



Special Olympics

Kentucky

Developmental Events Manual

The events in this manual are intended for athletes
of lower skill levels

Rules & Regulations



*This manual is a compilation of both
Special Olympics, Inc. and
Special Olympics Kentucky Rules.
All Developmental Events should be run
according to the rules in
this manual.*

Revised September 2011

PURPOSE OF DEVELOPMENTAL EVENTS

The Developmental Sports Program is offered to ensure that those Special Olympics athletes of low skill levels and those who can not compete in traditional events will have the opportunity to participate in the Special Olympics sports program.

For example: Wheelchair athletes and physically disabled individuals with limited mobility and/or movement.

DEVELOPMENTAL MANUAL

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MISSION OF SPECIAL OLYMPICS

The mission of Special Olympics is to provide **year-round** sports training and athletic competition in a variety of Olympic-type sports for children **and** adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

PURPOSE

Special Olympics is a **worldwide** program of Sports Training and Athletic Competition open to individuals with mental disabilities regardless of their abilities.

The International Olympic Committee (IOC) has granted it's Official recognition to Special Olympics International, Inc. (SOI).

SOKY PLAYS BY THE RULES

All Special Olympics competitions shall be conducted in accordance with the Official Special Olympics Sports Rules, **which are designed to protect the athletes, provide fair and equitable conditions of competition and promote uniformity so that no competitor shall obtain unfair advantage over another.**

SPECIAL OLYMPICS KENTUCKY COACH CODE OF CONDUCT

Special Olympics Coaches are role models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in a competition. The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of SOKY that the coach shall:

- Provide a good example in appearance, conduct, language and sportsmanship while striving to set an example of the highest ethical and moral conduct.
- Demonstrate and instill in their players a respect for and courtesy toward the opposing players, coaches, officials and spectators.
- Exhibit and develop in their players the ability to accept defeat or victory gracefully. The coach shall never place the value of winning above the value of instilling the highest desirable ideals of character.
- Be knowledgeable of and follow all existing Special Olympics and National Governing Body Rules.
- Provide for the general welfare, safety, health and well being of each Special Olympics athlete in their charge – this entails supervision 24 hours a day.
- Direct criticism toward your athletes in a constructive, positive and objective manner.
- Ensure that each athlete has a current/valid SOKY medical on file with the state office and that copies of all medicals are with you during any Special Olympics activity.
- Cooperate with the SOKY staff and Competition Directors in establishing and conducting a quality athletic program.
- Encourage spectators (family members & other team supporters) to display conduct of respect and hospitality toward opponents and officials and to recognize good play and sportsmanship.
- Refrain from using alcohol or any mind altering substance while at Special Olympics events/competitions.
- Refrain from use of all tobacco products at SOKY events (i.e. sports venues, staging areas, opening/closing ceremonies, etc).
- Do not engage in any inappropriate contact or relationship with SOKY athletes and/or volunteers.

Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these responsibilities or to the philosophies of Special Olympics, then one or more of the following actions may be taken by SOKY:

1. The coach may be notified of the undesirable behavior and be requested to remedy the situation for continued participation. In other words an official **warning** will be given.
2. The coach may be withdrawn personally or as an organization from the remainder of an event or tournament.

In the event of extreme and/or repeated behavior contrary to the best interests of Special Olympics athletes or Special Olympics, SOKY may:

1. Prevent the coach or organization from participating in any or all Special Olympics events for a specified period of time.
2. Prevent the coach or organization from participating in Special Olympics Kentucky indefinitely.

SPECIAL OLYMPICS KENTUCKY ATHLETE CODE OF CONDUCT

Participation in Special Olympics Kentucky is both an honor and a privilege. Therefore, athletes in the SOKY program must accept and carry-out these responsibilities:

1. Dress and act at all times in a manner that is a credit to Special Olympics.
2. Refrain from taunting or taking part in other forms of poor sportsmanship.
3. Commit to knowing and playing by the rules of your sport.
4. Treat all athletes, volunteers and competition officials with respect and communicate in a courteous manner.
5. Respect all competition facilities and equipment.
6. Treat your opponent with respect and courtesy.
7. Refrain from taking part in the consumption of alcoholic beverages and/or controlled substances while at a Special Olympics event/activity.
8. Refrain from smoking or using chewing tobacco at any competition venue and any housing venue where the host facility prohibits smoking (i.e. dorms at Summer Games).

Athletes who do not conduct themselves according to the above responsibilities, are subject to the following action(s):

1. The athlete may be notified of an undesirable behavior and be requested to remedy the situation for continued participation. In other words, an official **warning** will be given.
2. The athlete may be ejected from a game or competition for violation of any of the above and given an official warning.

In the event of extreme and/or repeated behavior contrary to the best interests of Special Olympics, the following actions may be taken:

1. An athlete may be placed on **probation** or be **suspended** for a specified period of time.
2. An athlete may be **banned** from any future participation in the Special Olympics Kentucky program.



Special Olympics ***Kentucky***

SPECTATOR GUIDELINES

As fans (family, friends and supporters) of Special Olympics Athletes, it is expected that you will play a positive role at SOKY events by following these guidelines:

1. Please refrain from using abusive or offensive language towards anyone; officials, coaches, opponents and fellow spectators.
2. Keep your emotions under control – Remember that the athletes are amateur athletes and the coaches and officials are all volunteers.
3. It may help if you understand the rules of the sport/event. If you need further information or clarification, ask your home program for a copy of the rules.
4. De-emphasize winning and losing!
5. Let the coaches coach the players – PLEASE refrain from shouting instructions.
6. Spectators and fans are prohibited in the competition areas. Only registered/approved coaches and athletes should be on the official playing field/area.
7. ALL CHEERS should stress the spirit of good sportsmanship. Derogatory comments directed to players, coaches or officials will not be tolerated.
8. **Noisemakers of any kind are NOT permitted by teams or spectators in the stands. Although they can be used to support a team, they have proven to be very distracting to many of the SOKY athletes on the playing field.** Examples of noise makers include, but not limited to cow bells, bean shakers, coin shakers and clappers. Please see SOKY program staff for any further clarification.

Any spectator who fails to follow the above guidelines will be reprimanded. A reprimand could be one of the following;

- a. You will be escorted from the venue
- b. You will be banned from attending future events for the remainder of a season
- c. You will be banned from attending any SOKY event for lifetime

BE A FAN!
BE A GREAT FAN!

SMART COACHES PREPARE FOR SUCCESS!

An organized coach will give his or her athletes the edge on competition day. How many coaches prepare athletes for weeks and months for an event to find on the day of competition they did not plan for the unexpected?

Take for example, the coach who buys new uniforms for his team but waits for the day of competition to find out the uniforms don't fit. Or the coach who trains his/her basketball team using a junior size basketball, only to find out at the State Tournament an official high school leather ball is used. How many coaches will train their athletes in the 100 meter sprint by using a whistle instead of a starter's pistol? While some coaches give their athletes the advantage in competition, others put their players at a disadvantage.

Coaching on the day of the event is quite different from coaching during practice sessions. On the day of competition, the athlete should be expected to perform only those skills that he/she has already learned well. Although some strategies can be refined, the introduction of new skills may confuse and/or distract the athlete and may affect performance.

Coaches need to establish a checklist early on to assure their athletes will have everything they will need to perform at their best on the day of competition. Will your athlete's running shoes be broken in by the day of the race? When will the uniforms be distributed so that it can be determined who will need a different size? Will you need to bring a tape measure to mark off the long jump runway?

Organizing your needs will allow you to assign some jobs to parents, assistant coaches and volunteers who work in your program. This will take some of the burden off you and at the same time guarantee that nothing will be forgotten.

It is your responsibility to prepare your athletes for competition. Don't fall short on the day of the event. It is recommended that you prepare a checklist that should be reviewed when preparing for an event.

Recommended Procedure for Avoiding Heat Injury/Illness through Analysis of Heat Index and Restructuring of Activities Special Olympics Kentucky

Special Olympics' practices, competitions, and activities are often conducted outdoors. Heat problems often occur when athletes play too long and hard, and stay in the sun too long. Heat index calculations should be used to determine the appropriate precautions that should be taken to ensure athlete health and safety.

Heat Index:

A measurement of the air temperature in relation to the relative humidity, used as an indicator of the perceived temperature (how hot it actually feels.)

Problems that may arise as a result of high heat index levels include, but are not limited to, heat cramps, heat exhaustion, and heat stroke.

Heat Cramps:

Painful cramps involving abdominal muscles and extremities cause by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating. Symptoms include muscular pains and spasms, usually in the legs or abdomen.

Heat Exhaustion:

A condition characterized by faintness, rapid pulse, nausea, profuse sweating, cool skin, and collapse, caused by prolonged exposure to heat accompanied by loss of adequate fluid and salt from the body.

Heat Stroke:

A disturbance of the temperature-regulating mechanisms of the body caused by overexposure to excessive heat, resulting in fever, hot and dry skin, and rapid pulse, sometimes progressing to delirium and coma.

Coach Responsibility:

Coaches must play an active role to ensure their athletes are prepared for and protected from the weather. All athletes should consume plenty of water to ensure hydration well before exposure to the heat and each athlete should be provided with individual water bottles. If necessary, it is the coach's duty to find shade for their team, provide cold towels, etc. **Providing these things is not the responsibility of the Tournament Officials.**

The following heat index scale should be used to determine appropriate participation procedures. This recommended procedure should be used until such time as the temperature is below 80 degrees as no combination of heat and humidity at that level will result in a need to limit activity.

*Any time restructuring of an activity is necessary the heat index should be re-checked every 30 minutes to ensure there has not been an increase.

Heat Index

Under 95 degrees

Procedure

- Provide ample amounts of water.
- Must take water breaks.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully.

95 degrees to 99 degrees

- Provide ample amounts of water.
- Must take water breaks.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully.
- Alter uniform by removing items if possible.
- Reduce time of outside activity.
- Consider postponing practice to later in the day.

100 degrees to 102
degrees

- Provide ample amounts of water.
- Must take water breaks.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully.
- Alter uniform by removing items if possible.
- Allow for changes to dry t-shirts and shorts.
- Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Postpone activity to later in the day.

Above 102 degrees

- Stop all outside activity and stop all inside activity if air conditioning is unavailable. Best efforts will be made to reschedule.

SPECIAL OLYMPICS AGE GROUPS

ATHLETES MUST BE AT LEAST EIGHT (8) YEARS OF AGE TO PARTICIPATE IN SPECIAL OLYMPICS COMPETITION.

- **IN ORDER TO PARTICIPATE IN POWERLIFTING, AN ATHLETE MUST BE SIXTEEN (16) YEARS OF AGE.**

1. The following age groups shall be used for all Special Olympics Kentucky Games and Competitions.

- A. **Individual Sports**

- 1) ages 8-11
 - 2) ages 12-15
 - 3) ages 16-21
 - 4) ages 22-29
 - 5) ages 30 years and over

- B. **Team Sports**

- 1) Junior: ages 15 and under
 - 2) Open: ages 16 and over

2. An athlete's age group is determined by the athlete's age on the opening date of the Games or Competition. The age of the oldest athlete on a team shall be used to determine the age group in which that team will compete.
3. **Open Age Groups:** Open Age Groups can be used in both Individual and Team Sports. They can be created when there is the need to meet the required minimum number of competitors or teams in a division.
4. **Combining Age Groups:** In situations where there are not enough competitors to hold competition in a certain age group, the athletes should be moved into the next oldest age group. If there are not enough athletes within that division, an Open Age Group can be created.

DIVISIONING

The fundamental difference, which sets Special Olympics competitions apart from those of other sports organizations, is that athletes of all ability levels are encouraged to participate and every athlete is recognized for his or her performance.

Competitions are structured so those athletes compete with other athletes of similar ability in equitable divisions. Historically, Special Olympics has recommended that divisions be created where the variance between the highest and lowest scores within that division differs by no more than 15%. This is **NOT a rule** but should be used as a guideline for establishing equitable divisions when there is the appropriate number of athletes.

All Special Olympics competitions are governed by National Governing Body Rules, (i.e. US Swimming, USA Track & Field, High School Basketball Association, etc.). To help ensure that all ability levels can compete and experience successful participation, Special Olympics has modified some of the NGB rules.

PROCEDURES FOR DIVISIONING

ABILITY is the primary divisioning factor in Special Olympics. An entry score from a prior competition or a preliminary event determines the ability of an athlete or team. **Other factors which are significant in establishing divisions are age and sex.**

INDIVIDUAL SPORTS

1. The First Step in the divisioning process for Individual Sports is to use gender, (male/female heats). However, because the numbers of participants for Developmental events are generally lower, there may not be sufficient participants to make fair male and female heats. In these instances, Games Officials may combine males and females in the same heat.
2. The Second Step is to division by Age Groups, (8-11, 2-15, 16-21, 22-29 & 30+). Again, because of lower numbers of participants, Age Groups are often combined to have enough participants for a heat.
3. The Third and most important step in the divisioning process is ABILITY grouping. Based on entry scores from preliminary/qualifying events, athletes should be placed in heats with other athletes of similar ability.

TEAM SPORTS

A. Step One: Divide Teams By Gender

- 1) Divide teams into two groups based upon gender. Female teams shall compete against other female teams and male teams shall compete against other male teams.
- 2) Teams shall compete against other teams of the same gender, unless:
 - a) There is only one male or one female team within the competition. This team shall be divisioned with teams of the opposite gender who are of similar age and ability.

B. Step Two: Divide Teams By Age

- 1) The age group of a team is determined by the age of the oldest athlete on that team on the opening date of the competition.
- 2) Divide male and female teams into the following age groups: ages 15 and under; 16-21; and 22 and over. An additional group may be established if there are a sufficient number of teams in the "22 and over" age group.
- 3) Teams should compete against other teams within the same age group.

C. Step Three: Divide Teams By Ability

- 1) All Special Olympics team sport competitions shall utilize the results of Qualifying Tournaments and games to assess the level of ability of the participating teams.
- 2) Group teams according to ability based upon the results of Qualifying Tournaments and games.
- 3) Create divisions of no more than eight teams by applying age groups to the teams within each ability group.
- 4) Within each ability group, age groups may be combined to create divisions.
- 5) If there are only two male or two female teams within the competition, these teams shall compete against each other.
- 6) If there is only one team within an age or ability group, that team must be divisioned with other teams, regardless of age or ability.

DEVELOPMENTAL SPORTS

RESOURCE TEAM

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DEVELOPMENTAL EVENTS GENERAL RULES

1. **There are events in this manual which have restrictions in regards to time or distance.** If an athlete fails to perform within these guidelines, that athlete will receive a Participation Ribbon only. (e.g. Tennis Ball Throw: the maximum distance allowed is 5 meters. If an athlete throws beyond this limit, he/she will be awarded a Participation Ribbon). There will be no exceptions to this rule.
2. In Track & Field and Aquatics, an athlete may enter up to 2 events plus one relay in the same sport.
3. All coaches should be familiar with rules/regulations regarding Lead-up Events. In each sport, Lead-up Events have been designated. (e.g. An athlete may not enter both the Tennis Ball Throw and the Softball Throw or an athlete may not enter both the 15 meter assisted swim and the 15 meter unassisted swim. The Tennis Ball Throw is a Lead-up Event to the Softball Throw and the 15 M assisted swim is a lead-up to the 15 M unassisted swim.)
4. All equipment such as braces, walkers, crutches and wheelchairs must be in good working order. All wheelchair athletes must wear seat belts. Any athlete whose equipment does not meet these standards will not be allowed to participate.
5. A guide-rope or bell may be provided to assist athletes who are visually impaired.
6. Athletes requiring auditory help may be assisted at the start by coaches.
7. A tap start may be used for a deaf, blind or an autistic athlete.
8. In most instances, Developmental Events will be run with co-ed divisions.
9. In the event that there are discrepancies in rules from this manual and the Special Olympics Summer Sports Rules Book, the Special Olympics Kentucky Developmental Manual will take precedence.

AQUATICS SECTION

AQUATICS GENERAL RULES

1. All events will follow the stated distance in yards unless safe utilization of the facility is at risk.
2. In order for an athlete to enter an event from this Developmental Sports Manual and an event from the Official Special Olympics Sports Rules Book, it must be approved by the State Office. (e.g. In Aquatics: if you choose to enter an athlete in the 25 yard freestyle and the developmental 15 meter unassisted swim, you must receive prior approval from the Program Director at the State Office).
3. All athletes entering the 15 yard unassisted race, 25 yard transitional freestyle or 25 yard transitional backstroke must possess recovery skills.
A recovery skill is the method of recovering from a prone (horizontal) position to a standing (vertical position) without assistance or difficulty. Every attempt should be made to train the athlete to complete the distance with assistance only at the start. The athlete needs to possess the endurance to move 15-25 yards.
4. **FLOTATION DEVICES** are those that encircle the body. Water wings are not acceptable. Flotations that may be used are: 1) Head floats, 2) Inner tubes 3) Life Jackets/belts. Flotations must fit the athlete securely.
KICKBOARDS CANNOT BE USED AS FLOTATIONS. Coaches are to provide all flotation devices and kickboards. Flotation does not have to be a Coast Guard approval device.
5. Coaches are responsible for obtaining assistants for lifting athletes in and out of the pool. Please follow good lifting techniques, ensure all safety and make sure all wheelchair brakes are in the lock position. (ie. feet planted, weight evenly distributed, bend knees, lift with legs and not back, etc)
6. With the exception of the Unassisted swim and transitional swims, it is REQUIRED that an assistant accompany his/her athlete in the water. Best practice is safety. The person who works with the athlete during practices should be the person in the water with the athlete during competition.
7. Persons assisting athletes in an event are to guide or direct the athlete without assisting in the forward movement.
8. Assistants hands **must** be visible at all times (out of the water is preferred). Any sculling or underwater hand movement may move the athlete forward; therefore, causing disqualification.

9. Each athlete is responsible for having his/her own assistant in the water while they compete. This rule pertains to the following events:

- 15 yard walk
- 15 yard flotation
- 15 yard flotation kickboard
- 15 yard kickboard
- 15 yard assisted

The in-water assistant is to be positioned at the side or in back of the athlete, **NOT** in front.

10. Concerning one-person heats:

The athlete must swim a time within 15% of his/her qualifying time, (higher or lower), in order to receive a gold medal. (E.g. qualifying score turned in with registration is 10 seconds. The athlete must swim a better time or within 11.5 seconds.) Any performance above 15% will be awarded a silver medal.

AQUATICS EVENTS

The following Developmental events may be offered in Special Olympics Kentucky Aquatics Competition.

- 1) 15 Yard Walk (**Event not eligible in medley relay**)
- 2) 15 Yard Flotation Race
- 3) 15 Yard Flotation Kickboard Race (**new event**)
- 4) 15 Yard Kickboard Race
- 5) 15 Yard Assisted Swim
- 6) 15 Yard Unassisted Swim
- 7) 25 Yard Transitional Freestyle (**Developmental athletes only**)
- 8) 25 Yard Transitional Backstroke (**new event, Dev. athletes only**)

- 9) 2 x 25 Yard Flotation Relay
- 10) 2 x 25 Yard Kickboard Relay
- 11) 2 x 25 Medley Relay*
*A two-person team can do any combination of events 2-8.
Team members cannot swim same event.
- 12) 2 x 25 Yard UNIFIED Medley Relay

Athletes may enter a maximum of 2 events and a relay.

When entering an athlete in an event, please take note that the athlete may not participate in the prior lead-up event.

EXAMPLE: If an athlete is entered in the 15 Meter Unassisted Swim and/or the 25 Transitional Freestyle, he/she may not enter the 15 M Assisted Swim.

Combinations Allowed for Competition

If their Best Event Is	Allowed to compete in the following events
1) 15 Yard Walk	2,3,4,5,9,11,12
2) 15 Yard Flotation	1,2,9,11,12
3) 15 Yard Flotation Kickboard	1,2,5,9,11,12
4) 15 Yard Kickboard	1,5,6,7,8,10,11,12
5) 15 Yard Assisted Swim	1,3,4,10,11,12
6) 15 Yard Unassisted Swim	1,4,7,8,10,11,12
7) 25 Yard Transitional Freestyle	1,4,6,8,10,11,12
8) 25 Yard Transitional Backstroke	1,4,6,7,10,11,12

1. 15 YARD WALK

- * Due to the structure of some Aquatics facilities, the floor of the pool may slope at an angle where the pool is too deep for the athlete to touch bottom for the length of 15 yards. In an effort to be fair to all competitors, meet officials may determine that all athletes entered in the 15 yard Walk should use one lane. Therefore, this event may be run with all competitors in a heat using the same lane, but only one competitor walking at a time.

EQUIPMENT:

Whistle, lane markers, stopwatch, optional starting horn

SET-UP:

- a. Starting line should be 15 yd from the end of the pool.
- b. All lanes should be 2 yd apart.

SCORING:

- a. Athlete will be timed from the starting horn or command to when he/she touches the end of the pool.

RULES:

- a. Athlete starts race from behind the start line.
- b. Athlete starts the race at the sound of the start horn.
- c. **ATHLETE MUST HAVE ONE FOOT ON THE POOL FLOOR AT ALL TIMES.**
- d. Athlete must stay in his/her designated lane for entire race: athlete will be disqualified if he/she impedes the progress of another athlete.
- e. An assistant may be allowed to **GUIDE** the athlete, but may not assist with the athlete's forward movement.
- f. Athletes may touch the lane rope, or may hang onto the lane rope as long as there is no advantage gained. The stroke judge will have authority to disqualify an athlete if an advantage is gained from touching or hanging onto the lane ropes.
- g. Athlete must not pull on lane ropes in an effort to obtain forward movement. Athletes will be disqualified.
- h. Athlete must touch the end of the pool with one or two hands to finish. If athlete is missing body parts, he/she must touch the end of the pool with upper torso body part.

2. 15 YARD FLOTATION RACE

EQUIPMENT:

Athlete must provide his/her own flotation. **KICKBOARDS OR WATERWINGS ARE NOT PERMITTED.** P.F.D.s (Personal Flotation Devices) or inner tubes encircling the body must be used.

Whistle, stop watch, floating line, and optional starting horn.

SET-UP:

- a. Set the starting line 15 yd. from the end of the pool. It is preferable that the athletes swim from deep to shallow.
- b. Mark lanes 2 yd. apart.

SCORING:

- a. Athlete will be timed from the starting horn or command to when he/she touches the end of the pool with any body part.

RULES:

- a. Athlete starts race from behind the start line.
- b. Athlete starts race at sound of the start command.
- c. Athlete must stay in his/her designated lane for entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
- d. Athlete must remain inside the flotation device for the entire race.
- e. An assistant may be allowed to guide the athlete, but may not assist with the athlete's forward movement.
- f. Athlete may touch the lane rope, or may hold the lane rope as long as there is no advantage gained. The stroke judge will have authority to disqualify an athlete if an advantage is gained from touching or holding the rope.
- g. Athlete must not pull on lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
- h. Athlete must touch the end of the pool with any body part or inner tube, (if used).

3. 15 YARD FLOTATION KICKBOARD RACE

EQUIPMENT:

Whistle, lane markers, stopwatches, flotation devices, kickboards/kickrollers, optional starting horn.

SET-UP:

- a. Mark the start line 15 yd. from the end of the pool.
- b. Mark the lanes 2 yd. apart.

SCORING:

- a. Athlete will be timed from the starting horn or command to when he/she touches the end of the pool.

RULES:

- a. Athlete begins behind the start line - the kickboard/kickrollers must be behind the start line.
- b. Athlete starts race at the sound of the start horn or command.
- c. Athlete **MUST KEEP BOTH HANDS** on the kickboard/kickrollers during the entire race.
- d. Any style of kick may be used during the race.
- e. An assistant may touch or guide the athlete, but may not assist with the athlete's forward movement.
- f. Athlete must stay in his/her designated lane for the entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
- g. Athletes may touch the bottom of the pool, or may stand to rest, but may not walk on the bottom or push off the bottom so as to gain an advantage.
- h. Athlete may touch the lane rope, or may hold onto the lane rope as long as there is no advantage gained. The stroke judge will have the authority to disqualify an athlete if an advantage is gained from touching or holding onto the lane ropes.
- i. Athlete must not pull on the lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
- j. Athlete must touch the end of the pool **WITH THE KICKBOARD/KICKROLLER** to finish.

4. 15 YARD KICKBOARD RACE

EQUIPMENT:

Whistle, lane markers, stopwatches, kickboards/kickrollers, optional starting horn.

SET-UP:

- a. Mark the start line 15 yd. from the end of the pool.
- b. Mark the lanes 2 yd. apart.

SCORING:

- b. Athlete will be timed from the starting horn or command to when he/she touches the end of the pool.

RULES:

- b. Athlete begins behind the start line - the kickboard/kickrollers must be behind the start line.
- b. Athlete starts race at the sound of the start horn or command.
- c. Athlete MUST KEEP BOTH HANDS on the kickboard/kickrollers during the entire race.
- d. Any style of kick may be used during the race.
 - i. An assistant may touch or guide the athlete, but may not assist with the athlete's forward movement.
 - j. Athlete must stay in his/her designated lane for the entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
- k. Athletes may touch the bottom of the pool, or may stand to rest, but may not walk on the bottom or push off the bottom so as to gain an advantage.
- l. Athlete may touch the lane rope, or may hold onto the lane rope as long as there is no advantage gained. The stroke judge will have the authority to disqualify an athlete if an advantage is gained from touching or holding onto the lane ropes.
 - i. Athlete must not pull on the lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
 - j. Athlete must touch the end of the pool WITH THE KICKBOARD/KICKROLLER to finish.

5. 15 YARD ASSISTED SWIM

EQUIPMENT:

- **A flotation device is not allowed in this event (contrary to the SOI Rules Book)**

Floating start line (can be lifted out of pool at start of race).

Whistle, stopwatch, floating lane markers, optional starting horn.

SET-UP:

- a. Use floating lane markers.
- b. Starting line 15 yd from the end of the pool.
- c. Mark lanes 2 yd apart.

SCORING:

- a. Athlete will be timed from the start horn or command to when he/she touches the end of the pool by HAND.

RULES:

*** A flotation device is not allowed in this event.**

- a. Athlete begins behind the start line. Athlete may be positioned on front/prone or back/supine.
- b. Athlete starts race at the sound of the start horn or command.
- b. Assistant may touch, guide or direct the athlete, but may not support or promote the athlete's forward movement.
- d. Assistants' hands must be visible at all times. The assistant must be positioned at the side or back of the athlete.
- e. Athlete may touch the bottom of the pool, or may stand on the bottom to rest, but may not walk (step forward) or push off the bottom so as to gain an advantage.
- f. Athlete may touch the lane rope, or may hold onto the lane rope as long as there is no advantage gained. The stroke judge will have authority to disqualify an athlete if an advantage is gained from touching or hanging onto the lane ropes.
- g. Athlete must not pull on the lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
- h. Athlete must touch the end of the pool by hand or any body part to finish.

6. 15 YARD UNASSISTED SWIM

EQUIPMENT:

Floating lane markers, stopwatches, whistle, optional starting horn.

SET-UP:

- a. Set the starting line 15 yd from the end of the pool.
- b. Mark the lanes 2 yd apart.

SCORING:

- a. Athlete will be timed from the start to when he/she touches the end of the pool by HAND.

RULES:

- a. Athlete must swim the entire 15 yards without assistance.
- b. Athlete starts race from behind the start line. Athlete may be positioned on front/prone or back/ supine.
- c. Athlete starts race at the sound of the start horn or command.
- d. An assistant may help the athlete maintain his/her position at the start line.
- e. Athlete must stay in his/her designated lane for entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
- f. Athlete may touch bottom of pool, or may stand on bottom to rest, but may not walk or push off bottom so as to gain an advantage.
- g. Assistants may walk IN BACK of athlete (**minimum 10 ft. distance**) for safety, but may not assist or touch the athlete.
- h. Athlete may touch the lane rope or hold rope as long as there is no advantage gained. The stroke judge will have authority to disqualify an athlete if an advantage is gained from touching or holding the lane ropes.
- i. Athlete must not pull on lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
- j. Athlete must touch end of pool by hand or any body part to finish.

NOTE: If an athlete can swim this event in a time of less than 15 seconds, he/she should be training to compete in the 25 yard freestyle.

7. 25 YARD TRANSITIONAL FREESTYLE

This is a transitional event that prepares developmental athletes for advancement to short course events. Athletes may swim this event on their front. An assistant may be in the water with the athlete.

EQUIPMENT:

Lane lines, stopwatches, whistle, optional starting horn.

SET-UP:

- a. Use standard short course set-up.

SCORING:

- a. Athlete will be timed from the start to when he/she touches the end of the pool with any part of their body.

RULES:

- a. USA Swimming Rules apply
- b. A 3-whistle start will be used.

8. 25 YARD TRANSITIONAL BACKSTROKE

This is a transitional event that prepares developmental athletes for advancement to short course events. Athletes must swim this event on their back. An assistant may be in the water with the athlete.

EQUIPMENT:

Lane lines, stopwatches, whistle, optional starting horn.

SET-UP:

- a. Use standard short course set-up.

SCORING:

- a. Athlete will be timed from the start to when he/she touches the end of the pool with any part of their body.

RULES:

- a. USA Swimming Rules apply
- b. A 3-whistle start will be used

9. 2 x 25 YARD FLOTATION RELAY

EQUIPMENT:

Athlete will provide his/her own flotation. **KICKBOARDS OR WATERWINGS ARE NOT PERMITTED.** PFD's, (Personal Flotation Devices) or inner tubes encircling the body must be used.
Whistle, stop watch, and optional starting horn.

SCORING:

Team will be timed from the start command to when the second athlete in the relay touches the end of the pool with any body part.

10. 2 x 25 YARD KICKBOARD RELAY

EQUIPMENT:

Whistle, lane markers, stopwatches, kickboards/kickrollers, optional starting horn.

SCORING:

- a. Team will be timed from the starting horn or command to when the second athlete completes full 25 yards and touches end of the pool with kickboard.

RULES:

** All rules apply as to 15 yard kickboard race.

Athletes swimming on the same team are positioned at opposite ends of the pool in the same lane. One athlete must touch the wall before the second athlete can take off and swim. The second athlete must touch the wall at the completion of the race. Touching of the wall can be made with any body part.

Relay teams will be placed in placed in competitive divisions using qualifying times.

11. 2 x 25 YARD MEDLEY RELAY

***A two-person team can do any combination of events 2-5.
Team members cannot swim the same event.**

****Teams will be divisioned according to times only.**

EQUIPMENT:

Whistle, lane markers, timing device, equipment as needed per event, optional starting horn.

*** Athletes must provide their own kickboard or flotation device.**

SCORING:

Team will be timed from the starting horn or command to when the second swimmer completes the full 25 meters and touches the end of the pool.

RULES:

1. The Special Olympics athlete must be at the Developmental Level.
2. Both Special Olympics athlete and partner **MUST** perform an in water start (no dive starts).
3. The two members of the relay team **MUST** do a different event; flotation, kickboard, assisted or unassisted.
4. Teams will be placed in divisions according to their qualifying times.

12. 2 x 25 YARD UNIFIED MEDLEY RELAY

EQUIPMENT:

Athlete will provide his/her own flotation if needed. Water wings are not permitted.

Whistle, lane markers, timing devices, equipment as needed per event, optional starting horn.

SCORING:

Team will be timed from the starting horn or command to when the second swimmer completes the full 25 yards and touches the end of the pool.

RULES:

1. The athlete must be at the Developmental Level and entered in another Developmental Aquatics event.
2. Both the athlete and partner **MUST** perform an in-water start (NO DIVE STARTS).
3. If the athlete chooses to swim the assisted swim, the kickboard or flotation, he/she **MUST** also have an assistant in the pool in addition to his/her partner. PARTNER CANNOT BE THE ASSISTANT.
4. This is a Medley Relay - the Special Olympian may swim any Developmental event and the partner may swim back stroke, breaststroke, butterfly or freestyle. PARTNERS MAY NOT USE FLOTATIONS.
5. Teams will be placed in divisions according to their qualifying times.

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RECOMMENDATIONS FOR BUYING SWIM SUITS:

Speedo (up to size 40) and Ocean (up to size 46) will fit larger athletes.

When buying, think of full & total coverage, durability, ease in putting on and taking off, comfort and price.

** Companies that carry flotation devices that encircle the body*

SPECIAL OLYMPICS KENTUCKY AQUATICS MEET LOG

Athlete Name _____

Coach _____

Location	Date	Events	Entry/Time	Meet Time
_____	_____	1 _____	_____	_____
		2 _____	_____	_____
		3 _____	_____	_____

Location	Date	Events	Entry/Time	Meet Time
_____	_____	1 _____	_____	_____
		2 _____	_____	_____
		3 _____	_____	_____

Location	Date	Events	Entry/Time	Meet Time
_____	_____	1 _____	_____	_____
		2 _____	_____	_____
		3 _____	_____	_____

TRACK & FIELD SECTION

DEVELOPMENTAL EVENTS

GENERAL RULES

1. **There are events in this manual which have restrictions in regards to time or distance.** If an athlete fails to perform within these guidelines, that athlete will receive a Participation Ribbon only. (e.g. Tennis Ball Throw: the maximum distance allowed is 5 meters. If an athlete throws beyond this limit, he/she will be awarded a Participation Ribbon). There will be no exceptions to this rule.
2. For Track & Field Events: In the event that an athlete is legally blind, a coach can provide verbal cues or a guide rope can be used.
3. In Track & Field and Aquatics, an athlete may enter up to 2 events plus one relay in the same sport.
4. All coaches should be familiar with rules/regulations regarding Lead-up Events. In each sport Lead-up Events have been designated. (e.g. An athlete may not enter both the Tennis Ball Throw and the Softball Throw. The Tennis Ball Throw is a Lead-up Event to the Softball Throw.)
5. All equipment such as braces, walkers, crutches and wheelchairs must be in good working order. All wheelchair athletes must wear seat belts. Any athlete whose equipment does not meet these standards will not be allowed to participate.
6. Athletes requiring auditory help may be assisted at the start by a coach.
7. A tap start may be used for a deaf, blind or an autistic athlete.
8. In most instances, Developmental Events will be run with co-ed divisions.
9. In the event that there are discrepancies in rules from this manual and the Special Olympics Summer Sports Rules Book, the Special Olympics Kentucky Developmental Manual will take precedence.

POLICY CONCERNING ONE-PERSON HEATS:

The athlete must compete at a time/distance within 15% of his/her qualifying time, (higher or better), in order to receive a Gold Medal.

Track Example: The qualifying time turned in with registration is 10 seconds. The athlete must perform at 11.5 seconds or better to win the Gold.

A performance above 15% will be awarded a Silver Medal.

In Gymnastics, the following scale will be used:

**9.0 - 10.0 = Gold
8.0 - 8.9 = Silver
1.0 - 7.9 = Bronze**

TRACK & FIELD EVENTS

The following Developmental Events may be offered at Special Olympics Kentucky Track & Field Competitions and will be conducted outside at the Track Venue:

1. 10 M Assisted Walk (lead-up to 25 m assisted walk)
2. 25 M Assisted Walk
3. 25 M Independent Walk (do not enter if capable of doing the 50 m walk)
4. 10 M Wheelchair Race (Lead-up to the 25 M Wheelchair Race)
5. 25 M Wheelchair Race (Lead-up to the 100 M Wheelchair Race found in the Official Special Olympics Rules Book).
6. 30 M Wheelchair Slalom
7. 30 M Motorized Wheelchair Slalom
8. 25 M Motorized Wheelchair Obstacle Course
9. 2 x 25 M Wheelchair Shuttle Relay
10. 2 x 25 Motorized Wheelchair Shuttle Relay
11. Tennis Ball Throw (Lead-up to the Softball Throw)
Maximum distance allowed for this event is 5 meters.

NOTE: THERE ARE NO INDIVIDUAL STRAIGHT-LINE RACES FOR MOTORIZED WHEELCHAIRS. MOTORIZED WHEELCHAIRS MAY COMPETE IN SHUTTLE RACES, SLALOM RACES AND OBSTACLE COURSE RACES

CONCERNING RELAY TEAMS: Formation of a 2 x 25 M Relay team from two different Delegations/programs can occur at the Area Games upon approval of the Venue Director. Athletes from the same area, but different programs, are encouraged to form a relay team. To promote this effort, no qualifying time is required to compete in the Area Games. The qualifying time needed for the State Games will be the finishing time from the 2 x 25 M Relay at the Area Games.

1. 10 M ASSISTED WALK (ATHLETE MAY NOT RECEIVE HUMAN ASSISTANCE)

DESCRIPTION/RULES:

- a. Athlete must provide their own type of assisted devices (walker, cane, crutches, etc.)
- b. Athlete, with the assisted device, starts behind the line.
- c. Athlete begins race at the sound of the starting whistle.
- d. Athlete walks the 10 meters using the assisted device.
- e. Athlete should try to stay in his/her designated lane. Athlete will be disqualified if he/she impedes the progress of another walker.

Athlete may not receive physical assistance from coaches. (If assistance is given, the athlete WILL BE DISQUALIFIED AND WILL RECEIVE A PARTICIPATION RIBBON ONLY).

SCORING/SET-UP:

- a. Athlete is timed from the starting whistle to when the assisted device or any part of the athlete's torso crosses the finish line.
- b. Each athlete will use 2 lanes as his/her lane to allow room for assisted devices.
- c. Mark the start and finish lines 10 meters apart.
- d. Place cones on each line, 2 meters apart, to create start and finish gates for each lane.

EQUIPMENT:

- a. Athlete must provide their own assisted devices, (walkers, canes, crutches, etc.)
- b. Cones, chalk and tape, stopwatch, whistle, measuring tape.

2. 25 M ASSISTED WALK (ATHLETES MAY NOT RECEIVE HUMAN ASSISTANCE)

DESCRIPTION/RULES:

- a. Athlete must provide their own type of assisted devices, (walker, cane, crutches, etc.)
- b. Athlete, with the assisted device, starts behind the line.
- c. Athlete begins race at the sound of the starting whistle.
- d. Athlete walks the 25 meters using the assisted device.
- e. Athlete should try to stay in his/her designated lane. Athlete will be disqualified if he/she impedes the progress of another walker.

Athlete may not receive physical assistance from coaches. (If assistance is given , the athlete WILL BE DISQUALIFIED AND WILL REECEIVE A PARTICIPATION RIBBON ONLY).

SCORING/SET-UP:

- a. Athlete is timed from the starting whistle to when the assisted device or any part of the athlete's torso crosses the finish line.
- b. Each athlete will use 2 lanes as his/her lane to allow room for assisted devices.
- c. Mark the start and finish lines 25 meters apart.
- d. Place cones on each line, 2 meters apart, to create start and finish gates for each lane.

EQUIPMENT:

- a. Athlete must provide their own walking aid, (walker, cane, crutches, etc.).
- b. Cones, chalk and tape, stopwatch, whistle, measuring tape.

3. 25 M INDEPENDENT WALK

DESCRIPTION/RULES:

- a. Athlete starts behind the start line and begins walking at the sound of the starting whistle.
- b. Athlete should try to stay in his/her designated lane. The athlete will be disqualified only if he/she walks out of their designated lane and impedes the progress of another walker.
- c. Athlete must walk the entire 25 meters and will be disqualified for running. **Athlete must have one foot in touch with the ground at all times.**
- d. Athlete does not have to have a straight support leg while competing.

Athlete may NOT receive physical assistance from coaches. (If assistance is given, the athlete WILL BE DISQUALIFIED AND RECEIVE A PARTICIPATION RIBBON ONLY)

SCORING:

- a. Athlete will be timed from the start whistle to when he/she crosses the plane of the finish line.

SET-UP:

- a. Mark the start and finish lines 25 meters apart.
- b. Place cones 25 meters apart to mark the start and finish lines.

EQUIPMENT:

Tape/chalk, stopwatches, whistle, measuring tape, cones

NOTE: A blind athlete is allowed to use a guide rope for this race. Must bring your own rope to competition.

4. 10 M WHEELCHAIR RACE (Lead-up to the 25 M Wheelchair Race)

*** ONLY MANUAL WHEELCHAIRS ARE PERMITTED IN THIS EVENT**

DESCRIPTION/RULES:

- a. Athlete starts with all wheels of the wheelchair behind the start line, in his/her wheelchair.
- b. Athlete may use feet and/or hands to move the wheelchair.
- c. Athlete begins racing at the sound of the start whistle.
- d. Athlete must stay in his/her designated lane.
- e. The athlete finishes the race when the first two wheels cross the finish line.
- f. **A coach may touch, guide, or direct the wheelchair, BUT MAY NOT PROMOTE THE WHEELCHAIRS' FORWARD MOVEMENT. If the coach pushes the wheelchair, the athlete will be disqualified and will receive a Participation Ribbon only.**
- g. The lanes for all wheelchair events shall be made 2 track lanes wide.

SCORING:

- a. Athlete is timed from the sound of the start whistle to when the first 2 wheels of the wheelchair cross the plane of the finish line.

SET-UP:

- a. Mark the start and finish lines 10 meters apart.
- b. Create lanes by placing cones down the track between the start and finish gates. (Remember, the lanes shall be made 2 track lanes wide).

EQUIPMENT:

Cones, stopwatches, whistle, tape measure, tape

5. 25 M WHEELCHAIR RACE (Lead-up to the 100 M Wheelchair Race)

* ONLY MANUAL WHEELCHAIRS ARE PERMITTED IN THIS EVENT

DESCRIPTION/RULES:

- a. Athlete starts with all wheels of the wheelchair behind the start line, in his/her wheelchair.
- b. Athlete may use feet and/or hands to move the wheelchair.
- c. Athlete begins racing at the sound of the start whistle.
- d. Athlete must stay in his/her designated lane.
- e. The athlete finishes the race when the first two wheels cross the finish line.
- f. **A coach may touch, guide or direct the wheelchair, BUT MAY NOT PROMOTE THE WHEELCHAIRS' FORWARD MOVEMENT. If the coach pushes the wheelchair, the athlete will be disqualified and will receive a Participation Ribbon only.**
- g. The lanes for all wheelchair events shall be made 2 track lanes wide.

SCORING:

- a. Athlete is timed from the sound of the start whistle to when the first 2 wheels of the wheelchair cross the plane of the finish line.

SET-UP:

- a. Mark the start and finish line 25 meters apart.
- b. Create lanes by placing cones down the track between the start and finish gates. (Remember, the lanes shall be made 2 track lanes wide.)

EQUIPMENT:

Cones, stopwatches, whistle, measuring tape, tape

6. 30 M WHEELCHAIR SLALOM

*** ONLY MANUAL WHEELCHAIRS ARE PERMITTED IN THIS EVENT**

DESCRIPTION/RULES:

- a. Athlete starts with all wheels of the wheelchair behind the start line, in his/her wheelchair.
- b. Athlete may use feet and/or hands to move the wheelchair.
- c. Athlete begins racing at the sound of the start whistle.
- d. Athlete must stay in his/her lane as they maneuver through all 5 cones.
- e. Knocking down a cone constitutes a violation and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between the cones are subject to disqualification at the discretion of the Head Track Official.
- f. **A coach may touch, guide or direct the wheelchair, BUT MAY NOT PROMOTE THE WHEELCHAIRS' FORWARD MOVEMENT. If a coach pushes the wheelchair, the athlete will be disqualified and will receive a Participation Ribbon only.**
- g. The lanes for all wheelchair events shall be made 2 track lanes wide.
- h. **Athlete will start to the right of the first cone and continue in an alternating pattern until reaching the finish line. Failure to do this will result in a disqualification and the athlete will receive a Participation Ribbon only. (See diagram page 40)**

NOTE: There could be as many as four athletes competing at the same time.

SCORING:

- a. Athlete is timed from the sound of the start whistle to when the leading wheels of the wheelchair cross the plane of the finish line.

SET-UP:

- b. Mark the start and finish line 30 meters apart.
- c. Place cones on the start and finish lines so that each lane is 2 track lanes wide.
- d. 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 or the center line of the two lanes.

EQUIPMENT:

Tape, cones, stopwatches, whistle, measuring tape

NOTE: THE ATHLETE'S FIRST PASS SHOULD BE TO THE RIGHT OF THE CONE.

7. 30 M MOTORIZED WHEELCHAIR SLALOM

DESCRIPTION/RULES:

- a. Athlete starts with all wheels of the wheelchair behind the start line, in his/her wheelchair.
- b. Athlete begins racing at the sound of the start whistle.
- c. Athlete must stay in his/her lane as they maneuver through all 5 cones.
- d. Knocking down a cone constitutes a violation and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between the cones are subject to disqualification at the discretion of the Head Track Official.
- e. Athlete or their chair may not be touched during the race.
- f. The lanes for all wheelchair events shall be made 2 track lanes wide.
- g. **Athlete will start to the right of the first cone and continue in an alternating pattern until reaching the finish line. Failure to do this will result in a disqualification and the athlete will receive a Participation Ribbon only. (See diagram page 40)**

NOTE: There could be as many as four athletes competing at the same time.

SCORING:

- a. Athlete is timed from the sound of the start whistle to when the leading wheels of the wheelchair cross the plane of the finish line.

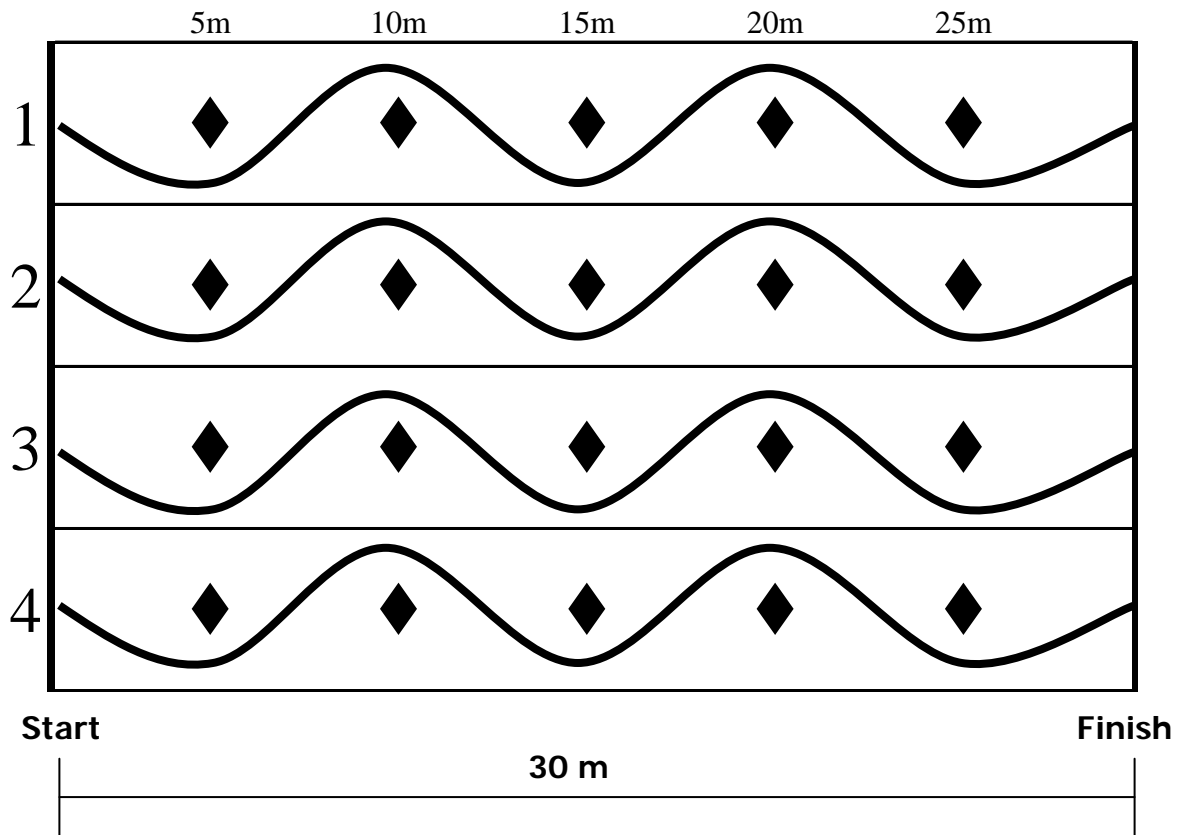
SET-UP:

- a. Mark the start and finish lines 30 meters apart.
- b. Place cones on the start and finish lines so that each lane is 2 track lanes wide.
- c. 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 or the center line of the two lanes.

EQUIPMENT:

Tape, cones, stopwatches, whistle, measuring tape

NOTE: THE ATHLETE'S FIRST PASS SHOULD BE TO THE RIGHT OF THE FIRST CONE.



8. 25 METER MOTORIZED WHEELCHAIR OBSTACLE COURSE

DESCRIPTION/RULES:

- a. Athlete starts facing the course with the wheels of the wheelchair behind the line. Athlete shall begin the race at the sound of the starting whistle.
- b. When inside or near the box, the athlete in the wheelchair completes a 360 degree circle. Athlete is not penalized for touching the lines of the box. The box is only an indicator for the athlete to do a complete circle with wheelchair.
- c. After the 360 degree circle is completed, the athlete weaves in and out of the cones set at 3 meters apart and then enters the second turning box.
- d. Athlete completes another 360 degree circle near or within the box and then continues forward to the finish line.
- e. Knocking down a cone constitutes a violation and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between the cones are subject to disqualification at the discretion of the Head Track Official.
- f. Only two athletes will race at one time.

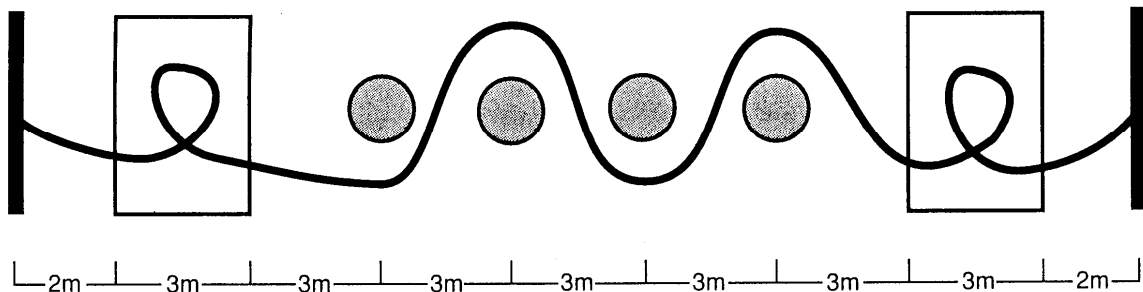
SCORING:

- a. Athlete is timed from the sound of the start whistle to when the leading wheels of the wheelchair cross the finish line.

SET-UP: See Diagram Below

EQUIPMENT:

Chalk or tape, traffic cones, stopwatches, whistle, metric measuring tape



9. 2 x 25 M WHEELCHAIR SHUTTLE RELAY

ONLY MANUAL WHEELCHAIRS ARE PERMITTED IN THIS EVENT

DESCRIPTION/RULES:

- a. 2 persons shall make up a team. Each competitor will complete 25 meters of the relay.
- b. The first athlete in the relay shall start with all wheels of his/her wheelchair behind the start line, in his/her wheelchair. Athlete may use feet or hands to move the wheelchair.
- c. The first athlete begins racing at the sound of the start whistle.
- d. The second competitor of a team may not leave their starting line until the first 2 wheels on the wheelchair of the teammate who precedes him/her crosses the end line.
- e. The second competitor completes the race when the leading wheels cross the finish line.

SCORING:

- a. The team is timed from the sound of the start whistle to when the first 2 wheels of the second competitor's wheelchair cross the plane of the finish line.

SET-UP:

- a. Mark the start and finish line 25 meters apart.
- b. Place cones on the start and finish lines so that each lane is 2 track lanes wide.
- c. Create lanes by placing cones down the track between the start and finish gates. (Remember, the lanes shall be made 2 track lanes wide).

EQUIPMENT:

Cones, stopwatches, whistle, measuring tape, tape

NOTE: Formation of a 2 x 25 M Relay Team from two different Special Olympics organizations can occur at the Area Games upon approval of the Venue Director. Athletes from the same Area, but different delegations/programs, are encouraged to form a relay team. To promote this effort, no qualifying time is required for the Area Games. The qualifying time needed for the State Games will be the finishing time from the 2 x 25 M Relay at the Area Games.

10. 2 x 25 MOTORIZED WHEELCHAIR SHUTTLE RELAY

DESCRIPTION/RULES:

- a. 2 Persons shall make up a team. Each competitor will complete 25 meters of the relay.
- b. The 1st athlete in the relay shall start with all wheels of his/her wheelchair behind the start line.
- c. The 2nd team member may not leave his starting line until the first two wheels of the 1st leg wheelchair cross the end line.
- d. The 1st athlete begins racing at the sound of the whistle.
- e. The 2nd competitor completes the race when the leading wheels cross the finish line.

SCORING:

A team is timed from the sound of the start whistle to when the first 2 wheels of the second competitor's wheelchair crosses the finish line.

SET-UP:

- a. Mark the start and finish line 25 meters apart.
- b. Place cones on the start and finish lines, so that each lane is 2 track lanes wide.
- c. Create lanes by placing cones down the track between the start and finish gates. (Remember that lanes shall be made 2 track lanes wide.)

EQUIPMENT:

Cones, stopwatches, whistle, metric-measuring tape, tape

NOTE: Formation of a 2 x 25 M Relay Team from two different Special Olympics organizations can occur at the Area Games upon approval of the Venue Director. Athletes from the same Area, but different delegations/programs, are encouraged to form a relay team. To promote this effort, no qualifying time is required for the Area Games. The qualifying time needed for the State Games will be the finishing time from the 2 x 25 M Relay at the Area Games.

11. TENNIS BALL THROW (Lead-up to the Softball Throw)

This event should be conducted outside at the Softball Throw Venue. Coaches should read their Coaches Handbook or Event schedule.

DESCRIPTION/RULES:

- a. **THE MAXIMUM DISTANCE ALLOWED FOR THIS EVENT IS 5 METERS. IF AN ATHLETE CAN THROW THE TENNIS BALL BEYOND 5 METERS, HE/SHE SHOULD BE MOVED UP TO THE SOFTBALL THROW.**
- b. Athlete is allowed 3 consecutive throws for distance.
- c. Athlete may throw the ball in any manner.
- d. A foul shall be called if the athlete steps over the throwing line or if the wheels of the wheelchair cross the line.

SCORING:

- a. The distance is measured from the throwing line to the point where the ball first makes contact with the ground.
- b. The best throw of the 3 attempts will count.
- c. **If an athlete throws the ball beyond 5 meters in any of the three attempts, he/she will receive a Participation Ribbon only.**

SET-UP:

- a. The Tennis Ball Throw Competition will be conducted at the Softball Throw Venue. The set-up for this event is located in the Official Special Olympics Sports Rules Book - page 5.

EQUIPMENT:

Chalk, metric tape measure, tennis balls

TRACK & FIELD - RELATED EVENTS

The following events are designed for Severe and Profoundly handicapped individuals:

1. Grasp and Lift
2. Object Transfer
3. Distance Ball Roll (Wheelchair)
4. Distance Ball Roll
5. Bean Bag Throw (Lead-up to the Tennis Ball Throw)

Maximum distance allowed for this event is 2 meters.

Concerning one-person heats:

The athlete must post a time/score within 15% of his/her qualifying time, (higher or lower), in order to receive first place. (e.g. qualifying score turned in with registration is 10 seconds. The athlete must perform a better time or within 11.5 seconds.) Any performance above 15% will be awarded a silver medal.

HOWEVER, because there are so many variables which may affect the performance of the developmental athlete, (weather, new environment, crowd, etc.), the final decision on the place of finish will be left to the judges discretion.

1. GRASP AND LIFT

DESCRIPTION/RULES:

- a. Athlete will attempt to reach 0-12 inches depending on physical abilities.
- b. Athlete will grasp and pick up a sports object of choice - **ATHLETE MUST PROVIDE THEIR OWN OBJECT, (i.e. koosh ball, bean bag, whiffle ball, etc.). NOTE: Must be a sports-related object.**
- c. Athlete begins at the sound of the starting whistle.

SCORING:

- a. The score is the amount of time lapsed from the starting whistle until the athlete completely lifts the object off the surface.

EQUIPMENT:

Stopwatch, flat surface, table or floor - whichever is preferable to the athlete.

NOTE:

1. Athlete **MUST** provide his/her own object.
2. Only one coach and venue officials are allowed on the track while athletes are competing.

2. OBJECT TRANSFER

DESCRIPTION/RULES:

- a. Athlete must transfer 6 objects from one square to another, one at a time.
- b. Athlete may use object of choice - **ATHLETE MUST PROVIDE THEIR OWN OBJECTS**. At the sound of the start command the athlete will move the 6 objects into the vacant square.
- c. Objects may be blocks, plastic rings, rubber balls, etc.

SCORING:

- a. Athlete is timed from the starting command until the last object is placed in the appropriate square.

SET-UP:

- a. Two 10" x 10" squares shall be marked on the flat surface of a table, tray or floor using masking or floor tape.
- b. To begin, the official will place one object at a time onto one of the squares. As that object is moved to the empty square, the next object will be placed in the starting square.

EQUIPMENT:

1"-1 1/2" wide tape - preferably a contrasting color to the surface being used.
Stopwatch, table or floor surface.

NOTE

1. Athlete **MUST** provide his/her own objects.
2. Only one coach and Venue Officials are allowed on the track while athletes are competing.

3. DISTANCE BALL ROLL (LEAD UP TO RAMP BOWLING)

DESCRIPTION/RULES:

- a. Athlete is sitting or lying on the floor.
- b. The athlete may be supported but the roll must be independent.
- c. Athlete is allowed 3 consecutive attempts to roll the ball using any part of the body above the waist.
- d. Athlete's entire body must be behind the throwing line.
- e. If the ball rolls off the track, the distance will be measured from the start line to the point where the ball left the track.

SCORING:

- a. Distance is measured where the ball stops or leaves the track from the throwing line.
- b. The roll with the longest distance shall be measured.

SET-UP:

- a. A throwing line of 1 meter in length shall be marked on the track.

EQUIPMENT:

An 8" Nerf Ball, tape measure, floor tape

4. DISTANCE BALL ROLL (WHEELCHAIR) (Lead up to Ramp Bowling)

DESCRIPTION/RULES:

- a. Athlete is sitting in his/her chair at the throwing line.
- b. Place the ball in the athlete's lap or tray.
- c. Athlete is allowed 3 consecutive attempts to roll the ball from their lap or tray using any part of the body above the waist.
- d. If the ball rolls off the track, the distance will be measured from the start line to the point where the ball left the track.

SCORING:

- a. Distance is measured where the ball stops or leaves the track from the throwing line.
- b. The roll with the longest distance shall be measured.

SET-UP:

- a. A throwing line of 1 meter in length shall be marked on the track.

EQUIPMENT:

An 8" Nerf Ball, tape measure, floor tape. Athlete must bring their own tray if needed.

5. BEAN BAG THROW (Lead-up to the Tennis Ball Throw)

DESCRIPTION/RULES:

- a. The maximum distance allowed for this event is **2 meters**. If an athlete can toss the bean bag more than 2 meters, he/she should be moved to a more challenging event.
- b. Athlete is standing, sitting or lying at the throwing line. Athlete may be supported, but the throw must be independent.
- c. Athlete is allowed 3 consecutive throws for distance.
- d. Athlete's body must be behind the throwing line.

SCORING:

- a. Distance is measured where the Bean Bag lands, from the throwing line.
- b. The throw with the longest distance shall be measured.

SET-UP:

- a. A throwing line of 1 meter in distance shall be marked on the track.

EQUIPMENT:

Tape Measure, Floor Tape, 3 Bean Bags (Bean Bags should be no smaller than 3 1/2" x 3 1/2" and no larger than 4" x 4". Bean Bags should weigh no less than 2 ounces each and no more than 6 ounces each.)

GYMNASTICS SECTION

DEVELOPMENTAL EVENTS GENERAL RULES

1. There are events in this manual which have restrictions in regards to time or distance. If an athlete fails to perform within these guidelines, that athlete will receive a Participation Ribbon only. (e.g. Tennis Ball Throw: the maximum distance allowed is 5 meters. If an athlete throws beyond this limit, he/she will be awarded a Participation Ribbon). There will be no exceptions to this rule.
2. In Athletics and Aquatics, an athlete may enter up to 2 events plus one relay in the same sport. In Gymnastics the events allowed may vary. Please refer to the Gymnastics Section, page 47 for specifics.
3. All coaches should be familiar with rules/regulations regarding Lead-up Events. In each sport Lead-up Events have been designated. (e.g. An athlete may not enter both the Tennis Ball Throw and the Softball Throw. The Tennis Ball Throw is a Lead-up Event to the Softball Throw.)
4. All equipment such as braces, walkers, crutches and wheelchairs must be in good working order. All wheelchair athletes must wear seat belts. Any athlete whose equipment does not meet these standards will not be allowed to participate.
5. A guide-rope or bell may be provided to assist athletes who are visually impaired.
6. Athletes requiring auditory help may be assisted at the start by coaches.
7. A tap start may be used for a deaf, blind or an autistic athlete.
8. In most instances, Developmental Events will be run with co-ed divisions.
9. In the event that there are discrepancies in rules from this manual and the Special Olympics Summer Sports Rules Book, the Special Olympics Kentucky Developmental Manual will take precedence.

**POLICY CONCERNING
ONE-PERSON HEATS:**

The athlete must compete at a time/distance within 15% of his/her qualifying time, (higher or better), in order to receive a Gold Medal.

Track Example: The qualifying time turned in with registration is 10 seconds. The athlete must perform at 11.5 seconds or better to win the Gold.

A performance above 15% will be awarded a Silver Medal.

In Gymnastics, the following scale will be used:

9.0 - 10.0	=	Gold
8.0 - 8.9	=	Silver
1.0 - 7.9	=	Bronze

GYMNASTICS

A. ARTISTIC EVENTS:

Gymnast may enter in 3 **LEVEL A** events or in the **LEVEL A** All-Around:

- a. Vaulting
- b. Wide Beam
- c. Floor Exercise
- d. Tumbling
- e. All Around

B. RHYTHMIC EVENTS: (These events are for Wheelchair athletes only)

Gymnast may enter in 3 of the following events or in the All-Around.

- 1. Rope - Level A or B
- 2. Hoop - Level A or B
- 3. Ball - Level A or B
- 4. Ribbon - Level A or B
- 5. All-Around - Level A or B

ATHLETE MUST COMPETE ON THE SAME LEVEL IN THE 3 CHOSEN EVENTS.

GYMNASTICS - ARTISTIC LEVEL A DEVELOPMENTAL GENERAL RULES

1. Gymnasts must perform all movements independently unless otherwise stated in the rules.
2. Appropriate gymnastics attire is required:
 - a. Female gymnasts shall wear a leotard with flesh colored tights or may have bare legs. Gymnasts may have bare feet or wear white peds.
 - b. Male gymnasts shall wear tank tops and long white gymnastic pants or a T-shirt tucked into gymnastics shorts. For either set of attire, gymnasts may compete in either white socks, gymnastics slippers or bare feet.
3. Modifications for gymnasts with visual and/or auditory impairments:
 - a. Coach may use audible cues such as clapping for visually impaired.
 - b. 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 for those with auditory impairment.
 - c. In Level A vault, gymnast may start with hands on the horse.

Coach MUST notify meet director and judges of their athletes visual and/or auditory impairment before the meet begins.

4. **JUDGING** - In cases of one-person divisions, the following scale will be used:

9.0 +	=	Gold
8.0 – 9.0	=	Silver
1.0 – 7.99	=	Bronze

Men's and Women's Level A - VAULTING

Value	Skill Description
	Stand several steps from board:
1.0	1. Walk toward board.
1.5	2. Hurdle onto board.
1.5	3. Stretch jump in air.
<u>1.0</u>	4. Land on mat, stretch to attention.
5.0 Value	

Note: This vault is repeated two times, the best of the two is used for scoring.

Men's and Women's Level A - BALANCE BEAM

Value	Skill Description
	Start by standing at end of beam.
1.0	1. Step on end of beam.
1.0	2. Forward walking to middle of beam.
1.0	3. One point balance (optional foot and arm placement)
1.0	4. Forward walking to end of beam.
<u>1.0</u>	5. Stretched jump off end of beam.
5.0 Value of routine	

Note: At this level, the floor beam is six inches wide (15 cm) and no more than for inches (10 cm) above the mats.

Note: If athlete uses walker to progress through routine, the same deduction is given as if the coach supported the gymnast during the routine.

Men's and Women's FLOOR EXERCISE - Level A

Value	Skill Description
1.0	1. Beginning pose (optional)
1.0	2. Stretched sideways roll (log/pencil roll)
1.0	3. Balance (optional - i.e. arched supine hold "superman" pose)
1.0	4. Locomotor movement (optional - i.e. scooting)
<u>1.0</u>	5. Ending pose (optional)

5.0 Total points

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

Note: Coach may remove athlete from wheelchair or remove walker and replace such at end of routine without penalty.

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

Men's and Women's TUMBLING - Level A

Value Skill Description

First pass - Start near end of strip mat:

- | | |
|-----|--------------------------------------|
| 1.0 | 1. Forward shoulder roll, |
| 1.0 | 2. Forward shoulder roll, |
| 1.0 | 3. 1/4 turn while staying on ground, |

Second pass - returning:

- | | |
|-----|--|
| 1.0 | 4. Stretched sideways roll (log/pencil roll) |
|-----|--|

- | | |
|------------|--|
| <u>1.0</u> | 5. Stretched sideways roll (log/pencil roll) |
|------------|--|

5.0 Total points

Note: Mats set on a strip mat or floor exercise mat may be used.

Note: Coach may remove athlete from wheelchair or remove walker and replace such without penalty.

GYMNASTICS - RHYTHMIC GENERAL INFORMATION

1. Levels A and B Rhythmic Gymnastics is intended for gymnasts of lower ability.
2. **Level A** (Individual Compulsory routines, performed while sitting)
Level B – same as the Level A routines **EXCEPT** routines are performed standing.
3. Both males and females may compete in Levels A and B.
4. Gymnasts should wear appropriate gymnastics attire.

Females - leotard, bare feet or gymnastics slippers.
Flesh colored tights are optional (although highly recommended)

Males - T-shirt, shorts, bare feet or white socks.

5. Competition will be offered in the following:

LEVEL A (Routines performed while sitting)

- a. Rope
- b. Hoop
- c. Ball
- d. Ribbon
- e. All Around

LEVEL B (Routines performed while standing)

Same routines as Level A

6. **Judging** - in cases of one-person divisions, the following scale will be used:

9.0 + = Gold
8.0 – 9.0 = Silver
1.0 – 7.99 = Bronze

6. **Music** - Musical versions of compulsory music can be one instrument or orchestrated **WITHOUT VOICE**.
7. Levels A and B gymnast may earn 5 medals if entered in the All Around; one for each event and for the All-Around honors. (At State competition a gymnast may enter 3 events or the All-Around).
8. **Judging** - Levels A and B are judged by only one judge.

EQUESTRIAN SECTION

Developmental Equestrian Events

Per the Official Special Olympics Summer Sports Rules Book, (2003 - 2007), recognized divisions for the lower skilled athletes have been included.

EXAMPLES OF CLASSES OFFERED:

1. **English/Western Equitation (CI or CS)**

The rider **MUST** attempt to guide the horse at a walk, halt or turn.

2. **Dressage and Showmanship (CI only)**

The rider **MUST** be able to guide the horse at a walk, halt or turn.

3. **Working Trail (CI or CS)**

The rider **MUST** be able to guide the horse over, around and through obstacles at a walk.

- Additional classes may be offered at the local program level. Examples of these classes are; Pole Bending - walk only and Barrel Racing - walk only.

JUDGING ONE-PERSON CLASSES/DIVISIONS: A rider will **NOT** automatically receive first place. If in the judge's opinion, the rider has **NOT** performed to his/her ability, the appropriate ribbon/medal will be awarded.

CLASSIFICATIONS FOR RIDING (ABILITY) LEVELS:

I = independent

C = walk only

A = walk, trot, canter

S = supported

B = walk, trot

Riders who compete in B and A classes would not be considered developmental level riders.

IMPORTANT

- A Rider Profile form **MUST** be completed on each rider.
- You are allowed and encouraged to bring your own horse to local and state level competitions. If you cannot do so, a horse will be provided.
- Proper English and Western attire is expected. Acceptable Western attire would be blue jeans and shirt. Acceptable English attire would be khakis and a white shirt. **Note: At no time would shorts and T-shirts be allowed for competition.**
- All riders **MUST** wear protective SEI-ASTM approved riding helmets with full harness and boots or shoes with a heel, unless physician's statement indicated otherwise.

BOWLING SECTION

Developmental Ramp Assisted Bowling

Athletes who qualify:

Athletes may enter the event if they have one or more of the following: a severe communication limitation, hearing impairment, visual impairment, or use special equipment adaptations which keep the individual from fully participating. Athletes qualify if they are not capable of either verbally or physically cue to the assistant as to how to aim the ramp.

This event is intended for athletes with severe limitations, who do not possess the skills necessary to compete under the governing body rules (American Bowling Congress & Special Olympics International). Athletes must be capable of pushing the ball down the ram independently.

Developmental Ram Assisted Bowl:

- Assistants are assigned to **one** athlete during the event. An assistant may not help multiple athletes, even if they are on the same lane. It is the coaches' responsibility to see that an assistant is provided to each athlete.
- Athlete aims ramp into position with help from an assistant.
- An assistant may guide, align or direct the ramp.
- Athlete positions the ball on the ramp with assistance and independently pushes the ball down the ramp towards the target.
- An assistant may not support or assist with the ball's forward movement during the athletes attempt to roll the ball down the ramp; this includes holding onto the athletes' hands or arms during the attempt.
- All ramp parts must be behind the foul line; it is considered an extension of the athlete.
- The recommended ball weight is 16 pounds.
- The assistant may hold the ramp or weight may be added to the ramp in order to increase the stability of the ramp.
- **Athletes are required to bring their own ramp.**

Developmental Unified:

Developmental athletes may enter into the Unified Competition at the Area & State Competitions. Teams are comprised of one developmental athlete and one Unified Partner. Teams will be divisioned together with other developmental bowlers.

Doubles:

Developmental Doubles is currently not offered at the local or state level.