

### III. COMPETITION

# Games Management Team Competition Team

## ADMINISTRATION

- Computer
- Finance & Fundraising
- Public Relations
  - Program
- Registration
- Volunteers
- Evaluation

- Do you need to combine interests for a smaller team?
- Or split out responsibilities to include a larger group

You may or may not need the Directors positions based on the size of the event

## COMPETITION

- Fall Tournament
    - Bowling
    - Cycling
    - Equestrian
    - Soccer
  - Winter Games
    - Alpine Skiing
    - Cross Country
    - Snowboarding
    - Snowshoeing
  - Summer Games
    - Aquatics
    - Athletics
    - Basketball
    - Gymnastics
    - Power lifting
  - Golf Tournament
  - Softball Tournament
- Competition Director
  - Venue Director
  - Competition Coordinators
  - Officials Coordinator

## SUPPORT SERVICES

- Housing
- Meals
- Communications
- Medical
- Facilities, Signage and Equipment
  - Set-up and clean-up

## SPECIAL EVENTS

- Awards
- Ceremonies
- Banquet
- Olympic Town
- Hospitality
  - Demonstrations
  - Entertainment
  - Families

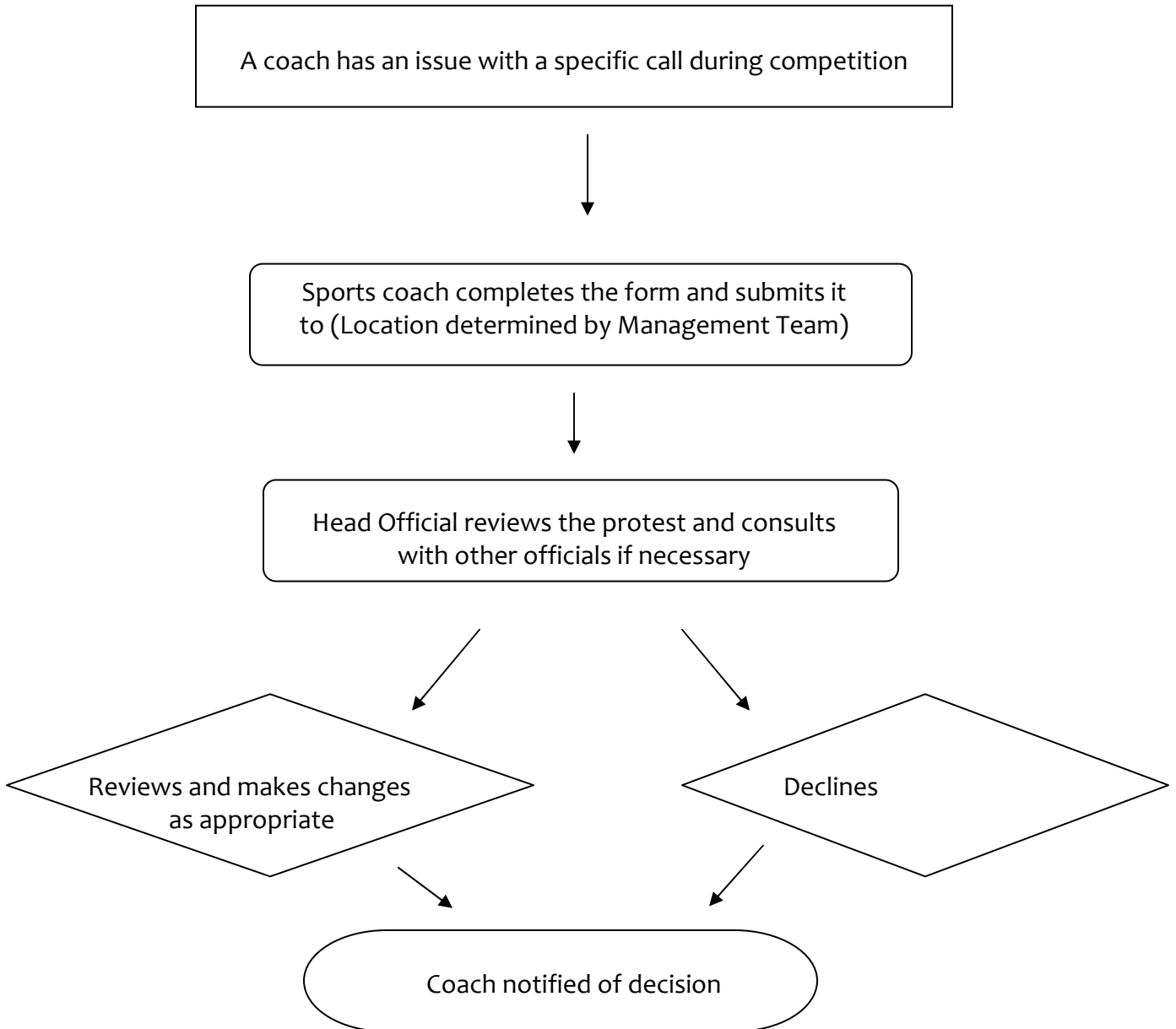
### III. COMPETITION

#### B. Sports Rules Committee

required     recommended     optional

Staff Liaison: Shane Kiesner [skiesner@specialolympicswy.org](mailto:skiesner@specialolympicswy.org)

We recommend a rules committee be in place to help process challenges in a controlled manner. Include a copy of the protest form in packets and be sure to mention the process during any coaches meeting you may have. Designate a location that additional forms can be available.





### Protest Form

Special Olympics Wyoming will have in place at each state event a Sports Rules Committee made up of a staff person, representative of the volunteer sports coordinators and a coach. The Sports Rules Committee will review any protest submitted during the event and determine:

- A. If the protest is accepted and what actions are to be taken or
- B. If the protest is denied.

This form must be submitted to the Sports Rules Committee no later than 30 minutes after the conclusion of the event being protested.

Date: \_\_\_\_\_

Time submitted: \_\_\_\_\_

Sport: \_\_\_\_\_ Event: \_\_\_\_\_

Age Group: \_\_\_\_\_ Division: \_\_\_\_\_

Athlete's or Team's Name: \_\_\_\_\_

Local Program: \_\_\_\_\_

Reason for Protest:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature of Sport Head Coach: \_\_\_\_\_

For Committee use:

Decision of Jury/Referee: \_\_\_\_\_

Protest Approved: \_\_\_\_\_

Protest Denied: \_\_\_\_\_

Signed: \_\_\_\_\_

Time: \_\_\_\_\_

### III. Competition

#### B. Divisioning

required    recommended    optional

Staff Liaison: Shane Kiesner [skiesner@specialolympicswy.org](mailto:skiesner@specialolympicswy.org)

In keeping with the Special Olympics philosophy, every athlete will be encouraged to perform to the best of his or her ability, and should have a reasonable chance to excel while competing against fellow athletes of similar ability. Athletes are placed in competition divisions according to the following guidelines:

- Athletes are divided into competition divisions based upon their age, ability, and sex. Competition divisions are structured to be fair and equitable so all participants, based on performance records, have a reasonable chance to excel. This definition also applies to team competition.
- In structuring competitive divisions, participants shall be ranked in descending order of performance. The difference in times or performance scores between the best performing athlete and the worst shall not normally differ by more than 10 percent.
- A division shall consist of a minimum of three and maximum of eight competitors or teams. If there are not at least three competitors or teams in a division, divisions shall be combined to meet the required minimum number of competitors or teams.

#### Special Olympics Games and Competition Age Groups

These Special Olympics age groups have been selected as being most representative of those used in sports competitions. We encourage consistency in the use of age groups:

##### Individual Sports:

1. Ages 8-11
2. Ages 12-15
3. Ages 16-21
4. Ages 22-29
5. Ages 30 and over

##### Team Sports and Relay Events

1. Ages 15 and under
2. Ages 16-21
3. Ages 22 and over

Age groups may be combined or adjusted if there are not a sufficient number of competitors in an age group.

- An athlete's age group is determined by the athlete's age on the opening date of the Games or competition. **The age of the oldest athlete on a team shall be used to determine the age group in which that team will compete.**
- Combining Age Groups – In situations where there are not enough competitors to hold competition in a certain age group, the athletes shall compete in the next oldest age group. i.e. 8-11 would be combined with 12-15 to make an age group of 8-15.
- Age groups may also be combined to provide more competitive divisions.

### III. COMPETITION

#### D. Officiating

required    recommended     optional

Staff Liaison: Shane Kiesner [skiesner@specialolympicswy.org](mailto:skiesner@specialolympicswy.org)

We encourage all events to recruit certified officials whenever possible.

Sources of officials include your local schools and/or recreation departments. Special Olympics Wyoming has a working relationship with a number of officials' organizations.

Regardless, the volunteer officials must be familiar with Special Olympics and Governing Body rules. Officials should be dressed in official attire and be prepared to officiate a competitive game. Sports rules for Special Olympics can be downloaded from the internet. [www.specialolympics.org](http://www.specialolympics.org)

### III. COMPETITION

E. Unified Sports®

required     recommended     optional

Staff Liaison: Shane Kiesner [skiesner@specialolympicswy.org](mailto:skiesner@specialolympicswy.org)

Unified Sports is a program that combines approximately equal (or proportionate) numbers of Special Olympics athletes (athletes) with athletes without mental challenges (partners) on sports teams for training and competition. Age and ability matching of athletes and partners is specifically defined on a sport by sport basis.

For Team competition putting a court or field monitor in place is strongly encouraged. A position description has been included in the appendix.

The following is a list of Unified Sports and events offered by Special Olympics Wyoming:

#### **Winter**

- ◆ Unified Sports Snowshoe
  - > Two athletes and two partners 4x100 meter & 4x400 meter relays
- ◆ Unified Sports Cross Country Skiing
  - > Two athletes and two partners ski a 4 X 1-kilometer relay.

#### **Summer Games**

- ◆ Unified Sports Athletics
  - > Two athletes and two partners run a 4 X 400-meter, 4x100 & wheelchair shuttle relays
- ◆ Unified Sports Swimming
  - > Two athletes and two partners in 4 X 25 meter relay
- ◆ Unified Sports Team Basketball
  - > Three athletes and two partners
- ◆ Unified Sports Half Court Basketball
  - > Two athletes and one partner

#### **Unified Sports Golf**

- ◆ Unified Sports Golf
  - > One athlete and one partner compete as a team in nine hole alternate shot play.

#### **Unified Sports™ Softball**

- ◆ Unified Sports Softball
  - > Five athletes and five partners compete as a team.

#### **Fall Tournament**

- ◆ Unified Sports Soccer
  - > Three athletes and three partners
- ◆ Unified Sports Equestrian
  - > One athlete and one partner relay
- ◆ Unified Sports Bowling
  - > One athlete and one partner, scores are added together

### III. COMPETITION

Special Olympics Wyoming has in place a number of volunteers with sports expertise in setting up competition. Please contact the Director Competition & Training for specific sports resources.

#### F. Winter Sports

required     recommended     optional


Staff Liaison: Shane Kiesner [skiesner@specialolympicswy.org](mailto:skiesner@specialolympicswy.org)

##### ALPINE SKIING

Super G  
Slalom  
Giant Slalom

##### Events for lower ability athletes

10 Meter Race  
Glide  
Super Glide



Sports  
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##### SNOWBOARDING

Super G  
Slalom  
Giant Slalom

##### Events for lower ability athletes

Super Glide  
Glide

#### 1. EVENTS

- The Super G consists of one run. A double gate panel is used on a longer course with gates farther apart; this is the speed event of alpine competition.
- The Giant Slalom consists of two runs. The time of each run is added together for a final score. Athletes must complete each run successfully. A double gate panel is used with moderate turns.
- The Slalom consists of two runs. The time of each run is added together for a final score. Athletes must complete each run successfully. A single gate is used with tight controlled turns.

#### 2. NOTES

- The first gate is always to the right requiring a left turn and the flag is Red.
- Special Olympics two (2) minute rule  
During competition, if the competitor moves out of the general direction of the course (fall, miss a gate, lose a ski, etc.) he/she shall have 2 minutes from the time of deviation to re-enter the course. A competitor who fails to adhere to this 2-minute time limit, or receives assistance of any kind, shall be disqualified and will receive a participation ribbon.

- The start command is 5, 4, 3, 2, 1, GO. The time begins when the athletes front boot crosses the starting line or when the electronic timing wand is activated.
- Correct passage: A gate has been passed correctly: when both the competitors ski tips and both feet have passed across the gate line. If a competitor loses a ski without committing a fault (not be straddling the slalom pole), the tip of the remaining ski and both feet must have passed the gate line. The start and finish lines are the same as a gate line.
- All athletes must wear a helmet during training and competition.

## CROSS COUNTRY SKIING

- 500 Meter Ski Race
- 1 Kilometer Ski Race
- 3 Kilometer Ski Race
- 5 Kilometer Ski Race
- 4 X 1 Kilometer Relay
- 4X1 Kilometer Unified Sports Relay

### Events for lower ability athletes

- 10 Meter Ski Race
- 25 Meter Ski Race
- 50 Meter Ski Race
- 100 Meter Ski Race



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The following is a summary of commonly asked questions related to rules:

- Start commands for events 500 Meters to 10 Kilometers are Racer 15 seconds, 10 seconds 5,4,3,2,1 GO. One or two racers are started every 30 seconds
- Start commands for 100 Meters or less are Racers, Ready Bang (Pistol shot)
- 500 Meters through 10 Kilometer events should be conducted on courses which include up-hills, down-hills, flat sections and sections with turns.

The degree of slope of the uphill and downhill sections should be dictated by ability levels of the athletes entered in the events. Thus, the course for 500 Meter events shall have less severe terrain than course for the 3 Kilometer and courses for the 3 Kilometer should have less severe terrain than course for 5 Kilometer races.

- A competitor may be disqualified if:
  - he/she receives unauthorized assistance
  - does not finish with skis on his/her feet

## SNOW SHOE

200 Meter  
400 Meter  
800 Meter  
1600 Meter  
4 X 100 Meter Relay  
4 X 100 Meter Unified Sports Relay  
4 X 400 Meter Relay  
4 X 400 Meter Unified Sports Relay

### Events for lower ability athletes

25 Meter  
50 Meter  
100 Meter

The following is a summary of commonly asked questions related to rules:

- The snowshoe frame itself should not be smaller than 20.5 cm X 64 cm (8 inches X 25 inches)
- The use of poles is optional
- Competitors may leave the start area after the start command: “Racers ready – Set – Go”
- Interval start races are for 800 Meter distances or longer in Snowshoe
- A competitor may be disqualified if he or she:
  - receives unauthorized assistance
  - improperly overtakes or impedes another competitor, or in any other way interferes with another competitor
  - does not finish with snowshoes on his/her feet
  - as judged by the competition coordinator for safety reasons has been on the course too long (taking too many seated brakes) may be removed from the course

### III. COMPETITION

#### G. Summer Sports

required    recommended    optional

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#### BASKETBALL

5 on 5 Team

Unified Sports 5 on 5 Team

3 on 3 Team

Unified Sports 3 on 3 Team

Events for lower ability athletes

*Basketball Individual Skills*



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### Competition Guidelines

All competitions will be governed by current Official Special Olympics Summer Sports Rules (available at [www.specialolympics.org](http://www.specialolympics.org)). In the table below you will find the adaptations recommended in accordance with the level of play.

Prior to each game, coaches from both teams, officials and venue or court coordinator should meet to discuss adaptations appropriate to the teams playing. Coaches at each venue will have the opportunity at this time to share unique circumstances with officials (i.e. - deaf athlete).

#### Game Formats

##### Full Court 5-on-5

- ▶ The event should start with Divisioning and/or Seeding games to evaluate divisions. At a scheduled break, evaluate divisions and adjust as necessary.
- ▶ **Divisioning and/or Seeding games** consist of two, ten minute halves, running time. Time will stop on all dead balls the last two minutes of each half. Four time-outs per team, per game.
- ▶ **Award round games** consist of four, six minute periods, running time. Time will stop on all dead balls the last two minutes of each half. Four time outs per team, per game.

##### Half Court 3-on-3

- ▶ Start with Divisioning and/or Seeding games to evaluate the current division's. At the designated break time adjust divisions as necessary and schedule award round games.
- ▶ **Divisioning and Seeding games** consist of two, six minute halves, running time. The last minute of each half will be stop time on all dead balls.
- ▶ **Award Round games** consist of two, ten minute halves running time. The last minute of each half will be stop time on all dead balls.

##### Individual Skills

The Individual skills competition is available in the Summer Sports Rules available through the Special Olympics web site or contact Special Olympics Wyoming staff.

## SWIMMING



<b>EVENT</b>	<b>QUALIFYING SCORE</b>
10 meter Assisted Swim*	Time
15 meter Walk *	Time
15 meter assisted float*	Time
15 meter Floatation Swim*	Time
15 meter Unassisted Swim*	Time
25 meter Floatation Swim*	Time
25 meter Freestyle	Time
25 meter Backstroke	Time
25 meter Breaststroke	Time
25 meter Butterfly	Time
50 meter Freestyle	Time
50 meter Backstroke	Time
50 meter Breaststroke	Time
50 meter Butterfly	Time

<b>EVENT</b>	<b>QUALIFYING SCORE</b>
100 meter Freestyle	Time
100 meter Backstroke	Time
100 meter Breaststroke	Time
100 meter Butterfly	Time
100 meter Individual Medley	Time
100 meter medley relay	Time
4x25 meter Freestyle Relay	Time
4x25 meter Freestyle Unified Sports Relay	Time
4x50 meter Freestyle Relay	Time
4x50 meter Freestyle Unified Sports Relay	Time
4x25 meter Medley Relay	Time
1 meter Springboard Dive (Levels I,II,III,IV)	No score

### Clarification for Entry Level Aquatics Events

Special Olympics Wyoming offers a variety of events for athletes with lower mobility to assure their full involvement in the program. Entry Level events will be conducted for these athletes to assure their success and to maintain dignity and respect for their efforts.

#### Aquatics – 15 Meter Races

<b>Event</b>	<b>Touch Bottom</b>	<b>Coach in Water</b>	<b>PFD</b>	<b>Physical Assistance</b>
15 Meter Walk	X	X	X	X
15 Meter Assisted		X	X	X
15 Meter PFD		Opt	X	
15 Meter Unassisted		Opt		

## ATHLETICS (Track & Field)

EVENT	QUALIFYING SCORE
<b>Track Events</b>	
10 meter Assisted Walk	Time
25 meter Assisted Walk	Time
25 meter Walk	Time
25 meter Motorized WC Race	Time
25 meter Manual WC Race	Time
25 meter WC Motorized Obstacle	Time
25 meter WC Manual Obstacle	Time
30 meter Motorized WC Slalom	Time
30 meter Manual WC Slalom	Time
50 meter Assisted Walk	Time
50 meter Dash	Time
50 meter Walk	Time
50 meter Motorized WC Slalom	Time
50 meter Motorized Wheelchair	Time
100 meter dash	Time
100 meter Walk	Time
100 meter Motorized Wheelchair	Time
100 meter Manual Wheelchair	Time
200 meter dash	Time
200 meter walk	Time
400 meter run	Time
400 meter walk	Time
800 meter Run	Time
800 meter Walk	Time
1500 meter Run	Time
1500 meter Walk	Time

EVENT	QUALIFYING SCORE
<b>Relays</b>	
4x25 m Wheelchair Shuttle Relay	Time
4x100 meter Relay	Time
4x100 meter Unified Sports® Relay	Time

### **Throwing Events**

Ball Throw for Distance	Distance
Softball Throw	Distance
Shot Put	
--Men 4kg/8.13lbs	Distance
--Women 2.72kg/6lbs	Distance
--Boys (8-11)2.72kg/6lbs	Distance
--Girls (8-11) 1.8kg	Distance
--Wheelchair Male	Distance
--Wheelchair Female	Distance

### **Jumping Events**

Standing Long Jump	Distance
High Jump	Height
Running Long Jump	Distance
Pentathlon	Height/Distance
--(100 Meters, Long Jump, Shot Put, High Jump, 400 Meters)	

50 Meter Athletes training faster than 9.9 seconds are strongly recommended to move to the 100-meter distance.

100 meter Athletes training faster than 15.9 seconds are strongly encouraged to move to the 200-meter distance.

Softball Throw Programs are strongly recommended to enter no more than 20% of their athletes in the Softball Throw. Athletes may compete in either the Shot-put or the Softball Throw but not both.

Standing Long Jump Programs are strongly recommended to enter no more than 20% of their athletes in the Standing Long Jump

## Standing and/or Running Long Jump

- Competition: Three (3) Non-consecutive Jumps
- Measured in Metric (meters and centimeters)
  - sample score: 1 Meter 26 cm 1.26 meters
  - 1 Meter 06 cm 1.06 meters
  - 1 Meter 10 cm 1.10 meters

### 1. Official

- Reviews the event with each heat reminding them of the rules of competition
- Signals the athlete
- Determines any foot faults (toes over the line)
- Reminds athlete to exit at end of pit, calls foul if the athlete exits the pit between their closest landing and the takeoff line

### 2. Raker

- Rakes the pit after each jump once the official says Okay

### 3. Measurer(s)

- Holds the zero end of the tape where the body part closest to the jumping line lands (i.e. back of foot or hand if athlete falls)

### 4. Scorer(s)

- Pulls the tape tight perpendicular to the foul line and reads the score in **metrics** from the inside of the white line (must be consistent with all athletes)

### 5. Scorekeeper

- Makes sure it is the right athlete
- Enters the score in Metrics
- Determines the longest jump and circles it
- Ranks the athletes for awards ceremony

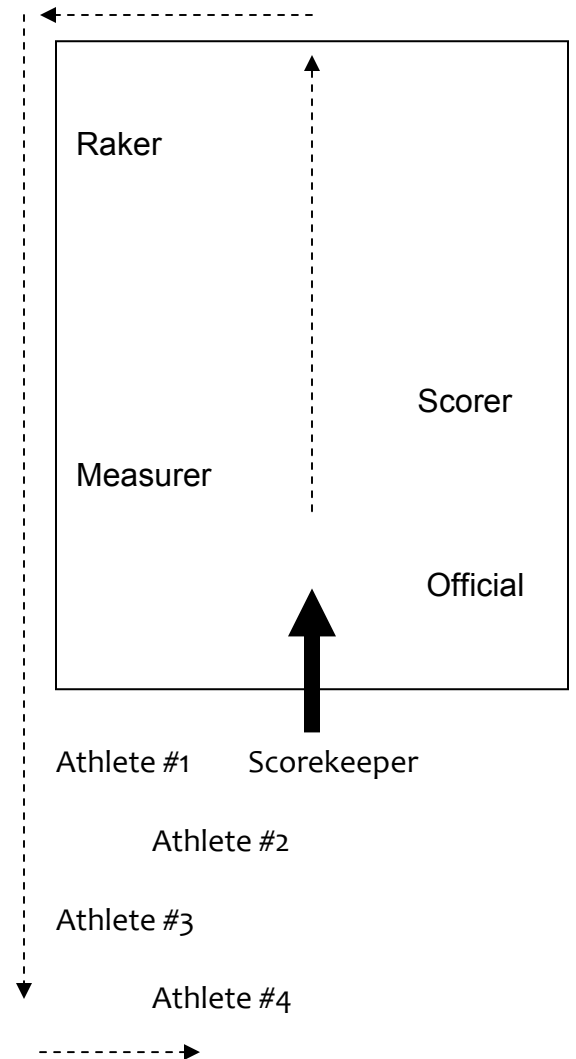
Athlete # 1 Jumps once, the jump is measured and the score is entered. The athlete then goes to the end of the line.

Athlete # 2 Jumps once, the jump is measured and the score is entered. The athlete then goes to the end of the line.

Etc

Etc

The process is repeated until every athlete has had the opportunity to jump three (3) times.





POWER LIFTING

Bench press

Deadlift

Squat

Combination Bench press/Deadlift

Combination Bench press/Deadlift/Squat

H. Mid Summer

required    recommended    optional

Staff Liaison: Shane Kiesner [skiesner@specialolympicswy.org](mailto:skiesner@specialolympicswy.org)

## GOLF

Individual Skills

9 Hole Unified Sports® Alternate Shot

9 Hole Competition

- play course from red (women's) tee's
- 1 swing and miss allowed before counting the stroke
- modifications to holes as deemed appropriate

### All levels of Competition

- Each team will keep their own score as well as the twosome they are playing with.
- Actual scorecards from practice rounds should be requested at the time of registration.

## SOFTBALL

Unified Sports® Team Play

Traditional Team Play

Individual Skills



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### III. COMPETITION


#### I. Fall Sports

required     recommended     optional

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#### BOWLING

Bowling Singles  
Assisted Bowling  
Bowling Doubles  
Unified Sports Doubles



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#### Handicapping

Special Olympics Wyoming uses 100% Handicapping as part of the scoring procedures for bowling competition: The following is an explanation on how the handicapping system works.

Scoring will include the addition of a handicap score. The handicap is determined by the average the athlete has coming into the tournament (entry score) and is added to each individual game he/she plays.

The purpose of a handicap is to even the competition and to give everyone equal opportunities for success.

#### Tenpin

The handicap is determined by taking the average and subtracting it from 200.

i.e. A bowler with a 75 average has a 125 handicap

A bowler with a 115 average has a 85 handicap

For example an athlete with a 75 average (handicap is 125). He/she bowls three games: 80 - 70 - 75. For each game an additional 125 pins (points) are added, so the final score to determine awards will be: 600 or  $80+125$  and  $70+125$  and  $75+125 = 600$ .

#### FAQ's

- Can we use bumpers for lower ability athletes?  
*No, competition must be run without bumper*
- How many games are required for a competition?  
*Three games should be played, it is up to the discretion of the competition coordinator to reduce the number of games played if there have been unexpected delays.*
- Can we combine athletes using ramps with athletes not using ramps?  
*No these athletes should be divisioned separately.*
- Can an athlete in a wheelchair that uses a ramp be divisioned with an ambulatory athlete that uses a ramp?  
Yes

## CYCLING


500 Meter – Time Trial  
1 Kilometer – Time Trial  
5 Kilometer – Road Race  
10 Kilometer – Road Race  
15 Kilometer – Road Race  
Unified Sports 1 Kilometer Relay – Time Trial

## EQUESTRIAN

Dressage  
English Equitation  
Stock Seat Equitation  
Team Relay – 2 Person  
Unified Sports Team Relay – 2 Person  
Show Halter  
Working Trails  
Figure 8 Stake Race  
Western Riding  
Barrel Racing  
Pole Bending  
Unified Sports Drill Team  
Drill Team  
Carriage Driving\*

## SOCCER (Football)

Unified Sports Five-a-side  
Soccer Skills



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