

Special Olympics South Dakota

2017

Area Spring Games

State Summer Games



AREA SPRING GAMES & AQUATICS COMPETITION

<p>Northeast Area Aquatics Competition: April 21, 2017 Location: YMCA, Aberdeen Time: 12:00 pm-4:00 pm Registration Deadline: April 11, 2017 Registration Fee: No charge Send registration to State Office</p>	<p>Northeast Area Spring Games: April 28, 2017 Location: High School Track, Watertown Time: 8:00 am-3:30 pm Registration Deadline: April 11, 2017 Registration Fee: No charge Send registration to State Office</p>
<p>Southeast Area Aquatics Competition: April 28, 2017 Location: TBD, Sioux Falls Time: 1:00 pm-5:00 pm Registration Deadline: April 11, 2017 Registration Fee: No charge Send registration to State Office</p>	<p>Southeast Area Spring Games: April 29, 2017 Location: High School Track, Brandon Time: 8:00 am-3:30 pm Registration Deadline: April 11, 2017 Registration Fee: No charge Send registration to State Office</p>
<p>Black Hills Area Aquatics Competition: April 22, 2017 Location: Young Center, Spearfish Time: 9:00 am-12:00 pm Registration Deadline: April 11, 2017 Registration Fee: No charge Send registration to Black Hills Area Director Cathy Grubb & State Office (if attending Summer Games)</p>	<p>Black Hills Area Spring Games: April 28, 2017 Location: Sioux Park, Rapid City Time: 8:00 am-3:30 pm Registration Deadline: April 11, 2017 Registration Fee: No charge Send registration to Black Hills Area Director Cathy Grubb & State Office (if attending Summer Games)</p>
<p>Mission Games Spring Games: April 26, 2017 Location: High School Track, Mission Time: 1:00 pm-3:30 pm Registration Deadline: April 11, 2017 Registration Fee: No charge Send registration to State Office</p>	
<p>Area Specific Information</p> <p>COST: No charge.</p> <p>LODGING: Should not be necessary but this is not provided.</p> <p>MEALS: Lunch is typically provided.</p> <p>AWARDS: Ribbons will be awarded for all places in all events.</p> <p>EVENTS:</p> <ul style="list-style-type: none"> • All events within the sports offered at Area Games (Athletics & Aquatics) are the same offered at State. All rules are the same for Area and State. • The following sports are offered only at State: Team Soccer, Soccer Skills, Powerlifting, Volleyball, and Race Walking. • Area participation is required to be eligible for participation at state. 	
<p>State Summer Games Date: May 18-20, 2017 Location: Spearfish Pre-registration Deadline: March 28, 2017 Registration Deadlines: April 11, 2017 Registration Fee: \$15.00 per Athlete, Coach, and Chaperone</p>	

2017 Southeast Area Spring Games Tentative Schedule of Events

Location:	High School - Brandon		
Schedule:	8 - 8:30 am	Delegation Registration	
	8:30 am	Line up for Opening Ceremony	
	8:45 am	Opening Ceremony	
9:00 am	Male & Female 3000 M Run	11:45 pm	Lunch
	Female 100 M Dash *	12:15 pm	Male & Female 1500 M Run
	Female 100 M Wheelchair		Male & Female 30 M Wheelchair Slalom
	Female 50 M Walk		Male & Female 4 X 25 M Wheelchair Relay
	Female 50 M Dash		
	Female 200M Dash	12:30 pm	Female Softball Throw
	Female 200M Wheelchair		Female Tennis Ball Throw
	Female 800M Run		Female Shot Put *
	Male & Female 10 M Assisted Walk	12:45 pm	Male 400 M Dash *
	Male & Female 10 M Wheelchair		Male 100 M Dash *
			Male 100 M Wheelchair
	Male & Female 25 M Assisted Walk		Male 50 M Walk
	Male & Female 25 M Wheelchair		Male 50 M Dash
	Female 400 M Dash *		Male 200 M Dash
			Male 200 M Wheelchair
9:00 am	Male Softball Throw		Male 800 M Run
	Male Tennis Ball Throw		
	Male Shot Put *		Female 4 X 100 M Relay
			Male & Coed 4 X 100 M Relay
10:00 am	Male Standing Long Jump		Female 4 X 400 M Relay
	Male Running Long Jump *		Male & Coed 4 X 400 M Relay
11:00 am	Male High Jump *		
	Female High Jump *	1:30 pm	Female Standing Long Jump
			Female Running Long Jump *

* Heats for the Pentathlon will also be ran at the indicated times

- This is a rolling schedule, i.e. times are an ESTIMATE. As soon as one event is over the next event will begin even if ahead of schedule.
- We anticipate there could be some of these events in which there are no participants. You will be made aware of this once registrations are processed.

2017 Black Hills Area Spring Games Tentative Schedule of Events

Location:	Sioux Park, Rapid City		
Schedule:	8 - 8:30 am	Delegation Registration	
	8:30 am	Line up for Opening Ceremony	
	8:45 am	Opening Ceremony	
9:00 am	Male & Female 3000 M Run	11:45 pm	Lunch
	Female 100 M Dash *	12:15 pm	Male & Female 1500 M Run
	Female 100 M Wheelchair		Male & Female 30 M Wheelchair Slalom
	Female 50 M Walk		Male & Female 4 X 25 M Wheelchair Relay
	Female 50 M Dash		
	Female 200M Dash	12:30 pm	Female Softball Throw
	Female 200M Wheelchair		Female Tennis Ball Throw
	Female 800M Run		Female Shot Put *
	Male & Female 10 M Assisted Walk	12:45 pm	Male 400 M Dash *
	Male & Female 10 M Wheelchair		Male 100 M Dash *
			Male 100 M Wheelchair
	Male & Female 25 M Assisted Walk		Male 50 M Walk
	Male & Female 25 M Wheelchair		Male 50 M Dash
	Female 400 M Dash *		Male 200 M Dash
			Male 200 M Wheelchair
9:00 am	Male Softball Throw		Male 800 M Run
	Male Tennis Ball Throw		
	Male Shot Put *		Female 4 X 100 M Relay
			Male & Coed 4 X 100 M Relay
10:00 am	Male Standing Long Jump		Female 4 X 400 M Relay
	Male Running Long Jump *		Male & Coed 4 X 400 M Relay
11:00 am	Male High Jump *		
	Female High Jump *	1:30 pm	Female Standing Long Jump
			Female Running Long Jump *

* Heats for the Pentathlon will also be ran at the indicated times

- This is a rolling schedule, i.e. times are an ESTIMATE. As soon as one event is over the next event will begin even if ahead of schedule.
- We anticipate there could be some of these events in which there are no participants. You will be made aware of this once registrations are processed.

2017 Northeast Area Spring Games Tentative Schedule of Events

Location:	High School - Watertown	
Schedule:	8 - 8:30 am	Delegation Registration
	8:30 am	Line up for Opening Ceremony
	8:45 am	Opening Ceremony
9:00 am	Male & Female 3000 M Run	11:45 pm Lunch
	Female 100 M Dash *	12:15 pm Male & Female 1500 M Run
	Female 100 M Wheelchair	Male & Female 30 M Wheelchair Slalom
	Female 50 M Walk	Male & Female 4 X 25 M Wheelchair Relay
	Female 50 M Dash	
	Female 200M Dash	12:30 pm Female Softball Throw
	Female 200M Wheelchair	Female Tennis Ball Throw
	Female 800M Run	Female Shot Put *
	Male & Female 10 M Assisted Walk	12:45 pm Male 400 M Dash *
	Male & Female 10 M Wheelchair	Male 100 M Dash *
		Male 100 M Wheelchair
	Male & Female 25 M Assisted Walk	Male 50 M Walk
	Male & Female 25 M Wheelchair	Male 50 M Dash
	Female 400 M Dash *	Male 200 M Dash
		Male 200 M Wheelchair
9:00 am	Male Softball Throw	Male 800 M Run
	Male Tennis Ball Throw	
	Male Shot Put *	Female 4 X 100 M Relay
		Male & Coed 4 X 100 M Relay
10:00 am	Male Standing Long Jump	Female 4 X 400 M Relay
	Male Running Long Jump *	Male & Coed 4 X 400 M Relay
11:00 am	Male High Jump *	
	Female High Jump *	1:30 pm Female Standing Long Jump
		Female Running Long Jump *

* Heats for the Pentathlon will also be ran at the indicated times

- This is a rolling schedule, i.e. times are an ESTIMATE. As soon as one event is over the next event will begin even if ahead of schedule.
- We anticipate there could be some of these events in which there are no participants. You will be made aware of this once registrations are processed.

2017 Mission Games

Tentative Schedule of Events

Location: High School - Mission
 Schedule: 12 - 12:30 pm Delegation Registration
 12:45 pm Opening Ceremony

1:00 pm	Female Softball Throw Male Softball Throw Female Tennis Ball Throw Male Tennis Ball Throw Female Shot Put * Male Shot Put *	2:00 pm	Female 50 M Walk Male 50 M Walk Female 50 M Dash Male 50 M Dash 2:30 pm Female 100 M Wheelchair Male 100 M Wheelchair Female 100 M Dash * Male 100 M Dash *
1:30 pm	Female Running Long Jump * Male Running Long Jump * Female Standing Long Jump Male Standing Long Jump Female High Jump * Male High Jump *	3:00 pm	Male 200 M Wheelchair Female 200M Wheelchair Female 200M Dash Male 200 M Dash Female 400 M Dash * Male 400 M Dash * Female 800M Run Male 800 M Run Female 4 X 100 M Relay Male & Coed 4 X 100 M Relay Female 4 X 400 M Relay Male & Coed 4 X 400 M Relay Male & Female 4 X 25 M Wheelchair Relay
2:00 pm	Male & Female 3000 M Run Male & Female 10 M Assisted Walk Male & Female 10 M Wheelchair Male & Female 25 M Assisted Walk Male & Female 25 M Wheelchair Male & Female 30 M Wheelchair Slalom Male & Female 1500 M Run		

- This is a rolling schedule, i.e. times are an ESTIMATE. As soon as one event is over the next event will begin even if ahead of schedule.
 - We anticipate there will be a number of these events in which there are no participants. You will be made aware of this once registrations are processed.
- * Heats for the Pentathlon will also be ran at the indicated times

2017 Southeast Area Aquatics Competition
Tentative Schedule of Events
(subject to change based on registrations)

Location: TBD – Sioux Falls

Schedule: 12:30 pm Delegation Registration

1:00 pm Opening Ceremony

10M Assisted Swim
15M Walk
15M Flotation
15M Unassisted Swim
25M Flotation

3:00 pm 4 X 25 Meter Relay
4 X 50 Meter Relay

25M Freestyle
50M Freestyle
100M Freestyle

25M Backstroke
50M Backstroke
100M Backstroke

50M Butterfly
25M Breaststroke
50M Breaststroke

200M Medley

SCHEDULE OF EVENTS



2017 Northeast Area Aquatics Competition
Tentative Schedule of Events
(subject to change based on registrations)

Location: YMCA – Aberdeen

Schedule: 12:15 pm Delegation Registration

12:45 pm Opening Ceremony

1:00 pm 15M Walk
10M Assisted Swim
15M Flotation
15M Unassisted Swim
25M Flotation

4 X 25 Meter Relay
4 X 50 Meter Relay

25M Freestyle
50M Freestyle
100M Freestyle

25M Backstroke
50M Backstroke
100M Backstroke

50M Butterfly
25M Breaststroke
50M Breaststroke

200M Medley

SCHEDULE OF EVENTS



2017 Black Hills Area Aquatics Competition
Tentative Schedule of Events
(subject to change based on registrations)

Location: Young Center – Spearfish

Schedule: 9:00 am Delegation Registration

9:15 am Opening Ceremony

9:30 am 10M Assisted Swim
15M Walk
15M Flotation
15M Unassisted Swim

25M Flotation
4 X 25 Meter Relay
4 X 50 Meter Relay

25M Freestyle
50M Freestyle
100M Freestyle

25M Backstroke
50M Backstroke
100M Backstroke

50M Butterfly
25M Breaststroke
50M Breaststroke

200M Medley

SCHEDULE OF EVENTS



2017 STATE SUMMER GAMES

(TENTATIVE SCHEDULE OF EVENTS)

Thursday, May 18, 2017

3:00p – 6:30p	Delegation Registration	BHSU
7:00p	Opening Ceremony	BHSU
8:00p – 9:30p	Athlete Dance	BHSU

Friday, May 19, 2017

6:30a – 8:30a	Delegation Breakfast	BHSU
8:00a – 2:00p	Delegation Registration	BHSU
8:00a – 1:30p	Volunteer Registration	BHSU
9:00a – 4:00p	Healthy Athletes	BHSU
8:00a	Powerlifting Weigh-ins	BHSU
9:00a	Team Volleyball	BHSU
	Soccer Skills	BHSU
	Powerlifting	BHSU
	Team Soccer	BHSU
	Aquatics	BHSU
11:00a – 1:00p	Delegation Lunch Pick-Up	BHSU
1:30p	Race Walking	BHSU
5:30p – 7:30p	Delegation Supper	BHSU
7:30p – 9:30p	Dance	BHSU

Saturday, May 20, 2017 - BHSU

6:30a – 8:30a	Delegation Breakfast	10:45a	Female 400 M Dash
7:30a – 1:30p	Volunteer Registration		Pentathlon – Female 400 M Dash
8:00a – 9a	Delegation Registration		Female 4 X 100 M Relay
			Female 4 X 400 M Relay
7:45a	Male & Female 3000 M Run	11:00a – 1p	Lunch
8:00a	Pentathlon – Male Shot Put	11:30a	Male & Female 30 M Wheelchair Slalom
	Male 30+ Shot Put		Male & Female 4 X 25 M Wheelchair Relay
			Male & Female 1500 M Run
8:30a	Female 100 M Dash	12:30p	Male 100 M Dash
	Pentathlon – Female 100 M Dash		Pentathlon – Male 100 M Dash
	Female 100 M Wheelchair		Male 100 M Wheelchair
	Female 800 M Run		Male 800 M Run
	Female 50 M Walk		Male 50 M Walk
	Female 50 M Dash		Male 50 M Dash
	Female 200 M Dash		Male 200 M Dash
	Female 200 M Wheelchair		Male 200 M Wheelchair
8:45a	Pentathlon – Male Running Long Jump		Male 400 M Dash
			Pentathlon – Male 400 M Dash
9:00a	Male 8 – 15 Softball Throw		Male & Coed 4 X 100 M Relay
	Male 8 – 15 Tennis Ball Throw		Male & Coed 4 X 400 M Relay
	Male 8 – 15 Shot Put	1:00p	Female 8 – 15 Softball Throw
	Male 16+ Standing Long Jump		Female 8 – 15 Tennis Ball Throw
	Male 16+ Running Long Jump		Female 8 – 15 Shot Put
10:15a	Male & Female 10 M Assisted Walk		Female 16+ Standing Long Jump
	Male & Female 25 M Assisted Walk		Female 16+ Running Long Jump
	Male & Female 10 M Wheelchair		Pentathlon – Female Running Long Jump
	Male & Female 25 M Wheelchair	1:30p	Female High Jump
	Male 16+ Softball Throw		Pentathlon – Female High Jump
	Male 16+ Tennis Ball Throw		
	Male 16 – 29 Shot Put	2:00p	Female 16+ Softball Throw
	Male 8 – 15 Standing Long Jump		Female 16+ Tennis Ball Throw
	Male 8 – 15 Running Long Jump		Female 16+ Shot Put
10:30a	Male High Jump		Pentathlon – Female Shot Put
	Pentathlon – Male High Jump		Female 8 – 15 Standing Long Jump
			Female 8 – 15 Running Long Jump

STATE SUMMER GAMES

May 18 – 20, 2017

Black Hills State University, Spearfish

PARTICIPATION REQUIREMENTS:

- Complete mandated training hours
- Participation in Area Spring Games

COST: \$15.00 per athlete
\$15.00 per coach
\$15.00 per chaperone

LODGING: Residential housing on the campus of BHSU is available at no additional cost for registered Athletes, Coaches and Chaperones. State Summer Games is exempt from LEAP reimbursement.

MEALS: The following meals will be provided to **registered** coaches, chaperones and athletes:
Friday – breakfast, lunch and dinner / Saturday – breakfast, lunch

FACILITIES: All competition will take place on the campus of BHSU.

EVENTS OFFERED AT STATE:

1. **TEAM VOLLEYBALL:** One event (Coed)

2. **AQUATICS:**

- | | | |
|--------------------|----------------------|----------------------------|
| 1. 50 M Freestyle | 4. 100 M Backstroke | 7. 200 M Individual Medley |
| 2. 100 M Freestyle | 5. 50 M Breaststroke | 8. 4 X 25 M Relay |
| 3. 50 M Backstroke | 6. 50 M Butterfly | 9. 4 X 50 M Relay |

The following events provide meaningful competition for athletes with lower ability levels:

- | | | |
|-----------------------|-------------------------|--------------------------|
| 10. 25 M Freestyle | 13. 15 M Walk | 16. 15 M Unassisted Swim |
| 11. 25 M Backstroke | 14. 15 M Flotation Race | 17. 10 M Assisted Swim |
| 12. 25 M Breaststroke | 15. 25 M Flotation Race | |

3. **SOCCER:**

- | | | |
|------------------------------|-------------------------|------------------------|
| 1. Individual Skills Contest | 2. 5 A-side Team Soccer | 3. Unified Team Soccer |
|------------------------------|-------------------------|------------------------|

4. **POWERLIFTING:**

- | | |
|----------------|--|
| 1. Bench Press | 4. Double Combination (Bench Press & Deadlift) |
| 2. Deadlift | 5. Triple Combination (Bench Press, Deadlift, Squat) |
| 3. Squat | |

5. **RACE WALKING:**

- | | | |
|---------------|---------------|---------------|
| 1. 100 Meters | 2. 400 Meters | 3. 800 Meters |
|---------------|---------------|---------------|

6. **ATHLETICS (Track & Field):**

- | | | |
|---------------|--------------------|--|
| 1. 100 M Dash | 5. 1500 M Run | 9. Running Long Jump |
| 2. 200 M Dash | 6. 3000 M Run | 10. High Jump |
| 3. 400 M Dash | 7. 4 X 100 M Relay | 11. Shot Put |
| 4. 800 M Run | 8. 4 X 400 M Relay | 12. Pentathlon (100 M, 400 M, Running Long Jump, High Jump and Shot Put) |

The following events provide meaningful competition for athletes with lower ability levels:

- | | | |
|------------------------|------------------------|------------------------|
| 13. 50 M Dash | 16. 25 M Assisted Walk | 18. Tennis Ball Throw |
| 14. 50 M Walk | 17. Softball Throw | 19. Standing Long Jump |
| 15. 10 M Assisted Walk | | |

Wheelchair Events (Motorized and Non-Motorized)

- | | |
|---------------------------|---------------------------|
| 20. 100 M Wheelchair Race | 21. 200 M Wheelchair Race |
|---------------------------|---------------------------|

The following events provide meaningful competition for wheelchair athletes with lower ability levels (Motorized and Non-Motorized):

- | | |
|--------------------------|-------------------------------|
| 22. 10 M Wheelchair Race | 24. 30 M Wheelchair Slalom |
| 23. 25 M Wheelchair Race | 25. 4 X 25 M Wheelchair Relay |

DISQUALIFICATION RULE:

- Any scores turned in that appear to be padded (sandbagging) in order to give an athlete an advantage in their particular division will be grounds for disqualification.
- Softball Throw - We would encourage athletes who can throw the softball more than 24.39m (80ft.) to advance to the Shot Put. This is not a requirement.
- All athletes participating in the State Games must participate in their Area Spring Games.

LIMITS ON SPORTS AND EVENTS:

- 1. On Friday, certain sports are held simultaneously. Athletes can not enter events that over-lap.
NOTE: Powerlifting, Aquatics and Team Soccer are all day events. In other words, if entered in Powerlifting you will be unable to participate in any other event on Friday

<u>Friday Morning</u>	<u>Friday Afternoon</u>	<u>Friday All Day</u>
Soccer Skills	Race Walking	Aquatics
Volleyball		Powerlifting
		Soccer

- 2. Athletes competing in Athletics are limited to 3 individual events and one relay, i.e. One field event, two running/wheelchair and a relay or two field events, one running/wheelchair event, and a relay.
- 3. Athletes competing in Aquatics are limited to 3 individual events and one relay. (Previously a limit on 2 individual events)

DIVISIONS:

- Athletes are divided into competition divisions based upon their age, sex and ability.
- Athletes will compete against members of their own sex unless participating in a coed event or if numbers warrant combining equally skilled divisions.
- The number of divisions established will depend on the number of athletes entered and their ability levels.
- Divisions will typically consist of no less than 3 and never more than 8 athletes.
- Athletes entered in events without times/distances/scores recorded on their registration form will automatically be put in the top division for their age group.
- Age Groups: (Age is determined as on the first day of the games)

Individual Events:	1. 8-11	4. 22-29	Relays & Team Sports:	1. 15 and Under	Divisions may be combined or subdivided based on the number of registered athletes.
	2. 12-15	5. 30+		2. 16-21	
	3. 16-21			3. 22+	
- Juniors (15 and under) may compete on a senior team, but seniors may not compete on a junior team.
- Coed relays automatically compete with the male relays.

AWARDS

- Medals will be awarded for 1st, 2nd, and 3rd places; 4th through 8th places will receive ribbons in all divisions for all events.

TRAINING REQUIREMENTS:

The training requirement for all summer games competitions must include a minimum of 15 hours over a minimum of 8 weeks. The number of hours required can be divided among sports.

For example: 3 sports - 5 hours per sport / 2 sports - 7.5 hours per sport / 1 sport - 15 hours

Training requirements must be strictly enforced. Training materials are available; contact the state office.

UNIFORM & EQUIPMENT REQUIREMENTS:

Before purchasing new uniforms, please refer to Section J (Brand Identity Guidelines) in the Competition Guide

Athletics

- No advertisement or sponsor names can appear on the uniforms.
- In all events, athletes must wear clothing that is clean and designed and worn so as not to be objectionable. **BLUE JEANS OR BLUE JEAN SHORTS ARE NOT ALLOWED.** The clothing must be made of a material that is nontransparent even when wet.
- Athletes may compete in bare feet or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip to the ground. 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 into the shoes. A strap over the instep is permitted.
- Running spikes may be no longer than ¼" (6mm).

Soccer

- A player's uniform consists of a jersey (shirt), shorts, stockings (socks), shin guards and appropriate footwear for the sport. The shin guards must be worn and covered by socks.
- No advertisement or sponsor names can appear on the uniforms.
- Each player shall wear a number. The color of the numbers must contrast clearly with the outfits (light on dark or vice versa) and be legible from a distance. The numbers shall be between 25cm and 35cm in height in the center of the back of the jersey/shirt, between 10cm and 15cm in height on the front of the jersey/shirt in any position at chest level, and between 10cm and 15cm in height in any position on the front of either leg of the shorts.
- The numbers 1-25 shall be used.
- Soccer cleats must not have metal cleats/studs.
- The goalkeepers shall wear colors contrasting with those of the two teams and the referee.
- A captain's armband should also be included as a clothing requirement to clearly identify the team's captain.

CORRESPONDENCE:

You will be receiving your registration confirmation and tournament/competition updates via your e-mail. PLEASE CHECK YOUR E-MAIL OFTEN.

If attending Area Spring Games ONLY

2017 REGISTRATION INSTRUCTIONS

(Track & Field and Aquatics)

1. **Area Spring Games Form 1: Delegation Summary Form** pg. G-14
 2. **Form D: Volunteer Roster for Spring & Summer Games** pg B-8 or pg. G-25
Please list all chaperones and coaches who will accompany your group. Each person on this list must have the appropriate applications on file with the State Office.
 3. **Summer Games/Area Form 2: Individual Athlete Event Registration** pg. G-18/19
 - a. One per Athlete
 - b. ***Please print clearly with red ink or hi-lite. This helps insure we do not miss an event.***
 - c. Submit one per athlete (both sides completed)
 - d. All distances must be recorded in meters and centimeters.
 4. **Summer Games/Area Form 5: Aquatics Relay Registration** pg. G-22
Complete a registration form for each aquatics relay that you enter. Please assign a 2-digit number for each relay beginning with 01. Also, make sure that each athlete participating on the relay has the correct 2-digit team id number marked on his/her individual athlete event form (Summer Games/Area Form 2).
 5. **Summer Games/Area Form 6: Athletics Relay Registration** pg. G-23
Complete a registration form for each athletics relay that you enter. Please assign a 2-digit number for each relay beginning with 01. Also, make sure that each athlete participating on the relay has the correct 2-digit team id number marked on his/her individual athlete event form (Summer Games/Area Form 2).
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These forms must be included if not already on file at the State Office

6. **Form A: Application for Participation & Physical Form** pg. B-3/4
For new athletes and those who have expired forms.
7. **Form E: Class A Volunteer Application** pg. B-9/10
One per coach/chaperone must be on file with the State Office.

***YOU WILL BE RECEIVING YOUR REGISTRATION CONFIRMATION AND
TOURNAMENT/COMPETITION UPDATES VIA YOUR E-MAIL.
PLEASE CHECK YOUR E-MAIL OFTEN.***

See individual forms for mailing instructions

2017 AREA SPRING GAMES DELEGATION SUMMARY FORM

(Track & Field and Aquatics)

Check the Area Tournament in which you will be participating

<input type="checkbox"/> Southeast Area Send all forms to: SOSD 800 E. I-90 Lane Sioux Falls, SD 57104	<input type="checkbox"/> Northeast Area Send all forms to: SOSD 800 E. I-90 Lane Sioux Falls, SD 57104	<input type="checkbox"/> Black Hills Area Send all forms to Area Director: Cathy Grubb 821 Stanley St. Belle Fourche, SD 57717 If attending State Summer Games, also send to the State Office	<input type="checkbox"/> Mission Games Send all forms to: SOSD 800 E. I-90 Lane Sioux Falls, SD 57104
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All medicals MUST be on file with the state office one week prior to events, i.e., these forms WILL NOT be accepted during the check-in process at events.

Name of Delegation: _____

Head of Delegation (Level 2 Certified): _____

Address: _____

Home Phone: _____ **Work Phone:** _____

E-Mail: _____

Cell Phone During Games: _____

DELEGATION TOTALS:

Coaches/Chaperones: _____

Athletes: _____

Delegation Total: _____

PARENT/GUARDIAN RELEASE & MEDICAL RELEASE FORMS:

Enclosed

Already on file with the State Office

If attending Area Spring Games & State Summer Games 2017 REGISTRATION INSTRUCTIONS

1. **Area Spring Games Form 1: Delegation Summary Form** pg. G-14
2. **Summer Games Form 1: State Delegation Summary Form** pg. G-17
3. **Summer Games/Area Form 2: Individual Athlete Event Registration** pg. G-18/19
 - a. One per Athlete (both sides completed)
 - b. Please print clearly with red ink or hi-lite. This helps insure we do not miss an event.
 - c. All distances must be recorded in meters and centimeters.

How to fill out time, distance and score columns:

Time: To record 1 minute, 6 seconds and 5 tenths Right Way Min. (1) Sec. (0) (6) Tenths (5) Wrong Way Min. (1) Sec. (6) (0) Tenths (5)	Score: To record 20 points Right Way Points () (2) (0) Wrong Way Points (2) (0) ()	Distance: To record 20 meters, 2 centimeters Right Way m. () (2) (0) cm. (0) (2) Wrong Way m (2) (0) (0) cm (0) (2)
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4. **Summer Games Form 3: Team Volleyball Registration** pg. G-20
Complete a registration form for each volleyball team that you enter. Please assign a 2-digit number for each team beginning with 01. Also, make sure that each athlete participating on the team has the correct 2-digit team id number marked on his/her individual athlete event form (Summer Games/Area Form 2).
5. **Summer Games Form 4: Team Soccer Registration** pg. G-21
Complete a registration form for each soccer team that you enter. Please assign a 2-digit number for each team beginning with 01. Also, make sure that each athlete participating on the team has the correct 2-digit team id number marked on his/her individual athlete event form (Summer Games/Area Form 2).
6. **Summer Games/Area Form 5: Aquatics Relay Registration** pg. G-22
Complete a registration form for each aquatics relay that you enter. Please assign a 2-digit number for each relay beginning with 01. Also, make sure that each athlete participating on the relay has the correct 2-digit team id number marked on his/her individual athlete event form (Summer Games/Area Form 2).
7. **Summer Games/Area Form 6: Athletics Relay Registration** pg. G-23
Complete a registration form for each athletics relay that you enter. Please assign a 2-digit number for each relay beginning with 01. Also, make sure that each athlete participating on the relay has the correct 2-digit team id number marked on his/her individual athlete event form (Summer Games/Area Form 2).
8. **Form C: Certificate of Training / Acknowledgment of Policies** pg. B-7 or pg. G-24
A number of minimum training hours have been established for each sport. Please be sure your athletes have met the minimum training requirements.
9. **Form D: Volunteer Roster** pg. B-8 or pg. G-25
This form should have been included in your Area Registration. Update as needed. Please list all chaperones, coaches and Unified Partners who will accompany your group. Each person on this list must have the appropriate applications on file with the State Office.
These forms must be included if not already on file at the State Office
10. **Form A: Application for Participation & Physical** Form pg. B-3/4
For new athletes and those who have expired forms. Make sure all sections are completed including a dated physician's signature and the release signed. If an athlete does not have both the Medical Release and the Parent/Guardian Release form turned in and up to date prior to competition, he/she will be scratched from their events.
11. **Form E: Class A Volunteer Application** pg. B-9/10
One per coach/chaperone must be on file with the State Office.

**KEEP COPIES OF ALL FORMS FOR YOURSELF!!
YOU WILL BE RECEIVING YOUR REGISTRATION CONFIRMATION AND TOURNAMENT/COMPETITION
UPDATES VIA YOUR E-MAIL. PLEASE CHECK YOUR E-MAIL OFTEN.**

See individual forms for mailing instructions

2017 STATE SUMMER GAMES

PRE-REGISTRATION DUE: March 28, 2017

This form does not commit you to attending this event. If you are considering attending, please return this so we may plan meals and workers accordingly.

Return to: SOSD ** 800 E. I-90 Lane ** Sioux Falls, SD 57104

Name of Delegation: _____

Head of Delegation: _____

Address: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____

1. _____ We are planning on attending the State Summer Games.

2. An approximate number that would be attending:

_____ Athletes _____ Coaches/Chaperones

3. Possible sports our athletes will compete in include: (approximate numbers here would be great!).

_____ Volleyball _____ Aquatics

_____ Powerlifting _____ Race Walking

_____ Team Soccer _____ Wheelchair Events

_____ Soccer Skills _____ Track & Field

4. We will arrive in Spearfish on: May 18 May 19 May 20

_____ Estimated Time of Arrival

5. We will commute to the games

We will stay in the residence halls the nights of: May 18 May 19 May 20

We will stay at the following Motel: _____ Phone: _____

6. We plan to attend the following meals:

Breakfast – Friday, May 19

Breakfast – Saturday, May 20

Lunch – Friday, May 19

Lunch – Saturday, May 20

Supper – Friday, May 19

7. T-shirt sizes for athletes (put number needed in each size).

_____ Small _____ Medium _____ Large _____ XLarge _____ 2XLarge _____ 3XLarge

8. T-shirt sizes for coaches/chaperones (put number needed in each size).

_____ Small _____ Medium _____ Large _____ XLarge _____ 2XLarge _____ 3XLarge

2017 STATE SUMMER GAMES DELEGATION SUMMARY FORM

Name of Delegation: _____

Head of Delegation (Level 2 Certified): _____

Address: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____

Cell # During The Games: _____

Delegation Totals: Coaches/Chaperones: _____ X \$15.00 = _____

Athletes: _____ X \$15.00 = _____

(Delegation Total MUST equal T-shirt #'s) *Delegation Total: _____ TOTAL \$ _____

Application For Participation In Special Olympics (Physical – Form A): Enclosed On file

Fees: Enclosed

Training Certificate (Form C): Enclosed

Volunteer Roster (Form D): Enclosed

Class A Volunteer Application (Form E): Enclosed On file at the State Office

T-shirt #'s		S	M	L	XL	XXL	XXXL
	Registered Athletes	_____	_____	_____	_____	_____	_____
	Registered Coaches/Chaperones	_____	_____	_____	_____	_____	_____

*T-shirt #'s MUST equal Delegation Totals!

Our delegation will be attending the following meals:

(please put approximate numbers attending each meal if different from your whole delegation)

_____ Friday Breakfast _____ Friday Lunch _____ Friday Supper

_____ Saturday Breakfast _____ Saturday Lunch

Attending Opening Ceremony on Thursday evening: Yes No

Registration Time at BHSU: Date: _____ Time: _____

We will be commuting to Spearfish

We will be staying in the residence halls *If checked, complete SUMMER GAMES FORM 7 (pg G-26)

We will be staying at the following motel on the night(s) of: May 18 May 19 May 20

Name of Motel: _____

I'm registering for:

- Area Only
 Area & State

2017 Event Registration for State Summer Games, Area Spring Games and Area Aquatics

Athlete Name: _____

First

MI

Last

Athletes Sex

- Male Female

Age

DOB:

Month

Day

Year

Name of Delegation: _____

Head of Delegation: _____

These events are offered at both Area & State Summer Games. Use this form to register for both. Hi-lite events entered

Track		100 M Dash	Min		Sec		Tenths		
		200 M Dash	Min		Sec		Tenths		
	<i>Athletes are limited to 1 field, 2 running / wheelchair and 1 relay</i>		400 M Dash	Min		Sec		Tenths	
			800 M Run	Min		Sec		Tenths	
			1500 M Run	Min		Sec		Tenths	
			3000 M Run	Min		Sec		Tenths	
		<i>OR 2 field, 1 running / wheelchair and 1 relay</i>	Team # <input style="width: 40px;" type="text"/>	4X100 M Relay	Min		Sec		Tenths
	Team # <input style="width: 40px;" type="text"/>		4X400 M Relay	Min		Sec		Tenths	
			50 M Dash	Min		Sec		Tenths	
			50 M Walk	Min		Sec		Tenths	
	10 M Assisted Walk		Min		Sec		Tenths		
		25 M Assisted Walk	Min		Sec		Tenths		

Field		Running Long Jump (must jump a 1M minimum)	m		cm		
	<i>Athletes can enter only 1 of the following: Shot put, Tennis ball, or Softball throw</i>		High Jump	m		cm	
			Shot Put	m		cm	
			Softball Throw	m		cm	
			Tennis Ball Throw	m		cm	
			Standing Long Jump	m		cm	

Pentathlon		100 Meters	Min		Sec		Tenths	
		400 Meters	Min		Sec		Tenths	
		Running Long Jump			m		cm	
		High Jump			m		cm	
		Shot Put			m		cm	

Wheelchair		100 M Wheelchair	Min		Sec		Tenths		
	<input type="checkbox"/> Motorized <input type="checkbox"/> Non-Motor		200 M Wheelchair	Min		Sec		Tenths	
			10 Meter Race	Min		Sec		Tenths	
			25 Meter Race	Min		Sec		Tenths	
			30 Meter Slalom	Min		Sec		Tenths	
		Team # <input style="width: 40px;" type="text"/>	4X25 Relay	Min		Sec		Tenths	

Aquatics		50 M Freestyle	Min		Sec		Tenths		
	<i>Athletes are limited to 3 open events and 1 relay</i>		100 M Freestyle	Min		Sec		Tenths	
			50 M Backstroke	Min		Sec		Tenths	
			100 M Backstroke	Min		Sec		Tenths	
			50 M Breaststroke	Min		Sec		Tenths	
			50 M Butterfly	Min		Sec		Tenths	
			200 M Medley	Min		Sec		Tenths	
		Team # <input style="width: 40px;" type="text"/>	4X25 M Relay	Min		Sec		Tenths	
		Team # <input style="width: 40px;" type="text"/>	4X50 M Relay	Min		Sec		Tenths	
			25 M Freestyle	Min		Sec		Tenths	
			25 M Breaststroke	Min		Sec		Tenths	
			25 M Backstroke	Min		Sec		Tenths	
			10 M Assisted Swim	Min		Sec		Tenths	
			15 M Walk	Min		Sec		Tenths	
			15 M Floatation Race	Min		Sec		Tenths	
			25 M Floatation	Min		Sec		Tenths	
			15 M Unassisted Swim	Min		Sec		Tenths	

Athlete Name: _____
First MI Last

The following events are offered at the State Summer Games only

Soccer Skills	Individual Soccer Skills Total Points	[]
----------------------	---------------------------------------	-----

Volleyball	Team Volleyball Team ID	[]
-------------------	-------------------------	-----

Team Soccer	5-Aside Soccer Team ID	[]
--------------------	------------------------	-----

Unified Soccer	5-Aside Unified Soccer Team ID	[]
-----------------------	--------------------------------	-----

Race Walking	100 Meters	Min	[]	Sec	[]	Tenths	[]	[]	[]
	400 Meters	Min	[]	Sec	[]	Tenths	[]	[]	[]
	800 Meters	Min	[]	Sec	[]	Tenths	[]	[]	[]

Powerlifting <small>Athletes must be at least 16 years of age</small>	Bench Press	[]	(Weight Successfully Lifted)	Athlete's Body Weight	[]
	Dead Lift	[]	(Weight Successfully Lifted)		
	Squat	[]	(Weight Successfully Lifted)		
	Double Combination (bench press & dead lift)			Check if Entered	<input type="checkbox"/>
	Triple Combination (bench press, dead lift & squat)			Check if Entered	<input type="checkbox"/>

Summer Games Schedule of Events:	<u>Friday Morning</u> Team Volleyball Soccer Skills	<u>Friday Afternoon</u> Race Walking	<u>Friday All Day</u> Powerlifting Aquatics 5-aside Soccer	<u>Saturday All Day</u> Track & Field
---	---	---	---	--

Event Restrictions:

- If you enter Powerlifting, Aquatics, or Team Soccer you cannot enter any other event on Friday.
- You are limited to the following Aquatics events: 3 open events and 1 relay
- You are limited to the following Athletic events: 1 field, 2 running/wheelchair and 1 relay OR 2 field, 1 running/wheelchair and 1 relay
- If competing in the Pentathlon, athletes may also enter 1 relay event
- Athletes can not enter both the standing and running long jumps
- Athletes must jump a minimum of 1 meter to compete in the running long jump
- Opening height in the high jump will be 1 meter. This height must be successfully jumped in the Area event in order to qualify for this event at State.
- An athlete can enter only 1 of the following: tennis ball throw, softball throw or shot put
- If an athlete throws the tennis ball over 15.24m (50 ft.), it is recommended they compete in the softball throw instead. If they throw the softball over 24.39m (80 ft.), it is recommended they compete in the shot put instead. However, an athlete will not be disqualified if they exceed these established distances.
- **DISTANCES MUST BE RECORDED IN METERS AND CENTIMETERS**

2017 TEAM VOLLEYBALL REGISTRATION & ROSTER

Please copy and submit one per team

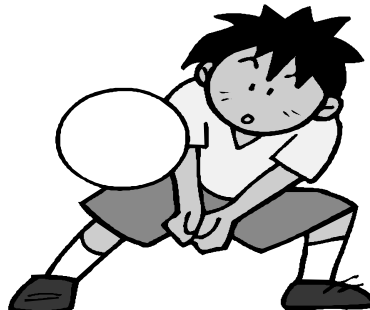
Name of Delegation: _____

TEAM #:

	ATHLETE NAME:	M/F:	AGE:
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____

Level 2 Certified Head Coach: _____

Coaches 1. _____ 2. _____



2017 TEAM SOCCER REGISTRATION & ROSTER

Please copy and submit one per team

Name of Delegation: _____

Team Name or Number: _____

(Limit of 10 characters)

Traditional Team Junior 8-15: _____ Schooler 16-21: _____ Senior 22 +: _____

Unified Team Junior 8-15: _____ Schooler 16-21: _____ Senior 22 +: _____

Unified Teams - Please place an asterisk (*) by the Non Special Olympics Athletes names (Partners).

	<u>ATHLETE NAME:</u>	<u>UNIFORM #'S</u>	<u>M/F:</u>	<u>AGE:</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____

Level 2 Certified Head Coach: _____

Coaches 1. _____ 2. _____



2017 AQUATICS RELAY REGISTRATION (FOR AREA AND STATE)

Please copy and submit one per relay

Name of Delegation: _____

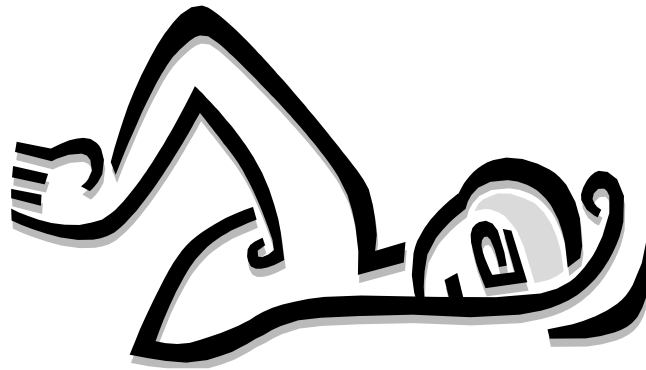
TEAM #:

- | | |
|---|---|
| <input type="checkbox"/> Junior Team | <input type="checkbox"/> Senior Team |
| <input type="checkbox"/> 4 X 25 M Relay | <input type="checkbox"/> 4 X 50 M Relay |
| <input type="checkbox"/> Coed/ Male | <input type="checkbox"/> Female |

TEAM TIME: MIN. _____ SEC. _____ TENTHS _____

	<i>M/F:</i>	<i>AGE:</i>
First Leg: _____	_____	_____
Second Leg: _____	_____	_____
Third Leg: _____	_____	_____
Fourth Leg: _____	_____	_____
Alternate: _____	_____	_____

- Unless there are extenuating circumstances, your relay teams should be the same for both the Area and the State Meets.



2017 ATHLETICS RELAY REGISTRATION (FOR AREA AND STATE)

Please copy and submit one per relay

Name of Delegation: _____

TEAM #:

Junior Team Senior Team

4 X 100 M Relay 4 X 400 M Relay 4 X 25 M Wheelchair Relay

Coed/ Male Female

TEAM TIME: MIN. _____ SEC. _____ TENTHS _____

	ATHLETE NAME:	M/F:	AGE:
First Leg:	_____	_____	_____
Second Leg:	_____	_____	_____
Third Leg:	_____	_____	_____
Fourth Leg:	_____	_____	_____
Alternate:	_____	_____	_____

- Unless there are extenuating circumstances, your relay teams should be the same for both the Area and the State Meets.



Certificate of Training / Acknowledgment of Policies

Certificate of Training

One copy of this form is required for each State Event in which you are registering, i.e. one for Basketball, one for the Fall Classic, one for Summer Games.

Date of Event: _____

Sport: _____

I confirm that the athletes from: _____

- Have fulfilled the minimum hours of training for the above sport
- Began training at least 8 (eight) weeks prior to this competition
- Have met all requirements of Special Olympics South Dakota

Minimum Training Requirements

Bowling	Bowl a minimum of five (5) 3-game series or a total of 15 games over a minimum of 8 weeks.
Winter Games	A minimum of 15 hours over a minimum of 8 weeks.
Basketball	A minimum of 15 hours over a minimum of 8 weeks.
Summer Games	A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example: 3 sports - 5 hrs/sport 2 sports - 7.5 hrs/sport 1 sport - 15 hours
Equestrian	A minimum of 15 hours over a minimum of 8 weeks.
Fall Classic	A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example: 2 sports - 7.5 hrs/sport 1 sport - 15 hours

Acknowledgment of Policies

By signing below, I acknowledge I have read, understand, and am abiding by the following policies set forth by Special Olympics South Dakota:

These policies can be found in Section A of the Competition Guide:

- 15 Passenger Van Use Policy
- Sub Program Request for Merchandise Procedures
- Volunteer Screening Policy
- Athlete Housing Policy
- Insurance Information
- Social Media Policy
- Service Animal Policy
- Concussion Awareness and Safety Recognition Policy

Head of Delegation Signature

Date

Volunteer Roster

School/Agency: _____ **Event:** _____

This form is required for all Local, Area, and State Games. All Special Olympics volunteer applicants (Class A) who have regular, close physical contact with athletes; are in a position of authority or supervision of athletes; are in a position of trust of athletes; and/or handle substantial amounts of cash or other assets of athletes, are subject to mandatory background / motor vehicle checks initiated and paid for by SOSD. **Form E (Class A Volunteer Application) must be on file at the State Office.**

Examples of Class A volunteers includes, but are not limited to Coaches, Chaperones, and adult Unified Partners.

All volunteers appearing on this roster must be at least 16 years of age and cleared by SOSD before attending an event.

The maximum Coach/Chaperone: Athlete ratio is 1:1
The minimum Coach/Chaperone: Athlete ratio is 1:4

HOD: This describes a person over seeing an entire delegation and has completed Level 1 and 2 Coaches Training Courses (**One person per delegation**).

Head Coach: This describes a person who trains athletes, leads teams and has completed Level 1 and 2 Coaches Training Courses. (**Unified Head Coaches must complete these plus Coaching Unified Sports**).

Coach: This describes a person who trains athletes, leads teams and has completed Level 1 Coaches Training Course. (**Unified Coaches must complete these plus Coaching Unified Sports**).

Chaperone: This describes someone who supervises athletes. A Chaperone CANNOT coach athletes.

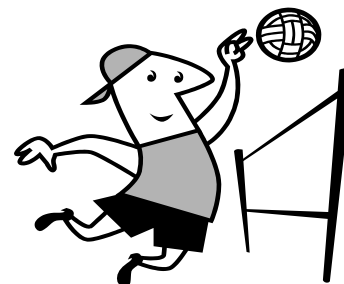
CUSC: Put an X in the box if Coaching Unified Sports Certified

Area / State: Put an X in the box indicating which event(s) each volunteer will be attending

HOD (Level 2 certified)							CUSC	Area	State	Chaperone (Include Minors)		
1.										1.		
Head Coach (Level 2 certified)							CUSC	Area	State	2.		
1.										3.		
2.										4.		
3.										5.		
4.										6.		
5.										7.		
6.										8.		
7.										9.		
8.										10.		
9.										11.		
10.										12.		
11.										13.		
12.										14.		
Coach (Level 1 certified)							CUSC	Area	State	Unified Partner (Include Minors)		
1.										1.		
2.										2.		
3.										3.		
4.										4.		
5.										5.		
6.										6.		
7.										7.		
8.										8.		
9.										9.		
10.										10.		
11.										11.		
12.										12.		
13.										13.		
14.										14.		

TEAM VOLLEYBALL GENERAL RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics Volleyball competitions. As an international sports program Special Olympics has created these rules based upon Federation International de Volleyball (FIVB) Rules for volleyball found at www.fivb.org. FIVB or National Governing Body (NGB) rules shall be employed except when they are in conflict with Official Special Olympics Sports rules for Volleyball or Article 1. In such cases, the Official Special Olympics Rules shall apply.



SECTION A - SOUTH DAKOTA OFFICIAL EVENTS

1. Coed Team Competition

SECTION B - COURT AND EQUIPMENT

1. The service line may be moved closer to the net, but no closer than 4.5 meters (14' 9"). There will be no modifications for Special Olympics World Games.
2. Height of the net: 2.24 meters (7'4 1/8").

SECTION C - RULES OF COMPETITION

1. Divisions: Senior age group - aged 16 and older.
Junior age group - aged 15 and younger.
2. Competition Adaptations (from FIVB Rules)
 - a. A time limit of 30 minutes may be set for each game (if time is limited).
 - b. Multiple substitutions will be allowed as follows:
 - 1) An Unlimited number of players may substitute into a single position.
 - 2) Maximum 12 team substitutions per game.
 - c. Bench coaching
 - 1) A coach is permitted to get up from the bench and move around as long as the coach is not affecting the progress of the games.
 - 2) A coach is permitted to assist the athlete to move in position for substitutions.
3. Basic Ground Rules
 - a. **Players**
 - 1) Each team must have a minimum of 6 players and a maximum of 12 on their roster including substitutes.
 - 2) Please be sure to complete Summer Games Form 3: Team Volleyball Registration & Roster
 - b. **Service**
 - 1) The first server of the first game (set) is the right back player. Thereafter, the right front player rotates to the right back position.
 - 2) A team continues to serve until it commits a violation or the game ends.
 - 3) The service alternates when there is a violation by the serving team. The ball is awarded to the opponent who shall rotate clockwise one position (except first serve).
 - 4) The winner of the coin toss may choose 1) first serve, 2) to receive first serve, or 3) choice of court for the first game. The loser of the toss may choose one of two remaining options. If the deciding third game is necessary, a coin toss shall determine serve.
 - 5) The serve shall be from the serving area. Stepping on or over the line before the ball is contacted shall constitute a violation.
 - c. **Play**
 - 1) The ball may be hit with any part of the body on or above the waist.
 - 2) A player shall not play the ball twice in succession, except in blocking.
 - 3) A team shall not play the ball more than 3 times before it crosses the net. (A touch on a block does not count as one of the 3 hits.)
 - 4) Touching the net or crossing completely over the center line with any part of the body will constitute a violation.
 - 5) Any ball hitting the ceiling or any overhead obstacles will be considered dead, unless the ceiling is less than 7m (23') from the floor.
 - 6) Any ball hitting the side or back walls is considered out.
 - 7) Any ball landing on the line is considered good.
 - 8) Return of service may occur by any legal hit. (A forearm pass is highly recommended in order to return a hard hit serve legally.)
 - d. **Substitution**
 - 1) Players may substitute by position as per adapted FIVB Rules (See Competition Adaptations point b.)
 - e. **Scoring**

- 1) Rally scoring shall be used (one point will be scored on every serve).
- 2) The first team to 15 points shall win the game.
- 3) Matches are best 2 out of 3 games.
- 4) FIVB International Scoring System (based on matches won, games won, and point ratio) will be used to handle all ties during competition.

f. Referees

- 1) Referees shall have full authority to interpret the Rules. For further questions, the Games Rules Committee shall be consulted.
- 2) Ball handling will be called in accordance with the ability level of the athletes.

AQUATICS GENERAL RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics Aquatics competitions. As an international sports program Special Olympics has created these rules based upon Federation Internationale de Natation Amateur (FINA) rules for aquatics found at www.fina.org. FINA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Aquatics or Article 1. In such cases, the Official Special Olympics Rules for Aquatics shall apply.



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.

SECTION A - SOUTH DAKOTA OFFICIAL EVENTS

- | | |
|----------------------|----------------------------|
| 1. 50 M Freestyle | 6. 50 M Butterfly |
| 2. 100 M Freestyle | 7. 200 M Individual Medley |
| 3. 50 M Backstroke | 8. 4 X 25 M Relay |
| 4. 100 M Backstroke | 9. 4 X 50 M Relay |
| 5. 50 M Breaststroke | |

The following events provide meaningful competition for athletes with lower ability levels:

- | | |
|-----------------------|--------------------------|
| 10. 25 M Freestyle | 14. 15 M Flotation Race |
| 11. 25 M Backstroke | 15. 25 M Flotation Race |
| 12. 25 M Breaststroke | 16. 15 M Unassisted Swim |
| 13. 15 M Walk | 17. 10 M Assisted Swim |

* Athletes are limited to 2 events and one relay

SECTION B - SAFETY CONSIDERATIONS

All Special Olympics aquatics training and 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. Basic Rules

- There shall be at least one certified lifeguard on duty for every 25 swimmers in the water.
- The sole function of the lifeguard shall be to guard. If no relief lifeguard is available, the pool must be emptied even for short durations when a lifeguard must leave the pool side.
- The head coach will review the Emergency Action Plan prior to each occasion.
- Athlete medical history forms shall be on site and shall be discussed with the lifeguard on duty in advance of the aquatic activity.
- Pool depth must be marked and easily visible.
- The minimum depth of the pool shall be 1.52 meters (5 feet) for racing starts from a starting block. A swimmer may dive from the side of the pool without starting block if the depth is at least 1.22 meters (4 feet).**
- A pool facility shall not be used unless a satisfactory inspection rating is received prior to any Special Olympics participant entering the water.

2. Emergency Action Plan

An Emergency Action Plan shall be in place prior to any Special Olympics participant 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:

- The procedure for obtaining emergency medical support if a medical doctor, para-professional or medical support is not present.
- The posts and areas of responsibilities for each lifeguard.
- The procedure for reporting accidents.
- The chain of command in case of a serious accident.

3. Supervisory Personnel Requirements

An adequate number of supervisory personnel shall be present at all aquatics sessions, events or recreational activities. The type of personnel will vary in accordance with the following requirements:

- Recreational Programs - enough certified lifeguards to provide a ratio of guards to swimmers of 1 per 25.
- Training Programs:

- 1) Enough certified lifeguards to provide a ratio of guards to swimmers of *1 per 25*.
 - 2) Enough coaches (preferably SO certified) to provide for adequate supervision and training for each athlete.
- c. Competitions:
- 1) Enough certified lifeguards to provide a ratio of guards to swimmers of *1 per 25*.
 - 2) Enough supervision to provide for a ratio of observer to swimmers of 1:2 for those swimmers who are prone to seizures.

SECTION C - GENERAL RULES

The technical rules of competition are noted in the FINA Rule book. National/Chapter Programs may substitute their local NGB rules.

1. All Events

- a. The event director in cooperation with the Games Rules Committee shall have the authority to adjust these rules on a case by case basis for the safety and well being of an athlete. The event director may intervene in the competition at any stage to ensure that the appropriate regulations are observed, and shall adjudicate all protests related to the competition in progress.
- b. 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.
- c. Standing upon the bottom in the racing course is allowed only for the purpose of resting. Walking on or jumping from the bottom must disqualify the offender.
- d. A coach or official may guide the swimmer by voice only. The aid 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 is the assisted races. In these races, the coach may assist the athlete in any form necessary.)
- e. Assistant starters may be used to assist athletes in maintaining their positions at the starting line.
- f. 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. Goggles may be worn.
- g. Swimmers may be assisted from the water upon request.
- h. Any swimmer making 2 false starts will be disqualified.
- i. In Freestyle races, swimmer may swim any stroke on their stomach (preferable American Crawl).
- j. In turning and finishing, the swimmer may touch the wall with any part of his/her body. A hand touch is not obligatory.

2. Equipment

- a. Starting devices may include the following: whistle, horn, and gun. *Athletes with hearing impairments may receive hand signals from the starter or a designated official.* A strobe light in accordance with FINA rules is recommended.
- b. Lane lines.
- c. Watches (timing system); at least one watch per lane required.

3. Individual Medley

- a. Swimmers shall swim 200 meters in the following sequential order: 50m Butterfly, 50m Backstroke, 50m Breaststroke and 50m Freestyle.

4. Relay events

- a. There shall be four swimmers on each relay team.
- b. Each swimmer shall swim one-fourth the distance of the total relay. No swimmer shall swim more than one leg of any one relay.
- c. A swimmer cannot begin his/her leg until the preceding swimmer touches the wall.
- d. Relay team members should come from within the same delegation.
- e. A relay team which combines sexes to include both male and female athletes shall compete as a male relay.
- f. Relay swimmers should exit the pool as soon as possible following the completion of their relay leg.
- g. Swimmers can only enter 1 relay event.

5. Walking and Flotation Events

These events provide meaningful competition for athletes with lower ability levels. *No flotation device is allowed for any race other than the specified flotation races and assisted swims.*

- a. For walking events, the athlete must have at least one foot touching the bottom of the pool at all times.
- b. For flotation races, each athlete is responsible for his/her own flotation device. The device must be of the body wrap around type such that if the athlete is not able to hold on to the device, the device will still support the athlete with the face out of the water. (Flotation devices such as kickboards, inner tubes, or floats that wrap around the arms are not acceptable for use at any time).
- c. All competitors will start in the water.

6. **Unassisted Swims**

These events provide meaningful competition for athletes with lower ability levels. Athletes must swim the full distance with no assistance. Coaches, lifeguards, officials and spectators are allowed to offer encouragement and direction to the swimmer, but only from outside the swimmers lane.

7. **Assisted Swim**

These events provide meaningful competition for athletes with lower ability levels. Each athlete is responsible for having his/her own coach/assistant. The assistant may touch, guide, or direct the athlete but MAY NOT support or assist with the athlete's forward movement. The swimmer is allowed to use a flotation device. The assistant may be in the pool or on the deck.

5-ASIDE SOCCER GENERAL RULES



The Official Special Olympics Sports rules for Football (Soccer) shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Football Association (FIFA) rules for football (soccer) found at www.fifa.com/worldfootball/laws-of-the-game. FIFA or National Governing body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Football or Article 1. In such cases, the Official special Olympics Sports Rules for Football (Soccer) shall apply.

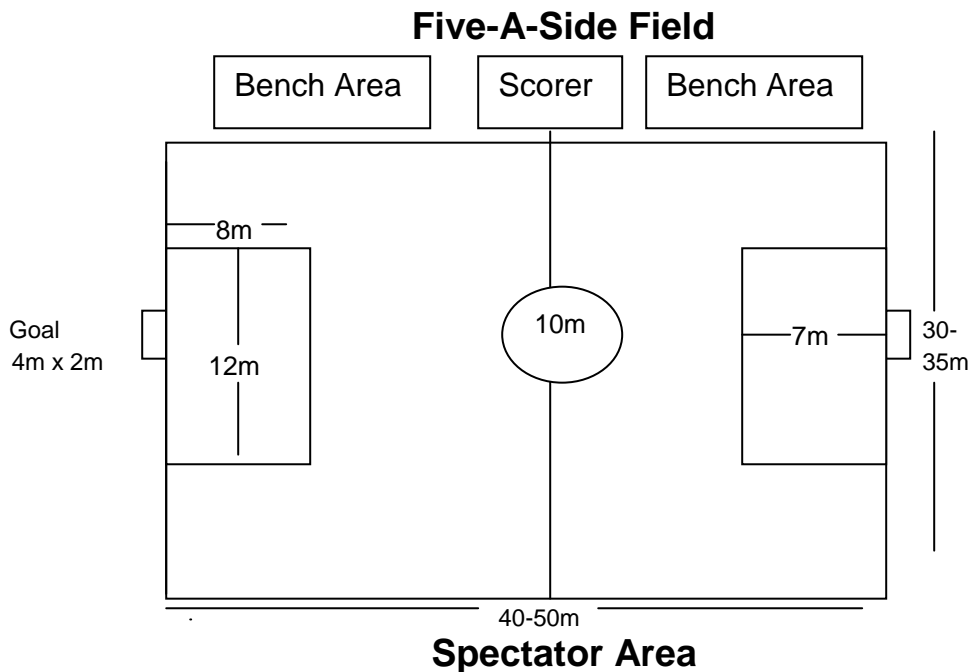
An athlete with Down syndrome who has been diagnosed with Atlanto-axial Instability may not participate in football (soccer) events.

SECTION A - OFFICIAL EVENTS 5-Aside Team Competition

SECTION B - RULES OF COMPETITION

1. Field of play

- A 5-a-side field shall be a rectangle: maximum dimensions 50m x 35m, minimum dimensions 40m x 30m. The smaller field is recommended for lower ability teams.
- The field shall be marked out as shown below.
- The goal size shall be *approximately* 4m x 2m.
- The recommended playing surface is grass.



2. The ball

- Size 4 for 8-12 year old
- Size 5 for all other players

3. Number of players

- The roster size may not exceed 10 players. Please be sure to complete **Summer Games Form 4: Team Soccer Registration & Roster**.
- The game is played between two teams, each consisting of five players, one of whom shall be the goalkeeper. A minimum of 3 players shall be on the field at any one time. *
- Substitutions are unlimited in number (Players may return to the field after being substituted). Substitutions can be made anytime the ball is out-of-bounds, between periods, after a goal is scored, or during a time-out for an injury. The coach must signal the referee or linesman in order to make a substitution. A substituted player can only come on to the field when given a signal by the referee.

*See #16 for Unified Division Rules

4. Duration of the game.

- The duration of the game shall be two equal periods of 15 minutes with a half time interval of 5 minutes.
- If overtime is used to break a tie, two - 5 minute "golden goal" overtime periods are used (first goal scored wins). If

the game is still tied, penalty-kicks will be used to break the tie.

5. Start of play

A ball must be kicked at least one full revolution forward from the center-spot before being touched by another player.

6. Ball in and out of play

- a. Ball over the side-line results in a kick-in.
- b. Ball over the end-line results in a goal-clearance or a corner kick.
- c. The ball must be completely over the line to be considered out of play.

7. Goal Clearance.

- a. 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 half-way line (i.e. the ball must touch the ground or another player before crossing the half-way line.) The ball shall be deemed in play as soon as it has passed outside the penalty area.
- b. The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.
- c. Infringement penalties:
 - 1) If the ball thrown by the goalkeeper passes beyond the goalkeeper's half of the field without first having been touched by a player or without having been touched by the ground, the referee shall award an indirect free-kick for the opposing team from any point on the half-way line.
 - 2) From the goalkeeper's throw, if the ball is touched by an opposing player inside the penalty area, the throw shall be retaken.

8. Method of scoring

The whole of the ball must have completely crossed the line inside the goal to count as a goal.

9. Fouls and misconducts

There is no off-side: Tripping, pushing, hand-ball, or charging result in a direct free-kick; obstruction or dangerous play result in an indirect.

10. Re-start exception:

Any free-kick that is awarded to the defending team inside their own penalty area will be restarted with a throw from the goalkeeper.

11. Free-kick

Opposing players must retire at least 5m from the ball for all free-kicks.

12. Penalty Kick

Is taken from the 7m line. All players except the kicker and the goalkeeper must retire outside the penalty area and arc. The goalkeeper must stand on his/her goal-line until the penalty kick is taken.

13. Kick In Equivalent to a throw-in.

- a. When the whole of the ball passes over a side-line, it shall be kicked back into the game, from the place where it crossed the line (on the side-line), by a player from the opposing team to that of the player who last touched it. The ball must be stationary before being kicked. It shall be deemed in play immediately after it has traveled the distance of its own circumference. The ball cannot be played again by the kicker until it has been touched by another player. The players from the opposing team must retire at least 5m from the spot where the kick is being taken.
- b. A goal cannot be scored directly from a kick-in.
- c. A goalkeeper may not pick up a ball passed back to him from a kick-in.

14. Infringement penalties:

If the player taking the kick-in plays the ball for a second time before it has been touched by another player, an indirect free-kick is awarded to the opposing team from the point where the infringement occurred.

15. Corner-Kick

- a. Awarded to the attacking team when a player from the defending team kicks the ball over his/her own end line.
- b. Opposing players must return at least 5m from the ball.

16. Rules for Unified Division

- a. The roster shall contain a proportionate number of athletes and partners.
- b. During play, a team may not exceed: 3 athletes and 2 Unified Sports partners. Failure to adhere to the required ratio results in a forfeit.
- c. Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.

17. Age restrictions for Divisions

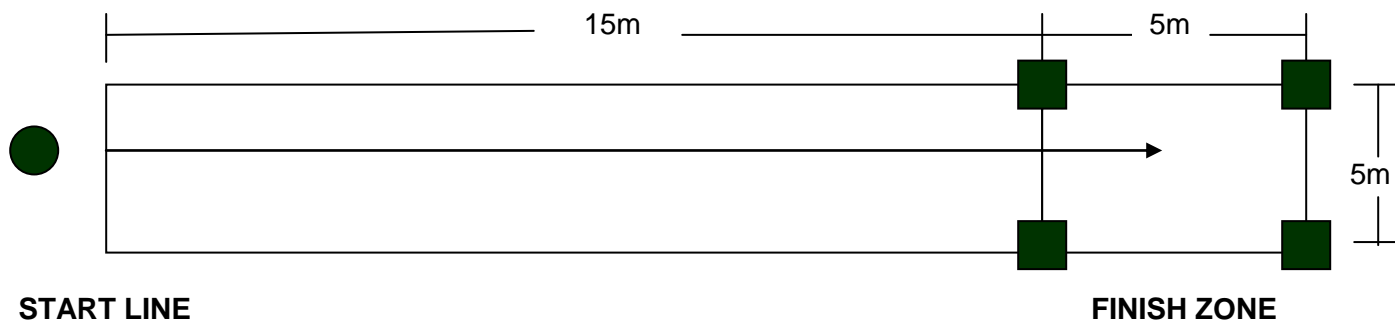
- a. Your Division will be determined by the oldest person on your team. This applies to Traditional as well as Unified teams.
- b. Junior: 8-15 years / Schooler: 16-21 / Senior: 22 +

SOCCER INDIVIDUAL SKILLS CONTEST GENERAL RULES

The ISC (Individual Skills Contest) is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team soccer, and for players who cannot participate in team soccer because of their need to use a walking device.

The ISC consists of 3 events: Dribbling; Shooting; and Run & Kick. Athletes should perform the event twice. The total score from the two rounds is added together to give the final score.

Individual Soccer Skills Contest Event #1: Dribbling



EQUIPMENT

#5 and or #4 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 overshoots the finish zone, he/she must dribble it back in to finish.

SCORING

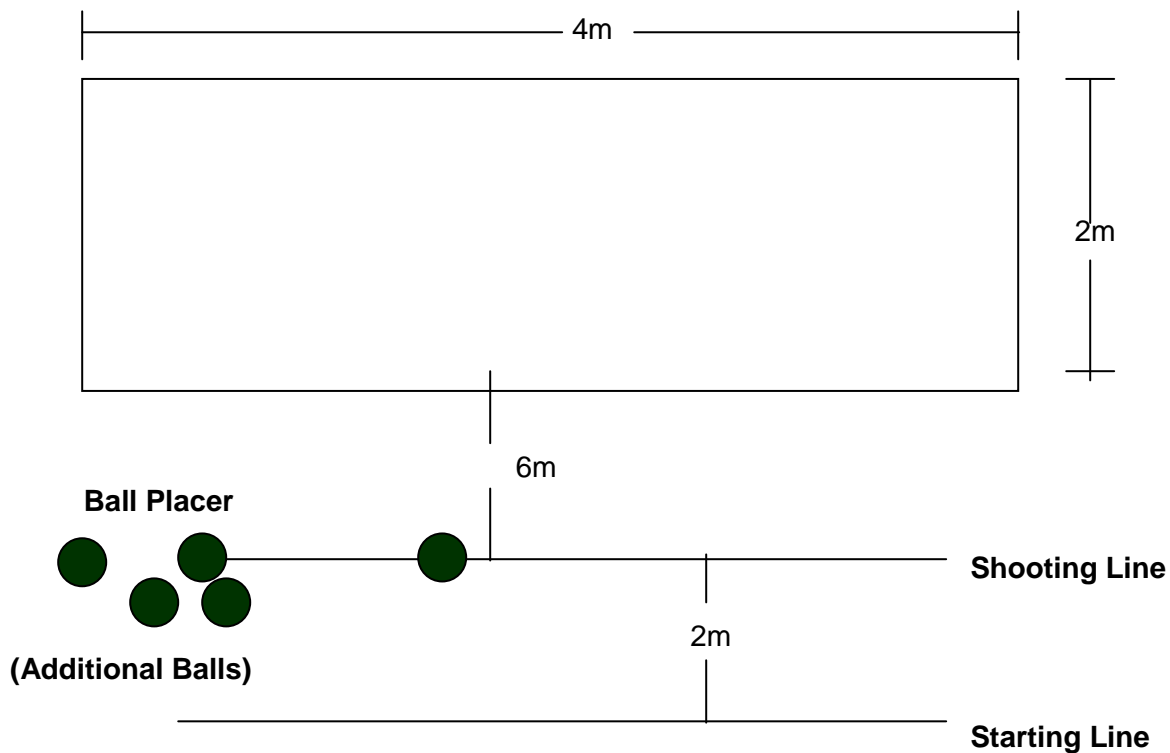
The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (note: if the ball runs over the side-line, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out.)

Scoring conversion chart:

Dribble Time-Point Score (Seconds)

5-10.....60 points	36-40.....30 points
11-15.....55 points	41-45.....25 points
16-20.....50 points	46-50.....20 points
21-25.....45 points	51-55.....15 points
26-30.....40 points	55 or more...10 points
31-35.....35 points	

Individual Soccer Skills Contest Event #2: Shooting



EQUIPMENT

Five #5 or #4 balls, tape or chalk, 4m x 2m 5-a-side goal with net.

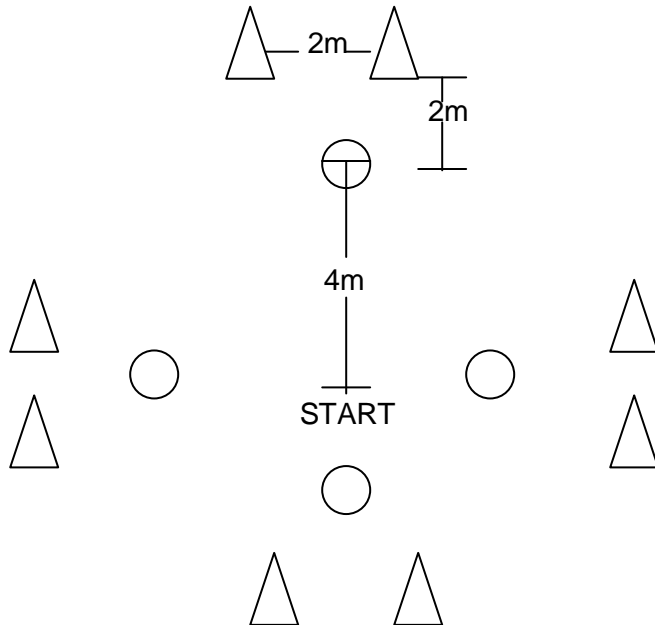
DESCRIPTION

Player begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of 6m. The player returns to the line. Ball placer (Official) places the next ball to be shot. Player repeats. Total of 5 shots.

SCORING

Each successful goal scores 10 points.

Individual Soccer Skills Contest Event #3: Run & Kick



EQUIPMENT

Four #5 or #4 balls, placed as shown. A central starting point should be marked. A 2m wide target gate (cones or flags) set up 2m ahead of each ball.

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 to kick the ball once. The player then runs and kicks another ball through a target gate. When the player kicks the last ball, the clock is stopped.

SCORING

The total time (in seconds) elapsed from when the player starts to when he/she kicks the last balls is recorded and converted into points using the conversion chart below. A bonus of 5 points is added for each ball kicked successfully through a target gate.

Scoring conversion chart:

Dribble Time-Point Score (Seconds)

11-15.....50 points	36-40.....25 points
16-20.....45 points	41-45.....20 points
21-25.....40 points	46-50.....15 points
26-30.....35 points	51-55.....10 points
31-35.....30 points	55 or above.. 5 points

INDIVIDUAL SOCCER SKILLS CONTEST

Name: _____ School/Agency: _____

EVENT #1 DRIBBLING:

1st Run: Time _____ Points _____
 Subtract Deduction Points _____
 Total _____

2nd Run: Time _____ Points _____
 Subtract Deduction Points _____
 Total _____

Event Total

SCORING CONVERSION CHART	
Dribble Time.....(Seconds)	Point Score
5-10.....	60points
11-15.....	55 points
16-20.....	50 points
21-25.....	45 points
26-30.....	40 points
31-35.....	35 points
36-40.....	30 points
41-45.....	25 points
46-50.....	20 points
51-55.....	15 points
55 or more.....	10 points

EVENT #2 SHOOTING: (10 points per successful goal)

	1 st Round	2 nd Round
Shot 1	_____	_____
Shot 2	_____	_____
Shot 3	_____	_____
Shot 4	_____	_____
Shot 5	_____	_____

Total: _____ + Total: _____ = **Event Total**

EVENT #3 RUN & KICK:

1st Run: Time _____ = Points #1
 Circle shots made: #1 #2 #3 #4 X 5pts = #2

2nd Run: Time _____ = Points #3
 Circle shots made: #1 #2 #3 #4 X 5pts = #4

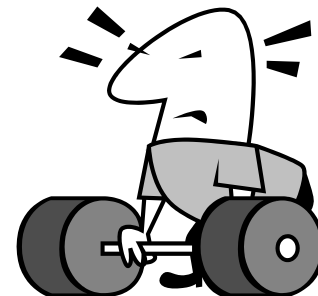
Add totals from box #1 - #4 for **Event Total**

SCORING CONVERSION CHART	
Time	Points
11-15.....	50 points
16-20.....	45 points
21-25.....	40 points
26-30.....	35 points
31-35.....	30 points
36-40.....	25 points
41-45.....	20 points
46-50.....	15 points
51-55.....	10 points
55 or more.....	5 points

Total Score

POWERLIFTING GENERAL RULES

The Official Special Olympics Sports Rules for Powerlifting shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon the International Powerlifting Federation (IPF) rules for Powerlifting found at www.powerlifting-ipf.com. IPF or National Governing Body (NGB) Rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Powerlifting or Article 1. In such cases, the Official Special Olympics Sports Rules shall apply.



SECTION A - OFFICIAL EVENTS

1. Bench press
2. Deadlift
3. Squat
4. Double Combination (Bench Press, Deadlift)
5. Triple Combination (Bench Press, Deadlift, Squat)

* Athletes must be 16 years of age or older.

SECTION B - EQUIPMENT

1. Bar and Disc Specifications

- a. Distance between collars: 1.31 meters at a maximum.
- b. Total length outside the sleeves: 2.20 meters at a maximum.
- c. Diameter of the bar: 28mm. minimum; 29mm. maximum.
- d. Diameter of the largest disc: 45 cm.
- e. Weight of the largest disc: 25 kg.
- f. Weight of the bar and collars: 25 kg.
- g. The discs must be in the following range: 25kg. (55 lbs.), 20 kg. (44 lbs.), 15kg. (33 lbs.), 10 kg. (22lbs.), 5 kg. (11 lbs.), 2.5 kg. (5.5 lbs.), 1.25 kg. (2.5 lbs.).
- h. All discs must be clearly marked with their weight and must weigh within 0.25% of their face value.

2. Bench Specifications

- a. Standard Flat Level Bench
Length = no fewer than 1.22m
Width = 29cm to 32cm
Height = 42cm to 45cm
- b. Disabled Flat Level Bench
Length = 2.1 overall Width = Head end 30.5
Height = 45cm to 50cm Width = Main Body 61cm

3. Belts

A belt made of leather, vinyl, nylon, or other similar non-stretch or non-metal (other than buckle and stud attachments material) may be worn on the outside of the suit. Dimensions: Width – a maximum of 10cm; thickness – a maximum of 13mm. The belt may not encircle the body more than once.

4. Wraps

Wrist wraps of a maximum width of 8cm. and a maximum length of 1m may be worn. A wrist wrap shall not extend beyond 10cm above or 2cm below the center of the wrist. In lieu of wrist wraps, wristbands not exceeding 10cm 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 30cm in total length and 8cm in width as well as a thumb loop. The total length of a wristband shall not exceed 50cm. The thumb loop shall not be over the thumb during the competitive lift.

5. General

Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonate are the only substances that may be added to the body or attire. The use of oil, grease, or other lubricants is forbidden.

6. Modifications

Lifting with a prosthesis is allowed and orthosis with shoes will be allowed

SECTION C - DIVISIONING AND COMPETITION SCHEDULE

1. Athletes shall be placed in divisions according to sex and age.
2. All athletes must weigh-in prior to competition.

SECTION D - RULES OF COMPETITION

1. 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.
2. The lifter shall have 1 minute to begin the lift after his/her name is called. Lifters with anatomical (physical) handicaps will be granted extra time, up to 3 minutes if needed.
3. Commands for the Hearing Impaired/Deaf Lifter in Bench Press. The Head Referee shall reposition him/herself so as to be able to provide a visual movement of the arm, both to begin the lift and to rack the weight.
4. A lift must be declared NO LIFT and the lifter may be disqualified if the weights are dropped intentionally.
5. Scoring of the events shall be the maximum weight lifted for each event and a total combination maximum weight for combination events.
6. The Wilkes Formula (WF)* is presented as a table of coefficients. Each lifter has a coefficient determined by bodyweight (BW). To determine the placing of lifters multiply each lifters coefficient by his or her total. The resulting factor is his/her Wildes Formula Total (WFT). The lifter having the highest WFT is awarded first, the second highest score, second. Etc.

SECTION E - EVENT SPECIFIC RULES AND MODIFICATIONS

1. Bench press

- a. The lifter must assume the following position on the bench, and maintain this position during the lift: the head, trunk (including buttocks) must be in contact with the surface of the bench, and the feet must be on the floor *or plates*. To achieve firm footing, flat surfaced discs or blocks (not exceeding 30cm in height) may be used. Disabled (physically handicapped) lifters shall be given the opportunity to use either the standard or the special bench. *The hands must grip the bar with thumbs around grip, thus locking the bar safely in the hands. The use of the reverse grip is forbidden.*
- b. Lifters with physical disabilities may be strapped to the bench from the ankles to the hips using a strapping belt not to exceed 10cm in width.
- c. After removing the bar from the racks or receiving it from the spotter/loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned at full arms extension.
- d. Not more than four or fewer than two official spotter/loaders shall be assisting in the competition areas.
- e. The spacing of the hands shall not exceed 81cm. (2'8"), measured between the index fingers.
- f. Athletes who are anatomically unable to fully lockout 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.
- g. The Chief Referee's signal shall consist of a downward movement of the arm together with the audible command: "START"
- h. After receiving the start signal, the lifter must lower the bar to the chest and hold it motionless. The Chief Referee shall give the audible signal "PRESS" at which time the bar shall be pressed upwards with an even extension of the arms. When held motionless in this position a visible signal consisting of a backward movement of the arm together with the audible command "RACK" shall be given. In case of a hearing impaired lifter, tactile signals may be employed.
- i. In this lift the referees shall station themselves at the best vantage points.
- j. Causes for disqualification in the Bench press:
 - 1) Failure to observe the chief referee's signals at the commencement or completion of the lift.
 - 2) Any change in the elected position after the "START" signal: i.e. raising movement of the head/shoulders, buttocks or feet from their original points of contact with the bench or floor, or lateral movement of the hands on the bar. At no point may the athlete's feet come in contact with the bench or its supports.
 - 3) Any heaving or bouncing of the bar from the chest after it has been motionless on the chest.
 - 4) Any uneven extension of the arms.
 - 5) Any downward movement of the bar in the course of being pressed out.
 - 6) Failure to press the bar to full arms extension (full arms length) at the completion of the attempt.
 - 7) Contact with the bar of lifter by the spotter/loaders between the Chief Referee's signals.
 - 8) Deliberate contact between the bar and the bar rest uprights during the lift to make the lift easier.
 - 9) Failure to comply with any of the requirements contained in the general description of the lift.

2. Deadlift

- a. The bar must be positioned horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without downward movement until the lifter is standing erect. (Grip option: when gripping the bar either the backs of both hands face front or the back of one hand and the palm of the other hand face front in what is called the over and under grip.)
- b. The lifter shall face the front of the platform.
- c. On the completion of the lift, the knees must be locked and the shoulders 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.
- d. The chief referee's signal shall consist of the downward movement of the hand and the audible command "DOWN." The signal will not be given until the bar is held motionless and the lifter is in the completed position as determined by the chief referee.
- e. Any raising of the bar or any deliberate attempt to do so shall count as an attempt.
- f. Causes for disqualification in the Deadlift:
 - 1) Any stopping of the bar before it reaches the final position.
 - 2) Failure to stand erect.
 - 3) Failure to lock the knees.
 - 4) Supporting the bar on the thighs.
 - 5) Lowering the bar before receiving the chief referee's signal.
 - 6) Allowing the bar to return to the platform without maintaining control with both hands.
 - 7) Failure to comply with any of the requirements contained in the general description of the lift.

3. Squat

- a. The lifter must assume an upright position with the top of the bar not more than 3 cm below the top of the anterior deltoids, the bar across the shoulders in a horizontal position, hands gripping the bar, feet flat on the platform. The use of a wedge at the heels or toes shall be forbidden. Upon removing the bar from the racks, the lifter must move backward to establish his position. He shall wait in this position for the referee's signal, which shall be given as soon as the lifter is motionless and the bar is properly positioned. The referee's signal shall consist of a downward motion of the hand and the word "squat".
- b. After the referee's signal, the lifter shall bend the knees and lower the body until the surface of the legs at the hip joint is lower than the tops of the knees. The lifter shall recover at will, without double bouncing, to an upright position. Knees locked, wait for the referee's signal to replace the bar, which shall be given when the lifter is absolutely motionless. The bar shall have no downward movement during the recovery. The referee's signal consists of a hand motion and the word "rack". The lifter must make a bona fide attempt to return the bar to the rack.
- c. The lifter must face the front of the platform.
- d. The lifter may not hold the collars, sleeves, or the plates at any time during the performance of the lift. However, the side of the hand may contact the inside of the inner collars.
- e. A maximum of five and a minimum of two spotter-loaders shall be mandatory. The lifter may enlist one or more of the official spotter-loaders to assist him in removing the bar from the racks.
- f. In the event of a spotter error, a new attempt may be given to the lifter.
- g. Causes for disqualification of the Squat:
 - 1) During the lift, failure to wait for the referee's signals.
 - 2) Any change of the position of the hands on the bar.
 - 3) More than one recovery attempt or double bouncing.
 - 4) Failure to assume an upright position at the start and completion of the lift.
 - 5) Failure to bend the knees and lower the body until the surface of the legs at the hip joint are lower than the tops of the knees.
 - 6) Any shifting of the feet during the performance of the lift.
 - 7) Any shifting of the bar on the body during the performance of the lift.
 - 8) Any touching of the bar by the spotters before the referee's signal.
 - 9) Any touching of the legs with the elbows or upper arms.
 - 10) Failure to make a bona fide attempt to return the bar to the rack.

4. Combination

- a. The double combination is comprised of the bench press and the deadlift. The triple combination is comprised of the bench press, deadlift and the squat.
- b. An athlete's final score is calculated by adding together the maximum weight he or she successfully lifted for each discipline.

TRACK AND FIELD (ATHLETICS) GENERAL RULES

The Official Special Olympics Sports Rules for Athletics shall govern all Special Olympics competitions. As an international sports program Special Olympics has created these rules based upon International Association of Athletic Federations (IAAF) rules for athletics found at www.iaaf.org. IAAF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Athletics or Article 1. In such cases, the Official Special Olympics Rules for Athletics shall apply.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability may not participate in the pentathlon and high jump events.



SECTION A - SOUTH DAKOTA OFFICIAL EVENTS

- | | |
|---------------|----------------------|
| 1. 100 M Dash | 7. 4 X 100 M Relay |
| 2. 200 M Dash | 8. 4 X 400 M Relay |
| 3. 400 M Dash | 9. Running Long Jump |
| 4. 800 M Run | 10. High Jump |
| 5. 1500 M Run | 11. Shot Put |
| 6. 3000 M Run | |

The following events provide meaningful competition for athletes with lower ability levels:

- | | |
|------------------------|------------------------|
| 12. 50 M Dash | 16. Softball Throw |
| 13. 50 M Walk | 17. Tennis Ball Throw |
| 14. 10 M Assisted Walk | 18. Standing Long Jump |
| 15. 25 M Assisted Walk | |

Pentathlon

100 M, 400 M, Running Long Jump, High Jump, Shot Put

Wheelchair events

1. 100 M Wheelchair Race
2. 200 M Wheelchair Race

The following wheelchair events provide meaningful competition for athletes with lower ability levels:

- | | |
|------------------|------------------------------|
| 3. 10 Meter Race | 5. 30 Meter Slalom |
| 4. 25 Meter Race | 6. 4 x 25 M Wheelchair Relay |

SECTION B - RULES OF COMPETITION

Coaches must stay off the track during all races. The only exception would be for visually impaired athletes. A rope or bell may be provided to assist athletes who are visually impaired. A tap start may be used only for an athlete who is both deaf and blind. A sighted guide may not pull or prompt the athlete in any manner. Please note on the individual athletes entry form if a guide will be used in this situation.

1. Event Restrictions

Each athlete is limited to competition of either 1 field event, 2 running/wheelchair events and 1 relay event **or** 2 field events, 1 running/wheelchair event and 1 relay event. (If not in a relay event, an individual may not substitute another individual event.)

- If an athlete enters the pentathlon the only other event that they could also compete in is 1 relay event.
- An athlete cannot enter both the standing long jump and the running long jump.
- An athlete can only enter one of the following: the shot put, the softball throw or the tennis ball throw.
- If an athlete throws the tennis ball over 15.24m (50 ft.), they are **encouraged** to compete in the softball throw or shot put. (this is not mandatory)
- If an athlete throws the softball over 24.39m (80 ft.) they are **encouraged** to compete in the shot put. (this is not mandatory)
- Athletes **must** be able to jump a minimum of 1 meter to compete in the Running Long Jump.

2. General Rules and Modifications for Track Events

a. Use of Blocks/Starting Race/Disqualifications

- 1) In races up to and including the 400 meter, the athletes have the option of using or not using blocks.

- 2) In competition, regardless of whether the athletes are using blocks in races 400 meter or below, the commands of the Starter in his own language shall be "on your marks", "set", and when all competitors are set, the whistle shall be blown.
- b. 25 Meter and 50 Meter.** This event provides meaningful competition for athletes with lower ability levels.
- 1) The 25 and 50 meter races should be conducted on a straightaway.
 - 2) All runners shall start from behind the start line. A runner completes the race when his/her torso crosses the finish line.
 - 3) A runner shall be liable for disqualification if he/she interferes, obstructs, or gains an advantage over another runner or runners. Athletes are not automatically disqualified for leaving assigned lanes if no advantage is gained.
 - 4) The starter shall give each competitor a chance to do his/her best by:
 - a) Giving the competitors ample time to settle down after taking their marks.
 - b) Starting the sequence over if any runner is off-balance.
 - c) Not holding the runners too long after the set signal.
- c. 50 Meter Dash, 100 Meter Dash**
Will be conducted on a straightaway.
- d. 200 Meter Dash, 400 Meter Dash, 800, 1500 & 3000 Meter Runs**
- 1) 200 meter and 400 meter races: Will be conducted on an oval track, in lanes, with staggered starts.
 - 2) Standard Track Dimensions: 400 meter = 1 lap; 800 meters = 2 laps.
 - 3) 800 meters: Runners will run in their lanes through the first turn and break toward lane one at the break line marked after the first turn.
 - 4) 1500 meters and greater: A waterfall start shall be used.
- e. Relays (4 X 100 Meter / 4 X 400 Meter Run Relays)**
- 1) Each relay team will consist of 4 team members. No one athlete can do more than one leg.
 - 2) Competition groups will consist of: 15 & under, 16-21, 22 & over and male and female divisions. Coed teams are combined with the male divisions.
 - 3) Athletes cannot enter more than one relay event.
 - 4) Please be sure to complete a relay registration form for each team you enter.
 - 5) Races will be conducted on an oval track, in lanes, with staggered starts.
 - 6) The baton passing zone will be 20 meters long and the passing of the baton to a succeeding team member must take place within the prescribed zone and assigned lane.
 - 7) The baton must be handed (passed) to the succeeding team member. Throwing is prohibited.
 - 8) A dropped baton must be retrieved by the team member who dropped it, unless 2 members are in the passing zone. In this case, the baton may be retrieved by either member.
- f. 10 M Assisted Walk, 25 M Assisted Walk**
- 1) Athletes must provide their own walking aids (cane, walker).
 - 2) Mark the start and finish lines 10 and 25 meters apart respectively.
 - 3) Each athlete may use 2 lanes as his/her lane.
 - 4) Place cones on start and finish lines, 2.44 meters apart, to create start and finish gates for each lane.
 - 5) Create lanes by placing cones or chalk lines down the track between the start and finish gates.
 - 6) Guidelines or bells may be used for blind or visually impaired athletes, respectively.
 - 7) Athlete starts behind the start line with a walking aid.
 - 8) Athlete may not receive assistance from coaches, officials, etc.
- g. Wheelchair Events**
- 1) Athletes shall start with the first two wheels behind the start line.
 - 2) Only athletes who ambulate by use of a wheelchair may participate in these events.
 - 3) Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - 4) The lanes for the wheelchair events shall be made two track-lanes wide.
 - 5) A competitor completes the race when the first two wheels cross the finish line.
 - 6) On the registration form, coaches MUST identify each athlete as either using a motorized or non-motorized chair.
 - 7) Athletes entered in the 100 M Wheelchair Race and/or the 200 M Wheelchair Race may not participate in the 10, 25, or 30 M Wheelchair Races.

8) **10 Meter Wheelchair/ 25 Meter Wheelchair**

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.

9) **30 Meter Wheelchair Slalom**

The slalom race shall consist of competitors maneuvering through five cones placed every five meters along a 30 meter course. Competitors must go in-between all cones or be disqualified. No penalty will be incurred by touching a cone.

10) **4 X 25 Meter Wheelchair Relay**

Four persons make up a team. Each competitor will complete 25 meters of the relay. The second, third and fourth competitors of a team may not leave the start line until the leading wheel(s) on the wheelchair of the teammate who precedes him/her crosses a takeoff line one meter in front and parallel to the starting line. The fourth competitor completes the race when the first two wheels cross the finish line.

3. General Rules for Blind and Deaf Athletes

- a. A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
- b. A 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.
- c. A tap start will be used for an athlete who is both deaf and blind.
- d. Guide runners must wear a bright colored vest supplied by the Games Organizers so they are easily distinguished from competitors.

4. General Rules for Field Events

a. Measurements

- 1) ***In the long jump, standing long jump and throwing events (shot put, softball throw, and tennis ball throw) each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring***

b. Running Long Jump

- 1) An athlete must be able to jump a minimum of 1 meter, which is the minimum distance between the toe board to the sand pit.
- 2) Distance will be measured from the toe board to the closest impression in the pit made by any part of the body.
- 3) An athlete entering the running long jump cannot enter the standing long jump.
- 4) ***Each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring.***

c. Standing Long Jump

- 1) Competitors shall start with both feet behind the designated take-off line and on the ground.
- 2) A competitor shall use both feet on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, but **may not** lift either foot clear off the ground.
- 3) Distance will be measured from the take-off line to the closest impression on the mat made by any part of the body.
- 4) An athlete entering the standing long jump cannot also enter the running long jump.
- 5) ***Each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring.***

d. High Jump

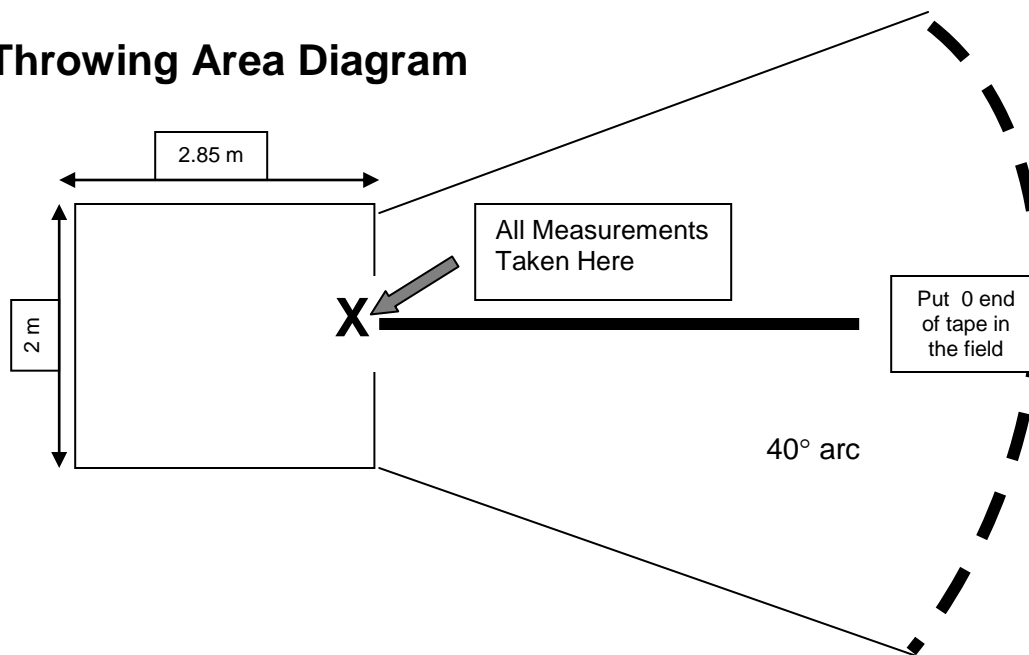
- 1) The minimum opening height shall be 1 meter.
- 2) The athlete shall take-off from 1 foot.
- 3) Competitors shall not dive forward over the bar or takeoff from a two-foot takeoff.
- 4) The crossbar should be raised 5cm after each round.

e. Shot Put

- 1) The shot may be either steel, brass or a synthetic-covered implement.
Girls 8-11 yrs = 1.8 kg. or 4 lbs.
Women & Boys 8-11yrs = 2.72 kg. or 6 lbs.
Men = 4 kg. or 8.13lbs.
- 2) A legal put shall be made from within the circle and the athlete, in the course of an attempt, may not touch the top edge of the stop-board, the top of the iron ring, or any surface outside the circle. It is legal to touch the inside of the

- stop-board or the iron band.
- 3) The use of any mechanical aid is not allowed. For protective purposes only, the wrist may be taped.
 - 4) The shot shall be put from the shoulder with one hand only. When the competitor takes a stance in the circle to commence a put. The shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
 - 5) The put shall be declared a foul, and shall not be measured if, after entering the circle and starting the put, the athlete commits any of the following:
 - a) Uses any method contrary to the definition to a legal put.
 - b) Causes the shot to fall on or outside the lines marking the landing vector.
 - 6) **Each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring.**

Softball Throwing Area Diagram



f. Softball Throw

- 1) A 30cm. (11 3/4") in circumference softball shall be used.
- 2) Competitors may use any type of throw.
- 3) **Each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring**
- 4) An athlete entering the softball throw cannot enter the tennis ball throw or the shot put.
- 5) If an athlete throws the softball over 24.39m (80 ft.), he/she is *encouraged* to compete in the shot put.
- 6) The throwing area should be set up as follows:
Mark off two parallel lines which are 2.85 meters in length, with each of the ends being 2 meters apart. At the back end of the throwing area, place a mark 0.10 in length directly in the middle of the two end lines. (This is your pull through point for measurement.) 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. Extend two lines out which intersect both points where the arc meets the sidelines.

g. Tennis Ball Throw

- 1) Competition rules are the same as those used in the Softball Throw.
- 2) An athlete who throws the tennis ball 15.24m (50 ft.) or more is *encouraged* to compete in the softball throw.
- 3) An athlete entering the tennis ball throw cannot also enter either the softball throw or the shot put.
- 4) **Each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring.**

h. Pentathlon

- 1) The five events comprising the pentathlon include:
100 Meters, 400 Meters, Running Long Jump, High Jump and Shot Put.
- 2) Points are awarded on the basis of the Special Olympics pentathlon Scoring Tables found in the Official Special Olympics Summer Sports Rule Book.

i. Race Walking (100, 400, 800 Meters) Race Walkers Will Automatically Be Disqualified If They Run At Any Point During Their Race Walking Event. Spotters Will Be Located Around The Track Who Will Signal If An Athlete Is Disqualified. The Athlete Will Be Allowed To Finish The Race But Will Be Given A Participant Ribbon.

- 1) Athletes must have one foot in touch with the ground at all times.
- 2) General Track competition rules will be followed.
- 3) In all race walking events, an athlete does not have to have a straight advancing leg while competing.
- 4) Staggered start for 400's. Stay in their lanes all the way.
- 5) Staggered start for 800's. Stay in lanes through the first turn before breaking toward lane one at a designated mark.
- 6) Competitors shall be disqualified when a technical violation has been committed that results in an advantage being gained.