



2023 FALL SEASON
Start of the Season is August 21, 2023



**Special
Olympics**
Washington

Fall Events & Programs



TABLE OF CONTENTS

FALL SEASON OFFERINGS	3
ADDITIONAL OFFERINGS	4
REGISTRATION TIMELINE	5
FORM RESOURCES GUIDE	6
FLAG FOOTBALL REGISTRATION CHECKLIST	7
FLAG FOOTBALL RULES & REGISTRATION GUIDELINES	8
VOLLEYBALL REGISTRATION CHECKLIST	9
VOLLEYBALL RULES & REGISTRATION GUIDELINES	10
BOWLING REGISTRATION CHECKLIST	11
BOWLING RULES & REGISTRATION GUIDELINES	12
GYMNASTICS REGISTRATION CHECKLIST	13
GYMNASTICS RULES & REGISTRATION GUIDELINES	14
VOLUNTEER REGISTRATION	15
COACHES EDUCATION	16
COACHING TIERS DESCRIPTION	17



FALL SEASON OFFERINGS

Beginning August 21, we will be offering the following in-person competitive sports:

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



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. Flag Football, Bowling Teams & Doubles, 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









COMPETITION & REGISTRATION TIMELINE





Start of Fall Season August 21, 2023
Preseason Rosters Due August 29, 2023

Registration Due	Event/Sport	Location	Event Date
9/25/2023	Volleyball	State Games	Friday, November 17, 2023
9/25/2023	Lake Bowl - Moses Lake	Moses Lake, WA	Saturday, October 21, 2023
9/25/2023	Park Bowl - Bellingham	Bellingham, WA	Saturday, October 21, 2023
9/25/2023	NW Region Bowling - Bowlero	Lynnwood, WA	Sunday, October 15, 2023
9/25/2023	SW Region Bowling - Allen's Crosley Lanes	Vancouver, WA	Sunday, October 22, 2023
9/25/2023	Tri Cities Spare Time Lanes - Bowling - Kennewick	Kennewick, WA	Sunday, October 22, 2023
9/25/2023	East Region Flag Football - Badger Mountain	Richland, WA	TBD
10/9/2023	Gymnastics	State Games	Friday, November 17, 2023
10/9/2023	West Side Flag Football Regionals	Puyallup, WA	Saturday, November 4, 2023
10/9/2023	Bowlero - Bowling - Pierce/Capitol Area	Lakewood, WA	Saturday, October 28, 2023
10/9/2023	Kenmore Lanes - Kenmore	Kenmore, WA	Saturday, October 28, 2023
10/9/2023	Zeppoz- Pullman - Bowling	Pullman, WA	Saturday, October 28, 2023
10/9/2023	SW Region Bowling - All Star Lane	Silverdale, WA	Sunday, October 29, 2023
10/9/2023	Lilac Lanes - Bowling - Spokane	Spokane, WA	Sunday, October 29, 2023
10/9/2023	Secoma Lanes - Federal Way	Federal Way, WA	Sunday, October 29, 2023



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



FLAG FOOTBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **August 29, 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 \(Expires after 3 years\)](#)
 - 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: **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.

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.



FLAG FOOTBALL RULES & REGISTRATION GUIDELINES

1. Events identified with ** are intended for athletes unable to participate in the other events listed.
2. Athletes may compete in one event.
3. All entries must be identified with a team name. Team Names must include a prefix (city), and a self-identifying team name as the suffix.
4. Each team shall have a non-playing head coach responsible for the line-up and conduct of team during competition.
5. Team rosters may have a minimum of five (5) players and a maximum of ten (10) players.
6. Unified Sports® - During competition, the line-up shall never exceed three Special Olympics athletes and two Unified Sports® partners at any time. Failure to adhere to the required ratio results in a forfeit.
7. The age of the oldest team member will determine the teams grouping for both Special Olympics and Unified Sports® teams.
8. Wheelchairs and/or walkers are NOT allowed in team play unless the entire team is made up of wheelchair athletes - to compete in the tournament there must be at least one other wheelchair team. This rule is in place for the safety of all non-wheelchair participants.
9. Competition attire includes:
 - a. All players must have a mouthpiece.
 - b. All players must have a playing uniform with numbers on FRONT and BACK.
 - c. All uniforms must be tucked in at the waist.
 - d. No jewelry may be worn.
 - e. No blue jeans allowed, players must wear athletic shorts or pants without pockets.
 - f. Players must wear rubber-cleated or flat-soled athletic shoes.
10. Athletes not in appropriate competition attire are subject to disqualification.
11. The Official Special Olympics Sports Rules for Flag Football shall govern all Special Olympics competitions. Special Olympics has created these rules based upon rules from a National Flag Football Organization.

FLAG FOOTBALL EVENTS

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



VOLLEYBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **August 29, 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 \(Expires after 3 years\)](#)
 - 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: **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.

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.



VOLLEYBALL RULES & REGISTRATION GUIDELINES

1. Athletes may enter one event.
2. Each Unified Sports® team shall have a non-playing head coach responsible for the lineup and conduct of the team during competition.
3. Teams must include a team name with their registration.
4. Team rosters may have a minimum of six players and a maximum of twelve players.
5. The age of the oldest team member will determine the teams grouping for both Special Olympics and Unified Sports® divisions.
6. The line-up for Unified Sports® teams must consist of three athletes and three partners at all times. Failure to adhere to this will result in a forfeit.
7. Competition attire includes:
 - a. Jersey or T-shirt (long sleeved desired)
 - b. Numbers on front and back of jersey (required)
 - c. Shorts or sweatpants (no jeans)
 - d. Court shoes and socks
8. (If Applicable) All Individual competitors, Individual Skills competitors, Special Olympics teams and Unified Sports® teams must participate in a region event to be eligible for advancement to the State tournament. Rosters must remain the same from Regional Competition to State Competition.
9. Wheelchairs and/or walkers are NOT allowed unless the entire team is made up of wheelchair athletes - to compete in the tournament there must be at least one other wheelchair team. This rule is in place for the safety of all non-wheelchair participants.

VOLLEYBALL EVENTS

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



BOWLING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **August 29, 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.



BOWLING RULES & REGISTRATION GUIDELINES

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

BOWLING EVENTS

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



GYMNASTICS REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **August 29, 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.



GYMNASTICS RULES & REGISTRATION GUIDELINES

1. Gymnasts may compete in all events offered within the same level (all Around) or may be “specialists,” competing in one, two, or three events but not all events.
2. Gymnasts competing as ‘specialists’ may be allowed to compete in events one (1) level different and must be previously approved by tournament director.
3. Participants who advance from local/regional games to state games will be required to compete at the same level of competition unless otherwise indicated by the official games committee.
4. During competition there will be a rotation order of events as noted below. Gymnasts may be scheduled to start the meet on any event but must continue their rotation in order.
 - a. The rotation order for Women’s Artistic will be: Vault, uneven bars, balance beam, and floor exercise.
 - b. The rotation order for Men’s Artistic will be: floor exercise, pommel horse, rings, vault, parallel bars, and horizontal bars.
5. Uniforms
 - a. For male gymnasts, the preferred uniform is a tank top (leotard) and long manufactured gymnastics pants or shorts. A T-shirt that is tucked in may replace the tank top.
 - b. For female gymnasts, the preferred uniform is a long-sleeved manufactured gymnastics leotard with bare legs. Colored tights with bare feet are permitted but will be a deduction of (0.1) from the score.
 - c. Sleeveless leotards may be worn if temperature or body type warrants it.
 - d. No jewelry, except for one pair of stud earrings (one in each ear). All other piercings should be REMOVED, not just covered with tape.
 - e. Hair Should be pulled back from the face. Long hair should be secured in a bun, ponytail, or braid.

GYMNASTICS EVENTS

Women’s Artistic Gymnastics Routines:

Women’s Artistic Gymnastics – Level A: [CLICK HERE](#)
Women’s Artistic Gymnastics – Level 1: [CLICK HERE](#)
Women’s Artistic Gymnastics – Level 2: [CLICK HERE](#)
Women’s Artistic Gymnastics – Level 3: [CLICK HERE](#)

Men’s Artistic Gymnastics Routines:

Men’s Artistic Gymnastics – Level A: [CLICK HERE](#)
Men’s Artistic Gymnastics – Level 1: [CLICK HERE](#)
Men’s Artistic Gymnastics – Level 2: [CLICK HERE](#)
Men’s Artistic Gymnastics – Level 3: [CLICK HERE](#)



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**