



SPECIAL OLYMPICS SUMMER SPORTS RULES **AQUATICS (SWIMMING)**

The Official Special Olympics Sports Rules for Aquatics (Swimming) shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation International de Natation Amateur (FINA) rules for aquatics found at <http://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 Swimming or Article I. In such cases, the Official Special Olympics Sports Rules for Aquatics (Swimming) 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.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition.

SECTION A - OFFICIAL SOSOC EVENTS

The following is a list of official events available in Special Olympics Southern California.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

Individual Events

25 Meter Backstroke
25 Meter Breaststroke
25 Meter Butterfly
25 Meter Freestyle
50 Meter Backstroke
50 Meter Breaststroke
50 Meter Butterfly
50 Meter Freestyle
100 Meter Backstroke
100 Meter Freestyle
100 Meter Individual Medley
200 Meter Freestyle

Individual Events: Lower Ability

15 Meter Walk
15 Meter Flotation
15 Meter Assisted Swim
15 Meter Unassisted Swim
25 Meter Kickboard
25 Meter Freestyle

Relay Events

4x25MeterFreestyleRelay
4x50MeterFreestyleRelay

SECTION B - GENERAL RULES

The technical rules of competition are noted in the FINA rules found at <http://www.fina.org/>. Special Olympics Programs may substitute their local NGB rules. FINA rules will be used for all multi-Program events. Exceptions to these rules are listed below.

1. All Events

- a. The Meet Referee, in cooperation with the Games Director, shall have the authority to adjust these rules on a case-by case basis for the safety and well being of the athletes. The Meet Referee 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. The Meet Referee shall have the discretion to allow for certain modifications/interpretations of the current technical rules.
 - c. Stroke interpretations will be concerned with the action a limb(s) is performing. The Stroke Judge shall be concerned with what action the arm or leg action constitutes.
 - d. The Meet Referee shall have full control and authority over all officials, approve their assignments and instruct them regarding all Special Olympics features or regulations related to the competitions. He/she shall enforce all rules and decisions of the Official Special Olympics Sports Rules and FINA rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise covered by these rules.
 - e. 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.
 - f. Standing on the bottom in the racing course is allowed only for the purpose of resting. Walking or jumping from the bottom must disqualify the competitor.
 - g. Assistant starters may be allowed to assist a swimmer during their start if the swimmer has a hearing or vision impairment.
 - h. No competitor shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition (except flotation events) such as webbed gloves, flippers, fins, etc.). Goggles may be worn by the swimmer.
 - i. Swimmers may be assisted from the water upon request.
 - j. Starts may be from the starting block, beside the starting block or from in-water. For in-water starts the athlete shall place one hand on the end of the pool or hold the starting block with one hand. Two hands shall be used for backstroke starts.
2. Equipment
- a. Starting devices may include the following: whistle, tone, air horn or an electronic buzzer. Athletes with hearing or sight impairments may receive hand signal or touch/ tap from a designated official or nominated person approved by the Meet Referee. A strobe light in accordance with FINA rules is recommended.
 - b. It is recommended that lane lines marked at bottom of pool in accordance with FINA regulations.
 - c. Timing system: stop watches, electronic timing system, touch pads. If an electric timing system is not available and 3 timekeepers per lane are assigned then no Finish Judges are required. In this instance the swimmers officials time and place will be taken from the times recorded. If FINA approved electronic timing systems are not available then it is recommended that FINA rules relating to Management of Competitions and Timekeepers be adopted.
 - d. Flags should be located 5 meters from each end of the pool to indicate distance to the finish, especially in respect to backstroke events. Flags should not be removed during competition or training sessions.
 - e. For flotation events, 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 were to not be able to hold onto the device, the device would still support the athlete with his/her 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). *Kick boards will be permitted in the 25M Kickboard event.



- f. Lap cards should be used for events of 400 meters or above.
3. 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 relay team which combines genders to include both male and female swimmers shall compete as a male relay.
 - d. Relay swimmers should exit the pool as soon as possible following the completion of their relay leg. Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment. A swimmer remaining in the water should move a short distance away from the end of the pool, close to the lane rope but shall not obstruct a swimmer in another lane. Obstruction of a swimmer in another lane shall cause the team to be disqualified.
4. Walking & Flotation Events
- a. Set-up
 - 1) There should be at least one observer for every two swimmers during competition.
 - 2) The starting line should be marked the appropriate distance from the finish.
 - 3) The depth of the pool should be no more than 1 meter (3.5 feet) deep for walking events.
 - 4) It is preferable that certified swimming officials (including the referee, timers and judges) be used in all events.
 - b. Rules
 - 1) For walking events, the swimmer must have at least one foot touching the bottom of the pool at all times.
 - 2) No flotation device is allowed for any event other than the specified flotation events.
5. Unassisted Swims
- a. Athletes must swim the full distance with no physical assistance.
 - b. Competition Managers may allow coaches to provide verbal encouragement and/or direction from the pool deck for these events.
6. Assisted Swims
- a. Each athlete is responsible for having his/her own coach/assistant with them in the water. The assistant may touch, guide or direct the athlete, but may not support or assist with the athlete's forward movement. The athlete is allowed to use a flotation device (see specifications listed in section B, 2 Equipment). The assistant may be in the pool or on the deck.
7. Unified Sports Relay Events (SOSC does not offer unified aquatics events)
8. Maximum Effort - Performance Discrepancy



- a. An athlete who exceeds a time of 15% better than the time recorded for divisioning or a reported time shall be disqualified. This only applies to events of 25 meters or longer, with the exception of the 25 meter freestyle race and 25 meter floatation race.
- b. An athlete who exceeds a time of 25% better than the time recorded for divisioning or a reported time shall be disqualified. This applies to the 25 meter freestyle race, 25 meter floatation race and shorter distances.
- c. It is the responsibility of the coach to submit an improved performance time, if the time recorded in the divisioning competition is not a true reflection of the athlete's ability.
- d. An athlete who is disqualified for a violation of the Maximum Effort rule shall be presented with a participation ribbon.

SECTION C — PERSONNEL

1. Officials

- a. Meet/Games Director
- b. Technical Delegate
- c. Meet Referee
- d. Judges (stroke and turn judges)
- e. Chief Timekeeper
- f. Timekeepers (refer to 2. Equipment- 2c Timing System.)
- g. Starter
- h. Announcer
- i. Results – control desk personnel
- j. Finish Judges (If 3 Timekeepers per lane and electronic timing cannot be supplied)
- k. Lifeguard

2. Technical Delegate

The Technical Delegate shall represent SOI as the key sport advisor for a specific sport and shall be responsible for ensuring that the GOC of the Games correctly interprets, implements and enforces Special Olympics Sports Rules and modifications, the rules of the relevant IF and current rule changes. The Technical Delegate shall advise the GOC on the technical requirements of the specific sport to ensure a safe, quality and dignified sports environment. The Technical Delegate shall be the final authority on each of these matters.

3. Lifeguard Qualifications

- a. Current lifeguard certificate
- b. Current CPR certificate
- c. Current standard first aid certificate (or equivalent)
- d. Lifeguard qualifications must meet the standards of the local or national programs. A lifeguard must not be engaged in any other activity while performing his/her duty as a lifeguard. If a coach is also a trained lifeguard, he/she may not coach and guard at the same time- each position is separate.

4. Head Coach Qualifications

- a. It is recommended that the Head Coach be certified by Special Olympics.
- b. The Head Coach should possess a current certification in CPR and standard first aid (or equivalent).
- c. It is recommended that the Head Coach have some level of basic life saving certification.



- d. If the Head Coach, or any coach, shall serve as a lifeguard, they must meet the qualifications as specified above.
5. Responsibilities of Head Coach or Event Director
The Head Coach or Event Director shall have the overall responsibility for the Special Olympics aquatics practice sessions or events.
 - a. Providing an orientation to all aquatics personnel before the Special Olympics session or event
 - b. Coordinating the facility with host agency prior to arrival.
 - c. Ensuring that necessary supervisory personnel are available.
 - d. Preparing or assuring that an emergency action plan is in place as described in section C, Safety Considerations, which follows.
 - e. Examining the facility to ensure that the minimum quality standards are present in the following areas for each aquatic session or event:
 - 1) Safety equipment
 - 2) Traffic patterns
 - 3) Sanitary water conditions
 - 4) Safe environmental factors
 - 5) When a beach or lake is used for a Special Olympics aquatics session or event, the Director of Aquatics shall take extra precautions to ensure that safe aquatics practices are followed.

Note: All participants, including athletes, coaches and volunteers who participate in any boating activity, whether in a pool or on open water, are required to wear a certified personal flotation device (PFD) at all times when inside the boat.

- f. Ensuring that lifeguards are aware of Special Olympics athletes who may have a history of seizures.
- g. Medical restrictions exist for some athletes (for example, Down syndrome athletes diagnosed with Atlanto-Axial Instability competing in butterfly, individual medley events and dive starts). Prior to allowing athletes to compete in these events, the Event Director should review the General Rules section on eligibility.
6. Where possible all Officials (including the referee, timers and judges) should be certified by the respective governing body. Where this is not possible, all Officials must receive appropriate training.

SECTION D - SAFETY CONSIDERATIONS

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

1. Basic Rules
 - a. There shall be at least one certified lifeguard on duty for every 25 swimmers in the water.
 - b. The sole function of the lifeguard shall be to guard. If no relief lifeguard is available, the pool must be cleared, even for a short duration, when a lifeguard must leave the pool side.
 - c. The Head Coach or Event Director will review the Emergency Action Plan prior to each occasion. There shall be enough coaches in accordance with FINA or program NGB guidelines.



- d. Athlete medical history forms shall be on site and relevant information shall be discussed with the lifeguard or medical personnel on duty in advance of the aquatic activity.
 - e. Pool depths must be marked and easily visible.
 - f. The minimum depth of the pool for racing starts shall meet FINA or National Governing Body specifications.
 - g. It is recommended that all starting blocks meet FINA or National Governing Body specifications.
 - h. Safety lines must be in place to divide shallow and deep water areas during recreational aquatic activities.
 - i. A pool facility shall not be used unless a satisfactory inspection rating is received prior to any Special Olympics participant entering the water.
 - j. An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, diving starts or diving. For additional information and the procedure for waiver of this restriction, please refer to Article I, Addendum F.
 - k. If in the judgment of the referee or competition management an athlete's swimming competence that the athlete is not capable of completing the race distance and may even put his/her life in danger, the referee may, with the Technical Delegate's approval, require a test of swimming competence before the athlete is allowed to compete in any further swimming event or in any final.
2. Emergency Action Plan
- An Emergency Action Plan shall be in place prior to any Special Olympics participants entering the water for any reason, be it training, competition or recreation. The original plan should be written and reviewed by the staff on hand. The plan shall include the following:
- a. The procedure for obtaining emergency medical support if a medical doctor, para-professional or medical support is not present.
 - b. The posts and areas of responsibilities for each lifeguard.
 - c. The procedure for obtaining weather information or weather watch information, particularly if the event is outside.
 - d. The procedure for reporting accidents.
 - e. The chain of command in case of a serious accident, including who is assigned to talk to the press.
 - f. The procedure for obtaining weather information particularly for Open Water swimming.
 - g. Other items as may be required by local programs.
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:
- a. Recreational Programs:
 - 1) Enough certified lifeguards to provide a minimum ratio of guards to swimmers of 1 per 25.
 - b. Training Programs:
 - 1) Enough certified lifeguards to provide a minimum ratio of guards to swimmers of 1 per 25.



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

SECTION E - SOSC MODIFICATIONS

1. Athletes
 - a. Athletes may enter 3 events plus one relay.
 - b. Athletes may enter either the shallow end events or standard events, but not both
2. Rules
 - a. A coach or official may guide the swimmer by voice only. The aide is not allowed to touch the swimmer from the time of the starting signal until all swimmers have completed the race. The exception to this rule is the assisted races. In these races, the coach may assist the athlete in any form necessary. Swimmers may be assisted from the water upon request.
 - b. 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.
3. Stroke Break: Grounds for disqualification include:
 - a. Changing to a different stroke during a race.
 - b. Using any stroke that is not the proposed stroke for the race.
 - c. Using leg movements or arm movements that don't coincide with the stroke.
For example, the athlete uses front crawl arms and breaststroke kick.
 - d. The Freestyle event is designed for the athlete to choose a stroke of his or her choice. This same stroke should be used for the entire portion of the event.
4. Relays
 - a. Relay team members must come from within the same delegation. A relay team that combines genders to include both male and female athletes shall compete as a male relay.
5. Uniforms
 - a. One piece swim suit [2 piece/bikinis should not be worn]
 - b. Cover Up [Long Sleeve Shirt & Warm Up Pants, etc.]
 - c. Deck Shoes [Flip Flops or Sandals]
 - d. Swim Cap
 - e. Goggles



SPECIAL OLYMPICS SUMMER SPORTS RULES
ATHLETICS (TRACK & FIELD)

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 Athletics Federations (IAAF) rules for athletics found at <http://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 I. In such cases, the Official Special Olympics Sports 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—OFFICIAL SOSOC EVENTS

The following is a list of official events available in Special Olympics. The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

Track: Assisted Walk & Wheelchair Events

Wheelchair Events

10 Meter Wheelchair Race
25 Meter Wheelchair Race
30 Meter Wheelchair Slalom
30 Meter Motorized Wheelchair Slalom
50 Meter Motorized Wheelchair Slalom

Assisted Walk Events

(Walking devices allowed)
10 Meter Assisted Walk
25 Meter Assisted Walk
50 Meter Assisted Walk

Track: Running & Race Walking Events

Running Events

25 Meters
50 Meters
100 Meters
200 Meters
400 Meters
800 Meters
1500 Meters
5000 Meters

Race Walking Events

(No walking devices allowed)
25 Meter Walk
50 Meter Walk
100 Meter Walk
400 Meter Walk
800 Meter Walk

Track: Relay Events

4 x 100 Meter Relay

Field Events

Long Jump
Standing Long Jump
Softball Throw (Maximum throwing distance allowed - 30 Meters)
Tennis Ball Throw (**formerly Ball Throw for Distance**)
Shot Put
a. Male: (12+) 4.0 kg/ 8.8 lbs
b. Female: (12+) 3.0 kg/ 6.6 lbs
c. Male: (8-11) 3.0 kg/6.6 lbs



- d. Female: (8-11) 2.0 kg/4.4 lbs

SECTION B — RULES OF COMPETITION

1. General Rules and Modifications for Track Events

a. Use of blocks and starting race

- 1) In running events: 100m, 200m, 400m, 100m Hurdles, 110m Hurdles, 4x100m Relay, the athletes have the option of using or not using blocks. In these events the commands of the starter shall be “on your marks”, “set”, and when all competitors are steady, the gun shall be fired.
- 2) In all other running events, all walking events and all wheelchair races the commands shall be “on your marks” and when all the competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hand(s).
- 3) The starter may give the commands in English or his/her own language. The language to be used will be communicated to all participants prior to the competition. For the Special Olympics World Summer Games, the commands of the starter shall be given in English.
- 4) Starting races longer than 400 meters:
 - a) 800 meters distance: Runner will run in the lanes through the first turn as far as the nearer edge of the break-line where athletes may leave their respective lanes.
 - b) 1500 meters and greater distances: A waterfall start shall be used.
- 5) Starting Relays
4 x 400 meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and will run in their lanes through the first turn as far as the edge of the break-line where athletes may leave their respective lanes. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats.
- 6) 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; and
 - c) Not holding the runners too long after the set command.
- 7) False Starts
Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.

b. Lane Violations

- 1) In all races run in lanes, each competitor shall keep within his/her allocated lane from start to finish.
- 2) If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
- 3) If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.

c. Race Walking



- 1) Athlete must have one foot in touch with the ground at all times.
- 2) In all race walking events, an athlete does not have to have a straight advancing leg while competing
- 3) In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, a technical violation has been committed that results in an advantage being gained.

d. Hurdle Events (SOSC does not offer this event)

e. Use of wind gauge:

For all competitions, the use of the wind gauge and the recording of wind readings are not required.

2. General Rules for Field Events

a. Measurements, Time requirements to initiate an attempt, and Wind gauges

- 1) In the long jump, standing long jump and throwing events (shot put, softball throw, mini-javelin 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. Athletes' second best, and then third best, attempts shall be used to break ties. All measurements shall be made in metric units.
- 2) For individual field event competitions Long Jump, Standing Long Jump, and throws) and combined events, a competitor shall be charged with a foul if the competitor does not initiate and attempt within 1 minute after the competitor's name has been called, in addition to a visual indication made by the event judge. For the High Jump, where there are three or more athletes remaining in the competition the time shall be 1 minute. Where there are 2 or 3 athletes remaining in the competition the time shall be 1.5 minutes. Where there is 1 remaining athlete in the competition the time shall be 2 minutes.
- 3) For all competitions the use of the wind gauge and the recording of wind readings are not required.

b. Long Jump

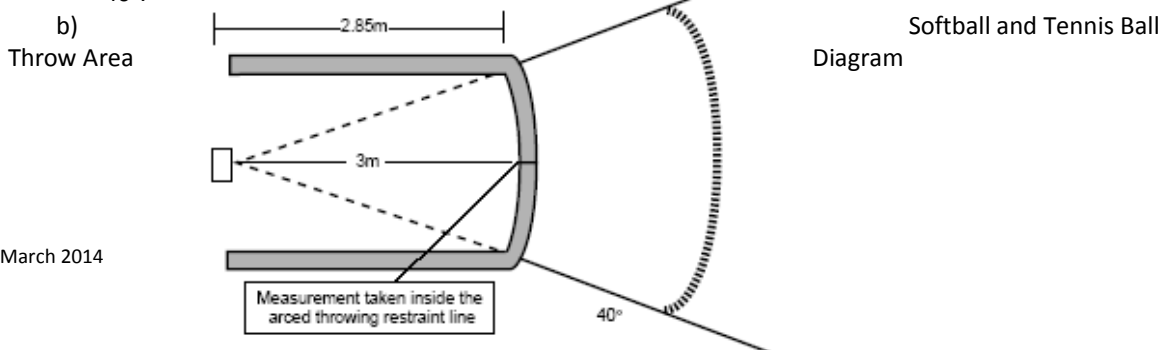
- 1) In the long jump, an athlete must be able to jump at least 1 meter, which is the maximum distance between the takeoff board and the sandpit. The takeoff board may be set anywhere from the front edge of the sandpit up to 1 meter in front of it.
- 2) All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
- 3) Prior to competition, an athlete may receive assistance from an official to mark their runway starting point.

c. Standing Long Jump

- 1) Competitors shall start with both feet behind a designated foul line. The takeoff board shall be the same as that specified for the long jump takeoff board. The athlete may initiate their attempt on the takeoff board.
- 2) The athlete shall initiate all attempts from behind the designated foul line.
- 3) 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 he/she may not lift either foot completely off the ground.



- 4) All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
 - 5) When possible, it is strongly suggested that the standing long jump event be conducted in sand-filled jumping pits. The foul line shall be placed at the end of the running long jump runway. If a mat is used, it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.
- d. High Jump (SOSC does not offer this event)
- e. Shot Put
- 1) The shot may be steel, brass, or a synthetic-covered implement.
 - 2) It is acceptable to include wheelchair athlete in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
 - 3) A legal put shall be made from within the circle. In the course of an attempt, the athlete, or his/her wheelchair, may not touch the top edge of the stop-board, the top of the iron ring or any surface outside of the circle. It is legal to touch the inside of the stop-board or the iron band.
 - 4) The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
 - 5) 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.
 - 6) The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following:
 - a) Uses any method contrary to the definition of legal put (as defined in Section B.2.3.5)); or
 - b) Causes the shot to fall on or outside the lines marking the landing sector.
- f. Softball Throw and Tennis Ball Throw
- 1) The implement
 - a) Softball Throw: 30 centimeter (11 3/4 inches) in circumference softball shall be used.
 - b) Ball Throw: a tennis ball shall be used.
 - 2) Competitors may use any type of throw.
 - 3) The throwing area should be set up as follows:
 - a) The runway shall be marked by two parallel white lines 5 centimeters wide and 2.05 meters apart (2.82 meters in length). The throw shall be made from behind the arc of a circle drawn with a radius of 3.00 meters. The landing sector shall be marked with white lines 5 centimeters wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the center of the circle of which the arc is part. The centre of the circle is the point for the measurement and shall be marked. The sector is 40°.





- g. Mini-Javelin (SOSC does not offer this event)
- 3. **General Rules for Combined Events (SOSC does not offer this event)**
 - a. Pentathlon
- 4. **General Rules for Wheelchair Events**
 - a. Athletes entering wheelchair events may also enter other events in athletics competition.
 - b. Wheelchair Shot Put
 - 1) It is acceptable to include wheelchair athlete in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
 - 2) Refer to Section B 2.e.
 - c. Main Principles for Wheelchair Races
 - 1) Athletes shall start with all wheels behind the start line
 - 2) Athlete is timed from the smoke of the starter's gun to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
 - 3) Motorized wheelchairs shall not be allowed in regular wheelchair races.
 - 4) Only athletes who ambulate by use of a wheelchair may participate in the events.
 - 5) Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - 6) The lanes for the wheelchair events shall be made two track-lanes wide.
 - d. 10 Meter/25 Meter Wheelchair Race
 - 1) 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.
 - e. 30 Meter Wheelchair Slalom
 - 1) Beginning at the start line, place one cone in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes (see Diagram on page 8).



- 2) Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
- 3) Knocking down a marker constitutes a violation, and a three-second penalty will be assessed.

5. General Rules for Motorized Wheelchair Events

a. Main Principles

- 1) These events are restricted to motorized wheelchairs only.
- 2) The first two wheels on each competitor's wheelchair will be regarded as the starting and finishing points of all races.
- 3) If a competitor varies from a sequence of obstacles, he/she must, without notice from any official, resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety, or be disqualified. In essence, failure to complete the course as designed will result in disqualification.
- 4) A competitor will be disqualified if that individual's coach (or assistants) enters the course boundaries during the running of the obstacle course. Coaches may instruct from outside the marked boundaries of the course. Judges and officials will not give directional cues.
- 5) When submitting entry times for motorized wheelchair events, the entry form should state whether the time was achieved with a "high-speed" or a "low-speed" setting.
- 6) Athlete is timed from the smoke of the starter's gun to when front wheels of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.

b. Motorized Wheelchair Slalom

- 1) Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for wheelchairs.
- 2) Place the cones on the start and finish lines 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.
- 3) Beginning at the start line, place one traffic cone (slalom flagpoles minimum of 1.22 meter) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
- 4) Diagram - 30 and 50 Meter Motorized Wheelchair Slalom
- 5) Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed.
- 6) No penalty will be incurred as a result of touching/moving a cone.

c. 25 Meter Motorized Wheelchair Obstacle Course

- 1) Mark one box 2 meters from the start line and one box 2 meters from the finish line. Each box should be 3 meters x 3 meters.
- 2) Place four cones between the boxes, each 3 meters apart.
- 3) Rules:
 - a) Athlete starts facing the course.



- b) The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion, the athlete weaves in and out of four cones set 3 meters apart, then completes a second 360 degree circle between the fourth cone and the finish line.
- c) The box (3 meters x 3 meters) is used only as an indicator for the athlete to complete the 360-degree circle. No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with tape.
- d) Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers are subject to disqualification at the discretion of the referee.
- e) No more than three athletes on a track at one time per race.

6. General Rules for Assisted Walk

- a. Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker.
- b. Set-Up:
 - 1) Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for assistive devices.
 - 2) Place cones on the start and finish lines, 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.
 - 3) Beginning at the start line, place one cone on each lane line at 5-meter intervals. Cones should be placed in the middle of the lane line.
- c. Rules:
 - 1) Athlete starts behind the start line with a walking aid.
 - 2) Athlete walks using a walking aid.
 - 3) Athlete stays in his/her designated lane.
 - 4) Athlete may not receive physical assistance from coaches, officials, etc.
 - 5) Athlete is timed from the smoke of the starter's gun to when his/her torso reaches the perpendicular plane of the nearer edge of the finish line.

7. 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 orange running vest so that they are clearly distinguished from competitors. These vests will be provided by the Games Organizing Committee.

8. General Rules for Unified Sports® Relays

- a. Each Unified Sports relay team shall consist to two athletes and two partners.



- b. Runners on a relay team may be assigned to run in any order.

SECTION C - SOSC MODIFICATIONS

1. Athletes

- a. Athletes may choose up to 3 events plus one relay.
- b. Athletes participating in walking events may not participate in running events.
- c. Athletes participating in wheelchair or assisted walking events may not participate in race walking or running events.
- d. Athletes participating in the running long jump may not participate in the standing long jump.
- e. Athletes participating in the softball throw may not participate in the shot put. Athletes throwing the softball farther than 30M will not be eligible to participate in the softball throw.

2. Uniforms/Apparel Guidelines

- a. Preferred Uniform: Tank-top type jersey and lightweight running shorts. SOSC requires all uniforms to be in compliance with the NGB of the sport for competition. Tops should be able to tuck into the bottoms. Athletic shorts should be no higher than 3" above the knee.

Team shirts and undershirts if worn, shall be of the same color. If an individual wears an undergarment that extends below the bottom of the shorts, i.e. compression shorts, the undergarment must be of a single color similar to the color of the uniform.

- b. In all events, competitors must wear clothing that is clean, designed and worn so as not to be objectionable. Clothing must not impede the view of the judges. NO HATS, FANNY PACKS or JEANS
- c. Shoes: Competitors may compete in bare feet or with proper athletic 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 on the ground. Such shoes, however, must not be constructed so as to give the competitor any additional assistance, and no spring or device of any kind may be incorporated in the shoes. A strap over the instep is permitted.
 - 1) Running spikes may be no larger than 1/4" (9mm).



SPECIAL OLYMPICS SUMMER SPORTS RULES
BASKETBALL

The Official Special Olympics Sports Rules for Basketball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Basketball (FIBA) rules for basketball found at <http://www.fiba.com>. FIBA 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 I. In such cases, the Official Special Olympics Sports Rules for Basketball shall apply.

Please refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition.

SECTION A - OFFICIAL SOSC EVENTS.

The following is a list of official events available in Special Olympics. The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Speed Dribble (SOSC does not offer this event)
2. Individual Skill Competition
3. Team Skills Basketball
4. Team Competition
5. Half-Court Basketball: 3-on-3 Competition (SOSC does not offer this event)
6. Unified Sports® Team Competition (SOSC does not offer this event)
7. Unified Sports Half-Court Competition (3-on-3) (SOSC does not offer this event)

SECTION B - COURT AND EQUIPMENT

1. For male competition for athletes 12 years and over, a size 7 basketball should be used (circumference between 749mm [29.5 inches] and 780mm [30.7 inches] and weight between 567g [20 oz] and 650g [23 oz])
2. A smaller size 6 basketball should be used for all female competition for athletes 12 years and over (circumference between 724mm [28.5 inches] and 737mm [29 inches] and weight between 510g [18 oz] and 567g [20 oz])
3. A smaller size 5 basketball should be used for competition for all athletes (male and female) under 12 years of age (circumference between 686mm [27 inches] and 724mm [28.5 inches] and weight between 397g [14 oz.] and 454g [16 oz])
4. The baskets shall comprise the backboard, rings and nets. For competition, the basket ring is normally 3.05 meters (10 feet) above the floor. A shorter basket which has its ring 2.44 meters (8 feet) above the floor may be used for junior division competition.

SECTION C - RULES OF COMPETITION

- a. Speed Dribble (SOSC does not offer this event)
- b. Individual Skills Competition



There are 2 levels of Individual Skills Competition

Level One:

Three events make up Level 1 Individual Skills Competition: Target Pass, 10-Meter Dribble and Spot Shot. The athlete's final score is determined by adding together the scores achieved in each of these three events. Athletes will be pre-divisoned according to their total scores from these three events. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.

a. Event # 1 Target Pass

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

- 1) Purpose: to measure an athlete's skill in passing a basketball
- 2) Equipment
Two basketballs (for women's and junior division competitions, a smaller basketball of 72.4 centimeters [28 ½ inches] in circumference and between 510-567 grams [18-20 ounces] in weight may be used as an alternative), flat wall, chalk or floor tape and measuring tape.
- 3) Description
A 1 meter (3 feet 3 ½ inches) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter (3 feet 3 ½ inches) from the floor. A 3 meter (9 feet 9 inches) square will be marked on the floor 2.4 meters (7 feet) from the wall. The athlete must stand within the square. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is given five passes.
- 4) Scoring
 - a) The athlete receives three points for hitting the wall inside the square.
 - b) The athlete receives two points for hitting the lines of the square.
 - c) The athlete receives one point for hitting the wall but not in or on any part of the square.
 - d) The athlete receives one point for catching the ball in the air or after one or more bounces while standing in the box.
 - e) The athlete receives zero points if the ball bounces before hitting the wall. The athlete's score will be the sum of the points from all five passes.

b. Event#2: Ten-meter Dribble

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

- 1) Purpose: to measure an athlete's speed and skill in dribbling a basketball.
- 2) Equipment
Three basketballs (for women's and junior division competitions, a smaller basketball of 72.4 centimeters [28 ½ inches] in circumference and between 510-567 grams [18-20 ounces] in weight



may be used as an alternative), four traffic cones, floor tape or chalk, measuring tape and a stopwatch.

3) Description

- a) The athlete begins from behind the start line and between the cones.
- b) The athlete starts dribbling and moving when the official signals.
- c) The athlete dribbles the ball with one hand for the entire 10 meters (32 feet 9 3/4 inches).
- d) A wheelchair athlete must alternate, taking two pushes followed by two dribbles for legal dribbling.
- e) The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
- f) If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 2 meter lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.

4) Scoring

- a) The athlete will be timed from the signal “Go” to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble.
- b) A one-second penalty will be added every time the athlete illegally dribbles (e.g., two-hand dribbles, carries the ball, etc.)
- c) The athlete will receive two trials. Each trial is scored by adding penalty points to the time elapsed and converting the total to points based on the Conversion Chart.
- d) The athlete’s score for the event is his/her best of the two trials converted into points. (In case of a tie, the actual time will be used to differentiate place.)

c. Event #3: Spot Shot

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

1) Purpose: to measure an athlete’s skill in shooting a basketball.

2) Equipment

Two basketballs (for women’s and junior divisions competitions, a smaller basketball of 72.4 centimeters [28 1/2 inches] in circumference and between 510–567 grams [18–20 ounces] in weight may be used as an alternative), floor tape or chalk, measuring tape and a 3.05 meter (10 feet) regulation goal with backboard (for junior division competitions, a 2.44 meter [8 feet] goal may be used as an alternative).

3) Description

Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:

- a) #1 & #2 =1.5 meter (4 feet11 inches) to the left and right plus 1 meter (3 feet 3 1/2 inches) out.



- b) #3 & #4 =1.5 meter (4 feet11 inches) to the left and right plus 1.5 meter (4 feet 11 inches) out.
 - c) #5 & #6 = 1.5 meter (4 feet 11 inches) to the left and right plus 2 meters (6 feet 6 3/4 inches) out.
 - d) The athlete attempts two field goals from each of six spots. The attempts are taken at spots #2, #4 and #6, and then at spots #1, #3 and #5.
- 4) Scoring
- a) For every field goal made at spots #1 and #2, two points are awarded.
 - b) For every field goal made at spots # 3 and #4, three points are awarded.
 - c) For every field goal made at spots # 5 and #6, four points are awarded.
 - d) For any field goal attempt that does not pass through the basket but does hit either the backboard and/or the ring, one point is awarded.
 - e) The athlete’s score will be the sum of the points from all 12 shots.
 - f) The athlete’s final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.

Level Two

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

a. Event #1: 12 Meter Dribble

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

- 1) Purpose: to measure an athlete’s speed and skill in dribbling a basketball.
- 2) Equipment
A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
- 3) Description
 - a) A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters apart, on a 12-meter course.
 - b) The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter.
 - c) When the last obstacle is passed and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom.



- d) The second and remaining balls are all placed on the ground for the returning athlete to retrieve and continue.
 - e) The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run.
 - f) The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.
- 4) Timing
60 seconds for one trial.
- 5) Scoring
One point is awarded each time a cone is passed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next midpoint space in order to get credit for that cone successfully passed). The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.
- 6) Staging
- a) Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready", "Go" and will count how many cones the player passes in 60 seconds.
 - b) Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.
- b. Event #2: Perimeter Shooting

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

- 1) Purpose: to measure an athlete's skill in shooting a basketball.
- 2) Equipment
A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.
- 3) Description
 - a) A player stands at the juncture of the free-throw line and lane, either to the left or right.
 - b) The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter arc (9 feet). This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle].
 - c) The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
 - d) The player shall make as many field goals as described above in one one-minute trial.



- 4) Timing
60 seconds for one trial
 - 5) Scoring
Two points are awarded for each field goal made within the one-minute trial.
 - 6) Staging
 - a) Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test.
 - b) Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go" and will count how many field goals the player and makes in one minute.
 - c) Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score.
 - d) Each volunteer is to administer the test and manage the area only.
- c. Event #3: Catch and Pass

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

- 1) Purpose: to measure an athlete's skill in passing and catching a basketball.
- 2) Equipment
 - a) 3 Cones, 2 Basketballs, Floor Tape, Airhorn/whistle, Scorebench and Clock
 - b) Two strips of tape 600mm (2') long are laid across the court sideline 3 meters apart (9' 10") at Cones A & B. Cone C is laid out 3 meters from each end of the sideline forming a triangle
 - c) A small cross made of tape is laid in the middle of Cones A and B where the athlete stands holding the basketball ready to begin the exercise
 - d) The ball feeder stands behind Cone C.
 - e) A spare ball is placed near Cone C
- 3) Description
 - a) On go, the athlete passes the ball to the feeder and moves quickly to either cone A or B.
 - b) As the player approaches or reaches the end line the feeder passes the ball to the athlete to catch
 - c) The player MUST have at least ONE foot over the end line at the point of catching the ball
 - d) The player must catch the ball, then pass it back to the feeder from behind the end line. One or both feet can be grounded but both must be behind the line at the moment of passing the ball back to the feeder.



- e) When athlete has passed the ball, they move quickly to the opposite cone to receive the next pass
 - f) The player continue passing, moving along the line and catching the ball for 60 seconds
 - g) A bounce pass maybe used with lower ability/less able athletes
- 4) Timing
60 seconds for one trial.
- 5) Scoring
- a) 1 point is scored for each good pass made to the feeder (the pass must be catchable)
 - b) 1 point is scored for each good catch made by the athlete (ie no fumbles)
 - c) The athletes must have the ball under control or no point can be scored.
- c. Team Skills Basketball (SOSC does not offer this event)**
- d. Team Competition**
- a. Divisioning
 - 1) The Head Coach must submit the scores from the two Basketball Skills Assessment Tests (BSAT), e.g., dribbling and perimeter shooting, for each player on his/her roster prior to competition.

(These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding the BSAT follows in Section D.)

SOSC modification - teams will use the Basketball Team Rating Form in place of the Basketball Skills Assessment Tests (BSAT).
 - 2) The Head Coach also must identify his/her five best players in terms of their on-court playing ability by placing a star next to their names on the roster.
 - 3) The “team score” shall be determined by adding the top seven players’ scores and then dividing that total by seven.
 - 4) Teams are initially grouped in divisions according to their BSAT team score.
 - 5) A classification round (or rounds) of games shall then be conducted as a means of finalizing the divisioning process.
 - a) In the classification round, teams will play one or more games with each game lasting at least six minutes.
 - b) Each team will be required to play all team members.
 - b. Competition Adaptations
The following are adaptations of FIBA and NGB rules which may be used when conducting Special Olympics basketball team competitions. These adaptations are optional, and it remains the responsibility of each individual Special Olympics Program to determine whether they will be employed.
 - 1) Length of game may be adjusted at the discretion of the competition manager.



- 2) A player may take two steps beyond what is permitted by NGB rules. However, if the player scores, is deemed to have “traveled” or escapes the defense as a result of these additional steps, an advantage has been gained. A violation is called immediately.
 - 3) The free throw shooter shall release the ball within 10 seconds from the time it is placed at the shooter’s disposal by one of the officials.
 - 4) During frontcourt throw -in, ball can be thrown directly into backcourt.
 - 5) Five second closely guarded count only in the front court.
 - 6) Two (2) free throws awarded beginning with the seventh team foul in each half.
 - 7) If medical device is worn, it must be approved prior to competition. Includes any device worn that covers the face, lower arm (from the elbow to the wrist), knee, or lower leg. A document from a Doctor indicating the purpose and composition of the device will assist in addressing any risk management issues.
- c. Team and Players
- 1) A team shall consist of five players.
 - 2) The composition of a team, including substitutes, may not exceed 12 players.
- d. Point of emphasis: It is a violation for a player to double dribble.
- e. Uniform/Apparel
- 1) All players must wear basketball attire with identifying numbers and flat rubber sole athletic shoes.
 - 2) Team uniform shirts and shorts must be identical in trim color and style.
 - 3) Undershirts, if worn, must match the color of the body of the uniform (not the trim) and must be identical in color. Undershirts may be worn by some or all of the players, and may be short sleeve or tank top (no cut or ragged edges are allowed).
 - 4) Head Coverings - Head coverings for religious reasons must be documented with prior to tournament play and meet the same safety standards as for a medical head covering. Head covering must be of a single, solid color unadorned. This includes, but is not limited to, sequins, trimmings, or any other forms of decorations. The only exception is an athlete may wear a head band no wider than two inches and made of nonabrasive, unadorned single colored cloth, elastic, fiber, soft leather or rubber. Rubber/cloth (elastic) bands may be used to control hair. They do not need to match uniform color. Sweatbands are also allowed. In the event an athlete is required by a licensed medical physician to cover his or her head with a covering or wrap, the physician’s statement must be on file before it can approve a covering or wrap, which is not abrasive, hard, or dangerous to any other player and which is in such a way that is highly unlikely to come off during play.
 - 5) Individuals who do not adhere to uniform regulations will not be allowed to enter a game.
- e. **Half-Court Basketball: 3-on-3 Competition** (SOSC does not offer this event)
- f. **Unified Sports® Events** (SOSC does not offer this event)

SECTION D — BASKETBALL SKILLS ASSESSMENT TESTS (BSAT)

1. BSAT – Dribbling



Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

SET-UP

An area of the basketball court (preferably along a sideline or down the center line), six cones, floor tape and four basketballs one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away, and one more to continue the test.

TEST

Time: 60 seconds for one trial. A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters (6 feet 6 3/4 inches) apart, on a 12-meter course. The player may start to the right or to the left of the first obstacle but must pass each obstacle alternately thereafter. When the last obstacle is passed and the finish line reached, the player puts the ball down, sprints back to the start for the next ball, and repeats the slalom. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run. The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.

SCORING

One point is awarded each time a cone is passed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed). The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.

STAGING

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready", "Go" and will count how many cones the player passes in 60 seconds. Volunteers B and C, who are standing behind the extra balls, will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

2. BSAT – Perimeter Shooting

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Basketball_Rules-FINAL-March2014.pdf

SET-UP

A goal, the official NGB free throw lane, floor tape and two basketballs, one that the athlete is provided initially, another that is for back-up in case the basketball bounces away.

TEST

Time: one trial of one minute. A player stands at the juncture of the free-throw line and lane, either to the left or right. The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter (9 feet) arc. This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. [This arc intersects with the free-throw restraining circle]. The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal. The player shall make as many field goals as described above in one one-minute trial.

SCORING

Two points are awarded for each field goal made within the one-minute trial.



STAGING

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," and will count how many field goals the player makes in one minute. Volunteer B, who is standing behind the extra ball, will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

SECTION D - SOSC MODIFICATIONS

1. Uniforms

- a. Uniforms consist of a jersey, shorts or sweats and sport shoes. All team members must have identical uniforms in color and design. Team jerseys shall be the same solid color front and back.

Numbers must appear on the front and the back of each athlete's jersey. Numbers should be clearly visible with at least 4-inch numbers on the front and 6-inch numbers on the back. The width of the numbers should be at least 1-inch wide.

The following numbers are legal:

0-5, 10-15, 20-25, 30-35, 40-45, 50-55.

- b. It is recommended that each team have two sets of solid colored jerseys: a light colored set when designated as home team and a dark colored set when designated as visiting team.

2. Team Size

- a. A team roster shall consist of a minimum of eight (8) players and a maximum of twelve (12) players. A team may not start a game with less than five players. Teams may have a maximum of 5 alternates on a team roster.
- b. All athletes (players) on the roster must play in the classification/preliminary games and a minimum of 6 minutes in each competition game.

3. Team Competition Rules

- a. A game will consist of four (4) periods, each six (6) minutes long. Stop time shall be used throughout the game. Three (3) full time-outs, two (2) twenty second time outs per game, one additional time-out per extra period.

Summer Games competition games will consist of two 13 minute and use have running time, except the last two minutes will use stop time unless one team is ahead by 15 or more points. There will be two (2) one minute timeouts during each half. Overtime will consist of a four minute period, the first two minutes will use running time and the second two minutes will use stop time.

Summer Games basketball team competition will alternate each year between A, B and C+ teams and C to D- teams. Athletes and teams may not compete in basketball at Summer Games in consecutive years; athletes participating on the higher level teams may not transition to the lower level teams the following year (and vice versa).

- 1) Forfeit Time: There will be a ten (10) minute grace time of scheduled game. Teams not showing up within 10 minutes of scheduled start time will forfeit the game.



- 2) Regulation ball will be used in the male/mixed divisions. Junior and women's division may use a smaller ball.
- 3) Coaches are restricted to the area within the immediate proximity to the team bench and are not permitted around the perimeter of the court.
- 4) Each team must warm-up at the far end from his/her bench prior to the start of the games.
- 5) Officials (Referees) are not to coach players
- 6) Alternating possession is in effect after the initial jump ball to start the game.
- 7) An injured player must be removed until the next opportunity to substitute if the coach/bench personnel come onto the court.
- 8) A player may be allowed to shuffle his/her feet while holding the ball without changing the position on the court.
- 9) A player may be allowed to take one extra step when gaining possession of the ball from a dribble.
- 10) Free Throws: No player shall enter or leave the marked lane space until the ball touches the rim or backboard or the free throw ends.
- 11) The following violations are in effect:
 - a) Ten (10) Seconds backcourt (men, women and junior).
 - b) Three (3) Seconds in the key.
 - c) Double Dribble.
 - d) Traveling
- 12) Any player committing five (5) personal fouls (including technical fouls) will be disqualified for the remainder of the game.
- 13) Coaches are not allowed to use the Full Court Press strategy on D level teams.



SPECIAL OLYMPICS SUMMER SPORTS RULES
BOCCE

The following are the Bocce Competition Rules for Special Olympics Southern California. Rules from the International Bocce Association, Inc., along with Southern California amendments are included.

SECTION A – OFFICIAL EVENTS

1. **Bocce Team**

4 athletes per team

2 athletes at each end of court

2 balls/player

Team members will remain at the end of the court from which they started, throughout the game

2. **Unified Sports® Bocce Team (SOSC does not offer this event)**

2 Athletes, 2 Partners per team

1 Athlete, 1 Partner at each end of court

2 balls/player

Team members will remain at the end of the court from which they started, throughout the game

Partner and athlete must alternate throwing of the bocce balls during the frame.

SECTION B – THE COURT AND EQUIPMENT *SPECIFICATIONS*

1. Court

a. The Standard court is an area 12 feet wide by 60 feet long.

1) Standard courts may be longer than 60 feet.

2) A “Short Court” is 44’ long, inside dimension

b. **Court Surface** – may be composed of stone-dust, dirt, clay, grass or artificial surface provided there are no permanent or temporary obstructions in the court that would interfere with the straight line delivery of a ball from any direction. These obstructions do not include variations in grade or consistency or terrain.

c. **Court Walls** –are the side and end walls of the court and may be composed of any rigid material. The walls may be as high as the bocce balls at all points. The sidewalls may be utilized during play for bank shots or rebound shots.

d. **Markings** – Standard courts should be clearly marked for the following:

1) 4 feet from far end boards: in-bounds for legal toss of pallino

2) 4 feet from near end board: foul line for pointing

3) Half court marker – minimum distance pallino may be played for legal toss of pallino.

e. **Marking** – Short courts should be clearly marked for the following:

1) 7 feet from far end boards: in-bounds for legal toss of pallino

2) 7 feet from near end boards: foul line for pointing

3) Half court marker: minimum distance pallino may be played for legal toss of pallino

2. Equipment

a. **Bocce Balls** – may be of composition, wood or metal and of equal size. Official league and tournament ball sizes may be from 4.20” and 4.33”. The color of the balls is immaterial provided that the four balls of one team are clearly and visibly distinct from the four balls of the opposing team (Red and green balls are recommended).

1) All balls used in a tournament shall be of equal size and weight.



- b. **Pallino** – must not be larger than 2.5” or smaller than 1.875” and should be of color visibly distinct from both bocce ball colors; usually white or yellow.
- c. **Measuring device** – may be any device that has the capacity of accurately measuring the distance between two objects, and acceptable to tournament officials.

SECTION C – RULES OF COMPETITION

3. The Game

- a. **Equipment** – Bocce is played with eight bocce balls and one pallino. There are four bocce balls to a team, and are two different colors to distinguish the bocce balls of one team from those of the opposing team.
- b. **Pregame activities** – Teams have up to 10 minutes after published scheduled start time to arrive and be ready to start a game. Teams that are not ready to start a game 10 minutes after the start time will forfeit the game. Prior to the coin toss, the team coach must complete the roster of those participating in the game, select a team captain and a minimum number of players must be present.
- c. **Pallino and Color** – A coin toss by the referee will determine which team has the pallino and choice of ball color.
- d. **Start of game** – A member of the team who has won the coin toss rolls the pallino into play. After the pallino comes to rest in a legal position, the player who delivered the pallino must then deliver the first bocce ball to establish the initial point.
- e. **Sequence of Play** – The team with the pallino advantage (the team who won the coin toss, or the team that won the previous frame) starts a frame by legally delivering the pallino and the first bocce ball. The player delivering the pallino must be the one to deliver the first bocce ball. The team who delivers the first bocce ball becomes the “In Team”.

After the pallino and first bocce ball have been delivered, the opposing team “Out Team” delivers a bocce ball in an attempt to position their bocce ball closest to the pallino. If they are successful, they step aside and allow the other team to deliver. If they are unsuccessful, they remain the “Out Team” and continue to deliver until they become the “In Team” or have exhausted their four bocce balls.

The “nearest ball” rule governs the sequence of played balls. The team whose ball is closest to the pallino has the “in” ball and opposing team the “out” ball. Whenever a team gets “in” it steps aside and allows the “out” team to deliver.

- f. **Pallino Delivery** – A legal pallino delivery attempt must come to rest in-bounds. In-bounds refers to any area between the mid-court line and the pointing foul line at the opposite end of the court.

Rule Interpretation - If the initial delivery of the pallino comes to rest in-bounds and within 12 inches of the sideboard, the referee will leave it there and play will continue.

During the course of play, the position of the pallino may change as a result of normal play; however, the pallino may never come to rest closer than the half court marker or the frame is considered dead.

If the pallino is hit out of bounds by a bocce ball, the frame is over. The “pallino advantage” remains with the team that delivered it, but the new frame will be played at the opposite end of the court.

- g. **Three Attempt Rule** – The team possessing the pallino will have three attempts at placing the pallino in-bounds at the start of the frame. (It must be the same player for the 3 attempts.) If **the player** is unsuccessful after three attempts, the opposing team will have one attempt to legally place the pallino. If both teams are unsuccessful, the referee will place the pallino in the center of the court just past mid-court.



No matter who legally sets the pallino, the team that had earned the pallino advantage, delivers the first bocce ball.

- h. **Initial Point** – It is always incumbent upon the team with the pallino advantage to establish the initial point.

Example 1: Team A tosses the pallino and delivers the first bocce ball to establish initial point. Team B hits Team A's ball out of position, in doing so, both balls go out of the court, leaving the pallino in the court. Team A must now deliver the next ball to reestablish the initial point.

Example 2: Team A player 1 tosses the pallino and delivers the first bocce ball, but the bocce ball is ruled dead. Team A player 1 must deliver the next (second) bocce ball. If he is unsuccessful then Team A player 2 has two attempts to throw a legal bocce ball.

Unified - Initial Point: If the player who delivers the pallino is unable to establish the first point, then the other player who he is teamed with will attempt to establish the first point. They will continue alternating until the first point is established or they run out of bocce balls.

The partner and athlete will always alternate. Except when one player is completely missing then the lone player can deliver two bocces in a row since there is no partner to alternate with.

- i. **Ball Delivery** – A team has the option of rolling, tossing or banking their ball down the court provided the ball does not go out-of-bounds or the player does not violate the foul marker. A player has the option of hitting out any ball in play in trying to obtain a point, or decreasing the opponent's points. All ball deliveries must be underhand **releasing the ball below the waist.**

"Volo" is not allowed. A volo shot is an aerial shot that **is capable of going** beyond the mid-court line. The **delivered** ball **must** be no higher than the shoulders. **Violation of this rule will result in a "warning" to the offending player and coach. Further violation of this rule will result in disqualification (without replacement) of the player from the game.**

"Dead" backboard – If a bocce ball hits the backboard without first touching either a bocce ball or the pallino, the ball will be ruled "dead" and removed from the court. If after striking the backboard without first touching another ball, it then caroms into a ball or balls, the displaced balls must be returned to their approximate original locations. If after striking the backboard without first touching another ball and causes balls leaning against the backboard to move, the displaced balls must be returned to their approximate original locations.

To legally deliver the ball, the player must have two feet inside the court at all times and the player must stay behind the foul line (not touching the foul line). The players may legally step over the foul line during follow-through if they have already released the ball.

A ball that is dropped behind the foul line is not considered to be a delivered ball

A bocce that rolls along the top of an enclosed court will be considered a dead ball, even if it falls back into the court.

Rule Interpretations:

Legal start of a frame is legal delivery of a pallino.

If the first bocce delivery knocks the pallino out of play, then the frame is dead and play starts over at the opposite end of the court with the same team still having pallino advantage



If a team delivers a legal pallino, but exhausts all bocce balls trying to establish the first point ending up with no bocce balls in play. Then play continues in the same frame with the other team still having 4 bocce balls to deliver.

- j. **Scoring** - At the end of each frame (when both teams have exhausted all balls), points will be determined as follows: One point will be awarded to each of the balls of one team that are closer to the pallino than the closest ball of the opposing team. This will be determined by the referee either visually or mechanical measuring.

Referee will be responsible for validity of scorecard and scoreboard. It is incumbent upon the team captain to verify the accuracy of the posted score at all times.

- k. **Ties During Frame** - In the event the two opposing bocce balls are equidistant from the pallino (tied), the team that rolled last will continue to roll until the tie is broken.

Example: If Team A rolls a ball and establishes “in” or “ pallino advantage”, then Team B rolls its ball and the referee determines that both balls are exactly 12” inches away from the pallino, Team B must continue to roll until it has a bocce ball closer to the pallino or it has exhausted all its balls.

- l. **Ties at the end of a Frame** - In the event that the two closest bocce balls to the pallino belong to opposing teams and they are tied, no points shall be awarded and the “pallino advantage” remains with the team that delivered it. The new frame shall be played from the opposite end of the court from which the previous frame was played.

- m. **Winning Score** - the Tournament Director will determine the winning score.

- n. **Scorecard** - It is the responsibility of the coaches to sign the scorecard after a game and the signatures will indicate the indisputability of the final score and the acceptance of all events during the game as “non-protestable”. If a protest will be filed, the coaches disagreeing with the score should not sign the scorecard. Once the scorecard has been signed this makes any protest null and void by the coach. See also Rule 4 Penalties- number 3b.

- o. **Forfeiture** – Teams with less than the prescribed number of players will forfeit the match.

- p. **Position of Coaches** – Coaches must remain at the end of the court behind the players, or in a designated area. At no time may a coach give instructions to his players during a game. Coaching may be permitted during a tournament, by the tournament director for “C”, “D” and “Short Court” division or any subset of same. (See #9 Below for further info)

1. Player Designation

- a. **Captain** – On any team, the captain must be designated and made known to the official before the start of a game. The captain may not be changed during the course of a game, except if the captain must leave the game.

- b. **Rotation of Players**

Bocce Ball - The players of a team may elect to play their bocce ball in any rotation provided the player who throws the pallino delivers the first bocce ball.

Exception: Unified teams must alternate between athlete and partner when delivering their bocce balls.

Pallino – All teams; the team with “pallino advantage” must alternate between team members, respective to their side of the court, from frame to frame when delivering the pallino.



Example: Player 1 and 2 of Team A are at the same side of the court. If Team A has pallino advantage and Player 1 delivers the pallino; then the next time Team A has pallino advantage (at the side of the court that has Player 1 and 2), Player 2 must deliver the pallino.

c. Position of Players

- 1) To deliver a legal ball all players will be required to have two feet inside the court at all times.
 - a. Pallino: If a player has only one foot inside the court this will be considered their first attempt. The official will remind the player of having to have two feet inside court. Any other pallino delivers with only one foot inside court will be their second and/or third attempt.
 - b. Bocce ball: If a player delivers a ball with only one foot inside the court the first time in the game this happens the ball will be considered “live” a warning will be given to each team after which penalties will be prescribed.

The penalty for a team committing a second ball delivery with only one foot inside the court during a game will be removal of the ball from play for that frame. Any “live” balls displaced will be returned to their approximate positions before the foul.

- 2) Only the player delivering a ball is allowed access to the court.

- d. Substitution of Players – Alternates must register for a team before a tournament begins. Alternates must play in seeding rounds. Only one substitute may be allowed per team per game. That substitute may take the place of any player on the team and may substitute for different players on the same team during different games. Once a player has registered to substitute for one team during a tournament, he may not substitute for any other team during that tournament. The substitute player should have “the same as or less than the same” athletic capability as the substituted player as determined by the Tournament Director.
- e. **Emergency substitution** – Only in the event of a verified emergency may a player be substituted during the course of a game. Emergency substitutions will only be made at the end of a frame. Once a substitution is made, the substitute must complete the game.

Exception – A tournament that does not allow substitutions may use the following guidelines to allow games to continue when there are less than 4 players left on a 4-player team.

- The game will continue with 3 players.
- If a team has less than 3 players, then that team will forfeit the game.
- A player who leaves a game may re-enter the same game at the beginning of a subsequent frame.
- A team that begins a game with 3 players may not add a 4th player during the game.
- A player may not throw more than his allotment of bocce balls. 2 balls per player.

2. Time Outs, Delays-of-Game, Checking Position of Points, and Asking for Measurement

- a. **Time Out** – The official may grant a time-out whenever the circumstances appear to be of sufficient validity. The time-out will be limited to ten minutes.
- b. **Intentional Delay of Game** – If, in the opinion of the official, the game is intentionally delayed, the official will give a warning. If play is not resumed immediately, the delaying team will forfeit the match.
- c. **Delays Caused by Weather, Acts of God, Civil Disorder or Other Unforeseen Reasons** – In such delays, the ruling of the League or Tournament Director will be decisive and final.
- d. **Checking Position of Points** – Team Captains may proceed, outside of the court, to the half court mark to check position of points before delivering a ball.



- e. **Asking for Measurement** – The Team Captains or designated coach from each team are allowed to ask for a measurement. When only one team has exhausted all of its balls, the referee shall not be permitted to declare, by measurement or viewing, which team is “in”.

3. Penalties

a. Enforcement of Penalties

- 1) **Determination** – Immediately upon determination by the official that a foul has been committed, the official will notify both teams and inform them of the penalty imposed. The ruling of the official is final.
- 2) **Penalties Not Covered** – For conditions not specifically covered in these rules, the League or Tournament Director’s ruling shall be decisive and final.
- 3) **Protests** –
 - a) Any protest to an official’s or Tournament Director’s decision during a game must be made by the team protesting’s coach before that team plays it’s next ball, or the decision will be considered as accepted. The protested activity/decision must be brought to the attention of the referee on the court at that time.
 - b) To protest a completed game, see Rule Section C- 1 letter m, on page #4.
 - c) Any protest to an official’s or Tournament Director’s decision must be made by a Special Olympics certified bocce coach within 15 minutes of the completion of any game or the decision made by the official or Tournament Director will be considered as accepted. Protests will be acknowledged and judged on the basis of merit in circumstances not specifically proved for hereunder.
- 4) **Protest to Forfeiture** – If a team must forfeit a match as a result of not being present for a schedule match or as a result of violations hereunder prescribed, no official protest will be acknowledged.

b. Specific Fouls

- 1) **Foul-Line Fouls** – A player must remain behind the foul line (not touching it) before the ball leaves the player’s hand. This also includes wheelchair athletes who must keep all four wheels behind the foot foul line. The referee or line judge must witness a foul.

If the foot foul is committed by having both feet way over the foul line, the ball will be replayed and a warning issued. This type of foul is also known as a Gross Foot Foul.

One official warning will be granted each team per game after which penalties will be prescribed.

The penalty for a team committing a second foul-line foul during a game will be removal of the ball from play for that frame. If possible and safe, the referee will seek to stop the ball just delivered before it reaches the pallina and the other balls “in contention”, remove the just released ball from the court and declare the just released ball to be a dead ball. If the just released ball does come in contact with the pallina and/or other balls “in contention” and these balls are moved from their original position, then the referee will place the balls back as close to their original position as possible and play will continue.

- 2) **Illegal Movement of a Ball Belonging to Your Own Team** - If a player moves one or more of his team’s “live” balls, it or they will be marked “dead”, removed from the court for that frame and play continues.
- 3) **Illegal Movement of an Opponent’s Ball** – If, after all eight balls have been thrown a player moves one or more of the opponent’s balls, the opponents’ balls that were moved will be awarded one



point each. If a player moves one or more of his/her opponent's balls, and there are remaining unplayed balls, the official will return them to their approximate original position. If the official is not able to return them to their approximate original position, the frame is dead and started over from the same end.

- 4) **Illegal Movement of the Pallino by a Player** – If the pallina is moved by a player, the opposite team will be awarded as many points as the number of live balls that were "in contention" plus the number of balls yet unplayed. If the team fouled against has no balls "in contention" and no balls remaining the frame is dead and started over from the same end.
- c. Accidental or Premature Movement of Balls or Pallino by Referee
- 1) **Accidental Movement of a Ball or Pallino by the referee during play** (when more balls are yet to be played) – If an official moves the pallino or a "live" ball, the official must return it to its original position. If the official is not able to return it to its original position, the frame is dead and started over from the same end.
 - 2) **Accidental or Premature Movement of a Ball or Pallino by an official, after all balls are played** – If the points were obvious to the official, they will be awarded. All uncertain points will not be awarded.
- d. Interference with a Ball in Motion
- 1) **By One's own Team** – If a player interferes with his own team's ball in motion, that ball will be considered "dead" and removed for that frame and play will continue.
 - 2) **By Opponent's Team** – If a player interferes with an opponent's ball in motion, the team fouled against will deliver their ball again.
 - 3) **By a foreign Object** – If a spectator, animal or object interferes with a ball in motion, the ball will be replayed
- If "live" balls have been moved and cannot be returned to their original position then the frame is dead and will be replayed from the same end.
- e. Wrong Color Delivery
- 1) **Replaceable** – If an "**out**" player delivers the wrong color ball, the ball may not be stopped by a player or referee. The ball must be allowed to come to rest and be replaced with the proper color ball by the referee.
 - 2) **Unidentifiable** – If an "**out**" player delivers the wrong color ball, which cannot be identified by the referee, the frame will be considered dead. The frame will be replayed from the same end of the court.
- f. Wrong Rotation of Play
- 1) **Initial Roll** – If a team wrongly delivers the pallino and its first ball, the referee will return the pallino and the ball and begin the frame over.
 - 2) **Rolling out of Turn** –
If a player delivers a bocce ball when his team is "in" and the other team still has balls left, the ball in question remains where it comes to rest, is considered "live" and play continues. This ruling holds true regardless of who indicated the ball was "in".
 - 3) **Rolling too many bocce balls** – If a player rolls more than his/her allotment of bocce balls during a frame, the illegal ball is marked "dead" and removed from the court for that frame. If possible and



safe, the referee will seek to stop the ball just delivered before it reaches the pallina and the other balls “in contention”. Any scattered balls are returned to their approximate original position.

- g. **If the pallino is knocked out of bounds** - If the pallino is hit out of bounds by a bocce ball, the frame is over. The “pallino advantage” remains with the team that delivered it, but the new frame will be played at the opposite end of the court.
4. Officials
- a. Objections
- 1) **Objections to Officials** – Each team has the right to object to a designated official for any reason prior to the start of a game. This objection will be considered and decided upon by the Tournament Directors.
 - 2) **Participant Officials** – No member of a team or registered substitute of a team will be allowed to function as an official in a game in which that team is also playing.
- b. Substitute Officials
- 1) **During a Game** – Substitutions of officials may occur during a game only with the permission of the Tournament Director.
 - 2) **Additional Officials** – Additional officials may be assigned to any games during the course of play provided permission is granted by the Tournament Directors.
 - 3) **Team Requests** – Officials may be changed during the course of a game if either team presents sufficient cause to the Tournament Directors.
 - 4) **Official’s Uniform** – Referee should be clearly distinguishable from players, it is recommended that vests or common shirts should be worn.
- c. Ethics
- 1) **Officials’ Code of Ethics** – A referee will:
 - a) Study the rules of the game.
 - b) Be fair and unbiased in his decisions, rendering them without regard to the score.
 - c) Be firm but not overbearing; courteous but not ingratiating; positive, but never rude; dignified but not arrogant; friendly by being a companion; calm, but always alert.
 - d) Be prepared, both physically and mentally, to administer the game.
 - e) Not give information, which would benefit or give advantage to one team over another.
5. Other Circumstances
- a. Broken Ball
- 1) **During Play** – If during the course of a frame a ball or pallino should break, the frame will be considered dead. Replacement of ball or pallino will be the responsibility of the Tournament Directors.
- b. Court Grooming
- 1) **Prior to Play** – All courts must be groomed to the satisfaction of the Tournament Directors before the start of each game.
 - 2) **Court Grooming During Play** – Courts may not be re-groomed during the course of the game. Obstacles or objects such as stones, cups, etc. may be removed during the course of a game.



- 3) **Unusual Court Conditions** – If in the opinion of the Tournament Director, the court conditions are such that play is impractical, the game can be stopped and resumed on another court or at another designated time.
- c. Moving Objects
 - 1) **Moving Ball or Pallino** – No player may play his ball until a pallino or another ball has come to a complete rest. The ball must be returned and delivered again. If the ball touched any balls that were still in motion, then frame is considered dead and will be replayed from the same end. If the ball touches “live” balls that were not in motion, then those balls will be returned to their approximate original positions.
6. Player Behavior
 - a. Conduct
 - 1) **Disqualification** – Players shall act in a sportsmanlike manner at all times. Any act that is deemed as poor sportsmanship such as insulting language, gestures, actions, or words that engender ill will, if flagrant, may result in disqualification.
 - 2) Physical or Behavioral Problem- Coaches may be invited into the playing area to assist Referee in player “physical or behavioral problem”.
 - b. Attire
 - 1) Shirts - Matching shirts will be worn by all players of a team. Teams may wear either short or long sleeve shirts.
 - 2) Pants - Matching pants shall be worn by all players of a team. Short pants or long pants may be worn.
 - 3) Shoes – Shoes are required. Shoes which cover the foot will be worn by all players (no sandals or open toed shoes). The soles of the shoes shall not damage or disrupt the court surface.
 - 4) Objectionable Attire – Players wearing objectionable or offensive clothing, or who are improperly attired, may not be allowed to participate in a tournament.
7. Coach’s Behavior
 - a. The coach’s job during a tournament is to encourage his players.
 - b. The coach must remain behind his players at one end of the court while a frame is in play, and while points are being determined.
 - c. The coach may not give verbal or visual instruction to his/her players.
 - d. The coach may not physically help his players deliver a ball.
 - e. The coach must treat all players and officials with respect.
 - f. A coach that fails to follow these rules may be asked to leave the venue and/or have their team forfeit.
8. Coaching During A Tournament
 - a. Coaching will be allowed in “C” divisions as well as “D” divisions. Coaches must not delay the game. The coaches in these divisions will be allowed to walk from one end of the court to the other between frames to help the players at the opposite end of the court.
 - b. Coaches may remind players of the following:
 - 1) not to cross the foul line



- 2) aim for the pallino
 - 3) not to throw too hard or too slow
- c. Once Athlete Steps Into Court
- 1) Discussion with any athlete is prohibited once the athlete steps onto the court.
Exception – An exception to this rule will be given to any visual impaired athlete
 - 2) If an official determines that a coach or spectator is violating this rule, the official may sanction the offending individual. Sanctions may include: verbal warning, citing the coach with unsportsmanlike conduct or expulsion from the game.
 - 3) Sanctions –
 - a) If a coach violates this rule they will be given a verbal warning first. If the coaching continues then the coach will be cited with unsportsmanlike conduct and if the coach continues after that then the coach will be expelled from the current game.
 - b) If a spectator violates this rule they will be given a verbal warning first. If the coaching continues then the spectator will be expelled from the current game and further told that if they continue they will have to leave the tournament.
- d. Short Court: Coaching will be allowed for all games whether prelims or regular games.
9. Short Court Division:
- a. This court will become its own division.
 - b. If two players on the team are able to make shots from the tournament “long court” foul line to the tournament “long court” half way line, that team will move up in Division from the short court to the long court.
 - c. All other rules apply to the short court as they do for the long courts.

10. Preliminary Round

In the preliminary round we will have a final score of nine or a twenty minute time limit on the game.

At the beginning of each game the referee will instruct the scorekeeper to start the clock for the twenty minute time limit. The clock will start when the player with the first pallino delivery is in the court ready to deliver the pallino.

The game will be considered finished if one team gets to the final score of nine before the twenty minutes are up or when the clock time runs out.

If the time runs out and a new frame has already started that frame will continue to its completion. If one team is ahead at that point they will be the winner. If there is a tie the teams will play one more frame to determine the winner. (New frame defined: Any legally delivered ball(s) that are on the court before the clock has timed out)

Further defined:

If an athlete is holding the pallino in their hand the frame will not be considered to have started.

If an athlete has been trying to put the pallino in play and is somewhere in the middle of the three attempt rule the frame will not have be considered to have started.



11. Use of Ramps

When ramps are used on either the long or short courts the athletes will play from one end of the court. There will be no need to exchange sides as in a normal game.

12. Mechanical Aid

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

b. If due to a medical or physical condition an athlete requires the use of a mechanical aid to spot the position of the pallino, then discretion can be given to the Event Manager/Tournament Director for this to be permitted. Items such as a bell or bright colored cone, large scoreboard, referee paddle for a visually impaired athlete are examples of this type of mechanical aid. If a cone is used as a mechanical aid it should be placed as close as possible to the Pallino, usually behind, and removed from the court once the Bocce ball is released from the athlete's hand. If a bell is used it should be rung while held over the Pallino.

13. Gold Foul Line

a. On courts where "D" division players are playing, the use of a "gold" foul line is permitted to assist those players unable to deliver a bocce ball past the ½ way line from the "standard tournament foul line. This "gold" line will be drawn on both ends of the court. This "gold" foul line will be drawn half way between the "standard" tournament foul line and ½ way line.

This "gold" line is to be used only by those athletes that have demonstrated the inability to deliver a bocce ball that would surpass the "standard" ½ way line.

The athlete may stand anywhere behind the "gold" line when delivering the bocce or pollina ball. Should an athlete using the "gold" line deliver two balls during a game that go beyond the "gold" line on the other end of the court, the athlete will be required to go back to the standard foul line for the balance of the game. Pollinas delivered by an athlete using the "gold" line will be required to not surpass the "gold" line on the opposite end of the court to start the game.

14. Tournaments That Are Short on Time

If a tournament is showing that it is going to be short on time the Tournament Director has the discretion of using a time clock for games as well as having a final score.

If a time clock is used the time for the games will be 45 minutes and the final score can be either 9 or 11 points.

SECTION D – DEFINITION OF PLAYING TERMS

1. Ball: Live and Dead

a. A "live ball" is any ball in play that has been legally delivered.

b. A "dead ball" is any ball that has been disqualified or forfeited. A ball may be disqualified if:

1) It is the result of a penalty.

2) It has gone out of the court.

3) It hits the top of the court wall.

4) It hits the covering over the court or any supports thereof.



- 5) It hits the end board without first hitting another bocce ball or the pallino.
 - 6) It rolls on top of the court enclosures, the ball is considered dead even if it falls back into the court.
 - 7) See also Penalties.
2. Bocce Ball and Pallino
 - a. Pallino (alternate spelling Pollina) is a small object ball also know as a "Target Ball" or "Jack" usually white or yellow in color.
 - b. Bocce Ball is the larger playing ball traditionally Red for one team and Green for the other team. Colors are to be different enough to be easily distinguishable.
 3. Other terms
 - a. "Pointing" - refers to the act of delivering a ball to gain a position closest to the pallino in order to score a point.
 - b. "Hitting" - is sometimes known as "spocking," "shooting," etc. A delivery that is thrown with sufficient velocity that it would hit the backboard if it missed the target.
 - c. Bank shot refers to playing a ball off of the sideboards.
 - d. Frame is the period in the game in which balls are played from one side of the court to the other and points are awarded.
 - e. The "IN Team" is the team whose ball is closest to the pallino. The "IN" Team must step aside to allow the "OUT" Team to deliver its bocce ball(s).
 - f. The "OUT Team" is the team that is not closest to the pallino. The "Out" Team must deliver the bocce balls one at a time until it is determined by the referee that they are the "IN" Team. This will continue until either they become the "IN" Team or all of their balls have been exhausted for that frame.
 - g. Pallino Advantage refers to possessing the right to start a frame by tossing the pallino and the first bocce ball. Pallino Advantage is determined at the start of a game by a coin toss. Subsequently, the team that wins a frame by scoring a point (or points) also wins pallino advantage for the next frame.
 - h. Foul is a rule infraction for which a penalty is prescribed."
 - i. "In Contention", refers to balls in potential scoring position.
 - j. "End of Frame" is when the score has been announced by the Referee, each end of the court given a 10 second opportunity to dispute the score and the pollina picked up by the Referee.
 - k. No one beside the Referee and his/her invited assistance is to enter the court until the "end of the frame".



SPECIAL OLYMPICS SUMMER SPORTS RULES

GOLF

The Official Special Olympics Sports Rules for Golf shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon The Rules of Golf as approved by the Royal and Ancient Golf Club of St. Andrews (R&A) found at <http://www.randa.org/> National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Golf or Article I. In such cases, the Official Special Olympics Sports Rules for Golf shall apply. Additional rules clarifications related to individuals with disabilities (for example visually impaired or wheelchair bound athletes) can be found on the R&A or USGA website.

Refer to Article 1, <http://resources.specialolympics.org/article1.aspx> for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria For Advancement to Higher Levels of Competition, and Unified Sports.

SECTION A — OFFICIAL SOSC EVENTS

The following is a list of official events available in Special Olympics. The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Level 1: Individual Skills Competition
2. Level 2: Unified Sports Alternate Shot Team Play (9-hole)
3. Level 3: Unified Sports Alternate Shot Team Play (18 hole) (SOSC does not offer this event)
4. Level 4: Individual Stroke Play (9 hole)
5. Level 5: Individual Stroke Play (18 hole) (SOSC does not offer this event)

SECTION B — GENERAL RULES AND MODIFICATIONS

1. Eligibility

The following criteria should be followed during competition and when moving between levels.

The standard for eligibility is for an athlete and Unified partner to have completed an Individual Skills Competition with a total score of at least 60 points. In addition, the athlete should score 10 points or more in at least four out of the six skills, with one of the four scores of 10 being in either the wood or iron shot. The athlete should also achieve a minimum of five points in the two skills that total less than 10. If the athlete is scoring above 100 in the ISC (minus the bunker shot), it is recommended that they begin participating in Level 2 competitions.

- a) When considering moving up in levels, the following scores are the required averages that the athlete must have when practicing:
 - 1) Level 2 to Level 3 = average of 120 or lower (team score)
 - 2) Level 2 to Level 4 = average of 60 or lower
 - 3) Level 3 to Level 4 = average of 60 or lower
 - 4) Level 3 to Level 5 = average of 120 (athlete only score) or lower
 - 5) Level 4 to Level 5 = average of 120 or lower
- b) The following are maximum averages for each level of competition that will be enforced at all sanctioned competitions. Scores not meeting these criteria may be subject to disqualification.
 - 1) Level 2 – average of 75 or lower
 - 2) Level 3 – average of 120 or lower (18 holes)
 - 3) Level 4 – average of 70 or lower
 - 4) Level 5 – average of 120 or lower



- c) The decision to offer the use of power golf carts will be left to the discretion of the specific Tournament Committee. At any event, athletes will be required to walk. A case may be considered for using a power cart during any competition upon presentation of a medical certificate to the Tournament Committee no later than registration deadline.
- d) For the purpose of preventing slow play, the Committee may, in the conditions of a competition (Rule 33-1), establish pace of play guidelines including maximum periods of time to complete a stipulated round, a hole, or a stroke.
- e) Appropriate golf attire is required and determined by the tournament committee for all levels of play.
- f) It is strongly recommended that athletes competing in Levels 4 and 5 provide their own caddies for tournaments and competitions. As per the USGA, a caddie is defined as “one who assists the player in accordance with the Rules, which may include carrying or handling the player’s clubs during play.” If you choose to not bring a caddie, it is not the responsibility of the tournament committee to provide a caddie at the competition.
 - 1) For athletes transitioning from Levels 2 and 3, it is encouraged that the Unified partner become the athlete’s caddie, as they will have experience understanding how the athlete plays the sport.
 - 2) For tournaments and competitions, coaches can assume the role of a caddie, with the understanding they will relinquish their coach privileges (ie. ability to file a protest) during the competition.
 - 3) A caddie should not be utilized for Levels 2 and 3, where the Unified partner would assume the role of providing advice to the athlete, including club selection, course management, keeping of the scorecard and etiquette.

SECTION C — EQUIPMENT

Each player is responsible for providing his/her own equipment, including:

- a) A set of clubs (No more than 14 clubs)
- b) A golf bag
- c) Golf balls
- d) Tees
- e) Divot Repair Tool (Not required at Level 1)
- f) Ball Marker (Not required at Level 1)

SECTION D – EVENT SPECIFIC RULES

1. Level I - Individual Skills Competition

The purpose of the Individual Skills Competition is to allow athletes to train and compete in basic golf skills. The development of these key skills is necessary prior to advancing to Level 2-5. A maximum of 140 points may be scored in Level I, if the bunker shot is included. An example of the Individual Skills Competition Scoresheet can be found in the Addendum to the Golf Rules.

NOTE: For the following skills events: short putt, long putt, chip shot, pitch shot, bunker shot. When taking your 5 attempts and movement of the ball occurs, you should remove the ball prior to the next attempt to avoid interference.

- a. Short Putt (Maximum 20 points)
 - 1) Purpose — To measure the athlete’s ability to putt, focusing on the Short Putt.
 - 2) Equipment
 - a) A regulation putting green with a properly marked (target) hole.
 - b) Five balls.



- c) A chalker may be used to mark the circle targets around the hole; and
- 3) Description
- a) A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of 0.5 meter and the second shall have a radius of 1.5 meters from the hole.
 - b) The athlete will have five attempts from a clearly marked spot, 2 meters from the hole.
 - c) The short putt should be set up on a green with as flat a surface as possible.
- 4) Scoring
- a) The athlete will have five attempts to putt the ball at the hole from a line 2 meters (6.56 feet) from the hole, scoring points according to where the ball comes to rest.
 - b) The athlete will score one point for making a stroke at, and striking the ball. (A swing and a miss count as one attempt, and the athlete receives a score of zero).
 - c) A second point is scored if the ball stops on or within the 1.5 meter (4.92 feet) circle.
 - d) A third point is scored if the ball stops on or within the 0.5 meter (1.64 feet) circle.
 - e) If the ball goes in the hole, a total of four points will be awarded for that attempt.
 - f) The Short Putt score shall be the sum total of the five attempts.

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Golf_Rules-FINAL-March2014.pdf

b. Long Putt (Maximum 20 points)

- 1) Purpose — To measure the athlete's ability to putt, focusing on the Long Putt.
- 2) Equipment
 - a) A regulation putting green with a properly marked (target) hole.
 - b) Five balls.
 - c) A chalker may be used to put target circles around the hole.
- 3) Description
 - a) A target hole is selected and two circles are placed around the hole. The first circle shall have a radius of 0.5 meter and the second shall have a radius of 1.5 meter from the hole.
 - b) The athlete will have five attempts from a marked spot, 8 meters from the hole.
 - c) The Long Putt should be set up on a green with as flat a surface as possible. Note: Putting up hill is recommended.
- 4) Scoring
 - a) The athlete will have five attempts to putt the ball at the hole from a spot 8 meters from the hole, scoring points according to where the ball comes to rest.
 - b) The athlete will score one point for making a stroke at, and striking the ball. (A swing and a miss count as one attempt, and the athlete receives a score of zero).
 - c) A second point is scored if the ball stops on or within the 1.5 meter circle.
 - d) A third point is scored if the ball stops on or within the 0.5 meter circle.



- e) If the ball goes in the hole, a total of four points will be awarded for that attempt.
- f) The long putt score shall be the sum total of the five attempts.

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Golf_Rules-FINAL-March2014.pdf

c. Chip Shot (Maximum 20 points)

- 1) Purpose — To measure the athlete's ability to hit chip shots 14 meters from the hole. Woods and putters are not permitted for this skill.
- 2) Equipment
 - a) An appropriate number of golf balls based on the number of competitors (it is recommended that five balls per player be available to eliminate having to retrieve balls)
 - b) A putting green with a clearly marked target flag and hole.
- 3) Description
 - a) A chipping area is set up which includes a 3 meters by 3 meters square hitting area 14 meters from the hole. The chipping area should be 2 meters from the edge of the green.
 - b) A 3-meter radius circle and a 6-meter radius circle will be placed around the hole.
 - c) A safely marked hitting area, 3 meters by 3 meters square, chalk and marker.
 - d) The athlete is instructed to chip the ball at a designated hole, getting it as close to the hole as possible.
- 4) Scoring
 - a) The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
 - b) The athlete will score one point for making a stroke at and striking the ball. (A swing and a miss count as one shot and the athlete receives a score of zero for that shot).
 - c) A second point is scored if the ball comes to rest inside the 6-meter (19.68 feet) circle around the hole.
 - d) A third point is scored if the ball comes to rest inside the 3 meter (9.84 feet) circle around the hole.
 - e) A fourth point is scored if the chip shot comes to rest in the hole.
 - f) The total score from the five attempts will be the athlete's final score for the Chip Shot.

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Golf_Rules-FINAL-March2014.pdf

d. Pitch Shot (Maximum 20 points)

- 1) Purpose — To measure the athlete's ability to hit controlled pitch shots in the air in the proper direction to a defined circular target area.



- 2) Equipment
 - a) An appropriate number of golf balls based on the number of competitors (it is recommended that five balls per player be available to eliminate having to retrieve balls)
 - b) A marked hitting area; paint, chalk, or cones.
 - c) Shag bags or tubes to retrieve balls at station.
 - d) A target flag and hitting mat or artificial surface.
 - e) A banner, sign, net or barrier that measures 1 meter (3.28 feet) high by 5 meters (16.40 feet) wide. Two 2-meter (6.56 feet) poles can be used to support the banner, sign, net or barrier.

- 3) Description
 - a) A target area shall be a circle with a 6-meter (19.68 feet) radius.
 - b) The distance from the hitting area to the 1-meter (3.28 feet) high barrier shall be 5 meters (16.40 feet).
 - c) The distance from the 1-meter (3.28 feet) high barrier to the target area shall be 5 meters (16.40 feet).
 - d) The athlete shall make five attempts. The athlete is instructed to pitch the ball over the barrier at the designated target area.

Note: The skill station should be located in a restricted area such as the driving range in order to provide the safest environment. If an unrestricted area is used, then the area should be roped off and clearly identified for volunteers, spectators and athletes.

- 4) Scoring
 - a) The athlete will attempt five shots at the target, scoring points according to where the ball lands.
 - b) Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss count as one shot and the athlete receives a score of zero for that shot).
 - c) A second point is scored if the ball goes over the barrier and between the upright poles.
 - d) A third point is scored if the ball lands inside the 12-meter circle and rolls out, or if the ball lands outside the 12-meter circle and comes to rest inside the circle.

Diagram available on SOI website:
http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Golf_Rules-FINAL-March2014.pdf

- e) A fourth point is scored if the ball lands inside the 12-meter circle and comes to rest inside the circle.
 - f) The Pitch Shot score shall be the sum total of the five attempts.
- e. Bunker Shot (Maximum 20 points)

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

 - 1) Purpose — To measure the athlete's ability to hit controlled shots from a bunker in the air in the proper direction to a defined circular target area.



- 2) Equipment
 - a) An appropriate number of golf balls based on the number of competitors (it is recommended that five balls per player be available to eliminate having to retrieve balls)
 - b) A defined hitting area in a bunker or manufactured area with sand, paint or chalk, and markers;
 - c) Shag bags or tubes to retrieve balls at station.
 - d) A target flag, hitting mat or artificial surface covered with sands, paint, chalk or marker in the bunker from which to hit.
 - e) The rim of the bunker (bunker face) should be at least 1 meter high and 5 meters wide. If not, a banner, net or barrier should be constructed such that from the bunker hitting area a ball must clear 1meter in height. Two 2-meter support poles should be used to support the banner, sign, net or barrier. Poles should also be used to designate 5 meters scoring width on the bunker face.

- 3) Description
 - a) A target area shall be a circle with a 6-meter radius.
 - b) The distance from the hitting area in the bunker to the 1-meter barrier or bunker face shall be 5 meters.
 - c) The distance from the 1-meter high barrier or bunker face to the target area shall be 5 meters.
 - d) The athlete shall make five attempts. The athlete is instructed to pitch the ball out of the sand and toward the designated target area.

Note: The skill station should be located in a restricted area such as the driving range in order to provide the safest environment. If an unrestricted area is used, then the area should be roped off and clearly identified for volunteers, spectators and athletes.

- 4) Scoring
 - a) The athlete will attempt five shots at the target, scoring points according to where the ball lands.
 - b) Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss, or “grounding” the club, counts as one shot and the athlete receives a score of zero for that shot).
 - c) A second point is scored if the ball goes over the barrier or bunker face and between the upright poles.
 - d) A third point is scored if the ball lands inside the 12-meter circle and rolls out, or if the ball lands outside the 12-meter circle and comes to rest inside the circle.
 - e) A fourth point is scored if the ball lands inside the 12-meter circle and comes to rest inside the circle.
 - f) The Bunker Shot score shall be the sum total of the five attempts.

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Golf_Rules-FINAL-March2014.pdf

- f. Iron Shot (Maximum 20 points)
 - 1) Purpose — To measure the athlete’s ability to hit an iron shot for distance within a set hitting area.



- 2) Equipment
 - a) An appropriate number of golf balls based on the number of competitors (it is recommended that five balls per athlete be available to eliminate having to retrieve balls).
 - b) Marking paint or chalk, and marker to mark hitting area and boundary lines (1/2-inch cord or rope can be substituted for marking boundary lines, making them more visible).
 - c) Hitting mat or carpet, tees, helmets, a safety zone for scorekeepers to stand in and shag bags or tubes to retrieve balls (if necessary); and
 - d) A target flag and eight cones or other visible markers to identify distance locations.
 - e) Athletes may use an Iron or Hybrid/Rescue Club for either an Iron shot, but not both.
- 3) Description — The athlete may choose to hit the ball off a tee, a mat or the ground. The athlete is instructed to hit the ball from the teeing area toward a designated flag in the hitting area, trying to keep the ball within the boundary markers and achieving a distance of more than 90 meters.
- 4) Scoring
 - a) The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
 - b) Athletes will score one point for making a stroke at and striking the ball. (A swing and a miss count as one attempt and the athlete receives a score of zero for that shot).
 - c) Two points are scored for a ball that comes to rest between the 30 meters and 60 meters lines within the 35-meters wide boundary lines.
 - d) Three points are scored for a ball that comes to rest between the 60 meters and 90 meters lines within the 35-meters wide boundary lines.

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Golf_Rules-FINAL-March2014.pdf

- e) Four points are scored for a ball that comes to rest beyond the 90 meters line within the 35-meters wide boundary lines.
 - f) The athlete's score for the Iron Shot shall be the sum total of the five attempts.
- g. Wood Shot (Maximum 20 points)
- 1) Purpose — To measure the athlete's ability to hit a wood shot for distance within a set hitting area.
 - 2) Equipment
 - a) An appropriate number of golf balls based on the number of competitors (it is recommended that five balls per player be available to eliminate having to retrieve balls).
 - b) Marking paint or chalk, and marker to mark hitting area and boundary lines (a 1/2-inch (1.27 cm) cord or rope can be substituted for marking boundary lines, making them more visible).
 - c) Hitting mat or carpet, tees, helmets, a safety zone for scorekeepers to stand in and shag bags or tubes to retrieve balls (if necessary); and



- d) A target flag and eight cones or other visible markers to identify distance locations.
 - e) Athletes may use a Fairway Wood, or Driver and if they did not use a Hybrid/Rescue Club for their iron shot, then they can use it for the Wood shot.
- 3) Description — The athlete may choose to hit the ball off a tee, a mat or the ground. The athlete is instructed to hit the ball from the teeing area toward a designated flag in the hitting area, trying to keep the ball within the boundary markers and achieving a distance of more than 120 meters.
- 4) Scoring
- a) The athlete will attempt five shots at the target, scoring points according to where the ball comes to rest.
 - b) The athlete will score one point for making a stroke at and striking the ball (a swing and a miss count as one attempt, and the athlete receives a score of zero for that shot).
 - c) Two points are scored for a ball that comes to rest between the 60 meters and 90 meters lines within the 50-meters wide boundary lines.
 - d) Three points are scored for a ball that comes to rest between the 90 meters and 120 meters lines within the 50-meters wide boundary lines.

Diagram available on SOI website:

http://media.specialolympics.org/soi/files/resources/Sports-Rules-Competitions/SportsRules/Golf_Rules-FINAL-March2014.pdf

- e) Four points are scored for a ball that comes to rest beyond the 120 meters line within the 50-meters (164.041 feet) wide boundary lines.
 - f) The athlete's score for the Wood Shot shall be the sum total of the five attempts.
2. **Level 2 — Unified Sports Alternate Shot Team Play (9 Hole)**

a. Definition of a Team: A team shall consist of one athlete with an intellectual disability and one Unified partner without an intellectual disability.

b. Purpose for this Level of Play

- 1) For Special Olympics athlete golfers with an entry level of understanding of golf, this level is designed to give the Special Olympics athlete an opportunity to transition from individual skills to individual play and to progress under the guidance of a Unified partner whose ability and knowledge of golf is more advanced than that of the Special Olympics athlete. As a result, this scenario does not function in the traditional Unified Sports model where teammates are expected to be of similar ability. The Unified partner serves as a coach and mentor so that the Special Olympics athlete becomes self-sufficient on the golf course.
- 2) For more experienced Special Olympics athlete golfers, this level is also designed for athletes and Unified partners that have comparable ability levels and knowledge of the sport. This scenario would more closely resemble the traditional Unified Sports model whereby the teammates would be of similar ability. Even if the athlete has the skill set to play individually in Level 4, he/she may choose to continue playing at Level 2.

c. Form of Play

- 1) The form of play will be Foursome Rule 29 under the Rules of Golf (Alternate Shot) — The players play alternately from the teeing grounds and then alternate strokes until the ball is holed. Example: If



Player “A” plays from the tee on the odd-numbered holes, then Player “B” would play from the tee on the even-numbered holes. Only one ball is in play on a hole.

d. Scoring

- 1) Once the ball is in play on each hole, the players shall alternate turns hitting the ball until the ball is holed, or until 10 strokes have been played. Note: a swing and miss count as a stroke.
- 2) If a 10th stroke is played without holing the shot, the team shall record a score of 10x and proceed to the next hole.
- 3) Scoring (marking of cards) — Athletes should be taught to keep score and, whenever possible in competition, serve as a marker for a fellow competitor. The Tournament Committee may also appoint a volunteer or partner to serve as a marker. Both players on the team should verify their team's hole-by-hole scores, and one of the players -- preferably the athlete with an intellectual disability-- shall sign the scorecard.

e. Ties

- 1) First-place ties shall be decided in the following manner:
 - a) Of the teams tied for first place, the team with the fewest number of 10x scores shall be declared the winner.
 - b) If a playoff is not feasible, the matching of scorecards is recommended. There are many options for matching cards, which can be found in the USGA and R & A Rules of Golf under Appendix I Part C: Conditions of Competition — How to Decide Ties. Please note that the tie -breaking method must be stated in the Conditions of Competition prior to the start of the tournament.
- 2) All other ties shall remain as ties and both teams should be presented with the same award.

f. Stipulated Round

- 1) A stipulated round shall be nine holes.
- 2) At the discretion of the Tournament Committee, a championship may be contested over one, two, three or four rounds.

g. Tournament Venue Selection

- 1) The selection of the golf course shall be at the discretion of the Tournament Committee.
- 2) The Committee should consider the degree of difficulty and its impact on the conduct of the tournament.

h. Golf Course Set Up

- 1) The golf course shall be set up at the discretion of the Tournament Committee. They are encouraged to provide alternate teeing ground locations on each hole for the Special Olympics players using the following guidelines:
 - a) Avoid any shots that require the golfer to carry a distance of greater than 47 meters (50 yards) over hazards or other obstacles, anywhere on the golf course.
 - b) Create holes that do not exceed following measurements:
 - Par 3:137 meters (150 yards)
 - Par 4:320 meters (350 yards)
 - Par 5:434 meters (475 yards)



- 2) The Tournament Committee is authorized to designate teeing grounds for the competition that are not consistent with the recommended restrictions for the length of holes and for forced carries to provide the fairest challenge and the best possible experience for all of the competitors.
- i. Registration and Divisioning
 - 1) Each team shall register by submitting the most recent six scores under this format.
 - 2) The scores must be accompanied by the par, course and slope rating for the course for each score.
 - 3) All scores must be verified by signature of the Golf Professional, Club Secretary or Golf Association Director.
 - 4) If a classification round cannot be played, the Tournament Committee may use these scores to establish divisions for tournament play.
 - 5) In cases that allow for classification rounds, the Tournament Committee shall have the discretion of finalizing divisions based on information available to them.

3. Level 3 Golf — Unified Sports Alternate Shot Team Play (18 Hole) (SOSC does not offer this event)

4. Level 4— Individual Stroke Play (9 hole)

- a. Purpose for this Level of Play
 - 1) This level is designed to meet the needs of those Special Olympics athletes who wish to play individually in a tournament where the stipulated round is nine holes.
 - 2) While the player should be capable of playing independently, it is strongly recommended that the player provide their own caddie for tournaments and competitions.
- b. Form of Play -The form of play shall be stroke play competition.
- c. Scoring
 - 1) If a 10th stroke is played without holing the shot, the player shall record a score of 10x and proceed to the next hole.
 - 2) Scoring (marking of cards) — Athletes should be taught to keep score and, whenever possible in competition, serve as a marker for a fellow competitor. The Tournament Committee may also appoint a volunteer or caddie to serve as a marker. The competitor will be responsible for verifying his/her own score and signing his/her scorecard.
- d. Ties
 - 1) First-place ties shall be decided in the following manner:
 - a) Of the players tied for first place, the player with the fewest number of 10x scores shall be declared the winner.
 - b) If a playoff is not feasible, the matching of scorecards is recommended. There are many options for matching cards, which can be found in the USGA and R & A Rules of Golf under Appendix I Part C: Conditions of Competition — How to Decide Ties. Please note that the tie-breaking method must be stated in the Conditions of Competition prior to the start of the tournament.
 - 2) All other ties shall remain as ties and all players should be presented with the same award.
- e. Stipulated Round
 - 1) A stipulated round shall be nine holes.



- 2) At the discretion of the Tournament Committee, a championship may be contested over one, two, three or four rounds.
- f. Tournament Venue Selection
 - 1) The selection of the golf course shall be at the discretion of the Tournament Committee.
 - 2) The committee should consider the degree of difficulty and its impact on the conduct of the tournament.
- g. Golf Course Set Up
 - 1) The golf course shall be set up at the discretion of the Tournament Committee. They are encouraged to provide appropriate teeing ground locations on each hole for the Special Olympics athletes using the following guidelines:
 - a) Avoid any shots that require the golfer to carry a distance of greater than 47 meters (50 yards) over hazards or other obstacles, anywhere on the golf course.
 - b) Create holes that do not exceed following measurements:
Par 3:137 meters (150 yards)
Par 4:320 meters (350 yards)
Par 5:434 meters (475 yards)
 - 2) The Tournament Committee is authorized to designate teeing grounds for the competition that are not consistent with the recommended restrictions for the length of holes and for forced carries to provide the fairest challenge and the best possible experience for all of the competitors.
- h. Registration and Divisioning
 - 1) Each player shall register by submitting a verified handicap or the most recent six scores over nine holes.
 - 2) The scores must be accompanied by the par, course and slope rating for the course for each score.
 - 3) All scores must be verified by signature of the golf professional, Club Secretary or golf Association Director.
 - 4) If a classification round cannot be played, the Tournament Committee may use these scores to establish divisions for tournament play.
 - 5) In cases that allow for classification rounds, the Tournament Committee shall have the discretion of finalizing divisions based on information available to them.

5. Level 5 - Individual Stroke Play (18 hole) (SOSC does not offer this event)

SECTION C - SOSC MODIFICATIONS

1. Uniforms
 - a. Athletes must wear shirts with collars and dress shorts or pants. Golf gloves are allowed. Shoes: Shoes with soft, non-metal golf spikes are recommended. Tennis or athletic shoes are acceptable, but are subject to inspection by an event official. No heeled shoes are allowed.
2. Golf Carts
 - a. Every athlete and Unified Partner is expected to walk the entire length of the course.



With the approval of the tournament committee, golf carts may be used if requested with a written statement from a doctor. The tournament committee must receive the written statement from the doctor at least 2 weeks prior to the tournament



Special Olympics Summer Sports Rules **ARTISTIC GYMNASTICS**

The Official Special Olympics Sports Rules for Artistic Gymnastics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Gymnastique (FIG) rules for artistic gymnastics found at <http://www.fig-gymnastics.com>. FIG or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Artistic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Artistic Gymnastics shall apply.

SECTION A - OFFICIAL EVENTS

The following is a list of official events available in Special Olympics Southern California. The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate and safe for each athlete's abilities.

1. Mixed Gender Events (Level A only)
 - Vault
 - Single Bar
 - Wide Beam
 - Floor Exercise
 - All Around (total of all four event scores)

2. Women's Events (Levels I, II, III and IV)
 - Vault
 - Uneven Bars
 - Balance Beam
 - Floor Exercise
 - All Around (total of all four event scores)

3. Men's Events (Levels I, II, III and IV)
 - Floor Exercise
 - Pommel Horse
 - Rings
 - Vault
 - Parallel Bars
 - Horizontal Bar
 - All Around (total of all six event scores)

4. Male and female gymnasts may compete in all events offered within the same level (**All Around**) or may be "**specialists**," competing in one, two or more events but not all events. Specialists must be on the same level at World games, but may be 1 level different in local competitions.

5. Order of events for competition
 - a. In women's artistic competition and levels A & B, the rotation order of events is: vaulting, uneven bars, balance beam, and floor exercise. In men's artistic competition, the rotation order of events is: floor exercise, pommel horse, rings, vault, parallel bars and horizontal bar. Gymnasts may be scheduled to start the meet on any event, but must continue their rotation in order.

SECTION B - DIVISIONING/RULES OF COMPETITION

1. Age-group divisions will be followed.

2. There are six levels of competition:



Level A - Compulsory routines for gymnasts who have ambulatory problems, etc., but are too advanced for the Motor Activities Training Program).

Level B - Compulsory routines for gymnasts who are unable to perform Level I routines.

Level I - Beginner compulsory routines

Level II - Intermediate compulsory routines

Level III - Advanced routines using compulsory skills made into own routines with own connections.

Level IV - Optional/Voluntary routines

3. For **all** Levels:
 - a. Coaches will determine the competition level for their athletes. The athletes must be able to safely perform all of the skills in that level.
 - b. In all-around competition, athletes must compete at the same level in all events. Note: if an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.
 - c. At the Program level, an artistic gymnast specializing in fewer events than the all around total (i.e., three) may compete on two different levels, with a one-level difference between. In international competition, an athlete must be on the same level in all events entered.
4. Female gymnasts who compete in artistic gymnastics may not compete in rhythmic gymnastics in the same competition.
5. The written text is the official version. Visual aids such as floor patterns or DVDs are provided as a supplement. If a difference exists between the text and visual aid, the text must be followed.
6. Modifications for gymnasts with visual impairments:
 - a. Assistance is permissible for all levels of competitions. However, coaches must notify the meet director and judges of the athlete's visual impairment before the meet and prior to each event.
 - b. Audible cues such as clapping may be used in all routines.
 - c. In the floor exercise, music may be played at any close point outside the mat or the coach may carry the music source around the perimeter of the mat.
 - d. In vaulting, the gymnast has the choice of not taking a run, but using one step, two steps, multiple bounces on the board (with hands starting on horse) or a gymnast may hold onto a rope alongside the runway.
7. Modifications for athletes with hearing impairments:
 - a. In the women's floor exercise, the coach or another gymnast may signal the athlete to begin the routine without penalty.
 - b. Coaches must notify the meet director and judges of their athlete's hearing impairment before the meet and prior to the floor exercise event.
8. Modifications for athletes using canes or walkers:
 - a. In the floor exercise, coaches may walk onto the floor and remove (and replace) walkers and other aids as needed without any deduction.

SECTION C - EQUIPMENT

1. Attire



- a. Male gymnasts shall wear tank tops (leotards) and long gymnastic pants or gymnastic shorts depending on the event. T-shirts that are tucked in may replace the tank tops. Gymnasts may compete in socks, gymnastic slippers or bare feet.
 - b. Female gymnasts shall wear a long-sleeved, short-sleeved or sleeveless leotard or unitard. Gymnasts may either bare feet or wear gymnastic slippers. Bare legs or leg coverings of the same color as their leotard or flesh-colored tights with bare feet are permitted.
2. Men's and Women's Artistic Equipment
- a. Generally, see FIG equipment specifications and mat specifications for competition equipment. Modifications have been made to meet skill and size requirements for Special Olympic athletes.
 - 1) Additional mats may be used to accommodate smaller gymnasts or for added safety. (There are no deductions unless specified in the specific event.)
 - 2) Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount but should be removed immediately.
 - 3) Tables are used in vaulting, but not used in Levels A, B or Level I vaulting.
 - 4) Any manufactured vaulting board is permitted. A vaulting collar must be used for inverted, optional vaults and for the level 3-Handstand to back vault.
 - 5) The heights of the uneven bars, parallel bars and high bar may be adjusted to meet the size of the gymnast. Where the height cannot be lowered sufficiently, additional mats may be used to raise the floor.
 - b. Balance beam
 - 1) Level A beam is 12.25 centimeters (6 inches) wide and no more than 10 centimeters (4 inches) above the panel mat it sits on. The beam may be covered with suede cloth or indoor/outdoor carpeting.
 - 2) Level B, I and II may use a floor beam that is 10 centimeters (4 inches) wide and 4.88 meters (16 feet) long. The top is no more than 30 centimeters (12 inches) off of the ground and 10 centimeters (4 inches) from the mats or they may use a Level III beam.
 - 3) Level III uses a regulation beam that is 10 centimeters (4 inches) wide and 4.88 meters (16 feet) long. It's height may range from 88 centimeters (34 5/8 inches) to 1.2 meters (47 1/4) inches.

SECTION D - SAFETY CONSIDERATIONS

1. Overview
 - a. Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instruction in gymnastics skills. This will reduce the incidence of injuries. Athletes who safely perform all skills in a specific level of compulsory routines should compete at that level. Competition in optional routines has been limited to advanced-level gymnasts only.
 - b. Learning the proper progressions of skill instruction and correct spotting techniques is the responsibility of the volunteer gymnastics coach. Special Olympics commends those national/state Programs in which certified gymnastics instructors use the proper progression for teaching advanced gymnastics skills which is set forth in the Sports Skills Program Guides, these rules and elsewhere. However, many volunteers begin coaching with limited gymnastics expertise. These volunteers should start by teaching only the compulsory Level I routines. Those skills that are included in the more advanced levels should be taught by coaches with at least two years of general gymnastics coaching experience. It is recommended that coaches of advanced Level IV gymnasts have additional training in gymnastics from what Special Olympics offers at this time.
2. Special Olympics Safety Position
 - a. Regardless of how much safety is provided, coaches should not entice or encourage their athletes to perform skills that are beyond their reasonable ability or skills that are beyond the coaches' ability to



teach. Special Olympics recommends that all gymnastics coaches become safety certified in accordance with the policy endorsed by the appropriate National Governing Body. Special Olympics concurs with the following responsibility statement:

"Even though gymnastics safety is everyone's responsibility, the instructor or coach must bear much of it, including the responsibility to see that others do their share: the parents, the doctor and the athletes. Prevention and remediation are major responsibilities in a broad umbrella-type program under which many other points must be included: the environment, the prescribed learning progression and the physical preparedness of the athlete. These are the areas where the instructor/coach bears much of the moral and legal responsibility. It is not enough to warn and inform; all concerned must have an appreciation and understanding of the risk in every vigorous gymnastics activity."

- b. As written in the compulsory routines, coaches must be under the uneven bars, rings, high bar and high beam prepared to spot, as well as in all levels of vaulting and parallel bars, before an athlete may compete in these events. The coach must remain there during the routine.

If the coach does not remain in a spotting position from start to end, the following deductions will occur:

- 1) Gymnast will **not** be judged while the coach is not in a position to spot. He/she will be asked to dismount immediately.
- 2) Judge will "call" the coach to be there. A 0.3 deduction will be taken for undisciplined behavior.
- 3) Assuming that the coach returns to the spotting position, the gymnast will be judged from that point. All skills performed prior to that will be considered as omitted parts and deductions taken.
- 4) If the gymnast decides to start over, he/she may. If the gymnast leaves the apparatus or the coach touches the gymnast in order to start over, an 1.0 deduction will be taken in addition to the 0.3 for "delay of meet".
- 5) If the coach does not return to a spotting position and the gymnast completes his/her routine, the gymnast will receive a zero for a score.

SECTION E - JUDGING/ SCORING

Although this next section (beginning at this point and ending with the list of vault values) focuses primarily on judging, coaches should study it carefully in order to understand requirements for a gymnast in each event. Both compulsory and optionals are defined.

1. General Judging

One to four judges can be used on each panel for each event. When a panel consists of two or three judges, all scores will be averaged to determine the score for that panel. When four judges comprise a panel, the high and low scores will be eliminated, and the remaining scores will be averaged.

- a. The judges place themselves around the event mat or apparatus and may consult among themselves if directed to do so by the head judge. (If the judge's scores are not "in range," there is consultation.) The final average score is flashed.
- b. Due to the importance of the divisioning process and in fairness to all, the following rule will be in effect once the competition begins: Judges are not allowed to talk with coaches, parents or athletes concerning a gymnast's routine. This rule applies on and off the floor of competition. If such communications occur, removal of the judge will be recommended to the Games Committee.
- c. When judging compulsory routines, the D and E panel judging system (FIG) will be used. The D (Difficulty) panel determines if the routine was performed according to the text (compulsory) or fulfills event requirements (optional). The D panel determines start value of the routine based on difficulty, bonus, and all applicable neutral deductions.



The E (Execution) panel will evaluate the execution of the routine and apply all rules applicable to execution and amplitude.

When using one judge for the D, E panel system, each judge will be responsible to judge the entire routine and determine the score based on 20.0 points.

d. The out-of-range guidelines for both D and E Panel are:

9.5 - 10.0	0.10
9.0 - 9.45	0.30
8.0 - 8.95	0.50
0.0 - 7.95	1.00

e. Neutral deductions are taken off the final score by the D Panel. There is a four point (4.00) maximum to these deductions.

Examples include:

1) Improper attire	0.30
2) Improper equipment and use of aids*	0.80
3) Undisciplined or unsportsmanlike behavior	0.30 each
4) Failure to present to judges before or after	0.30 each
5) Failure to remove board or mounting surface	0.30
6) Coaching assistance (Special Olympics modifications) (maximum 4.0/routine)	
a) Physical assistance	0.50 each
b) Verbal assistance	0.30 each
c) Signals to gymnast	0.10 each
7) Not starting within 30 of judges' signal	0.30
8) Not displaying competition number (if provided)	0.30

*In case of special disability, a coach may submit a petition to the Technical Delegate prior to competition.

3. Protests

There are General Protest Forms for non-judging issues. The Games Organizers should provide these forms.

4. Scoring

The averaged scores are sent to the scoring table where they are placed and compared with gymnasts in that event, level, age group and skill group for medals. (See Divisioning)

5. Judging Compulsory Artistic Routines

Each panel (D & E) may give a maximum score of 10 points each for a possible total of 20.0 points.

a. Value of routines/elements: (D Score)

- 1) There are 9.5 points to this category in routines. In Level A & B, there are 10 points to this category.
- 2) The deduction for deliberate omission will be double the value of the element. This also applies to an athlete who has to be carried through an element with a full spot from the coach.
- 3) Bonus
 - a) Levels A and B do not have any bonus points.
 - b) In some cases a specific bonus of 0.5 is noted (e.g., height of beam). The athlete will receive this bonus in addition to the routine bonuses that may be awarded.

However, a maximum of 10.0 points is the highest score an athlete may receive by the D panel.

E Score



- 1) Execution deductions are applied to each individual element. Specific deductions are in addition to general deductions. Specific deductions are:
 - a) Small errors: 0.10
(includes bent arms, knees, leg separation, loss of balance, wrong had placement, etc.)
 - b) Medium errors: 0.30
(includes the same as small errors but done to a greater extent)
 - c) Large errors: 0.50
(includes excessive or extreme bending of arms and/or knees, leg separation, or loss of balance)
 - d) Very large errors: 0.80
 - e) Falls: 1.0
(includes falls on and off the apparatus)

- 2) Amplitude deductions are taken off each individual element using the above execution guidelines. Amplitude includes the range of motion and how large or compressed the skill shown is compared to the ultimate.

- 3) Rhythm deductions are taken off each individual element also. These deductions include unwanted stops (0.10) to a whole series of poor rhythm throughout the routine (0.30).

Routine Reversal

An entire routine may be reversed may be reversed without deductions, and a single element may be reversed without deductions as long as it does not change the floor pattern.

5. Judging Artistic Optional/Voluntary Routines

The same routine must be performed in preliminaries and finals. (judging has been simplified to use one format for both, since FIG rules continue to get more difficult).

In evaluating each optional routine, the judge gives a score for difficulty, execution/presentation, combination and bonus/additive value of the routine. The maximum score a judge can give is 20 points, and this score is given only if, in the judge's opinion, the routine is performed with full difficulty and without flaw. A score of 20.0 would be broken down in the following manner:

Panel D:	Difficulty of Skills / Value Parts	7.0
	Combination/Specific Requirements	2.5
	Bonus / Additive Value (if any)	0.5
	Subtotal	10.0
Panel E:	<u>Execution / Presentation / Performance</u>	<u>10.0</u>
	Possible Total	20.0

- 1) Difficulty of the skills/value parts (7.0) D Score:
 - a) A maximum of 7.0 may be given for rating the difficulty of the skills in a routine. Difficulties are evaluated either Recognized Skills, A, B, C or above (FIG). The difficulty of skills / value parts will be calculated using the 9 highest valued skills in the routine, per FIG guidelines. The complete table of difficulties may be found in the FIG documentation. Recognizable skills are skills contained in compulsory routines that do not have a FIG value and some can be found for reference in the new coaches guide.

Recognizable skills are worth 0.50
 FIG A skills are worth 1.0 each
 FIG B & C skills are worth 1.5 each



- b) The FIG rule governing repetition and the rules governing layaways, and empty and intermediate swings do not apply for Special Olympics. These can be used as elements.
 - c) A gymnast must perform at least 9 different elements in a routine (except vaulting). An element will only be counted one time. If 9 different elements are not performed, a deduction of 0.50 will be taken from the start value (Panel D). Elements performed to the right and left are not considered different (e.g. cartwheels, leg cuts, etc). A skill may be performed more than one time without penalty for repetition (up to three times). Deductions will be taken for execution errors of all elements in the routine.
 - d) In Floor Exercise only, it is permissible for female gymnast to select a difficulty skill form the male FIG Code of Points in the A, B and C section and for males to select from the women's code.
- 2) Combination / specific event requirements (2.5) D score:
A maximum of 2.5 may be given for the evaluating the combination of the skills in a routine, especially with regard to any specific requirements for the event.

Each completed requirement is rewarded with 0.5. The maximum points rewarded will be 2.5.

MEN'S REQUIREMENTS:

Floor Exercise

Flexibility, balance, strength
Jump(s) and turn(s)
Forward element(s)
Backward element(s)
Side element(s)

Pommel Horse

Single leg element(s)
Double leg circles
Face at least two directions
Use all three parts of the horse
Dismount

Rings

Hold(s) 2 seconds
Element(s) in support
Strength
Swing
Dismount

Parallel Bars

Hold(s) 2 seconds
Swing element(s) in support above bar
Swing element(s) below the bar
Face each end of the bars
Dismount

Horizontal Bar

Release, re-grasp of one or two hands
Turn(s)
Long hang swing(s)
Element(s) near the bar
Dismount

WOMEN'S REQUIREMENTS:

Floor Exercise

Acrobatic skill(s)
Dance skill(s)
360 degree turn/spin
Forward & Backward element(s)
Balance hold(s)

Balance Beam

Turn(s)
Leap(s)
Low and high element(s)
Balance hold(s)
Dismount

Uneven Bar

Bar change(s)
Cast(s)
Kip(s)
Forward & Backward swings
Dismount

Note: A certain level of difficulty is not needed in order to meet the requirement. The requirement could be fulfilled with a simple element that has no purported value by FIG, such as a forward roll, leg cut, etc.

Special Note: A performed skill may only fulfill one of the requirements. Therefore, it will take 5 different skills to meet all five event requirements.

- 3) Bonus / additive value (0.50) D Score:
Each gymnast will have the opportunity to earn bonus points up to a maximum of 0.50.
- 4) Execution / presentation / performance (10.0) e score:



Each gymnast will start their routine with 10.0 points in the area of exercise presentation (technical execution and body position). Gymnasts will lose points for each execution error, based on the rules for execution in the FIG codes.

Special Note: In an Optional Routine, a gymnast may use any element presently in any Compulsory Routine. However, if a gymnast uses any three consecutive elements, from any Compulsory Routine, there will be a deduction of one full point (1.0) from the start value. The reason for this deduction is to discourage a gymnast from taking a series of elements directly from a compulsory routine when creating an Optional routine.

Note: In Floor Exercise and Balance Beam, the FIG guidelines will be used to determine the length of a routine.

Vaulting

- 1) Optional vaulting is judged differently than other optional routines.
- 2) The gymnast is allowed one, two or three attempts at vaulting in all competitions, as follows:
 - a) One balk allowed if gymnast does not touch board or table
 - b) One vault over the table
 - c) A second vault over the table which may be the same as the first vault or a different vault. (The best of the 2 vaults counts).
- 3) The gymnast may not use any of the compulsory vaults for optionals.*
- 4) Scoring the execution of the vault is the same as in the FIG codes.
- 5) Vaults, commonly performed in Special Olympics, will have the following start values:

Handstand to flat back on stacked mats	6.5
Handspring, Yamashita	6.75
Handspring, 1/2	9.4
1/2, 1/2	9.5
1/2, 1/1	9.7
Tsukahara	10.0
All other vaults	1/2 of FIG + 5.5

***Special Note:** The Horizontal, Layout Squat, or Straddle vaults are not Compulsory vaults. The Compulsory vaults do not require "horizontal" or "layout" positions. It is these positions that make these Optional vaults both different and more difficult than the Compulsory vaults. Deduct 1.0 if the Horizontal or Layout positions are not shown. Additional judging guidelines can be found in the individual judging sheets.

SECTION F - COMPULSORY ROUTINES

LEVEL A & B ROUTINES –for male and female gymnasts

(Note: Level A gymnasts typically would be more involved and may be using a walker or wheelchair. Level B gymnasts may have other balance and physical/mental issues that would preclude being a Level I gymnast.) Many may need manual assistance to perform these routines.

Male & Female Level A - Vaulting

Skill description

1. Stand at attention on marked line on vaulting board* facing mat (coach may assist in getting up on the board)
2. Bend and straighten knees while lifting arms to stretched jump off of board (may be a double bounce)
3. Land on mat with two feet.
4. Stretch to attention



*Junior board is acceptable, depending on size & weight

This vault is repeated two times. The better of the two is used for scoring.

Male & Female Level A – Single Bar

Skill description

1. Start in Sit (in wheelchair or on block/folded mat) under low bar (sit is maintained during entire routine)
Bar should be set within comfortable reach from sitting)
2. Reach up and grab the bar in over grip with both hands
3. Bend knees up in higher tuck position while holding bar
4. Straighten legs in pike sit position while holding bar
5. Open legs to straddle sit while holding bar, bring legs together
6. Lower feet to ground & perform a “chin up”, pulling forehead toward bar (may lift up from sit)
7. Lower upper body to starting position, release bar and stretch arms overhead

Note: if range of motion is limited in the shoulder joint, bar may be slightly in front rather than directly overhead.
Coach may have to assist with leg positions, but spotting deductions will apply.

Male & Female Level A – Balance Beam

Skill description

Start by standing at end of beam, facing the beam lengthwise.

1. Step on end of beam
2. Shuffle steps (keeping same foot in front) forward to middle of beam
3. 1 point balance (optional foot & arm placement)
4. Shuffle steps forward to end of beam
5. Place feet together & straight jump off end of beam
6. Land on mat with two feet, stretch

NOTE: At level A, the floor beam is 15 centimeters wide (6 inches) and no more than 10 centimeters (4 inches) above the mats.

Male & Female Level A – Floor Exercise

Skill description

1. Beginning pose (optional)
2. Stretched sideways roll (log/pencil roll)
3. Balance (optional- i.e. arched supine hold -“Superman” pose)
4. Locomotor movement (travel on mat) (optional - i.e. scooting)
5. Back rock
6. Ending pose (optional)

NOTES: Routine may be performed on folding mats or on a floor exercise mat.

Coach may remove athlete from wheelchair or remove walker and replace such at end of routine without penalty.
Entire routine may be done on the floor level. This routine, other than beginning and ending pose, may be done in any order and in any direction.

SEE JUDGING SHEETS FOR LEVEL A

Male & Female Level B -Vaulting

Skill description

1. Stand at attention a few feet (several steps) from the board on runway
2. Walk/run up runway toward board*
3. Hurdle by placing two feet together on marked line of board



4. Stretched jump into air, lifting arms overhead and off of board
5. Land on mat with two feet, bend knees, and then stretch to attention.

*Junior board is acceptable, depending on size & weight

The vault is repeated two times. The better of the two is used for scoring

Male & Female Level B – Single Bar

Skill description

1. Stand under high bar (may elevate height of floor)
2. Reach up and grab the high bar in over grip with both hands (long hang)
3. Bend knees up to tuck position
4. Lower body to long hang
5. Straddle legs in long hang, put legs back together
6. Attempt a chin up (bend arms to bring forehead up to height of bar)
7. Lower to long hang and release bar
8. Land on mat with two feet and stretch.

Note: coach must be in a position to spot the entire routine.

Male & Female Level B – Balance Beam

Skill description

Start by standing near end of beam, facing the beam crosswise.

1. Step on beam (right or left side near end of beam)
2. Sideways walking to middle of beam
3. 1 point balance (optional foot & arm placement)
4. $\frac{1}{4}$ turn to face end of beam.
5. Walk forward to end of beam
6. Straight jump off end of beam
7. Land on mat with two feet, stretch

NOTE: This floor beam is normal width (10 centimeters- 4 inches) and 10 centimeters (4 inches) above the mats.

Male & Female Level B – Floor Exercise

Skill description

1. Optional beginning pose
2. 2 side chasse
3. 2 foot pivot turn
4. Forward arm wave (lead up to body wave)
5. Lower to floor
6. Back rock
7. Stretched sideways roll (log or pencil roll)
8. Ending pose (optional)

NOTE: Music may be used (optional)

This routine, other than beginning and ending pose, may be done in any order and in any direction.

SEE JUDGING SHEETS FOR LEVEL B

MEN'S ROUTINES - LEVEL I

Men's Level I Floor Exercise

Skill description:

- 1 Forward roll tuck, stand



2. Perform a tuck jump
3. Perform a straddle jump
4. Turn out 90° and perform a side chasse
5. Turn out 90° to a lunge and perform a straight leg Arabesque (2 sec. hold), return to attention position
6. Squat down with hands in proper position for a backward roll, roll backward to a momentary candle stick position then roll forward and
7. Assume a 'V' sit position with support of the hands (2 sec. hold)
8. Slowly lower body to back layout position with arms stretched overhead and perform a one-and-a-half stretched sideways roll (log roll) finishing on stomach
9. Push off through a knee stand to a standing stretch position
10. Step kick to a 'teeter-totter' (lever)(one leg up handstand) and return to attention position
11. Take 3 or 4 running steps to an assemble (hurdle) (one foot take off – two foot landing)
12. Perform a stretch jump and assume a final standing position.

Specified Bonus: In #5, Arabesque (2 sec. hold) = +0.3

Specified Bonus: In #12, Stretch jump with ½ turn = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level I Pommel Horse

Skill Description:

1. From a stand with one hand on each pommel, jump to a straight-arm front support
2. Shift weight to the left and momentarily lift right hand off of pommel (with legs together)
3. Shift weight to the right and momentarily lift left hand off of pommel (with legs together)
4. Initiate two full support swings in a straddle position, starting with the right leg.
5. Perform a right single leg cut forward ending in a stride position
6. Perform a left single leg cut forward ending in a rear support position
7. Hold rear support position (2 seconds)
8. Lift knees to a tuck support position (1 sec hold)
9. Push away from horse with both hands to a stretched stand

Specified Bonus: Before performing #1, push to a straight-arm support with both hands on the leather between the pommels. Shift weight left and move right hand to pommel then shift weight right and move left hand to pommel = +0.3

Specified Bonus: In #8, Perform a pike position = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

NOTE: Routine is written starting with right leg. The routine may be reversed in its entirety.

Men's Level I Rings

Skill description:

1. Jump (with assistance of coach) to a long hang with a momentary hold.
2. Flex arms, hips and knees and assume a tucked pull up hold (chin-up) coach allowed to spot, 2 second hold.
3. Extend arms slowly and lower to a straight arm tuck hang
4. Extend legs and swing backward, forward, backward and forward to
5. An inverted tuck hang, 2 second hold.
6. Keeping arms straight, slowly lower body to a straight body hang
7. Lift legs to a low pike L hang position (inverted V), 2 second hold.
8. Legs lower to a stretch hang
9. Release and drop to a stand assuming a final standing stretched position.

Note: coach must be in a position to spot the entire routine.



Specified Bonus: Perform #2 without spot = +0.3

Specified Bonus: Perform #7 with 90° hip bend and hold 1 second = +0.3

Bonus: Virtuosity = 0.1

Men's Level I Parallel Bars

Skill description:

1. From a stand at end of bars, jump to a straight-arm support
2. Hand walks (3-6 penguin walks) to middle of bars with legs extended down
3. Lift legs and straddle to a straddle sit on the bars
4. Straddle seat travel to end in a rear straddle support position (extension shown)
5. Lift legs to a tuck support, 2 second hold, with knees and feet together
6. Extend legs forward to swing back
7. Swing forward and backward to
8. A tuck flank dismount

Note: coach must be in a position to spot the entire routine.

Specified Bonus: #5 perform a L, hold 2 seconds = +0.3

Specified Bonus: #8 perform dismount with straight legs over the bar = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level I Horizontal Bar

Skill description:

1. Jump to hang on bar with an over grip, lift legs forward to
2. Swing backward, forward, backward
3. Swing forward with ½ turn to mix grip
4. Swing forward in mixed grip
5. Swing back and change hand to over grip
6. Swing forward and backward
7. At end/top of back swing, release to stand

Note: coach must be in a position to spot the entire routine.

Specified Bonus: #2 hop with both hands (on second back swing, before ½ turn) = +0.3

Specified Bonus: Any swing done at or above 45° below horizontal = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's & Women's Level I Vaulting

Two different vaults

The gymnast must do both vaults.

Each vault has a start value of 10.00.(D score) The best vault counts.

The vaults must both be done, if not, there is a deduction of 0.5 from the final score for repetition.

Vault #1 - Tuck Jump from Board

1. Stand at attention no more than 10 meters (33 feet) from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the knees lift toward a momentary tuck position.



5. Open the body and land on the mat with two feet, bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking steps.

Vault #2 - Straddle Stretched (Star) Jump from Board

1. Stand at attention no more than 10 meters (33 feet) from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the hips remain straight and straddle the legs in the air
5. Close the legs and land on the mat with two feet, bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking steps.

All levels - One balk is allowed if athlete does not touch board.

Note: coach must be in a position to spot the gymnast.

SEE JUDGING SHEETS FOR LEVEL I MEN

MEN'S ROUTINES- LEVEL II

Men's Level II Floor Exercise

Skill description:

1. Start in corner, facing opposite corner diagonally, turn 90° and perform a side chasse to a cartwheel
2. Turn 90° to the front into a lunge and then perform a front scale (2 sec. hold) with arms to the side or forward, return to attention position
3. Step through a lunge and kick towards a handstand position (feet should come together above waist height), step down to stretched stand, tuck to squat position and
4. Perform a backward roll ending in a pike straddle stand with arms stretched sideways (momentary hold), then stand
5. Place hands on the floor and perform a straddle forward roll, bring legs together and finish in a knee-lunge position (momentary hold), then stand
6. Execute a stretch jump with a ¼ turn (right or left)
7. Take 3 or 4 running steps to a hurdle/hop round-off to an immediate
8. Stretch jump to an immediate stretch jump with ½ turn and assume a final standing position.

Specified Bonus: In #3, Hold handstand for a minimum of 1 second = +0.3

Specified Bonus: In #8, Perform a stretch jump with a full turn = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level II Pommel Horse

Skill description:

Start from a stand with the right hand on the left pommel in a counter clockwise over grip position and the left hand on the left hand on the end of the horse.

1. Jump to straight-arm front support, swing right leg around right arm while simultaneously pushing off with the left hand to turn the body 180° counter clockwise ending in a left stride support with one hand on each pommel (single leg stockli in)
2. Left single leg cut backwards to front support
3. Initiate one full straddle swing
4. Right leg single cut forward to stride support and stride swing to the left.
5. Right leg single cut backwards to front support
6. Left leg single cut forward to stride support and stride swing to the right.
7. Left leg single cut backwards to front support



8. Right leg single cut forward to stride support and
9. Left leg cut forward to flank dismount with $\frac{1}{4}$ turn clockwise ending in a side stand

Specified Bonus: Leg cuts performed with foot reaching shoulder height (elbow height is required) = +0.3

Specified Bonus: Stride swings performed with foot reaching shoulder height (elbow height is required) = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

NOTE: The routine may be reversed in its entirety.

Men's Level II Rings

Skill description:

1. Jump (with assistance of coach) to a long hang with a momentary hold, flex arms and assume a pull-up (chin-up) position, 2 second hold.
2. Roll backward, extending arms slowly and assume an inverted straight body hang, 2 second hold.
3. Lower to an inverted pike position (legs parallel to the floor), hold momentarily then
4. Open and lower to stretched body hang5. Lift legs to a 90° pike L hang position, 2 second hold, cast to
6. Swing backward, forward, backward and forward to
7. A back tuck flyaway dismount.

Note: coach must be in a position to spot the entire routine.

Specified Bonus: Perform one chin up before #1 = +0.3

Specified Bonus: #4 lower right to the L position = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level II Parallel Bars

Skill description:

1. From a stand or run, jump to a upper-arm support position, swing forward and execute a front up rise to rear straddle support (sit) position
2. Place hands well in front of hips, bring legs together, swing forward and perform a large straddle travel to rear straddle support (showing hip extension)
3. Bring legs together to L hold, 2 seconds
4. Swing legs backward, forward, backward to
5. Perform a reverse scissor to end in a rear straddle support (baby reverse stutz)
6. Bring legs together and swing backward, forward, backward to
7. A straight leg flank dismount, 45° above horizontal

Note: coach must be in a position to spot the entire routine.

Specified Bonus: #1 performed without straddle support (extra swing allowed to get into straddle sit position) = +0.3

Specified Bonus: #7 performed to nominal handstand = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level II Horizontal Bar

Skill description:

1. Jump to hang on bar with an over grip, perform a pull over with spot
2. Cast back hip circle
3. Under shoot to swing backward, forward
4. Swing backward to hop



5. Swing forward to ½ turn to mixed grip
6. Swing forward in mixed grip, swing backward (still in mixed grip) and
7. At end/top of back swing, release to stand on two feet.

Note: coach must be in a position to spot the entire routine.

Specified Bonus: #1 pull over done without spot = +0.3

Specified Bonus: #5 ½ turn done at or above 45° below horizontal = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's & Women's Level II Vaulting

May do one of each vault, or do the same vault 2 times. The best vault will count. Only the vaulting table to be used to perform these vaults. A traditional horse will not be available.

All levels - One balk allowed if the gymnast does not touch the board/horse.

Note: coach must be in a position to spot the gymnast.

Vault #1 – Squat on, Straight Jump Off – Vaulting Table

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
6. Take steps, if needed, to end of table.
7. Jump off the table, reaching arms in air and extending body to stretch (straight jump).
8. Land on the mat with two feet by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Vault #2 – Squat on, Straddle Jump Off – Vaulting Table

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
6. Take steps, if needed, to end of table.
7. Jump off the table, reaching arms in air and straddling legs with closed hips & legs parallel to the floor (straddle jump).
8. Close legs in the air and land with two feet on the mat and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

SEE JUDGING SHEETS FOR LEVEL II MEN

MEN'S ROUTINES- LEVEL III

Men's Level III Floor Exercise

A list of skills is provided. They may be put in any order with your own choreography/combinations:

Acro:

1. Cartwheel(s)
2. Round Off
3. Roll(s)



4. Handstand

Other:

1. Jump(s) with and without turns
2. Balance element (scale, arabesque)
3. One strength move
4. Pivot

NOTE: The gymnast will need a minimum of 2 tumbling passes (3+ skills), level changes, use the entire FX mat and have direction changes.

Men's Level III Pommel Horse

A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.

1. Place right hand on left pommel and left hand on the end of the horse and jump to a half a circle mount (counter clockwise) to end in a rear support.
2. Left single leg cut backwards
3. Right single leg cut backwards
4. Single leg travel up hill
5. 2 single leg false scissors (done together or separately)
6. One full straddle swing
7. Single leg stockli down with a $\frac{1}{4}$ turn dismount to side stand

Specified Bonus: Jump to one full circle on mount = +0.3

Specified Bonus: Foot reaching shoulder height on false scissors (elbow height is required) = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level III Rings

A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.

1. Muscle up with assistance
2. Straight body support, 2 second hold.
3. Roll backwards to an inverted straight pike hang position (momentary hold)
4. German hang pull out
5. Inlocate
6. 2 full swings
7. A backward pike flyaway dismount

Note: coach must be in a position to spot the entire routine.

Specified Bonus: Muscle up without assistance = +0.3

Specified Bonus: #7 perform a layout dismount = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level III Parallel Bars

A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.

1. Mount – from a stand or run, jump to an upper arm support, swing to an inverted pike position and perform a kip to a rear straddle support position.
2. L hold, 2 seconds
3. Shoulder stand hold, 2 seconds
4. Roll forward to a modified back up rise (straight arm support with one leg/thigh on each bar)
5. Swings forward and backward



6. Reverse scissor to end in a rear straddle support (baby reverse Stutz)
7. Stutz off dismount, 45° below horizontal

Note: coach must be in a position to spot the entire routine.

Specified Bonus: Back up rise done without use of legs on bar = +0.3

Specified Bonus: #7 performed at or above horizontal = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's Level III Horizontal Bar

A list of skills is provided; a routine should be made up with these skills in any order except the mount and dismount.

1. Mount - Jump to hang on bar with an under grip, perform a pull over to front support
2. Cast forward over the bar
3. Swing backward to hop to over grip
4. Swing forward to ½ turn
5. Baby giant
6. Under shoot
7. Dismount – swing forward to ½ turn then release the bar

Note: coach must be in a position to spot the entire routine.

Specified Bonus: #2 cast with body extended at 45° above horizontal = +0.3

Specified Bonus: Dismount ½ turn done at horizontal = +0.3

Bonus: Stick landing = 0.1

Bonus: Virtuosity = 0.1

Men's & Women's Level III Vaulting

Choice of one of 2 vaults - done 2 times or may do one of each.

Note: coach must be in a position to spot the gymnast.

All levels - One balk is allowed if the athlete does not touch board/horse.

Vault #1 - Squat Vault – Vaulting Table

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the table, tuck the body.
6. Keeping the head and chest up, rebound off the hands as the knees pass over the table without touching it.
7. Lift the arms and stretch the body in the off-flight.
8. Land on the mat with two feet and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Vault #2 - Repulse through handstand - (Use a board with collar and a 12-inch mat)

1. Stand at attention close to, or a short distance from, the board.
2. Lunge or hurdle with none or one lead-up step, bending and placing both hands (at the same time) onto the top of the board.
3. Kick the legs toward a handstand.



4. As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop in the handstand).
5. Keeping the body in a tight and extended position, the gymnast lands onto the back of his/her entire body at the same time, onto the 12-inch (25-centimeter) mat, then holds this extended landed position for 1-2 seconds.
6. The gymnast gets up and shows an attention position.

Note: the gymnast should show control, with a minimum of excess movement while getting from the back to the feet.

SEE JUDGING SHEETS FOR LEVEL III MEN
SEE JUDGING SHEETS FOR LEVEL IV MEN

WOMEN'S ROUTINES - LEVEL I

Men's & Women's Level I Vaulting

Two different vaults

The gymnast must do both vaults.

Each vault has a value of 10.00. The best vault counts.

The vaults must both be done, if not, there is a deduction of 0.5 from the final score for repetition.

Vault #1 - Tuck Jump from Board

1. Stand at attention no more than 10 meters (33 feet) from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the knees lift toward a momentary tuck position.
5. Open the body and land on the mat with two feet, bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking steps.

Vault #2 - Straddle Stretched (Star) Jump from Board

1. Stand at attention no more than 10 meters (33 feet) from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the hips remain straight and straddle the legs in the air
5. Close the legs and land on the mat with two feet, bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking steps.

All levels - One balk is allowed if athlete does not touch board.

Note: coach must be in a position to spot the gymnast.

Women's Level I Uneven Bars

Note: Only a single low bar is needed for this routine. The low bar should be chest height for the gymnast. Lowering the bar and additional mats may be used to achieve this.

Skill Description

1. Using an over grip hand position, jump to a straight arm support position.
2. Flex arms slightly, pike, then cast clear of the bar and return to a front support position.
3. Hand shift (lean weight on one arm, while briefly lift other hand off bar, regrasp)



4. Other Hand shift (lean weight on opposite arm, while briefly lifting other hand off bar, regrasp) 5. Flex arms slightly, pike, then cast clear of the bar and return to a front support position.
6. With hands still in overgrip, tucked forward roll over the bar and with control; slowly lower legs in tuck to the ground.
7. Stand on legs, release bar and assume a final stretched position.

Note: coach must be in a position to spot the entire routine.

Specified Bonus- +0.2 -1 x Tuck swing (open tuck position) on LB or HB if necessary for height (return to land on floor or box on HB)

Women's Level I Balance Beam

Skill Description:

Low beam only

1. Step onto end of beam with hands on hips
2. 2 straight leg swings forward (90 degrees) with steps; arms out to sides
3. 1/4 turn with hands on hips
4. 2 side steps (step together/step together); arms out to sides
5. 1/4 turn coupe balance (touch-toe to ankle); arms in mid-5th (arms in front, circle position shoulder height)
6. Arms behind back; two steps backwards (raise knee forward, then step backward)
7. 1/4 turn to side; hands on hips
8. 1/4 turn to same side; hands on hips
9. March to the end of the beam knees raising in front passe; arms out to sides
10. Place feet together & straight jump off; arms over head
11. Land on mat with two feet at the end of beam, stretch to attention.

Specified Bonus: In #2, 2 straight leg swings forward-above 90 degree angle = +0.3

Specified Bonus: In #5, 1/4 turn coupe balance-hold 2 seconds = +0.3

Women's Level I Floor Exercise

MUSIC: "I LOVE ROCK N' ROLL" ~ Version By: Barry Nease

Skill description:

Starting Position: upright kneeling position on left leg with right foot in front, hands on hips – hold 4 counts

1. Shift weight from left knee to right knee then back again to left knee, optional arm position
2. Place hands on shoulders and then stretch them overhead
3. Lean forward and place hands on mat and slide body forward into a stretched prone position, arms above head, log roll to the right one revolution, finish in prone position
4. Return to kneeling position by sliding arms and upper body toward knees, step forward and upward onto right foot, left leg behind, foot pointed into a lunge position, close left foot to right foot, arms above head
5. Step to the right with right foot and slide (side chasse) to the right two times, arms side middle
6. Step forward right into lunge, arabesque into ¾ handstand, legs in stride position (teeter-totter), land in lunge position
7. Coupe turn ¾ to the right left leg in coupe (toe to ankle), arms rounded in front middle position
8. Four marching steps forward in passé (toe to knee) L-R-L-R close left foot to right foot, hands on hips
9. Stretched straight jump upward, feet together, land in demi-plie, arms swing from low back upward to stretched position above head, lower down to sides of body on landing
10. Four shoulder shrugs in place while bending knees slightly and pushing up onto toes, arms straight and stretched down by sides wrists extended, R-L-R-L
11. Two steps forward lifting straight legs to horizontal, (battement), arms side middle, L-R



12. Scale on the right leg, hold 2 counts, arms optional
13. Transfer weight from right leg to left leg, arms stretched above head, kick right leg up and step forward onto the right foot passing through lunge into a simulated cartwheel (kick over) to the right, land on left leg in lunge position
14. Forward roll to tuck sitting position, arms stretched above head on finish
15. Back rock in tuck position, arms stretched above head
16. Rock forward while bending the legs to right side to finish in a upright kneeling position, arms circle clockwise to finish in side middle. Right arm then circles clockwise in front of the body once, left arm remains in side middle

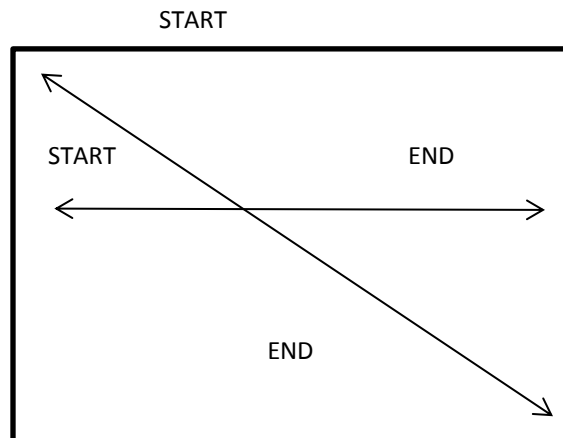
* May be reversed in its entirety to accommodate left-side dominate gymnasts.

Bonus: #10- skipping in passé instead of marching steps= +0.3 bonus

Bonus: #15- in place of simulated cartwheel, gymnast achieves vertical with a cartwheel= +0.5 bonus

WOMEN'S LEVEL 1 – FLOOR EXERCISE PATTERN

(May choose to start on sides or in corners, depending on athlete's size and amplitude)



SEE JUDGING SHEETS FOR LEVEL I WOMEN

WOMEN'S ROUTINES- LEVEL II

Men's & Women's Level II Vaulting

May do one of each vault, or do the same vault 2 times. The best vault will count. Only the vaulting table to be used to perform these vaults. A traditional horse will not be available.

All levels - One balk allowed if the gymnast does not touch the board/horse.

Note: coach must be in a position to spot the gymnast.

Vault #1 – Squat on, Straight Jump Off – Vaulting Table

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms. 5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
6. Take steps, if needed, to end of table.
7. Jump off the table, reaching arms in air and extending body to stretch (straight jump).



8. Land on the mat with two feet and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Vault #2 – Squat on, Straddle Jump Off – Vaulting Table

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together on the board and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.
6. Take steps, if needed, to end of table.
7. Jump off the table, reaching arms in air and straddling legs with closed hips & legs parallel to the floor (straddle jump).
8. Close legs in the air and land on the mat with two feet and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Women’s Level II Uneven Bars

Note: There are two sections of the routine, one on low bar; one on high bar.

Skill Description:

Low bar section

1. Mount- jump to straight arm support
2. Hold straight arm support
3. One cast
4. Underswing dismount to stand

High bar section – face low bar (unless doing bonus)

1. Jump to straight arm long hang
2. Tuck position (hold 2 seconds)
3. Extend to forward swing
4. Swing backward
5. Swing forward
6. Swing backward and release to land on two feet in a stand. Stretch

Note: coach must be in a position to spot the entire routine.

Bonus- +0.5- #5 & 6-add a ½ turn in high bar -1 grip change on forward swing, 1 grip change on backward swing (added) Release going away from low bar to land on two feet. Stretch

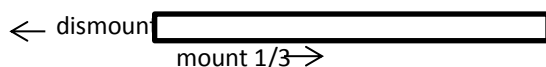
Women’s Level II Balance Beam

THIS ROUTINE MAY BE REVERSED IN ITS ENTIRETY BY MOUNTING WITH RIGHT FOOT FIRST
MOUNT

Skill Description:

Start by standing with the left side of the body along the side of the beam about 1/3 of the distance from the end of the beam.

NOTE: Starting point may need to be adjusted forward or backward according to athlete’s size and ability level.



1. Mount (LOW BEAM) – Step onto beam with left foot, place right foot in front of left foot, (train position). Finish in stretched stand with arms in crown.



(HIGH BEAM) – Step onto spring board with right foot while simultaneously placing the left hand on beam to block and support upper body. Spring off of right foot and place left foot on top of beam. Lift left hand up while placing right foot on beam in front of left foot, (train position). Finish in a balanced squat position, arms front middle then continue to a stretched stand arms in crown.

2. Arabesque walks forward- Step forward onto left foot while lifting right leg back into a 15 degree arabesque. Left arm moves to side middle, right arm moves to front middle. Step forward onto right foot while lifting left leg back into a 15 degree arabesque. Right arm moves to side middle, left arm moves to front middle.
3. Step forward with the left foot and close in front of right foot (train position). Releve, (rise up onto balls of feet) sousou, into a (locked position), arms move to crown position. Perform a releve ½ turn to the right. Lower heels and arms upon completion.
4. Coupe steps backward- Step back with right foot and place left foot in coupe position, (toe to ankle). Arms are behind back, hands flat against lower back, palms facing out. Step back with left foot and place right foot in coupe position. Arms remain behind back.
5. Scale balance- Stretch right leg back and up 30 degrees into a scale position while arms move to side middle position. Hold balanced position for 2 seconds.
6. Step forward with right foot then kick left leg up and into lunge position, arms in crown.
7. Execute a ¼ turn to the right into a side lunge position, left arm side middle, right arm front middle.
8. Slide steps to the right- Slide the right foot towards the left foot while moving arms out to side middle. Feet will then be side by side. Step to the left, close the right foot to left foot while crossing hands in front middle position and then back to side middle. Step to the left again and close right foot to left foot while moving arms from a side middle position into crossing hands in front middle position and back to side middle.
9. Execute a ¼ turn in releve to the left with arms out in side middle position.
10. Passé hold- Place right foot in forward passé position, (right foot against left knee, right thigh horizontal). Arms move to middle curved position. Hold 1 second.
11. Stretched straight jump- Step forward onto right foot, then step with left foot to close in front of right foot. Feet will be in train position. Arms lower to sides of body. Demi-plie, (bend both knees and hips about 45 degrees to prepare for jump and then jump up, simultaneously swinging arms up over head and extending completely through ankles, knees and hips. Show a stretched straight body position in air. Land in demi-plie with arms lowered by sides of body. Left foot is in front of right foot in train position.
12. Marching steps- Step forward onto right foot while bringing left foot up in line with right knee, (forward passé position). Left thigh should be horizontal to beam. Arms are optional. Continue marching steps forward until the end of the beam is reached.
13. Straddle jump (star) dismount- At end of beam feet should be in staggered position, (ball of right foot is pressed next to arch of left foot), or in a side by side position, (feet are directly next to one another). Arms lower to sides of body. Demi-plie and jump off of both feet to lift the body up and slightly forward. Simultaneously swing arms up and stretch them overhead showing a stretched straddled position in the air, (star position). Land on both feet in demi-plie, feet side by side and slightly apart. Show control. Stand to a stretched position and salute the head official.

BONUS

Specified bonus: #3-Hold releve position after ½ turn for two seconds. +.3

Specified bonus: Perform side chasses instead of steps. +.3

Specified bonus: Perform on high beam +.5i

Note: coach must be in a position to spot the entire routine if performed on high beam.

Women's Level II Floor Exercise

Skill description:

MUSIC: "BALIMOS" – Version By Barry Nease



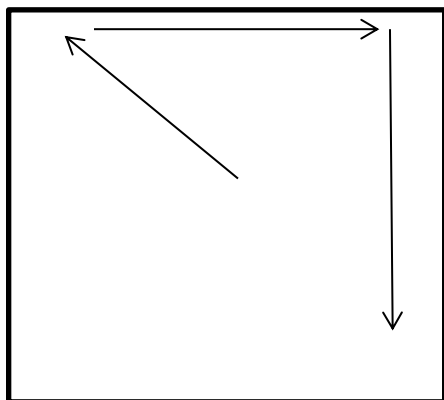
Starting Position: standing, left knee slightly bent, left foot in releve, left hand on hip, right arm bent 45 degrees with palm facing in – hold 4 counts

1. Circle right arm counter-clockwise down in front of body out to side and back up to high oblique
2. Step back onto left foot into fourth position, arms rounded in front middle, single foot turn (270 degrees) to right
3. Step forward left, right, 90 degree scale on right leg, hold 2 counts
4. Forward roll from scale to stand with feet together
5. Four passé prance steps forward twisting body, hands on hips – R, L, R, L, - step right 90 turn to right
6. Two running steps forward R,L, right leg hurdle into right side cartwheel, right leg chasse into right cartwheel, land in left lunge, 90 degree turn to left on left foot, place right foot next to left so that feet are together
7. Four passé step-hops backward, hands on hips – R, L, R, L to finish with feet together and arms lowered to sides.
8. Two steps forward R,L into right leg stride leap (90 degrees), step forward left, R leg stride leap (90 degrees), step forward left into right leg assemble
9. Stretched straight jump 270 degrees to the right
10. Bend left knee slightly with left foot in releve, hip rocks in place while both arms lift upward above head with hands shaking
11. Lift L foot up to R knee in side releve position then side chasse left,step left while bringing R foot up to L knee in side passé position and crossing arms in front of body, chasse right while uncrossing arms.
12. Step to right side on right foot and hop half turn landing with feet together, (simulated tourjete)
13. Step forward right into handstand, hold one count, land in lunge
14. Close feet together, backward roll in tuck position with hands facing each other and placed on back of neck, elbows flared, land on knees
15. Sit to left side, knee roll to left, finish in kneeling position
16. Body wave backward, raising up on knees, finish with arms down by sides
17. Lift right arm up to high oblique, lift left arm up to high oblique, lower right arm down to side of body

* May be reversed in its entirety to accommodate left-side dominate gymnasts

Specific Bonus:

WOMEN'S LEVEL 2 – FLOOR EXERCISE PATTERN



SEE JUDGING SHEETS FOR LEVEL II WOMEN



WOMEN'S ROUTINES - LEVEL III

WOMEN'S LEVEL III—VAULTING

Choice of one of 2 vaults- done 2 times or may do one of each.

Note: coach must be in a position to spot the gymnast.

All levels - One balk is allowed if the athlete does not touch board/horse.

Vault #1 - Squat Vault – Vaulting Table

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the table, tuck the body.
6. Keeping the head and chest up, rebound off the hands as the knees pass over the table without touching it.
7. Lift the arms and stretch the body in the off-flight.
8. Land on the mat with two feet and bend the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

Vault #2 - Repulse through handstand - (Use a board and a 12-inch mat)

1. Stand at attention close to, or a short distance from, the board.
2. Lunge or hurdle with none or one lead-up step, bending and placing both hands (at the same time) onto the top of the board.
3. Kick the legs toward a handstand.
4. As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop in the handstand).
5. Keeping the body in a tight and extended position, the gymnast lands onto the back of his/her entire body at the same time, onto the 12-inch (25-centimeter) mat, then holds this extended landed position for 1-2 seconds.
6. The gymnast gets up and shows an attention position.

Note: the gymnast should show control, with a minimum of excess movement while getting from the back to the feet.

Women's Level III Uneven Bars

This is a list of skills; they may be done in any order except the mount and dismount. There are two sections of the routine, one on low bar; one on high bar.

Skill description

Low bar

- Mount- jump to straight arm support (or pullover for bonus)
- Cast
- Back hip circle
- Underswing dismount

High bar

- Mount – jump to long hang, with forward swing
- Swings
- Dismount- swing forward with ½ turn dismount



Note: coach must be in a position to spot the entire routine.

Bonus: low bar mount- +0.5- pullover on low bar
+0.3- ½ turn in swings (high bar)

Women's Level III Balance Beam

This is done on the high beam only.

Perform skills listed in any order (except mount & dismount). Connections are up to the gymnast.

1. Mount- using spring board, single leg take off to squat on with hand support.
Bonus- using spring board, double foot take off without hand support to squat on.
2. Assemble' straight jump
3. Coupe ½ turn on single leg
4. 2 side chasse
5. Jump ¼ turn
6. 2 coupe steps backwards
7. Leap
8. Scale balance (45 degrees)
9. Lever (lunge to one leg up handstand) (arms above head on start and finish)
10. Dismount- lunge round off dismount

Bonus: mount-- using spring board, double foot take off without hand support to squat on=0.3

Note: coach must be in a position to spot the entire routine.

Women's Level III Floor Exercise

Perform skills listed in any order. Connections choreography and music are up to the gymnast.

Acro:

1. Cartwheel(s)
2. Round-off
3. Roll(s)
4. Handstand

Dance:

1. 360 degree turn on one foot
2. Pass with leap(s)
3. Jump(s)
4. Body wave

Note: Must have a minimum of 1 tumbling pass of 3+ skills

Must have level changes

Must use all of floor (floor pattern)

Must change direction

Bonus:

Leaps at 120 degrees=+0.2, leaps at 150 degrees=+0.3, leaps at 180 degrees=+0.5

SEE JUDGING SHEETS FOR LEVEL III WOMEN

SEE JUDGING SHEETS FOR LEVEL IV WOMEN

SECTION G - SOSC MODIFICATIONS

1. All routines and judging sheets are available on the SOI website.



2. SOSC allows athletes to participate in different levels in the events (i.e., a gymnast can compete in Level I - balance beam and Level II - floor exercise) however the gymnasts will not be able to participate in the all-around.
3. Reminder for Coaches: If athletes need assistance remembering routines, coaches may cue the athletes (non-verbally) from the side of the apparatus. Coaches may not yell or speak to athletes during competition.
4. All Level IV gymnasts must perform an optional routine. If a gymnast is not prepared to perform an optional routine, he/she should register for Level III
5. In vaulting, the minimum height of the horse shall be determined by the lowest height in which the equipment can be set.
6. Male or female athletes may enter Level A events and may choose up to three events offered. Athletes entered in Level A (developmental) events may not enter other gymnastics events. Ex. a gymnast cannot register for Level A vault and Level II balance beam. Athletes not competing in Level A events may compete in different level events (i.e. Level II vault & Level III floor).
7. Athletes with Down syndrome must have an x-ray indicating that he/she does not have atlantoaxial instability prior to participation in any gymnastics event.
8. Age group divisions will be as follows: 8-11, 12-15, 16-21, 22-29, and 30+. Schedules are sometimes presented as junior (8-15) and senior (16+). Age groups may be combined if there is not a sufficient number of athletes to have a competitive division
 - a. All-Around - Male or Female athletes will automatically be entered in all around competition if they are entered in the maximum number events at the same level.
9. Uniform Guidelines
 - a. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).

Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.
 - b. Male Gymnasts
 - 1) Tank top (single/leotard) and specific gymnastics long pants and shorts. The tank top must be tucked into pants or shorts.
 - c. Female Gymnasts
 - 1) Long-sleeve leotard. Sleeveless leotards are permitted if temperature or body type warrants it. Flesh-colored tights are allowed in competition.
 - d. Socks
 - e. Gymnastics shoes/slippers may be worn
 - f. All athletes and teams should have identical uniforms
 - g. Team shirts and undershirts shall be the color.
 - h. Blue Jeans and Denim-type clothing are not permitted.
 - i. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.
 - 1) Forbidden Objects Include, but are not limited to the following:
 - a) Head Gear
 - b) Jewelry
 - c) Casts or Braces
 - 2) Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.
 - j. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
 - k. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area.



SPECIAL OLYMPICS SUMMER SPORTS RULES
RHYTHMIC GYMNASTICS

The Official Special Olympics Sports Rules for Rhythmic Gymnastics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Gymnastique (FIG) rules for rhythmic gymnastics found at <http://www.fig-gymnastics.com>. FIG or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Rhythmic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Rhythmic Gymnastics shall apply.

SECTION A - OFFICIAL EVENTS

The following is a list of official events available in Special Olympics Southern California. The range of events is intended to offer competition opportunities for athletes of all abilities. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Level A — Male & Female Athletes
 - a. Rope
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around

Level A routines are compulsory routines that are performed seated.

2. Level B — Male & Female Athletes
 - a. Rope
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around

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

3. Level 1 — Female Athletes
 - a. Rope
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around

Level 1 routines are compulsory routines. At this level, athletes learn to integrate basic apparatus and body skills.

4. Level 2 — Female Athletes
 - a. Hoop
 - b. Ball
 - c. Clubs
 - d. Ribbon
 - e. All Around

Level 2 routines are compulsory routines. The apparatus and body skills at this level are more complex than in the Level 1 routines.



Level 2 Body Skills: arabesque balance, body wave (forward & side), catleap, chainé turn, chassé, grand battement, hitchkick, passé balance, 180° passé pivot, step hop, straight jump, tiptoe turn.

5. Level 3 — Female Athletes
 - a. Rope
 - b. Ball
 - c. Clubs
 - d. Ribbon
 - e. All Around

Level 3 routines are compulsory routines. Athletes must have good technique with the hand apparatus and they must be capable of performing the body skills with good form and control.

Level 3 Body Skills: arabesque balance in relevé, chainé turn, circumduction, grand battement, passé balance in relevé, 360° passé pivot, stride leap

6. Level 4 — Female Athletes
 - a. Hoop
 - b. Ball
 - c. Clubs
 - d. Ribbon
 - e. All Around

Level 4 routines are optional routines. Athletes perform original choreography to music of choice (following FIG guidelines for music). Optional routines should not be dances using the hand apparatus as props. Routines must contain 4 required body skills, 4 supplemental body skills and show correct rhythmic gymnastics handling skills with the apparatus. The body skills and apparatus handling for Level 4 routines should be more complex than that in the Level 3 routines. Composition requirements for both the body skills and apparatus handling are listed in the Special Olympics Sports Rules for Rhythmic Gymnastics.

7. Group Routines [SOSC does not offer this event]

SECTION B - ATTIRE AND EQUIPMENT

1. Attire
 - a. Gymnasts should wear a leotard or unitard, any color. Long tights (down to the ankle) may be worn.
 - 1) Skirted leotards, with the skirt no longer than upper thigh, are acceptable.
 - 2) Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
 - 3) The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
 - 4) Any decoration added to the leotard, either loose or stuck to the garment (flowers, ribbons, etc.) must adhere to the leotard.
 - 5) Leotards must be non-transparent material. Lace or other sheer fabric should be lined in the area of the trunk.
 - b. Bare feet, gymnastics slippers or rhythmic half-slippers (recommended) are acceptable.



- c. Hairstyles should be neat.
- d. For the safety of the gymnast, no jewelry is allowed.

2. **Apparatus**

The size of the apparatus can range from child size to senior equipment, based on the gymnast's size and skill level. Equipment should be color coordinated with the athlete's leotard. Equipment will be checked prior to competition, as well as during competition, as the gymnast leaves the floor after each routine. If the apparatus does not meet specifications, a deduction of 0.3 will be taken from the score on that event.

a. Rope specifications

- 1) Material: The rope may be of hemp or synthetic material, provided that it possesses the identical qualities of lightness and suppleness as rope made of hemp.
- 2) Length: The length should be proportionate to the size of the gymnast.
- 3) Ends: Handles of any kind are not allowed, but one or two knots are permitted at each end. At the ends (to the exclusion of all other parts of the rope), a maximum of 10 centimeters may be covered by an anti-slip material, either colored or neutral.
- 4) Shape: The rope may be either of a uniform diameter or be progressively thicker in the center, provided that this thickness is of the same material as the rope.
- 5) Color: The rope may be any color or combinations of colors.

b. Hoop specifications

- 1) Material: The hoop may be of wood or plastic, provided that the latter retains its shape during movement. Foreign particles should be removed from inside the hoop before use.
- 2) Diameter: The interior diameter of the hoop should be from 60-90 centimeters.
- 3) Weight: A minimum of 150-300 grams and up.
- 4) Shape: The cross-section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc. The hoop may be smooth or ridged.
- 5) Color: The hoop may be any color or combination of colors. The hoop may be partially or fully covered with tape to add colors.

c. Ball specifications

- 1) Material: The ball may be made of rubber or synthetic material (pliable plastic), provided that the latter possesses the same elasticity as rubber.
- 2) Diameter: 14-20 centimeters.
- 3) Color: The ball may be of any color.

d. Clubs specifications – Insert Clubs after Ball specifications & before ribbon specifications

- 1) Material: the clubs may be made of wood or synthetic material.
- 2) Length: 25-50 centimeters from one end to the other.



- 3) Shape: A shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head.
 - 4) Color: The clubs may be of a neutral color or may be colored (all or partially) with one or several colors.
- e. Ribbon specifications
- 1) Stick
 - a) Material: wood, bamboo, plastic, fiberglass.
 - b) Diameter: a maximum of 1 centimeter at its widest part.
 - c) Shape: cylindrical or conical, or a combination of the two shapes.
 - d) Length: 45-60 centimeters, including the ring, which permits the fastening of the ribbon to the stick. The bottom end of the stick may be covered by an adhesive, anti-slip tape or may have a rubber handle a maximum length of 10 centimeters at the level of the grip. The top of the stick where the ribbon will be attached may consist of:
 - i. A supple strap (string or nylon) held in place by a nylon thread wound around the stick for a maximum of 5 centimeters.
 - ii. A metal ring fixed directly onto the stick.
 - iii. A metal ring (vertical, horizontal or oblique) fixed to the stick by two metal pins held in place by nylon or metallic thread wound around the stick for a maximum of 5 centimeters.
 - iv. A metal ring (fixed, mobile or pivoting) or a supple strap fixed to a metal tip of no more than 3 centimeters.
 - v. A metal ring fixed by two metal pins held by a metal tip of 3 centimeters long, which is lengthened by nylon or metallic thread wound around the stick, adding up to a maximum length of 5 centimeters.
 - vi. Color: any choice.
 - 2) Ribbon
 - a) Material: satin or similar non-starched material.
 - b) Color: any choice of a single color, two colors or multicolored.
 - c) Width: 4-6 centimeters.
 - d) Length: From one end to the other, the finished length of the ribbon should be a minimum of 2 meters to a maximum of 6 meters (for Levels A, B) and a minimum of 3 meters to a maximum of 6 meters (for Levels 1-4). This part must be in one piece.
 - i. The end which is attached to the stick is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum of 5 centimeters is authorized.



- ii. This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or metal circle), to permit attaching the ribbon.
- 3) Attachment of the ribbon to the stick
 - a) The ribbon is fixed to the stick by means of a supple attachment, such as thread, nylon cord, or a series of articulated rings.
 - b) The length of this attachment is a maximum of 7 centimeters (not counting the strap or metal ring at the end of the stick where it will be fastened).
- f. Floor: 12 meters by 12 meters with a security zone of 1 meter around. A carpeted area may be used or a floor that is neither too tacky nor slippery. The ceiling height does not need to be 8 meters (26' 3"), but should be fairly high.

SECTION C - SAFETY CONSIDERATION

- 1. Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics rhythmic gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instructional skills.
- 2. Female athletes who have tested positive for Atlant-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform pre-acrobatic or acrobatic moves. If they do, the routine is void and the gymnast will be disqualified.

SECTION D - RULES OF COMPETITION

- 1. Only female athletes compete in Levels 1 – 4. Levels A and B are mixed gender.
- 2. Athletes must compete on the same level in all chosen individual events. (Either A, B, 1, 2, 3 or 4.)
- 3. Athletes may specialize by competing in one or more events at their chosen level. Gymnasts who do all four events at a level are considered All-Around. (i.e., Specialist: Level I Hoop and Ball; All-Around: Level I Floor, Hoop, Ball and Ribbon)
- 4. A gymnast may perform in one group routine in addition to individual routines.
- 5. Unified Sports Rhythmic Gymnastics Events [SOSC does not offer unified Rhythmic Gym events]
 - a. All rules and regulations apply equally to athletes and partners.
 - b. Unified competition is only in the Group events. There must be an equal number of athletes and partners in each group. (For a 4 person group, 2 athletes and 2 partners, etc.)
- 6. Modifications for Blind Athletes
 - a. In order to aid the athletes, the following types of assistance are permissible for all levels of competition without deductions:
 - 1) Audible cues, such as clapping, may be used in all routines.
 - 2) Music may be played at any close point outside of the mat, or the coach may carry the music source around the perimeter of the mat.



- b. Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each event.
- 7. Modifications for deaf Athletes
 - a. The athlete may receive a visual aid from the coach to begin her routine as the music starts.
 - b. Coaches must notify the meet director and judges of the athlete's hearing impairment before the competition and prior to each routine.
- 8. Modifications for Other disabilities
 - a. If special adaptations of equipment are needed, the coach must submit a request with the athlete's entry and receive permission in writing prior to competition. Coaches should bring the notice of approval to the competition. (See form in the appendix)
 - b. Coaches must notify the meet director and judges of the equipment modifications prior to each event.
- 9. Level A routines have been written for athletes who are unable to stand on their own.
- 10. Level B routines have been written for athletes of lower ability level who can stand on their own.
- 11. The video of the compulsory routines is the official version. If a difference exists between the video and the written text, the video must be followed.
- 12. Olympic order for rhythmic gymnastics competition is rope, hoop, ball, clubs, ribbon.
- 13. Awarding of medals
 - a. Medals are awarded for each event and for All-Around.
 - b. Female gymnasts in Levels 1, 2, 3 & 4 may receive a maximum of six medals: one medal for each of the four events, one medal for All Around and one medal for group.
 - c. Level A & B gymnasts may receive a maximum of five medals: One medal for each of the four events and one medal for All Around.

SECTION E - JUDGING

- 1. General Judging Concerns (See Gymnastics Rules for more information)
 - a. All gymnasts will be required to consider the head judge's table as side one.
 - b. At the beginning of each routine, while standing outside the floor exercise boundary, the gymnast must present herself to the head judge. After acknowledging the green flag, the gymnast may take her starting position on the floor. At the end of each event, before leaving the floor, the gymnast must acknowledge the head judge.
 - c. Prior to the routine and at the end of the routine, judges must acknowledge the self-presentation of the gymnast.
 - d. For deductions relating to leaving the floor area during a routine, refer to FIG rules.
 - e. For deductions concerning the apparatus (checking, loss of, replacement, broken, contact with ceiling), refer to FIG rules.
 - f. For deductions relating to the discipline of coaches and athletes, refer to FIG rules.



- g. If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.
- 2. Neutral Deductions - Neutral deductions which are unique to Special Olympics are listed below. For all other neutral deductions, refer to FIG rules.
 - a. Coach communicating to the during a routine. The maximum deduction for assistance may be taken is 3.0 for a routine.

Coach does the entire routine with the athlete	-3.0
Coach assists through most of the routine	-2.0 - 2.9
Coach assists through half of the routine	-1.0 - 1.9
Coach assists several times	-0.1 - 0.9
 - b. If coaching assistance is needed, the coach must stand in a designated area where the judges can see them.
 - c. Out of bounds - The maximum out of bounds deduction which may be taken for a routine is 1.0

Apparatus out of bounds	-0.2 each time
Gymnast out of bounds	-0.2 each time
 - d. If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.
- 3. Judging Forms - The appropriate judging forms for all levels are in the Appendix (On the SOI website)

F. ROUTINES (See Gymnastics Rules for more information)

SECTION G - SOSC MODIFICATIONS

1. All routines and judging sheets are available on the SOI website.
2. SOSC allows athletes to participate in different levels in the events (i.e., a gymnast can compete in Level I - balance beam and Level II - floor exercise) however the gymnasts will not be able to participate in the all-around.
3. Reminder for Coaches: If athletes need assistance remembering routines, coaches may cue the athletes (non-verbally) from the side of the apparatus. Coaches may not yell or speak to athletes during competition.
4. Athletes must compete in the same level in all individual events (A, B, I, II, or III). Athletes may specialize by competing in one or more events at their chosen level. Gymnasts who do all four events at the same level are eligible for the All-Around.
5. Levels A routines have been written for athletes who are unable to stand on their own. They may sit in a wheelchair or sturdy chair to compete. Level A wheelchair athletes may wear shirt and shorts with socks on their feet
6. In vaulting, the minimum height of the horse shall be determined by the lowest height in which the equipment can be set.
7. Male or female athletes may enter Level A events and may choose up to three events offered. Athletes entered in Level A (developmental) events may not enter other gymnastics events. Ex. a gymnast cannot register for Level A vault and Level II balance beam. Athletes not competing in Level A events may compete in different level events (i.e. Level II vault & Level III floor).



8. Athletes with Down syndrome must have an x-ray indicating that he/she does not have atlantoaxial instability prior to participation in any gymnastics event.
9. Age group divisions will be as follows: 8-11, 12-15, 16-21, 22-29, and 30+. Schedules are sometimes presented as junior (8-15) and senior (16+). Age groups may be combined if there is not a sufficient number of athletes to have a competitive division
 - a. All-Around - Male or Female athletes will automatically be entered in all around competition if they are entered in the maximum number events at the same level.

10. Uniform Guidelines

- a. All team members should have uniforms that are identical in color and style unless otherwise indicated in specific sports rules (such as goalie attire).

Uniform Guidelines can be modified as needed to accommodate the individual disability or medical condition of an athlete.

- b. Male Gymnasts

- 1) Tank top (single/leotard) and specific gymnastics long pants and shorts. The tank top must be tucked into pants or shorts.

- c. Female Gymnasts

- 1) Long-sleeve leotard. Sleeveless leotards are permitted if temperature or body type warrants it. Flesh-colored tights are allowed in competition.

- 2) Unitards may be worn. No decoration or trim may be added to the leotard or unitard.

- 3) Level A & B may wear shirt and shorts with socks on their feet.

- d. Socks

- e. Gymnastics shoes/slippers may be worn

- f. All athletes and teams should have identical uniforms

- g. Team shirts and undershirts shall be the color.

- h. Blue Jeans and Denim-type clothing are not permitted.

- i. It is forbidden to wear any object that may cause injury or give an artificial advantage to any player.

- 1) Forbidden Objects Include, but are not limited to the following:

- a) Head Gear
- b) Jewelry
- c) Casts or Braces

- 2) Exceptions will be made for religious or medical medallions and flat wedding bands. If worn, they must be removed from chains and taped or sewn under the uniform.

- j. All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.

- k. T-Shirts, if worn must be of uniform type and quality and sanctioned by the Area/Region.