional and State Games Competitions

- Athletics — Regional and State Games
- Soccer — Regional and State Games
- Swimming — Regional and State Games
- Powerlifting — Regional and State Games
- Cycling — State Games

These sports will conclude with a modified in-person competition across the state pending local and state health regulations.

Modified may mean that competition will not be how you have experienced it in previous years. The structure and modifications for these competitions will be published on March 15 and will be communicated via email and social media.

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.



ADDITIONAL SPORT OFFERINGS

To ensure every athlete has an opportunity to participate, teams may select an alternative sport in place of a spring sport listed above if, for example, they are not able to secure a facility or feel participation would increase by selecting a different sport. Special Olympics Washington will not host a regional or state competition for alternative sports but will provide the resources and COVID protocols to ensure a safe and positive experience for all. Registration for these sports can be done through the spring season registration portal that will also be used to register for competitive and non-competitive sports.

Alternative Sports for Spring Season

- Bowling
- Volleyball
- Bocce
- Gymnastics
- Flag Football

In-Person Fitness & Wellness Programming:

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 a flexible program that provides tips and information to lead a healthy lifestyle. Fit 5 is ideally implemented during team sports practices.

Virtual Fitness & Wellness Programming:

- We are excited to present a new and exciting [School of Strength Challenge](#) for individuals and groups to complete virtually. Visit our [Fitness & Wellness Program webpage](#) for more details.

Athletes and teams will receive incentives for tracking their goals! Register as an individual or group for a Fitness & Wellness Program through the Spring Season Registration Portal:

- Community Program Registration [Portal](#)
- Unified Champion Schools Registration [Portal](#)

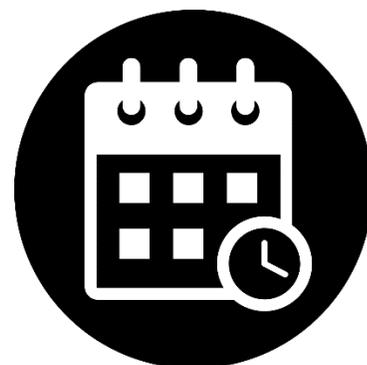


Special Olympics Washington is working hard to develop our COVID protocols and modifications for this Spring Season to ensure a safe and meaningful experience for all participants. We look forward to another successful season and are grateful for our athletes, coaches, and volunteers for ensuring our athletes are getting back on the fields with their teammates!



TIMELINE FOR SPRING SEASON

- February 15 – Spring Season COVID protocols published
- March 7 – Start of Spring Season
- March 14 – School of Strength Challenge Starts
- March 15 – Competition Structure and Modifications Published
- March 15 – Pre-Season Registration Due – all community-based teams
- April 12 – Athletics and Swimming Final Registration Due
- April 19 – Soccer and Powerlifting Final Registration Due
- April 22 – School of Strength Challenge Ends
- May 3 – Cycling Final Registration Due
- May 19 – State Games Registration Due



Spring Season Registration [Portal](#)

COMPETITION SCHEDULE

- April 23 – Northwest Regional Swimming Competition, KCAC
- April 24 – Southwest Regional Swimming Competition, KCAC
- April 30 – Northwest Regional Athletics Competition
- May 1 – Southwest Regional Athletics and Soccer Competition
- May 7 – East Regional Athletics, Swimming, and Powerlifting Competitions, EWU
- May 7 – Northwest Regional Soccer Competition
- May 14 – Northwest Regional Powerlifting Competition
- May 14 – East Regional Soccer Competition
- June 3 – 12 – Special Olympics USA Games in Orlando
- June 17 – 19 – State Spring Games (PLU, JBLM, KCAC)





ATHLETICS REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **March 15, 2022**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **April 12, 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: **April 12, 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 Forms Due: **April 12, 2022**
 - [Background Check](#) (if 18+) (*Expires after 3 years*)
 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (*does not expire*)
 - [COVID Waiver](#) (*does not expire*)

5. Complete Online [Final Registration](#) Due: **April 12, 2022**
 - Attach **“Final Roster”**
 - Final date to submit Athlete Medical Forms for participation

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.



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.



- 1) Athletes must register and compete within one category. For example, if an athlete registers for the AT400 and ATHIGH (Category F events) they can't register for the AT1500 (a Category G event). All two or three events must be in the same category.
- 2) For **Assisted Walking Events** (Category C), athletes must provide their own device. Assisted devices may consist of one of the following:
 - a. Canes
 - b. Crutches
 - c. Walker
- 3) New for 2013 -15: Category D – Guided Events
 - a. **Criteria**
 - i. Who can compete in a Guided event?
 - ii. Blind or visually impaired athletes
 - iii. Athletes with severe cognitive delay
 - iv. Athletes that wander
 - b. **Rules**
 - i. What are the requirements for guided events?
 - ii. Athlete would have a guide positioned in the next lane
 - iii. Two lanes will be used for all guided events.
 - iv. Athlete and the guide must be connected by one of the following:
 1. Rope
 2. Baton
 3. PVC Pipe
 - v. The length of the rope/baton/pipe is no less than 30 centimeters and no greater than 1 meter.
 - vi. Rope can be wrapped around one of the athlete's and one of the guide's hands.
 - vii. Velcro straps may be attached to the end of the rope/baton/pipe.
 - viii. Tape will not be allowed to secure hands on rope/baton/pipe.
 - ix. No more than four competitive teams (athlete/guide) in a heat.
 - x. Only the athlete will receive an award at the conclusion of the heat.
 - xi. The athlete can't be jerked or be pushed by the guide. If jerked or pushed, the athlete will be disqualified.
 - xii. The guide is allowed to use verbal cues while competing to communicate with the athlete.
 - xiii. The athlete must cross the finish line before the guide. If the guide crosses the finish line first the athlete will be disqualified.
- 4) Lane Violations
 - a. In all races run in lanes, each competitor shall keep within his/her allocated Lane from start to finish.
 - b. 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.
 - c. If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend,
 - d. 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

Category G

400 Meter Run
800 Meter Run
1500 Meter Run
110 Meter Hurdles Men
100 Meter Hurdles Women
Pentathlon
Running Long Jump
High Jump
Shot Put
Mini Javelin



Category H

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 (New Event as of 2010)
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 - H Only):

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



SWIMMING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **March 15, 2022**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **April 12, 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: **April 12, 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 Forms Due: **April 12, 2022**
 - [Background Check](#) (if 18+) (*Expires after 3 years*)
 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (*does not expire*)
 - [COVID Waiver](#) (*does not expire*)

5. Complete Online [Final Registration](#) Due: **April 12, 2022**
 - Attach **"Final Roster"**
 - Final date to submit Athlete Medical Forms for participation

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.



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 AQ10AS and AQ15WK (Category A events) they can't register for the AQ25FR (a Category B event). All two or three events must be in the same category.
- 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 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

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



CYCLING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **March 15, 2022**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **April 12, 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: **April 12, 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 Forms Due: **April 12, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Complete Online [Final Registration](#) Due: **May 3, 2022**
 - Attach **"Final Roster"**

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 qualifying time **must** be submitted for all athletes.
- 3) Athletes wishing to participate in the Stage race are limited to that event.
- 4) A Unified tandem team consists of a Special Olympics Athlete and a Unified Partner on one two-person rider bike. (2- person team)
- 5) A Unified team consists of a Special Olympics Athlete and a Unified Partner on two bikes. (2-person team)
- 6) All Unified teams (2 members) **must** be identified by number U1, U2, etc.
- 7) The Unified team race, place, and time will be determined when the last person on the team crosses the finish line.
- 8) All Unified teams (tandem and non-tandem teams) **must** be identified by either a team name or number.
- 9) Protests must be submitted within 30 minutes after the race results are posted. Please, if in doubt, see the Protest Station before awards have occurred. Protest procedures and forms are located in coaches' packets which are picked up at Friday registration.
- 10) Rules governing competition include Special Olympics International Cycling rules and United States Cycling Federation rules.



CYCLING RULE AMENDMENTS

Race Lengths and Times:

- 1) Special Olympics cycling competitions shall be offered for all ability levels. Cycling events will be offered in three levels:
 - a. **Short Distance:** consisting of the following events: 500 Meter - Time Trial & 1 Kilometer - Time Trial / Road Race
 - b. **Middle Distance:** consisting of the following events: 5 Kilometer Time Trial / Road Race & 10 Kilometer Time Trial / Road Race
 - c. **Long Distance:** consisting of the following events: 25 Kilometer Road Race, 40 Kilometer Road Race

- 2) Cyclists will be placed in appropriate divisions based upon entry time and/or preliminary events. Local, state, regional and World Games competitions shall be free to set time standards for the various events. The time standards set for the short and middle-distance events cannot have a minimum time requirement. Any time standard used for Short and Middle-Distance events shall be set as to NOT permit riders who are capable of posting faster times to enter these events. However, it is permitted and encouraged, when appropriate, to have a minimum time standard set for the 25- and 40-kilometer road race.
 - a. MAXIMUM Time Standards for Short distance events are:
 - i. 500m- 8 minutes
 - ii. 1K- 15 minutes
 - b.
 - c. MAXIMUM Time Standards for Middle distance events are:
 - i. 5k- 30 minutes
 - ii. 10k- 35 minutes
 - d.
 - e. MAXIMUM Time Standards for Long distance events are:
 - i. 25k- 1 hour 15 minutes
 - ii. 40k- 1 hour 30 minutes
 - f.
 - g. MINIMUM Time Standards for Long distance events are:
 - i. 25k- 40 minutes
 - ii. 40k- 1 hour

Note: These times may be adjusted by the Technical Delegate, depending upon the course, course times, and weather conditions.

- 3) If an Athlete's divisioning time does not match event requirements they have been registered for, they may be moved to different events at the discretion of the Technical Delegate and Chief Referee.



- 4) Coaches will be notified of the change in entry, when possible, prior to the event.
 - a. *(Note: it is the coach's responsibility to be aware of the Time Standards for their athletes' events.)*

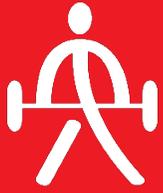
Racing Courtesy:

- 1) Bicycles must be "Road Ready" before arriving at competition and there by 7:30 AM.
- 2) Bike inspections are available 7:00 AM to 12:00 PM by professional volunteers over the weekend.
- 3) Races begin each day at 8:00 AM. Athletes are required to line up at least 10 minutes before their race time. Please see staging time per race.
- 4) Practice laps will be available with permission given from the event Director at the 7:00 AM Coaches meeting each morning with names & bib numbers provided, athletes must be off the course by 7:45 AM. (course length is 5k, max time for your athlete is 30 minutes.)
- 5) Everyone riding a bicycle must have an available and proper helmet.
- 6) Entry numbers are to be worn on the left lung, outside jackets or rain gear. The numbers must be visible to the Officials. Extra safety pins will be available at the start/finish line.
- 7) Recording chips will be provided for recording start and finish times, instructions will be provided.
- 8) Coaches/Parents are encouraged to support their athletes! Please REMEMBER all traffic on the racing course is for ATHLETES ONLY! **Stay off the road while athletes are riding!** If this rule is not followed your athlete can be DISQUALIFIED. Please understand that this is for the safety for all of our athletes. Each athlete is unique in their own way and some have visual / hearing challenges. It is up to us to keep the roads clear, this means that spectators, coaches & parents may not be on the road during an active race. You are only allowed to follow off of the road and, on the grassy or sidewalk area.

CYCLING EVENTS

500 meter Time Trial
1 kilometer Time Trial
1 kilometer Road Race
5 kilometer Time Trial
10 kilometer Time Trial
5 kilometer Road Race
10 kilometer Road Race
25 kilometer Road Race

40 kilometer Road Race
1 kilometer Unified Tandem Time Trial
5 kilometer Unified Tandem Time Trial
10 kilometer Unified Tandem Time Trial
5 kilometer Unified Team Race
10 kilometer Unified Team Race
25 kilometer Unified Team Race
40 kilometer Unified Team Race



POWERLIFTING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **March 15, 2022**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **April 12, 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: **April 12, 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 Forms Due: **April 12, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Complete Online [Final Registration](#) Due: **April 19, 2022**
 - Attach “**Final Roster**”

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 excluding 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 15, 2022**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **April 12, 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: **April 12, 2022**
 - [Unified Partner Registration Form](#) (Expires after 3 years)
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 - [COVID Waiver](#) (does not expire)

4. Coach Forms Due: **April 12, 2022**
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 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

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

7. Complete Online [Final Registration](#) Due: **April 19, 2022**
 - Attach **“Final Roster”**

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.



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 respective 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+)

Traditional Team Competition (7-a side) (High Level – Div. 1-2)

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+)

SCHOOL OF STRENGTH



Special Olympics



CHALLENGE

MARCH 14 - APRIL 22, 2022

The School of Strength Challenge is a 6-week challenge for individuals to complete virtually!



Exercise to the School of Strength videos online or using your DVD.
www.specialolympics.org/school-of-strength



Use the [Fitness Tracker](#) to record your progress every day.



[Submit a photo](#) of your Fitness Tracker for weeks 1-4 by April 8th to receive a running belt!



[Submit a photo](#) of your Fitness Tracker for weeks 5-6 by April 22nd to receive a t-shirt!



Athletes who complete the [Lifestyle Survey](#) and ALL 6-weeks of the challenge will be entered to win a custom SOWA duffle bag and an XBOX One X!

Register for the School of Strength Challenge through the [Spring 2022 Registration Portal](#) or email fitness@sowa.org

Fit 5



MADE POSSIBLE BY FOUNDATION **Golisano**



KAISER PERMANENTE.

OFFICIAL HEALTH PARTNER OF SPECIAL OLYMPICS WASHINGTON



Healthy athletes are the best athletes! Fit 5 provides athletes with the resources, education, and motivation to improve and maintain their health. Once a week for 8 weeks, teams will spend 10-15 minutes discussing the Fit 5 topic of the week.

Special Olympics Washington athletes aim to meet three goals:



Drink 5 bottles of water a day



Eat 5 servings of fruits and vegetables a day



Exercise 5 times a week

Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Prizes include: water bottles, tshirts, bracelets, water jugs, exercise equipment and more!

Every athlete receives a Fit 5 Guide and goal tracker. The Coaches Guide is a tool to use during practice that leads you step by step through the content to cover with your team. Fit 5 can be lead or co-lead by SOWA coaches, athletes, unified partners, or volunteers.

Sign your team up for Fit 5 with your Area Wellness Coordinator or contact:
dnorton@sowa.org

Registration Form:
<https://rb.gy/glsuyx>



COACHES TRAININGS

**Special
Olympics
Washington**



2022 Spring Season Coaches Meeting

Tuesday, March 8, 2022 6:00 PM-7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89811572232>

Meeting ID: 898 1157 2232

One tap mobile

+12532158782,,89811572232#

2022 Swimming Coaches Meeting

Wednesday, April 13, 2022 6:00 PM-7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/83585391638>

Meeting ID: 835 8539 1638

One tap mobile

+12532158782,,83585391638#

2022 Athletics Coaches Meeting

Tuesday, April 19, 2022 6:00 PM-7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89751208441>

Meeting ID: 897 5120 8441

One tap mobile

+12532158782,,89751208441#

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

COACHES TRAININGS

**Special
Olympics
Washington**



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

2022 Soccer Coaches Meeting

Wednesday, April 27, 2022 6:00 PM-7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/85097504437>

Meeting ID: 850 9750 4437

One tap mobile

+12532158782,,85097504437#

2022 NW/SW Powerlifting Coaches Meeting

Wednesday, May 4, 2022 6:00 PM-7:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/88340159973>

Meeting ID: 883 4015 9973

One tap mobile

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

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

Already registered but need to renew your [WSP Background Check](#)? Please fill out the form and submit it to the contacts listed at the top of the form.



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) (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	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](#) (*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.)**
- **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.



Want to get more involved as a leader?

Join a local Athlete Leadership Council (ALC)! 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.

Want to develop your leadership skills?

Attend an Athlete Leadership Training!

- **Monthly Athlete Leadership Modules:** Learn about a new leadership skill each month. They will be on Zoom for 1 hour and they are open to anyone to take.
 - Register [here!](#)
- **Introduction to Athlete Leadership & Understanding Leadership:** These core course focus on the Athlete Leadership program, your options as a leader and what makes a good leader.
 - When: March 19th and 20th
 - Apply [here!](#)
- **Governance Training:** This advanced course prepares athletes to lead in meetings, on committee and on boards. Athlete Leaders must have taken the two core courses first.
 - When: April 2nd and 3rd
 - Apply [here!](#)



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



WEST SIDE CONTACTS LIST

Sr. Manager of Competition & Operations, Northwest Region

Nicole Becker

Mailing address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Email: nbecker@sowa.org

Phone: 206.736.7087

Manager of Competition & Operations, Southwest Region

Dori McGovern

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Director of Program Development

Alysanne Stack

Mailing address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Email: astack@sowa.org

Phone: 206-231-6034 Fax: 509-396-9902

<p>Cascade Area Area Director: Punkie Doyle Email: CascadeAD@SOWA.org Phone: 206-910-1704</p> <p>Administrative Coordinator: Chris Becker Email: CascadeAdmin@SOWA.org</p>	<p>King County Area Area Director: Lindsey Cornish Email: KingCountyAD@SOWA.org Phone: 209-484-0673</p>
<p>Pierce County Area Interim Area Director: Alysanne Stack Email: AStack@sowa.org Phone: 206-231-6034</p>	<p>Peninsula Area Area Director: Wendy Bonham Email: PeninsulaAD@SOWA.org Phone: 360-461-7817</p>
<p>Capitol Area Interim Area Director: Alysanne Stack Email: AStack@sowa.org Phone: 206-231-6034</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 Region Sports & Training Manager.
3. Suspension from practices or competition during the specific sport season.
4. Further action must be referred to the Senior Region Manager or State staff. The participant has the right to appeal, with written plan in place, to improve behavior.



DIVISIONING & ARTICLE 1

The Official Special Olympics Sports Rules provide standards for Special Olympics training and competition. [Article 1](#) provides general principles not found in the sport-specific rules and is essential knowledge for all people involved with Special Olympics sports.