



Competition Opportunities

Special Olympics Washington offers year-round sports program in four sports seasons. Regional tournaments are held during each sports season, and State Games are held following the winter, spring and summer seasons. The seasons and sports include:

Winter Sports Season

- Alpine Skiing
- Basketball
- Cross Country Skiing
- Figure Skating
- Speed Skating

Spring Sports Season

- Aquatics
- Athletics (Track & Field)
- Cycling
- Power Lifting
- Soccer

Summer Sports Season

- Softball
- Golf

Fall Sports Season

- Bowling
- Volleyball (recreational sport)
Regional tournaments are offered for bowling.
There are no state games for bowling or volleyball.



Special Olympics Age Groups

Athletes must be at least eight years of age to participate in Special Olympics competition. Certain sports and events may further restrict athlete participation based on age. If pertinent, additional age requirements are indicated in the specific rules for each sport in the Sports Rules.

The following age groups shall normally be used for all Special Olympic competitions:

Individual Sports

- Ages 8-15
- Ages 16-21
- Ages 22 and over
- Additional age groups may be established if there are a sufficient number of competitors in the “30 and over” age group.

Team Sports and Relay Events

- Ages 15 and under
- Ages 16-21
- Ages 22 and over
- Additional age groups may be established if there is a sufficient number of teams in the “22 and over” age group.

Age groups may be combined under the following circumstances:

- In individual sports, if there are less than three competitors within an age group, the athletes shall compete in the next oldest age group. That age group shall then be renamed to accurately reflect the entire range of competitors within that age group. Age groups may also be combined to reduce the variance between the highest and lowest scores within a division.
- In team sports within each ability group, age groups may be combined to create divisions. If there is only one team within an age or ability group, that team must be combined with other teams for competition.
- An athlete’s age group shall be determined by the athlete’s age on the opening date of the competition.
- The age group of a team is determined by the age of the oldest athlete on that team on the opening date of the competition.



Forming Competition Divisions

An athlete's ability is the primary factor in forming divisions for Special Olympics competitions. Ideally, competition is enhanced when all divisions accommodate at least three and no more than eight competitors or teams of similar ability. In some cases, however, the number of athletes or teams within a competition will be insufficient to achieve this goal. The following procedures describe the sequential process for creating equitable divisions by event and providing guidance for managing athlete participation when factors preclude an ideal division process.

1. Divide Athletes by Gender

Athletes shall compete against other athletes of the same sex, unless:

- a. The sport specifically allows coed events (e.g. pairs skating, bowling, tennis, etc.)
- b. There are only two male or two female athletes within an event. These athletes may compete against one another or be combined with athletes of the opposite sex who are of similar age and ability.
- c. There is only one male or one female athlete within an event. This athlete shall be combined with athletes of the opposite sex who are of similar age and ability.
- d. There is only one athlete, male or female, of any age or ability, registered to compete in an event. This athlete shall be allowed to compete in a single person division.
- e. A relay team that consists of both male and female athletes shall compete in the male division of the competition.

2. Divide Athletes by Age

Athletes shall compete against other athletes within the same age group, unless:

- a. There are a low number of competitors within an age group. These athletes shall compete in the next oldest age group. That age group shall then be renamed to accurately reflect the entire range of competitors within that age group.
- b. After dividing athletes by ability, age groups are broadened and/or individual athletes are reassigned to other age groups to improve the similarity of scores between athletes within a division.



Forming Competition Divisions (cont.)

3. Divide Athletes by Ability

When the number of athletes competing is inappropriate, the variance between the highest and lowest scores in the division should be equitable. To achieve equitability:

- a. The age group may be broadened. Athletes within the new age should then be re-ranked and grouped into divisions. This process should be repeated until the highest and lowest scores within each division are as similar as possible.
- b. Athletes may be individually reassigned to another division that is more similar to their own ability, regardless of age group.



Criteria for Advancement to Higher Level Competition

The criteria for athlete advancement, along with division procedures, are considered two of the most critical elements of Special Olympics that distinguish it from virtually every other sports organization in the world. Adherence to fundamental principles of athlete advancement is essential for the consistent implementation of Special Olympics Programs worldwide. Special Olympics Washington, as an accredited program, must adhere to and administer the following criteria that can be found in the Official Special Olympics Summer Sports Rules Book (pages 29h-29i).

Quota Allocation

All Programs need to have a system for quota allocation to manage the number of athletes attending a competition. The procedures used for selecting athletes to fill assigned quotas for an event must follow the procedure set forth in this section.

Eligibility for Advancement

1. The athlete must be eight years of age or older and participate for a minimum of eight weeks in an organized training program.
2. The athlete must abide by the Athlete Code of Conduct.
3. If offered, the athlete **should** compete at a local competition.
4. If a Region competition within a sport is offered, the athlete **must** compete at the Regional competition, regardless of advancement to State competition.

Procedure for Athlete and Team Selection

1. SOWA staff will determine the number of athletes and/or teams that will be allowed to participate at the next competition by sport and/or event. This is the quota to be filled.
2. Identify the number of athletes or teams eligible for advancement within the sport/event based on eligibility requirements.
3. If the number of eligible athletes or teams does not exceed the quota, all athletes and teams shall advance.
4. If the number of eligible athletes or teams exceeds the quota, athletes or teams that advance shall be selected as follows:
 - a. Priority is given to first place finishers from all divisions of the sport/event. If the first place finishers exceed the quota, athletes or teams advance by random draw.
 - b. If there are not enough first place finishers to fill the quota, all first place finishers shall advance. The remaining quota shall be filled by a random draw of second place finishers from all divisions of the sport/event.



Procedure for Athlete and Team Selection (cont.)

- c. If the quota is large enough for all second place finishers to advance; the remaining quota is filled by random draw of third place finishers from all divisions of the sport/event.
- d. Repeat this process, adding each place of finish as necessary, until the quota is filled.

Special Olympics Washington reserves the right to utilize additional criteria for advancement to State competition when safety or well being of the athletes or others may be in jeopardy.

Procedure for World Games Selection

- a. The World Games Organizing Committee (WGOC) will determine the quota system.
- b. SOWA will determine the number of athletes or teams to represent SOWA based on assigned allotment from the WGOC.

In order to advance, an athlete must:

- a. Follow Special Olympics Washington Guidelines and meet eligibility requirements.
- b. Qualify in the sport at the State competition during the year prior to the World Games.
- c. Place first in the sport or event at State competition.
- d. Complete a SOWA Application Form for World Games available up to 12 months prior to the World Games.
- e. Athletes or teams that meet requirements will be selected by random draw.



Allocations: Questions and Answers

Why can't all Special Olympics athletes participate in State competitions?

First, the Special Olympics movement is modeled after the International Olympics movement. Like most amateur and professional sports programs, teams and individuals earn the right to advance through their performance at each level of competition.

Second, the capacity and availability of facilities often determine the number of teams or individuals that can take part in a given tournament. For example, the number of lanes on a track or in a pool may limit the number of runners or swimmers who can compete. Accommodations may be a related component; the housing area at Fort Lewis, during Summer Games, has a limited number of beds.

A third factor is time. If all track and field athletes advanced to Summer Games or if all bowlers advance to the Fall Sports Tournament, SOWA would have to expand the competitions beyond a present two-day length or rent additional facilities. Either option would increase the cost of the event and require more volunteers. In addition, there is the issue of scheduling other activities. If a dinner and a victory dance are scheduled, for example, the competition must end in time for athletes to attend these events.

The final factor is financial. While Special Olympics Washington receives significant in-kind donations, those donations do not cover all the costs of staging a large event. Contrary to popular belief, for example, use of Fort Lewis and other Summer Games venues is not free of charge. Meals are not all donated and neither are medals. Corporate sponsorships and individual donations remain an important source of revenue to support the program. Sponsor and individual donations, however, are difficult to obtain and resources are often limited.

These limitations compacted with the fact that the number of participating athletes increase regularly statewide, it is likely future percentages of athletes that qualify for State competitions will decrease rather than grow. An emphasis on regional competitions may then exist.

How does SOWA determine the number of athletes allocated for a Region in a particular sport?

Using athletics as an example, given the limitations of time, facilities, beds and money, 1,000 track and field athletes can compete during Summer Games at Fort Lewis. Using numbers from pre-season registrations, the SOWA Program Department calculates allocations for each Region. For example, if the NW Region has 200 athletes in athletics, and there are 2000 athletes in athletics statewide, the NW Region has 10% of all athletes in that sport. Therefore, NW Region will be allocated 10% of the 1,000 slots for Summer Games, or 100 athletes.



Allocations: Questions and Answers (cont.)

Do all sports have allocations?

The most popular team and individual sports are likely to have allocations. Currently, all sports have allocations with the exception of the following: Golf, Long Distance Running, Power Lifting, Speed Skating and Figure Skating.

For team sports, a team must win its division in a Region Tournament to automatically advance to a state tournament. Other teams may be invited if there are vacancies in a division.

Can a coach guarantee athletes' participation in State competitions?

A coach should consider coaching a less heavily subscribed sport that currently does not have allocations. Again, this includes Golf, Long Distance Running, Power Lifting, Speed Skating and Figure Skating.

Isn't it all about going to state competitions?

It's about much more than that. The mission of Special Olympics Washington is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for persons with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes and the community.

While the goal of every athlete should be to compete at the highest possible level, Special Olympics exists to improve quality of life for all participants. Athletes and teams should indeed strive to win division competitions and advance to state competitions. This should, however, never be the only goal of either an athlete or a coach. If it is, many additional positive aspects of Special Olympics may be missed. Learning competition and sports rules, and how to live within the guidelines, helps athletes learn life lessons with grace and dignity.

Is it fair the most talented athletes are advanced?

As with most competitive sports, the most accomplished teams and individuals win the right to advance to higher and better competition. This is earned through many weeks of hard work and training. Since Special Olympics athletes compete in divisions according to age, gender and ability, athletes compete against those of similar ability. Therefore, they have a very good chance, through consistent and proper training, to improve their performance, win their division and become eligible for State competitions. This also allows athletes the ability to gauge how well they are advancing relative to those of similar age, gender and ability.

By maintaining standards for advancing to higher levels of competition, it also gives the athletes and coaches a goal to focus on. When the goal is achieved, coaches and athletes will feel a sense of accomplishment that is a well-deserved life lesson.



Metric System

Special Olympics Washington converted to the Metric system in 1979. All athletics, aquatics and long distance events will be measured in the metric system. In athletic events, the adjustment from yards to meters can be made either at the start or at the finish line.

Old Event	New Event	Change
50 yard dash	50 meter dash	add 14 feet
100 yard dash	100 meter dash	add 28 feet
220 yard dash	200 meter dash	subtract 4 feet
440 yard run	400 meter run	subtract 8 feet

SOWA highly recommends local programs purchase either a 30-meter tape or a 100-meter tape that also has feet and inches on the back of the tape. It is imperative qualifying times are recorded in meters. Failure to do this will result in an athlete being placed in the wrong division during subsequent competitions.

Metric System Conversion

Two methods may be used to convert measurement into metrics.

1. Timed Events:

$$\begin{array}{r} \text{Time in seconds} \\ \text{for yard race} \\ .9144 \end{array} \times \begin{array}{r} \text{Length of race} \\ \text{In meters} \\ \text{Length of race} \\ \text{In yards} \end{array} = \begin{array}{r} \text{Time in seconds} \\ \text{for meter race} \end{array}$$

Example: Participant swims the 25 yard freestyle in 26 seconds.

$$\begin{array}{r} \underline{26 \text{ seconds}} \\ .9144 \end{array} \times \begin{array}{r} \underline{25 \text{ meters}} \\ 25 \text{ yards} \end{array} = \begin{array}{r} 2843 \text{ seconds for} \\ 25 \text{ meter freestyle} \end{array}$$

2. Distance Events:

$$\begin{array}{r} \underline{\text{Distance in feet}} \\ 3.28 \end{array} = \text{Distance in meters}$$

Example: Participant jumps 9 feet in the standing long jump.

$$\begin{array}{r} \underline{9 \text{ feet}} \\ 3.28 \end{array} = 2.74 \text{ meters}$$



Motor Activities Training Program (MATP)

The Special Olympics Motor Activities Training Program (MATP) is designed for persons with the most severe disabilities that do not possess the physical, mental or behavioral skills necessary to participate in Official Special Olympics Sports. The program provides a comprehensive motor activity and recreation training curriculum for these participants, a program that can be administered by a variety of trainers (e.g. physical educators, recreation therapists and volunteers). In addition, direct care workers, parents and volunteers will find the MATP helpful in developing appropriate programs for individuals with severe disabilities.

The MATP emphasizes training and participation rather than competition. It utilizes goals, short term objectives, task analyzed activities, assessments, and teaching suggestions for individualizing motor activity instruction. This enables persons with severe disabilities or new young participants can pursue appropriate recreational activities geared to their ability levels. The motor and sport activities included in this program are mobility, dexterity, striking, kicking, wheelchair and aquatics. Each activity is customized to challenge each athlete according to his/her abilities. The MATP activities can be conducted in schools and large residential facilities as well as in community based settings.

A training session is conducted for eight weeks and is followed by a Training Day to give the athletes a chance to demonstrate skills for family and friends. The Training Day should be short (no longer than four hours for training demonstrations, plus any extra activity) and not require long travel.

Training for MATP Coaches is available periodically in Washington and Oregon. SOWA Sports and Training Managers will try to find coaches and volunteers to assist locally with a MATP. For more information about MATP or to find out when the next training will be held contact the SOWA Sports and Training Manager or the SOWA office.



Unified Sports®

Special Olympics Unified Sports is a pioneer program combining athletes with intellectual disabilities and those without, on teams that compete against other Unified Sports teams. Unified Sports teams are made up of equal numbers of athletes with intellectual disabilities, and those without, that are of similar age and ability levels.

Special Olympics Unified Sports expands sports opportunities to individuals with intellectual disabilities and furthers the Special Olympics mission by:

- integrating athletes with intellectual disabilities and those without, in a setting where all athletes are challenged to improve their skills;
- fostering a spirit of equality and team unity;
- further increasing public awareness of the spirit and skills of individuals with intellectual disabilities;
- enabling Special Olympics athletes' families to participate as Unified Sports team members and coaches;
- providing a valuable sports opportunity for individuals with intellectual disabilities that are not presently involved with Special Olympics, especially those with mild disabilities that have few, if any, opportunities to participate in sports competition in their local community; and
- providing opportunities for training and competition for athletes in communities where there are not enough Special Olympics athletes to conduct team sports.

A Special Olympics Unified Sports program can be conducted in a variety of ways and settings:

- in a community or church sports program, such as an adult softball league or YMCA volleyball league;
- with an interscholastic after-school league at the Junior High School or High School levels;
- as part of the league system at a local bowling alley; or
- with an independent league sponsored by businesses or civic groups.

Athletes with intellectual disabilities can be recruited from schools, corporations, civic groups or other community organizations.

The Unified Sports season will run concurrently with the Special Olympics sports season. Teams are coached by volunteers who must attend Special Olympics Coaches' Training Schools in the appropriate sports. All participants are covered under Special



Unified Sports® (cont.)

Olympics accident insurance coverage. All Unified teams will participate in Unified Sports divisions at Region and State Games. National governing body rules are followed for each sport.

Athletes will practice and play games during the same time of the year as the established SOWA Sport Season, so athletes will choose between Unified teams or regular Special Olympics team. SOWA teams are encouraged to play in other sports leagues such as church leagues and parks and recreation leagues.

A coach can create a team by finding athletes with similar abilities — both Special Olympics and non-Special Olympics — and training together. Ex-college players and other outstanding athletes are not appropriate because sports skills will not be comparable to those of the rest of the team.

Unified Sports Coaches should:

- ensure that **all** team members **must** have a good understanding of sport rules and be capable of performing all the basic skills in the sport;
- pre-register with the SOWA office to be assigned games with other Unified teams;
- begin practices at least eight weeks prior to a tournament; and
- arrange practice games with other community adult teams, church leagues or parks and recreation leagues.

Partners Must:

1. Fill out a Partner Release form and give to Head Coach prior to first practice (these forms are good for the partners tenure with Special Olympics Washington).
2. Submit a Washington State Patrol form prior to season if 18 years of age or older (see Volunteer Screening section).



Alpine Skiing

National Governing Body

- United States Ski Association
1750 E. Boulder Street
Colorado Springs, CO 80909
(719) 578-4600

Sport Season

- Winter (December - March)

Uniform Requirements

- Parka or shell
- Warm-ups and/or stretch pants
- Ski gloves
- Goggles
- Warm undergarments

Registration Requirements

- Athletes must compete in a Regional competition prior to the SOWA Winter Games. Coaches must submit those times for Winter Games registration, due to their Region office by the designated deadline.
- Athletes may compete in up to three events.
- Events identified with ** are for athletes with lower ability levels who are unable to participate in the other events.
- Finish time for the downhill race is determined by the time of one run.
- Finish time for the slalom and giant slalom race is determined by the combined time of the two runs.
- Check with your Region Office for specific pre-season and event registration deadlines.

Events Offered

- 10 M Ski Race**
- Glide Event**
- Slalom
- Giant Slalom
- Downhill
- Unified Slalom
- Unified Giant Slalom
- Unified Downhill



Aquatics

National Governing Body

- United States Swimming, Inc. (USS)
1750 East Boulder Street
Colorado Springs, CO 80909
(719) 578-4578

Sport Season

- Spring (March - June)

Uniform Requirements

- One piece swimsuit (women)
- Swim trunks or racing brief (men)
- Swimming cap, eye goggles, ear and/or nose plugs are optional

Registration Requirements

- Athletes must compete in a Regional competition prior to the SOWA Summer Games.
- Athletes may compete in up to three events plus a relay.
- Events identified with ** are designated for athletes with lower ability levels who are unable to participate in the other events.
- Check with the SOWA office for specific pre-season and event registration deadlines.

Events Offered

- | | | |
|-----------------------------|----------------------|---------------------------|
| • 10M Asst. Swim** | • 100M Freestyle | • 100M Ind. Medley |
| • 15 M Walk** | • 100 M Backstroke | • 200 M Ind. Medley |
| • 15 M Flotation** | • 100 M Breaststroke | • 4x25 M Freestyle Relay |
| • 15 M Unasst. Swim** | • 100 M Butterfly | • 4x50 M Freestyle Relay |
| • 15 M Unasst. Backstroke** | • 200 M Freestyle | • 4x100 M Freestyle Relay |
| • 25 M Flotation Race | • 200 M Backstroke | • 4x25 M Medley Relay |
| • 25 M Freestyle | • 400 M Freestyle | • 4x50 M Medley Relay |
| • 25 M Backstroke | • 800 M Freestyle | • 4x100 M Medley Relay |
| • 25 M Breaststroke | • 1500 M Freestyle | • 4x100 M Unified Relay |
| • 25 M Butterfly | • 200 M Breaststroke | • 4X200 M Unified Relay |
| • 50 M Freestyle | | |
| • 50 M Breaststroke | | |
| • 50 M Backstroke | | |
| • 50 M Butterfly | | |



Athletics (Track & Field)

National Governing Body

- USA Track and Field
P.O. Box 120
155 West Washington St., Suite 220
Indianapolis, IN 46204
(317)638-9155

Sport Season

- Spring (March - June)

Uniform Requirements

- Running shoes
- White socks
- Shorts, tights or sweat pants
- Tank top, singlet or T-shirt

Registration Requirements

- Athletes must compete in a regional competition to qualify for Summer Games.
- Athletes may compete in two track and one field event and one relay.
- Contact the SOWA office for specific registration requirements.
- Check with the SOWA office for specific pre-season and event registration deadlines.
- Events identified with ** are designated for athletes with lower ability levels who are unable to participate in the other events.

Events Offered

- | | | |
|----------------------------|------------------------|-----------------------|
| • 10M W/C Race Manual** | • 50M Walk** | • 1500M Run |
| • 25M W/C Race Manual** | • 100M Walk | • Stand Long Jump |
| • 30M Motor W/C Slalom** | • 200M Walk | • Running Long Jump |
| • 30M Manual W/C Slalom** | • 400M Walk | • High Jump |
| • 100M W.C Race Manual | • 800M Walk | • Tennis Ball Throw** |
| • 200M W/C Race Manual | • 4x100M Relay | • Softball Throw |
| • 400M W/C Race Manual | • 4x400M Relay | • W/C Shot Put |
| • 25M Motor W/C Obstacle** | • 4x400M Unified Relay | • Shot Put |
| • 50M Motor W/C Slalom** | • 110 Hurdle | • Pentathlon |
| • 25M Asst. Walk** | • 50M Dash | • 3000M Unified Run |
| • 50M Asst. Walk** | • 100M Dash | • 5000M Unified Run |
| | • 200M Dash | |
| | • 400M Dash | |
| | • 800M Run | |



Basketball

National Governing Body

- Amateur Basketball Association of the U.S.
1750 East Boulder Street
Colorado Springs, CO 80909
(719) 632-7687

Sport Season

- Winter (January - March)

Uniform Requirements

- Basketball or court shoes
- White socks
- Shorts or sweatpants
- Basketball jersey or T-shirt
- T-shirts must be numbered on front and back
- Numbers used shall have no more than two digits and must be combination of 1, 2, 3, 4 & 5

Registration Requirements

- Teams must compete in a minimum of **four** games prior to a Regional Tournament and **qualify** at the respective Region Tournament.
- Teams placing first in the Regional Tournament will automatically advance to the State Basketball Tournament at Winter Games.
- Team rosters must have a minimum of five players and are limited to 12 players.
- Wheelchair athletes and athletes using walking devices will not be allowed to compete on a team with unassisted ambulatory athletes due to safety concerns.
- Check with the SOWA Sports and Training Manager for specific pre-season and event registration deadlines.

Events Offered

- Lead-Up skills competition
- Individual skills competition
- Regulation Team Play: Juniors, Seniors, Masters
- Unified Team Play: Juniors, Seniors, Masters



Bowling

National Governing Body

- American Bowling Congress (ABC)
5301 South 76th St.
Greendale, WI 53129

Sport Season

- Fall (September - December)

Uniform Requirements

- Bowling or casual shirt
- Casual slacks or skirt (women)
- Bowling shoes

Registration Requirements

- Check with SOWA office for specific pre-season and event deadlines and requirements.
- Athletes are limited to one event.
- A 15 game average must be submitted as an entry score for all bowlers.
- Teams with Special Olympic athletes are to consist of four bowlers.
- Unified teams are to consist of two Special Olympics athletes and two partners.

Events Offered

- Singles competition
- Singles ramp competition
- Special Olympics team bowling
- Unified team bowling
- Unified team doubles
- Team doubles



Cross Country Skiing (Nordic)

National Governing Body

- United States Ski Association
1750 E. Boulder Street
Colorado Springs, CO 80909
(719)578-4600

Sport Season

- Winter (December - March)

Uniform Requirements

- Parka or shell
- Knickers, tights or shell pants
- Winter gloves
- Warm undergarments

Registration Requirements

- Athletes must participate in a Regional competition to qualify for SOWA Winter Games.
- Athletes may compete in up to two events and a relay.
- Events identified with ** are designed for athletes with lower ability levels who are unable to participate in other events.
- Check with your Region Office for specific pre-season and event registration deadlines.

Events Offered

- | | |
|-------------------------|----------------|
| • 10 M Ski Race** | • 1K Race |
| • Glide Event** | • 3K Race |
| • 50 M Ski Race** | • 5K Race |
| • 4 x 1 K Unified Relay | • 10K Race |
| • 1 K Unified Race | • 100M Race |
| • 3 K Unified Race | • 300M Race |
| • 5 K Unified Race | • 500M Race |
| | • 3 x 1K Relay |



Cycling

National Governing Body

- U.S. Cycling Federation (USCF)
1750 E. Boulder Street
Colorado Springs, CO 80909
(719) 578-4581

Sport Season

- Spring (March - June)

Uniform Requirements

- SNELL or ANSI Approved Helmet
- Protective eye-wear (optional)
- T-shirt or cycling jersey
- Cycling shorts or tights
- White socks (preferably ankle height)
- Cycling shoes or stiff sole sneakers
- Cycling gloves

Registration Requirements

- Check with the SOWA office for specific pre-season and event registration deadlines.
- Athletes must compete in a regional competition to qualify for SOWA Summer Games.
- Athletes are allowed to enter up to three events.
- Athletes competing in the Stage Race may not compete in any other event.

Events Offered

- 500 M Time Trial
- 1 K Time Trial
- 5 K Time Trial
- 10 K Time Trial
- 5 K Road Race
- 10 K Road Race
- 15 K Road Race
- 25 K Road Race
- 40 K Road Race
- 15 K Unified Team Race
- 1 K Unified Tandem Time Trial
- 5 K Unified Tandem Time Trial
- 10 K Unified Tandem Time Trial
- 10 K Unified Team Race
- 25 K Unified Team Race
- 40 K Unified Team Race
- Stage Race — 1 K Road Race
- Stage Race — 10K Unified Team Race
- Stage Race — 25 K Unified Team Race



Figure Skating

National Governing Body

- U.S. Figure Skating Association (USFSA)
20 First Street
Colorado Springs, CO 80906
(719) 635-5200

Sport Season

- Winter (December - March)

Uniform Requirements

- See specific guidelines in the Special Olympics Winter Sports Rules Book, pp. 49-50.

Registration Requirements

- Athletes must submit competition levels to qualify for SOWA Winter Games.
- Athletes may compete in up to three events.
- Check with the SOWA office for specific pre-season and event registration deadlines.

Events Offered

- Singles Compulsory & Free Competition
- Singles Freestyle Figure Competition
- Ice Dancing
- Pairs Competition
- Unified Ice Dancing
- Unified Pair



Golf

National Governing Body

- United States Golf Association
PO Box 109601
Palm Beach Gardens, FL 33410
Phone (561) 624-8400
Fax (561) 624-8462

Sports Season

- Summer (June - August)

Uniform Requirements

- Golf or casual shirt
- Casual slacks, shorts or skirt
- Golf Shoes

Registration Requirements

- Athletes in team or stroke competition must establish a handicap based on the equivalent of six, 18-hole rounds.
- Unified partners must submit a handicap.
- Athletes may only compete in one event.
- All players must submit scorecards from three rounds of 9 or 18-holes of play to qualify for SOWA Summer Classic.
- Check with the SOWA office for specific pre-season and event registration deadlines.

Events Offered

- Individual Skills Contest
- Unified Partner Team Competition
- Individual Stroke Play



Long Distance Running

National Governing Body

- USA Track and Field
PO Box 120
155 West Washington St., Suite 220
Indianapolis, IN 46204
(317) 638-9155

Sport Season

- Fall (September - December)

Uniform Requirements

- Tank top or T-shirt
- Running Shorts
- Running/Walking Shoes

Registration Requirements

- Athletes should compete in a region or pre-approved community run/walk prior to the SOWA Summer Games.
- Coaches must submit the region competition times to the Sports and Training Manager by the designated deadline for Summer Games.
- Athlete may compete in up to two events.
- Check with the Sports and Training Manager for specific pre-season and event registration deadlines.

Events Offered

- 1.5 K Race Walk: Regulation and Unified
- 5 K Race Walk: Regulation and Unified
- 5 K Road Race: Regulation and Unified
- 10 K Road Race: Regulation and Unified



Powerlifting

National Governing Body

- U.S. Powerlifting Federation
2103 Langley Avenue
Pensacola, FL 32504
(904) 477-863

Sport Season

- Spring (March - June)

Uniform Requirements

- T-shirt
- Singlet
- Shorts or sweatpants (optional)
- Weight belt (optional)
- Court shoes

Registration Requirements

- Athletes must have two years lifting experience to compete in the squat event.
- Qualifying weights must be submitted for each lift performed.
- Check with SOWA for specific pre-season and event registration deadlines.
- Athletes may compete in three or four events depending on the years of sport experience.

Events Offered

- Squat
- Bench Press
- Dead Lift
- Combination 1: Bench Press & Dead Lift
- Combination 2: Bench Press, Dead Lift & Squat



Soccer

National Governing Body

- United State Soccer Federation (USSF)
1750 E. Boulder Street
Colorado Springs, CO 80909
(719) 578-6400

Sport Season

- Spring (March - June)

Uniform Requirements

- Sneakers or turf footwear
- Soccer socks or tube-socks
- Shin guards (required)
- Shorts or sweat pants
- Soccer jersey or tee-shirt
- Shirts must be numbered on the back at least 8" high, with numbers between 1 and 20.
- Goalkeepers must wear distinctly different uniforms.

Registration Requirements

- Teams must compete in a minimum of four games prior to a Regional Tournament and qualify at their respective Regional Tournament to participate in SOWA Summer Games.
- Team rosters must have a minimum of five players and a maximum of 10.
- Check with your Region Office for specific pre-season and event registration deadlines.
- Wheelchair athletes and athletes using walking devices will not be allowed to compete on a team with unassisted ambulatory athletes due to safety concerns.
- Events with ** are for athletes of lower ability levels who are unable to participate in other events.

Events

- Individual Skills Competition**
- Team Competition; Juniors, Seniors, Masters
- Unified Team Competition; Juniors, Seniors, Masters



Softball

National Governing Body

- Amateur Softball Association
2801 NE 50th St.
Oklahoma City, OK 73111-7203
Phone (405) 424-5266
Fax (405) 424-3855

Sport Season

- June through August

Uniform Requirement

- Hat (same for all team members)
- T-shirt or team jersey with numbers on back (min. 6" high)
- White socks
- Sneakers or turf footwear
- Face mask and helmet (required for Catchers)
- No metal cleats or jewelry

Registration Requirements

- Teams must compete in a minimum of **four** games prior to regional competition **and qualify** at the respective Region Tournaments.
- Teams placing first in the Regional Tournament will automatically advance to the SOWA Summer Sports Tournament.
- Team rosters must have a minimum of 10 players and a maximum of 15 players.
- Wheelchair athletes and athletes using walking devices will not be allowed to compete on a team with unassisted ambulatory athletes due to safety concerns.
- Events with ** are designed for athletes with lower ability levels who are unable to participate in the other events.

Events Offered

- Lead-Up Skills Competition**
- Individual Skills Competition**
- T-ball Team Play: Juniors, Seniors, Masters
- Regulation Team Play: Juniors, Seniors, Masters
- Unified Team Play: Juniors, Seniors, Masters



Speed Skating

National Governing Body

- U.S. International Speed Skating Assoc.
17060 Patricia Lane
Brookfield, WI 53005
(800) 334-7981

Sport Season

- Winter (December - March)

Uniform Requirements

- SNELL or ANSI approved helmet
- Sweater, sweatshirt or turtleneck
- Warm-ups or tights
- Elbow and knee pads
- Gloves or mittens

Registration Requirements

- Check with SOWA for specific pre-season and event registration deadlines.
- Athletes may compete in up to three events.
- Events with **are designed for athletes with lower ability levels that are unable to participate in the other events.
- A qualifying time must be submitted for all athletes entered in order to qualify for SOWA Winter Games.

Events Offered

- 25 M Skate Race**
- 50 M 1/2 Lap Race**
- 100 M Race
- 300 M Race
- 500 M Race
- 800 M Race
- 1000 M Race
- 1500 M Race
- 1500 M Unified Short
- 4 x 400 Unified Long
- 4 x 500 Unified Relay
- Unified Team Sprint



Volleyball

National Governing Body

- USA Volleyball
1750 East Boulder Street
Colorado Springs, CO 80909
(719) 578-4750

Sport Season

- Fall (September - December)

Uniform Requirements

- Long sleeve T-shirt or jersey
- Team jerseys must be numbered; 3" high on front, 6" on back
- Shorts or sweatpants
- Socks and white sole, court shoes

Registration Requirements

- Teams must compete in at least four games.
- Team rosters must have a minimum of six players and are limited to 12 players.
- Wheelchair athletes and athletes using walking devices will not be allowed to compete on a team with unassisted ambulatory athletes due to safety concerns.
- Events with ** are for athletes with lower ability levels who are unable to participate in the other events.

Events Offered

- Lead-Up Skills Competition**
- Individual Skills Competition**
- Modified Team Play
- Special Olympics Team; Juniors, Seniors, Masters
- Unified Team Play; Juniors, Seniors, Masters