



# 2020

# SPORTS RULES



**Special**  
**Olympics**  
Michigan





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# General Rules

## Uniform Guidelines

- All team uniforms are required to have a SOMI logo. Penalty for each team sport without logoed uniforms the area will be FINED the cost of putting the logos on the uniforms. Area Directors will be notified after the event when a team is in violation.
- The following guidelines apply to uniforms for all Special Olympics sports:
  - Blue jeans and denim-type clothing are not permitted.
  - Please refrain from using neon safety green (color) at state events as they coincide with medical and cause confusion during an emergency.
  - It is forbidden to wear any object that may cause injury or give an artificial advantage to any player. Forbidden objects include, but are not limited to, head gear, jewelry, casts, or braces. Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
  - T-shirts, if worn, must be of uniform type and quality and be sanctioned by the area.
  - Compression shorts (lycra shorts) or leggings which are unadorned and of a single color similar to the predominate color of the uniform shorts, or black or white may be worn.
  - The name of the program may be placed on the front of the jersey or shirt. The name of the athlete may be placed on the back of the jersey or shirt.
  - All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).
  - The SOMI logo must be on all team uniforms that are in the property of Special Olympics.
  - Sponsorship logos are NOT allowed on competition uniforms.
  - Please refer to the section for your sport within this Rule Guide for detailed uniform instructions.
  - Uniform guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
- Uniform numbering
  - For teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering allows shirts to be used in most other sports offered by SOMI.
  - Basketball rules state that numbers are required on the front and back of uniforms. Numbers on the front must be at least four inches high and six inches high on the back. No digits higher than 5 can be used, i.e. 55 okay, 66 no.
  - For Unified Sports team the athlete should have even number jerseys and the partner will have odd number jerseys. This is recommended but not mandatory.

## **Divisioning Process**

- The procedures for divisioning have been developed to assist competition managers in applying the principles of fair and equitable competition to athletes of all ability levels.
- Factors in establishing competitive divisions are age, gender, scores, and Team Evaluation Questionnaires (team sports only).
- Ideally, a sufficient number of athletes or teams will participate at every competition so that equitable divisions of 3 or 4 teams can be structured. Experience has shown that in some competitions, however, there will not be a sufficient number of teams to structure ideal divisions.
- If a coach feels they have been placed in a wrong division, they should notify the tournament director following the initial division process. It is highly recommended that the coach be involved in the division process.

## **Training Requirements**

- In order for an individual or team to participate in competition, the athlete or team must be involved in an eight-week training program and receive training and competition opportunities.
- A minimum 10 hours of training must occur before a culminating event. Training usually consists of 1-4 hours each week for eight weeks.
- Although it is the desire to include every athlete that is training in all the games we offer, due to the many athletes we have competing in the state, it is not always possible. That is why we offer area, regional and a variety of state events to give all the athletes quality competition opportunities.
- Coaches who are training athletes in a particular sport should follow the established SOMI sports seasons. The sports season is 8-12 weeks prior to the state competition for that sport. SOMI establishes sports seasons to provide maximum training time for the athletes and to coincide with competition opportunities.

## **Coaches Certification**

- Each team must have one, non-playing head coach. The coach must be certified in the sport they are coaching
- For individual sports one coach is needed for every 16 athletes. This coach must be certified in the sport they are coaching
- To become certified in a sport the coach must:
  - Complete the on-line General Orientation and Protective Behavior quizzes at [somi.org](http://somi.org)
  - Completion of a sport-specific training school or mentoring program.
  - Complete and turn in a Volunteer A form and Application for Sports Training.
  - Complete and turn in concussion certification.
- A coach's certification will expire after three (3) years. For a coach to become recertified

they may:

- View an online recertification video
  - Attend a training school or webinar
  - Complete a CPR, CPI, or a similar course approved by Special Olympics Michigan (can only be utilized once)
- To become certified through the mentoring program:
  - Coaches have to coach alongside an established certified, mentoring Special Olympics coach (minimum of 5 years of SOMI experience is required to be a mentoring coach) in their particular sport for ten hours and do some additional work outlined on the application, including developing practice plans, attending competitions, and completing the required Class A volunteer documents. After the coach has coached for the ten hours and done the additional work outlined on the form, they submit the form to the State Office. Once approved, the individual will be certified to coach the following sport season (for example, if a coach completes mentoring for basketball during the 2017 season they will be certified to coach in 2018).

### **Concussion Certification**

- Sports-related concussions can be serious or even life-threatening situations if not managed correctly. The National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management. To take the concussion training course visit one of the following websites:
  - <https://www.cdc.gov/headsup/youthsports/index.html>
  - <http://www.nfhslearn.com/electiveDetail.aspx?courseID=38000>
- When you complete the training a box will pop up asking you to enter your name, please put your FIRST & LAST NAME.
- When you have completed your certification in Concussion Training, please print your certificate and either fax it to the SOMI state office or scan/email to your regional office

### **Team Evaluation Questionnaire and Game Scores Link**

- Team Evaluation Questionnaires (TEQ) and three (3) game scores must be handed in for all teams attending a State Tournament. Both documents are completed electronically for each tournament. To find the links for each, please visit the Coaches Corner on the Special Olympics Michigan website, [www.somi.org](http://www.somi.org), and scroll to the bottom of the page. TEQ and Score Links will be updated prior to each team sport season. The Coaches Corner can be found at:

<https://www.somi.org/coaches-corner>

## **BBCIC & Universal Precautions**

- The following guidelines have been established regarding blood-borne contagious infection carriers participating in the Special Olympics Michigan program:
  - When an athlete is a blood-borne contagious infection carrier, specific reference will be indicated on the Health Appraisal Form, which is required for each participating athlete.
  - All identified carriers will be assigned a personal chaperone unless behavior warrants a less restrictive ratio of up to 4:1 athlete-to-coach ratio. Regardless of ratio, the athlete's chaperone will:
    - Monitor and restrict the athlete's interpersonal activities to those conducive to good hygiene.
    - Encourage good hygiene while the athlete is participating in team and individual sports.
    - Supervise sleeping quarters and eat meals with the carrier athlete to encourage proper eating habits.
    - Report immediately to the medical staff any incident observed by the chaperone where the carrier athlete breaks the skin of another person by scratching, biting, etc.

## **Athlete Medical Procedures**

- In order for an athlete to compete in any Special Olympics Michigan event they must send a complete physical form to the State Office. This form must be signed by a physician. The physical must be completed every three (3) years. All athlete physicals should be in the possession of the head coach at all practices, tournaments, team functions, etc.
- In the event that an athlete suffers from a sports related concussion, bring to medical staff immediately. If the athlete is diagnosed, an incident report form must be filled out and returned to the SOMI state office. In order for the athlete to return to play, they must receive written consent from a health care provider, which also must be turned into the SOMI state office.
- It is your responsibility as a coach to have an emergency action plan in place for all practices, travel, or local tournaments you attend.

## **Forfeits**

- During divisional play, forfeit times (defined as 15 minutes after the scheduled start time) will be strictly enforced. If a team is not ready to play, a forfeit will be called.
- If a team forfeits a game at a SOMI Culminating Event the game will count as a loss and the team will still have the opportunity to compete for an award.
- If extenuating circumstances arise, coaches must make every attempt to contact the Games Director to inform of a delay or cancellation, and if time allows consideration may be given by the Games Director



## Roster Sizes

Roster sizes for team events reflect the minimum requirements of the National Governing Bodies. Roster minimums and maximums are as follows:

<b>Sport</b>	<b>Min.</b>	<b>Max.</b>
5 A-Side Soccer	6	10
5-A-Side Unified Soccer	7	10
7-A-Side Soccer	8	14
7-A-Side Unified Soccer	9	14
11-A-Side Soccer	12	16
11-A-Side Unified Soccer	12	16
Basketball	6	12
Unified Basketball	7	12
Flag Football	6	12
Flag Football Unified	7	12
Handball	8	12
Poly Hockey	7	13
Poly Hockey Unified	9	13
Softball	11	15
Volleyball	7	12
Volleyball Unified	8	12

You may register 3 alternate players for every team sport.

Unified Sports® may register 4 total (2 athletes & 2 partners) alternate players for every team sport. Unified Sports® teams must register proportionate athletes and partners. Unified Partners are a peer without intellectual disability.



# Alpine Skiing



## SOMI-Specific Information

### Sport season:

December - February

### Culminating State Events:

State Winter Games

### Events Offered:

Slalom: Novice, Intermediate, Advanced

Giant Slalom: Novice, Intermediate, Advanced

Super-G: Novice, Intermediate, Advanced

Unified Giant Slalom: Intermediate

Unified Slalom: Intermediate

### National Governing Body:

Federation Internationale de Ski (FIS)

CH-3653

Oberhofen/Thunersee

Switzerland 413344-6161

### Recommended Events for Appropriate Ability levels:

- **Novice** (level 1) skiers may enter the Giant Slalom or Super-G. Please register in event specific for Novice. Novices will use a tow rope. Athlete can do gliding wedge to a stop and gliding wedge turns.
- **Intermediate** (Level II) and Advanced (Level III) skiers may enter the Giant Slalom, Super-G, or Slalom. They must be trained using a chairlift. Athletes should be able to do Novice requirements, plus be able to do sliding wedge turns.
- **Advanced** (Level III) skiers may enter either Giant Slalom, Super-G, or Slalom. All Advanced skiers will ride the chairlift. Athletes can do Novice and Intermediate requirements, plus be able to parallel ski.

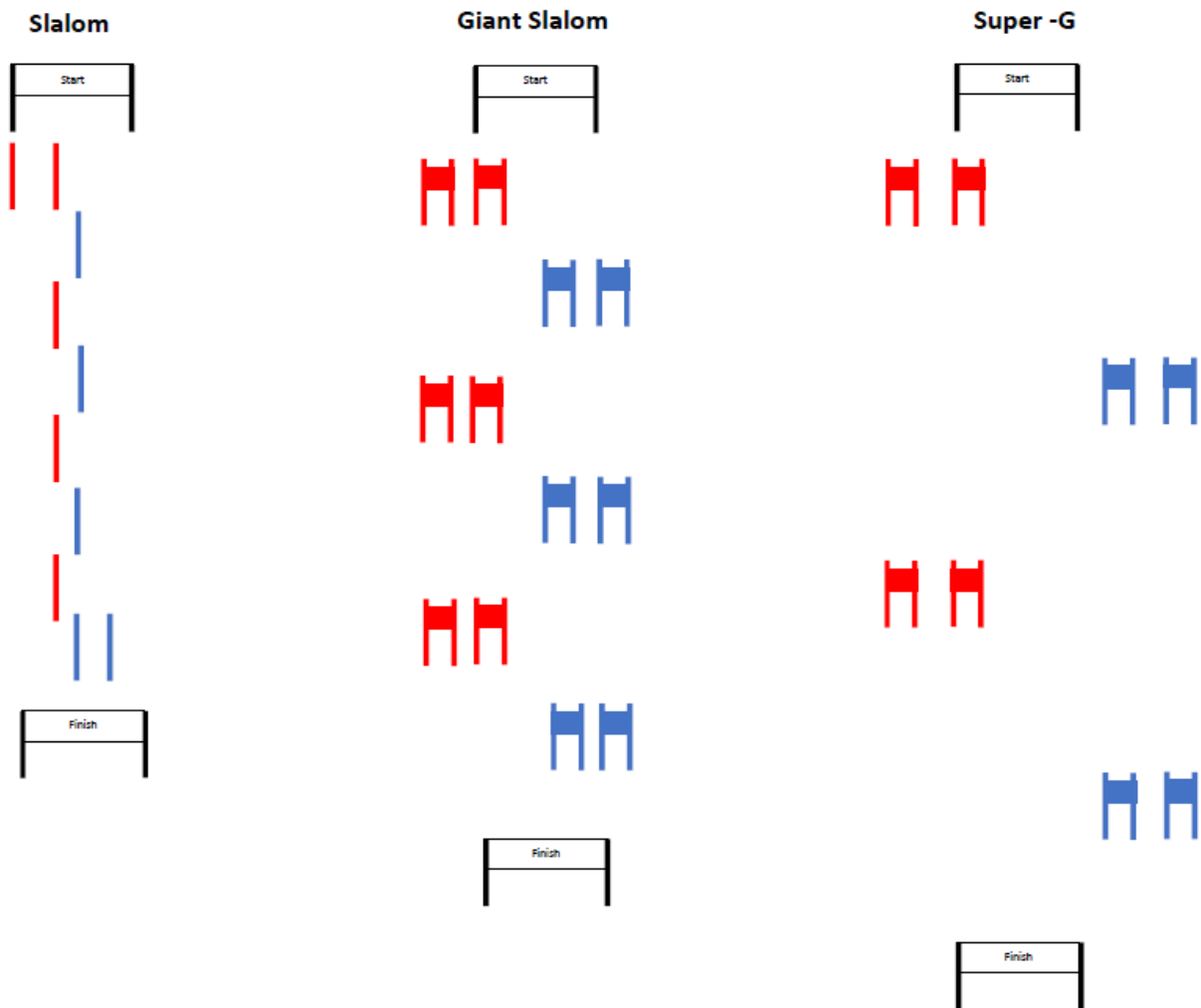
*Note: if an athlete has never been on skis or cannot walk in skis, he/she should not be entered in alpine skiing. If they do not display the skills required for the level registered they will be moved up or down to the next level. If athletes create a safety hazard on the slopes the games officials have the authority to disqualify them.*

## **Uniform Guidelines & Equipment**

1. Athletes should wear appropriate winter sports attire. Warm gloves or mittens, hat, scarf, headband or ski mask, and sunglasses or goggles are recommended.
2. All competitors must wear competition bibs for all time trials and finals races. Bibs must be worn on the hill at all times throughout the games, even if the athlete is not competing at that time.
3. Competition equipment such as skis, boots, bindings and poles must pass all appropriate safety guidelines.
4. All athletes competing in all skiing events must wear ski racing helmets that meet the FIS equipment specifications. All helmets must have an approved tag in order for athletes to race.
5. Jewelry, and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## Course Layout

1. **Slalom** - One slalom pole, the turning pole, shall be used to establish a slalom gate. A Single Pole Slalom has no outside pole except for the first and last gate. The first gate should always be red.
2. **Giant Slalom and Super-G** - In Giant Slalom and Super-G, two sets of two poles with a panel between, constitute a gate. For Giant Slalom, the distance from the turning pole to the outside pole across the fall line is 4 to 8 meters. The Super-G distance is no less than 8 meters. For Giant Slalom and Super-G, panels shall be used. The first gate, or sets of gates, after the start should always be red.



### **Course Layout Cont.**

1. An auger or crow bar shall be made available for the course setter to set poles into the snow.
2. Adequate protection for the start and finish areas shall be provided. Fencing and/or pop fencing may be used.
3. Whenever possible, for safety reasons, the courses should be fenced off to be perceived by the skiing public as a self- contained racing venue. Additional fencing, snow fencing, and protective bagging are the responsibility of the ski area.
4. Whenever possible, electric timing equipment, with back- up system, shall be used. When this is not possible, hand held timing may be used. Gate judges shall be responsible for timing the two minutes for the "Two Minute Rule". Start and finish banners shall be used.
5. Information boards: Start Order Board - Shall be located at the start and contain the skiers' start order, bib number, and other pertinent information. Result Board - Shall be located outside the finish area to post results and list skiers by name, start order, and bib number. General Information Board - Shall be located in close proximity to the racing venues, awards area, and lodge and contain general information and announcements.

### 3. Novice Skier Course Layout

Event	# of Gates	Vertical Drop	Course Width	Terrain Classification
Slalom	5 to 15	15 to 50m	30 meters	Novice
Giant Slalom	5 to 15	20 to 70m	30 meters	Novice
Super-G	5 to 12	25 to 70m	30 meters	Novice

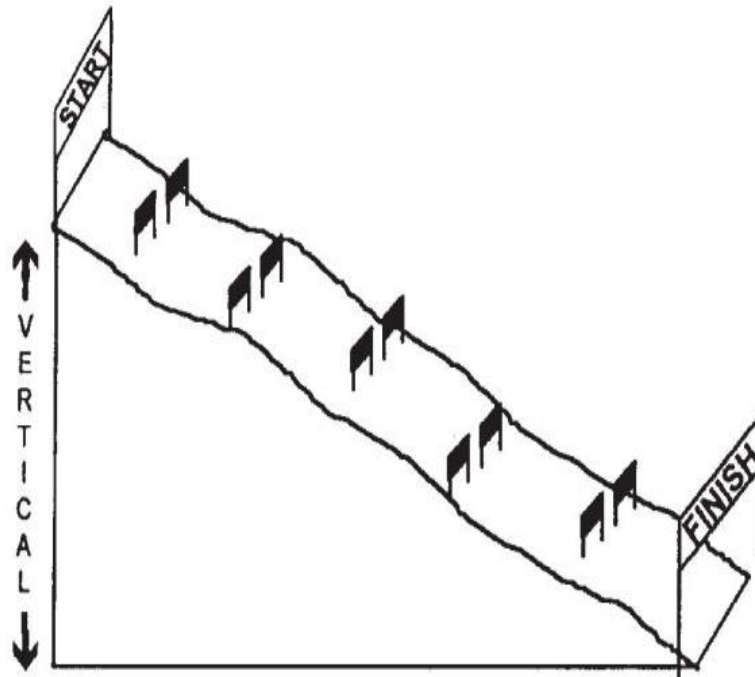
### 4. Intermediate Skier Course Layout

Slalom	15 to 30	30 to 100m	30 meters	Novice/ Intermediate
Giant Slalom	15 to 30	50 to 150m	30 meters	Novice/ Intermediate
Super-G	10 to 20	50 to 200m	30 meters	Novice/ Intermediate

### 5. Advanced Skier Course Layout

Slalom	20 to 45	60 to 200m	30 meters	Intermediate
Giant Slalom	20 to 40	100 to 300m	30 meters	Intermediate
Super-G	15 to 35	150 to 350m	30 meters	Intermediate

## Vertical Drop Diagram



## General Rules

1. It is mandatory for all athletes to be on snow regardless of snow conditions prior to attending Winter Games.
2. Each athlete participating at the Games may only compete in one sport. Each athlete may participate in two events within the chosen sport. Special attention should be directed to recommended events for the athlete's ability level. An athlete can be registered only within one level. For example, an athlete cannot be in Novice Slalom and Intermediate Super-G.
3. All athletes must be accompanied by an Intermediate ski coach for safety reasons. If athletes are found on the hill unsupervised or if they are a safety hazard to others, they will be escorted off the hill.
4. Coaches MAY NOT coach on the hill.
5. A skier must have three (3) pieces of equipment on them when they cross the finish line. Example: Two skies and one pole.
6. If an athlete has Down syndrome, he/she will no longer be required to automatically undergo an x-ray as a requirement for participation. If an athlete was x-rayed at the time of registration, and was found to have an Atlantoaxial instability condition, he/she may follow the new rule and be examined for symptoms of adverse neurological effects. The athlete would need to be cleared by a licensed medical professional in order participate. If the athlete does not have these symptoms, he/she may be cleared for participation by a licensed medical professional.
7. Start Areas
  - I. All start areas shall be flat, enabling the skiers to stand in the start in either a relaxed or ready position. Care should be given to provide easy access to this area as well as securing the area from the flow of general public skier traffic.
8. One Minute Rule
  - I. During competition, if the competitor moves out of the general direction of the line of the course (fall, miss a gate, lose a ski, etc.) he/she shall have 1 minute from the time of the deviation to re-enter the course.
  - II. A competitor who fails to adhere to this 1-minute time limit, or receives assistance of any kind, shall be disqualified. Disqualification shall be determined on the gate card by the Gate Judge assigned to the gate closest to where the infraction occurred.
  - III. The Gate Judge is responsible for timing the 1 minute.
9. Start command
  - I. For all Special Olympics alpine events at each ability level, the start command shall be as follows: "5.4.3.2.1. GO!" The timer begins when the skier's front boot crosses the start line, or when the electric timing wand is activated.
3. Gate Line
  - I. The gate line in downhill and giant slalom, where a gate consists of two pairs of poles holding panels between them, is the imaginary shortest line between the two inner poles at ground (snow) level. The gate line in the slalom is the imaginary shortest line between the turning pole and the outside pole at ground



(snow) level.

4. Correct Passage

- I. A gate has been passed correctly when both the competitors' ski tips and both feet have passed across the gate line.
- II. If a competitor loses a ski without committing a fault (not by straddling a slalom pole), then the tip of the remaining ski and both feet must have passed the gate line.
- III. The start and finish lines are the same as a gate line.
- IV. In the event that a competitor removes a pole from its vertical position before both the competitors' ski tips and both feet have passed the gate line, the ski tips and feet must pass the original gate line (marking in the snow).

5. Divisioning

- I. All coaches are reminded to review the sections in the Official Special Olympics Winter Sports Rules for clarifications of divisioning.
- II. Novice, intermediate and advanced skiers shall have two runs on a modified giant slalom course of their ability level, with the fastest time used to determine their division for competition. If there is time, divisioning time trials may be conducted for each event.
- III. In the first run of competition in each division, the fastest time starts first, the slowest last.
- IV. If an athlete does not perform at the level they are registered for the games officials have the authority to move the athlete to their correct level.
- V. If an athlete performs in an unsafe manner they will be disqualified.

### **Event Modifications**

1. Slalom/Giant Slalom:

- I. Slalom and Giant Slalom races will consist of two timed runs. The combined times for each discipline will determine the results for awards.
- II. A course reset for the second run will be determined by the Jury.
- III. In Slalom and Giant Slalom events, the competitor's first run times shall determine his/her second run start order within the division. Slowest first run time will start first, fastest last. Disqualified racers may have a second run, but they will run at the end of their division.

2. Super-G:

- I. Competition organizers may vary the degree of difficulty of the Super-G courses dependent upon the ability levels of the competing racers.
- II. One training run prior to the race run on the same course is required of all competitors.
- III. Race organizers may elect to have the training run timed. This will have no bearing on start orders for the race.
- IV. The Super-G race will consist of one timed run.

## **Unified Alpine Skiing Rules**

1. Unified Alpine Ski events consist of Intermediate Slalom and Intermediate Giant Slalom.
2. Teams shall be made of one Unified Partner and one Athlete;
3. A coach may not serve as the Unified Partner.
4. The Unified Partner shall make his/her timed run first with the athlete making his/her timed run immediately after in order.
5. The Unified Partner shall wait for the athlete outside the end of the finish chute area.
6. For divisioning, each competitor shall make two runs on the specified course with the better of the two runs used to create divisions.
7. The final score for the team shall be the combined total of both runs for the Unified Partner and the Athlete following the competition.
8. The Unified Partner must complete the Unified Partner form



# Athletics



## SOMI-Specific Information

### Sport season:

April-June

### Culminating State Events:

State Summer Games

### Events Offered:

Running	Walking	Wheelchair	Field Events
-50 M Dash -100 M Dash -200 M Dash -400 M Dash -800 M Run -1500 M Run -5000 M Run -4x100 M Relay -4 x 100 Meter Unified Relay -4 x 400 Meter Unified Relay	-100 M Walk -200 M Walk -400 M Walk -800 M Walk  <i>Developmental Walking Events:</i> -10 M Assisted Walk -25 M Assisted Walk -25 M Unassisted Walk -50 M Unassisted Walk	<i>Non-Motorized Wheelchair Events:</i> -10 M Wheelchair Race -25 M Wheelchair Race -30 M Slalom Race -50 M Slalom Race -4X25 M Wheelchair Shuttle Relay Race <i>Motorized Wheelchair Events:</i> -25 M Obstacle Race -30 M Slalom -50 M Slalom	-Standing Long Jump -Running Long Jump -Softball Throw -Shot Put -High Jump -Mini Javelin -Pentathlon -Wheelchair Shot put  <i>Developmental Field Events:</i> -Ball Throw (distance) -Frisbee

Each area may enter no more than 50% of their delegation in athletics events. Register athletes for 1 to 3 events (including relays).

**Recommendation:** If an athlete runs 10 seconds or less in the 50 Meter Dash he/she should be entered into the 100 Meter Dash

### If an athlete is registered for:

Standing Long Jump  
Walking Events  
Softball Throw  
Wheelchair Events  
Developmental Events

### They cannot also be registered for (and vice versa):

Running Long Jump  
Running Events  
Shot Put & Mini Jav  
Running or walking events  
All other events

*These events are progression events where the purpose is to learn the skills and techniques needed to compete in the traditional event. If the athlete already has the ability to compete in the traditional event they should not enter the lower level.*

### National Governing Body:

International Amateur Athletic Federation (IAAF)  
3 Hans Crescent  
Knightsbridge London SW1 OLN England  
44-1-581-8771

## **Uniform Guidelines**

1. The preferred Uniform is a Tank-top type jersey and lightweight running shorts.
2. In all events, competitors must wear clothing that is clean, designed and worn so as not to be objectionable.
3. Clothing must be made of a material, which is non-transparent even when wet.
4. The competitors must not wear clothing that could impede the view of the judges.
5. Jewelry is prohibited.
6. Competitors may compete in bare feet or with proper athletic footwear on one or both feet.
  - I. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground.
  - II. Such shoes, however, must not be constructed so as to give the competitor any additional assistance, and no spring or device of any kind may be incorporated in the shoes.
  - III. A strap over the instep is permitted.
  - IV. Although it is discouraged, track spikes measuring no longer than 1/4" can be used at Central Michigan University's track. Spikes not meeting that specification will be prohibited.

## General Rules

1. Due to the possibility of very low registration numbers, the following events may be combined and run as open divisions: 800 M run, 1500 M Run, 5000 M Run and 4x100 M Relay. This means combining males and females and all age groups. Athletes will be awarded separately.
2. Blind and Deaf Athletes: A rope or bell may be provided to assist athletes who are visually impaired. A tap start may be used for an athlete who is both deaf and blind. A sighted guide may lead, but not pull or prompt, the athlete in any manner.
3. Relays
  - I. If an athlete is dropped and no registered alternate is available, the entire relay team is dropped.
  - II. 4 x 400 Meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and will run in their lanes through the first turn as far as the edge of the breakline where athletes may leave their respective lanes.
  - III. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats.
4. Starts
  - I. Due to time constraints, starting blocks will not be utilized at State Summer Games.
  - II. All athletes shall start from behind the start line. A runner completes the race when his/her torso reaches the perpendicular plane of the nearer edge of the finish line.
  - III. In competition, the commands of the Starter shall be "on your marks," "set," and when all competitors are set, the gun shall be fired.
  - IV. In races 800 M or longer, the command shall be "on your marks" and when all competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hands.
  - V. 800 M distance: athlete will run/walk in the lanes through the first turn and break toward lane one at the break line marked after the first turn
  - VI. 1500 M and greater distances: A waterfall start shall be used
  - VII. The starter shall give each competitor a chance to do his/her best by: Giving the competitors ample time to settle down after taking their marks. Starting the sequence over if any runner is off-balance. Not holding the runners too long after the set command
  - VIII. False Starts: Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.
5. Lane Violations
  - I. In all races ran/walked in lanes, each competitor shall keep within his allocated

lane from start to finish.

- II. If a competitor is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the competitor should not be disqualified.
- III. If an athlete either: Moves outside his/her lane in the straight or moves outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other runner is obstructed, then the competitor should not be disqualified.

#### 6. Walking Events

- I. Athletes must have one foot in touch with the ground at all times. In all race walking events, an athlete does not have to have a straight advancing leg while competing.
- II. In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, a technical violation has been committed that results in an advantage being gained.
- III. Due to the possibility of very low registration numbers, the following events may be combined and run as open divisions: 800 M Walk. This means combining males and females and all age groups. Athletes will be awarded separately.

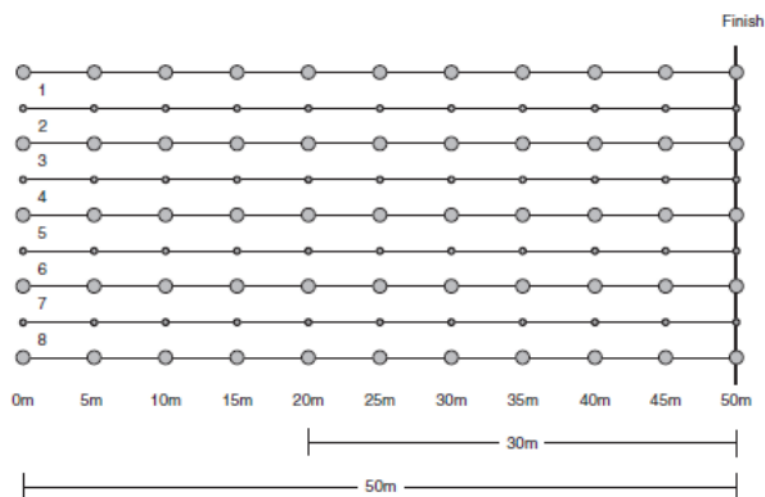
#### 7. Developmental walking

- I. Assisted Walk: Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker.
- II. Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for assistive devices. Place cones on the start and finish lines, 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes. Beginning at the start line, place one cone on each lane line at five meter intervals. Cones should be placed in the middle of the lane line.
- III. Athlete starts behind the start line with a walking aid and walks using a walking aid. Athlete stays in his/her designated lane. Athlete may not receive physical assistance from coaches, officials, or any other volunteer. Athlete is timed from the smoke of the starter's gun to when his/her torso reaches the perpendicular plane of the nearer edge of the finish line.
- IV. Unassisted Walk: Rules are the same as the Assisted Walks, but the athlete will not be permitted to use a walking aid.

#### 8. Wheelchair events

- I. Athletes shall start with all wheels behind the start line. Athlete is timed from the smoke of the starter's gun to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
- II. The lanes for the wheelchair events shall be made two track-lanes wide.
- III. Motorized wheelchairs shall not be allowed in regular wheelchair races.
- IV. Only athletes who ambulate by use of a wheelchair may participate in the events.
- V. Athletes shall not be pushed, pulled or otherwise assisted during these events.

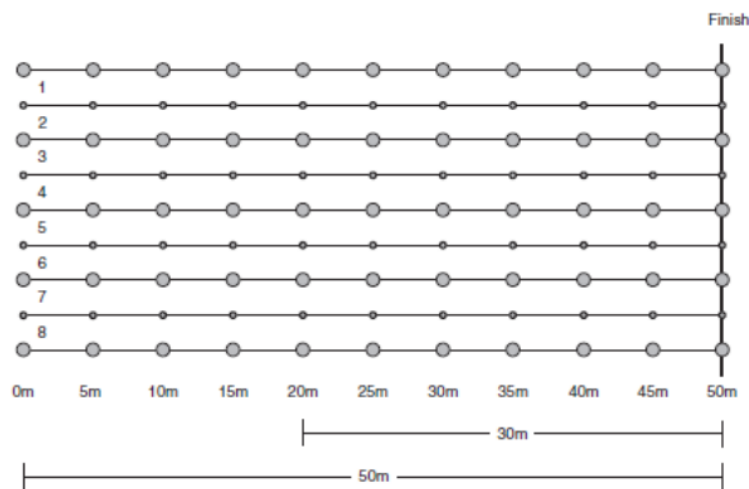
- VI. Each competitor must keep in his/her lane from start to finish and may not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.
- VII. 30/500 M Slalom Races:
  - i. Beginning at the start line, place one cone in each lane at five meter intervals. Cones should be placed in the middle of the lanes.
  - ii. Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
  - iii. Knocking down a marker constitutes a violation, and a three-second penalty will be assessed.



- 7. 4X25 M Wheelchair Shuttle Relay:
  - I. Four persons shall make up a team. Each competitor will complete 25 meters of the relay.
  - II. The second, third and fourth competitors of a team may not leave the start line until the leading wheels on the wheelchair of the teammate who precedes him/her crosses a takeoff line 1 meter in front and parallel to the starting line.
  - III. The fourth competitor completes the race when the first two wheels cross the finish line.
- 8. Motorized Wheelchair Race Rules
  - I. These events are restricted to motorized wheelchairs only.
  - II. The first two wheels on each competitor's wheelchair will be regarded as the starting and finishing points of all races.
  - III. If a competitor varies from a sequence of obstacles, he/she must, without notice from any official, resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety, or be disqualified. In essence, failure to complete the course as designed will result in disqualification.



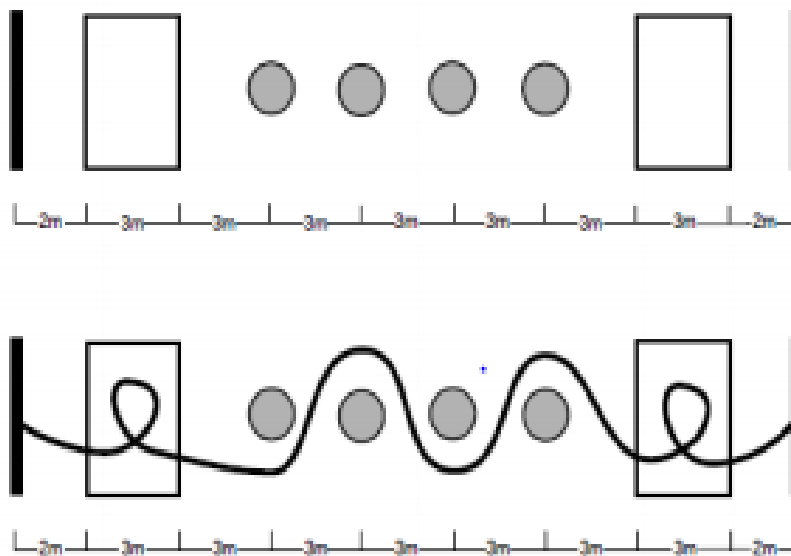
- IV. A competitor will be disqualified if that individual's coach, or assistants, enter the course boundaries during the running of the obstacle course. Coaches may instruct from outside the marked boundaries of the course. Judges and officials will not give directional cues.
- V. Athlete is timed from the smoke of the starter's gun to when the front wheels of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
- VI. All motorized wheelchairs shall be set on a "High Speed" setting.
- VII. 30/50M Motorized Wheelchair Slalom:
  - i. Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for wheelchairs.
  - ii. Place the cones on the start and finish lines 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes. Beginning at the start line, place one traffic cone (slalom flagpoles minimum of 1.22 meter) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
  - iii. Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
  - iv. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed. No penalty will be incurred as a result of touching/moving a cone.



- VIII. 25 M Obstacle Race:
  - i. Mark one box two meters from the start line and one box two meters from the finish line. Each box should be three meters by three meters wide.
  - ii. Place four cones between the boxes, each three meters apart.
  - iii. Athlete starts facing the course. The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion, the athlete weaves in and out of four cones set three meters apart, then completes a

second 360 degree circle between the fourth cone and the finish line.

- iv. The box (3 meters x 3 meters) is used only as an indicator for the athlete to complete the 360-degree circle. No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with tape. Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers are subject to disqualification at the discretion of the referee.
- v. No more than three athletes, on a track at one time, per race.



## 9. Standing Long Jump

- I. Athletes will be called to compete and will have three non-consecutive jumps. Chaperones will be instructed where to meet the athletes when they have completed the event.
- II. Competitors shall start with both feet behind a designated take-off line and on the ground.
- III. When starting, competitor's toes shall be behind the take-off line.
- IV. A competitor shall use both feet on the take-off.
  - i. He/she may rock backward and forward lifting his/her heels and toes alternately, but he/she may not lift either foot clear off the ground.
- V. The athlete's best jump will be used for scoring.
- VI. Distance will be measured from the closest impression on the landing area made by a part of the body--including arms or hands--to the take-off line.
- VII. Measurement will be taken in centimeters and meters.

## 10. Running Long Jump

- I. In the long jump, an athlete must be able to jump at least one meter, which is the minimum distance between the toe board and the sand pit.
- II. Each competitor shall be allowed three non-consecutive jumps. The athlete's best jump will be used for scoring. All three jumps shall be measured and recorded for the purpose of breaking ties.
- III. All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
- IV. Measurement will be taken in centimeters and meters.
- V. Prior to competition, an athlete may receive assistance from an official to mark their runway starting point.

## 11. High Jump

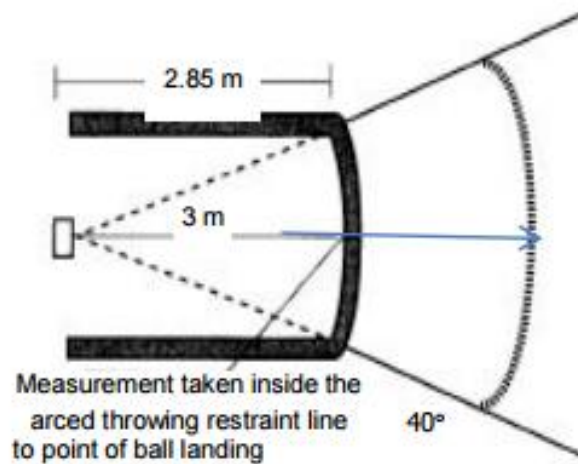
- I. Athlete's first attempt must be a minimum opening height of 1m. The height may be higher if they choose, but cannot go lower than 1m.
- II. Competitors shall not dive forward over the bar or take off from a two-footed takeoff.
  - i. If, during warm up, any competitor performs a deliberate forward dive or two-foot takeoff, that competitor shall be disqualified from the high jump and receive a participant ribbon.
  - ii. If, during competition, any competitor performs a forward dive or two-foot takeoff, that competitor shall cease competition and be given the proper place from the last legally cleared height.
  - iii. If this occurs during the pentathlon, the competitor receives the points for the legally cleared height.

## 12. Softball Throw

- I. Competitors may use any type of throw.
- II. All divisions age 12 and up shall use the standard size softball. The 8-11 age divisions may use a smaller "women's slow pitch" softball.
- III. Each competitor shall be allowed three nonconsecutive throws. The longest measurement of the three throws will be used for scoring.
- IV. Throws will be measured from the inner edge of the arced throwing restraining line. Measurement of all throws is required for the purpose of breaking ties.
- V. When measuring the throw, the tape measurement must start from back of box and extend to landing point. Measurement is taken where tape measure crosses front intersecting line to landing point.
- VI. The throwing area should be set up as follows:
  - i. Mark off two parallel lines that are 2.85 meters in length, with the ends being 2 meters apart.
  - ii. At the back end of the throwing area, place a mark 0.10 in length in the middle of the two end lines. (This is your pull through point for

measurement.)

- iii. From this mark, extend an imaginary parallel line out 3 meters, mark this point, and draw an arc connecting both sidelines, which intersect this point. The ball must land within a sector determined by a 40-degree angle emanating from the center of the back line.
- iv. Extend two lines out that intersect both points where the arc meets the sidelines.



### 13. Shot Put

- I. The shot at state events will be outdoor shot puts. The size of the shot used in competition varies according to the divisions as follows, Female athletes, age 8-11 and wheelchair athletes will use 2kg/4.4 lbs. Male athletes, age 8-11 and Female athletes, age 12 and up will use 6.6 lbs. or 3kg. Male athletes, age 12 and up will use 8.8 lbs. or 4kg.
- II. The use of any mechanical aid shall not be allowed.
- III. For protective purposes only, the wrist, the hand, or as many as two adjoining fingers may be taped. There shall be no connecting tape between the fingers and the palm, fingers and the back of the hand, wrist and the palm, wrist and the back of the hand, fingers and the wrist, and the front and the back of the hand between fingers.
- VIII. The shot shall be put from the shoulder with one hand only.
- IX. At the time the competitor takes a stance in the ring to commence a put, the Shot shall touch or be in close proximity to the chin, and the hand shall not be dropped below the position during the act of putting.
- X. The Shot must not at any time be brought behind the line of the shoulders and must not be thrown.
- XI. A competitor must start from a stationary position inside the circle and must exit the back half of the circle upon the completion of the put.
- XII. A legal put shall be made from within the circle and the athlete, or his/her wheelchair, may not touch the top edge of the toe-board, the line of the circle,

or any surface outside of the circle. It is legal to touch the inside of the toe board.

- XIII. The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following:
- i. Uses any method contrary to the definition of a legal put.
  - ii. Causes the shot to fall on or outside the lines marking the putting sections.
  - iii. Wears any illegal device or taping on the putting arm, wrist, hand or fingers.
  - iv. Each competitor shall be allowed three nonconsecutive throws.

- XIV. Measurement of each throw is required for the purpose of breaking ties.

*Shots are available at [www.mfathletic.com](http://www.mfathletic.com) or 800- 556-7464.*

#### 9. Mini-Javelin

- I. The shaft, grip and fins shall be made out of plastic. The tip shall be made of soft rubber with a blunt, rounded end.
- II. Mini-javelin consists of 4 fins; the fins shall be flat and shall be perpendicular to the surface of the mini-javelin.
- III. The nominal weights shall be 300g for men and women (8-15 years), 300g for women and 400g for men.
- IV. The mini-javelin must be held by the grip with one hand only.
- V. The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may be slung or hurled.
- VI. The athlete will make three nonconsecutive throws.
- VII. At no time may the competitor turn completely around so that his/her back is towards the throwing area.
- VIII. It is counted as a foul if the competitor:
  - i. Does not use the proper throwing technique.
  - ii. Does not throw the mini-javelin so that the point (tip) lands before any other part of the implement
  - iii. Does not throw the mini-javelin so that point (tip) falls completely within the inner edges of the sector lines.
  - iv. Where the competitor touches with any part of the body arc as marked, or any ground beyond the arc or throwing box.
- IX. At culminating events, if all competitors in a division DQ, the heat will re-throw.

#### 10. Pentathlon

- I. The five events comprising the pentathlon shall be conducted in the following order: 100 meter dash, long jump, shot put, high jump, and 400 meter dash.
- II. It is recommended that the pentathlon be conducted in a two-day format with the first three events completed on the first day and the last two events

completed on second day.

11. Frisbee Throw for Distance (developmental event)

- I. Athletes use a Frisbee and throw as far as they can.
- II. Athletes can use any type of throw.
- III. Athletes are allowed three consecutive throws. The longest measurement will be used for scoring.
- IV. Throws will be measured from the inner edge of the arced throwing restraining line.
- V. Measurement of all throws is required for the purpose of breaking ties.
- VI. The venue set-up for Frisbee Throw is the same as for Softball Throw

12. Ball Throw for distance (developmental event)

- I. Athletes use a tennis ball and throw as far as they can.
- II. Athletes can use any type of throw (See softball throw for venue set-up).
- III. Athletes are allowed three non-consecutive throws. The longest measurement of the three throws will be used for scoring.
- IV. Throws will be measured from the inner edge of the arced throwing restraining line.
- V. Measurement of all throws is required for the purpose of breaking ties.

13. Taking Accurate Measurements

- I. Long jump:
  - i. All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
- II. Standing Long jump:
  - ii. All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
- III. Shotput, mini-jav, & ball throw:
  - iii. All distances will be measured along a perpendicular line from the foul line to point where the ball/shot/mini-jav first makes contact with the ground, not its final position.



# Basketball



## **SOMI-Specific Information**

### **Sport season:**

December-March

### **Culminating State Events:**

District Basketball

State Basketball Finals State

Unified Basketball Finals

### **Events Offered:**

Team Competition

Unified Team Competition

Individual Skills Level 1 & 2

3 on 3 Competition – Contact the State Office for 3 on 3 rules

### **National Governing Body:**

Federation Internationale de Basketball Amateur (FIBA) 19 Rugendasstrasse

8000 Munich

71 West Germany (33.74) 302331

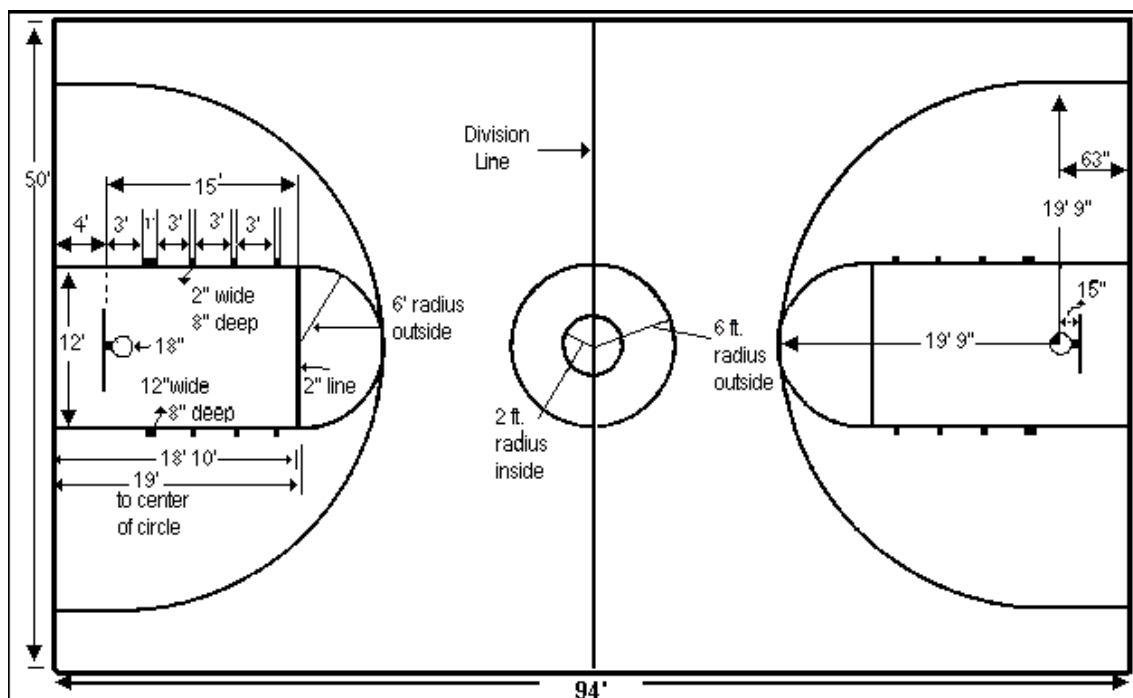


## Uniform Guidelines

1. Uniforms consist of a jersey, shorts, and sport shoes.
2. All team members must have identical uniforms in color and design.
3. A player's jersey shall be tucked inside the shorts. The shorts shall be above the hips and worn properly.
4. A player not conforming to this uniform policy shall be directed to correct the problem or leave the game.
5. The Special Olympics Michigan logo must be on the jersey.
  - I. The area will be FINED the cost of putting the logos on the uniforms for each team sport without logoed uniforms. Area Directors will be notified.
6. It is recommended that each team have two sets of solid colored jerseys: a light colored set when designated as home team and a dark colored set when designated as visiting team.
7. Coaches should bring extra uniforms in the event of a body fluid accident or injury.
8. Team jerseys (and undershirts if worn) must be the same solid color front and back. Striped jerseys are not permitted.
9. Undershirts, if worn, must match the color of the body of the uniform (not the trim), or be white, and each athletes identical in color.
  - I. Undershirts may be worn by some of all of the players.
10. Compression shorts (lycra shorts) or leggings which are unadorned and of a single color similar to the predominate color of the uniform shorts, or black or white, may be worn.
11. Sweatpants, if worn, must be uniform in color and worn under uniform shorts.
12. Numbers must appear on the front and the back of each athlete's jersey.
13. The following numbers are legal: 00, 0-5, 10-15, 20-25, 30-35, 40-45, 50-55.
  - I. A team roster shall not have both numbers 0 and 00.
14. Teams will be assessed a technical foul for all illegal uniforms.
15. For Unified teams athletes should have even numbers on jerseys and partners should have odd numbers.
16. Hats, bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable. Headwear for religious or medical reasons are acceptable but must be on documented with the state office prior to the event.
17. Traditional basketball shoes should be worn.

## Equipment

1. For male competition for athletes 12 years and over, a **size 7, 29.5 inch**, basketball should be used. A smaller **size 6, 28.5 inch**, basketball should be used for all female competition for athletes 12 years and over. A smaller **size 5, 27.5 inch**, basketball should be used for competition for all athletes (male and female) under 12 years of age.
2. Games will be played on a standard 90'x50' court with 10' baskets.
3. The 3-point line will be used if there is a permanent line on the court.



## **Team Size**

1. A team roster shall consist of at least a minimum of 6 players and no more than 12 players.
  - I. A team may not start a game with less than five players.
2. You may register 3 athletes as your team alternates.
  - I. Alternates attend the event only when replacing a registered athlete who does not attend.
  - II. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added.
  - III. It is strongly suggested to list alternate athletes. Unified Partner athletes will follow the same procedures as athlete alternates.
3. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.)
4. Each coach must see to it that each athlete has frequent opportunities to participate.
5. All coaches are required to turn in 3 scores prior to the state event, in which their roster must be the same for all 3 scores.
6. Any team winning at District basketball must advance onto the state finals. Teams will be charged regardless of attendance. The team roster must be the same for District and State competition. If an alternate is activated at Districts they will be a part of the active roster at State Finals. The individual who was deactivated at districts will now become an alternate for State competition.
7. For Unified Sports the roster shall contain a proportionate number of traditional athletes and unified partners. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.
  - I. Unified teams may register 2 athletes and 2 partners as alternates.

## General Rules

1. Game Play
  - I. A game will consist of four 6-minute quarters.
  - II. Stop time will be used throughout the game. Clock stops at any dead ball situation but not on a field goal. The clock will continue to run when one team is 30 points ahead of their opponents. Stop time will continue if lead falls to 15 points or under.
  - III. Each team will receive 3 – 60 second time outs and 2 - 30 second time outs.
  - IV. Half time will be 5 minutes and overtime will be 3 minute periods.
2. Free throw line up starts on the second block. During a free throw players may enter the lane once the ball is released from the shooter's hands.
3. A player may take two steps beyond what is allowable. However, if the player scores or escapes the defense as a result of these extra steps, an advantage has been gained and a traveling violation should be called immediately. Frequency of violation depends on division.
4. It is a violation for a player to double dribble.
5. Fouls
  - I. 5 Individual Fouls will result in a disqualification from the game.
  - II. 7 Team Fouls will result in 1 and 1 bonus (1 Free Throw, if made 2)
  - III. 10 Team Fouls will result in double bonus (2 Free Throws).
  - IV. Referees shall assess a technical foul on any athlete whose play is deemed dangerous. A second technical foul shall result in disqualification from the game. This is to ensure that a play does not create a health and safety risk for other players.
6. Forfeits
  - I. During divisional play, forfeit times (defined as 15 minutes after the scheduled start time) will be strictly enforced. If a team is not ready to play, a forfeit will be called.
  - II. If a team forfeits a games at a SOMI Culminating Event the game will count as a loss and the team will still have the opportunity to compete for an award.
  - III. If extenuating circumstances arise, coaches must make every attempt to contact the Games Director to inform of a delay or cancellation, and if times allows consideration may be given by the Games Director.
7. Ball must be inbounded after each made basket.
8. Players have a total of 5 seconds to inbound the ball.
9. Players have a total of 10 seconds to cross half court.

10. Once a player crosses half court, they may not bring the ball back over the half court line in the same possession. This will result in an Over and Back call by the referee.
11. Players may not stay in the Free Throw Lane for more than 3 seconds on offense.
12. Overtime
  - I. If overtime is required due to a tie at the end of regulation play, it will begin with a jump ball for possession. A one-minute intermission will follow regulation play and each overtime period.
  - II. The amount of time for an overtime period is three minutes.
13. Pressing is allowed at any level of competition. This includes full-court & half-court traps as well as man to man pressing.

### **Unified Basketball**

1. Roster
  - I. The roster shall contain an equal number of traditional athletes and unified partners; equal means at least 4 traditional athletes and 3 unified partners.
  - II. Roster should consist of a minimum of 7 players and a maximum of 12 players.
  - III. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.
2. Each team shall have an adult non-playing Head Coach responsible for the line-up and conduct of the team during competition.
3. Unified Partners are athletes and should not be involved in coaching. Assistant Coaches may be on the team roster and play.
4. Coaches should monitor their players to ensure that all players are contributing to the team's success and that an individual player is not dominating the game.
5. If a unified partner is not allowing the entire team to be a part of the game, it is the coach's responsibility to remove that player.
6. If an opposing coach feels that a partner is dominating the game, he or she should notify the Games Rules Committee while the incident is occurring. The rules committee will observe the game immediately. If they agree that a partner is dominating the game, they will speak to the coach and request that the coach discuss the philosophy of the Unified Sports® program with the athlete. If the player continues to dominate after this discussion with the coach, the Games Rules Committee will remove the player from the game. If the coach puts the player back in the game, the team will forfeit.
7. The unified partner must complete the Application for Participation for unified partners.
8. Unified partners have athlete status and are required to follow all rules established by the area program. Some rules might include traveling and residing with the team.
9. Unified Partners can act as a chaperone if over the age of 18 with area director approval; however, they may not act as a coach.
10. Unified Partners will receive the same awards and accommodations as traditional athletes.

## **Competitive vs. Player Development**

1. Competitive Unified Sports: Comprises Athletes and Unified Partners of similar ability and age. There are no restrictions placed upon the Unified Partners in this model. Teams are eligible to advance to USA and World Games competitions.
2. Player Development Unified Sports: Comprises Athletes and Unified Partners of similar age, but not necessarily similar ability. Unified Partners serve as mentors to assist athletes during game play, players have defined roles on the court. Teams are not eligible to advance to USA or World Games.

## **Individual Skills Contest**

1. The Individual Skills Contest is designed for lower ability or new athletes who have not yet developed the skills necessary to participate meaningfully in team competition and wheelchair athletes.
2. Athletes may not be assisted by coaches.
3. Modifications will be made for athletes who have visual or hearing impairments.
4. The athlete's final score is determined by adding together the scores achieved in each of the events.
5. The modified individual skills contest consists of three tests: target pass, spot shot and 10-meter dribble. The modified competition is designed to accommodate athletes with limited mobility and/or low motor abilities.

### **Level 1 Events**

Target pass

Spot shot

10 M Dribble

Speed dribble

### **Level 2 Events**

12 M Dribble

Perimeter shooting

Catch and pass

## Event #1 – Target Pass

1. **Purpose:** To measure an athlete's skill in passing a basketball.
2. **Equipment:** Two basketballs (for women's and junior division competitions, an official women's size basketball may be used), flat wall, chalk or floor tape, and measuring tape. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given 5 passes. (See Figure C)
3. **Description:** A 1m (3' 3-1/2") square is marked on a wall using chalk or tape. The bottom line of the square shall be 1m (3' 3-1/2") from the floor. A 3m (9') square will be marked on the floor and 2.4m (7') from the wall pass over the line. The athlete is given 5 passes. (See Figure C)
4. **Scoring:** The athlete receives 3 points for hitting the wall inside the square. The athlete receives 2 points for hitting the lines of the square. The athlete receives 1 point for hitting the wall but not in or on any part of the square. The athlete receives 1 point for catching the ball in the air or after one or more bounces. The athlete receives 0 points if the ball bounces before hitting the wall. The athlete's score will be the sum of the points from all five passes.

### Modified Rules

1. Make a 1 m (3' 3-1/2") square on wall using chalk/tape Make a throwing line 2 m (6' 6-3/4") from wall. Axis of athlete's wheelchair may not pass over the line.
2. Scoring: Athlete receives 3 points for each time the ball hits inside the square. Athlete receives 2 points for hitting the lines of the square. Athletes receive 1 point for hitting the wall on the fly. The athlete's score will be the sum of the points from all five passes

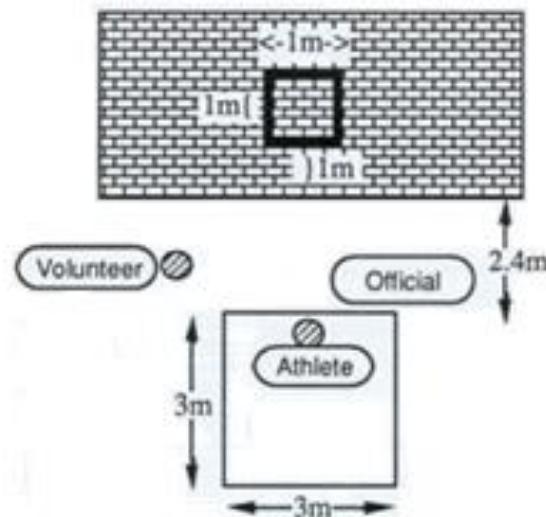


Figure C: Target Pass

## Event #2 – Ten-Meter Dribble

1. **Purpose:** To measure an athlete's speed and skill in dribbling a basketball.
2. **Equipment:** Three basketballs (for women's and junior division competitions, an official women's size basketball may be used), four traffic cones, floor tape/chalk, measuring tape, and a stopwatch.
3. **Description:** The athlete begins from behind the start line and between the cones. The athlete starts dribbling and moving when the official signals. The athlete dribbles the ball with one hand for the entire 10m (32'9  $\frac{3}{4}$ "). A wheelchair athlete must alternate taking two pushes followed by two dribbles for legal dribbling. The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble. If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 2m lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event. (See Figure D)
4. **Scoring:** The athlete will be timed from the "go" signal to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble. A one-second penalty is added every time the athlete illegally dribbles (i.e., two-hand dribbles, carries the ball, etc.). The athlete receives two trials. Each trial is scored by adding penalty points to the time elapsed and converting the total of points based on the conversion chart. The athlete's score for the events is his/her best of the two trials converted into points. (In case of tie, the actual time will be used to determine place).

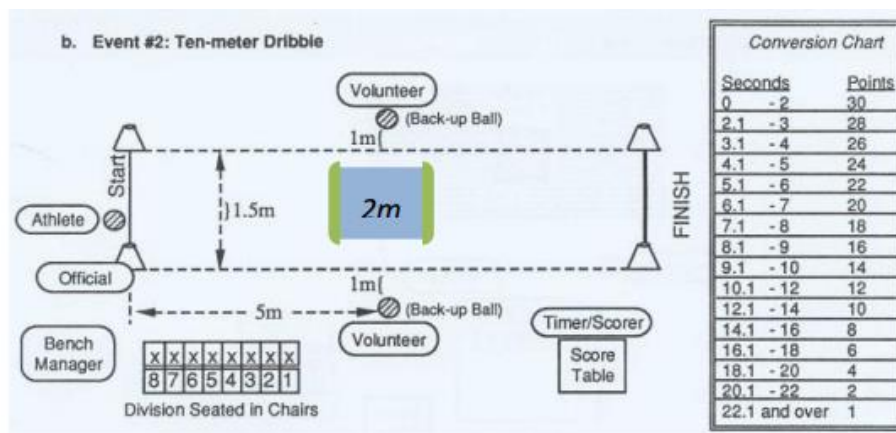


Figure D: Ten-Meter Dribble



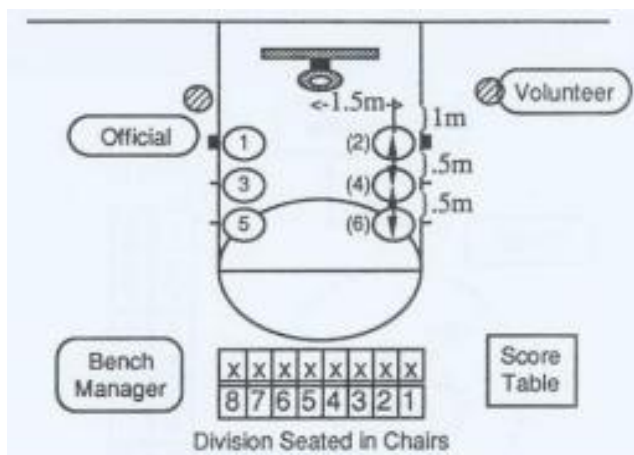
### Event #3 – Spot Shot

1. **Purpose:** To measure an athlete's skill in shooting a basketball.
2. **Equipment:** Two basketballs (for women's and junior, an official women's size basketball may be used), floor tape/chalk, measuring tape, and 3.05m [10 ft.] regulation goal with backboard (for junior competitions, a 2.44m (8') goal may be used).
3. **Description:** Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows: a.) #1 and #2 = 1.5 m (4' 11") to the left and right plus 1 m (3' 3-1/2") out. b.) #3 and #4 = 1.5 m to the left and right plus 1.5 m out. c.) #5 and #6 = 1.5 m to the left and right plus 2 m (6' 6-3/4") out. The athlete attempts two field goals from each of six spots. The attempts are taken at spots #2, #4, and #6 and then at spots #1, #3, and #5. (See Figure E)
4. **Scoring:** For every field goal made at spots 1 and 2, two points are awarded. For every field goal made at spots 3 and 4, three points are awarded. For every field goal made at spots 5 and 6, four points are awarded. For any field goal attempt that does not pass through the basket but does hit either backboard and/or ring, one point is awarded. The athlete's score will be the sum of the points from all 12 shots.

### Modified Rules

1. Equipment: Basket can be adjusted to 8 ft.:
2. Set-up: Set six spots on the floor, each a different number, using colored tape. Start each measurement from a spot on the floor under the front of the rim, facing the court. Set the six spots in the following order:
  - I. 1m (3' 3 1/2") in front of and 1 m to the left of the rim
  - II. 1 m in front of and 1 m to the right of rim
  - III. 1.5 m (4' 11") in front of and 1 m to the left of the rim
  - IV. 1.5 m in front of and 1 m to right of the rim
  - V. 2 m (6' 6 3/4") in front of and 1 m to the left of the rim
  - VI. 2 m in front of and 1 m to the right of rim

Figure E: Spot Shot



## Event #4 – Speed Dribble

### 1. Equipment

- I. Measuring Tape
- II. Floor tape or chalk
- III. One basketball (for women's and junior division competitions a smaller basketball which us a 72.4 centimeter [28½ inches] in circumference and between 510-567 grams [18-20 ounces] in weight may be used). d.) Stopwatch e.) Counter
- IV. Whistle 2. Set-up: Mark a circle with a 1.5 meter (4 feet 11 inches) diameter. (See Figure F)

### 2. Rules

- I. Athlete may use only one hand to dribble.
- II. Athlete must either be standing or be sitting in a wheelchair or another type of chair with similar dimensions while competing.
- III. Athlete starts and stops dribbling at the sound of the whistle.
- IV. There is a 60-second time limit imposed. The objective is to dribble the ball as many times as possible during this period.
- V. Athlete must stay in the designated circle while dribbling.
- VI. If the basketball rolls out of the circle, it may be handed back to the athlete, who continues to dribble

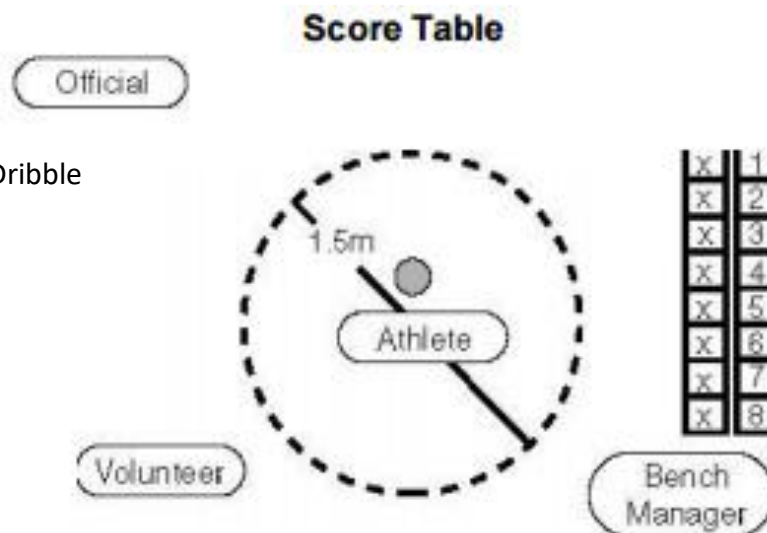


Figure F: Speed Dribble

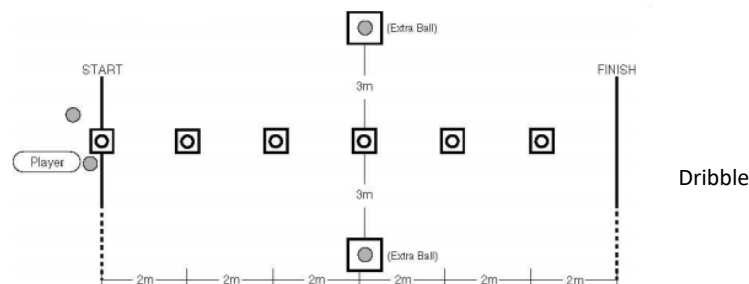
## Individual Skills Contest - Level Two

1. Three events make up the Level 2 Individual Skills Competition: 12 Meter Dribble, Catch & Pass and Perimeter Shooting.
2. The athlete's final individual score is determined by adding together the scores achieved in each of these three events.
3. Athletes will be pre-divisioned according to their total scores from these three events.
4. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.

### Event #1: 12 Meter Dribble

1. **Purpose:** to measure an athlete's speed and skill in dribbling a basketball.
2. **Equipment:** A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
3. **Description**
  - I. A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters apart, on a 12-meter course.
  - II. The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
  - III. When the last obstacle is passed and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom.
  - IV. The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
  - V. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
  - VI. The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
4. **Timing:** 60 seconds for one trial.
5. **Scoring:** One point is awarded each time a cone is passed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed).

Figure G: 12 Meter



## Event #2: Perimeter Shooting

1. **Purpose:** to measure an athlete's skill in shooting a basketball.
2. **Equipment:** A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
3. **Description**
  - I. A player stands at the juncture of the free-throw line and lane, either to the left or right.
  - II. The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 feet). This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle].
  - III. The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
  - IV. The player shall make as many field goals as described above in one one-minute trial.
4. **Timing:** 60 seconds for one trial.
5. **Scoring:** Two points are awarded for each field goal made within the one-minute trial.
6. **Staging**
  - I. Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
  - II. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," and will count how many field goals the player makes in one minute.
  - III. Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score.
  - IV. Each volunteer is to administer the test and manage the area only.

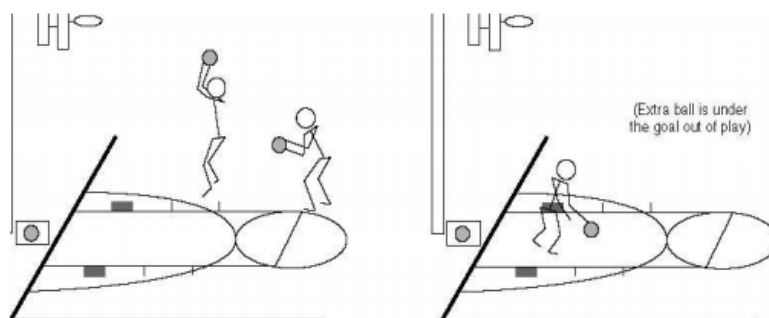


Figure H:  
Perimeter  
shooting

### Event #3: Catch and Pass

1. **Purpose:** to measure an athlete's skill in passing and catching a basketball.
2. **Equipment**
  - I. 3 Cones, 2 Basketballs, Floor Tape, Air horn/whistle, Score bench and Clock
  - II. Two strips of tape 600mm (2') long are laid across the court sideline 3 meters apart (9' 10") at Cones A & B. Cone C is laid out 3 meters from each end of the sideline forming a triangle
  - III. A small cross made of tape is laid in the middle of Cones A and B where the athlete stands holding the basketball ready to begin the exercise
  - IV. The ball feeder stands behind Cone C.
  - V. A spare ball is placed near Cone C 3.
3. **Description**
  - I. On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.
  - II. As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch
  - III. The player MUST have at least ONE foot over the end line at the point of catching the ball
  - IV. The player must catch the ball, then pass it back to the feeder from behind the end line. One or both feet can be grounded but both must be behind the line at the moment of passing the ball back to the feeder.
  - V. When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass
  - VI. The player continues passing, moving along the line and catching the ball for 60 seconds
  - VII. A bounce pass maybe used with lower ability/less able athletes
4. **Timing:** 60 seconds for one trial.
5. **Scoring**
  - I. 1 point is scored for each good pass made to the feeder (the pass must be catchable)
  - II. 1 point is scored for each good catch made by the athlete (i.e. no fumbles)
  - III. The athletes must have the ball under control or no point can be scored

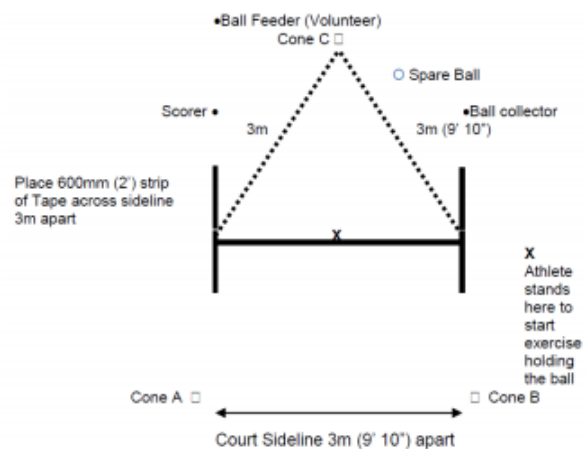


Figure I: Catch and Pass

## **Team Skills-5 Person Teams**

### **1. Equipment**

- I. Two basketballs (for women's and junior division competitions, a smaller basketball which is 72.4 centimeters [28½ inches] in circumference and between 510-567 grams [18-20 ounces] in weight may be used as an alternative).
- II. Metric tape measure
- III. Floor tape or chalk
- IV. Regulation basketball goal (a shorter goal which has its ring 2.44 meters [8 feet] above the floor may be used for junior division competition).
- V. Score sheets
- VI. Scoreboard

### **2. Set-up:**

- I. Mark five spots around the floor, similar to a 2-1-2 zone defense with players positioned 4 meters (13 feet 1½ inches) apart from each other.
- II. Mark positions #5 2 meters (6 feet 6¾ inches) from a spot under the front of the goal's ring.
- III. Teams should submit a roster prior to the start of the game.
- IV. Teams should wear numbered uniforms or shirts.
- V. See Figure J.

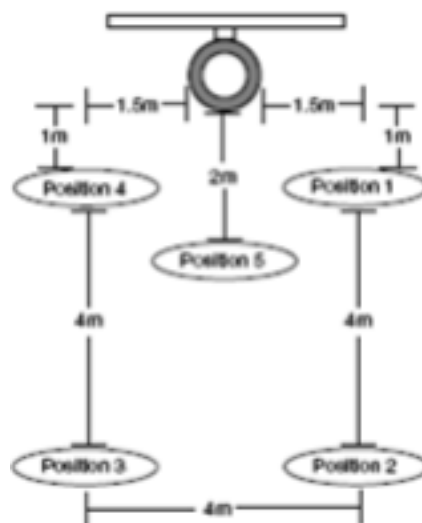
### **3. Rules**

- I. The Event Director shall determine how many games should be played. Two five-member teams are positioned on opposite ends of the playing court. Only one team shall conduct a round at a time.
- II. The game is made up of two halves consisting of five rounds each. Players will be given one opportunity at each of the five positions during the half.
- III. Each player on the first five-member team attempts to catch the ball and then throw it accurately to the player stationed at the next position.
- IV. The official shall hand the ball to the player in position #1 to begin each round.
- V. The player in position #1 throws the ball to the player at position #2. The player at position #2 throws the ball to the player at position #3. This sequential throwing rotation continues until the ball reaches the player at position #5.
- VI. Athletes may pass the ball in any manner, but each player must pass in numerical sequence. A bounce pass is allowed provided that there is only one bounce.
- VII. If the ball is thrown past an athlete, the athlete or official may retrieve the ball. However, the athlete must return to his/her position before throwing the ball to the next player. A correct pass is defined as a ball that is thrown within reach of the receiving player.
- VIII. When the ball reaches the player in position #5, he/she then attempts a field goal.
- IX. Slam dunks are not permitted. The athlete shall not receive any points if a slam dunk is taken.
- X. Athletes stationed in position #5 shall only be given one attempt at scoring.

- XI. After the field goal attempt by the player in position #5, the round ends.
- XII. Following the completion of the round by the first team, the second team will conduct their initial round.
- XIII. Players shall rotate in numerical sequence to the next position after each round.
- XIV. Play alternates between each team following the completion of each round. Once each team has completed five rounds, the first half ends.
- XV. A five-minute halftime intermission follows.
- XVI. Teams shall exchange ends of the court following the first half and then complete a set of five rounds at the other goal of the second half.
- XVII. Substitutes are allowed into the game only after a round has been completed.
- XVIII. Coaches shall remain on the sideline which is at least 4 meters (13 feet 1½ inches) to the side of position #2 and #4. Coaches may give verbal or signed instructions to players. Deaf athletes may receive assistance in positioning.

#### 4. Scoring

- I. Team receives one point for each correct pass.
- II. Team receives one point for each successful catch.
- III. Team receives two points for each successful field goal.
- IV. A bonus of one point is awarded for each complete successful round of passing and catching the ball.
- V. The maximum number of points that can be accumulated by a single team during one half is 55.
- VI. The final team score is determined by adding the scores from each of the 10 rounds.
- VII. The team with the highest score is the winner.
- VIII. If the teams are tied at the ends of regulation play, additional rounds are conducted. The first team to score more points in a round than its opponent is the winner.





# Bocce





## **SOMI-Specific Information**

### **Sport season:**

April-June

### **Culminating State Event**

State Summer Games

### **Events Offered**

Singles

Doubles

Modified Singles

Modified Doubles

Unified Sports® Bocce Doubles (two players per team)

Unified Sports Bocce Team (four players per team)

### **National Governing Body**

International Bocce Association, Inc.

187 Proctor Blvd.

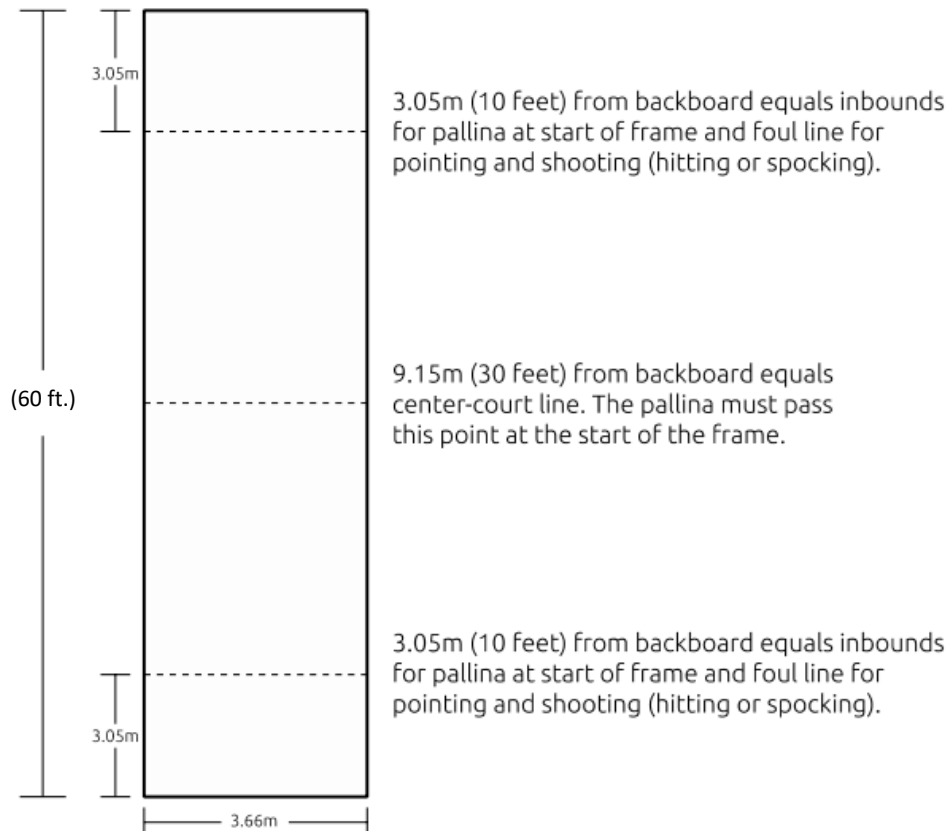
Utica, NY 13501 (315) 773-9611

## **Uniform Guidelines**

1. Preferred Uniform: White collared shirt or T-shirt and dress shorts/pants.
2. All members of bocce team must wear shirts and shorts/pants that are identical in color and style. Although not required, white is the traditional color of shirts in the sport of bocce.
3. Shoes: Closed toe shoes or smooth soled athletic shoes are recommended. Shoes with any type of spikes are prohibited. Shoe should not damage or disrupt the court surface.
4. Jewelry and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## Court Layout

1. Court surface may be composed of stone-dust, dirt, clay, grass or artificial surface provided that there are no permanent or temporary obstructions in the court that would interfere with the straight line delivery of a ball from any direction. These obstructions do not include variations in grade or consistency or terrain.
2. Court walls are the side and end walls of the court and may be composed of any rigid material. The walls must be at least as high as the bocce balls at all points. The side or end walls may be utilized during play for bank shots or rebound shots.
3. The court size will be 60 feet in length and 12 feet in width. All courts should be clearly marked for the following:
  - I. **Half Court Marker** is the minimum distance the pallina may be played on first toss of pallina. The position of the pallina may change as a result of normal play; however, the pallina may never come to rest closer than the half point marker or the frame is dead.
  - II. **Ten Foot Line (from backboard)** = Foul line for shooting (hitting, spooking).
  - III. **Thirty foot Line (from backboard)** = Center court line. Pallina ball must pass this point at start of frame.



## Equipment

1. The game bocce is played with eight large balls and one smaller target or object ball called the pallina. There are four balls to a side or team, and they are generally made in two colors to distinguish the balls of one team from the opposing team. The large balls are also inscribed with distinctive lines to identify the balls of the players on the same team.
2. Bocce balls may be composed of wood or composition materials and should be of equal size. Official league and tournament ball sizes may be from 107 mm (4.20") to 110 mm (4.33") and 2.0 to 2.25 lbs. weight.
3. The color of the balls is immaterial provided that the four balls of one team are clearly and visibly distinct from the four balls of the opposing team.
4. Pallina must not be larger than 63 mm (2-1/2") or smaller than 48 mm (1.875") and should be of a color visibly distinct from both bocce ball colors.
5. A measuring device may be any device that can accurately measure the distance between two objects and is acceptable to the tournament officials.
6. If an athlete is visually impaired a volunteer may hold a beeper near the pallina to identify its position during delivery.
7. Ramps may be used when an athlete does not have the physical ability to roll with their hand or hands. Ramps and other assistance devices may be used with the approval of the Competition Committee. No mechanical aids shall be used to propel the bocce ball or pallina. Athletes using ramps must be placed in separate divisions from other players only for singles competition. All other tournament rules shall apply to athletes in the ramp divisions.

## General Rules

1. Each area may enter no more than 25% of their delegation in Bocce events. Athletes can register for 1 or 2 events.
2. Three and four person single elimination, with consolation game, brackets will be created based on gender and score.
3. The number of points needed to win a game is 12.
4. At the State Summer Games all games will be played to whichever of the following circumstances occur first: 12 points or 10 frames or 25 minutes. If tied at the end of the game one sudden death frame will be played.
5. Areas may have a pool (group) of alternates that may be interchangeable in their own area for more than one team. Enter bocce alternates in the singles and doubles events. Set up a team for alternates in the doubles called: your area number alternates (ex: A01 Alternates) and put all of your alternates in this team. Only Bocce alternates may replace Bocce drops. Teams may not be combined.
6. Teams may not be combined between areas due to no shows or drops.
7. There will be no coaching from sidelines or the courts; this includes spectators. Coaches will not be allowed on the courts. In doubles, discussion with any athlete is prohibited.
8. A coin toss by the referee will determine which team has the pallina and choice of ball color. In the absence of a referee, the two team captains will execute the coin toss. The coin toss should take place on the court.
9. Sequence of Play
  - I. The pallina is rolled or tossed by a member of the team which won the coin toss.
  - II. The player tossing the pallina must deliver the first ball.
  - III. The opposing team will then deliver their bocce balls until the point is taken or they have exhausted their four balls. This "nearest ball" rule governs the sequence of played balls.
  - IV. The side whose ball is the closest to the pallina is called the "in" ball and the opposing side the "out" ball. Whenever a team gets "in," it steps aside and allows the "out" team to deliver.
10. Three Attempt Rule
  - I. The team possessing the pallina will have 3 attempts at placing the pallina within the 30' mark and before the 10' mark on the opposite end. If these 3 attempts are unsuccessful, the opposing team will have one opportunity to place the pallina. If this attempt is unsuccessful, the referee will place the pallina in the center of the court width at the 15.24 m (50') mark (opposite end foul line).
  - II. At no time does a team lose its earned pallina advantage of being able to deliver the first ball. After the above succession, the pallina shall not be touched.
11. Initial Point
  - I. It is always incumbent upon the team with the pallina advantage to establish the initial point.
  - II. Example: Team A tosses the pallina and delivers the first ball. Team B elects to

hit Team A's ball out of position. In doing so, both balls, Team A and Team B fly out of court, leaving only the pallina in the court. It is incumbent upon Team A to re-establish the initial point.

## 12. Ball Delivery

- I. A team has the option of rolling, tossing, bouncing, banking, etc. its ball down the court provided it does not go out-of-bounds or the player does not violate the foul markers.
- II. A player also has the option of "spocking" or hitting out any ball in play in trying to obtain a point, or decreasing the opposing team's points.
- III. All ball delivery attempts must be of an underhand style.
- IV. Hitting is sometimes known as shooting. Hitting is the action of rolling a ball which is thrown with sufficient velocity that it would hit the backboard if it missed the target.
- V. Bank or rebound shot refers to playing a ball off either the sideboards or backboard.

## 13. Modifications/Interpretations

- I. The Event Manager/Tournament Director shall have the discretion to allow for certain modifications/interpretations of the current technical rules based upon a physical disability characteristic. Such interpretation shall be requested and ruled on prior to the athlete's participation in a competition and shall not give advantage over another athlete. Delivery action interpretations will be concerned with the action a limb(s) is performing while delivering a pointing or hitting shot.

## 14. Number of Balls Played -

- I. Singles: the player is allowed 4 balls.
- II. Doubles: the player is allowed to play two balls.

## 15. Coaching

- I. Discussion with any athlete and/or partner by a coach or spectator is prohibited once the athlete and or partner steps onto the field of play area as designated by the Tournament Director/Event Manager.
- II. This applies to coaches on the court and in the stands.
- III. If an official determines that a coach/partner/spectator is violating this rule, the official may sanction the offending individual. Sanctions may include: verbal warning, citing the coach/partner with unsportsmanlike conduct or expulsion from the game.

## 16. Scoring

- I. At the end of each frame (when both teams have exhausted all balls), scoring will be determined as follows: points are awarded to the team whose balls are closer to the pallina than the closest ball of the opposing team, which can be determined by viewing or by mechanical measurements.
- II. A player may request a mechanical measurement (Measurements will be taken from the center side of the bocce ball to the center side of the pallina).

- III. At the end of a frame, the referee announces the winning points and color to the players outside the court. Before the balls are removed, the referee should look to the players for agreement.
- IV. The players have a right to request a measurement if the players disagree with the referee.
- V. When the player or team agrees with the number of points awarded, the court official then proceeds to remove the balls to start the next frame.
- VI. The scoring team for each frame will also win the pallina advantage for the subsequent frame.
- VII. The referee will be responsible for validity of the scoreboard and scorecard, so it is incumbent upon the team captain to verify the accuracy of the posted score at all times.

#### 17. Ties During a Frame

- I. In the event that two opposing balls are equidistant from the pallina (tied), the team that rolled last will continue to roll until the tie is broken. Example: Team A rolls a ball for the pallina, and Team B rolls its ball for the pallina. The referee determines that they are both exactly 33 cm away from the pallina. Team B must roll until it has a point closer than 33 cm from the pallina. If Team B does roll up to the point and Team A hits that ball out re-establishing a tie, Team A must continue to roll until the tie is broken.

#### 18. Ties at the End of a Frame

- I. In the event that the two balls closest to the pallina belong to opposing teams and are tied, no points will be awarded and the entire frame will be replayed.
- II. The pallina returns to the team, which delivered it. Play resumes from the end of the court from which frame was last played.

#### 19. Rotation of Players

- I. The players of any given team may elect to play their ball in any rotation provided that the player who tosses the pallina delivers the first bocce ball.
- II. The rotation may vary from frame to frame; however, no player may deliver more than his/her allotted number of balls per frame.

#### 20. Checking Position of Points

- I. Players may only proceed to the half court mark before delivering their ball(s).
- II. Exceptions: For one player teams, player may proceed down the outside of court at any time to observe conditions. For two-player teams, one player may proceed down court to observe conditions before delivery. When only one team has exhausted all of its balls, the referee shall not be permitted to declare, by measurement or viewing, which team is "in."

#### 21. Timeouts

- I. The official may grant a timeout whenever the circumstances appear to be valid. The timeout will be limited to ten minutes or less as predetermined by the Tournament Director.

#### 22. Delays of Games

- I. Intentional delay of game: If, in the opinion of the official, the game is intentionally delayed without sufficient or valid reason, the official must give a warning. If play is not resumed immediately, the delaying team will forfeit the match.
- II. Delays caused by weather, acts of God, civil disorder or other unforeseen reasons: In such delays, the ruling of the Tournament Director will be decisive and final.

#### 23. Forfeiture

- I. Teams with less than the prescribed number of players will forfeit the match.

#### 24. Protests

- I. Any protest to an official's or venue director's decision must be made by a certified Bocce coach before that team plays its next ball, or the decision will be considered as accepted.
- II. Protest to forfeiture: If a team must forfeit a match as a result of not being present for a scheduled match, or as a result of violations here prescribed, no official protest will be acknowledged.
- III. Protests will be acknowledged and judged on the basis of merit in circumstances not specifically discussed here.

25. If during the course of a frame a ball or pallina should break, the frame will be considered dead. Replacement of a ball or pallina will be the responsibility of the Tournament Director.

26. All courts must be groomed to the satisfaction of the Tournament Director before the start of each game. During Play: Courts may not be reconditioned during the course of the game. Obstacles or objects such as stones, cups, etc., may be removed during the course of a game.

27. No player may play his or her ball until a pallina or another ball has come to a complete rest.

28. During Play: Whenever possible, a player should move off the court when an opponent is playing.

29. Players shall act in a sportsmanlike manner at all times. Any act which is deemed as poor sportsmanship, such as insulting language, gestures, actions or words which engender ill will, if flagrant, may result in disqualification.

30. Immediately upon determination by the official that a foul has been committed, the official will notify the captains of both teams and inform them of the penalty imposed. The team fouled against has the option to decline any penalty imposed by the official and accept the lie of the ball(s) and continues playing. The ruling of the official is final, except as otherwise provided for hereafter.



## Fouls

### 1. Foul Line Fouls

- I. In both pointing and hitting, the foremost part of the specific foul-line will not be surpassed by any part of the foot before the ball leaves the player's hand.
- II. All fouls must be called by a referee as a result of witnessing the foul. One official warning may be granted for each team after which penalties will be prescribed.
- III. The penalty for a team committing a second foul-line infraction will consist of one of two options:
  - i. The team fouled against will be awarded points as they were immediately preceding the foul, and the frame will end. The referee will make the final judgment as to how many points were actually "in" at the time. The team committing the foul will be awarded no points for the frame; or
  - ii. The fouled against team may have the option of declining the penalty and completing the frame.

### 2. Moving Ball or Pallina

- I. The head official will not call for the next roll of a ball until the pallina or the currently played ball has come to a complete stop.
- II. If a player, in any format of the game, delivers his or her ball before the pallina or a currently delivered ball has come to a complete stop, the ball just delivered should if possible and with safety be stopped by the referee before it reaches the balls "in contention," be declared a dead ball and removed from the court.
- III. If the referee cannot stop the ball before it reaches the "balls in contention", the referee should replace the pallina and the nearest balls to where they were before the improper ball delivery took place, and remove the just delivered ball from the court.

### 3. Playing Extra Balls

- I. When a player rolls an extra ball during a frame, the ball in question is declared dead.
- II. If possible and safe, the referee will seek to stop the ball just delivered before it reaches the pallina and the other balls "in contention", remove the just released ball from the court and declare the just released ball to be a dead ball.
- III. If the just released ball does come in contact with the pallina and/or other balls "in contention" and these balls are moved from their original position, then the referee will place the balls back as close to their original position as possible and play will continue.
- IV. This condition will exist when a player on a two-player team plays three balls instead of two or a player on a four-player team plays two balls instead of one.
- V. Two-Player Team: the remaining player on a two-player team will only have one ball to play.

4. Illegal Movement of Your Ball - If a player moves one or more of his or her team's balls, the ball(s) are removed from the court and considered dead and play continues.
5. Illegal Movement of Opponents Ball - If, after all eight balls have been thrown, a player

moves one or more of his/her opponent's balls, the opponent's balls that were moved will be awarded one point each. If a player moves one or more of his/her opponent's balls, and there are remaining un-played balls, the referee will place the balls as close to their original position as possible and play will continue.

6. **Illegal Movement of Pallina** - If the pallina is moved by a player, the opposite team will be awarded as many points as the number of live balls that were "in contention" plus the number of balls yet un-played. If the team fouled against has no balls "in contention" and no balls remaining, then the frame will be declared dead by the referee and started over at the same end.
7. **Accidental Movement of Balls/Pallina by Referee**
  - I. **During Play:** If a referee, either in the course of measuring or otherwise, moves a ball "in contention" or the pallina, the frame is considered dead and started over at the same end.
  - II. **After Play:** If the point or points were obvious to the referee, the points will be awarded. All uncertain points will not be awarded and the frame is considered dead and started over at the same end.
8. **Interference with a Ball in Motion**
  - I. **By Own Team:** When a player interferes with his/her team's ball in motion, the referee, as a result of witnessing the foul, must declare the ball being thrown dead. If possible and safe, the referee, will seek to stop the ball just delivered before it reaches the pallina and the other balls "in contention", remove the just released ball from the court and declare the just released ball to be a dead ball. If the just released ball does come in contact with the pallina and/or other balls "in contention" and these balls are moved from their original position, then the referee will place the balls back as close to their original position as possible and play will continue.
  - II. **By Opponent's Team:** If a player interferes with an opponent's ball in motion, the team fouled against has one of the following options: 1) Play the ball over. 2) Declare the frame dead. 3) Decline the penalty, accept the lie of the touched ball(s) and continues playing.
9. **Wrong Color Ball Delivery**
  - I. **If the ball is replaceable:** If a player delivers a wrong color ball, the ball may not be stopped by another player or the referee. The ball must be allowed to come to rest and replaced with the proper colored ball by the referee.
  - II. **If the ball is not replaceable:** If a player delivers a wrong color ball which cannot be replaced without disturbing another ball already in play the frame is declared dead and replayed from the same end.
10. **Wrong Rotation of Play**
  - I. **Initial Point:** If a team wrongly delivers the pallina and its first ball, the referee will return the pallina and the first ball which was played out of rotation. The referee will then ask the other color player or team to deliver the pallina when restarting the frame from the same end of the court.
  - II. **Subsequent Rolls:** If a player delivers his or her ball when his or her team is "in" and the other team has balls left, the ball in question should if possible and safe

be stopped by the referee before it reaches the "balls in contention", be declared a dead ball and removed from the court. If the referee cannot stop the ball before it reaches the "balls in contention", the referee should replace the pallina and nearest balls to where they were before the out of rotation delivery took place.

### **Modified Bocce Rules**

1. Modified bocce is designed for the athlete who does not have the ability to consistently throw a 4-1/2" ball sixty feet for 10 frames.
2. Modified bocce singles and doubles will be played under the same rules as listed previously with the following changes:
  - I. Play will only be in one direction. Volunteers will bring the balls back to the athletes. Volunteers may place the balls in the lap of the athlete (in the case of an athlete being in a wheelchair), but they may not, nor may a coach, assist in the throwing of any ball.
  - II. The court size will be 30 feet in length and 12 feet in width. The court will be open (shaped like the letter "U") on one end. This opening will allow for the easy movement of wheelchair and severely physically-disabled athletes.
  - III. The bocce balls may be 4" in diameter and are approximately 1 pound.
  - IV. Three Attempt Rule - The team possessing the pallina will have 3 attempts at placing the pallina within the 10' mark and before the 5' mark on the opposite end. If these 3 attempts are unsuccessful, the opposing team will have one opportunity to place the pallina. If this attempt is unsuccessful, the referee will place the pallina in the center of the court width at the 15.24 m (5') mark (from the closed end). However, at no time does a team lose its earned pallina advantage of being able to deliver the first ball. After the above succession, the pallina shall not be touched.

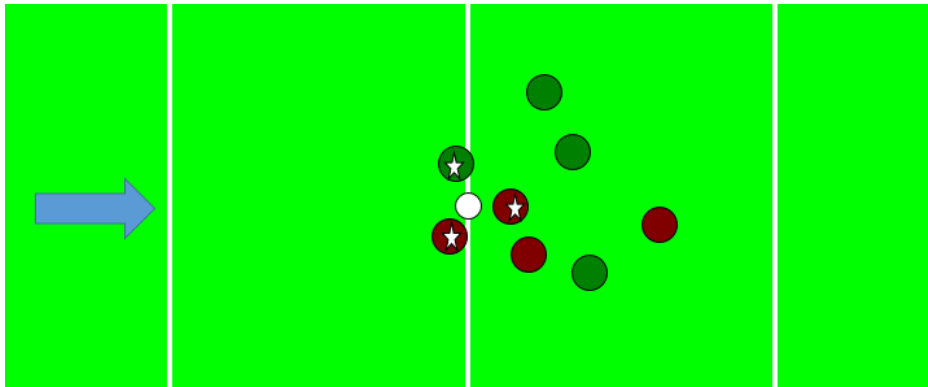
### **Unified Bocce Rules**

1. Unified Bocce is played as a doubles competition. Each Unified Sports doubles team shall consist of one athlete and one partner.
2. There is no requirement within these rules as to who (Athlete or Partner) plays the pallina and first bocce ball. The order can change from game to game or frame to frame.
3. Unified Bocce will follow the same rules as outlined previously with no changes to a typical doubles match.

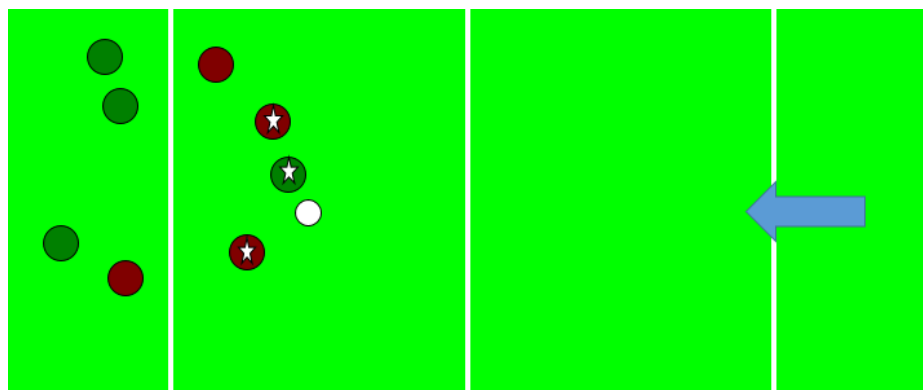
## How to get Qualifying Scores

1. Play 3 modified games to assess the athlete's ability...and to determine which Division they should play in. This score will be utilized to set divisions.
2. Place the pallina on the center of the 30ft line & the player rolls all 8 balls towards it. Measure the closest 3 throws. Record the 3 distances on the Skills Assessment scoresheet in **centimeters**
3. Change end... The pallina is placed on the center of the 40ft mark & repeat same process as for the 30 foot.
4. Change end... The pallina is placed on the center of the 50ft line & repeat same process as for the 30 foot & 40 foot.
  - a. For modified, the pallina should be placed at the 15, 10, & 25 ft. lines
5. Should the pallina be moved from its spot... it is replaced back before the next ball is thrown or any measurements are taken
6. Total all 9 scores in centimeters, this is their qualifying score!
7. Input the total score in centimeters into GMS.

Example at 30 Foot- Measure & record nearest 3 balls (cms)



Example at 40 ft. – Measure & record nearest 3 balls (cms)

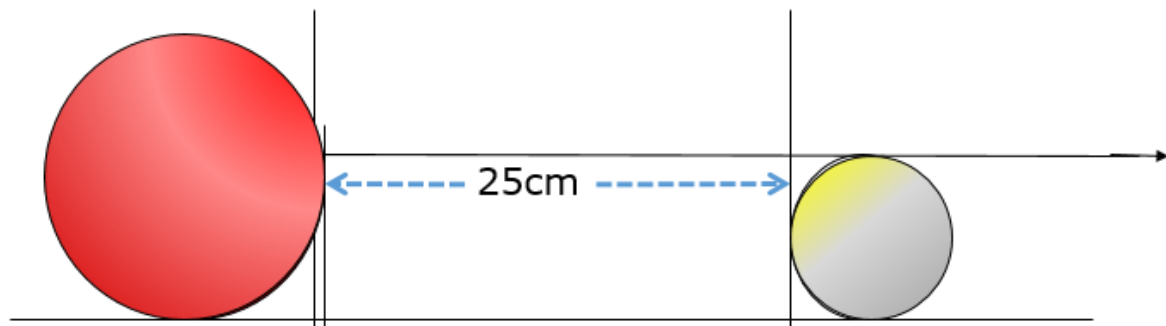


### Sample Assessment Form

Name	30 Feet			40 Feet			50 Feet			* Total (Centimeters)
	1 <sup>st</sup> Ball	2 <sup>nd</sup> Ball	3 <sup>rd</sup> Ball	1 <sup>st</sup> Ball	2 <sup>nd</sup> Ball	3 <sup>rd</sup> Ball	1 <sup>st</sup> Ball	2 <sup>nd</sup> Ball	3 <sup>rd</sup> Ball	
Sample	120	124	135	100	115	127	50	75	100	946 cm

### How to measure

1. Measure from the center side of the bocce ball to the center side of the palli



***Tip: Put a biro behind the Ball to stop nervous hands from moving it***



# Bowling



## **SOMI-Specific Information**

### **Sport season:**

Year-round

### **Culminating State Events:**

State Summer Games

State Unified Bowling

### **Events Offered:**

1. Doubles and Team Bowling: All Male, All Female
  - I. Double - 2 man team
  - II. Team - 4 man team
2. Unified Doubles and Unified Team Bowling
3. Ramp Bowling
4. Ramp Doubles and Ramp team competition

### **National Governing Body:**

Federation Internationale Des Quilleurs (FIQ) &

World Tenpin Bowling Association (WTBA) Rules

## Uniform Guidelines

1. All bowling team members should wear shirts and shorts/pants that are identical in color and style.
2. Shoes: Bowling shoes **must** be worn by all competitors and in most cases are available at the event venue.

## Equipment

1. Bowling ball: A properly fitting ball is essential. Finding the proper finger fitting and proper weight are the most important factors.
2. Bowling Bag: For storage of own ball.
3. Rosin Bag: Used to provide athlete with dry hands.
4. Bowling Towel: Used to wipe dirt, oil off ball to keep it clean.

## General Rules

1. Lane assignment will be done by heat (division) NOT by area, please plan accordingly for chaperone coverage at events.
2. Each area may enter no more than 25% of their delegation in bowling events. An area is given two bowling teams for every 100 athletes registered in their delegation.
3. Bowlers may enter 1 or 2 events offered; one must be singles. Athletes will bowl two games in each event.
4. Bowlers are placed into heats based upon the average score submitted by the coach. A handicap will be used. If a score is not submitted the athlete will receive a zero for their handicap.
5. In doubles bowling, a team should consist of bowlers with similar ages and genders. If an area must submit a coed team in doubles bowling, the following guidelines apply:
  - I. The team will bowl in the oldest member's age group regardless of gender.
  - II. The team will bowl in the male division if any member of the team is male.
  - III. Doubles Bowlers, if one member is a ramp bowler both athletes need to register in the ramp event.
6. Areas may have a pool (group) of alternates that may be interchangeable in their own area for more than one team.



## **Doubles and Team Bowling**

1. Competition will be offered for all male and female doubles and teams. Male and female competition will be separate. All events will consist of two (2) games if time allows.
2. Doubles bowling involves a two-member team. Team bowling involves a four-member team.
3. The participation of a male athlete in either doubles or team bowling places the team in the male division. (Example: If one male athlete/one female athlete comprises a doubles team, the team must bowl in the male division).
4. The doubles handicap is based on 80% of the difference in the team average and 400 scratch. The team handicap is based on 80% of the difference in the team average and 800 scratch. (Example: John and Jim are a doubles team. John has an average of 83 and Jim has an average of 101 that makes their team average 184. The difference between 400 and 184 is 216. 80% of 216 is 173 (rounding up 172.8). This means John and Jim's handicap is 173.)
5. Final doubles and team series scores will be determined by adding the actual pin fall and the doubles and team handicap.
6. All potential bowlers must be registered in pool of alternates. If an alternate bowler is utilized, the team will bowl during the originally scheduled bowling time no matter what the age and gender of the new bowler. Combining ages and/or genders should not be a problem since handicaps are utilized.
7. In doubles and team bowling, a bowling team should be made up of similar age and gender. If an area must submit a coed team, that team will bowl in the male division. If an area must submit doubles or a team made of two age groups, the doubles or team will bowl together in the older bowler's age group and time frame. (Example: A 32-year-old female and a 27-year-old male comprises a doubles team. The team will bowl in the 30-99 year-old male division). If an alternate is utilized, the team remains in the same time slot and division.
8. Five age groups will be utilized 8-11, 12-15, 16- 21, 22-29 and 30+ (age groups may be combined based on registration numbers)
9. Conflicts must be avoided between the singles, doubles and team times when entering your athletes.
10. Bowlers may enter two of the three bowling events offered at the State Summer Games, although one of the two events must be singles.
11. For State Events the average of 10 games is required at registration.

## Ramp Bowling

1. All bowlers who utilize a ramp for bowling competition must register using appropriate ramp codes (BORAMP/BORMDB) or if there is a ramp bowling team (4 athletes = BOTeam).
2. With ramp doubles or team competition, both the partners need to be registered for ramp bowling. All team members are not required to use the ramp.
3. The ramp bowling doubles teams will be placed in the age category of the oldest bowler. If one team member is male, the team bowls in the male category. (Example: If one male athlete/one female athlete comprises a doubles team, the team must bowl in the male division).
4. Ramps are a two-piece metal unit, one stand and one sloped piece. The stand is a minimum height of 24 inches and maximum height of 28 inches. The stand width is 24 to 25 inches across. Sloped piece: from connecting point to stand to first bend is 16 inches and from first bend to bottom of sloped piece is 54 inches
5. Lane volunteers may assist with setting the ramps during competition if needed



# Cross Country Ski



## **SOMI-Specific Information**

**Sport season:**

December-February

**Culminating State Event:**

State Winter Games

**Events Offered:**

50 Meter

100 Meter

250 Meter

500 Meter

1K

2.5K

5K

4x1K Relay

4x1K Unified Relay (local)

**National Governing Body:**

Federation Internationale de Ski (FIS) Ch-3653

Oberhofen/Thunersee Switzerland 413344-6161

## **Uniform Guidelines & Equipment**

1. Athletes should wear appropriate winter sports attire. Warm ski gloves or mittens, a hat, scarf, headband or ski mask, and sun-glasses or goggles are recommended.
2. It is best to wear clothing that is layered to trap heat between layers. Layered clothing is especially important for 500 meter, 1K, and 2.5K skiers.
3. Bibs: All competitors must wear competition bibs for both time trials and finals races.
4. Competition equipment, such as skis, boots, bindings, and poles, must pass all appropriate safety guidelines.
5. Jewelry and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## **Course Layout/Facilities**

1. Markers, poles, and fencing shall be available to identify the course.
2. Poles and fencing shall be used to block off trails, which might lead the competitors off the race course. Banners shall mark the start and finish.
3. Electric timing with a backup, hand held timing system shall be used for timing 1- 10 kilometers events. The 100 meter event should be timed with a number of stop watches equal at least to the number of athletes per division, plus two. A watch should be assigned to each lane while two extras serve as backup.
4. Cross-country trails, suitable in length and terrain to accommodate skiers of beginning, intermediate, and advanced skill levels shall be available. At least one set of tracks should be set and the other lane, which is mandatory, shall be set as either a skating lane or second set of tracks.
5. If more than one set of tracks are used, they should be 1 to 1.2 meters apart, measured from the middle of one track to the middle of the other. Individual ski tracks should be 20 - 24 centimeters apart, measured from the middle of one track to the other. Tracks should be at least 2-5 centimeters deep.
6. A warming facility should be accessible from the trails. It should be large enough to accommodate the Special Olympics crowd in case of extreme weather conditions.

## **General Rules**

1. Athletes may enter three (3) events if one is the 5K.
2. Events ranging from the 500 meter race to the 5 K race should follow the interval start format. That is, one or two racers should start at intervals of every 30 seconds.
3. The start command for cross-country skiing events ranging from the 500 meter race through the 2.5 kilometer race shall be as follows: "Racer... 15 seconds... 10 seconds... 5, 4, 3, 2, 1, GO!" For individual events of distances 100 meters or less, there shall be no preliminary warning. The start command for relay events shall be the same as for individual events of distances 100 meters and less, except that there will be a 10 second warning: "10 seconds... racers... ready... Bang."
4. Events ranging from the 500 meter race through the 5 kilometer race should be conducted on courses which include uphill, downhill, flat sections, and sections with turns. They should be conducted on courses, which are a loop configuration. In long distance events, multiple loop courses are permissible.
5. Due to the possibility of very low registration numbers, the following events may be combined and run as open divisions: 2.5K & 5K, this means combining males and females and all age groups. Athletes will be awarded separately.

## **Event-Specific Rules and Modifications**

1. 50, 100 and 250 Meter Cross-Country Skiing Race
  - I. The start line is a straight line. There must be 8 lanes with tracks set in the center of each lane. These lanes must be a minimum of 2 meters wide.
  - II. The course for the 100 meter and 250 meter events should be as flat as possible.
  - III. In no event should a course slope more than 5%. In the event that the course is set on slopes, the start of the race shall be such that the competitors will ski uphill to finish the race.
2. Relays:
  - I. 4 x 1K Relay is each athlete competing in a 1K length.
  - II. Divisions for cross-country skiing relay races shall be established by computing Team Qualifying Times. A Team Qualifying Time is computed by combining the times of the members of a team in time preliminaries from the individual event of similar distance to one "leg" of the relay event (e.g. Times from the 1 Kilometer Cross-Country Skiing Relay).
  - III. Team members not entered in the individual event of similar distance to one "leg" of the relay event must enter and compete the preliminary event for that individual event.
  - IV. Race officials may start a relay division once every minute.
  - V. In the event a team does not execute a proper exchange, an exchange zone referee shall notify the skiers involved in the exchange immediately. It is then the skier's responsibility to decide whether or not to re-execute an exchange.

## **Disqualifications**

1. A competitor may be disqualified if he/she:
  - I. Does not follow the marked course or does not pass all the control check points or takes a short cut.
  - II. Receives unauthorized assistance.
  - III. Fails to give way to an overtaking competitor when so requested or prevents another racer from passing.
  - IV. Violates technique ruling regarding skating in classical races.
  - V. Does not finish with skis on his/her feet.
  - VI. Falls or leaves the track: that individual has 2 minutes to resume racing, the competitor must also advance forward a minimum of 20 meters within that time. Failing to resume advancement on the track within 2 minutes, and/or receiving unauthorized assistance.



# Cycling





## **SOMI-Specific Information**

**Sport season:**

June – September

**Culminating State Events:**

State Fall Games

**Events Offered:**

**Three (3) Wheel Bike**

250M Time Trial

500M Time Trial

1K Time Trial

3 K Time Trial

**Individual:**

500 M Time Trial

1K Time Trial

3K Time Trial

5K Time Trial

5K Road Race

10K Road Race

**Unified:**

3K Unified Time Trial

5K Unified Time Trial

3K Unified Tandem Time Trial

5K Unified Tandem Time Trial

5K Unified Team Road Race

10K Unified Team Road Race

**National Governing Body:**

United States Cycling Federation

One Olympic Plaza

Colorado Springs, CO 80909 (719) 866-4581

## **Uniform Guidelines & Equipment**

1. The recommended cycling uniforms consist of a jersey, cycling shorts, and cycling gloves although this uniform is not mandatory. Shorts should be mid-thigh in length.
2. If wearing long pants, only form fitting pants may be worn (for example spandex pants). Clothing should not be too big or too loose as to get caught in the bike while riding. The bike inspector will have the final say on what shorts and/or pants will not be allowed.
3. The Special Olympics Michigan logo must be on the jersey. The area will be FINED the cost of putting the logos on the uniforms for each team sport without logoed uniforms. Area Directors will be notified.
4. Helmets are required and must meet ANSI or SNELL safety standards and must be fitted properly. Large helmet sizes, if needed, can be found at West MI Cycling in Grandville and Holland.
5. Hats, bandanas, du-rags, and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.
6. Jewelry is not allowed.
7. Any standard bike that complies with the safety standards may be ridden.
8. All bicycles and helmets must pass a safety inspection on race day prior to competition. The safety inspection ensures that the bicycle is road ready and the helmet fits properly. Inspections will be done in the morning by a certified bicycle mechanic or qualified mechanic onsite.
9. It is the responsibility of the coach and athlete to bring equipment that is in working order. If a bicycle is deemed unsafe, the bicycle will not be allowed on the course. If adjustments need to be done, they must be done before the inspection period is over, prior to the start of competition. Any repairs needed are the responsibility of the coach.
10. Adaptive bikes may be used in the time trial events if they do not impede other riders or cause an advantage. These bikes must also pass a safety inspection.
11. Bicycles must have two working brakes.
12. A bicycle with handlebars with forearm support or extend forward or upward may only be used in time trial events. The handlebars must be solidly plugged and attachments shall be attached securely so as to not impair steering. The bicycles may be inspected by the Chief Referee to be sure that the bicycle is safe and compliant. An inspection of every rider's equipment is not required.

## General rules

1. Each athlete may enter two individual events plus a unified event. Thus, an athlete may compete in three events, if one event is a unified race.
2. To qualify to register for the 5K events the athlete must be able to complete the race in 18 minutes or less. To qualify for the 10K events the athlete must be able to complete the events in 26 minutes or less. Athletes in the 10K will be heated by score.
3. Entering Scores: To insure accurate information for heating please enter scores the proper way. Times should be recorded in the Qualifying Score box as follows: minutes, second, milliseconds. Example would be 12 minutes 29 seconds would look like this – 12:29.00
4. All riders must be in the staging area near the start line at least fifteen (15) minutes prior to their event. Start time is forfeit time.
5. The Starter shall countdown to the starting time using both an audible and visual countdown for each rider. Notification of time remaining to start will be given at various intervals in advance of the start. (i.e. 15 seconds, 10 seconds, 5,4,3,2,1, GO!).
6. For hearing impaired riders a visual cue (flag or arm drop) shall be used to indicate the start of the clock/race.
7. The rider shall start from a stationary position. The rider shall be held and then released, without being pushed, by a holder. The same holder shall perform the task for each rider in the division. The rider may opt to start with one or both feet on the ground at the start.
8. At the discretion of the Chief Referee and organizing team, the time trial start order may be conducted fastest rider to slowest rider OR slowest rider to fastest rider depending on a number of factors including course layout, course condition, ability range of the field of riders and any other factors which may impact safety of the competition.
9. Drafting and taking pace (side by side) is not allowed in time trials unless it is a team event. Partners can draft each other, but not other teams. Separation between two bikes should generally be at least three (3) bike lengths, unless passing.
10. Cyclists who experience mechanical problems may change any part of the bicycle or the entire bicycle, if necessary, to finish the race. Assistance is allowed. A competitor remounting the bike after a crash or mechanical problem, and/or of a flat tire, may be pushed up to 10 meters. The athlete may make no progress unaccompanied by a bicycle (relegation or disqualification). In the case of a crash, flat tire and/or mechanical problem, the competitor may run with the bicycle to the finish line, staying on the course - in the case of Unified Sports tandem teams, BOTH riders must be touching the bicycle while crossing the finish line.
11. Cyclists must keep at least one hand on the handle bars at all times – even at the finish of the race
12. No cyclist may use or carry radios for communication with other riders or coaches during competition.
13. Use of headphones of any style is prohibited while racing or training except on stationary equipment. Riders with certified hearing impairments may use hearing detection and amplifying devices
14. A **Time Trial** consists of an individual racing against the clock. Competitors should

depart at 20-second intervals for time trials.

15. Use of modified bicycles will be permitted only in time trial events. The Chief Referee will decide if two-wheel and modified bicycles may compete together, based on the number of competitors, course conditions and ability level of the riders.
16. A **Road Race** consists of a mass start. Competitors in road races will begin in mass starts according to division. For road races on multi-lap courses, everyone finishes on the same lap as the leader and will be given a prorated time unless the referee deems that there is too great a differential in speed among the competitors on the course. If this occurs, the referee will consult with the Event Director and Rules Committee on what action is to be taken. No times are recorded for Road Race Finals. The finish is determined by the placing/order of crossing the finish line. The race shall be declared finished when the front tire of the bike crosses the finish line. Awards will be handed based upon this finish. The Maximum Effort is not applicable in Road Race Finals.
17. The start is by Starter's pistol or whistle. For hearing impaired riders a visual cue (flag or arm drop) shall be used to indicate the start of the clock/race in addition to the use of a starter's pistol or whistle.
18. If the course is more than 2.5 kilometers in length, more than one division may ride on the course at once. The divisions may be started at one, two, or three-minute intervals
19. The competitors shall wear their entry numbers according to instructions by chief officials
20. Head coaches and other delegation members are not allowed on the track. Coaches may coach from the course sidelines.

## Course Layouts

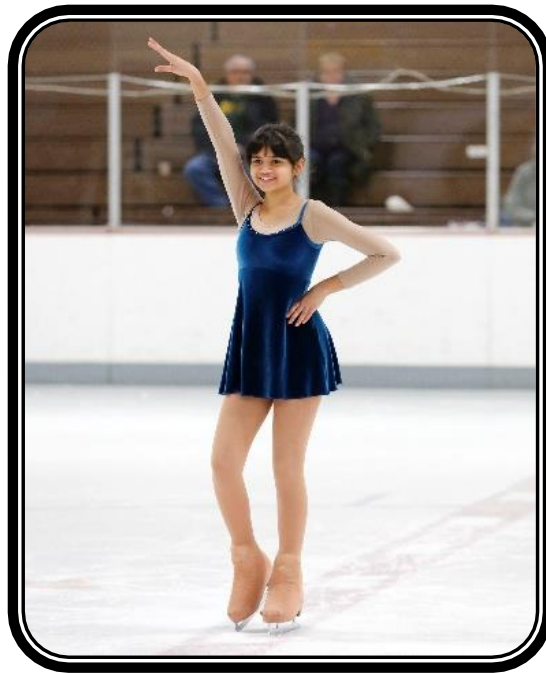
1. **Road Course** - The course layout should be approximately 2-5 kilometers in length, with 2.5 kilometers optimal for shorter distance events and 5 kilometers or more for races over 15 kilometers in length. The distance for events may be approximate. The course can be the same for all races. The course should always be a loop. The road width should be at least 7 meters wide.
2. For events over 1 kilometer the course design must consider the skill-sets of both the fastest and slowest riders. Out and back courses and courses with 180 degree turns are very difficult to control for safety and should not be used. Road events over 15 kilometers should, if possible, be run on longer courses and with slightly more challenging terrain.
3. The road should be in good condition, free of potholes and not made of gravel. Prior to a race, pebbles, gravel and earth should be swept off the road. Sewers should be covered by a rubber plate.
4. The racing course should be, whenever possible, closed to public traffic. The traffic should be stopped when a race is in progress.
5. A staging area shall be provided for athletes, allowing them to congregate, warm-up, stage, and cool down. To ensure the safety of the competitors, these staging areas shall not overlap with the race course.
6. Repair areas shall be available on site.
7. The finish line should always remain the same for all races. The finish area should be at least eight meters wide and be adequately protected with fencing or barriers so as to prevent spectators from running onto the course.
8. A safe exit from the course should be planned to accommodate riders completing their race. The marking of finishing lines should cover the full width of the course. The last 200 meters should be free of turns and curves. There should be at least 75 meters of straight road after the finish line to allow cyclists to slow without difficulty.
9. **Time Trial** - The course layout for a time trial can be as short as 500 meters only if the number of starters is limited and the starting riders cannot interfere with lapping riders. If the course is a loop, the first turn after the starting area should be at least 100 meters from the start. The ideal course length is two (kilometers). The road must be wide enough to allow riders to pass each other with at least 1 meter between them side to side at time of passing. (Recommend 4 meters or greater). Time trial courses can be out and back if the lanes are separated by a physical barrier (a fence, concrete divider, grass median or curb). Time trials may be point to point courses and have a separate start and finish line. The finish line should remain fixed for all distances with a variable start line location for different distances.
10. The time trial course should be closed to public traffic.
11. The road surface should be in good condition, free of potholes and not made of gravel. Prior to the time trial, pebbles, gravel and earth should be swept off the road. Sewers should be covered by a rubber plate.

## **Unified Cycling Rules**

1. Unified Team events will include the 3K and the 5K Time Trials and the 5K and 10K Road Race. This will include a two person Unified Sports® Team; 1 Athlete and 1 Unified Partner. When two bikes are used, they must be 2-wheel bikes. The road race events will be a mass start event and the time trial events will start at 20-second intervals with the two person Unified Sports® Team starting side by side. The teams place will be determined when the last competitor's front wheel (partner or athlete) crosses the finish line. The finish times for the members of the team shall not exceed a 3 (three) second difference from the fastest to the slowest rider.
2. Unified tandem events will include the 3K and 5K Time Trial. The athlete or partner may assume the driver (front) or stoker (rear) position on the tandem. In accordance with UCI Para-cycling rules blind and visually impaired cyclists compete on the rear of tandem bicycles, with a sighted pilot.
3. The unified partner must complete the Application for Participation for unified partners.



# Figure Skating



## SOMI-Specific Information

**Sport season:**

December-February

**Culminating State Event:**

State Winter Games

**Events Offered:**

Level 1-3	Level 4-6
<u>Free Skate</u>	<u>Short Program- Level 4-6</u>
<u>Ice Dance</u>	<u>Free Skate</u>
<u>Pairs</u>	<u>Ice Dance</u>
<u>Unified Pairs 1-3</u>	<u>Pairs</u>
<u>Unified Ice Dance</u>	<u>Unified Pairs 4-6</u>
<u>Unified Syncro- offered locally</u>	<u>Unified Ice Dance</u>
	<u>Unified Syncro- offered locally</u>

**Events that a single skater can do:**

Free Skate

Short Program

Ice Dance

**Events that require 2:**

Pairs

Unified

\*For levels 4-6 short program & free skate scores are combined, thus those two events count as one event that the athlete registers for.

**National Governing Body:**

International Skating Union (ISU)

Promenade 73 7270

Davos-Platz Switzerland (41.83) 37577 or

Refer to ISI or USFS for more information



## **Uniform Guidelines & Equipment**

1. Clothing of the Competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.
2. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full length trousers and must not wear tights. In addition, in Ice Dance, Ladies must wear a skirt. Accessories and props are not permitted.
3. Clothing not meeting the requirements will be penalized by a deduction of 0.5 point.
4. The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 0.5 point.
5. No props.
6. Jewelry and denim may not be worn during competition or practice.

## **Equipment/Facilities**

1. A rectangular rink, which measures at least 26 x 56 meters (85'x185') is required.
2. A warming area and changing facility should be available for the athletes.
3. A sound system for musical accompaniment is required.
4. Provide music on a CD at venue site.

## **General Rules**

1. Athletes will be awarded one medal for each event.
2. Each athlete participating at the Games may only compete in one sport. Each athlete may participate in three events within the chosen sport category.
3. Special attention should be directed to recommended events for the athlete's ability level.
4. Unified can consist of two males, two females, or male and female.
5. Unified will be one athlete and one Unified Partner.
6. Athlete and partners may register for two events with special medals awarded.
7. Pairs will be two athletes, with the team being one male and one female, two males or two females.
8. There will be a minimum of three and a maximum of nine judges (one of whom will be a head judge). The number of judges must be an odd number.
9. Each program must have the program component sheets. These should be submitted with registration

## **Level I**

1. Eligibility: A skater competing in Level I must be able to complete the skills required in Badges 1-5 but no higher.

### Level I Freeski Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences to skate. The program will not exceed a time limit of one minute, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is a Beginner Freeski program.
  - I. The skaters will perform the selected six elements listed below from Badges 1- 5 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-5.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Forward swizzles (at least 5) (FSw)
    - ii. Backward swizzles (at least 5) (BSw)
    - iii. Forward one-foot glide left and right (length of glide is considered in GOE) (FGI)
    - iv. Two-foot jump in place or moving (forward only) (TFJu)
    - v. One-foot forward snowplow stop (left or right) (FSSt)
    - vi. Forward two-foot curves left and right (feet should be parallel and leaning on a curve) (FTCu)
5. No elements above Badge 5 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Performance  
Factor 1.0

## Level II

1. Eligibility: A skater competing in Level II must be able to complete the skills required in Badges 1-9 but no higher.

### Level II Freeski Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is an Advanced Beginner Freeski program.
  - I. The skaters will perform the selected seven elements listed below from Badges 1-9 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-9.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Bunny hop (BHo)
    - ii. T-stop left or right (TSt)
    - iii. Backward stroking (6-8 strokes alternating feet) (BSt)
    - iv. Forward two-foot spin (minimum of three revolutions) (FTFSp)
    - v. Forward outside three-turn (left and right) (in place or moving) (FoTTu) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
    - vi. Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) (FCr)
    - vii. Forward lunge or Shoot the Duck (at any depth) (FLu)
5. No elements above Badge 9 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher Badge.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Performance
  - II. Interpretation  
Factor 1.0

### Level III

1. Eligibility: A skater competing in Level III must be able to complete the skills required in Badges 1-12 but no higher.

#### Level III Freeskate Program

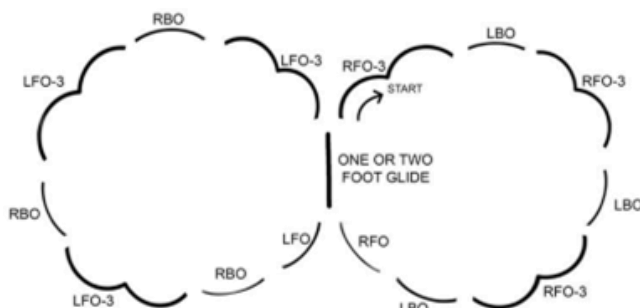
1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of two minutes, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is an Intermediate Level Freeskate program.
  - I. The skaters will perform the selected seven elements listed below from Badges 1-12 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-12.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Forward spiral (FSp)
    - ii. One-foot upright spin/ Scratch Spin (USp) (minimum of three (3) revolutions)
    - iii. Waltz Jump (W) in place or moving
    - iv. Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) (BCr)
    - v. Consecutive forward inside edges (set of four edges alternating feet = a total of four edges) (FiEd)
    - vi. Forward inside three-turn (left and right) (in place or moving) (FiTTu) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed
    - vii. Step Sequence (StSq) consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)
5. No elements above Badge 12 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Performance
  - II. Interpretation

Factor 1.0

## Level IV

### Level IV Short Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and fifteen seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. Content:
  - I. The skaters will perform the selected three elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level.
  - III. Elements can be performed in any order.
    - i. Single Salchow (1S) or Single Toeloop (1T)
    - ii. Solo sit spin without change of foot (SSp) (minimum of 3 revolutions in sit position)
    - iii. Skating Skills Sequence A (SSkSqA): Waltz three step sequence: Performed in a figure eight pattern. A two-step introduction may be added. 7
      1. Right forward outside three turn
      2. Left back outside edge
      3. Right forward outside three turn
      4. Left back outside edge
      5. Right forward outside three turn
      6. Left backward outside edge
      7. Step forward to RFO edge
      8. Glide on two feet back to center
      9. Left forward outside three turn
      10. Right back outside edge
      11. Left forward outside three turn
      12. Right back outside edge
      13. Left forward outside three turn
      14. Right back outside edge
      15. Step forward to LFO edge
      16. One or two foot glide back to center
      17. A minimum of three, three-turn/back edge sequence per circle must be performed.



#### Level IV Freestyle Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of two minutes and fifteen seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is a more Advanced Freeski program.
  - I. The skaters will perform the selected nine elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Level I-IV.
  - III. Elements can be performed in any order.
  - IV. Five jump elements
    - i. Allowed jumps: Waltz jump (W), Single Salchow (1S), Single Toeloop (1T), Single Loop (1Lo).
    - ii. Each single jump can be executed two times with a maximum of five jump elements in total.
    - iii. There can be two jump combinations or sequences (with a maximum of two jumps).
    - iv. A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (1S+1T) (=1 jump element).
  - V. Three spins
    - i. One spin in one position without change of foot (upright, layback, sit or camel) (Usp/LSp/SSp/CSp) with a minimum of three (3) revolutions
    - ii. One upright back spin without change of foot (UBSp) (any entry allowed) with a minimum of three (3) revolutions
    - iii. One spin with one change of position without change of foot (CoSp) with a minimum of two (2) revolutions in each position
  - VI. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)

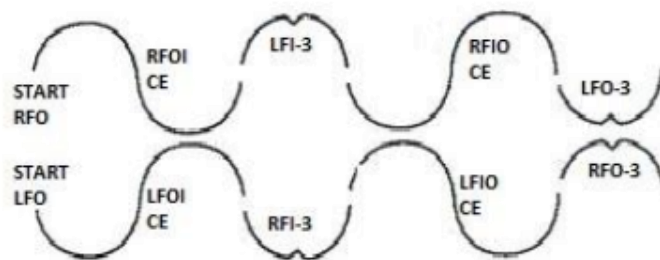
5. No elements above Level IV are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.
6. Deductions:
  - I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
  - I. Skating Skills
  - II. Performance
  - III. Interpretation

Factor 1.0

## Level V

### Level V Short Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. Content:
  - I. The skaters will perform the selected four elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level.
  - III. Elements can be performed in any order.
    - i. Single Loop (1Lo)
    - ii. Jump combination Single Salchow + Single Toeloop (1S+1T)
    - iii. Camel spin without change of foot (CSp) (minimum of three (3) revolutions in camel position)
    - iv. Skating Skills Sequence B (SSkSqB): This pattern can be performed down the length or width of the ice surface. The sequence will be performed on both feet and must be done immediately preceding each other with minimum steps in between. Right forward outside to inside change of edge, left forward inside three turn. Right forward inside to outside change edge, left forward outside three turn. Left forward outside to inside change edge, right forward inside three turn. Left forward inside to outside change edge, right forward outside three turn. Skater may start on either foot.



### Level V Freeski Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of two minutes and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music.
4. This is an Advanced Freeski program.
  - I. The skaters will perform the selected ten elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Level I-V
  - III. Elements can be performed in any order.
    - i. Six jump elements
      1. Allowed jumps: Waltz jump (W), Single Salchow (1S), Single Toeloop (1T), Single Loop (1Lo), Single Flip (1F), Single Lutz (1Lz).
      2. Each single jump can be executed two times with a maximum of five jump elements in total.
      3. There can be three jump combinations or sequences (with a maximum of two jumps).
      4. A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).
    - ii. Three spins (flying entrance or flying spins are not allowed)
      1. One spin in one position with or without change of foot (upright, layback, sit or camel) (Usp/CUSp/LSp/CLSp/SSp/CSSp/CSp/CCSp) with a minimum of three (3) revolutions on each foot
      2. Two spins with at least one change of position with or without change of foot with a minimum of two (2) revolutions in each position and three (3) revolutions on each foot (CoSp/CCoSp)
    - iii. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)
5. No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.
6. Deductions
  - I. per Fall: -0.5

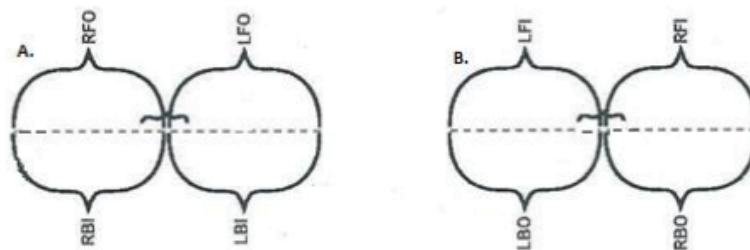


- II. costume failure: -0.5
- III. music failure (wrong music length): per 5 sec. -0.5
- 7. Program Components will be judged in
  - I. Skating Skills
  - II. Transitions
  - III. Performance
  - IV. Interpretation
- Factor 1.0

## **Level VI**

### **Level VI Short Program**

- 1. Skater may start program at any spot on the ice surface.
- 2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of one minute and forty-five seconds, plus or minus ten seconds.
- 3. The program must be performed to music, instrumental OR vocal music.
- 4. Content:
  - I. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves.
  - III. Elements can be performed in any order.
    - i. Single Axel (1A)
    - ii. Jump Combination Single Flip + Single Loop + Single Toeloop (1F+1Lo+1T)
    - iii. Combination spin with one change of position and one change of foot (CcoSp) with a minimum of three (3) revolutions on each foot and a minimum of two (2) revolutions in each position
    - iv. Flying sit (FSSp) or flying camel spin (FCSp) without change of position and without change of foot and a minimum of three (3) revolutions
    - v. Skating Skills Sequence C (SSkSqC): This Sequence is considered as one element and must follow each other consecutively, but minimal steps in between are allowed.  
Brackets:
      - 1. A - Right forward outside bracket, push backwards into a left backwards inside bracket (closing the circle) left forward outside bracket, push backward into a right back inside bracket (closing up circle).
      - 2. B - Right forward inside bracket, push backwards into left backwards outside bracket (closing up the circle) left forward inside bracket, push backwards into right back outside (closing up circle).



### Level VI Freeski Program

1. Skater may start program at any spot on the ice surface.
2. Judging and timing will begin when skater commences skating. The program will not exceed a time limit of three minutes, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music
4. This is the Most Advanced Freeski program.
  - I. The skaters will perform the selected eleven elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves.
  - III. Elements can be performed in any order.
    - i. Seven jump elements
      1. Allowed jumps: All single and double jumps (excluding Waltz Jump and Double Axel).
      2. Each single jump can be executed two times with a maximum of five jump elements in total.
      3. There can be three jump combinations or sequences (with a maximum of three jumps).
      4. A jump combination is considered as one jump element. For example: Single Salchow (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).
    - ii. Three spins
      1. One spin with change of foot and change of position (CCoSp) with a minimum of five revolutions on each foot and a minimum of two (2) revolutions in each position
      2. One spin with a flying entrance with or without change of foot and with or without change of position, but with a minimum of six (6) revolutions in total
      3. One spin free of choice
    - iii. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)
5. No elements above Level V are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Level.
6. Deductions:

- I. per Fall: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
7. Program Components will be judged in
- I. Skating Skills
  - II. Transitions
  - III. Performance
  - IV. Composition
  - V. Interpretation
- Factor 1.0

## **Pairs Skating**

### **Level I Pairs**

(this will apply to Special Olympics pair skaters and Unified Sports® pair skaters)

1. Eligibility: Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters Level I, but not higher than Level II.
2. Skaters may start program at any spot on the ice surface.
3. Judging and timing will begin when skaters commences to skate. The program will not exceed a time limit of one minute and thirty seconds, plus or minus ten seconds.
4. The program must be performed to music, instrumental OR vocal music.
5. This is a Beginner Freeskate program.
  - I. The skaters will perform the selected six elements listed below from Badges 1-2 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-2.
  - III. Elements can be performed in any order.
  - IV. If an element can be performed in place or moving, moving is considered as better quality and will be reflected in the GOE.
    - i. Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand (PFCr)
    - ii. Synchronized two-foot spin (side by side, minimum of three revolutions) (FTFSp)
    - iii. Two-foot jump in place or moving (forward only), hand in hand (TFJu)
    - iv. One partner forward one-foot glide and one partner backward one-foot glide (length of the body), hand in hand or in any holding position (PGI)

- v. Two-foot pair spin (position optional with both skaters on two feet, minimum of three revolutions) (TFPSp)
  - vi. Lunge hand in hand or in any holding position (side by side or facing each other) (PLu)
- 6. No elements above Pairs Badge 2 are to be included in the program. A mandatory 0.5 point deduction will be made for each added element from a higher
- 7. Deductions:
  - I. per Fall per person: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
- 8. Program Components will be judged in
  - I. Performance
  - II. Interpretation

Factor 1.0

## Level II Pairs

(this will apply to Special Olympics pair skaters and Unified Sports® pair skaters)

- 1. Eligibility: Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters Level III, but not higher than Level IV.
- 2. Skaters may start program at any spot on the ice surface.
- 3. Judging and timing will begin when skaters commences to skate. The program will not exceed a time limit of two minutes, plus or minus ten seconds.
- 4. The program must be performed to music, instrumental OR vocal music.
- 5. This is an Intermediate Freeskate program.
  - I. The skaters will perform the selected seven elements listed below from Badges 1-3 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-3.
  - III. Elements can be performed in any order.
    - i. Consecutive backward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle) in unison, hand in hand (PBCr)
    - ii. Bunny hop lift (cross arm hold or armpit hold) (BHLi)
    - iii. Step Sequence (StSq) consisting of steps and turns from Badge 9-12 (Singles) (covering at least half of the ice surface, straight line or circular pattern can be used)

- iv. Kilian hold pair spin (minimum three (3) revolutions, on one or two feet) (KHPSp)
- v. One foot upright spin/ scratch spin (Usp) (minimum of three (3) revolutions, side by side)
- vi. Synchronized waltz jump (side by side) (W)
- vii. Spirals hand in hand or in any holding position (position optional) (Sp)
- 6. No elements above Pairs Badge 3 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.
- 7. Deductions:
  - I. per Fall per person: -0.5
  - II. costume failure: -0.5
  - III. music failure (wrong music length): per 5 sec. -0.5
- 8. Program Components will be judged in
  - I. Skating Skills
  - II. Performance
  - III. Interpretation Factor 1.0

### Level III Pairs

(this will apply to Special Olympics pair skaters and Unified Sports® pair skaters)

- 1. Eligibility: Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® pair skater: one male and one female, two males or two females. Both skaters should have similar skating ability and it is suggested that they should be at least single skaters of Level V, but not higher than Level VI.

### Level III Pairs Short Program

- 1. Skaters may start program at any spot on the ice surface.
- 2. Judging and timing will begin when skaters commence skating. The program will not exceed a time limit of one minute and forty seconds, plus or minus ten seconds.
- 3. The program must be performed to music, instrumental OR vocal music.
- 4. Content:
  - I. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves.
  - III. Elements can be performed in any order.
    - i. One Waltz Jump Throw (1WTh)
    - ii. One Modified Death Spiral: One partner pivot, one partner in spiral position; pivot and spiral (PiF)
    - iii. One Waltz jump Lift (WLi)

- iv. One Spin with at least one change of position and one change of foot with at least two (2) revolutions in each position and at least three (3) revolutions on each foot (CCoSp) side by side
- v. One Choreographic Sequence (ChSq) (covering the whole ice surface including steps and turns and at least one spiral position)

### Level III Pairs Freeskate Program

1. Skaters may start program at any spot on the ice surface.
2. Judging and timing will begin when skaters commences to skate. The program will not exceed a time limit of two minutes and thirty seconds, plus or minus ten seconds.
3. The program must be performed to music, instrumental OR vocal music. 8.4.3.4. This is an Advanced Freeskate program.
  - I. The skaters will perform the selected eight elements listed below from Badges 1-4 and will receive a value and a GOE mark for each element.
  - II. The first attempt of each element will be judged. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are only from Badge 1-4.
  - III. Elements can be performed in any order.
    - i. One Modified Death Spiral: One partner pivot, one partner in spiral position; pivot and spiral (PiF)
    - ii. One Waltz jump lift (WLi)
    - iii. One Pairs spin in sit position or camel position without change of foot (PSp)
    - iv. Three jump elements (side by side)
      1. Allowed jumps: All single and double jumps (excluding Waltz Jump and Double Axel).
      2. Each single jump can be executed two times with a maximum of three jump elements in total.
      3. There can be one jump combination or sequence (with a maximum of three jumps).
      4. A jump combination is considered as one jump element. For example: 1 Waltz jump (=1 jump element), Single Salchow + Single Toeloop combination (=1 jump element).
    - v. One single or double Throw Jump (1WTh)
    - vi. One Step sequence (utilizing the full ice surface, pattern optional) (StSq)
  - IV. No elements above Pairs Badge 4 are to be included in the program. A mandatory 1.0 point deduction will be made for each added element from a higher Badge.
  - V. Deductions:
    - i. per Fall per person: -0.5
    - ii. costume failure: -0.5

- iii. music failure (wrong music length): per 5 sec. -0.5

VI. Program Components will be judged in

- i. Skating Skills
  - ii. Transitions
  - iii. Performance
  - iv. Composition
  - v. Interpretation
- Factor 1.0

### **Ice Dance**

- 1. Ice dance level may different than the skaters freestyle level
- 2. Skaters can submit a CD of their dance music at the competition

**Level I**

- 1. Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.
- 2. General requirements for first and second pattern dance:
  - I. All Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee. The introduction may include a maximum number of seven steps.
- 3. Dance Rotation (Preliminary)
  - I. Skaters will be required to perform the Dutch Waltz, Canasta Tango or Rhythm Blues in accordance with the following rotation schedule.

<b><u>Year</u></b>	<b><u>First Pattern Dance</u></b>	<b><u>Second Pattern Dance</u></b>
<u>2018</u>	<u>Canasta Tango</u>	<u>Rhythm Blues</u>
<u>2019</u>	<u>Dutch Waltz</u>	<u>Canasta Tango</u>
<u>2020</u>	<u>Canasta Tango (World Games Qualification Year)</u>	<u>Rhythm Blues (World Games Qualification Year)</u>
<u>2021</u>	<u>Canasta Tango (World Games)</u>	<u>Rhythm Blues (World Games)</u>

DIAGRAM #1 –

DUTCH WALTZ

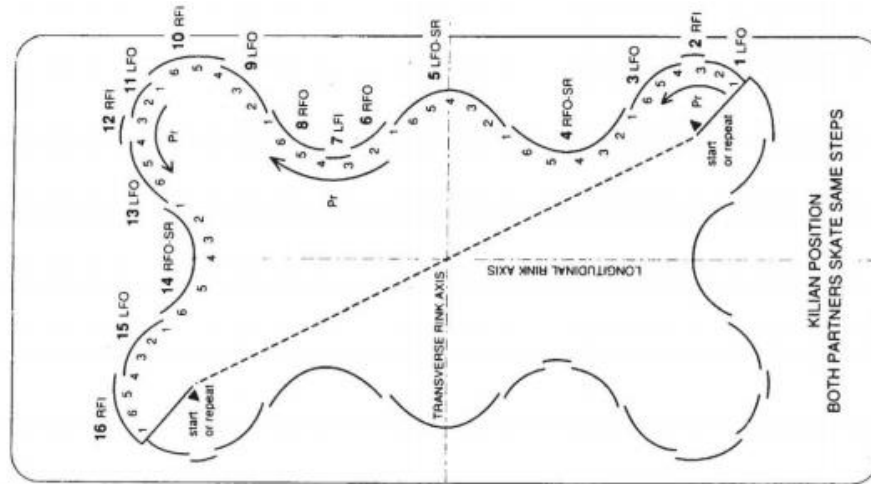


DIAGRAM #2 –

CANASTA TANGO

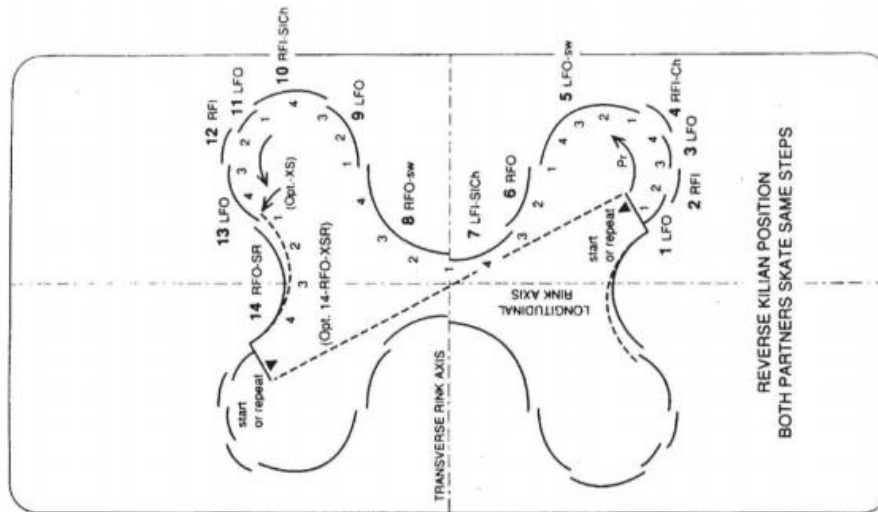
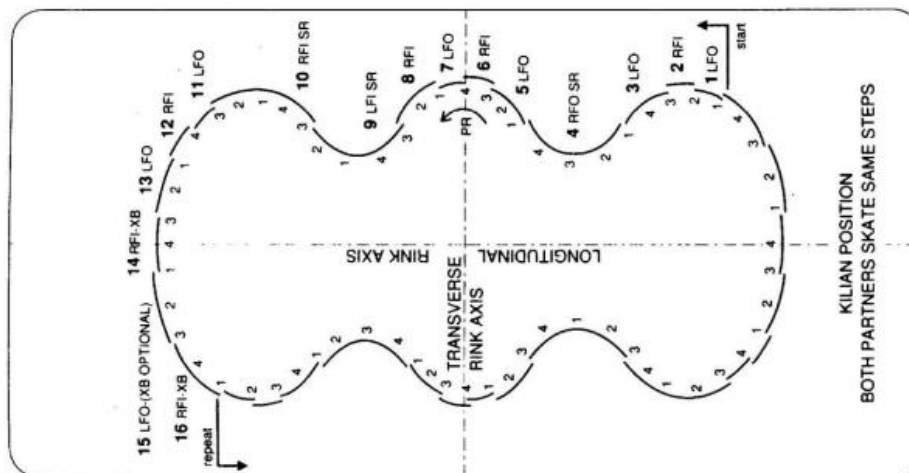


DIAGRAM #3 – RHYTHM BLUES





## Level II

1. Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.
2. General requirements for first and second pattern dance:
  - a. All Pattern Dances will be skated to music.
  - b. The dance will commence at the end of the rink designated by the referee
  - c. The introduction may include a maximum number of seven steps.
3. Dance Rotation (Pre-Bronze)
  - a. Skater will be required to perform the Swing Dance, Fiesta Tango or Cha Cha in accordance with the following rotation schedule.

<u>Year</u>	<u>First Pattern Dance</u>	<u>Second Pattern Dance</u>
<u>018</u>	<u>Swing Dance</u>	<u>Fiesta Tango</u>
<u>019</u>	<u>Fiesta Tango</u>	<u>Cha Cha</u>
<u>020</u>	<u>Cha Cha (World Games Qualification Year)</u>	<u>Swing Dance (World Games Qualification Year)</u>
<u>021</u>	<u>Cha Cha (World Games)</u>	<u>Swing Dance (World Games)</u>

DIAGRAM #4 – SWING DANCE

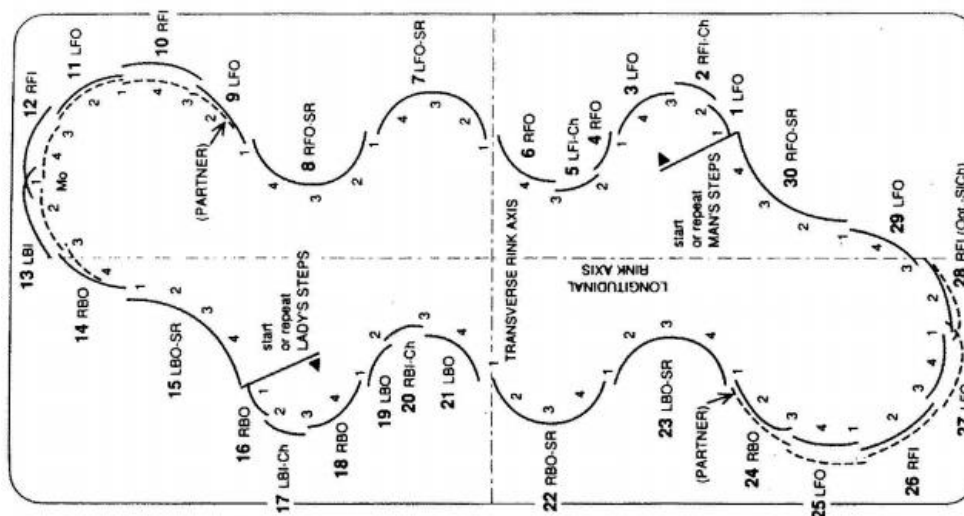


DIAGRAM #5 – FIESTA TANGO

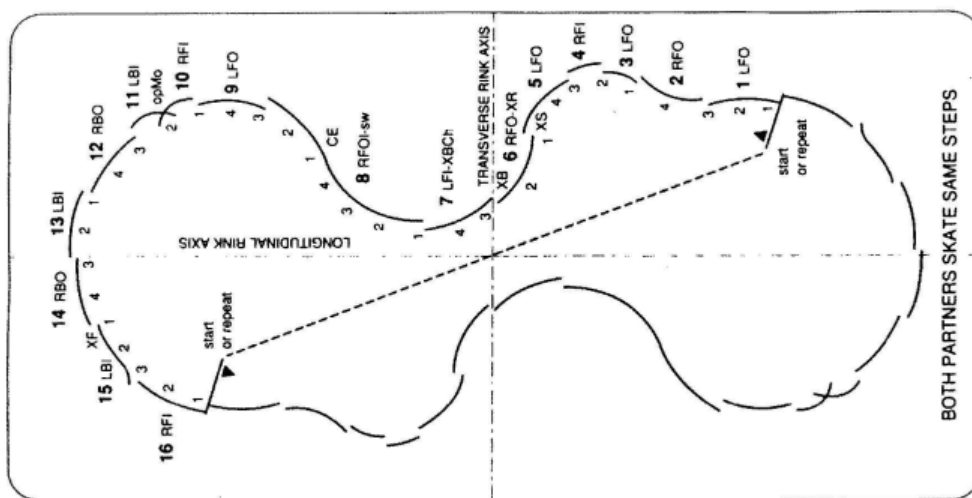
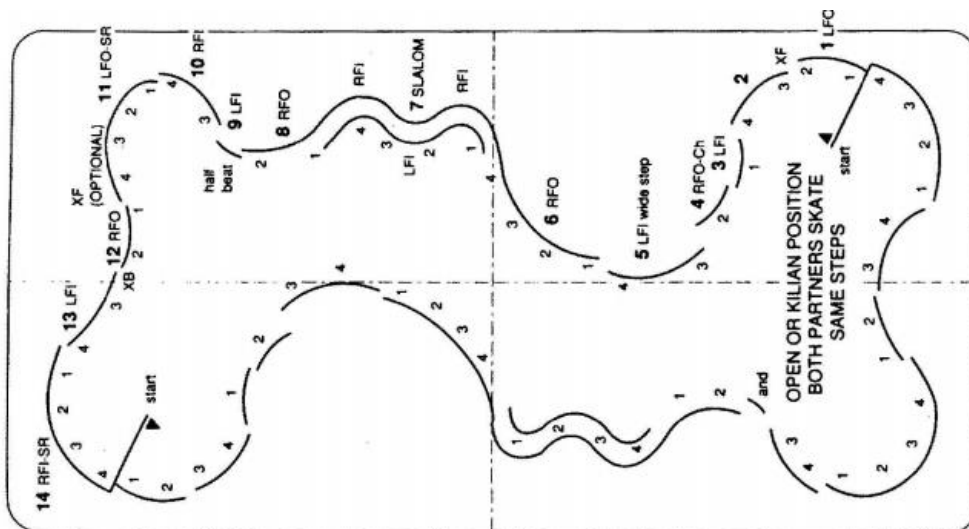


DIAGRAM #6 – CHA CHA



### Level III

1. Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.
2. General requirements for first and second pattern dance:
  - I. All Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee

III. The introduction may include a maximum number of seven steps.

3. Dance Rotation (Bronze)

- I. Skaters will be required to perform the Ten Fox, Willow Waltz or Hickory Hoedown in accordance with the following rotation schedule.

<u>Year</u>	<u>First Pattern Dance</u>	<u>Final Round—Second Pattern Dance</u>
<u>2018</u>	<u>Ten Fox</u>	<u>Willow Waltz</u>
<u>2019</u>	<u>Willow Waltz</u>	<u>Hickory Hoedown</u>
<u>2020</u>	<u>Hickory Hoedown (World Games Qualification Year)</u>	<u>Ten Fox (World Games Qualification Year)</u>
<u>2021</u>	<u>Hickory Hoedown (World Games)</u>	<u>Ten Fox (World Games)</u>

DIAGRAM #7 – TEN-FOX

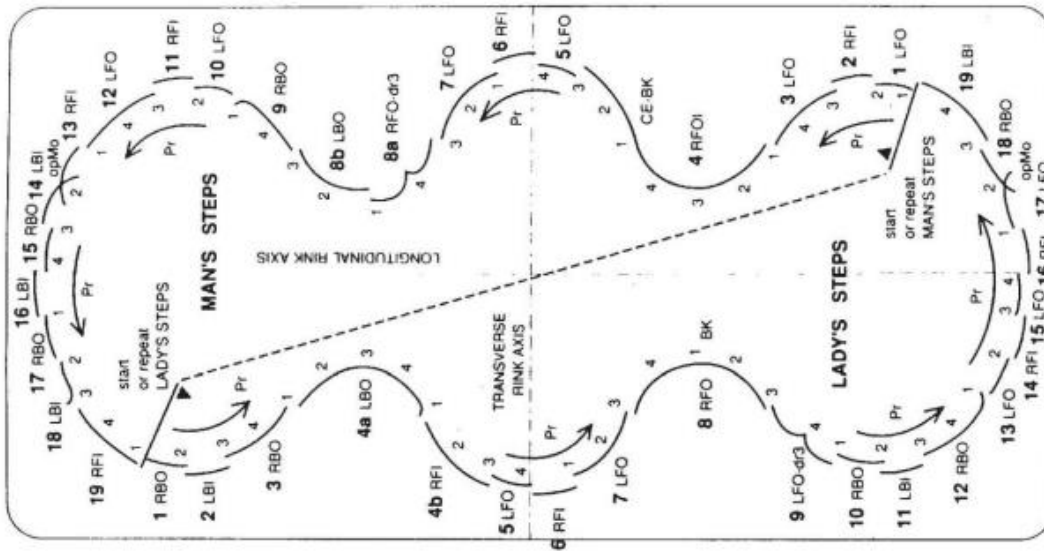


DIAGRAM #8 – WILLOW WALTZ

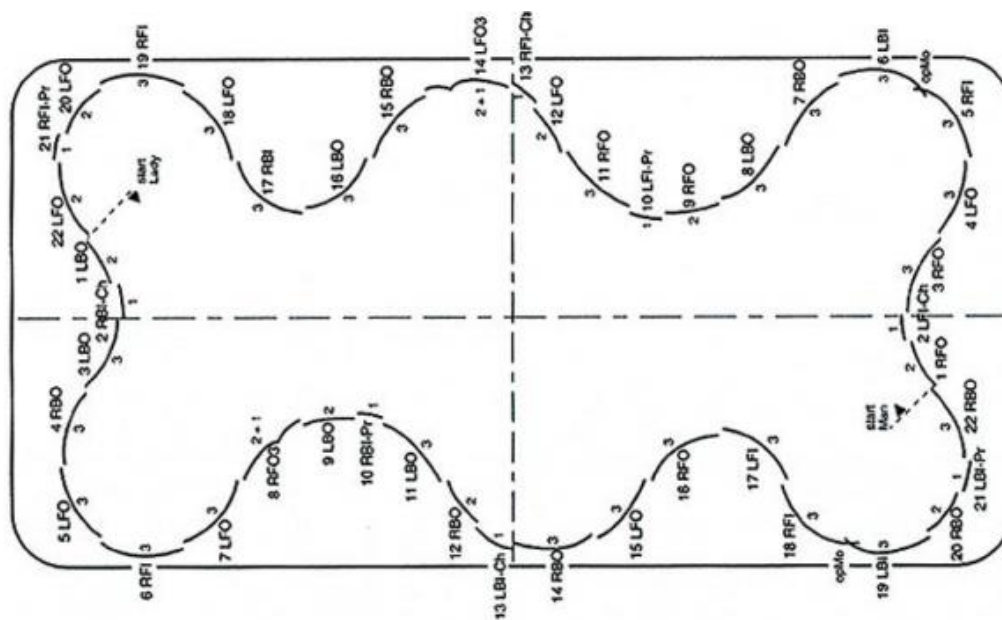
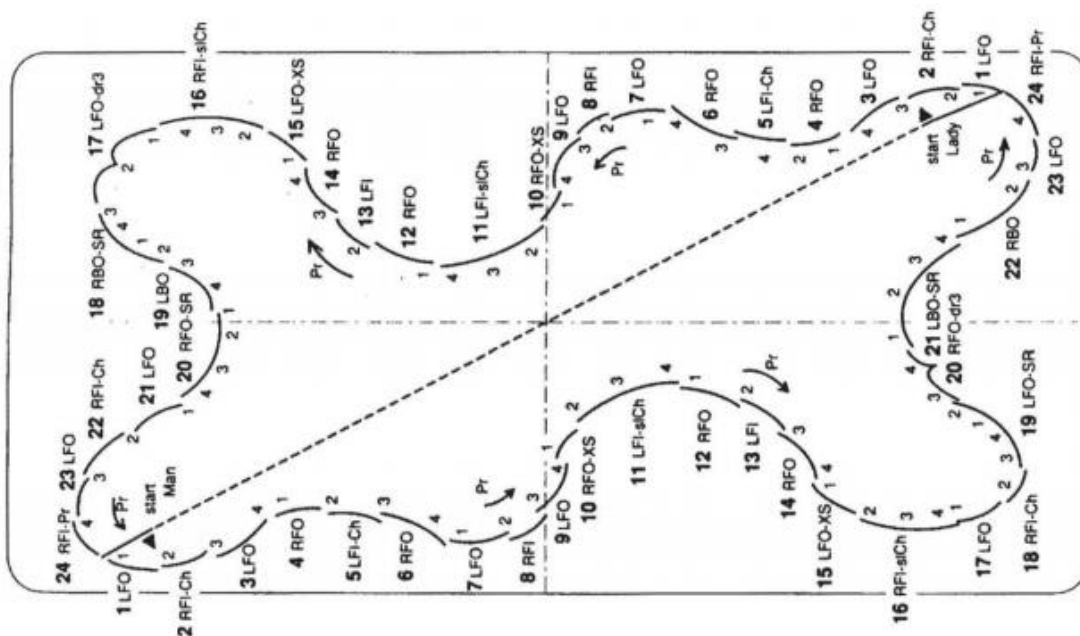


DIAGRAM #9 – HICKORY HOEDOWN



## Level IV

1. Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.
2. General requirements for first and second pattern dance:
  - I. All Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee
  - III. The introduction may include a maximum number of seven steps.
3. Dance Rotation (Pre-Silver)
  - I. Skaters will be required to perform the Fourteen Step, European Waltz or Foxtrot in accordance with the following rotation schedule.

<u>Year</u>	<u>First Pattern Dance</u>	<u>Second Pattern Dance</u>
<u>2018</u>	<u>European Waltz</u>	<u>Foxtrot</u>
<u>2019</u>	<u>Foxtrot</u>	<u>Fourteen Step</u>
<u>2020</u>	<u>Fourteen Step (World Games Qualification Year)</u>	<u>European Waltz (World Games Qualification Year)</u>
<u>2021</u>	<u>Fourteen Step (World Games)</u>	<u>European Waltz (World Games)</u>

DIAGRAM #10 – FOURTEEN STEP

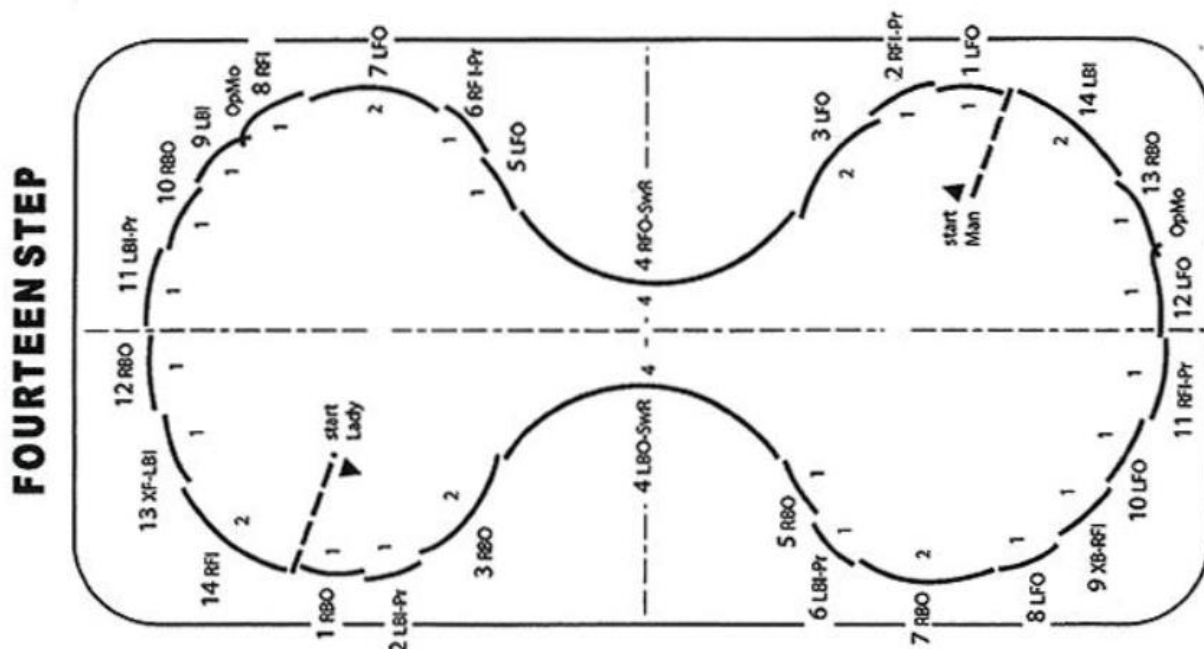


DIAGRAM #11 – EUROPEAN WALTZ

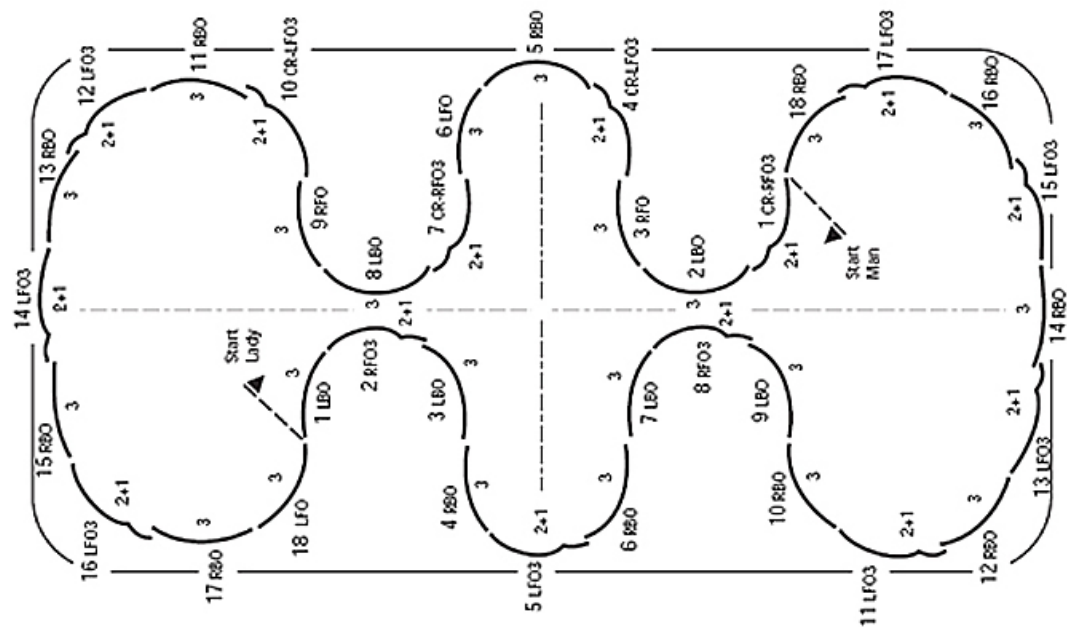
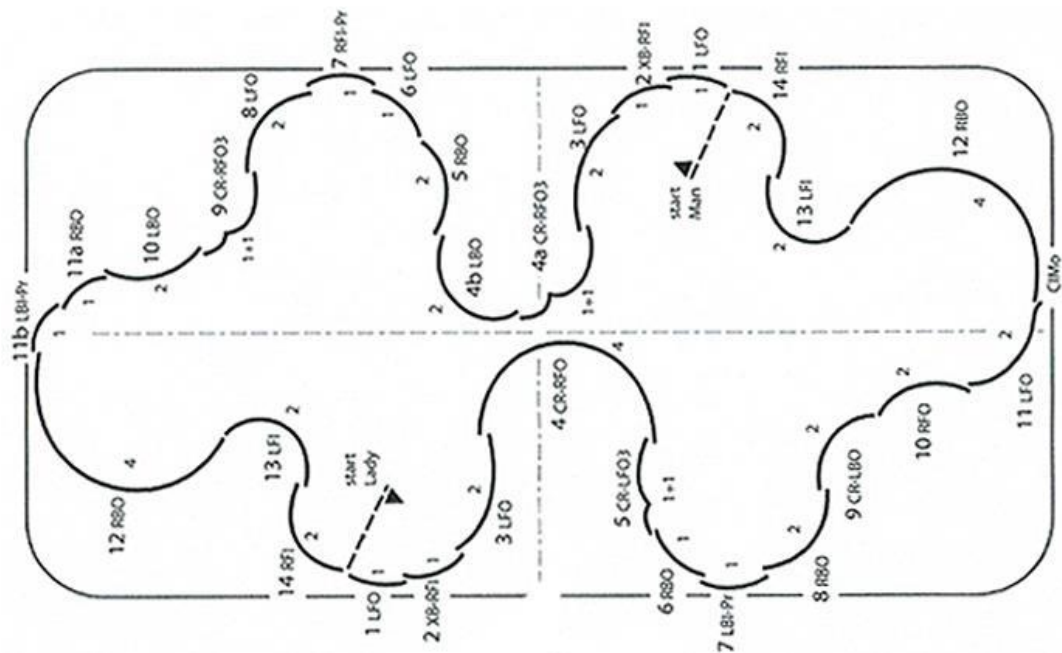


DIAGRAM #12 – FOXTROT



## Level V

1. Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.
2. General requirements for first and second pattern dance:
  - I. All Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee
  - III. The introduction may include a maximum number of seven steps.
3. Rotation of Dances (Silver)

<u>2018-2021</u>	<u>Tango and Rocker Foxtrot</u>
<u>2022-2025</u>	<u>Rocker Foxtrot and American Waltz</u>
<u>2026-2029</u>	<u>American Waltz and Tango</u>

DIAGRAM #13 – TANGO

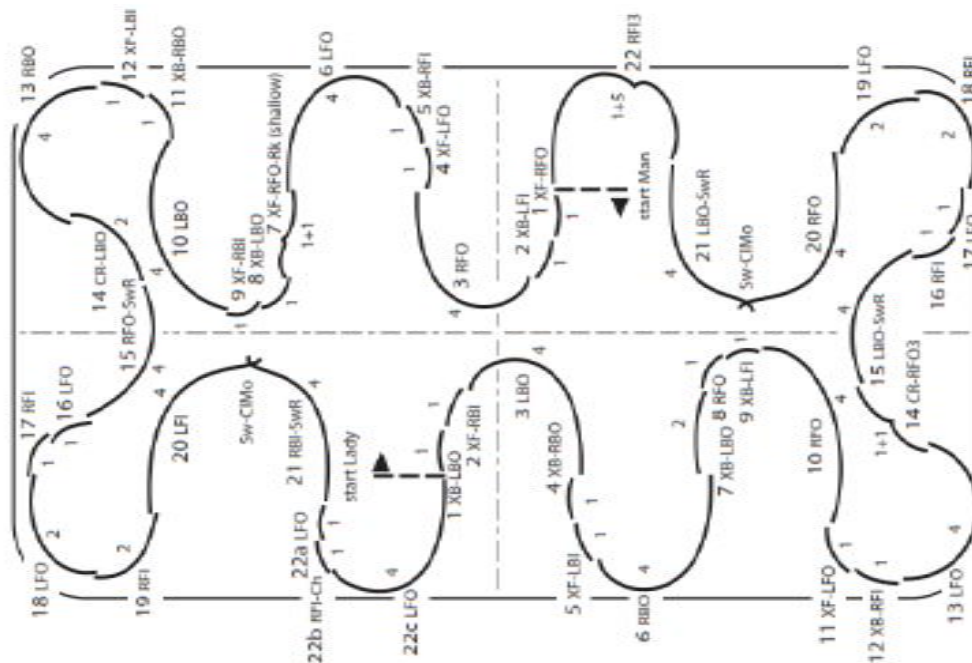


DIAGRAM #14  
FOXTROT

– ROCKER

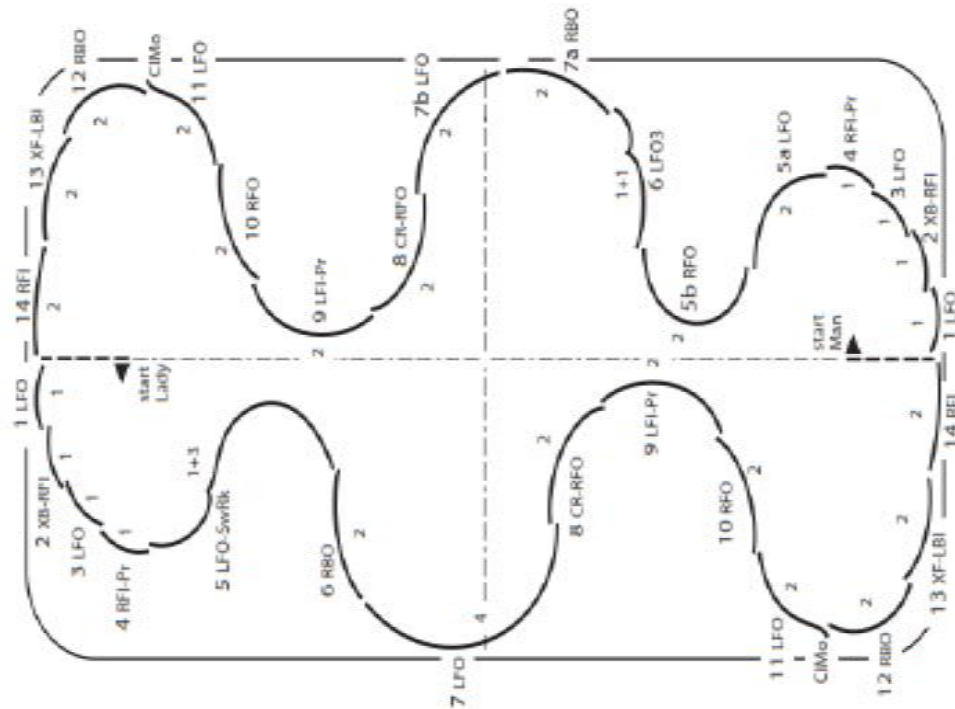
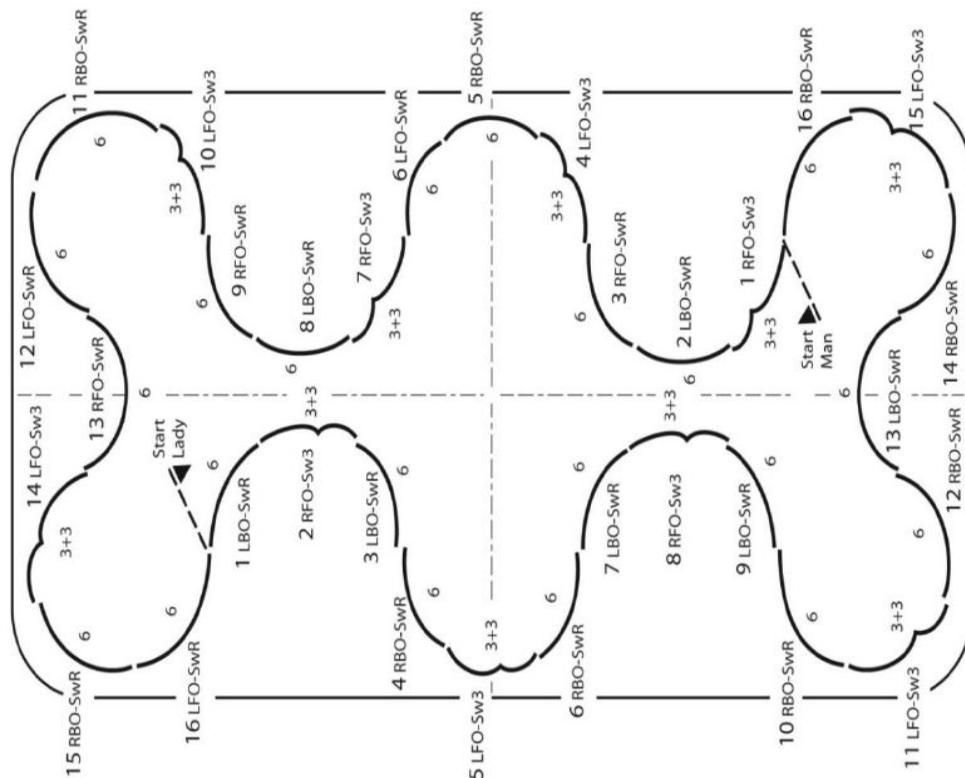


DIAGRAM #15 – AMERICAN WALTZ





## Level VI

1. Eligibility: All ice dancing competitions may be skated solo or may be skated by a dance team. Team shall consist of two Special Olympics athletes or one Special Olympics athlete and one Unified Sports® dance skater: one male and one female, two males or two females. Both skaters should have similar skating ability.
2. General requirements for first and second pattern dance:
  - I. All Pattern Dances will be skated to music.
  - II. The dance will commence at the end of the rink designated by the referee
  - III. The introduction may include a maximum number of seven steps.
3. Rotation of Dances (Pre-Gold)

<u>2018-2021</u>	<u>Starlight Waltz and Kilian</u>
<u>2022-2025</u>	<u>Kilian and Blues</u>
<u>2026-2029</u>	<u>Paso Doble and Starlight Waltz</u>

DIAGRAM #16 – STARLIGHT WALTZ

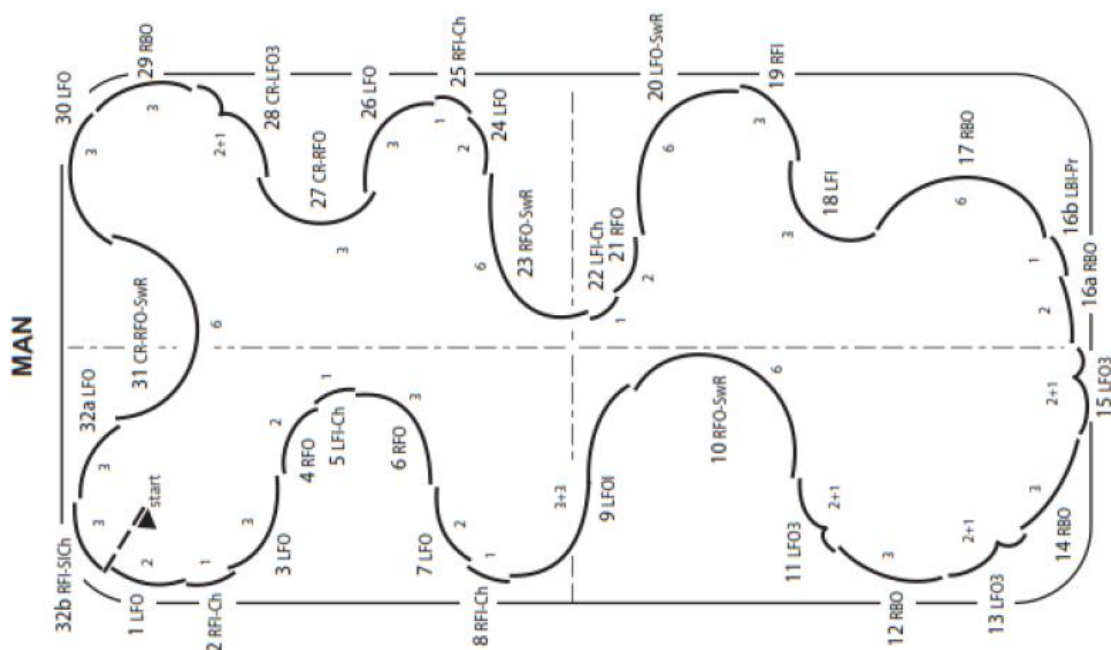


DIAGRAM #17 –

KILIAN

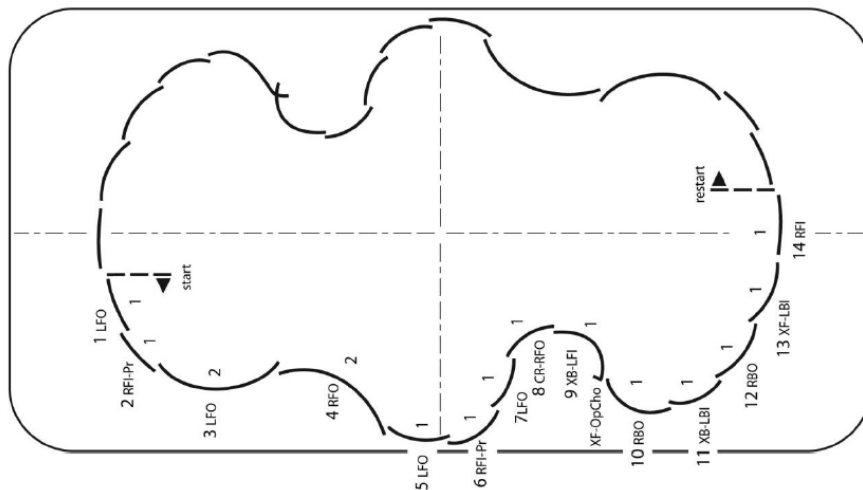


DIAGRAM #18 –

BLUES

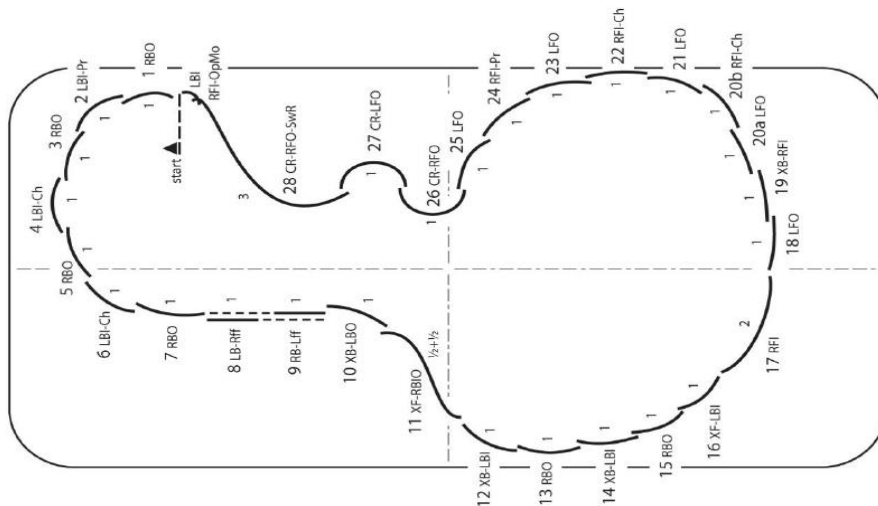
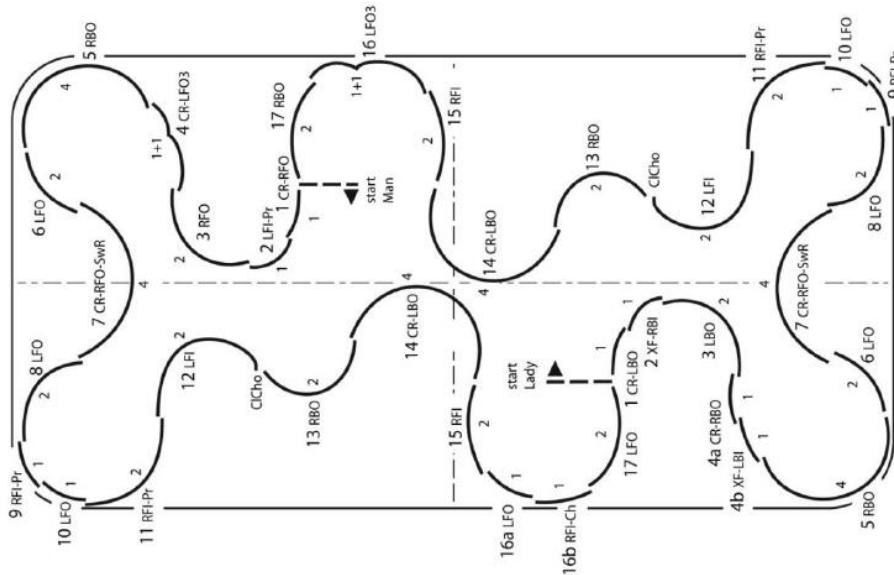


DIAGRAM #19 –

PASO DOBLE



## **Unified Synchronized Skating**

### **Level I**

1. Eligibility: Team shall consist of a minimum of six and a maximum of sixteen athletes, a maximum of 50% of the team can be Unified Sports® skaters. The team can consist of male and female athletes.
2. Skaters may start program at any spot on the ice surface.
3. Judging and timing will begin when skaters commence to skate. The program will not exceed a time limit of three minutes and thirty seconds, plus or minus ten seconds.
4. The program must be performed to music, instrumental OR vocal music.
5. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level. Elements can be performed in any order.
  - I. Line (only forward)
  - II. Circle (only forward; clockwise and counterclockwise)
  - III. Bloc (only forward)
  - IV. Wheel (only forward)
  - V. Intersection (only forward)
6. The hand holding is optional.
7. Allowed skills to be used as transitional movements:
  - I. Forward skating
  - II. Swizzles forward
  - III. Half-swizzles forward
  - IV. Forward one-foot-glide
  - V. Swizzles backward (maximum of 2 consecutive swizzles)
8. Program Components will be judged in
  - I. Performance  
Factor 1.0

### **Level II**

9. Eligibility: Team shall consist of a minimum of six and a maximum of sixteen athletes, a maximum of 50% of the team can be Unified Sports® skaters. The team can consist of male and female athletes.
10. Skaters may start program at any spot on the ice surface.
11. Judging and timing will begin when skaters commence to skate. The program will not exceed a time limit of three minutes and thirty seconds, plus or minus ten seconds.
12. The program must be performed to music, instrumental OR vocal music.

13. The skaters will perform the selected five elements listed below and will receive a value and a GOE mark for each element. Additional elements will receive no value and will not be counted, but can be used as transitional moves as long as they are not from a higher level.
14. Elements can be performed in any order.
  - I. Line (can be diagonal)
  - II. Circle (forward or backward; must have a change of direction)
  - III. Bloc (including a change of axis)
  - IV. Wheel (including backward skating)
  - V. Intersection (direction optional)
15. The hand holding is optional.
16. Allowed skills to be used as transitional movements:
  - I. Forward and backward skating
  - II. Swizzles forward and backward
  - III. Half-swizzles forward
  - IV. Forward and backward one-foot-glide
  - V. Three-turns
  - VI. Mohawks
17. Program Components will be judged in
  - I. Performance
  - II. Interpretation Factor

### **Unified Sports Events**

1. Selection of Special Olympics Athletes and Unified Sports® Partners of similar age is preferred and ability is required for Unified Sports® training and competition in Figure Skating.
2. Each Unified Sports® Team shall consist of one Special Olympics Athlete and one Unified Sports® Partner.
3. A coach may not participate as a Unified Sports® Partner at the same event that they are coaching.



# Flag Football



## **SOMI-Specific Information**

**Sport season:**

June-September

**Culminating State Events:**

State Fall Games

**Events Offered:**

Individual Skills Competitions

Traditional Team

Unified Team

## **Uniform Guidelines**

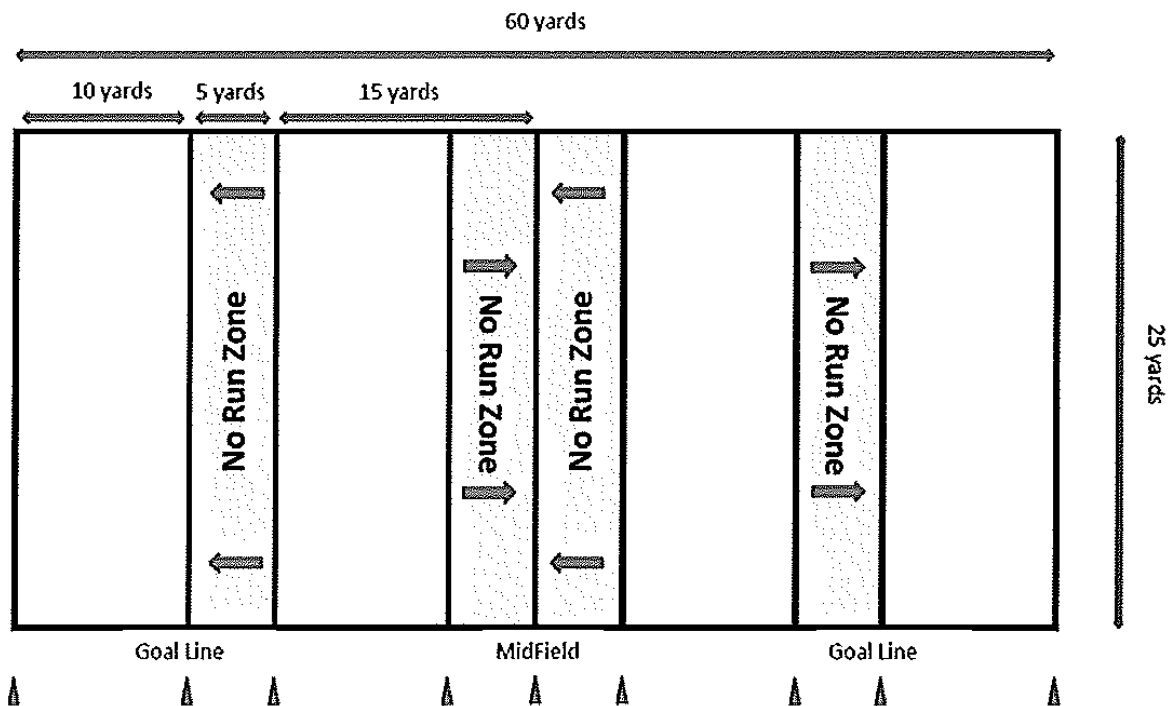
1. Uniforms consist of a jersey, shorts, and sport shoes. All team members must have identical uniforms in color and design. The Special Olympics Michigan logo must be on the jersey. The area will be FINED the cost of putting the logos on the uniforms for each team sport without logoed uniforms. Area Directors will be notified.
2. Athletes may wear rubber-cleated or flat soled athletic shoes. Metal cleats, spikes, hiking boots or other equipment deemed dangerous by officials will not be allowed.
3. Team jerseys must be the same solid color front and back and must be tucked in at the waist. Jerseys may not hang over flag belts. Numbers must appear on the front and the back of each athlete's jersey. A team roster shall not have both numbers 0 and 00. All players must wear athletic shorts without pockets.
4. Hats, bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition. Jewelry is not allowed.
5. All players must have a mouthpiece to be used during competition at all times.

## **Equipment**

1. An intermediate (youth) sized football will be used in all divisions. Each athlete will wear a one piece, three-flag belt during competition. The flags should be located one on each hip and one on the backside.
2. A protective mouthpiece must also be worn at all times during competition.
3. A special marker will be placed five yards from the line of scrimmage to mark the spot the defensive player rushing the quarterback must start behind.

## Playing Field

1. The playing field is 60 yards long (including the end zones) and 25 yards wide. If insufficient space is available, a slightly smaller space can be used. A space of at least 5 yards around the field must be free and clear of obstructions. The field can be marked with chalk, paint, and/or traffic cones.
2. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. Stepping on a boundary line is considered out of bounds.
4. Each offensive team approaches only TWO (2) No-Run Zones in each drive (a 5-yard zone before midfield to gain the first down and before the end zone, 5 yards from the goal line to score a TD).





## **Team Size**

1. A team roster shall consist of at least a minimum of 6 players and no more than 12 players. A team may not start a game with less than five players. In the event of an injury teams may finish a game with 4 players, however the next game may not start with less than 5 players.
2. You may register 3 athletes as your team alternates.
3. Alternates attend the event only when replacing a registered athlete who does not attend. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added. Alternates do not attend state events unless activated in the sport.
4. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.) It is strongly suggested to list alternate athletes. Unified Partner athletes will follow the same procedures as athlete alternates.
5. Each coach must see to it that each athlete has frequent opportunities to participate.
6. All coaches are required to turn in 3 scores prior to the state event, in which their roster must be the same for all 3 scores.
7. For Unified Sports the roster shall contain a proportionate number of traditional athletes and unified partners. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.

## **Flag Football Rules**

1. Special Olympics Flag Football is non-contact. In all aspects of Special Olympics Flag Football, rulings shall be made with player safety as the primary consideration.
2. No team shall repeatedly commit penalties which halve the distance to the goal line.
3. Neither team shall commit any act which, in the opinion of the referee, tends to make a travesty of the game. This includes intentionally committing penalties to gain an advantage. The referee will enforce any penalty he/she considers equitable, including the award of a score for an unfair act.
4. A coin toss determines first possession. Each team will provide two (2) captains, the officials and team captains will meet three (3) minutes prior to the start of the contest to conduct the coin toss. The winner of the coin toss will choose offense, defense, or end of field to defend. The team winning the coin toss may defer its choice to the second half.
5. Possessions
  - I. All possessions, except following an interception, start at the offensive team's 5-yard line.
  - II. The offense has four (4) plays to cross mid-field, once the offense crosses mid-field, they have four (4) additional plays to score a touchdown. If the offensive team fails to cross mid-field or score a touchdown in a prescribed number of plays, possession of the ball changes and the opposite team starts at their 5-yard line.
  - III. The ball carrier may not spin, dive, hurdle, stiff arm, or use either arm to shield a defender from grasping his/her flag.
  - IV. The ball is marked at the spot where the position of the ball is when the player is declared down (carrier's flag belt is pulled or hand/knee touches ground).
6. Timing
  - I. The game shall consist of two (2) 20-minute halves with a running game clock.
  - II. Officials can stop the clock at their discretion (injuries, delays).
  - III. The clock will stop on all time-outs; each team receives one (1) 60-second time-out per half, an unused time-out in the first half does not carry over to the second half.
  - IV. There shall be a 5-minute break at halftime.
  - V. The ball must be put in play within 30 seconds of the previous play ending, any action or lack of action by either team that tends to prevent this is considered a delay of game.
7. Delay of Game - Includes:
  - I. Interrupting the 30-second count for any reason except for a granted time-out,
  - II. Consuming more than 30-seconds to snap the ball after it is ready for play,
  - III. Failing to remove an injured player for whose benefit an excess time-out has been granted,
  - IV. Deliberately advancing the ball after it has been declared dead.

8. Overtime - If the score is tied at the end of regulation play:
  - I. A coin toss is held to determine the first possession.
  - II. If multiple overtimes occur teams will alternate first possessions i.e. team that started with the ball in the first overtime will possess the ball second in the second overtime.
  - III. Each team receives two (2) plays from midfield and the team gaining the most points or gaining a yardage advantage is awarded one (1) extra point and wins the game.
  - IV. Exceptions to this rule: 1) If there is an interception; the team that intercepts the pass automatically wins the game. 2) If the team with the first attempt in overtime scores on the first play, the opposing team must score on its first play also.
  - V. If both teams score a touchdown, or gain the same yardage, the procedure is repeated until one (1) team wins.
  - VI. No time-outs are allowed in overtime play.
  - VII. All regulation rules and penalties are in effect
9. Scoring -
  - I. **Touchdown:** six (6) points.
  - II. **Extra Point:** one (1) point from the 5-yard line, two (2) points from the 12-yard line (or any distance outside 5 yards due to a penalty).
  - III. **Safety:** two (2) points.
10. Positions/Snap - The ball must be snapped between the Center's legs to start each play. No minimum number of players is required to line-up on the line of scrimmage.
11. Dead Balls/Fumbles - There are no fumbles, play is ruled dead when:
  - I. The ball carrier's flag is pulled;
  - II. The ball carrier loses his/her flag;
  - III. The ball carrier steps out of bounds;
  - IV. The ball carrier's knee or hand touches the ground;
  - V. A touchdown, extra point, or safety is scored;
  - VI. When during a try-for-point the defense obtains possession of the ball;
  - VII. When a forward pass strikes the ground or is caught simultaneously by opposing players (the offense retains possession);
  - VIII. A pass is intercepted (no returns);
  - IX. A receiver catches a ball without his/her flags attached;
  - X. A snapped ball touches the ground;
  - XI. If fumbled forward, the ball is spotted where the ball carrier's feet were at the time of the fumble. If ball falls backwards, it is marked where it hits the ground;
  - XII. When there is an inadvertent whistle.

12. Inadvertent Whistle - In case of an inadvertent whistle, the team in possession of the ball may choose to accept the result of the play at the point where the play was blown dead or choose to re-play the down.
13. Substitutions
- I. Any player on the roster may enter upon the completion of a play (Dead Ball).
  - II. A replaced player must leave the field immediately.
  - III. Each substitute must play at least one (1) down prior to being replaced.
14. False Start - No member of the offensive team may simulate the start of the play before the ball is snapped.
15. Running
- I. The Quarterback (first player gaining possession of the snap) cannot advance the ball across the line of scrimmage.
  - II. Only direct hand-offs behind the line of scrimmage are legal.
  - III. Laterals or pitches (known as backward passes) are not allowed.
  - IV. In Unified Sports® divisions, a partner may handoff to a partner behind the line of scrimmage.
  - V. The player who takes a hand-off can pass the ball, as long as he/she does not pass the line of scrimmage.
  - VI. “No Running Zones” are located 5-yards before the mid-field line and goal line. Any ball snapped from these zones must be passed.
    - i. The purpose of “No Running Zones” is to avoid short yardage power running situations.
  - VII. The ball carrier may not spin, dive, hurdle, stiff arm, or use either arm to shield a defender from grasping his/her flag.
  - VIII. The ball is marked at the spot where the position of the ball is when the player is declared down (carrier’s flag belt is pulled or hand/knee touches ground).
16. Handling the Ball by the offense - Handling the ball is transferring player possession from one teammate to another without throwing or kicking it. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the quarterback/offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs behind the line of scrimmage.
- I. “Center Sneak” – The ball must completely leave the center’s hands on the snap and he/she must step backwards off the line of scrimmage in order to receive the direct handoff from the quarterback/offensive player before advancing the ball.
17. Hurdling - Jumping over, or attempting to jump over, a player, by the ball carrier, to prevent from being downed or to gain additional yardage is illegal. Note: Jumping over a player who is on the ground to avoid injury, by official’s judgment, is legal.
18. Shielding (Flag Guarding) - Runners shall not shield (flag guard) by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove their flag belt. This includes:

- I. Swinging the hand or arm over the flag belt;
  - II. Stiff arms;
  - III. Placing the ball in a possession over the flag belt;
  - IV. Lowering the shoulders or arm over the flag belt;
  - V. Hurdling.
19. Diving - A defensive or offensive player may dive to catch a pass. Diving is illegal when used to down a player or advance a ball. A player cannot dive in an attempt to gain extra yardage. The team will be penalized accordingly.
20. Passing and Receiving
- I. All passes must be forward and received beyond the line of scrimmage.
  - II. Shovel passes are allowed, but must be received beyond the line of scrimmage.
  - III. All players are eligible to receive a forward pass, including the Quarterback, if he/she has first legally handed-off.
  - IV. Exception: In Unified Sports® divisions, if a partner throws a pass, only athletes are eligible receivers.
  - V. Only one (1) player is allowed in motion at the snap and he/she may not be moving toward the line of scrimmage at the snap.
  - VI. A player must have at least one (1) foot in bounds when making a catch.
  - VII. Interceptions change possession of the ball at the point of the interception, no returns are allowed.
  - VIII. Exception: A ball intercepted in the end zone is spotted at the 5-yard line.
21. Eligible Receiver - All offensive players are eligible to receive a pass, except in Unified Sports® divisions where partners are ineligible when partners are throwing the pass; Unified Sports® teams are expected to comply with this rule without intervention by officials. Failure to “self-patrol” will be considered unsportsmanlike, and will be penalized accordingly. If a player steps out of bounds he/she may not be the first player to touch the ball.
22. Rushing the Quarterback (QB) - All players who rush the Quarterback must be a minimum of 7-yards from the line of scrimmage when the ball is snapped. A special marker, placed by the official, will designate the spot 7-yards from the line of scrimmage when the ball is snapped. Players not rushing the quarterback may defend the line of scrimmage. Once the Quarterback hands off the ball, the 7-yard zone no longer exists, and all defenders are eligible to rush.
23. Screen Blocking - Legally obstructing an opponent without contacting him/her with any part of the screen blocker’s body. The screen blocker shall have his/her arms fully extended to the ground (below the waist) either at his/her side, in front, or behind his/her back. Any use of arms, elbows, legs, or shoulders to initiate contact during the screen block is illegal. A player must be on his/her feet before, during, and after screen blocking. Screen blocking is the only form of legal blocking that can be used by any player at any time. If any of the provisions listed are violated, and contact results, the screener has committed an illegal block.
- I. The screen blocker must give an opponent at least one (1) step.

- II. The screen blocker must not initiate contact with opponent.
  - III. The screen blocker may not take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing directions.
  - IV. After the snap of the ball, a blocker may move laterally or backward two (2) steps.
24. Flag Pulling - A legal flag pull takes place when the ball carrier is in full possession of the ball. It is illegal to pull or strip the ball from the carrier's possession at any time. If a player's flag belt inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
25. Line of Scrimmage - The line of scrimmage for each team is a vertical plane through the point of the ball nearest the team's goal line. Each player on a team must be on its side of the line of scrimmage when the ball is snapped.
26. Motion - Only one player of the offensive team may be in motion at the snap; this player must be behind the line of scrimmage and not moving toward the line of scrimmage at the time the ball is snapped. If the player comes to a stop he/she must be set for one (1) second.
27. Shift - A shift is the action of one (1) or more offensive players who after taking set positions move to a new position prior to the snap. A player who shifts must reset for one (1) second prior to the snap.
28. Snap - A snap is the legal act of passing the ball through the Center's legs from the ground to the Quarterback to start a play.

## **Unified Flag Football Rules**

1. The roster shall contain an equal number of traditional athletes and unified partners, equal means at least 3 traditional athletes and 3 unified partners.
2. Roster should consist of a minimum of 7 players and a maximum of 12 players. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.
3. Each team shall have an adult non-playing Head Coach responsible for the line-up and conduct of the team during competition.
4. Unified Partners are athletes and should not be involved in coaching. Coaches should monitor their players to ensure that all players are contributing to the team's success and that an individual player is not dominating the game. Assistant Coaches may be on the team roster and play.
5. If a unified partner is not allowing the entire team to be a part of the game, it is the coach's responsibility to remove that player.
6. If an opposing coach feels that a partner is dominating the game, he or she should notify the Games Rules Committee while the incident is occurring. The rules committee will observe the game immediately. If they agree that a partner is dominating the game, they will speak to the coach and request that the coach discuss the philosophy of the Unified Sports® program with the athlete. If the player continues to dominate after this discussion with the coach, the Games Rules Committee will remove the player from the game. If the coach puts the player back in the game, the team will forfeit.
7. Unified Partners as quarterbacks may not pass to another Unified Partner.
8. Unified Partners may hand-off to another Unified Partner.
9. The unified partner must complete the Application for Participation for unified partner.

## Penalties

1. All penalties are automatically accepted (no declination).
2. All penalties are assessed from the line of scrimmage and no penalty may take the ball more than half the distance to the offender's goal line.
3. Unsportsmanlike conduct
  - I. The officials will disqualify any player who participates in rough or unsportsmanlike play
  - II. During player possession, it is illegal for a defensive player to strip or pull the ball from the ball carrier at any time
  - III. No warning is required
  - IV. Ball carriers must make an effort to avoid defenders with an established position
  - V. Defenders are not allowed to run through the ball carrier when pulling flags

### Penalties Include:

1. Offense - 10-yards from the line of scrimmage and loss of down:
  - I. Illegal Motion (more than one (1) player moving at snap, moving forward at snap);
  - II. Offside (in neutral zone at snap, false start);
  - III. Illegal forward/backward pass (pass not completed beyond line of scrimmage; illegal backward pass; Partner to Partner; QB pass beyond line of scrimmage);
  - IV. Illegal Procedure (quarterback run);
  - V. Pass Interference (picking or pushing defender);
  - VI. Illegal Contact (holding, blocking, bumping, stiff arming);
  - VII. Flag Guarding (driving, spinning, warding off, hurdling); and
  - VIII. Delay of Game (failing to snap within 30 second of ready).
2. Defense - 10-yards from the line of scrimmage and automatic first down:
  - I. Offside (in or beyond neutral zone at snap);
  - II. Pass Interference;
  - III. Illegal Contact (holding, blocking, bumping, stripping);
  - IV. Illegal Flag Pull (before receiver has ball); and
  - V. Illegal Rushing (rushing Quarterback inside 7-yard line).



## Individual Skills Contest

The Individual Skills Contest is designed for lower ability or new athletes who have not yet developed the skills necessary to participate meaningfully in team competition and wheelchair athletes. Athletes may not be assisted by coaches. Modifications will be made for athletes who have visual or hearing impairments.

The athlete's final score is determined by adding together the scores achieved in each of the events. For diagrams and rules for each event please visit [somi.org/sports/sports.html](http://somi.org/sports/sports.html) -> Flag Football.

Events
Run & Catch
Throw for Accuracy
Throw for Distance
Hand Off
Flag Pulling

### Catching: “Run & Catch”

1. Purpose: To measure athlete’s ability to catch a football.
2. Equipment: 5 footballs, measuring tape, field paint, cones, or numbered mats to mark catching spots and start/finish lines.
3. Description: A starting line, finish line, quarterback box, and 5 catching spots should be marked/ placed on the field. The catching spots should be marked 1-5 (left to right). (See Figure M)
  - I. The quarterback box should be placed in between the starting and finish line.
  - II. The quarterback box will be 4 yards X 4 yards.
  - III. Catching spots are 1 yard X 1 yard.
  - IV. Catching Boxes 1 & 5 will be 5 yards from the quarterback box.
  - V. Catching Boxes 2 & 4 will be 12 yards from the quarterback box.
  - VI. Catching Box 3 will be 20 yards from the quarterback box.
  - VII. The starting line should be placed on the left side of the quarterback and the finish line should be placed on the right side of the quarterback. Athletes will start to the left of the quarterback and finish on the right side of the quarterback.
  - VIII. Each athlete will begin at the starting line. Once the official quarterback gives the signal, the athlete must run to each catching box (in numerical order), stopping to catch a pass at each spot. Once the ball is completely caught, the athlete drops the ball and goes to the next catching box. Once the last ball is caught, the athlete will sprint through the finish line. If a throw from the QB is deemed

inaccurate, athletes will receive an additional throw from the same spot.

4. Scoring: Athletes will receive points for completing catches.
  - I. 2 pts: for a complete catch (clearly caught with both hands)
  - II. 0 pts: if athlete is unable to catch or touch a well-thrown pass.
  - III. Athletes can gain a maximum of 10 points in this drill.
  - IV. Officials will be present to confirm point total.

**Figure M – Run, Catch, Throwing & Accuracy**



### Throwing for Accuracy

1. Purpose: To measure the athlete's ability to throw a football accurately.
2. Equipment: 5 footballs, measuring tape, field paint, cones, or numbered mats to mark catching spots and start/finish lines.
3. Description: A starting line, finish line, quarterback box, and 5 catching boxes should be marked/ placed on the field. The catching boxes should be marked 1-5 (left to right).
  - I. The quarterback box should be placed in between the starting and finish line.
  - II. The quarterback box should be placed in between the starting and finish line.
  - III. The quarterback box will be 4 yards X 4 yards.
  - IV. Catching spots are 1 yard X 1 yard.
  - V. Catching Boxes 1 & 5 will be 5 yard from the quarterback box.
  - VI. Catching Boxes 2 & 4 will be 12 yards from the quarterback box.
  - VII. Catching Box 3 will be 20 yards from the quarterback box.
  - VIII. The starting line should be placed on the left side of the quarterback and the finish line should be placed on the right side of the quarterback.

- IX. The player being tested stands inside of the quarterback box. Five human targets/volunteers are placed in each catching spot. The athlete must throw to each target (in numerical order), gaining points for completed passes. The receiver must stay in the catching box. Scoring is based on accuracy of the throw not on the volunteer catching the pass.
4. Scoring: Athletes will receive points for completed passes.
- I. 2 pts: For an accurate & completed throw.
  - II. 0 pts: Receiver is unable to catch or touch ball in targeted area. If the ball hits the ground prior to reaching the target, the throw will be recorded as a failed attempt.
  - III. Athletes can gain a maximum of 10 points in this drill.

### Throwing for Distance

1. Purpose: To measure the athlete's ability to throw a football for distance.
2. Equipment: 3-5 footballs; measuring tape; field paint; cones
3. Description: Athlete gets two attempts to throw football as far as possible. The goal line of a Special Olympics flag football field can be used as the starting line. (See Figure M-1)
4. Scoring: Athletes will receive a maximum of 5 points per throw.
- I. 1 pt: 0-10 yards
  - II. 2 pt: 10-20 yards
  - III. 3 pt: 20-30 yards
  - IV. 4 pts: 30-40 yards
  - V. 5 pts: 40+ yards
  - VI. Athletes can gain a maximum of 10 points in this drill.

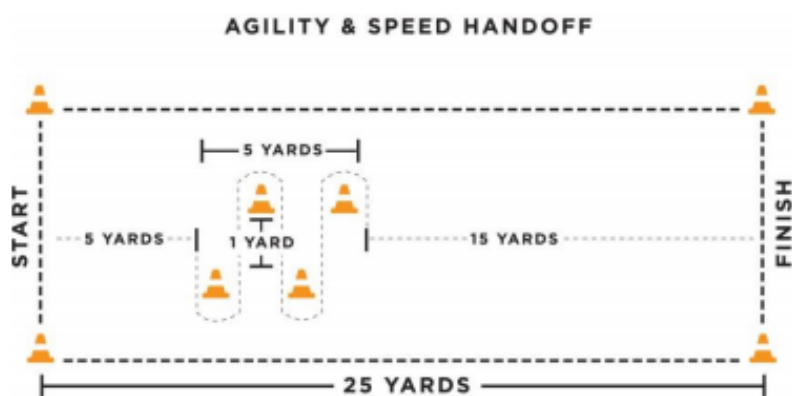
**Figure M-1**



## Agility & Speed: Hand-Off

1. Purpose: To measure the athlete's speed, agility and ability to receive a hand-off.
2. Equipment: 3 footballs, eight cones, field paint, measuring tape, and stop watch
3. Description: The ball is marked at the 20 yard line or 20 yards from the goal line. The quarterback will be position 20 yards from the goal line. Athlete begins 5 yards behind the quarterback and between the cones. (See Figure M-2)
  - I. The quarterback will give the signal and hand the ball off to the athlete.
  - II. The clock will start on the quarterbacks signal.
  - III. The athlete must maneuver around the four cones and sprints to the finish line/end zone between the cones and must maintain possession of the football.
  - IV. Each cone will be 1.25 yards apart
  - V. A fumble at the exchange between the QB and the athlete would be a redo.
  - VI. If an athlete losses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 3m lane, the athlete can either pick up the nearest back-up football or recover the errant football to continue the event.
4. Scoring: The athlete will receive two attempts. The athlete can receive a max of 5 points per attempt for a total of 10 points.
  - I. The athlete will be timed from QB's signal to when he/she crosses the finish line between the cones with possession of the football.
  - II. One-second will be added for every missed cone.
  - III. Conversion Chart will indicate score. Athlete can gain a maximum of 10 points.

Figure M-2



**Flag Pulling**

1. Purpose:  
To

measure the athlete's ability to pull an opponent's flag.

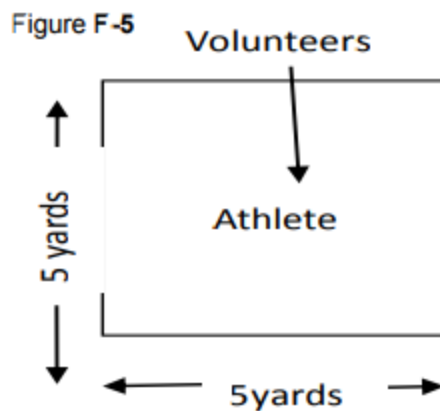
2. Equipment: 5 footballs, four cones, 5 volunteers and measuring tape
3. Description: The athlete stands in the middle of a 5 X 5 yard grid.
  - I. Volunteers will one at a time jog through the grid with a football and attached flags. The athlete attempts to pull the volunteers flag before the volunteer

Figure M-3

<b>Agility &amp; Speed: Hand-Off</b>	
<i>Conversion Chart</i>	
Seconds	Points
<b>Under 7.5 seconds</b>	<b>5</b>
7.5-9	4
9.1-10.5	3
10.5-12.0	2
12.1 and over	1

leaves the grid. Volunteers will move straight through the box without attempting to elude athlete. Speed of volunteers will increase incrementally until the last volunteer is sprinting through.

- II. This is not a timed event. Each additional attempt will not start until the athlete has repositioned themselves at the center of the grid.
4. Scoring: The athlete will receive 5 attempts. The athlete will receive two points for successful flag pull. The athlete will receive one point for any unsuccessful flag pull in which either the flag or ball carrier was touched, but the flag did not come off. The athlete will receive zero points for any unsuccessful flag pull in which the flags or ball carrier are not touched at all. Once the jogging volunteer leaves the grids, he/she must reposition themselves in the center of the grid. Athletes can gain a maximum of 10 points in the drill.





# Golf



## **SOMI-Specific Information**

**Sport season:**

June-September

**Culminating State Event:**

State Fall Games

**Events Offered:**

Golf Level 1 Individual Skills Contest

Golf Level 2 Unified 9-Hole Sports Team Play

Golf Level 4 Individual Stroke Play 9-Hole

**National Governing Body:**

Royal Ancient Golf Club of St Andrew's (FIFE)

United Kingdom KY169JD 011-44-33-47-7580

## **Uniform Guidelines**

1. Athletes must wear shirts with collars and dress shorts or pants. Golf gloves are allowed. Shoes: Golf, tennis or athletic shoes are acceptable, but are subject to inspection by an event official. No heeled shoes are allowed. No metal spikes.
2. Jewelry and denim may not be worn during games or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## **Equipment**

1. Each player is responsible for providing their own equipment.
2. A set of clubs shall include at least one wood, one iron and one putter. These clubs should be in an appropriate golf bag and should include golf balls.

## **General Rules**

1. All whiffs and duffs are considered 1 stroke. Whiffs are completely missed balls. Duffs are topping the ball.
2. If a tenth stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.
3. Each player shall register by submitting a verified score or the average of the most recent six scores over nine holes.
4. All players will utilize the forward tee box
5. If two players tie for first place, the player with the fewest number of 10x scores shall be declared the winner.



### **Level 4 - Individual Stroke Play (9-hole)**

1. Average of 70 or lower.
2. This level is designed to meet the needs of those Special Olympics golfers who wish to play individually in a tournament where the stipulated round is nine holes.
3. The player should be capable of playing independently and be able to walk during the entire nine hole round.
4. The form of play shall be stroke play competition.

### **Level 2 - Unified Sports Team Play**

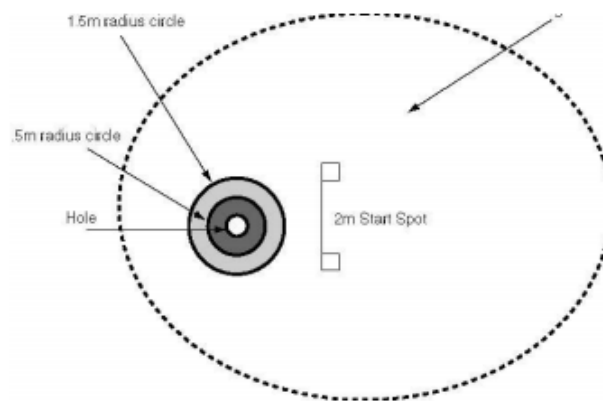
1. Team Average of 120 or lower (18 holes).
2. This level is designed to give the Special Olympics athlete an opportunity to play in a team format with a partner in the traditional Unified Sports® model where the teammates are of similar ability. A team shall include one Special Olympics athlete and a peer athlete without intellectual disabilities (unified partner).
3. One score should be submitted per team.
4. The players play alternately from the teeing grounds and then alternate strokes until the ball is holed. Example: If player A plays from the tee on the odd numbered holes, then player B would play from the tee on the even-numbered holes. **Either an athlete or partner may begin the round.**
5. Only one ball is in play on a hole.
6. If a 10th stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.
7. In cases where a team registers and the difference in handicaps is greater than 10, the team shall be divisioned according to a standard differential of 10 applied to the lower of the two handicaps. Example: Player A has a handicap of 10 and player B has a handicap of 35. For the purpose of divisioning, the tournament committee should apply the 10 stroke differential and consider player B to have a handicap of 20.

## Individual Skills Contest

The purpose of the individual skills contest is to allow athletes to train and compete in basic golf skills. The development of these key skills are necessary prior to advancing on to Level 3 and/or Level 5. Athletes may not be assisted by coaches, modifications will be made for hearing or visually impaired athletes.

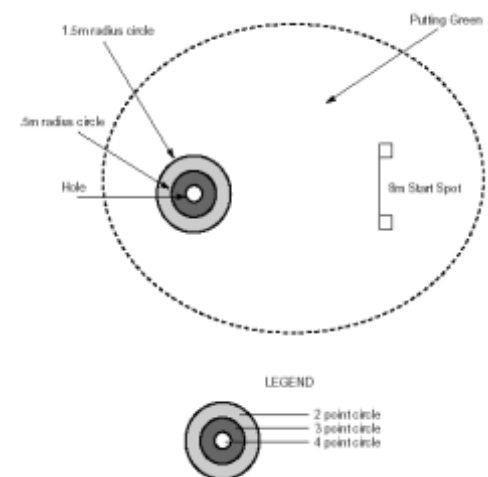
### Event #1 - Short Putt

1. Purpose: To measure the athlete's ability to putt focusing on the short putt.
2. Equipment: One putter for each athlete who is in the heat; a regulation putting green with a properly marked (target) hole; and five balls for each hole being used. The starting point should be marked clearly. The short putts should be set up on a green with as little contour as possible. Note: Putting uphill is recommended instead of a side putt or a downhill breaking putt. A chalker is necessary to put the targets around the hole.
3. Description: A target hole is selected, and two circles are placed around the hole. The circles are 1.5 and .5 meters in radius. The athlete will strike five putts toward the hole. The putts will be made from a distance of 2 meters.
4. Scoring: The athlete will attempt five putts from a distance of 2 meters. A swing and a miss are 0 points and counts as one attempt. Contact with the ball is 1 point. A ball that stops within the outer circle is 2 points. A ball that stops within the inner circle is 3 points. If athlete sinks the putt, it counts as 4 points of 20 points possible.



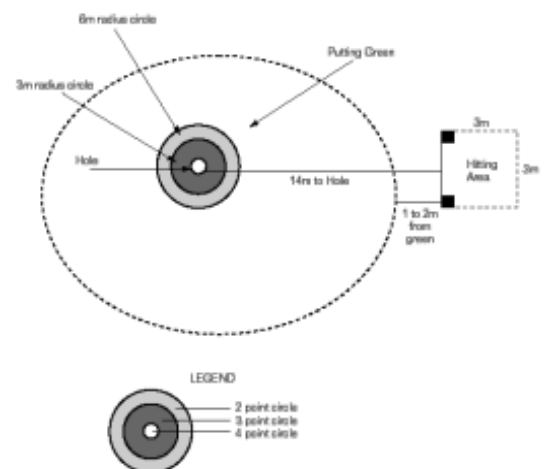
## Event #2 - Long Putt

1. Purpose: To measure the athlete's ability to putt focusing on the long putt.
2. Equipment: One putter for each athlete who is in the heat; a regulation putting green with a properly marked (target) hole; and five balls for each hole being used. The starting point should be marked clearly. The long putts should be set up on a green with as little contour as possible. Note: Putting uphill is recommended instead of a side putt or a downhill breaking putt. A chalker is necessary to put the targets around the hole.
3. Description: A target hole is selected and two circles are placed around the hole. The circles are 1.5 and 5 meters in radius. The athlete will strike five putts toward the hole. The putts will be made from a distance of 8 meters.
4. Scoring: The athlete will attempt five putts from a distance of 8 meters. A swing and a miss are 0 points and counts as one attempt. Contact with the ball is 1 point. If the ball stops within the outer circle, it counts as 2 points. If the ball stops within the inner circle, it counts as 3 points. If the athlete sinks the putt, he/she receives 4 points of 20 points possible.



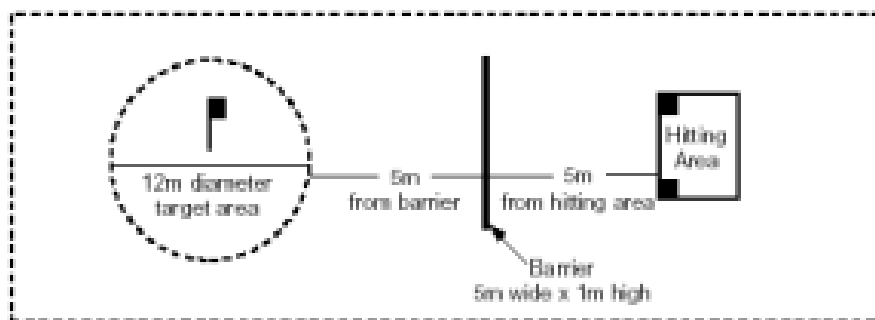
## Event #3 - Chip Shot

1. Purpose: To measure the athlete's ability in hitting chip shots at 14 meters.
2. Equipment: An assorted number of irons for both right- and left-handed players are needed. (Woods and putters are not permitted for this skill); five balls for each hole being used; a safely-marked hitting area 3 meters by 3 meters square; chalk and marker; and a putting green with a clearly-marked target hole and flag.
3. Description: A chipping area is set up which includes a 3 m by 3 m square hitting area 14 meters from the hole. The hitting area should be between 3 and 4 meters from the edge of the green. A 3 meter and a 6 meter radius circle will be placed around the hole. The athlete is instructed to hit the ball at a designated hole—getting it as close to the hole as possible.
4. Scoring: Athlete will attempt five shots from a distance of 14 meters off the green. A swing and a miss is 0 points and counts as one attempt. Contact with the ball counts as 1 point. A ball that stops within the outer circle counts as 2 points. A ball that stops within the inner circle counts as 3 points. If the athlete sinks the shot, they receive 4 points (20 points possible).



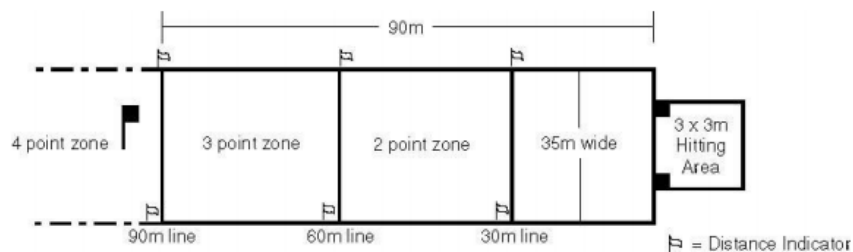
#### Event #4 - Pitch Shot

1. Purpose: To measure the athlete's ability in hitting controlled pitch shots in the air and in the proper direction.
2. Equipment: An assorted number of irons for both right- and left-handed players; five golf balls for each station being used; a safely-marked hitting area; chalk and marker; helmets and ball retrievers for the scorers; a target flag, tees, and a hitting mat or carpet; a 1 meter tall by a 5 meter wide net; and two 2-meter support poles for the net.
3. Description: The athlete is instructed to hit the ball from the teeing area over the net, between the poles, at a designated flag in the target area, trying to get the ball to land within the target area.
4. Scoring: The athlete will attempt five pitch shots over a net to a target area from a distance of 5 meters behind the net. A swing and a miss is 0 points and counts as one attempt. Contact with the ball is 1 point. Over the net and between the poles is 2 points. If the ball lands inside the target circle and rolls out or lands outside the target circle and rolls in, it counts as 3 points. If the ball goes over the net, lands, and stays in the target circle, the athlete receives 4 points (20 points possible).



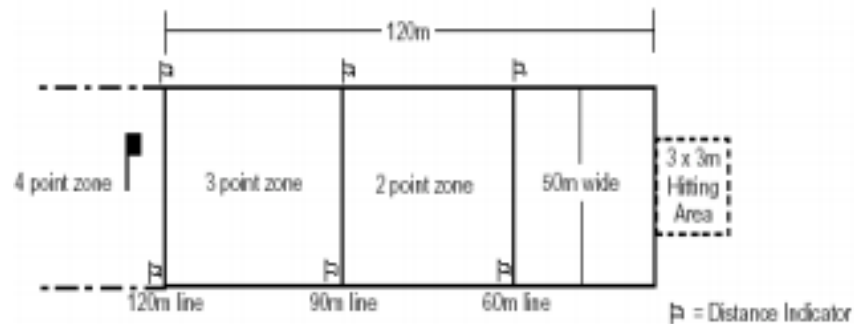
## Event #5 - Iron Shot

1. Purpose: To measure the athlete's ability to hit an iron shot for distance within a set hitting area.
2. Equipment: An assorted number of irons for right and left-handed players; five golf balls for each station; a safely-marked teeing area; chalk and marker; hitting mat or carpet; tees; helmets; a safety zone for scorekeepers and ball retrievers to stand in; and a target flag and six cones to mark distance and boundary lines.
3. Description: The athlete is instructed to hit the ball from the teeing area (it is acceptable to tee the ball), tee, or ground (player's choice) toward designated flag in the hitting area—trying to keep the ball within the boundary markers and achieving a distance of more than 90 meters.
4. Scoring: The athlete will attempt five shots toward the target while keeping the ball within designated width and distance parameters. A swing and a miss is 0 points and counts as one attempt. Contact with the ball is 1 point. If the ball stops between 30 m and 60 m distance and stays within 35 m width, it counts as 2 points. If ball stops between 60 m and 90 m distance and stays within 35 m width, it counts as 3 points. If the ball goes beyond 90 m and stays within 35 m width, it counts as 4 points (20 points possible).



## Event #6 - Wood Shot

1. Purpose: To measure the athlete's ability to hit a wood shot for distance within a set hitting area.
2. Equipment: An assorted number of woods for right and left-handed players; five golf balls for each station; a safely-marked teeing area; chalk and marker; hitting mat or carpet; tees; helmets; a safety zone for scorekeepers and ball retrievers to stand in; and a target flag and six cones to mark distance and boundary lines.
3. Description: The athlete is instructed to hit the ball from the teeing area (it is acceptable to tee the ball) or ground (player's choice) toward the designated flag in the hitting area trying to keep the ball within the boundary markers and achieving a distance of more than 120 meters.
4. Scoring: The athlete will attempt five shots toward target while keeping the ball within designated width and distance parameters. A swing and a miss are 0 points and counts as one attempt. Contact with the ball is 1 point. If the ball stops between 60 m and 90 m distance and stays within 50 m width, it counts as 2 points. If ball stops between 90 m and 120 m distance and stays within 50 m width, it counts as 3 points. If the ball goes beyond 120 m and stays within 50 m width, it counts as 4 points of 20 points possible.

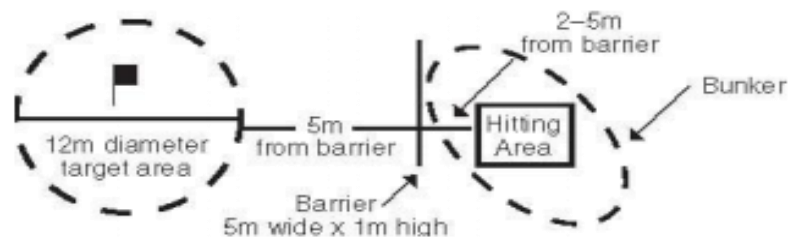


## **Event # 7 Bunker Shot (Optional)**

This skill is considered optional and may be included in ISC at the discretion of the Program.

1. Purpose — to measure the athlete's ability to hit controlled shots from a bunker in the air in the proper direction to a defined circular target area.
2. Equipment
  - I. An appropriate number of golf balls based on the number of competitors (it is recommended that five balls per player be available to eliminate having to retrieve balls)
  - II. A defined hitting area in a bunker or manufactured area with sand, paint or chalk, and markers;
  - III. Shag bags or tubes to retrieve balls at station.
  - IV. A target flag, hitting mat or artificial surface covered with sands, paint, chalk or marker in the bunker from which to hit.
  - V. The rim of the bunker (bunker face) should be at least 1 meter high and 5 meters wide. If not, a banner, net or barrier should be constructed such that from the bunker hitting area a ball must clear 1 meter in height. Two 2-meter support poles should be used to support the banner, sign, net or barrier. Poles should also be used to designate 5 meters scoring width on the bunker face.
3. Description
  - I. A target area shall be a circle with a 6-meter radius.
  - II. The distance from the hitting area in the bunker to the 1-meter barrier or bunker face shall be 5 meters.
  - III. The distance from the 1-meter high barrier or bunker face to the target area shall be 5 meters.
  - IV. The athlete shall make five attempts. The athlete is instructed to pitch the ball out of the sand and toward the designated target area. Note: The skill station should be located in a restricted area such as the driving range in order to provide the safest environment. If an unrestricted area is used, then the area should be roped off and clearly identified for volunteers, spectators and athletes.
4. Scoring
  - I. The athlete will attempt five shots at the target, scoring points according to where the ball lands.
  - II. Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss, or "grounding" the club, counts as one shot and the athlete receives a score of zero for that shot).

- III. A second point is scored if the ball goes over the barrier or bunker face and between the upright poles.
- IV. A third point is scored if the ball lands inside the 12-meter circle and rolls out, or if the ball lands outside the 12-meter circle and comes to rest inside the circle.
- V. A fourth point is scored if the ball lands inside the 12-meter circle and comes to rest inside the circle.
- VI. The Bunker Shot score shall be the sum total of the five attempts.







# Gymnastics, Artistic



## **SOMI-Specific Information**

### **Sport season:**

March-June

### **Culminating State Event:**

State Summer Games

### **Events Offered:**

#### **Women's Events (Levels I, II, III and IV)**

1. Vaulting
2. Uneven Bars
3. Balance Beam
4. Floor Exercise
5. All Around (total of all four event scores)

#### **Men's Events (Levels I, II, III, and IV)**

1. Floor Exercise
2. Pommel Horse
3. Vault
4. Parallel Bars
5. Horizontal Bar
6. All Around (total of all five event scores)

#### **Mixed Gender Events (Levels A & B only)**

1. Vaulting
2. Single Bar
3. Wide Beam
4. Floor Exercise
5. All Around (total of all four event scores)

### **National Governing Body:**

Federation Internationale de Gymnastique (FIG)

Juraweg 12 3250 Lyss

Switzerland 290-2471

## **Uniform Guidelines & Equipment**

1. 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.
2. For female gymnasts, the preferred uniform is a long-sleeved manufactured gymnastics leotard with bare legs. Flesh-colored tights with bare feet are permitted, but not recommended. Sleeveless leotards may be worn if temperature or body type warrants it.
3. Gymnasts may compete in bare feet or gymnastics slippers.
4. Bandages may be worn as long as they are securely fastened.
5. Hip padding is not permitted.
6. The only jewelry allowed is stud earrings.
7. Gymnastic leotards can be purchased from [www.gkelite.com](http://www.gkelite.com)
8. Starting numbers may be required for technical and organizational purposes.
9. Denim may not be worn during competition or practice

## General Rules

1. All athletes can register for 1 to 4 events.
2. Athletes who register for Artistic Gymnastics may not enter Rhythmic events.
3. An athlete who enters a Level A event (developmental) may not enter other gymnastics events in levels I thru IV.
4. Athletes may enter all 4 events and compete for an All-Around award, (which will be a special medal) or be a specialist, competing in one, two, or three events (or four events for males). All-Around athletes must compete in the same level for all events; specialists may be one level apart for their events. You must register your athletes in GMS for the all-around event to be eligible for the special medal. Only All-Around athletes will be eligible to advance to USA or World Games competitions.
5. A score and levels must be entered at registration.
6. Gymnasts will now rotate by assigned group or area to specific principal (event).
7. There are six levels of competition:
  - I. Level A – Compulsory routines for gymnasts who have ambulatory problems, etc., but are too advanced for the MATP (Mixed Gender)
  - II. Level I - Beginner Compulsory
  - III. Level II - Intermediate Compulsory
  - IV. Level III - Advanced Compulsory
  - V. Level IV – Advanced Optional
  - VI. Level B- Compulsory routines for gymnasts who are unable to perform level I routines
8. Level IV gymnasts perform an optional routine.
9. The text for all the routines is usually written for right dominant athletes. Left dominant athletes can reverse the whole routine to accommodate their dominant side. Once the routine is started on the dominant side, all aspects of the routine are executed on that same side. It is not recommended that the athlete change from the dominant side to the non-dominant side during any routine. Doing so will add extra steps/movements to the routine which will result in the athlete being deducted for extra steps/movements.
10. If an athlete has Down syndrome, he/she will no longer be required to automatically undergo an x-ray as a requirement for participation. If an athlete was x-rayed at the time of registration, and was found to have an Atlantoaxial instability condition, he/she may follow the new rule and be examined for symptoms of adverse neurological effects. The athlete would need to be cleared by a licensed medical professional in order participate. If the athlete does not have these symptoms, he/she may be cleared for participation by a licensed medical professional.
11. Age group divisions will be as follows: 8-11, 12-15, 16-21, 22-29, and 30+. Schedules are sometimes presented as junior (8-15) and senior (16+).
  - I. Age groups may be combined if there are not a sufficient number of athletes to have a competitive division.

## **Event-Specific Rules and Modifications**

1. Athletes with hearing or visual impairments are allowed cues and signals from the coach. Coaches must notify the meet director and judges of the athlete's impairment before the event begins.
2. Modifications for athletes using canes or walkers: In the floor exercise, coaches may walk onto the floor and remove (and replace) walkers and other aids as needed without any deduction.

## **Disqualifications**

A competitor may be disqualified if he/she:

1. Is wearing improper attire.
2. Undisciplined or unsportsmanlike behavior.
3. Improper equipment and use of aids.
4. Has assistance from a coach during a competition.

## **Routines**

All artistic routines for 2020 have been updated. To view videos of the NEW artistic routines please visit:

[http://resources.specialolympics.org/topics/sports/Artistic\\_compulsories.aspx](http://resources.specialolympics.org/topics/sports/Artistic_compulsories.aspx)



# Gymnastics, Rhythmic



## SOMI-Specific Information

### Sport season:

March-June

### Culminating State Event:

State Summer Games

### Events Offered:

#### Level A —

Male & Female Athletes, Individual  
& Unified Pairs

- Rope
- Hoop
- Ball
- Ribbon
- All Around
- Unified

#### Level B —

Male & Female Athletes, Individual  
& Unified Pairs

- Rope
- Ball
- Clubs
- Ribbon
- All Around
- Unified

#### Level C —

Male & Female Athletes, Individual  
& Unified Pairs

- Rope
- Hoop
- Ball
- Ribbon
- All Around
- Unified

Level A & B routines are compulsory routines that are performed seated.

Level C routines are compulsory routines that are performed standing. These routines are designed for lower level athletes. The emphasis is on developing body skills and apparatus skills separately

#### Level 1 —

Female Athletes,  
Individual & Unified Pairs

- Rope
- Hoop
- Ball
- Ribbon
- All Around
- Unified

#### Level 2 —

Female Athletes,  
Individual & Unified Pairs

- Rope
- Hoop
- Clubs
- Ribbon
- All Around
- Unified

#### Level 3 —

Female Athletes,  
Individual & Unified Pairs

- Hoop
- Ball
- Clubs
- Ribbon
- All Around
- Unified

#### Level 4 —

Female Athletes,  
Individual & Unified Pairs

- Rope
- Ball
- Clubs
- Ribbon
- All Around
- Unified

### Group Routines —

Male & Female Athletes

- Group Rhythmic Floor Exercise
- Group Hoop

### Unified Group Routines-

- Unified Group Rhythmic Floor Exercise
- Unified Group Hoop

### National Governing Body

Federation Internationale de Gymnastique (FIG)

Juraweg 12 3250 Lyss

Switzerland 290-2471

## **Uniform Guidelines**

1. Female rhythmic gymnasts should wear a leotard, have bare legs, bare feet, wear gymnastics slippers or Rhythmic half slippers. Unitards with legs may be worn. No decorations or trim may be added to the leotard. See rules for specifics.
2. Level A athletes may wear shirt and shorts with socks on their feet.
3. All athletes participating in group competition must wear like uniforms and use identical equipment.
4. Denim may not be worn during competition or practice

## **Equipment & Specifications**

1. The size of the equipment can range from child size to senior equipment based on gymnast's size and skill.
2. Equipment should color coordinate with the athlete's leotard.
3. Equipment will be checked prior to competition. If the apparatus does not meet specs, a deduction of .5 each time for individual and 1.0 each time for group will occur.
4. In group routines, all equipment must be identical.
5. Rope Specifications
  - I. Rope may be made of hemp or a synthetic material with identical qualities of lightness and suppleness as a rope made of hemp.
  - II. The rope's length is proportionate to the size of gymnast.
  - III. Handles of any kind are not allowed at the ends of the rope, but one or two knots are permitted at each end.
  - IV. At the ends, only a maximum of 10 cm may be covered by an anti-slip material either colored or neutral or may be colored (all or partially) apart from the colors gold, silver, or bronze.
  - V. The rope may be of uniform diameter or be progressively thicker in the center provided that this thickness is of the same material as the rope.
  - VI. The rope may be of a neutral color or may be colored (all or partially) apart from the colors gold, silver, or bronze.
6. Hoop Specifications
  - I. The hoop may be made of wood or plastic, provided that the latter retains its shape during the movement.
  - II. The interior diameter of the hoop is from 60-90 centimeters.
  - III. The hoop should have a minimum weight of 150-300 grams.
  - IV. A section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc.
  - V. The hoop may be smooth or ridged, and it may be all or partially covered with adhesive tape either of the same color as the hoop or a different color.



- VI. The hoop may be a natural color or may be all or partially covered by one or several colors except gold, silver, or bronze.
7. Club Specifications
- I. Clubs may be made of wood or synthetic material and must be between 25-50 centimeters (recommended size 40-50 cm) from one end to the other.
  - II. A club must be in a similar shape to that of a bottle. The wider part is called the body, the narrow part, the neck and the ends in a small sphere.
  - III. Clubs may be of a neutral color or may be colored (all or partially) with one or several colors except gold, silver or bronze,
8. Floor Specifications
- I. The floor should be 12 meters by 12 meters with a security zone of 1 meter around.
  - II. A carpeted area may be used or a floor that is neither too tacky nor slippery.
  - III. A fairly high ceiling is needed.
9. Ribbon Specifications
- I. The stick must be made of wood, bamboo, plastic or fiberglass.
  - II. The diameter should be a maximum of 1 cm at its widest part.
  - III. The shape should be cylindrical or conical or a combination of the two shapes
  - IV. The length of the stick should be 45-60 cm including the ring, which fastens the ribbon to the stick.
  - V. The bottom end of the stick may be covered by an adhesive, anti-slip tape or have a rubber handle. The tape or handle should not exceed 10 cm at level of the grip. The top of the stick where the ribbon attaches may consist of a supple strap or metal ring (See Sports Rules for further details).
  - VI. Stick may be any color except gold, silver, or bronze.
  - VII. The ribbon material should be satin or a similar non-starched material.
  - VIII. The ribbon may be a single color or multi-colored but may not be gold, silver, or bronze.
  - IX. The weight of the ribbon only should be at least 20-35 grams.
  - X. The width of the ribbon should be 4 to 6 cm. From one end to the other, the finished length of the ribbon should be 2-6 meters (for Levels A, B) and 3-6 meters (for levels 1-4) and this part must be one piece.
  - XI. The ribbon is fixed to the stick by means of an attachment such as thread, nylon cord, or a series of articulated rings. The length of this attachment is a maximum of 7 cm.

## General Rules

1. Rhythmic gymnastics athletes may not enter artistic events.
2. Athletes may not mix levels.
3. Athletes may enter four events and compete for an all-around award, within the same level. Athletes may also register for group events of Group Ball or Floor Exercise (4 to 6 participants) in addition to the 1 to 4 other events.
4. Level A routines have been written for athletes who are unable to stand on their own. They may sit in a wheelchair or sturdy chair to compete.
5. You must register your athletes in GMS for the all-around event to be eligible for the special medal.
6. A score and levels must be listed at registration time.
7. The text for all the routines is usually written for right dominant athletes. Left dominant athletes can reverse the whole routine to accommodate their dominant side. Once the routine is started on the dominant side, all aspects of the routine are executed on that same side. It is not recommended that the athlete change from the dominant side to the non-dominant side during any routine. Doing so will add extra steps/movements to the routine which will result in the athlete being deducted for extra steps/movements.
8. Only female athletes may participate in rhythmic gymnastics except for Level A, which is co-ed.
9. Athletes must compete on the same level in all chosen individual events
10. Level A routines have been written for athletes who are unable to stand on their own. They may sit in a wheelchair or sturdy chair to compete. Level A routines are compulsory that are preformed seated. Level B routines have been written for athletes of lower ability level who can stand on their own.
  - I. Only female athletes compete in levels 1-4. Levels A & B are mixed gender.
  - II. Athletes must compete on the same level in all chosen individual events
  - III. Athletes may specialize by competing in one or more events at their chosen level. Gymnasts who do all four events at a level are considered All-Around.
  - IV. A gymnast may perform in one group routine in addition to individual routines.
11. The video of the compulsory routines is the official version. If a difference exists between the video and the written text, the video must be followed.
12. Olympic order for rhythmic gymnastics competition is rope, hoop, ball, clubs and ribbon.
13. If an athlete has Down syndrome, he/she will no longer be required to automatically undergo an x-ray as a requirement for participation. If an athlete was x-rayed at the time of registration, and was found to have an Atlantoaxial instability condition, he/she may follow the new rule and be examined for symptoms of adverse neurological effects. The athlete would need to be cleared by a licensed medical professional in order participate. If the athlete does not have these symptoms, he/she may be cleared for participation by a licensed medical professional.

## **Event-Specific Rules and Modifications**

1. Athletes with hearing or visual impairments are allowed cues and signals from the coach. Coaches must notify the meet director and judges of the athlete's impairment before the event begins.
2. Modifications for athletes using canes or walkers: In the floor exercise, coaches may walk onto the floor and remove (and replace) walkers and other aids as needed without any deduction.

## **Disqualifications**

A competitor may be disqualified if he/she:

1. Is wearing improper attire.
2. Undisciplined or unsportsmanlike behavior.
3. Improper equipment and use of aids.
4. Has assistance from a coach during a competition.

## **Routines**

To view videos of the rhythmic routines please visit:

<http://somi.org/sports/sports-gymnastics.html>



# Horseshoes



## **SOMI-Specific Information**

**Sport season:**

April-June

**Culminating State Event:**

State Summer Games

**Events Offered:**

Singles

Doubles

Modified Singles

Modified Doubles

**National Governing Body:**

National Horseshoe Pitchers Association

2275 Winter Park Studio City Ste. 189, Cuyahoga Falls, OH 44221

### **Uniform Guidelines**

1. Preferred Uniform: White short-sleeve shirt or T-shirt and dress shorts/pants.
2. Uniforms of all team members should be identical in color and style.
3. Shoes: Tennis shoes or smooth-soled shoes are recommended. Shoes with spikes are not permitted
4. Denim may not be worn during competition or practice

### **Equipment**

1. A shoe shall not exceed 7 ½" in width, 7 5/8" in length, and shall not weigh more than two pounds and ten ounces. There are no minimum size and weight standards. On a parallel line 3/4 of an inch from the straight edge touching the points of the open end of the shoe, the opening shall not exceed 3-1/2". A standard measuring device will be utilized at State Summer Games for the 6" inside distance between shoe ends.
2. Each pitcher's box shall consist of an area of clay, synthetic substance, dirt, or sand into which the players throw their shoes and flanked by two pitching platforms or areas from which the players throw their shoes.

## General Rules

1. It is the discretion of the tournament director to place athletes in traditional vs. modified at tournaments if the athlete consistently hits the box. Any shoe pitched while the pitcher's foot touches or extends over the foul line shall be declared foul and removed from the counting distance.
2. In pitching the shoe, the pitcher shall stand on the pitcher's platform at one side or the other of the stake.
3. In delivering the shoe, the pitcher must remain behind the foul line until the shoe has left his/her hand. The shoe must be pitched in underhand motion.
4. No contestant shall move his/her own or opponent's shoe or shoes until the winner of point or points has been agreed upon by contestants or a decision has been rendered by the referee. Referee shall declare foul shoes thrown by a contestant failing to comply with this rule and award points to the opponent according to the position of his/her shoes. No contestant shall walk to the opposite stake or be informed of the position of the shoes prior to the completion of an inning.
5. One athlete/team will deliver both shoes consecutively, then other play/team will deliver their shoes.
6. Choice of first pitch or follow shall be determined by the toss of a coin or a flipped-up shoe. In successive games between the same players, the loser shall have a choice.
7. Contestant must pitch his/her second shoe from the same side of the approach as his/her first shoe. A contestant may pitch his/her shoe from the approach side of his/her choice during any inning of the game as long as they are both pitched from the same side. Penalty: the second shoe shall be removed from the court.
8. Between games, pitchers may be allowed four practice pitches.
9. Any released horseshoe that has crossed the foul line shall be ruled a pitched shoe and cannot be re-pitched.
10. If it is discovered during an inning that a contestant has pitched his/her opponent's horseshoes, that entire inning shall be pitched over using the proper horseshoes.
11. Any shoe pitched by a contestant, that lands outside the fair area of the opposite pitching box is a foul shoe. Any shoe that lands in fair territory but hits the back-stop or other objects and comes back into the pitching area shall be called a foul shoe.
12. In order to count points, horseshoes must land in box. If the horseshoe rolls in the box, it must be removed before the next shoe is pitched.
13. Foul shoes shall be removed from the opposite pitcher's box.
14. A foul shoe shall not be scored or re-edited except in the score sheet column headed "shoes pitched."
15. When a foul shoe disrupts the position of a shoe in fair territory, the foul shoe is to be removed from the pitching area and all other shoes are to remain as they are.
16. When a shoe lands in fair territory and breaks into separate parts, it shall be removed and the contestant is allowed to pitch another shoe instead.
17. Areas may not combine areas to create teams.

## **Event-Specific Rules/ Course Set-up**

### **Doubles Play**

1. At the State Summer Games, with doubles horseshoes, both athletes will pitch toward the pit in one direction behind the foul line. Partners' points are added together, but the individual records of ringers and shoes pitched should be kept. In all other respects, the game is the same as the conventional singles or walking game.
2. Athletes who do not have partners and who originally registered for doubles horseshoes may not team up with an athlete from a different area. Only athletes who are from the respective area alternate list may be used as a doubles partner.
3. Doubles teams made up of a senior male and female are considered a senior male team, and all players— including females—must throw from the 30 ft. line.

### **Course Set-Up**

1. The court will occupy a level area of at least 50' in length (in a north-south direction if possible), at least 10' in width, and consist of two pitcher's boxes, each 6' square with a stake in its exact center.
2. The pitching distance for modified will be from the 20' line with a 17' foul line. The distance for traditional will be from the 30' line with a 27' foul line.
3. Stakes shall be 1 inch in diameter and no larger. They may be of cold-rolled steel, mild iron, soft metal, or synthetic material. The top of each stake shall extend not less than 14 inches or more than 15 inches above the level of the pitcher's platform on each side of the stake with a 3 inch incline toward each other.
4. Foul lines shall be clearly defined three feet in front of the entire edge of the pitcher's box.

## **Scoring**

1. Measurements to determine points shall be made with calipers and straight edge
2. A shoe must be within 6 inches of the stake to score.
3. A ringer is declared when a shoe encircles the stake far enough to allow the touching of both heel caulks simultaneously with a straight edge.
4. There are two official methods of scoring: the cancellation method and the count-all method. The "count-all" method is used at the State Summer Games.

### **Count-All Scoring**

1. A regulation game consists of 18 shoes pitched by each player (9 innings).
2. Each player shall receive credit for all points according to the position of the shoes at the end of each inning, regardless of what his/her opponent throws. Thus it is possible for each player to score six points in any one inning. Ringers count as three points, and shoes within 6 inches of the stake count one point each. No extra points are given for leaners; however, the leaner will count as one point.



3. Players shall alternate first pitch, one player having the first pitch in the even number innings and the other player in the odd number innings. The double alternate first pitch may be used if desired.
4. Ties shall be broken by pitching as many extra innings as are designated in the tournament rules.



# Kayaking



## **SOMI-Specific Information**

### **Sport Season:**

June-September

### **Culminating State Event:**

State Fall Games

### **Events Offered:**

Singles Tourist Kayak (KT): KT1 - 200m, 500m

Doubles Tourist Kayak (KT): KT2 - 200m, 500m

Unified Sports Doubles Tourist Kayak (KT): KT2 - 200m, 500m

Singles Professional Kayak (K): K1 - 200m, 500m

Doubles Professional Kayak (K) - 200m, 500m

Unified Sports Double Professional Kayak (K) - 200m, 500m

\*Professional kayak events offered locally

Athletes can enter up to three races (ex. 2 single and 1 tandem race or 1 single and 2 tandem races)

Athletes must choose to participate in either Traditional races or Unified races, they may not switch between the two.

### **National Governing Body:**

International Canoe Federation (ICF)

## **Uniform Guidelines & Equipment**

1. Athletes will be required to wear shirt and shorts during all practice and competition.
2. Coaches should insure that all athletes bring a change of clothes when attending kayaking practice and competition.
3. Swim Suit, Swim hat and aqua shoes will be required for the water test.
4. It is also suggested that athletes bring a set of warm clothing and rainwear.

## **Equipment**

1. Helmets can be worn if an athlete trains with one or if the waters are especially rough.
2. A life vest must be worn at all times.
3. Depending on the event, one or more athlete will be in a boat and have a paddle.
4. Standardized *Touring Kayaks* and paddles are to be provided by games organizing committees for each athlete.
5. Kayaks are to be designed as a sit-in and not as a sit-on type and to offer high stability level to the athletes.
6. Kayaks shall be propelled solely by means of double-bladed paddles.
7. There is no other specific rule for boat construction (material, length, weight, etc.) but they must be safe and environmentally sound.

## **General Rules**

1. At the start line, kayaks will be stabilized by personal holding on their stern or pontoon. However, athletes should be able to control the kayak point of the proper direction towards the finish line and keep the kayak stationary until the start of the race.
2. The start of all races begins with the starting signal by a shot or a short, powerful sound. A drop with a White Flag from the shoreline will indicate the start of the race along with the starting signal.
3. If a competitor starts to paddle away before the start signal has been given, he/she is charged with a "false start".
4. Athletes must stay in their assigned lane otherwise they will be disqualified.
5. If an athlete crosses the lane barrier and impedes the other athlete, this will be justification for a disqualification through the protest procedure and the athlete that was impeded has the option of starting the race at a later time for a proper score.
6. The coach must report to the shoreline once the athlete is in the kayak. No coaching is permitted from the shoreline. Encouragement to the athletes is always allowed.
7. Coaches will not be allowed to have a kayak in the water while the competition is being conducted.
8. The maximum number of athletes per division in kayaking is six.

## **Protests and Appeals**

1. Any protest involving the judgement of the referee or judge will not be given consideration
2. The protest must be in written form, using the Protest form available from the Sport Information Desk (SID)
3. Only the Head of Delegation or designated Head Coach may protest and must do so no later than 30 minutes after the conclusion of the event
4. All decisions made by the Game Rules Committee will be final

## **Safety/Safety Equipment**

1. There will be an umpire/safety boat on the water during practice and competition. The number of umpire/safety boats will depend upon weather and the ability levels of the athletes.
2. Athletes must remain in the kayak at all times while on the water. Legs must be in the kayak at all times.
3. Horseplay on the water may lead to the athlete being removed from competition or a similar penalty.
4. Athletes must be seizure-free for 1 year prior to competing.
5. While on the water, also remember to bring the following:
  - I. First Aid Kit
  - II. Quick release tow rope
  - III. Hand bilge pump
  - IV. Extra portable paddle that can be stored
  - V. Drinking water

## **Essential Eligibility Criteria for All Kayakers**

Participants must:

1. Be 18 years or older, or accompanied by an adult.
2. Be able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant.
3. Be able to get in and out of a kayak independently or with the assistance of a companion, following instruction.
4. Be comfortable in the water including: floating on back independently with a properly fitted PFD, turning from face down to face up independently while wearing a properly fitted PFD, and holding breath while under water.
5. Be able to maintain a balanced, upright position when seated in a kayak, with adaptations if needed.



# Motor Activities Training Program



## **SOMI-Specific Information**

### **Culminating State Events:**

State Summer Games

### **Events Offered:**

Manual Wheelchair

Electric Wheelchair

Dexterity

Striking

Kicking

Aquatics (Offered locally)

Mobility

## **Equipment & Uniforms**

1. The following are suggested equipment needed to conduct a motor activities event:  
Balls and Bean Bags Bats and Sticks Batting Tees Ramps Bolsters Mats Flotation Devices  
Scooter Boards
2. Motor Activity Training Program athletes are Special Olympics athletes. Therefore, they should be dressed like their fellow Special Olympics athletes, to the greatest extent possible. Clothing should be comfortable and appropriate for the weather conditions but should also allow athletes to move freely in their sport activity.
3. Denim should not be worn.

## **General Rules**

1. The Motor Activities Training Program (MATP) is designed for persons with severe and profound handicaps, who do not yet possess the physical and/or behavioral skills necessary to participate in official Special Olympics sports.
2. The program provides a comprehensive motor activity training curriculum that can be administered by trainers such as physical educators, recreation personnel and therapists. In addition, direct care workers, parents, and volunteers will find the MATP helpful in developing appropriate motor programs for individuals with severe handicaps. MATP emphasizes training and participation rather than competition.
3. Areas must have coaches trained and certified, and are encouraged to host local training days in their area. Special Olympics Michigan offers MATP events at the State Summer Games.
4. In order to qualify for participation at the State Summer Games in MATP events, the following procedures must be followed:
  - I. Coaches must attend one of the MATP training schools offered through SOMI and be certified.
  - II. Must provide a 1 chaperone to 1 athlete ratio for all attendees. \* Due to the specific training required, area chaperones will be responsible for all lifting and movement of the athletes.
  - III. Athletes must have trained for eight weeks. Specially prepared meals must be handled by the area. Shoes: Tennis shoes or soft-soled athletic shoes are recommended.
  - IV. MATP participants who are capable of coming for the entire Summer Games and staying with the delegation may do so.



## **Levels**

1. The Motor Activities Training Program does not require a score, but the athlete entered into the event should have a designated level:
2. Mobility: Level I participant will hold head off mat when placed on abdomen. Level II participant rolls to back when placed on abdomen. Level III participant will roll from stomach to back and back to stomach.
3. Dexterity: Level I participant will grasp and hold object. Level II will grasp and move object. Level III will grasp, move and release object toward target. Level IV will toss a soft shot put.
4. Striking: Level I participant touches object that is placed next to his/her hand. Level II will push ball off tee. Level III participant forcefully swings arm and strikes ball off tee.
5. Kicking: Level I participant will touch ball with foot. Level II participant will push ball forward with foot. Level III participant will kick ball forward. Manual wheelchair: Level I participant will place hands on wheels of wheelchair. Level II participant pushes wheels of wheelchair with assistance. Level III pushes wheelchair forward 3-5 feet independently.
6. Electric wheelchair: Level I participant will touch switch on electric wheelchair. Level II participant propels electric wheelchair by pushing switch. Level III propels electric wheelchair in forward direction by manipulating switch.
7. Aquatics: Level I participants will tolerate water for increasing periods of time. Level II floats on his/her back using flotation device. Level III participants propel self in water. Level IV participants swims forward in water.



# Poly Hockey



## **SOMI-Specific Information**

**Sport season:**

September - November

**Culminating State Events:**

State Poly Hockey

**Events Offered:**

Team Competition

Individual Skills Contest

Unified Team Competition

\*Unified follows the same rules as traditional competition

**National Governing Body:**

Special Olympics Michigan

Central Michigan University

Mt. Pleasant, MI 48859

(800) 644-6404

## Uniform Guidelines

1. All players must wear uniforms that are identical in color and style.
2. Uniforms must have large, identifiable numbers on the front and back or on the back and sleeves.
3. Hockey helmets and protective shin guards or shin socks must be worn by all players. Shin guards must be worn under socks (soccer style) and cannot exceed 12 inches.
4. Any youth players (under 18 years old) must wear a HECC approved helmet (including ear protection) with chin strap properly fastened. HECC certification includes an expiration date on the sticker on the helmet. Players 18 years or older can have any type of helmet but must have a facemask affixed to the helmet. Skills athletes do need a helmet, however they do not need facemasks or HECC certification
5. All players on the players' bench and the penalty bench must wear the protective helmet/facemask while in the bench area. For a violation of this rule, after a warning by the Referee, a misconduct penalty for an equipment violation shall be assessed to the offending player.
6. HECC certification for player helmets is 6 ½ years.
7. Proper running shoes must be worn by all persons on the playing surface during play.
8. Optional equipment for general players may include elbow pads, mouth guards, knee-pads, and protective cups and gloves.
9. The goalkeeper must wear a face mask with helmet and a dangling throat protector or a Velcro throat protector wrapped with a hard plastic insert. The goalkeeper must wear a team uniform shirt.
10. Optional equipment for goalkeeper may include catching glove, blocking pads, mouth guard and protective cup. A goalkeeper may wear regulation-size ice hockey goalkeeper pads and gloves or similar protective gear (i.e., street hockey pads, cricket pads, baseball glove).
11. The leg guards worn by goalkeepers must not exceed 12 inches in extreme width when on the player's leg. Excessive shin pads and blocking pads are not allowed. Manufactured shin pads and blocking pads are acceptable, but no modifications to enhance the blocking surface are permitted.
12. For Unified Sports teams the athlete should have even numbered uniforms and the partner odd numbered.
13. Hats, bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## **Team Size**

1. A team roster shall consist of at least a minimum of seven players and not more than 13 players. A team may not start a game with less than six players. If a team does not have six players present for the first game, it is a forfeit, and, regardless of the outcome of their first game, their second game will be against the losing team of the other bracket in their division. A team may start the second game with five players, if a player is lost to injury or illness on site. If during the game a team has less than five players the game is stopped and a forfeit declared.
2. There are no restrictions on the number of lines an athlete can play. Any player can be substituted at any stoppage of play and can play any position. SOMI's philosophy is that each player is equal and deserves recognition.
3. Each coach must see to it that each athlete has frequent opportunities to participate.
4. Alternates attend the event only when replacing a registered athlete who does not attend. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added.
5. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.) It is strongly suggested to list alternate athletes. Unified Partner athletes will follow the same procedures as athlete alternates.

## Equipment

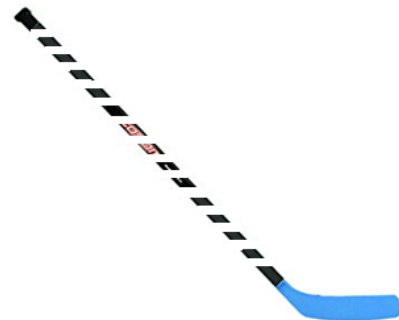
1. A poly hockey stick's blade and shaft shall be a plastic (polyethylene) manufactured indoor floor hockey set (i.e. Shield, Cosom, Dom, etc.), not an outdoor or in-line hockey set.
2. All sticks must have a plastic cap.
3. A stick may not be altered; **sticks with bent blades will not be allowed.**
4. A center's stick must be striped with contrasting tape (i.e. light stick and dark colored tape or dark stick and light colored tape) around the shaft.
5. The goalkeeper's stick must have a plastic blade.
6. The goalkeeper's stick may have a wooden shaft, but otherwise shall be like the other players' sticks. The blade of the goalkeeper's stick shall not exceed 3.5 inches in width at any point except the heel where it shall not exceed 4.5 inches. The length of the blade shall not exceed 15 inches in length from the heel to the end of the blade. The widened portion of the goal-keeper's stick extending up the shaft from the blade shall not extend more than 18.5 inches from the heel and shall not exceed 3.5 inches in width.
7. No stick shall exceed 53 inches in length from the heel to the end of the shaft, nor more than 11.5 inches from the heel to the blade's end. The blade of the stick shall not exceed 2.5 inches in width at any point.
8. Sticks are subject to measurement and the appropriate applicable penalty.
9. Poly hockey pucks must be soft, indoor, orange, plastic pucks.
10. Goals can be purchased from Johnny Mac or Gopher sports and should be Mylec PVC official goals.



Goalie



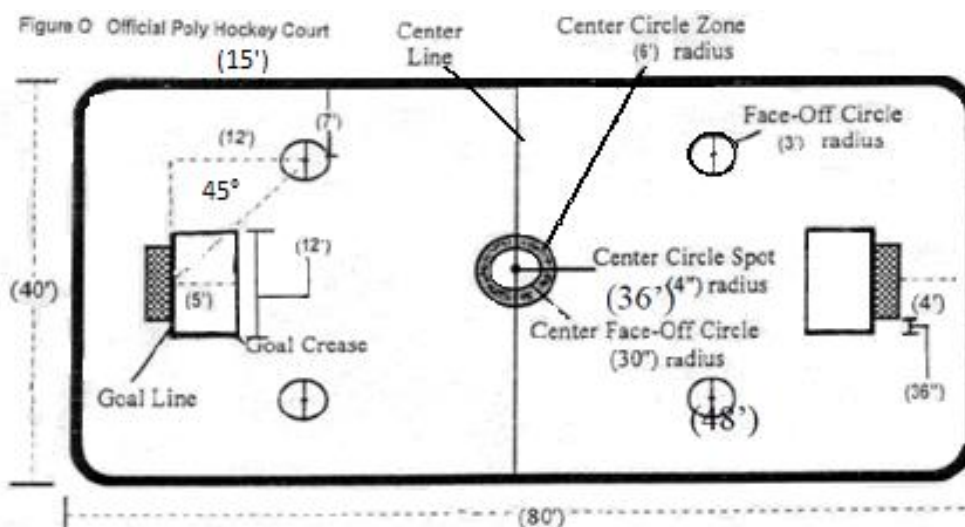
Offense/Defensive



Center

## Court Size

1. The playing area shall be a maximum of 40 feet by 80 feet long (basketball court dimensions) on a level surface and properly marked for poly hockey. If the playing area is smaller than 40 feet by 80 feet, appropriate adjustments in the court dimensions may be made. Higher level games could extend up to 90 feet.
2. A center line will mark the area of play such that the floor is divided into equal halves. These halves constitute the offensive and defensive zones for each team. The mid-court line of the basketball court can serve as the center line.
3. Center Circle Spot: A circular spot 4 inches in radius to be marked in the center of the center floor face-off circle.
4. Face-Off Circles: A circle with a radius of 36 inches and a line width of 2 inches to be marked outside the center circle spot. (All line widths are 2 inch floor tape)
5. Goals: The back of the goals will be set 4 feet out from the midpoint of the end lines, and the front of the goals will sit on a goal line of 2 inches width between the two goal posts at each goal. The two goals will be set equidistant from each side of the playing area.
6. Goal Crease: The goal crease is made of restraining lines drawn 5 feet from the goal line toward center circle and 4 feet out from each side of the goal. Goal Dimensions: Goals must be of uniform dimensions. The goals used at SOMI. Culminating Events will be 5 feet wide x 4 feet high and 2 feet deep.
7. Goal posts on dotted lines drawn at 45 degree angles to the goal line, starting at the goal posts. Face-off circles will be 3 feet in radius. Modifications may be made based on the size of the facility.
8. Four face-off circles, two in each half of the court, shall be marked off. The center points of these four face-off circles shall be located **13 to 23 feet** from the goal posts on dotted lines drawn at 45 degree angles to the goal line, starting at the goal posts. Face-off circles will be 3 feet in radius. Modifications may be made based on the size of the facility.



## **Time of Play**

1. The clock starts with the referee's whistle at the beginning of the game and after each stoppage of play. The clock will stop when: (a) a goal is scored or (b) any type of foul is called. The clock will resume within 15 seconds. Only the referee may stop the clock for a greater amount of time when there is an injury, medical problem, or substitution.
2. Play starts from the center circle at the start of a period and after a goal, unless play is stopped because of an infraction, or when an infraction occurs at the end of a period, the resulting face-off will be held in the offending team's defensive circle. All other face-offs (i.e. after injury, after the mandatory three minute stoppage, etc.) will be held at the center circle.
3. When the game is played in gyms where the puck can go out of play or under bleachers, etc., officials will carry extra pucks and will drop one at the point closest to where the puck went out of play; thus, play should be continuous.
4. A puck that deflects off the referee will remain in play.
5. Each team will be allowed one time-out per game. This time-out will be one minute in duration. No additional time-outs are awarded in overtime periods.
6. Each line will consist of two defensive players, two forwards, and one center.
7. Substitutions may occur at any stoppage of play, but must be waved in by a referee.
8. Play will start or stop only with the sound of the referee's whistle.
9. A change of position between defensive and offensive players can be made at any stoppage of play and after notifying the referee.
10. Mercy rule – once a team is ahead by a certain number of goals (to be determined by the tournament director) the clock will be a running clock.



## Face-Offs

1. The puck will be placed flat in the center of the face-off circle. A player from both teams will place the blades of their sticks **2 inches** back from the puck. At the sound of the whistle, the players play the puck for possession.
2. Any face-off taken in the center face-off circle must be played only by the center of each team.
3. All players not involved in the face-off must be stationary and outside of the face-off circle during the face-off.

## Scoring

1. A goal will be scored anytime the puck completely breaks the vertical plane. Each goal is worth one point.
2. The puck can deflect off a player or piece of equipment accidentally into the goal to be considered a goal.
3. The puck cannot be kicked or thrown into the goal by an offensive player.
4. The puck must be completely in the goal to be considered a goal; A puck resting on the goal line shall not be considered a goal.
5. Any vertical or horizontal movements with the puck to score a goal will not score a goal.
6. A goal cannot be scored on an offensive foul or with an offensive player or his/her stick in the goal crease.
7. If a defensive player is in the goal crease when a goal is scored, the goal will count and a foul will be called on the defensive player. This is considered a delayed foul.
8. A goal will be scored if the puck is put into the goal in any way by a defending player during the game.
9. In order for a goal to count, the puck needs to be in the goal before the referee's signal sounds.
10. A goal can be scored from a face-off in any location.

## **Goalkeeping**

1. The goalkeeper may use his/her hands or stick to clear the puck away from the goal or out of the goal crease.
2. A dotted line will extend from the goal pipe at a 45 degree angle to the side face-off circles. The goal-keeper may sweep or toss the puck in an underhand manner behind these lines. The goalkeeper may shoot the puck in any direction, without the 45 degree restriction, with his/her stick, but must remain in the crease to do so.
3. The goalkeeper cannot hold the puck for more than three seconds.
4. The goalkeeper must start in a standing position. This means not kneeling or sitting, but with both feet flat on the court.
5. The goalkeeper may go down in front of the goal to make a save, but may not remain on the ground in front of the goal for more than three seconds.
6. The goalkeeper must remain in contact with the crease when playing the puck.
7. A goalkeeper can be removed from the game at any time during a normal stoppage of play. The replacement player can play defense or forward positions. They may not be a center. The goalkeeper may return to the game, replacing the substitute who was originally substituted for him/her at a normal stoppage of play.

## Minor Fouls

1. Minor fouls result in the referee stopping play. Play is resumed with a face-off in the offending team's defensive circle.
2. In certain minor fouls, a delayed penalty may be called. When a delayed penalty occurs, the referee raises his/her hand into the air to signal a delayed penalty. The foul that resulted in the delayed penalty will not be called until the team on defense at the time of the foul takes possession of the puck, advances the puck, or a goal is scored against the defending team.
3. **Minor fouls occur in the following instances:**
  - I. When a player wears jewelry or hard hair ornaments outside the helmet.
  - II. When a player enters the game with an illegal uniform or equipment.
  - III. When a player deliberately holds, lies on, or steps on the puck.
  - IV. When a goalkeeper contacts the puck when he/she is not in contact with the crease.
  - V. When a goalkeeper uses an overhand throw, clears or throws the puck to the center side of the dotted line coming out 45 degrees for the goal posts of his/her goal (delayed penalty).
  - VI. When a goalkeeper is pulled and the puck stops within the crease, a foul is charged to the goalkeeper. Resulting play starts from the defensive circle.
  - VII. When a forward or defensive player crosses the center court line (delayed penalty).
  - VIII. When a player does not remain stationary during the face-off.
  - IX. When a player other than the goalkeeper deliberately leaves his/her feet to block a pass or shot (delayed penalty).
  - X. When an offensive or defensive player and/or his/her stick (other than goalkeeper) goes into the goal crease at any time. A delayed penalty will be called when defensive players violate this rule.
  - XI. When a goalkeeper does not attempt to stand within three seconds after going down onto the floor to make a save (delayed penalty). A goalkeeper is considered down if they are kneeling or sitting.
  - XII. When high sticking takes place. This foul occurs when a player raises his/her stick above his/her waist.
  - XIII. When any deliberate roughness takes place.
4. A player will receive a two minute expulsion after accumulating five minor fouls.

## **Major Fouls**

1. Major fouls result in a power play and two minute expulsion of the offending player or a line captain in the case of a bench penalty. Your center at the time of the bench penalty is considered your line captain. The coach may assign another player on that line to take the center's vacated position during the penalty. The two minute penalty is discontinued if the opposing team scores a goal and 5 vs. 5 play continues.
2. **Major fouls occur in the following instances:**
  - I. When a player charges an opponent from behind or trips or intentionally pushes an opponent.
  - II. When a player crosschecks an opponent (i.e. holding the stick in a horizontal plane away from the body to check an opponent).
  - III. When any excessive roughness takes place.
  - IV. When a player accumulates 5 minor fouls.
  - V. When elbowing takes place.
  - VI. When a bench penalty takes place.
  - VII. When unsportsmanlike conduct by players, coaches, and spectators (i.e. swearing, verbally challenging an opponent, etc.) takes place.
3. Any player who commits two major fouls shall immediately be ejected from the game.

## **Ejection Penalty**

1. A player or coach who commits an act that results in the ejection penalty must leave the building for the remainder of the game. Spectators are an extension of your team and will be asked to leave if their behavior merits ejection.
2. Ejections occur in the following instances:
  - I. When a player deliberately does anything that could cause injury or harm to another player.
  - II. When a coach's misconduct becomes detrimental to the players and the game. If, after an ejection, the coach's misconduct continues, the game will be forfeited.
  - III. When a player or coach intentionally throws or swings a stick.
  - IV. When a player commits two major fouls.
  - V. When a player commits ten minor fouls.
  - VI. When a player is ejected from a game, a teammate serves the two-minute penalty. A substitute may be entered for the ejected player after the penalty has been served.
3. A coach may lodge a protest for an interpretation of the rules except if it is a referee's judgment call.

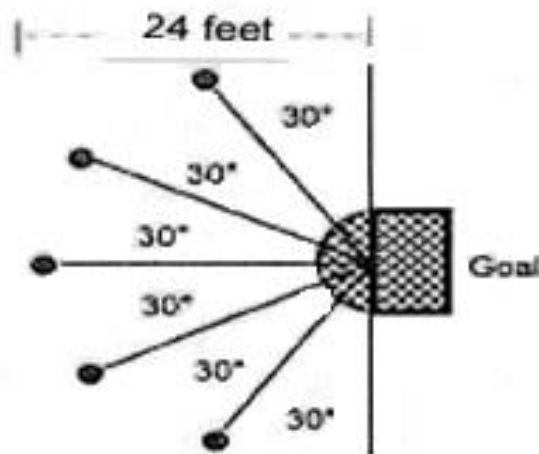
## Individual Skills Contest

The Individual Skills Contest is designed for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team competition. Athletes may not be assisted by coaches or chaperones. Modifications will be made for blind and hearing impaired athletes

### Event #1 - Shoot Around the Goal

1. Purpose: To evaluate the athlete's shooting accuracy and power as well as the athlete's ability to score goals from any angle, given a time constraint.
2. Equipment: Poly hockey stick, 5 pucks, tape and a goal
3. Description: Athlete takes one shot from five different spots around the goal. These spots are located at the end points of five 6-meter rays, which start from a common point. Each ray is drawn such that it creates a 30 degree angle with the goal line or with a previously-drawn ray. An athlete has a 30 second time limit to shoot all the pucks. One puck shall be at each spot before the athlete starts. (See Figure P)
4. Scoring: Each puck that completely crosses the goal line into the goal is worth five points. The score is the total of the five shots with 25 points maximum.

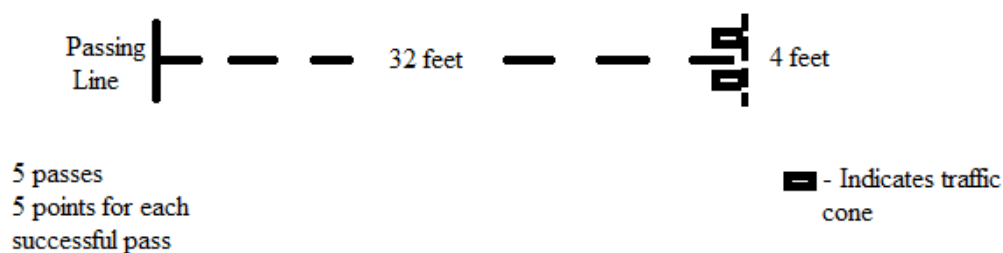
Figure P: Shoot Around the Goal



## Event #2 - Pass

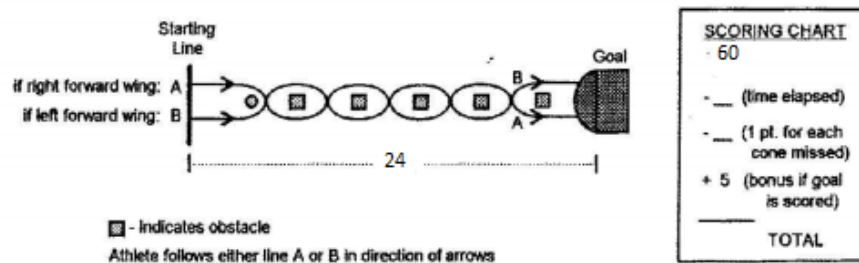
1. Purpose: To evaluate the athlete's control and accuracy when passing the puck.
2. Equipment: Poly hockey stick, puck, tape and traffic cones.
3. Description: Athlete makes five passes from behind a line. Athlete tries to pass the puck between two cones 4 feet apart that are placed 32 feet from the passing line.
4. Each time the puck passes completely across the line between the two cones, the athlete shall be awarded five points. If the puck hits the cone, but still passes through the cones, the athlete shall be awarded three points. The athlete's total score is the sum of the five passes with 25 points maximum.

Figure Q: Pass



## Event #3 - Stick Handling

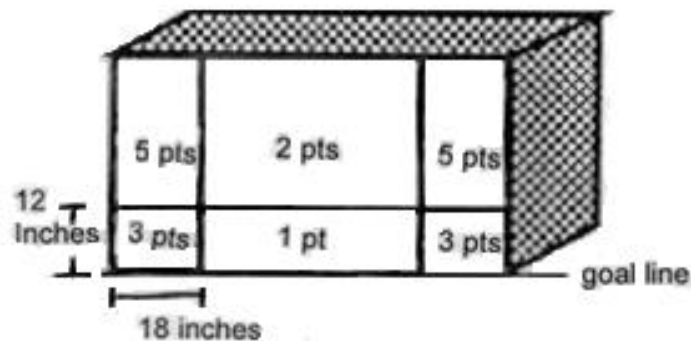
1. Purpose: To evaluate the athlete's speed and ability to handle the puck.
2. Equipment: Poly hockey stick, puck, 6 traffic cones, tape and a goal.
3. Description: Athlete stick handles the puck from a starting line through a course defined by cones and shoots the puck at the goal. The distance from the start line to goal line shall be 21 meters. The cones shall be placed in a straight line at intervals of 3 meters. The clock stops when the puck passes the goal line.
4. The time spent stick handling is subtracted from 60. If any cones are missed, one point is subtracted for each miss. Five bonus points are given if the athlete scores a goal.



#### Event #4—Shoot for Accuracy

1. Purpose: To evaluate the athlete's accuracy, power and ability to score by shooting the puck into specific areas of the goal.
2. Equipment: Poly hockey stick, puck, goal and tape or rope.
3. Description: Athlete takes five shots from behind a line that is five meters from and directly in front of, the goal. Six sections are defined within the goal by rope or tape as shown in the diagram. The vertical rope or tape is hung 45 cm (18") in from each goal post. The horizontal rope or tape is strung 30 cm (12") above the floor. (See Figure S)
4. Scoring: The goal is divided into point sections as follows:
  - I. 5 points for any shot entering the goal in either of the upper corners.
  - II. 3 points for any shot entering the goal in either of the lower corners.
  - III. 2 points for any shot entering the goal in the upper middle section.
  - IV. 1 point for any shot entering the goal in the lower middle section.
  - V. 0 points for any shot not entering the goal

Figure S: Shoot or Accuracy







# Powerlifting



## **SOMI-Specific Information**

**Sport season:**

February - June

**Culminating State Events:**

State Summer Games

**Events Offered:**

Squat

Bench Press

Deadlift

2 Lift Combination (Bench Press, & Deadlift)

3 Lift Combination (Squat, Bench Press & Deadlift)

**National Governing Body:**

International Power Lifting Federation (IPF)

Zeisigstrasse 34 D-8011

Vaterstetten Germany 011-49-810631675

**Events take place in that order (Squat, Bench Press, Deadlift)**

## Powerlifting Uniform

1. Uniform:
  - a. A non-supportive lifting suit shall be worn in competition.
  - b. The suit straps must be worn over the lifter's shoulders at all times in all lifts in all competitions.
  - c. The suit shall be one-piece and form fitting without any looseness when worn.
  - d. The suit must be constructed entirely of fabric or a synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift. It may be of any color or colors.
  - e. The suit's material shall be of a single thickness, other than a second thickness of material of up to 12 cm x 24 cm allowed in the area of the crotch.
  - f. There must be legs to the suit, extending a minimum of 3 cm and a maximum of 25 cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.
  - g. Long pants may not be worn
  - h. Supportive bench press shirts are prohibited.
  - i. A T-shirt may be worn under the suit.
2. Footgear – long socks (up to the knee) must be worn for the Deadlift. Sports type shoes e.g. trainer, powerlifting or weightlifting boots ONLY must be worn. No hiking or work boots allowed.
3. Wraps: wrist wraps of a maximum width of 8 centimeters and maximum length of 1 meter may be worn. A wrist wrap shall not extend beyond 10 centimeters above or 2 centimeters below the center of the wrist. In lieu of wrist wraps, wristbands not exceeding 10 centimeters in width may be worn. If wrist wraps are wrap around style, with or without stitching, to form a sleeve, they may have Velcro patches not exceeding 30 centimeters in total length and 8 centimeters in width as well as a thumb loop. The total length of a wristband shall not exceed 50 centimeters. The thumb loop shall not be over the thumb during competitive lift.
4. Knee wrap – wraps not exceeding 2 meters in length and 8 cm in width may be used. When worn, wraps should not be in contact with the socks or the lifting suit. Supportive wraps – only IPF approved wraps shall be permitted for use in powerlifting competitions. Non supportive wraps: wraps made of medical crepe or bandage and sweatbands do not require IPF approval.
5. Belt: A belt made of leather, vinyl or similar nonstretch material may be worn on the outside of the suit. The belt dimensions should be not more than 4 inches at its greatest width and with a thickness not exceeding .5 inches. Belts should not have additional padding.
6. No gloves are allowed.
7. Jewelry is prohibited.
8. Wheelchair athletes may wear tight warm-up bottoms but not warm-up tops.
9. If a lifter, after the referee's inspection, changes part of his/her uniform, belt, or bandages, or puts on anything that has not been authorized or is contrary to the rules,

he/she shall immediately be disqualified.

10. No denim may be worn

## General Rules

1. The minimum age for participating in power lifting is 14 years old.
2. Athletes must choose one of the two combination events, if unable to compete in a combination event they can choose one of the individual events. Combinations consist of:
  - I. 2 Lift Combination, which is Bench & Deadlift
  - II. 3 Lift Combination which is Squat, Bench & Deadlift.
  - III. **When registering in multiple lifts be sure to register in the correct combination.**
3. An athlete's score for a lifting event will be the maximum amount that was successfully lifted during that event. The score for a combination event will be the sum of the maximum successfully completed lifts. Medals and ribbons will be awarded for the individual events and the combinations at the end of the competition.
4. There may be an opportunity for the athlete to try a "personal best" lift at the State Summer Games competition. A personal best attempt is performed after the official results have been recorded. A personal best attempt is strictly unofficial and has no bearing upon the scores. A chance for a personal best lift is simply an additional opportunity for the athlete to strive for his/her best during a time frame and venue, which may increase the possibility of reaching his/her potential.
5. Bar and Disc Specifications
  - I. Distance between collars: 1m 31 cm (4' 3- 1/2") at a maximum.
  - II. Total length outside the sleeves: 2 m 20 cm (7' 2-3/4") at a maximum.
  - III. Diameter of the bar: 28 mm (1-7/8") minimum; 29 mm (1' 1-3/16") maximum.
  - IV. Diameter of the largest disc: 45 cm (1' 5- 3/4").
  - V. Weight of the largest disc: 45 kg (99 lbs.).
  - VI. Weight of the largest bar and collars: 25 kg (55 lbs.).
  - VII. The discs must be in the following range: 45 kg. (99 lbs.), 25 kg. (55 lbs.), 20 kg. (44 lbs.), 15 kg. (33 lbs.), 10 kg. (22 lbs.), 5 kg. (11 lbs.), 2.5 kg. (5.5 lbs.), 1.25 kg. (2.5 lbs.)
  - VIII. All discs must have a clear indication of their weight.
6. A lift must be declared NO LIFT and the lifter may be disqualified if the weights are dropped intentionally. Scoring of the events shall be the maximum weight lifted for each event and a total combination maximum weight for both events.

## **Divisions**

1. Athletes shall be placed in divisions according to gender, age, ability and weight class.
2. Minimum age to compete is 14
3. Gender: Male/Female.
4. Age Sub Junior: 14-18, Junior: 19-23, Senior: 24-39, Master: 40 and over, Divisions all weight classes.
5. For the culminating event must submit best score at most recent practice

### **Weight Class – Men**

- 1) 53 kg (111 lbs.)
- 2) 59 kg (130 lbs.)
- 3) 66 kg (145.5 lbs.)
- 4) 74 kg (163 lbs.)
- 5) 83 kg (183 lbs.)
- 6) 93 kg (205 lbs.)
- 7) 105 kg (231 lbs.)
- 8) 120 kg (264.5 lbs.)
- 9) 120+ kg (264.75 or more lbs.)

### **Weight Class – Women**

- 1) 43 kg (95.75 lbs.)
- 2) 47 kg (103 lbs.)
- 3) 52 kg (114.50 lbs.)
- 4) 57 kg (125.50 lbs.)
- 5) 63 kg (139 lbs.)
- 6) 72 kg (158.5 lbs.)
- 7) 84 kg (185 lbs.)
- 8) 84+ kg (185.25 or more lbs.)

## **Weigh-In**

1. Before trials and finals, the weigh-in of competitors must take place 1 hour and 15 minutes before the beginning of competition for a particular category. All the lifters in the category must attend the weigh-in, which shall be carried out in the presence of the three referees appointed for the category.
2. Weigh-in will be in secret, and the lifters will be allowed in one at a time. The weigh-in room will be locked, and the persons allowed in the room are: the referees for the body weight classes, the lifter, and his coach or trainer. The weigh-in results will not be made known until after the total weigh-in is finished.
3. Each competitor can only be weighed once. Only those greater or lighter than the category limit are allowed to return to the scales. They are allowed one hour at a maximum from the beginning of the weigh in session to make the proper weight. After this time, they will be eliminated. When a lifter enters a weight class (for example the middleweight division of 165 lbs.), and for whatever reason fails to weigh as much as the lower limit of that class, he may drop into the lighter division if he has the sufficient qualifying total required in the particular weight class.
4. The Wilkes formula (WF) is presented in kilograms as a table of coefficients. Each lifter has a coefficient determined by body weight (BW). This is further explained in the Official Special Olympics Summer Sports Rules Book.
5. Lifters will be divided into flights of no more than fifteen lifters, which will be divided into divisions of no less than three and no more than eight lifters. In each division, the lifter with the lightest attempt will lift first, and the weight loaded onto the bar will progressively increase until all lifters in the flight have lifted. The bar will then be unloaded and second attempts will be performed in the same fashion, followed by third attempts. In no case can the weight be reduced when the lifter has attempted to perform a lift with the announced weight. Then the next flight will lift.
6. Each competitor shall be allowed a period of two minutes from the calling of his/her name to the starting of the attempt. If the delay exceeds two minutes, the attempt shall be forfeited. The clock shall stop when the lifter starts the lift proper. During any competition organized on a platform or stage, nobody other than the lifter, the members of the jury, the officiating referees, the managers, and the competing lifter's coach shall be allowed around the platform or on the stage. Before the beginning of competitions, the recognized officials must check the weight of the bar and discs so that the total weight may be identical with that announced.

## **Squat**

1. The lifter shall assume an upright position with the top of the bar not more than 3 cm below the top surface of the anterior deltoids. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar (not the collars) and the feet flat on the platform with the knees locked.
2. After removing the bar from the racks, the lifters must move backwards to establish their position. The lifter shall wait in this position for the chief referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. If mechanical racks that withdraw are used, the lifter must remove the barbell from the racks before they are withdrawn and wait motionless for the chief referee's signal. The signal shall consist of a downward movement of the arm and an audible command to "squat." Upon receiving the chief referee's signal, the lifter must bend and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.
3. The lifter must recover at will without double bouncing or any downward movement after starting up to an upright position with the knees locked. When the lifter is motionless, the chief referee will give the signal to replace the bar.
4. The signal to replace the bar will consist of a backward motion of the hand and an audible command to "rack." The lifter must then make a bona fide attempt to return the bar to the racks. The lifter shall face the front of the platform.
5. The lifter shall not hold the collars, sleeves, or discs at any time during the performance of the lift. However, at the edge of the hand gripping, the bar may be in contact with the inner surface of the collars.
6. The lifter may enlist the help of the spotter/loaders in removing the bar and replacing it in the racks; however, once the bar has cleared the racks, spotter/loaders shall not assist the lifter further with regard to proper positioning, foot placement, bar positioning, etc.
7. Causes for Disqualification in the Squat
  - I. Failure to wait for the signals from the head referee ("squat" and "rack").
  - II. Failure to "break parallel."
  - III. Any shift of feet after referee gives the signal to squat and before the signal to rack.
  - IV. Any touching of the bar by spotters before the referee's signal to replace the bar to the rack.
  - V. Any movement or repositioning of the bar on the lifter's back after receiving the signal to squat.

## **Bench Press**

1. The lifter must assume the following position on the bench and maintain this position during the lift: the head, trunk (including buttocks) must be extended on the bench, and the feet must be on the floor. The referee's signal shall be given when the bar is absolutely motionless at the chest. After the referee's signal, the bar is pressed vertically to straight arm's length and held motionless for the referee's signal to replace the bar.
2. Athletes who are anatomically unable to fully lock out a bench press must have a certified coach state so at the weigh-in. A medical certificate should accompany the request. No changes in proper lifting techniques can be made for the lifter after weigh-in.
3. The width of the bench shall not be less than 25 cm (9-3/4") or more than 30 cm (1' 1-3/4"). The height shall not be less than 35 cm (1' 1-3/4") and not more than 45 cm (1' 5-3/4"). The length shall not be less than 1.22 m (4'), and the board shall be flat and level.
4. An athlete may have the option of using a 15kg bar for the bench press only. This bar may be used up to the point that the 20kg bar can be used by the athlete. The bar will have the following characteristics and measurements:
  - I. Weight: 15kg
  - II. Length: 201 cm
  - III. Outer Ends (sleeves: 5 cm diameter/32 cm long and must rotate)
  - IV. Grip section: 2.5 cm diameter/131 cm long
  - V. 2 (knurled) grip sections spaced 42 cm apart with non-knurled 0.5 cm strip 19.5 cm from inner sleeves
5. The spacing of the hands shall not exceed 81 cm (2' 8"), measured between the forefingers. For those lifters whose feet do not touch the floor, the platform may be built up with 20 kg. (45 lbs.) plates to provide firm footing. A maximum of four and a minimum of two spotter/loaders shall be mandatory; however, the lifter may enlist one or more of the official spotter/loaders to assist him in removing the bar from the racks.
6. Causes for Disqualification in the Bench Press
  - I. During the lift, any change of the lifting position.
  - II. Any raising or shifting of the lifter's shoulders, buttocks or legs from the bench, or movement of the feet.
  - III. Any heaving or bouncing of the bar from the chest.
  - IV. Allowing the bar to sink excessively into the chest prior to the uplift.
  - V. Any uneven extension of the arms.
  - VI. Stopping of the bar during the press proper.
  - VII. Any touching of the bar by the spotter before the referee's signal to replace the bar.
  - VIII. Failure to wait for the referee's signal.
  - IX. Touching against the uprights of the bench with the feet.
  - X. Touching the shoulders against the uprights of the bench during the bench press.



- XI. Allowing the bar to touch the uprights of the bench during the lift in order to gain an advantage.

## **Deadlift**

1. The bar must be laid horizontally in front of the lifter's feet, gripped with both hands, and uplifted with one continuous motion until the lifter is standing erect. At completion of the lift, the knees must be locked and the shoulders thrust back. The referee's signal shall indicate the time when the bar is held motionless in the final position.
2. The lifter shall face the front of the platform. Any rising of the bar or any deliberate attempt to do so shall count as an attempt.
3. On completion of the lift, the knees shall be locked in the straight position, and they should be held in an erect position (not forward or rounded). The shoulders do not have to be thrust back past an erect position; however, if they are thrust back in that manner, and all other criteria is acceptable, the lift shall be accepted.
4. Causes for Disqualification in the Deadlift
  - I. Any stopping of the bar before it reaches final position.
  - II. Failure to stand erect.
  - III. Failure to lock the knees.
  - IV. Supporting the bar on the thighs.
  - V. Any shifting of the feet during the performance of the lift.
  - VI. The toes or heels may be raised provided that either foot is not displaced or comes down in a different position.
  - VII. Lowering the bar before the referee's signal to do so.
  - VIII. Allowing the bar to return to the platform without maintaining control with both hands.



# Snowboarding



## **SOMI-Specific Information**

### **Sport season:**

December - February

### **Culminating State Events:**

State Winter Games

### **Events Offered:**

Slalom: Novice, Intermediate, Advance

Giant Slalom: Novice, Intermediate, Advance

Super-G: Novice, Intermediate, Advance

Unified Giant Slalom: Intermediate

Unified Slalom: Intermediate

### **National Governing Body:**

Federation Internationale de Ski (FIS)

CH-3653

Oberhofen/Thunersee

Switzerland 413344-6161

### **Recommended Events for Appropriate Ability levels:**

Novice: Snowboarders may enter the Giant Slalom or Super-G. Please register in event specific for novice. Novice snowboarders will use a tow rope and are not allowed on the chairlift.

Intermediate & Advance: Snowboarders may enter the Slalom, Giant Slalom or Super-G events. Athletes should be able to do beginner requirements, plus be able to do carving turns at moderate speeds. They must be trained using a chairlift.

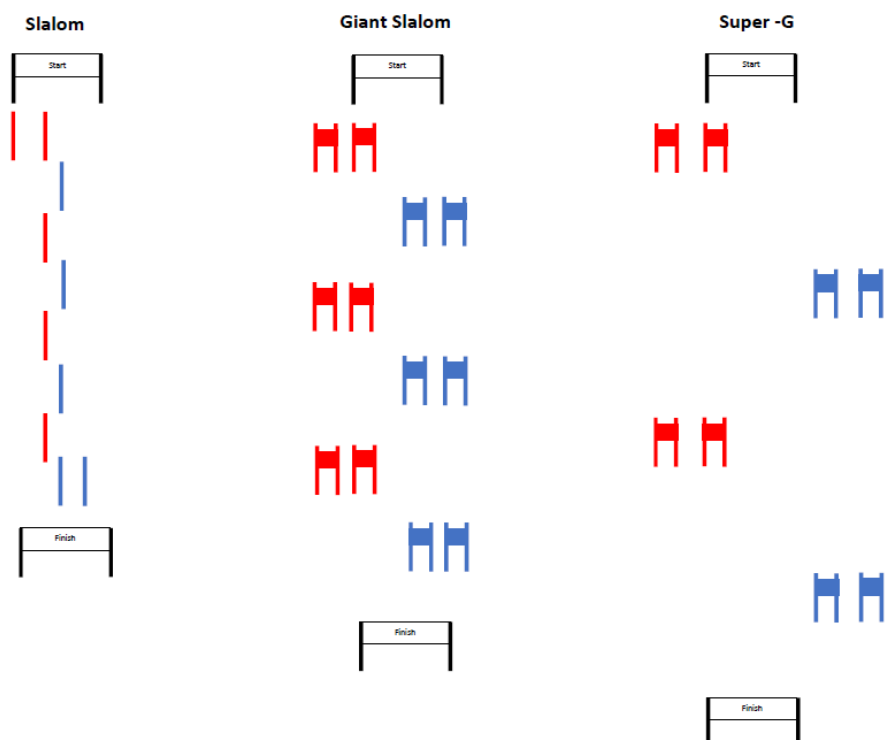
*Note: if an athlete has never been on a snowboard, he/she should not be entered in snowboarding. If they do not display the skills required for the level registered they will be moved up or down to the next level. If athletes create a safety hazard on the slopes the games officials have the authority to disqualify them.*

## **Uniform Guidelines & Equipment**

1. Athletes should wear appropriate winter sports attire. Warm gloves or mittens, hat, scarf, headband or ski mask, and sunglasses or goggles are recommended. Optional items include wrist guards and kneepads.
2. All clothing should be conducive to freedom of movement.
3. All competitors must wear competition bibs for all time trials and finals races. Bibs must be worn on the hill at all times throughout the games, even if the athlete is not competing at that time.
4. Snowboards must be equipped with a board leash. Competition equipment such as boards, boots and bindings must pass all appropriate safety guidelines.
5. All athletes competing in all skiing or snowboarding events must wear a ski racing helmet. Helmets from other sports including, but not limited to, cycling, hockey or football will not be allowed.
6. Jewelry and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## Course Layout

1. Slalom, Giant Slalom and Super-G gates consist of two poles: one outside pole and one stubby turning pole.
2. Triangular banners must be placed at the bottom of the gate at snow level.
3. The short or turning side of the panel must be able to tear away from the pole with Velcro or other suitable fastening.
4. For all events, panels shall be used.
5. The first gate after the start should always be red.
6. An auger or crow bar shall be made available for the course setter to set poles into the snow.
7. Adequate protection for the start and finish areas shall be provided. Fencing and/or pop fencing may be used.
8. Whenever possible, for safety reasons, the courses should be fenced off to be perceived by the skiing public as a self-contained racing venue. Additional fencing, snow fencing, and protective bagging are the responsibility of the ski area.
9. Whenever possible, electric timing equipment, with back-up system, shall be used. When this is not possible, hand held timing may be used. Gate judges shall be responsible for timing the two minutes for the "Two Minute Rule". Start and finish banners shall be used.
10. Information boards: Start Order Board - Shall be located at the start and contain the skiers' start order, bib number, and other pertinent information. Result Board - Shall be located outside the finish area to post results and list skiers by name, start order, and bib number. General Information Board - Shall be located in close proximity to the racing venues, awards area, and lodge and contain general information and announcements.



### 3. Novice Skier Course Layout

Event	# of Gates	Vertical Drop	Course Width	Terrain Classification
Slalom	5 to 15	15 to 50m	30 meters	Novice
Giant Slalom	5 to 15	20 to 70m	30 meters	Novice
Super-G	5 to 12	25 to 70m	30 meters	Novice

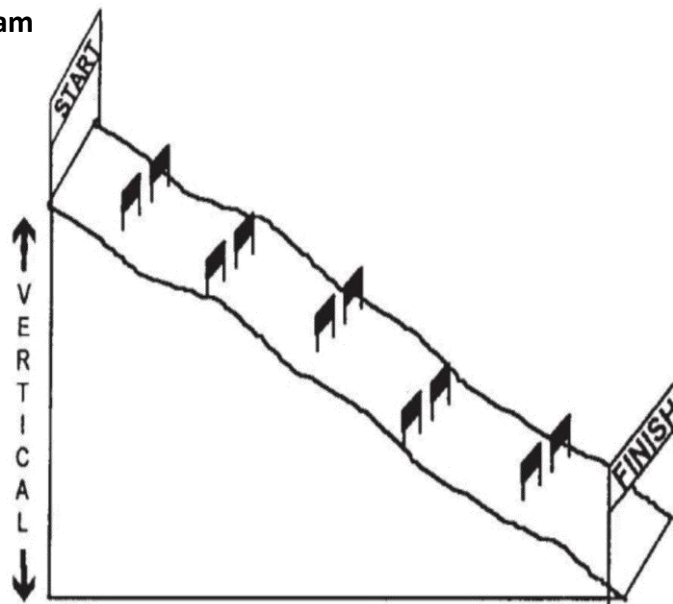
### 4. Intermediate Skier Course Layout

Slalom	15 to 30	30 to 100m	30 meters	Novice/ Intermediate
Giant Slalom	15 to 30	50 to 150m	30 meters	Novice/ Intermediate
Super-G	10 to 20	50 to 200m	30 meters	Novice/ Intermediate

### 5. Advanced Skier Course Layout

Slalom	20 to 45	60 to 200m	30 meters	Intermediate
Giant Slalom	20 to 40	100 to 300m	30 meters	Intermediate
Super-G	15 to 35	150 to 350m	30 meters	Intermediate

### Vertical Drop Diagram



## General Rules

1. It is mandatory for all athletes to be on snow regardless of snow conditions prior to attending Winter Games.
2. Each athlete participating at the Games may only compete in one sport. Each athlete may participate in two events within the chosen sport.
3. An athlete can be registered only within one level. For example and athlete cannot be in Level I Slalom and Level II Super-G.
4. Special attention should be directed to recommended events for the athlete's ability level.
  - I. *Note: If the athlete has never been on a snowboard he/she should not be entered in the Snowboard competition. If they do not display the skills required for the level registered, they will be moved up or down to the next level. If athletes create a safety hazard on the slopes the games officials have the authority to disqualify them.*
5. All athletes must be accompanied by a Level II snowboard coach for safety reasons. If athletes are found on the hill unsupervised or if they are a safety hazard to others, they will be escorted off the hill. Coaches MAY NOT coach on the hill.
6. Start Areas
  - I. All start areas shall be flat, enabling the snowboarders to stand in the start in either a relaxed or ready position. Care should be given to provide easy access to this area as well as securing the area from the flow of general public skier traffic.
7. Two Minute Rule
  - II. During competition, if the competitor moves out of the general direction of the line of the course (fall, miss a gate, lose a ski, etc.) he/she shall have two minutes from the time of the deviation to re-enter the course. A competitor who fails to adhere to this two minute time limit, or receives assistance of any kind, shall be disqualified.
  - III. Disqualification shall be determined on the gate card by the Gate Judge assigned to the gate closest to where the infraction occurred. The Gate Judge is responsible for timing the two minutes.
8. Start command
  - IV. For all Special Olympics snowboard events at each ability level, the start command shall be as follows: "5.4.3.2.1. GO!" The timer begins when the athlete's front boot crosses the start line, or when the electric timing wand is activated.
9. Gate Line
  - V. The gate line is determined by the turning pole
10. Correct Passage
  - VI. A gate has been passed correctly when the competitor's snowboard tip and both feet have passed by the gate. The start and finish lines are the same as a gate line. In the event that a competitor removes a pole from its vertical position

before the competitor's snowboard tip and both feet have passed the gate line, the snowboard tip and feet must pass the original gate.

- VII. A competitor who receives assistance of any kind shall be disqualified.

### **Event Modifications**

1. Slalom/Giant Slalom:

- I. Giant Slalom and Slalom races will consist of two timed runs except for Super G. The combined times will determine the results for awards.
- II. A course maybe reset for a second run at the discretion of the jury.
- III. In Giant Slalom and Slalom events, the competitor's first-run time shall determine his/her second run start order within the division. Slowest first-run time will start first, the fastest last. Disqualified competitors may have a second run, but they will run at the end of their divisions.

2. Super-G:

- I. Competition organizers will create Super Giant Slalom courses based upon the ability levels of the competing snowboarders.
- II. One training run on the same course and prior to the race is required of all competitors.
- III. Race organizers are encouraged to time the training run. This will have no bearing on start orders for the race.
- IV. The Super Giant Slalom race is a one-run race.



## **Unified Snowboarding Rules**

1. Unified Snowboarding teams shall consist of one Unified Partner and one Athlete; a coach may not serve as the Unified Partner.
2. The Unified Partner shall make his/her timed run first with the Athlete making his/her timed run immediately after in order.
3. The Unified Partner shall wait for the Athlete outside the end of the finish chute area.
4. The score is computed by combining the time of the Unified Partner with the time of the Athlete.
5. For divisioning, each competitor shall make two runs on the specified course with the better of the two runs used to create divisions.
6. The final score for the team shall be the combined total of both runs for the Unified Partner and the Athlete following the competition.
7. General Unified Sports Rules:
  - I. Unified Partners are athletes and should not be involved in coaching.
  - II. The Unified Partner must complete the Application for Participation for unified partners.



# Snowshoe



## **SOMI-Specific Information**

**Sport season:**

December-February

**Culminating State Event:**

State Winter Games

**Events Offered:**

25-meter

50-meter

100-meter

200-meter

400-meter

4x100 meter Relay

4x400 meter Relay

4x100 meter Unified Relay

4x400 meter Unified Relay

**National Governing Body:**

Special Olympics

1133 19th St NW, Washington, DC 20036

(202) 628-3630

[www.specialolympics.org](http://www.specialolympics.org)

## **Uniform Guidelines & Equipment**

1. Athletes should wear appropriate winter sports attire. Warm gloves or mittens, hat, scarf, headband or ski mask, and sunglasses or goggles are recommended. Optional items include wrist guards and kneepads.
2. All clothing should be conducive to freedom of movement. All competitors are required to wear footwear.
3. All competitors must wear competition bibs for all time trials and finals races.
4. Jewelry and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.
5. Snowshoes:
  - I. Participants must have their own equipment.
  - II. Snowshoes should measure at least 7 inches by 20 inches. This measurement shall be taken from the longest point of the snowshoe and at the widest point of the snowshoe.
  - III. SOMI recommends a Michigan or Alaskan-style snowshoe.
  - IV. It is not necessary for snowshoes to have a "tail" provided that the snowshoe meets these minimum size standards.
  - V. Snowshoes may not be altered in anyway.
  - VI. Athletes must use the same snowshoes during time trial and finals competition. If an athlete is found to be wearing different snowshoes during finals competition, the athlete will be disqualified and given a participation ribbon only.

## **General Rules**

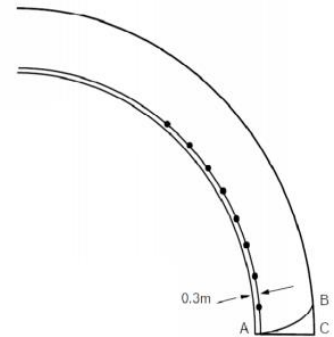
1. Beginner athletes should enter the 25-meter and 50- meter events. Intermediate athletes should enter the 50-meter and 100-meter. Advanced athletes should enter the 200-meter, or the 400-meter.
2. Each athlete participating at the Games may only compete in one sport. Each athlete may participate in two events within the chosen sport category. Snowshoers are invited to enter the 25 and 50 Meter only. (Score 0-20) Intermediate (Level II) Snowshoers are invited to enter the 50 or 100 Meter. (Score 21-43) Advanced (Level III) Snowshoers are invited to enter the 100, 200, or the 400-Meter. (Score 44 +)
3. Athletes begin with feet behind the start line. All snowshoe races will use the starting command, "5-4- 3-2-1-Go!" At the same time as the verbal start command, a flag will be dropped to alert timers to the start and to accommodate hearing-impaired athletes.
4. In the 25 meter, 50 meter and 100 meter races athletes must keep in a straight line from start to finish.
5. Athletes continue on snowshoes until crossing the finish line.
6. Any competing athlete who jostles to obstruct another athlete, so as to impede his or her progress, shall be liable to disqualification from that event. This action must be

judged to be intentional and beyond incidental to result in disqualification.

7. Athletes must complete the entire distance of this course with both snowshoes on. In the event that one or both snowshoes come off, the athlete must stop, put the snowshoe back on (at the point where it came off), and then complete the course. Time is taken from the point that the competitor's torso crosses the finish line. The finish referee is responsible for all such decisions.
8. Any competitor starting before the start signal is given will be charged with a false start. Any competitor making two false starts in the same race will be disqualified from that race.
9. A sighted guide runner may be used by athletes who are blind. The sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing. Guide runners must clearly identify so that they are clearly distinguished from competitors.

#### 10. Waterfall starts

1. Oval Waterfall (curved) starting lines are used for all races in Special Olympics Snowshoeing not run entirely on a straightaway (200 meters and up and the relays).
2. The waterfall starting line will ensure that each competitor runs the same equal distance going into the curve, from any starting position along this waterfall start line (i.e. snowshoer starting along the outer edge of the track covers the same distance as snowshoer starting along the inside edge of the track).
3. In the diagram below the curved line A to B is the waterfall starting line. An athlete starting at point B would cover the same distance on the track as a person starting at point A, when measured to the upper pin location, point D, ~25 meters into the curve.
4. The curved waterfall starting line may be established by driving a row of pins 3.05 meters (10 ft) apart, 0.3 meters (12 in) from the curb-- the first pin to be 0.3 meters (12 in) from the curb at the start. For a 9.75 meter (32 ft) track, 10 pins are sufficient.
5. Using a steel tape or rope 30.48 meters (100 ft) or longer, and with the pin furthest from the start as center, scribe an arc (the waterfall start line) from pole to outer curb of track.
6. The distance for spacing of the pins—3.05 meters—is an arbitrary and sufficiently accurate interval.
7. This will not be an arc of a circle as the radius will change as the tape loses contact with each successive pin.



## **Event-Specific Rules and Modifications**

### **1. 25-100 Meter**

- I. 25, 50 and 100 Meter Races: Run on a straight area of the course or on a separate course to allow for events to run concurrently. Lanes should be marked and delineated on the track for the 25, 50 and 100-meter events. These lanes should be at least one meter wide each with wider lanes up to 1.7 meters wide being preferable.
- II. Race Course Layout for 25 meter through 100-meter Racecourse area should be as flat as possible and at least 25-100 meters long. A start line should be marked 20 meters long.
- III. The finish line should be marked at 25 meters, 50 meters, and 100 meters from and parallel to the start line.
- IV. Six lanes should be designated, and each lane should be 2.5 meters wide.
- V. Two 5-10 meter areas should be used for staging: one area before the start line and one area after the finish line.

### **2. 200-400 Meter**

- I. The track course is a 400-meter continuous loop with a course width of at least 1 meter for each competitor in a race. The 400-meter track loop should be relatively flat. The course should be prepared so that conditions are similar for all parts of the track. The direction of competing shall be left-hand inside.
- II. 200 Meter Race is ran over a portion of the 400 meter course.
- III. 400 Meter Race is one lap of the entire 400-meter course.
- IV. The minimum size of the course layout should be 400 meters in length and 7 meters in width. The course should be a continuous hoop over varied terrain.

### **3. Relay**

- I. 4 x 100 Meter Relays. Run over 400 meter course with 3 exchange zones.
- II. Each zone will be 20m in length and clearly marked. The start of the zone shall be nearest to the starting line.

## **Disqualifications**

1. A competitor may be disqualified if he/she:
  - I. Any competitor making two false starts in the same race will be disqualified from that race.
  - II. Does not follow the marked course or does not pass all the control checkpoints or takes a short cut.
  - III. Receives unauthorized assistance.
  - IV. Fails to give way to an overtaking competitor when so requested or prevents another racer from passing.
  - V. Does not finish with snowshoes on his/her feet.

## **Unified Sports Relay Races**

1. General Rules
  - I. The designated exchange zone is the 20-meter-long space within the vertical planes extending up from two lines on the track 20 meters apart.
  - II. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
  - III. A proper exchange of the baton must take place within the exchange zone between the incoming and outgoing runner.
  - IV. Competitors awaiting the baton will be positioned by officials on the track prior to the start of the race (for the 4 x 100 Meter Relay) or, as the leading runner passes the 200 meter to go point (for the 4 x 400 Meter Relay) in the same order (inside to out) as the order of their respective incoming team member.
  - V. Competitors waiting for the baton can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another competitor so as to impede the other competitor's progress.
  - VI. Competitors in the 4 x 100 Meter Relay about to receive the baton may commence running not more than 10 meters before the exchange zone. A line shall be marked on the track to denote this extended limit. If a competitor does not follow this rule, their team shall be disqualified.
  - VII. If dropped, the baton shall be recovered by the competitor who dropped it. He/she may leave their lane to retrieve the baton provided that, by doing so, they do not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the competitor who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other competitor is impeded, dropping the baton shall not result in disqualification.
    - i. If a competitor does not follow this rule, his/her team shall be disqualified.
  - VIII. The passing of the baton commences when it is first touched by the receiving competitor and is completed the moment it is in the hand of only the receiving

competitor.

IX. In relation to the exchange zone, it is only the position of the baton which is decisive.

X. Passing of the baton outside the exchange zone shall result in disqualification.

## 2. Relay Disqualifications

I. Competitors, before receiving and/or after handing off the baton should keep in their general area or position relative to the inside edge track until the course is clear to avoid obstruction to other competitors. If a competitor impedes a member of another team by running out of position or lane, his or her team shall be disqualified.

II. Assistance between team members by pushing or by any other method shall result in disqualification of that team.

III. Competitors are not permitted to begin running outside the exchange zones, and shall start within this zone. If a competitor does not follow this rule, their team shall be disqualified.

## 3. Baton

I. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece.

II. Metal batons are acceptable but caution must be used if handling them with bare skin in cold weather.

III. The baton length shall be 280 to 300 millimeters. The outside diameter shall be 40 millimeters and it shall not weigh less than 50 grams.

IV. It should be colored so as to be easily visible during the race.

V. The baton shall be carried by hand throughout the race.

VI. Competitors are not permitted to place substances on their hands in order to obtain a better grip of the baton.

## 4. Unified Sports relay team roster

I. The team shall be made up of two Special Olympics athletes and two Unified Sports® partners.

II. The competitor order in the relay is up to the decision of the coach.

III. A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.

IV. Each competitor must complete one-fourth of the distance of the total relay. No competitor may complete more than one leg of any one relay.





# Soccer



## **SOMI-Specific Information**

**Sport season:**

July - September

**Culminating State Events:**

State Fall Games

**Events Offered:**

*Team Competition:*

11-A-Side

7-A-Side

5-A-Side

*Unified Team Competition:*

11-A-Side

7-A-Side

5-A-Side

Individual Skills Contest

**National Governing Body:**

Federation Internationale de Football Association (FIFA)

Case Postale 85 8030

Zurich, Switzerland (41.1) 555400

## **Uniform Guidelines**

1. The soccer uniform shall consist of a jersey or shirt, shorts or sweat pants, matching stockings, shin guards, and shoes.
2. Jerseys/shirts must be numbered on the front with 4 inch numbers and on the back with 6 inch numbers. Numbers should be centered on the shirt. Each player should have a different number. Teams are encouraged to include a number on the front of the shorts at the bottom of the right leg. This number should be 4 inches high, and the color of the numbers should match the number on the shirt. Numbers should be of contrasting color.
3. The goalkeeper shall wear colors, which distinguish him/her from the other players on the team and from the referees.
4. Shin guards must be completely covered by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane, or similar substance), and shall afford a reasonable degree of protection. Shoes: Soccer shoes must have rubber sole cleats. No metal cleats.
5. Hats, bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.
6. The Special Olympics logo must be adorned on the jersey

## **Field & Equipment**

1. Ball Size: Juniors will use size 4 balls, seniors will use size 5.
2. 5-a-side field
  - a. Field size: maximum dimensions of 50 meters by 35 meters, minimum dimensions of 40 meters by 30 meters. The smaller field is recommended for lower ability teams.
  - b. Goal size: must be between a minimum of 3 meters x 2 meters and a maximum of 4 meters by 2 meters.
  - c. Goal area: 8 meters by 12 meters.
  - d. Penalty mark: must be at 7 meters for goal size of 4 meters x 2 meters. The penalty mark must be at 6 meters for goal size of 3 meters x 2 meters.
  - e. The recommended playing surface is grass
3. 7-a-side field:
  - a. Field size: maximum dimensions of 70 meters by 50 meters, minimum dimensions of 50 meters by 35 meters. The smaller field is recommended for lower ability teams.
  - b. Goal size: 5 meters by 2 meters.
  - c. Goal area: shall be 8 meters by 20 meters.
  - d. The recommended playing surface is grass
4. 11-a-side field:
  - a. Field size: The length of the touch line must be greater than the length of the goal line. Maximum dimensions of 120 meters by 90 meters, minimum dimensions of 90 meters by 45 meters.
  - b. Goal size: 7.32 meters by 2.44 meters.
  - c. The recommended playing surface is grass.

## **Team Size**

1. Roster size:
  - I. 5-a-side: The minimum roster size is six players; maximum roster size is 10. Unified 5-a-side has a minimum of 7 players and maximum of 10
  - II. 7-a-side: the minimum is eight with a maximum of 14. Unified 7-a-side minimum is 9 players and maximum is 14.
  - III. 11-a-side: minimum of 12, maximum of 16 players. 11-a-side unified will also have a 12 minimum or 16 maximum players with equal number of traditional athletes and unified partners.
2. Games must start with five players (5-a-side) or seven players (7-a-side). Games may continue with 4 aside or 6 aside respectfully if an injury occurs during the game.
3. You may register 3 athletes as your team alternates. Alternates attend the event only when replacing a registered athlete who does not attend. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added. Alternates do not attend state events unless activated in the sport.
4. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.) It is strongly suggested to list alternate athletes. Unified Partner athletes will follow the same procedures as athlete alternates.
5. Each coach must see to it that each athlete has frequent opportunities to participate.
6. For Unified Sports the roster shall contain a proportionate number of traditional athletes and unified partners. During competition, the line-up shall never exceed three traditional athletes and two unified partners at any time. If a team is unable to play by these numbers, then a forfeit will be issued.

## General Rules

1. When the ball passes over the goal line (not in the goal), having last been played by an attacking player, the goalkeeper, standing within his own penalty area, shall throw the ball back into play beyond his own penalty area, but not further than the halfway line (i.e., the ball must touch the ground or another player before crossing the halfway line). The ball shall be deemed in play as soon as it passes outside the penalty area.
2. In 5 and 7 a side play, a goalie when putting the ball back in play, must throw the ball so that it either bounces before the mid field line or touches another player before the mid field line. The penalty for a violation of this rule is that the opponent's goalie may then have the opportunity to put the ball in play.
3. The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
4. Any ball over the end line off of a defensive play is an offensive corner kick.
5. Any ball over the end line last touched by the offense is a goalie throw in.
6. No off sides for 5 and 7 a-side.
7. A team bench area will be provided for each team. Each bench area will be defined by a marked off rectangle, 15 meters in length, located on the sideline at least five meters away from the sideline and within 10 meters of the half-way line. Substitute players and coaches are expected to remain seated within the bench area at all times except when making a substitution.
8. Coaches are expected to restrict their coaching to simple verbal encouragement. Verbal abuse of players or officials, or excessive and explicit coaching from the sidelines, will be considered unsportsmanlike conduct and may result in a warning from the referee. If such behavior persists, the referee may eject the coach.

## 11 A-Side

1. Substitutes: Teams are allowed to use all substitutes named on the playing roster.
2. Free substitutions are allowed in all games unless otherwise noted by the tournament committee.
3. Each coach must see to it that each athlete has frequent opportunities to participate.
4. Goal size should be 8 feet x 24 feet for 11-a-side
5. In tournament play, if overtime is used to break a tie, two "sudden-death" periods shall be played (first goal scored wins). For 11-a-side, these periods shall be five minutes each. If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
6. During a throw-in, the athlete must throw the ball according to the rules. If there is a physical impairment, and one of the athletes cannot throw the ball in as described by the rules, then the coach must inform the official of this situation ahead of time. Otherwise, the throw-in rules will be enforced.
7. If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game. His team must play a player down for the rest of the game.

## 5 & 7 A-Side

1. Regular 11-A-Side Soccer rules will be utilized with the following modification: Off-sides will not be called in 5-a-side or 7-a-side soccer.
2. 5-a-side soccer will be played with two 15-minute halves and a five minute break during half-time.
3. 7-a-side will play two 17- minute halves with a 5 minute half-time break.
4. In a 5 and 7 a side play, a goalie when putting the ball back in play, must throw the ball so that it either bounces before the mid field line or touches another player before the mid field line, The penalty for a violation of this rule is that the opponents goalie may than have the opportunity to the ball in play.
5. If a game is tied at the end of regulation play a “shoot out” will be played. Five penalty shots will be taken by each team with the team scoring the most goals declared the winner. Shots will be taken at 23 feet for 7-a-side and 20 feet for 5 –a- side. If the game is still tied individual alternate penalty shots will be taken. When one team scores and the other does not, a winner will be declared.
6. A goal can be scored directly against the opponent from the kick-off; if the ball directly enters the kicker’s goal, a corner kick is awarded to the opposing team.
7. Kick-ins
  - I. When the whole of the ball passes over a sideline, it shall be kicked back into the game, from the place where it crossed the line (on the sideline), by a player from the opposing team to that of the player who last touched it.
  - II. The ball must be stationary before being kicked. It shall be deemed in play when the ball is kicked and clearly moves.
  - III. The ball cannot be played again by the kicker until it has been touched by another player.
  - IV. The players from the opposing team must retire at least five meters from the spot where the kick is being taken.
  - V. A goal cannot be scored directly from a kick in.
  - VI. A goalkeeper may not touch the ball with hands receiving it directly from a kick in by a teammate.
8. If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game. His team must play a player down for two minutes.
  - I. Keeping check of the two minutes shall be the task of the referee.
  - II. The player who enters the game as a substitute after two minutes may only do so with the consent of the referee and when the ball is out of bounds.

## **Tie Games**

1. In regular league play, ties are considered final.
2. In tournament play, overtime periods shall be 5 minutes each.
3. If the game is still tied after the overtime periods, penalty kicks shall be used to decide the game.
  - I. The referee chooses the goal and tosses a coin the winning captain decides the first or second kick.
  - II. Five players are selected from each team.
  - III. The kicks are taken alternately by the teams.
  - IV. The highest score after five penalty kicks is declared the winner.
  - V. If the game is still tied after five kicks, the penalty kicks continue on a “sudden death” basis using the remainder of the team’s players (including goalkeepers) until a winner is decided.
  - VI. Kicks are made at the penalty mark.

## **Unified Team Competition**

1. The roster shall contain a proportionate number of traditional athletes and partners.
2. “Proportionate” means eight athletes and seven unified partners, seven athletes and eight unified partners, six athletes and nine unified partners or nine athletes and six unified partners.
3. Each team shall have an adult non-playing head coach responsible for the line-up and conduct of the team during competition.
4. Unified Partners should not be involved in coaching.
5. The unified partner must complete the Unified Sports® Partner Application for Participation form prior to participation.
6. Unified partners have athlete status and are required to follow all rules established by the area. They should be identified on housing forms as partner athletes and be counted in the athlete to chaperone ratio.
7. Coaches should monitor their players to ensure that all players are contributing to the team’s success and that an individual player is not dominating the game. If a unified partner is not allowing the entire team to be a part of the game, it is the coach's responsibility to remove that player.
8. If an opposing coach feels that a partner is dominating the game, he/she should notify the Games Rules Committee while the incident is occurring. The Rules Committee will observe the game immediately. If they agree that a partner is dominating the game, they will speak to the coach and request that the coach discuss the philosophy of the Unified Sports® program with the athlete. If the player continues to dominate after this discussion with the coach, the rules committee will remove the player from the game. If the coach puts the player back in the game, the team will forfeit.



- Assistant coaches may be on the team roster and may play. Assistants should not play if their age or team skills differ significantly from the ages and team skills of other team members.

## Individual Skills Contest

The Individual Skills Contest is designed for lower ability or new athletes who have not yet developed the skills necessary to participate meaningfully in team competition and wheelchair athletes. Athletes may not be assisted by coaches. Modifications will be made for athletes who have visual or hearing impairments.

### Skills Contest Events:

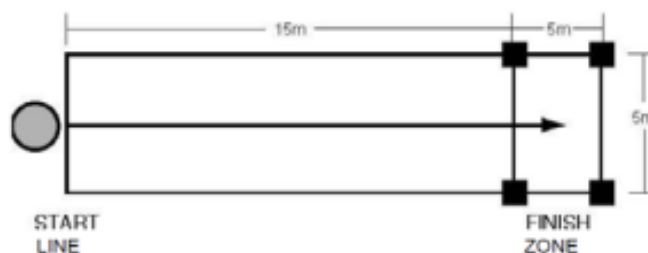
Dribbling  
Shooting  
Run & Kick

The athlete's final score is determined by adding together the scores achieved in each of the events

### Event #1: Dribbling

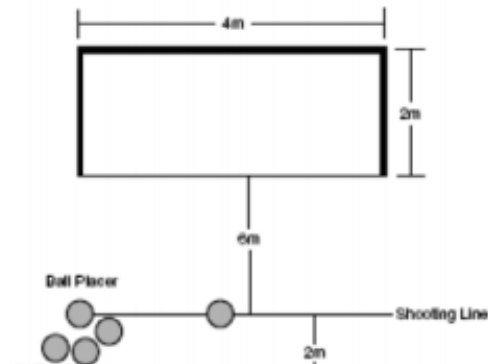
- Equipment: regulation size ball, tape or chalk, 4 large cones to mark the finish zone.
- Description: The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones as well as chalk.
- The clock is stopped when both the player and the ball are stopped inside the finish zone. If the player over-shoots the finish zone, he/she must dribble it back in to finish.
- Scoring: The time (in seconds) elapsed while the player is dribbling is converted into points using the scale on this page. A deduction of 5 points is made for each time the ball runs over the sidelines of the lane or if a player touches the ball with his/her hands. Note: If the ball runs over the sideline, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out.

Time	Points
5-10	60 pts.
11-15	55 pts.
16-20	50 pts.
21-25	45 pts.
26-30	40 pts.
31-35	35 pts.
36-40	30 pts.
41-45	25 pts.
46-50	20 pts.
51-55	15 pts.
56+	10 pts.



## Event #2: Shooting

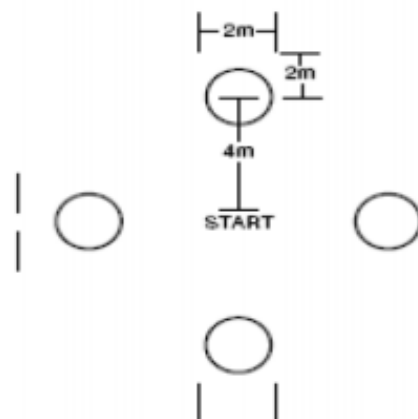
1. Equipment: Five regulation size balls, tape or chalk, 4 meters x 2 meters, and 5-a-side goal with net.
2. Description: Player begins at start line and walks or runs forward to shoot the ball into the goal from a distance of 6 meters. The player returns to the line. Ball placer (official) places the next ball to be shot. Player repeats. Athlete takes a total of five shots. 2-minute time limit to be completed.
3. Scoring: Each goal scores 10 points.



## Event #3: Run & Kick

1. Equipment: Four regulation size balls placed as shown. A central starting point should be marked. A 2 meter-wide target gate (cones or flags) set up 2 meters ahead of each ball.
2. Description: Player begins at the starting marker. He/she runs to any ball and kicks it through a target gate. He/she is only allowed Figure U: Shooting to kick the ball once. He then runs and kicks another ball through a target gate. When the player kicks the last ball, the clock is stopped.
3. Scoring: The total time (in seconds) elapsed from when the player starts to when he/she kicks the last ball is recorded and converted into points using the conversion chart below. A 5-point bonus is added for each ball kicked successfully through a target gate.

Time	Points
11-15	50 pts.
16-20	45 pts.
21-25	40 pts.
26-30	35 pts.
31-35	30 pts.
36-40	25 pts.
41-45	20 pts.
46-50	15 pts.
51-55	10 pts.
56+	5 pts.





# Softball



## **SOMI-Specific Information**

**Sport season:**

June – September

**Culminating State Events:**

State Fall Games

**Events Offered:**

Team Competition Slow Pitch

Unified Team Competition Slow Pitch

Individual Skills Contest

T-ball

Coach Pitch (Regional/Area Only)

**National Governing Body:**

International Softball Federation

1900 S. Park Road

Plant City, FL 33563

(813) 864-0100

## **Uniform Guidelines**

1. Uniforms consist of a jersey, shorts or pants, stockings and sport shoes.
2. All team members must have identical uniforms in color and design.
3. The Special Olympics Michigan logo must be on the jersey. Penalty for each team sport without logoed uniforms the area will be FINED the cost of putting the logos on the uniforms. Area Directors will be notified.
4. Undershirts must be similar in color to the jerseys or white and shall not have frayed or ragged edges.
5. Caps, visors, sunglasses and headbands are optional for players but can be mixed. If more than one type is worn, they all must be of the same color and each of the same type must be of the same color and style. Plastic or hard visors are not allowed.
6. All players must have the same color undershirt, shorts, or pants as their team members.
7. All player pants shall be either all long or all short in style.
8. Rubber soled athletic shoes or rubber cleats must be worn; metal spikes are not allowed
9. Bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## Equipment

1. Ball Regulations: The completed 30.5cm (12 in) ball shall be between 30.2cm (11 7/8 in) and 30.8cm (12 1/8 in) in circumference, and shall weigh between 178.0g (6 ¼ ounces) and 198.4g (7 ounces). The flat seam style shall have not less than 88 stitches in each cover, sewn by the two-needle method. Either white with red stitching or yellow. Any ball modifications must have prior approval of the games director.
2. Batting helmets are required for all batters and base runners.
3. The catcher must wear a face mask and catcher's type helmet. Chest protectors and throat guards are not required, but recommended.
4. The official diamond shall have base lines as follows: 65' and may be modified to either 60, 65 or 70 in accordance with NGB guidelines.
5. The official diamond shall have pitching distance as follows: 40 – 50 ft. Typical is 46 ft. Pitching distance for Unified is 55ft.
6. The double base is approved for use at first base. The following rules apply to the double base:
  - I. A batted ball hitting the fair portion is declared fair, and a batted ball hitting the foul portion only is declared foul.
  - II. If a play is made at first base on any batted ball, and the batter-runner touches only the fair portion, and if the defense appeals prior to the batter runner returning to first base, the batter runner is out. Note: This is treated the same as missing the base.
  - III. A defensive player must use only the fair portion of the base at all times.
    - i. Exception: On any live ball play made from first base foul territory, the batter-runner and the defensive player may use either base. When the defensive player uses the foul portion of the double base, the batter-runner can run in fair territory and if hit by a throw from the foul side of first base, it would not be interference. If intentional interference is ruled, the batter runner would be out. Note: The one meter line is doubled on throws from foul territory
  - IV. After the batter-runner passes first base, they may return to either portion of the double base and may stand on either portion for the beginning of subsequent plays.
  - V. When tagging up on a fly ball, either portion of the base may be used.
  - VI. \*Note this is currently not at Fall Games.
7. The Baserunner's (second) home plate is approved for use. The dimensions for the second home plate are the same as the regulation home plate. The following rules apply to the baserunner's home plate:
  - I. The second home plate should be located in foul territory 2.43m (8 ft.) from the back tip of the regulation home plate extended from the first base foul line.
  - II. The Commitment Line should begin 6.09m (20 ft.) up the third base line from the tip of home plate and marked through the baserunner's line a minimum of .9m (3 ft.).

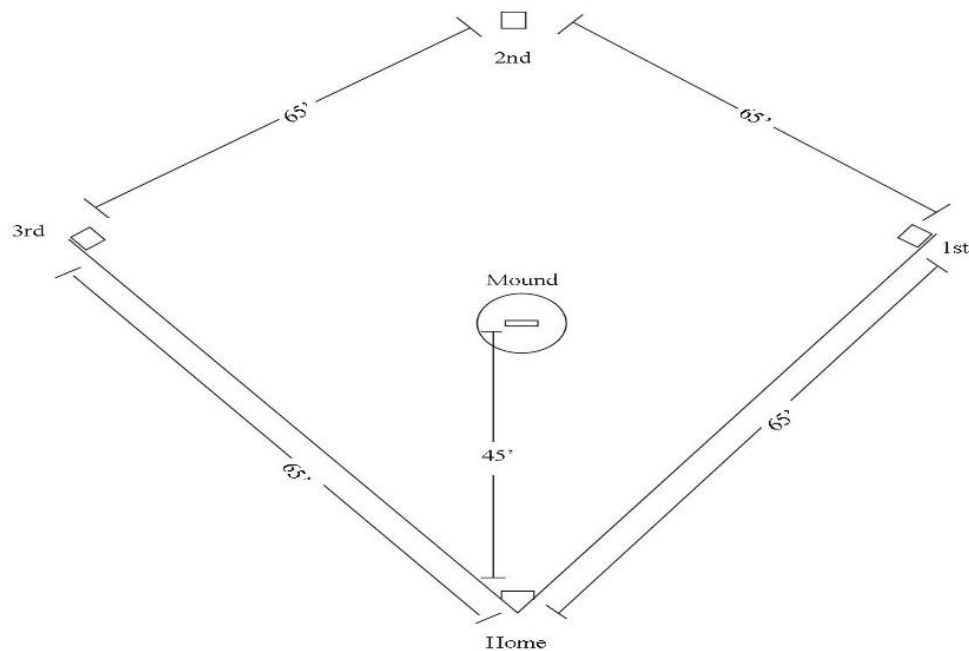
- III. Once a baserunner passes the commitment line defensive players can touch only the regulation home plate and baserunners can only touch the second home plate. Runners must touch the second home plate to be declared safe at home and score a run. All plays at home plate are force outs.
- IV. Passing the commitment line is defined by one foot stepping entirely beyond the marked line or, if the line has been obscured, where that line was originally marked. Once the line has been crossed, the baserunner may no longer return to third base. Exception: when a live ball appeal for not tagging up on a fly ball or missing third base can be enforced, the baserunner may return to legally touch the base.
- V. A baserunner may not be tagged out after crossing the commitment line. They may be tagged before crossing the line.
- VI. A baserunner who touches or crosses the regulation home plate shall be declared out (the ball remains live).
- VII. \*Note this is currently not at Fall Games.

#### 8. The Official Bat

- I. Shall be of one-piece construction, multi-piece permanently assembled or two piece interchangeable construction. If the bat is designed with interchangeable components it must meet the following criteria: Mating components must have a unique locking key to prevent uncertified equipment combinations in the field. All component combinations must meet the same standards as if it were a one piece bat when combined or a portion of a one-piece bat if separated.
- II. Shall be made of one piece of hardwood, metal, bamboo, plastic, graphite, carbon, magnesium, fiberglass, ceramic, or any other composite material approved by the ISF Equipment Standards Commission or NGB Standards.
- III. Can be laminated, but must contain only wood or adhesive and have a clear finish (if finished).
- IV. Shall be round and shall be smooth.
- V. Shall not be more than 86.4cm (34 in) long, nor exceed 1077.0 g (38 ounces) in weight.
- VI. Shall not be more than 5.7cm (2 ¼ in) in diameter at its largest part. A tolerance of 0.80mm (1/32 in) is permitted to allow for expansion
- VII. Shall not have exposed rivets, pins, rough or sharp edges, or any form of exterior fastener that would present a hazard.
- VIII. A metal bat shall be free of burrs and cracks. If metal, shall not have a wooden handle.
- IX. Shall have a safety grip of cork, tape (no smooth, plastic tape), or composition material. The safety grip shall not be less than 25.4cm (10 in) long and shall not extend more than 38.1cm (15 in) from the small end of the bat. Resin, pine tar, or spray substances placed on the safety grip to enhance the grip are permissible on the grip only. NOTE: Tape applied to any bat must be continuously spiral. It does not have to be a solid layer of tape. It shall not exceed two layers.
- X. The official bat shall not be an 'Altered Bat.' The weight, distribution of weight, and length of the bat, as well as all other characteristics of the bat must be

permanently fixed at the time of manufacture and may not be altered in any way thereafter, except as otherwise specifically provided, or a specification approved by the ISF Equipment Standards Commission or NGB Standards.

9. Facemasks: Any defensive or offensive player can wear an ISF or NGB approved plastic face mask/guard. Face masks/guards that are cracked or deformed, or if padding has deteriorated or is missing, are prohibited from use and must be removed from the game. Catchers cannot wear the plastic face mask/guard in place of the regular mask with throat protector.





## **Team Size**

1. Team rosters shall contain a minimum of 11 players and a maximum of 15 players. You may register 3 athletes as alternates.
2. A team may start a game with 10 players and if an injury or ejection occurs, may finish with 9 players. Games may not begin with 9 players, in this case a forfeit will be declared.
3. Alternates attend the event only when replacing a registered athlete who does not attend. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added. Alternates do not attend state events unless activated in the sport. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.) It is strongly suggested to list alternate athletes. Unified Partner athletes will follow the same procedures as athlete alternates.
4. Each coach must see to it that each athlete has frequent opportunities to participate.
5. All coaches are required to turn in 3 scores prior to the state event, in which their roster must be the same for all 3 scores.

## General Rules

1. Length of play
  - I. A game will consist of 7 innings
  - II. A time limit of one hour and five minutes will be utilized for all games. No new inning can begin after this limit.
    - i. With 1:05 time limits, the umpires make an announcement at 50 minutes and finish the inning they're in, then at the start of the next inning, if time is still left, we start the all you can score rule for both teams and declare it to be the last inning. If the game reaches the seventh inning, it automatically is the last inning and all you can score.
  - III. A game will be deemed complete if a team has a 15 run lead after four innings or 12 runs after 5 innings. The leading team will be considered the winner. This is referred to as the "run ahead rule."
  - IV. In the case of inclement weather, two complete innings shall be considered a complete game. The umpire is empowered to call a game at any time because of darkness, rain, fire, panic or other cause, which puts the patrons or players in peril.
2. A 7-run or 3-out rule will be utilized for all innings, except the final inning. In the final inning, if one team is 12 runs ahead, that half of the inning shall be declared over and the other team will come to bat for their last time. If they score 12 runs to tie the score, the game will be declared over, and a tie will be recorded.
3. A foul ball following 2 strikes is an out.
4. In traditional play, coaches will be able to bat all eligible players listed on the roster. This batting order cannot change except for the following situations:
  1. The Batter is Out
  - When playing shorthanded and it is the dropped player's position in the batting order.
  2. If an athlete is ejected, it will be considered an out when his/her time to bat arrives.
  3. A new athlete may be added to the bottom of the batting order at any time.
5. Sliding is allowed, but not recommended.
6. No assisted device allowed during team play.
7. Coaching
  - I. Each coach must see to it that each athlete has frequent opportunities to participate.
  - II. Coaches are not allowed to assist defensively. Coaches must remain in the dugout area while their team is playing defense.
  - III. A base coach is a member of the team at bat who resides within one of the coaching boxes on the field to direct players of the team in running the bases. Two coaches are allowed. One coach can have, in his possession in a coach's box, a score book, pen or pencil, and an indicator, all of which shall be used for score keeping or recordkeeping purposes only. No communication equipment is allowed.
  - IV. There will be no more than two coaches for each team to give words or signals of assistance and direction to the members of their team while at bat. One should be stationed near first base and the other near third base. Each coach must remain in his/her coaches' box.

## 8. Tie Breaker

- I. Starting with the top of the 8th inning, or the first inning after the time limit, and each half inning thereafter, the offensive team shall begin its turn at the bat with the player who is scheduled to bat last in the respective half inning being placed on second base. The player who is running can be substituted in accordance with the substitution rules.

## 9. Pitching Regulations

- I. The pitch starts when the pitcher makes any motion that is part of his/her windup after the required stop. Prior to the required stop, any motion may be used.
- II. Legal Delivery
  - i. The pitcher must not make any motion to pitch without immediately delivering the ball to the batter.
  - ii. The windup must be a continuous motion. The pitcher must not use a windup in which there is a stop or reversal of the forward motion.
  - iii. The pitcher must deliver the ball toward home plate on the first forward swing of the pitching arm past the hip with an underhanded motion.
  - iv. The pivot foot must remain in contact with the pitcher's plate until the pitched ball leaves the hand.
- II. The pitcher shall not pitch the ball behind his/her back, through his/her legs, or from the glove.
- III. The pitch shall be released at a moderate speed. Note: The speed is left entirely up to the judgment of the umpire.
- IV. The ball must be delivered with a perceptible arc of at least 6 feet and not more than 10 feet from the ground.
- V. The pitcher shall not deliver a pitch unless all defensive players, except the catcher who must be in the catcher's box, are positioned in fair territory.

## 10. Batting

- I. The On-Deck Batter
  - i. Shall take a position within on-deck circle nearest his bench.
  - ii. May not interfere with the defensive player's opportunity to make a play.
- II. Batting Order
  - i. The batting order must show the first and last name, uniform number and the position on the line-up card and must be delivered before the game by the manager or captain to the plate umpire. In Unified, the line-up card shall designate "A" for athlete and "P" for partner next to that players' information.
  - ii. The batting order must be followed throughout the game unless a player is replaced by a substitute. When this occurs, the substitute must take the place of the removed player in the batting order.

III. Batting Position

- i. The batter must have both feet completely within the batter's box prior to the start of the pitch. They may touch the lines, but no part of their foot may be outside the lines prior to the pitch.

IV. A Strike is Called by the Umpire

- i. For each legally pitched ball entering the strike zone before touching the ground and at which the batter does not swing. Note: It is not a strike if the pitched ball touches home plate and is not swung at.
- ii. For each pitched ball including an illegal pitch, struck at and missed by the batter.
- iii. For each foul tip or ball, including the third strike.

V. A Ball is Called by the Umpire for each legally pitched ball that:

- i. Does not enter the strike zone.
- ii. Touches the ground before reaching home plate.
- iii. Touches home plate and at which the batter does not swing.

VI. Batters do not advance after getting hit by a pitch

11. Fielding

- I. When a ball is put in play by the batter and fielded by the defense, the Umpire will call time when the ball is held by the defense in the infield. Runners halfway to the next base will be allowed that base.
- II. The Infield Fly Rule will be in effect when there are less than two outs and there are runners on first and second or the bases are loaded.
- III. The umpire will announce, "Infield Fly" when one of the above conditions exists and a batter hits a pop-fly in the infield. Please note that an infield fly is a judgment call by the umpire and NOT subject for controversy. When the Infield Fly Rule is declared, the batter is automatically OUT. The ball is alive and runners may advance at the risk of the ball being caught. The runner may also tag-up and advance after a defensive player has touched the ball.

12. Base Running

- I. Players can only overrun first base without being in danger of being tagged out.
- II. Sliding is allowed, but not recommended unless practiced.

13. Courtesy Runner

- I. Any eligible player on the official line-up including available substitutes may be used as a courtesy runner. Only one courtesy runner may be used per inning. In Unified play, only an Athlete may courtesy run for an Athlete and only a Partner may courtesy run for a Partner.
- II. Courtesy Runners whose turn at bat comes while on base will be called out. A second courtesy runner cannot be substituted at this time.

#### 14. Players

- I. A team shall consist of players in the following positions:

Ten players: pitcher (F1), catcher (F2), first baseman (F3), second baseman (F4), third baseman (F5), shortstop (F6), left fielder (F7), left center fielder (F8), right fielder (F9) and right center fielder (F10).

#### 15. Re-Entry

- I. Any player may be substituted or replaced and re-entered once, provided such players occupy the same batting position whenever they are in the line-up.
- II. If a manager/coach removes a substitute from the game and re-enters the same substitute later in the game, this is not considered an Illegal Re-Entry.

### **Unified Softball Competition**

1. The roster shall contain a proportionate number of athletes and partners. "Equal" means eight athletes and seven unified partners, seven athletes and eight unified partners, six athletes and nine unified partners or nine athletes and six unified partners.
2. During competition, the line-up shall never exceed five traditional athletes and five partners at any time. Failure to adhere to the required ratio results in a forfeit.
3. Each team shall have an adult non-playing head coach responsible for the line-up and competition. Unified partners should not be involved in coaching.
4. The batting order shall alternate athletes and partners. If unable to follow that order an out must be taken when the missing athlete or partner's place appears in the batting order.
5. During competition the following position requirements are: two athletes and two partners in both the infield and the outfield, and one athlete and one partner as pitcher and catcher.
6. Unified partners must fill out the Unified Sports® Partner Application for Participation form.
7. Umpires shall warn any athlete whose play is deemed dangerous. A second infraction for dangerous play shall result in disqualification from the game. This rule is to ensure that a play does not create a health and safety risk for other players.
8. A limit of over-the-fence home runs will be used in all Unified divisions. The following limitations are per team per game: Two (2). For any excess home runs, the ball is dead, the batter is out, and no runners can advance. Note: Both athlete and partner home runs count toward the Unified limit.

## **T-Ball Competition**

### **1. Playing Area**

- I. a. Bases may be modified from a standard distance of 60 feet.
- II. d. The distance from home plate to the pitcher's rubber may be modified from a minimum distance 40ft.
- III. A "neutral zone" will be marked in an arc of 45 feet, 11 1/4 inches from home plate. Any batted ball that does not cross this line will be designated a foul ball.
- IV. A coaches' circle will be located 9 feet, 10 1/4 inches beyond second base and made with a 5 feet, 11 inch diameter. One coach from the defensive team may be allowed to stand in this circle while his/her team is on the field.

### **2. Team and Players**

- I. Each team must have 10 players to start a game.

### **3. General Rules and Modifications**

- I. A batting tee will be placed directly on home plate. A coach from the batting team will adjust the tee to fit the batter.
- II. b. To start play, the catcher will place the ball on the tee and the umpire will say "play ball."
- III. c. If the batter completely misses the ball and the tee, the attempt shall be ruled a strike.
- IV. All defensive players must stand behind the neutral zone before the ball is hit. They may come into the neutral zone after the ball is hit to field it.
- V. If a batted ball does not leave the neutral zone, and the defensive player does not touch it, the ball will be called a foul ball.
- VI. If the batter has two strikes and fouls off the third attempt, he or she shall be declared out.
- VII. The batting team's half of the inning shall end when three outs have been made or the batting order is complete.
- VIII. A regulation game consists of six innings. A time limit of one hour shall be in force for all games.

### **4. Substitutions**

- I. Substitutions may be made whenever a "timeout" is called.
- II. Any of the starting players may leave and re-enter the game.

### **5. Coaches Privileges**

- I. Two base coaches are allowed for the offensive team, one in the first base coach's box and one in the third base coach's box. The coaches must remain in those boxes while their team is at bat.
- II. One coach from the defensive team may be allowed on the field, and he/she must remain in the coach's circle behind second base. Also, he/she must make a reasonable attempt to avoid any ball that is thrown in his/her direction

## Individual Skills Contest

The Individual Skills Contest is designed for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team competition. Athletes may not be assisted. Modifications will be made for hearing or visually impaired athletes.

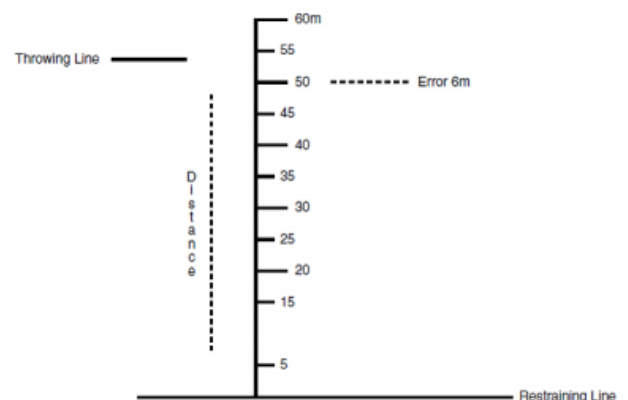
Four events comprise the Individual Skills Contest: base running, throwing, fielding, and hitting. The athlete's final score is determined by adding together the scores from these four events. Athletes will be pre-divisoned according to their total scores from these four events. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.

### Event #1: Base Running

1. Purpose: To measure the athlete's base running ability.
2. Equipment: Three bases, home plate, and a stopwatch.
3. Description: Bases are set up like a baseball diamond and positioned 19.81 meters (65') apart. The athlete is instructed to start on home plate and run around the bases as fast as possible, touching each base en route.
4. Scoring: The time stops when the athlete touches home plate, after circling the bases. The time elapsed in seconds is subtracted from 300 to determine the points score. A penalty of five seconds for each base missed or touched in an improper order shall be assessed. The better of two trials is recorded.

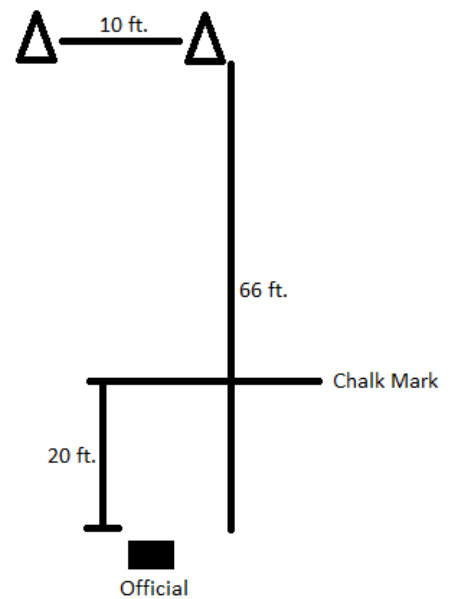
### Event #2: Throwing

1. Purpose: To measure the athlete's ability in throwing for distance and accuracy.
2. Equipment: Regulation field, two measuring tapes, softballs, and two small cones or marking stakes.
3. Description: The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing. The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line. Coaches, assistants, or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground. If a player steps on or over the line before releasing the ball, the trial must be repeated. There will be a maximum of two repeats. (See Figure W)
4. Scoring: The net throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where each ball first touches the ground. The better of the two throws is measured and recorded as the player's score. Subtract the error distance from the center li



### Event #3: Fielding

1. Purpose: To measure the athlete's fielding ability.
2. Equipment: 30 cm (12") softballs, measuring tape, chalk/line, cones.
3. Description: The athlete will stand between and behind the two cones. The official must throw the ball on the ground to the athlete between the cones. The throw to the athlete must hit the ground before the 6.10 (20") chalk mark. The athlete may move aggressively toward the ball. If the thrown ball is outside of the cones, the throw must be repeated. Each athlete gets five fielding attempts per trial. Each athlete receives two trials. (See Figure X)
4. Scoring: The athlete receives five points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground); two points for a ball that is blocked; and zero points for a missed attempt. The maximum score is fifty points.



### Event #4: Hitting

1. Purpose: To measure the athlete's ability to hit for distance when hitting off a batting tee.
2. Equipment: Batting tee, 30 cm (11' 3/4") red stitch restricted-flight softballs, bat, measuring tape, and chalk.
3. Description: Standing in a regulation size batter's box (i.e., 2.31 meters (77") by 99 cm (3' 3")), the athlete is instructed to hit the ball off the tee. The athlete receives three attempts.
4. Scoring: The distance of the longest hit shall determine the athlete's final score. The distance of a hit is measured from the batting tee to the point where the ball first touches the ground. The distance is measured to the nearest meter (i.e., 1 meter = 1 point, 45 meters = 45 points).





# Speed Skating



## **SOMI-Specific Information**

**Sport season:**

December-February

**Culminating State Event:**

State Winter Games

**Events Offered:**

100-meter

300-meter

500-meter

800-meter

3000-meter Unified Relay

**National Governing Body:**

International Skating Union (ISU)

Promenade 73

7270 Davos-Platz, Switzerland

(41.83) 3757

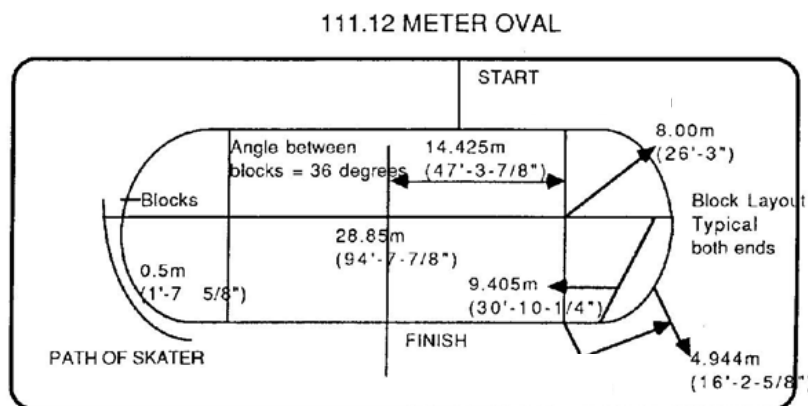
## **Uniform Guidelines & Equipment**

1. All speed skaters will wear long-sleeved uniforms, knee pads, shin guards, and cut resistant throat protectors, cut resistant and no protrusions (which might get caught on a blade) gloves/mittens of a protective nature, and an approved safety helmet with a hard shell and chin strap.
2. All helmets must be an ISU approved helmet and be free of protrusions. Helmet air vents shall not be large enough for the blade of a skate to pass through. Helmet selection should be made with the help of a knowledgeable speed skating coach or skate shop employee.
3. Elbow pads and Kevlar throat/neck protector are optional.
4. Skates: Speed skaters should wear speed skates. In the event speed skates are not available to the athlete, hockey skates may be used. Figure skates and Klap style speed skate blades are not permitted.
5. All competitors must wear competition numbers for both time trial and final races.
6. Competition equipment, such as skates, must pass all appropriate safety guidelines. All clothing should be made of material conducive to freedom of movement. Athletes are encouraged to bring warm clothing for after the competition.
7. Jewelry and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## Rink Layout

1. All events will be conducted in a short track format.
2. The track shall be set on an ice rink with a minimum length of 56.38 m and a minimum width of 25.90 m.
3. If the facility used for competition has an ISU 111 meter track surveyed on the ice surface, this track may be used for competition purposes. Proper notation must be made on competition reports on the size of track use. If a 111-meter track is used the distance and laps are:  

1 lap = 111 m  
3 laps = 333 m  
4.5 laps = 500 m  
7 laps = 777 m
4. The center of the track should be set at the middle of the rink.
5. The start/finish line shall be clearly defined using track markers on the sides of the track.
6. Nothing shall be placed in or above the competitors' paths, or on or above the ice (except markers).
7. Safety mats must be present during all training and competition periods.
8. Rink barriers shall be covered by mats from the curve apex block to the centerline of the rink. The mats shall be of double thickness along the rink barrier on the far side of the curve. Mats shall be attached to the rink barrier with their weight on the ice. Mats should be made in such a manner and of such materials that they will minimize debris which might accumulate on the ice as a result of use of the mats. Mat height must be adequate to cover the height of the wall of the ice rink. Outdoor non-barrier ice surfaces do not need mats but must have adequate fall lines to protect the skater from possible collision with any stationary object present; i.e. tree.
9. Start/Finish lines for races on a 111.12-meter track are indicated below:



## Rules

1. Each athlete participating at Winter Games may only compete in one sport.
2. Each athlete may participate in two events within the chosen sport category. Special attention should be directed to recommend events for the athlete's ability level.
3. Athletes may enter the 3000M Unified Relay as a 3rd event.
4. Speed Skaters must go to the middle of the rink to stop. A skater who uses the wall to maintain balance or to assist in propelling oneself forward is considered assistance and will be disqualified.
5. Start Equipment
  - I. A start pistol or whistle shall be used to begin each race. False starts will require a restart.
  - II. For hearing impaired skaters, dropping a hand or flag shall accompany the sound of the gun.
6. Track Markers
  - I. Moveable markers of rubber or other suitable material shall be used to mark the track. The number of markers should be sufficient to define the track clearly.
  - II. Seven markers shall be used to define each curve (turn) with the distance between every other marker being the radius of the curve.
  - III. No track markers shall be of such size and width, or be fixed to the ice, so that they will not move freely if they are struck by a skater.
  - IV. The height of the markers should not be over 5.08 cm in height as to be struck by a skater. Cones are too tall and are not acceptable for marking the track.
7. Race Start
  - I. All skaters shall start a race with both skates behind the start line. A speed skater shall finish the race when the blade of one of his/her skates first crosses the finish line after completing the appropriate number of laps in the race.
  - II. The starter shall give each skater a chance to do his/her best by:
    - i. Giving the skaters ample time to settle down and assume a balanced position after taking their marks
    - ii. Starting the sequence over if any skater is off-balance
    - iii. Not holding the skaters too long after the set signal,
    - iv. Always using the starting commands and signals
  - III. If a skater is interfered with and falls before the first apex block after the starting line, the skaters may be called back to make a new start. This will be signaled by the starter firing a double shot of the starter's pistol.
  - IV. The starter shall position himself/herself in front of the start line in such a way that he/she is clearly visible and distinguishable as the starter to all skaters starting the race.
  - V. Races shall not start until the gun is fired or the whistle is blown. Skaters making two false starts shall be disqualified.
  - VI. Maximum effort rule will not be applied to events that have a semi-final and a final.

- VII. There shall be exactly two competitors on the track competing at the same time unless there is an odd number of competitors in a particular division, then three competitors shall compete at the same time during one heat within that division.
- VIII. When there is an even number of competitors within a division, the order of start shall be determined by a random draw of the competitor names. The first and second names drawn will be the first pair of skaters to come in that division, the third and fourth names to be drawn will be the second pair, and so on until all names are drawn.
- IX. The skaters whose names were drawn on even numbered draws shall be assigned to the starting position toward the end of the starting line closest to the rink barrier, on the outside of the track.
- X. The skaters whose names were drawn on odd-numbered draws shall be assigned the starting position toward the end of the line furthest from the rink barrier, on the inside of the track.
- XI. When a skater has completed his laps and crosses the finish line, they need to return to the center of the rink.

#### **Start Commands:**

1. "Go to the start" (skaters step to start line and place skaters behind the start line),
2. "Ready" (skaters get down into start position),
3. Signal the start of the race with the firing of a start pistol or blowing a whistle.

### **Disqualifications**

1. When overtaking, the responsibility for any obstruction or collision shall be upon the skater overtaking, provided that the skater being overtaken does not act improperly. A skater on the outside of the track shall be deemed to be the skater overtaking if the skaters are side-by-side entering the first curve.
2. A skater shall not deliberately impede or push another skater with any part of his/her body, thereby gaining an advantage. Any skater who willfully impedes, improperly crosses the course or, in any way interferes with another skater, or conspires with others to cause a race to result otherwise than on its merit, shall be disqualified.
3. Any skater, who unnecessarily slows down, thereby causing another skater to slow or collide, shall be disqualified.
4. A skater who permits himself/herself to receive physical assistance during a race that is not a relay shall be disqualified.
5. A skater who uses the wall to maintain balance or to assist in propelling oneself forward is considered assistance and shall be disqualified.
6. A skater shall be disqualified for intentionally moving the corner track markers or failing to skate at all times outside the corner track markers.
7. The Referee may disqualify a skater from a race if the skater deliberately kicks out a skate or throws his/her body across the finish line thereby endangering another skater at the finish line.
8. A disqualification must be announced at the end of each heat to the skater, team leader, or coach and over the public address system for the benefit of the spectators.

## **Unified Sports Relay Races**

1. Each team shall consist of two Special Olympics Athletes and two Unified Sports® Partners.
2. Selection of Special Olympics Athletes and Unified Sports® Partners of similar age and ability is required for Unified Sports® training and competition in Speed Skating. Significant risk of injury could result from teams where athletes and partners are poorly matched.
3. No more than two relay teams shall be allowed on the ice at any time.
4. Each team member must skate a minimum of three laps. The last two laps must be skated by a single skater that will be an Athlete member of the team.
5. Each team shall draw for which side of the track (near/far in relation to the finish line) on which they will be allowed to relay.
6. Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinnie vest or helmet bib.
7. The relay zone will be between the blue hockey zone lines (middle portion of the straightaway).
8. The relay may be by either push start or tag of hand.
9. No other personnel, other than the referees, will be on the ice to allow the infield of the track to be used for marshaling and pacing for relay exchanges.



# Swimming





## SOMI Specific Information

### Sport season:

February - June

### Culminating State Events:

State Summer Games

### Events Offered:

<i>Freestyle:</i>	<i>Freestyle Relay:</i>	<i>Unified:</i>	<i>Developmental Swim Events:</i>
25-Yard	4X25 Yard*	4 x 25 Yard Freestyle Relay	
50-Yard	4X50 Yard*	4 x 50 Yard Freestyle Relay	
100-Yard		4 x 100 Yard Freestyle Relay	
200-Yard*	<i>Breaststroke:</i>	4 x 200 Yard Freestyle Relay	<i>Assisted Swim:</i>
400-Yard*	25-Yard	4 x 25 Yard Medley Relay	10-Yard
	50-Yard	4 x 50 Yard Medley Relay	15-Yard
<i>Backstroke:</i>		4 x 100 Yard Medley Relay	25-Yard
25-Yard	<i>Butterfly:</i>		
50-Yard	25-Yard		<i>Flotation:</i>
100-Yard	50-yard		15-Yard
	<i>Individual medley:</i>		25-Yard
	100-Yard*		25-Yard Back

Depending on registration numbers, these events may combine both age groups and genders.

### National Governing Body:

Federation Internationale de Natation Amateur (FINA)

425 Walnut #1610 Cincinnati, OH 45202

(513) 381-2963

## **Uniform Guidelines & Equipment**

1. Female athletes will wear a one-piece tank suit with no cutouts. Male athletes will wear a brief type racing suit or boxer suit with intermesh lining or any manufactured swimsuit.
2. Athletes are required to wear swimsuits that are within the guidelines of the Federation Internationale de Natacion Amateur (FINA and MHAS). An exception may be granted by the Technical Delegate/Meet Referee/Meet Director for medical, cultural, religious or modesty reasons. These exceptions should allow male and female swimmers to cover a greater part/parts of the body but all swimwear must be made of textile material.
3. Suits should not be transparent even when wet.
4. The SOMI logo is not required on the swimsuit.
5. Athletes are prohibited from competing in T-shirts.
  - I. An exception may be granted by the Technical Delegate/Meet Referee/Meet Director for medical, cultural, religious or modesty reasons. These exceptions should allow male and female swimmers to cover a greater part/parts of the body but all swimwear must be made of textile material.
6. Jewelry may not be worn.
7. Referees have the authority to exclude any competitor who does not comply with the guidelines. Swim caps and goggles are highly recommended.

## **Race Start**

1. This is the current procedure for starting a race:
  - I. Clear the pool of the previous race's swimmers and bring the new swimmers into the water.
  - II. Notify the times to clear their watches.
  - III. Using the bullhorn state, "swimmers take your mark"
  - IV. Blow the whistle, as well as move your arm vertically from above your head to your waist (for any swimmers who may have hearing impairments) to indicate the start of the race.

## General Rules

1. No more than 50% of your delegation may enter aquatics events. You can register athletes for 1 to 3 events (including relays).
2. All swimming events should be timed and measured in yards. Do not convert time to meters.
3. Each swimmer will be allowed one false start. Upon committing a second false start, that swimmer will be disqualified. In all cases where a false start occurs, the race will be recalled. Any swimmer with two false starts will not be permitted to swim.
4. Dive starts are not allowed at Summer Games.
  - I. In water starts will be utilized.
  - II. Athlete shall place one hand on the end of the pool or hold the starting block with one hand.
  - III. Two hands shall be used for backstroke starts.
5. Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but he/she shall not walk. Walking on or jumping from the bottom will disqualify the competitor.
6. A coach or official may guide the swimmer by voice only. The aide is not allowed to touch the swimmer from the time of the starting signal until all swimmers have completed the race. The exception to this rule is the assisted races.
7. Assistant starters may be used to help athletes maintain their positions at the starting line.
8. No competitor shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (except flotation races) such as webbed gloves, flippers, fins, etc.
9. Goggles may be worn.
10. Swimmers may be assisted from the water upon request.
11. Area representatives are only allowed on deck for the duration of their athletes swim. No more than two area representatives may accompany an athlete on deck.
12. All times submitted in aquatics events should be measured in Yards since most pools are measured in Yards. Entry scores should not be converted to meter times. If your pool measures in meters please contact the state office before submitting times.

## **Stroke Specifications**

1. The arms in butterfly must move together both in and out of the water.
2. For butterfly and breaststroke both hands must touch the wall simultaneously at the turns and finish of the race
3. Freestyle
  - I. The swimmer may swim any style, except in individual medley or medley relay events. Freestyle means any style other than backstroke, breaststroke, or butterfly.
  - II. Some part of the swimmer must touch the wall upon completion of each length and at the finish.
  - III. Some part of the swimmer must break the surface of the water throughout the race, except at the turn the swimmer can be submerged.
  - IV. Swimmers head must surface within 16.5 yards after the start of each turn.

### **Grounds for disqualification include:**

1. Changing to a different stroke during a race.
2. Using any stroke that is not the proposed stroke for the race.
3. Using leg movements or arm movements that don't coincide with the stroke. For example, the athlete uses front crawl arms and breast stroke kick.

## Relays

1. There shall be four swimmers on each relay team.
2. Each swimmer shall swim one-fourth the distance of the total relay. No swimmer shall swim more than one leg of any one relay.
3. Relay team members must come from within the same delegation.
4. A relay team, which combines genders to include both male and female athletes, shall compete as a male relay.
5. Relay swimmers should exit the pool as soon as possible following the completion of their relay leg. Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment.
  - I. A swimmer remaining in the water should move short distance away from the end of the pool, close to the lane rope but shall not obstruct a swimmer in another lane.
  - II. Obstruction of a swimmer in another lane shall cause the team to be disqualified.
6. Please designate appropriate alternates for use on relay teams. If a four-member team loses a member due to illness/injury, etc. only the designated alternate(s) on the relay team registration form may substitute. If an athlete is dropped and no registered alternate is available the entire relay team is dropped.
7. Unified Relays
  - I. Each Unified Sports relay team shall consist of two athletes and two partners.
  - II. Swimmers on a Unified Sports relay team may be assigned to swim in any order.

## **Developmental Swimming General Rules**

1. Standing on the bottom in the racing course is allowed for flotation events and assisted events for the purpose of resting. Walking on or jumping from the bottom must disqualify the competitor.
2. Flotation Races
  - I. Flotation events are for athletes requiring flotation devices but swim independently.
  - II. Athletes who swim independently in the 15 and 25yd free floatation may not also swim in the 25yd assisted swim as they do not require assistance. If they don't swim on their back independently an appropriate third event for them would be an assisted race on their back.
  - III. Each athlete is responsible for his/her own floatation device.
  - IV. The device must be the body wraparound type such that if the athlete were not to be able to hold onto the device, the device would still support the athlete with his/her face out of the water. (Floatation devices such as kickboards, inner tubes, floats that wrap around the arms or NOODLES are not acceptable).
3. Assisted Swims
  - I. Each athlete is responsible for having his/her own coach/assistant with them in the water.
  - II. The assistant may touch, guide or direct the athlete, but may not support or assist with the athlete's forward movement.
  - III. The athlete is allowed to use a flotation device (see specifications listed in section D, 2 Equipment of SOI rules). The assistant may be in the pool or on the deck.

## **Safety Considerations**

All Special Olympics swimming training, recreational sessions and competition events shall be conducted in accordance with the following practices, rules and procedures in order to ensure the safety and well-being of all Special Olympics athletes, coaches and volunteers:

1. There shall be at least one certified lifeguard on duty for every 25 swimmers in the water.
2. The sole function of the lifeguard shall be to guard. If no relief lifeguard is available, the pool must be cleared, even for a short duration, when a lifeguard must leave the pool side.
3. The Event Director will review the Emergency Action Plan prior to each occasion.
4. There shall be enough coaches in accordance with FINA or program NGB guidelines.
5. Athlete medical history forms shall be on site and relevant information shall be discussed with the lifeguard or medical personnel on duty in advance of the aquatic activity.
6. Pool depths must be marked and easily visible. The minimum depth of the pool for racing starts shall meet FINA or NGB specifications.
7. It is recommended that all starting blocks meet FINA or NGB specifications.
8. Safety lines must be in place to divide shallow and deep water areas during recreational aquatic activities.
9. A pool facility shall not be used unless a satisfactory inspection rating is received prior to any Special Olympics participant entering the water.
10. An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, diving starts or diving. For additional information and the procedure for waiver of this restriction, please refer to Article I, Addendum F.
11. If in the judgment of the referee or competition management an athlete's swimming competence that the athlete is not capable of completing the race distance and may even put his/her life in danger, the referee may, with the Technical Delegate's approval, require a test of swimming competence before the athlete is allowed to compete in any further swimming event or in any final.

## **Emergency Action Plan**

An Emergency Action Plan shall be in place prior to any Special Olympics participants entering the water for any reason, be it training, competition or recreation. The original plan should be written and reviewed by the staff on hand. The plan shall include the following:

1. The procedure for obtaining emergency medical support if a medical doctor, paraprofessional or medical support is not present.
2. The posts and areas of responsibilities for each lifeguard.
3. The procedure for obtaining weather information or weather watch information, particularly if the event is outside.
4. The procedure for reporting accidents.
5. The chain of command in case of a serious accident, including who is assigned to talk to the press.
6. The procedure for obtaining weather information particularly for Open Water swimming.





# Volleyball



## **SOMI-Specific Information**

**Sport season:**

April-June

**Culminating State Events:**

State Summer Games

**Events Offered:**

Skills

Team Competition

Modified Team Competition

Unified Team Competition

**National Governing Body:**

Federation Internationale de Volleyball (FIVB)

7 Place Chauderon 1003 Lausanne,

Switzerland (41.21) 208932-33-34

## **Uniform Guidelines**

1. A volleyball uniform is a jersey, shorts, socks and shoes.
2. Kneepads are recommended. Players' jerseys must be numbered 1 to 99.
3. Numbers should be in the center on back and front of jersey. The numbers must contrast with the jersey color.
4. If undergarments, including but not limited to T-shirts, boxer shorts, tights, leotards, body suits, bicycle shorts, sports bras, etc., are worn so that they are exposed, they will be considered part of the uniform. In that case, they must be identical for any team member who wears such a uniform. Undergarments should be similar in color to uniform.
5. Hats, bandanas, du-rags, jewelry, and denim may not be worn during games or practice. Headbands, wristbands, and arm sleeves are acceptable.
6. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.

## **Equipment**

1. Court size is 59' long by 29'6" wide (18M x 9M).
2. The height of the net for team competition is Male & Coed teams 2.43 meters (7ft, 11 5/8 inches) Female teams 2.24 meters (7' 4-1/8" feet) Unified Men & coed teams 2.43 (7ft, 11 5/8 inches) Unified Women teams 2.24 meters.
3. The service line must be at least 14 feet 9 (28 ½ feet full court size) inches from the net.
4. A regulation size volleyball should be used. The size of the ball should be between 25.6 & 26.4 inches in circumference and weigh no more than 9.1 - 9.8 ounces. It should be as close as possible to the regulation-size volleyball.

## **Team Size**

1. A team roster shall consist of at least seven players and no more than 12 players. You must have 6 players to start the set. You can finish with less than 6 but cannot start next match with less than 6.
2. You may register 3 athletes as your team alternates.
3. All team members are required to play a match.
4. Alternates attend the event only when replacing a registered athlete who does not attend. When dropping an athlete prior to a SOMI Culminating Event or at the event site, only registered alternate athletes can be added. Awards are only given to team members listed on rosters and present the day of the event. (Ex. If you have 8 people listed on your original roster you can only bring 8 people to the event, if you drop one athlete they are replaced with one alternate.) It is strongly suggested to list alternate athletes.
5. Each coach must see to it that each athlete has frequent opportunities to participate.

## **General Rules**

1. A player may not play the ball twice in succession except when blocking.
2. Any ball hitting the ceiling will be considered playable by the team causing such contact, unless the ball crosses the plane of the net.
3. A served ball touching the net shall remain in play, and the receiving team has three plays to return the ball to the opponents.
4. Substitutes
  - I. A team will be allowed a maximum of 12 substitutions per set.
  - II. Each player may enter the set three times. Starting the game constitutes as one entry.
  - III. players reentering the set must assume their original position in the serving order in relation to their other teammates. This rule will be utilized in both regular and modified volleyball competition.
5. Each team will get two timeouts per set
6. If a team wins the first three sets of the match, the fourth game can be played only if it does not delay the start of the next scheduled match. Coaches and officials need to use their best judgment or play until the time is up. Coaches need to sign scorecards to verify results.
7. The first server of each set is the right back player. Thereafter, the right front player rotates to the right back position. The team receiving first service shall rotate upon the first side out.
8. The winner of the coin toss may choose to serve, receive or select a specific side of the court. If a deciding third or fifth set is necessary, a coin toss shall again be conducted with the same options.
9. The ball may be hit with any part of the body.
10. Touching any part of the net while playing the ball is a fault. Crossing completely over the centerline with any part of the body except the feet will not constitute a violation unless there is interference. It is a fault to cross completely over the centerline with the foot or feet.
11. Any ball landing on the line is considered "in"

## Scoring

1. All matches, including modified, will utilize Rally Scoring. You need not to be serving to score a point.
2. A match is won by the team that wins the best of three of five sets.
3. A playoff set is considered a match, and only one game will be played.
4. A one-game match is won by the team that scores 25 or more points with a two-point advantage. In the case of a 24-24 tie, play is continued until a 2-point lead is achieved.
5. In the case of a 1-1 or 2-2 set tie, the deciding set (3rd or 5th) is played as a tiebreaker with rally point scoring procedures to 15 points and no point cap.
6. Teams change sides when one team has scored eight points.
7. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores the point.
8. When the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve.
9. A match is equal to one full game, therefore 3 match scores are due to the State Office. Within a match there are sets; each set is played to 25 points except the deciding 3<sup>rd</sup> or 5<sup>th</sup> set, which is played to 15. Traditional division matches will play the best 3 out of 5 sets, with the winner being the team who wins three sets. Modified division matches will play the best 2 out of 3 sets, with the winner being the team who wins two sets.

	Set 1	Set 2	Set 3	Set 4	Set 5	Winner
Team A	25	22	19	25	15	X
Team B	20	25	25	18	13	

## **Libero Player**

1. Libero players are players that play defensive positions only. Any team has the option to designate two Libero players on its roster for each match. There are special rules if the Libero player is injured and cannot continue.
2. The Libero jersey number(s) must be placed on the lineup sheet for the first set of the match, in addition to the numbers for the starting six players.
3. The Libero player must wear a uniform of a different and contrasting color and/or design than that of the rest of the team in order to be easily recognized on the court.
4. Libero playing actions:
  - I. The Libero is allowed to replace any player in a back-row position, except in Unified Sports competition when an athlete may only replace an athlete and a partner replace a partner.
  - II. He/she is restricted to perform as a back-row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact, the ball is entirely higher than the top of the net.
  - III. A player may not complete an attack hit from higher than the top of the net if the ball is coming from an overhead finger pass by a Libero in his/her front zone.
  - IV. The ball may be freely attacked if the Libero makes the same action from behind the front zone.
5. Libero Replacements:
  - I. When the Libero replaces a player in the back zone, it is not counted as a substitution.
  - II. Libero replacements are unlimited.
  - III. Only the players whom he/she replaced may replace the Libero.
  - IV. Replacements may take place at the start of the set after the second referee has checked the lineup or while the ball is out of play, before the first referee blows the whistle for service.

## **Modified Team Competition**

1. The height of the net for modified team competition will be 7 feet 4-1/8 inches (15 meters x 7 ½ meters).
2. The modified volleyball (32 inches & 8 ounces) will be utilized at Summer Games.
3. One assist on a serve is allowed.
4. The serve line will be moved up to 14' 9" (4.5 meters).
5. A time limit of 30 minutes may be set for each set.
6. A 3-point serving rule will be used. Once one player has scored 3 points on their serve, there will be an automatic side out.
7. Antennas will still be placed on the sideline of the smaller court.
8. Two of the three sets to 21 points will determine a match.
9. A team must win each sets by two points.



## **Unified Team Competition**

1. Rosters must have a minimum of 8 players and may not exceed 12. The roster shall contain a proportionate number of athletes and partners.
2. During competition, the lineup shall never exceed three athletes and three partners at any time. Failure to adhere to the required ratio results in a forfeit.
3. Each team shall have an adult, non-playing coach responsible for the lineup and conduct of the team during competition.
4. The serving order and positions on the court, at service, shall be an alternation of athletes and partners.
5. Once a server has scored three consecutive points, his/her team shall rotate to the next server and continue to serve.

## Individual Skills Contest

1. The Individual Skills Contest is designed for lower ability or new athletes who have not yet developed the skills necessary to participate meaningfully in team competition and wheelchair athletes.
2. Athletes may not be assisted by coaches.
3. Modifications will be made for athletes who have visual or hearing impairments.
4. The athlete's final score is determined by adding together the scores achieved in each of the events.

## Volleyball Individual Skills Contest

Overhead Passing

Serving

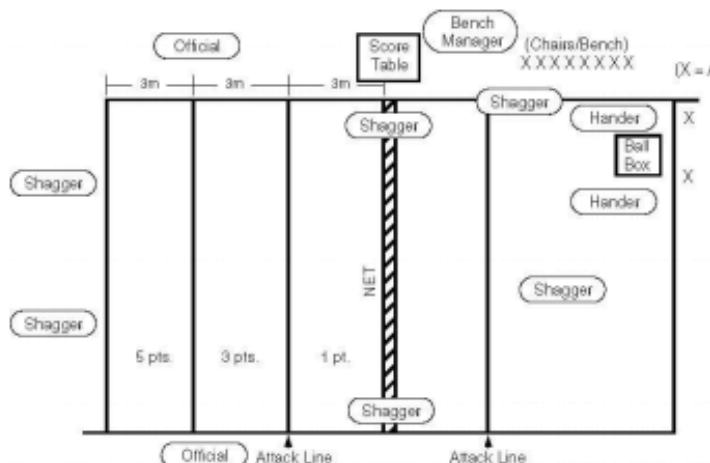
Passing (Forearm)

### Event #1 - Overhead Passing

1. **Equipment:** Use a regulation-size court that is 18 meters (59 feet) long and 9 meters (29 feet, 6 inches) wide, four volleyballs (modified ball permissible), net height at 2.24 meters (7 feet, 4 1/8 inches) for women and 2.43 meters (7 feet, 11 5/8 inches) for men, standards, antennae and ball box.
2. **Description:** Player is given 10 attempts from the center front position that is 2 meters (6 feet, 6 3/4 inches) from the net and 4.5 meters (14 feet, 9 inches) from the sideline. The player receives 10, two-handed, underhand-tossed balls from the tosser who is positioned in his/her backcourt, 4 meters (13 feet, 1 1/2 inches) from the baseline and 3 meters (9 feet, 10 inches) from the sideline in the left back position. The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing 2 meters from the net and 2 meters from the sideline in the left front position). Tosses that are not high enough for the athlete to set are repeated. The goal is for the peak of the arc of each set ball to be above net height.
3. **Scoring:** The peak of the arc of each set ball toward the target is measured. The athlete will receive one point for volleying/setting the ball 1 meter (3 feet, 3 1/3 inches) above his/her head height and three points for volleying/setting the ball above net height. The following result in zero points: illegal contact, balls which go lower than head high and balls which go over the net or outside the court. The athlete's final score is determined by adding together the points awarded for each of the 10 attempts. (It is suggested that the official stand on a chair to evaluate the height of each set).

## Event #2—Serving

1. **Equipment:** Use a regulation-size court that is 18 meters (59 feet) long and 9 meters (29 feet, 6 inches) wide, five volleyballs (modified ball permissible), net, standards, antennae, measuring tape, floor tape or chalk and ball box.
2. **Description:** The athlete stands 1.5 meters inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.
3. **Scoring:** The court is divided into three equal areas of 3 meters in width. Each of these areas is assigned a different point value. The athlete's score is the cumulative point total of the 10 serves. A ball which lands on the line is assigned to the area with the highest point value.



## Event #3 - Passing (Forearm)

1. **Equipment:** Use a regulation-size volleyball court that is 18 meters (59 feet) long and 9 meters (29 feet, 6 inches) wide, five volleyballs (modified ball permissible), net, standards, measuring tape, marking tape and ball box.
2. **Description:** The athlete stands at the right back position, 3 meters [9'10"] from the right sideline and 1 meter [3'3 1/3"] from the baseline. A ball is thrown, using a two hand, overhead toss by a coach/official who is standing on the same side of the net in the center front position, 2 meters (6 feet, 6 3/4 inches) from the net. The athlete receives the toss and passes the ball toward a target (a person who has his/her hands above the head and who is standing on the same side, 2 meters away from the net, and 4 meters [13 feet, 1 1/2 inches] from the sideline away from the tosser). Target areas of varying point values are marked on the front court. The event is repeated with the athlete at the left back position, 3 meters from the left sideline and 1 meter from the baseline.
3. **Scoring:** The athlete must pass the ball so that the peak of the arc is at least net height in order to receive maximum points. A ball which lands on the line is assigned to the area with the higher point value. A ball which is passed below net height will receive only one point, regardless of where it lands. The athlete's final score is determined by adding together the points scored from his/her five attempts at both the right back and the left back positions. It is suggested that the official stand on a chair to evaluate the height of each pass.



# Weightlifting



## **SOMI-Specific Information**

**Sport season:**

February - June

**Culminating State Events:**

State Summer Games

**Events Offered:**

Sit-Ups

Exercycle

Modified Push-Ups

Modified Bench Press

**National Governing Body:**

International Power Lifting Federation (IPF)

Zeisigstrasse 34 D-8011

Vaterstetten Germany 011-49-810631675

### **Specific Information**

1. The correct bar weight in the modified bench press is 10 lbs.
2. Athletes entered in weightlifting events may not enter power lifting events. Weightlifting and power lifting are considered separate and unique sports.

### **Weightlifting Uniform**

1. The weightlifting uniform is a one piece that is close-fitting, collarless, and does not cover the knees, or a T-shirt and shorts. The uniform can be any color. A T-shirt may be worn under one-piece.
2. Also see page 5 for uniform guidelines that apply to all sports (i.e., no denim).

### **General Rules: Modified Push-Ups**

1. Equipment: Stopwatch, whistle, and mats.
2. Set-up: The event can be conducted either on level ground or on gym mats laid on a flat surface.
3. Rules: Athlete performs push-ups from the kneeling position.
  - I. Athlete begins doing push-ups at the sound of the starting whistle.
  - II. During the modified push-ups, the athlete's chest must touch the floor for a legal push-up to be counted.
  - III. Athlete attempts to perform as many legal push-ups as possible during a 60-second time period.
  - IV. In order to perform a legal push-up, the athlete must lower his/her head and upper body to the floor, touch the chest to the floor, and return to the starting position. The athlete's back must remain straight.
  - V. No assistance may be given to the athlete.
  - VI. The push-ups do not have to be performed continuously.
  - VII. It is the responsibility of the official to count aloud the number of push-ups as they are performed.
  - VIII. Athlete stops when the whistle is blown again at the expiration of 60 seconds.
4. Scoring: One point is awarded per complete push-up conducted in the 60-second time period. If, at the sound of the whistle signifying the conclusion of 60 seconds, the athlete is on the way down, the push-up does not count. If the athlete is on the way up, the push-up shall count, if he/she completes the push-up correctly.

### **General Rules: Sit-Ups**

1. Equipment: Stopwatch, whistle, and mats.
2. Set-Up: The event can be conducted either on level ground or on gym mats laid on a flat surface.
3. Rules: Athlete starts in supine position with knees bent and feet flat on the floor.
  - I. Athlete's feet are held to the floor by competition assistants.
  - II. Athlete begins sit-ups when the whistle is blown.
  - III. Athlete keeps arms folded across his/her chest with hands grasping opposite shoulders during this event.
  - IV. To perform a complete sit-up, an athlete must touch one of his/her elbows to the thighs or knees.
  - V. Athlete stops when the whistle is blown again at the end of 60 seconds.
4. Scoring: One point is awarded per complete sit-up conducted in the 60-second time period.

### **General Rules (Modified Bench Press)**

1. Equipment: Weight bench, stopwatch, whistle, and standard 12 lb. bar.
2. Set-Up: Set the bench on level ground or gym mats.
3. Rules: Athlete lies on bench on his/her back
  - I. Athlete starts with the bar resting across his/her chest.
  - II. Athlete begins presses at the sound of the starting whistle.
  - III. Athlete stops presses when the whistle is blown again.
  - IV. One press is designated as starting and finishing with the bar touching the athlete's chest, in between which the athlete presses the bar straight up above his/her chest until the arms are straight.
4. Scoring: Athlete performs as many bench presses as possible with a standard 10 lb. bar in 30 seconds.

### **General Rules: Exercycle**

1. Equipment: Exercise bike (stationary and with odometer), stopwatch, and whistle.
2. Set-up: Place the exercise bike on level ground and keep the wheel tension setting the same for all athletes grouped in a division.
3. Rules: Athlete starts this event sitting on the bike with feet on the pedals in any position. Athlete may receive assistance to stay on the bike, but not pedaling. If the athlete's feet fall off the pedal, he/she may put them back on to the pedals and resume pedaling. The athlete has the option of strapping his/her feet to the pedals (i.e., Velcro straps) in order to prevent them from slipping. Athlete begins pedaling at the sound of the starting whistle. Athlete pedals for sixty seconds.
4. Scoring: Count the total number of revolutions in sixty seconds.







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*“Let me win.  
But if I cannot win,  
let me be brave  
in the attempt.”*

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