



COMPETITION LEVEL DESCRIPTION

FINAL

Levels of Competitions:

1. Local Competition: first level of competition
 - a. Local competition begins: Spring Season: March/Fall Season: September
 - b. Participation: all athletes participating in any sport should have opportunities to compete in local competition throughout the season.
 - c. Purpose:
 - Ensure that athletes learn to feel confident in competition settings
 - Prepare athletes for the stress of competition
 - Allow athletes opportunity to practice skill learned during training
 - d. Competition Overview
 - Local competition do not need to provide ribbons or medals
 - This level of competition can happen during practice
 - Athletes only need to be dressed for training, uniforms are not required
 - Coaches may act as officials
 - Training may be incorporated into local competition (i.e. coaches may stop play to demonstrate a rule or highlight a possible infraction)
 - e. Local competition description: Leagues are an association of sports teams or individuals that compete with one another. Some are sophisticated in their structure; others are simple pick up games. With a little creative organization, they all have the potential to expand Special Olympics competition opportunities. Special Olympics leagues allow the athletes to make the most of community resources. Athletes benefit from more chances to compete while friends and neighbors gain understanding and acceptance.
 - f. Types of League Play
 - High Performance League:
 - Four or more teams
 - Ten or more athletes for individual competition.
 - Teams are aligned by ability, age and gender like any Special Olympics competition.
 - Teams are close geographically
 - The league often concludes with a season-ending tournament
 - Low Maintenance League:
 - Activity limited to scrimmages that are arranged by head coaches:
 - Inter-squad
 - Against other Special Olympics teams
 - Against non-Special Olympics teams
 - Against volunteer groups such as police, fire department, teachers, etc.
 - Important to determine the purpose of the scrimmage
 - Preparation for competition
 - Review game situations
 - Provide a game-like atmosphere
 - Take advantage of teachable moments
 - Critical aspects of the scrimmage include:
 - Competitive atmosphere
 - Real-game situations (substitutions)
 - Officials
 - Invite spectators
 - Keep score and time
 - Call time-outs
 - Have halftime or quarters

- No Maintenance League:
 - Pick up games
 - Site, date and time are informally selected, supervisor may not be needed
 - May or may not need to reserve the site
 - Players and coaches bring their own equipment
 - Promotion includes simple advance communication to head coaches and parents
2. Area Competition: second level of competition
- a. Area competition begins: Spring Season: April/Fall Season: October
 - b. Participation: All athletes who attend at least 4 practices may participate in Area level competition. This minimum number of practices is based on practices being held once a week and with the understanding that teams are beginning to form
 - c. Purpose: to provide the first level of organized competition for all local programs within a specific geographic area. The Area competition will be held in a central location.
 - d. Competition Overview:
 - Area competitions will be held on weekends so all local programs within the Area will have the opportunity to attend.
 - Area competitions will be organized and follow all Sports Rules. Volunteer officials should be recruited from the Area.
 - Area competitions do not have a minimum participation requirement
 - Athletes should have at least a minimal knowledge of the sport and rules
 - Athletes should wear a team uniform so that all athletes have a consistent look.
 - Athletes and teams will receive ribbons at the completion of the competition
 - Area competitions may vary from one sport competition to multiple sport competitions.
 - All Local Program volunteers should assist in the production in the Area competition
 - Regional staff will utilize the results from Area competition for Regional event preparation.
3. Regional Competition: third level of competition
- a. Regional competition begins: Spring Season: May/Fall Season: November
 - b. Participation: eligible to athletes that have attended at least 8 practices and have participated in Area level competition. Athletes can only attend Regional competition in their primary sport.
 - c. Purpose: to provide the second level of organized competition for all Area programs within a specific geographic region. Regional competitions will be held in a central location.
 - d. Competition Overview:
 - Regional competition will provide a specific number of slots in each sport to each Area.
 - Regional competitions will be organized and follow all Sports Rules. Certified officials must be scheduled for the competition.
 - Athletes should have a clear understanding of all sports rules.
 - Athletes must be dressed in uniform as a team
 - Awards will be distributed following the completion of competition
 - Regional competitions must meet the competition participation requirement.
 - Spring:

▪ Aquatics	75 athletes
▪ Athletics	100 athletes
▪ Basketball	8 teams
▪ Bocce	12 teams
▪ Golf	32 athletes
▪ Gymnastics	20 athletes

- Fall
 - Bowling 75 athletes
 - Floor Hockey 8 teams
 - Football (Soccer) 8 teams
 - Softball 8 teams
 - Tennis 32 athletes
 - Volleyball 8 teams

- Chapter Sports will utilize results from Regional competition for Chapter Competition

4. Chapter Competition: culminating competition for the season

a. Chapter competition is: Spring Season: June/Fall Season: December

b. Participation: eligible athletes will have attended at least 12 practices and have participated in Area and Regional competition. Athletes can only attend in their primary sport. Not all athletes will be able to attend the championship.

c. Purpose: to provide the fourth and final level of competition for Special Olympics Southern California. This culminating event will be a two days and have competition opportunities for all sports offered within the season. Regions and Areas will receive an athlete allotment for Chapter competition based on a percentage of the total number of athletes participating within the individual Region or Area. Only a small percentage of the total number of athletes participating will have the opportunity to attend the Summer Games or the Fall Games.

d. Competition Overview:

- Eligible athletes must:

- Be listed on the final athlete roster completed by their program
- Attend at least 50% of all practices
- Have participated in all previous levels of competition in their primary sport
- Be selected by their Area/Region
- Athletes should be prepared for the highest level of competition

- Event will be held at facility that offers a quality sports venues and meets the needs of all sports
- NGB certified officials will be used at all sports venues
- Athletes will be dressed in matching team uniforms and have appropriate shoes
- Approximate number of athlete slots in each sport:

- Summer Games

- Aquatics 250 athletes
- Athletics 350 athletes
- Basketball 40 teams
- Bocce 40 teams
- Golf 80 athletes
- Gymnastics 100 athletes

- Fall Games

- Bowling 300 athletes
- Floor Hockey 32 teams
- Football (Soccer) 32 teams
- Softball 24 teams
- Tennis 80 athletes
- Volleyball 32 teams