Article 1
Sport Rules

Special Olympics

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1. INTRODUCTION

The Official Special Olympics Sports Rules ("Sports Rules") provide standards for Special Olympics training and competition. Article I provides general principles established by the Special Olympics Official General Rules ("General Rules") that are not found in the sport-specific rules. In case of any conflict between the Sports Rules and the General Rules, the General Rules shall govern.

The Mission Statement 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. The Goals and Founding Principles of Special Olympics may be found in Special Olympics' General Rules.

2. SPORTS RULES AND TRAINING

2.1 Sports Rules and Amendment Cycle

- 2.1.1 All Special Olympics training and competitions shall be conducted according to their respective Sport-Specific Rules.
- 2.1.2 The Sports Rules may be amended every two years, or yearly in case of safety and health issues, as provided in Addendum A.
- 2.1.3 Article I may be amended every year.

2.2 Use of International Federation or National Governing Body Rules

- 2.2.1 Special Olympics sports competitions are intended to operate in accordance with rules established by the International Sport Federations ("ISFs") or National Governing Bodies ("NGBs") of each sport. The Sports Rules are intended to modify, where necessary, ISF or NGB rules. In cases where ISF or NGB rules are in conflict with the Sports Rules, the Sports Rules shall apply. Each Accredited Program or Games Organizing Committee ("GOC") is required to state the governing body rules that will serve as the basis for each sport offered.
- 2.2.2 At Special Olympics Regional and World Games, the ISF rules shall be used.
- 2.2.3 ADDENDUM B of this document lists the ISF's for each Special Olympics Official and Recognized Sport.

2.3 Range of Events

- 2.3.1 Section A of each Sport Specific Rules includes 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.

2.4 Athletes with Physical Disabilities

- 2.4.1 When creating opportunities for Special Olympics athletes with physical disabilities to participate in sports training and competition, Special Olympics Programs should be guided by the following principles: 1) each athlete should enjoy a dignified and meaningful competition experience; 2) the integrity of the sport must be preserved; and 3) the health and safety of all athletes, coaches and officials must not be compromised.

2.5 Minimum Training Standards

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2.5.1 Guiding Principles

2.5.1.1 Special Olympics athletes have the right to be provided with sports training that:

2.5.1.1.1 Is led by competent coaches who are knowledgeable about the sport and Special Olympics, and have the ability to work effectively with people who have intellectual disabilities.

2.5.1.1.2 Develops their sports skill and physical fitness

2.5.1.1.3 Prepares them adequately for competition

2.5.1.2 The process by which Minimum Training Standards are defined and applied is as follows:

2.5.1.2.1 Programs and/or Regions must develop their own training standards as a requirement for athletes before they enter the first level of competition within their Program.

2.5.1.2.2 No athlete is to be entered into a competition until they have acquired the skills and level of physical conditioning necessary to compete meaningfully and safely. This does not prohibit other competition opportunities as part of an athlete's training.

2.6 Statement of Participation

2.6.1 Each team is required to play all eligible team members in every game unless a player is injured or has been removed due to disciplinary reasons. Coaches must notify the competition management prior to each game if players on the approved tournament roster will not be playing due to injury or disciplinary reasons. Failure to play all eligible team members in each game will result in penalties, up to and including forfeit and disqualification.

3. ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN SPECIAL OLYMPICS

3.1 Eligibility requirements for Special Olympics athletes are detailed in Article 2.01 of the General Rules.

4. CODES OF CONDUCT

4.1 Codes of Conduct

4.1.1 Codes of Conduct for athletes, Unified partners, coaches and sport officials are contained in Addendum D to these Sports Rules. These are minimum standards and the Board of Directors of an Accredited Program may establish additional criteria.

4.2 Refusal to Compete

4.2.1 Special Olympics Accredited Programs participate in all training and competition in a spirit of respect and sportsmanship. Any individual, team or delegation that refuses to compete or participate in Special Olympics Games or activities based on the ethnic origin, gender, religion, political affiliation of their fellow Special Olympics athletes in those activities, will be disqualified from participation in the games or event in question and not eligible for awards or recognition at that event.

4.3 Unsportsmanlike Conduct

4.3.1 Any competitor who refuses to obey the directions of a Sport Official, or who conducts himself/ herself in an unsportsmanlike manner, or who is offensive by action or language

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to the officials, spectators, or competitors at any competition, may be disqualified by the Sport Official or Jury.

5. CLASSIFICATION OF SPECIAL OLYMPICS SPORTS

5.1 The sports in which Special Olympics athletes are given the opportunity to train and compete are divided into four levels. Sports are recognized by the criteria listed below fo each level.

5.2 Sport Level Critieria

	Level 1	**Level 2**	**Level 3**	**Level 4**
World Games	Automatic inclusion in World Games	Eligible for inclusion in World Games as determined by SOI Sports Department or if proposed by an LOC and approved by SOI	Eligible for inclusion in World Games as determined by SOI Sports Department or if proposed by an LOC approved by SOI	Eligible for inclusion in World Games as determined by SOI Sports Department or if proposed by an LOC and approved by SOI
Program Participation – Summer Sports	At least **110** Accredited Programs conduct this **summer** sport at Program level Games and those Programs represent **7** Regions	At least **55** Accredited Programs conduct this **summer** sport at Program level Games and those programs represent at least **4** regions	At least **12** Accredited Programs conduct this **summer** sport at Program level Games and those Programs represent at least **2** regions	At least 1 Accredited Program conducts this **summer** sport at Program level Games
Program Participation – Winter Sports	At least of **35** Accredited Programs conduct the **winter** sport at Program level Games and those Programs represent at least **4** regions	At least **20** Accredited Programs conduct the **winter** sport at Program level Games and those Programs represent at least **3** regions	Same as Summer Sports above	Same as Summer Sports above
Athlete - Partner Participation	Minimum number of athlete/Partners **100k** for summer and **10k** for winter	Minimum number of athlete/partners is **20k** for summer and **5k** for winter	Minimum number of athlete/partners is **1k**	Minimum number of athlete/partners 100
Federation Recognition	An International Federation is recognized by Global Association of International Federations (GAISF)	An International Federation is recognized by GAISF	An International Federation is recognized by GAISF	A National Governing Body is in place

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Rules	Standardized Special Olympics rules are published and uniformly enforced at Program, Regional and World Games competitions	Standardized Special Olympics rules are published and uniformly enforced at Program, Regional and World Games competitions	Standardized Special Olympics rules are published and uniformly enforced at National Program competitions	Special Olympics rules are enforced at Program level competitions
Coaching	SOI Approved Coaching Resources	SOI Approved Coaching Resources	SOI Approved Coaching Resources	Accredited Program Coaching Resources
Medical	SOI Medical Advisory Committee has conducted a Health and Safety Risk Assessment	SOI Medical Advisory Committee has conducted a Health and Safety Risk Assessment	SOI Medical Advisory Committee has conducted a Health and Safety Risk Assessment	Accredited SO Program has conducted a Health and Safety Risk assessment

*According to Special Olympics Census

5.3 Sports that Require Pre-Approval from Special Olympics, Inc. (SOI)

5.3.1 SOI has presently classified combative sports, martial arts (other than Judo), sledding sports, motor sports, aerial sports, shooting and archery as Locally Popular Sports that Require Pre-Approval from SOI.

5.3.2 These are sports that SOI has determined might expose Special Olympics athletes to unreasonable risks to their health or safety.

5.3.3 No Accredited Program may offer any training or competition activities in any sport that SOI has listed here, without approval from SOI Sports Department.

5.3.4 Requests for permission to offer one of these sports must be accompanied by proposed rules and safety standards.

5.4 Maintenance of Sport Levels

5.4.1 Each sport level will be re-evaluated based on Special Olympics' census data on an annual basis.

5.4.2 The Sports Rules Advisory Committee will be notified of any change in level by sport.

6. GENERAL REQUIREMENTS FOR SPECIAL OLYMPICS SPORTS TRAINING AND COMPETITION

6.1 Competition Opportunities

6.1.1 Each Accredited Program shall provide regular competition opportunities as outlined in General Rules Section 3.03.c General Requirements for Special Olympics Sports and Competition.

6.2 Competition Standards

6.2.1 Standards for conduct of Sports Training and Competition are outlined in Article 3 of the General Rules.

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7. MEDICAL AND SAFETY REQUIREMENTS

7.1 Program and GOC responsibilities

7.1.1 Accredited Programs and GOCs must conduct all sports training and competition activities in a safe environment, taking all reasonable steps to protect the health and safety of athletes, coaches, sport officials, volunteers and spectators. They must follow sport-specific medical and safety requirements as contained in the sport-specific rules.

7.2 Supervision of Athletes

7.2.1 Accredited Programs shall provide for adequate supervision and coaching for all athletes. For competition activities, a maximum ratio of four athletes-to-one Coach/Chaperone (4:1 athlete-to-coach ratio) is required.

7.3 Coaches Responsibilities

7.3.1 A coach's first priority is the health and safety of the athlete. Coaches must follow medical and safety protocols outlined by SOI and their Accredited Programs.

7.3.2 Coaches of team sports must consider the potential safety risk of placing athletes of varying sizes, skill levels and ages on the same team. If there is a safety risk, the coach should help athletes seek alternative training and competition opportunities that meet the athletes' needs and decrease the safety risk.

7.4 Minimum Medical and Safety Standards

7.4.1 Accredited Programs and GOC's must comply with minimum standards for medical facilities and safety precautions at the sites of competitions in addition to the sport-specific requirements of the Sports Rules.

7.4.2 Minimum Medical Facilities at Competitions

7.4.2.1 A qualified emergency medical technician must be in attendance or readily available at all times.

7.4.2.2 A Licensed Medical Professional must be on-site or on immediate call at all times during the competition.

7.4.2.3 All first aid areas must be clearly identified, adequately equipped, and staffed by a qualified emergency medical technician for the duration of the event.

7.4.2.4 An ambulance, resuscitator and other appropriate medical equipment, including equipment for handling seizures, must be readily available at all times.

7.4.3 Minimum Safety Precautions at Competitions:

7.4.3.1 Adequate precautions must be taken to avoid exposing athletes to sunburn, hypothermia or other conditions or illnesses caused by exposure to the elements.

7.4.3.2 Special precautions must be taken when holding competitions at high altitudes, including providing training recommendations for athletes before the competition and equipping the competition venues with oxygen tanks.

7.4.3.3 Ample water or other liquids must be provided for athletes throughout the competition. Athletes should be encouraged to take appropriate water breaks.

7.4.3.4 Special precautions must be taken to ensure that each participant receives any medications that have been prescribed for his/her use.

7.4.3.5 Competition organizers, officials and coaches must take into account the cardiovascular effect and level of strenuousness of a sport when setting the competition schedule for that sport, taking into account the length of competition, weather conditions, the physical ability of the participants and the

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need for adequate rest periods. In general, athletes should be given adequate time between competitions.

7.4.3.6 Protective equipment requirements are found in sport rules where appropriate.

7.5 Atlanto-Axial Instability

7.5.1 For information relating to participation by individuals with Down Syndrome who have Atlanto-Axial Instability, see Addendum E.

7.6 Registration Requirements for Athletes

7.6.1 Accredited Programs must comply with Section 2.02 of the Special Olympics General Rules relating to the registration requirements for athletes, including guidelines for participation of people with Down syndrome and of parent and medical releases prior to participation in Special Olympics activities.

8. JURY/RULES COMMITTEES

8.1 Jury/ Rules Committee

8.1.1 Each Accredited Program and GOC responsible for conducting competition shall appoint a Jury/Sport-Specific Rules Committee for each sport contested in a competition. They shall appoint a Jury of Appeals to handle Appeals of Protests denied by Sport-Specific Juries or Rules Committees.

8.2 Technical Delegate

8.2.1 The Technical Delegate shall represent Special Olympics as the key sport advisor for a specific sport. The Technical Delegate is responsible for ensuring that the GOC correctly interprets, implements and enforces Special Olympics Sports Rules and modifications, the rules of the relevant International Sport Federation and current rules. The Technical Delegate shall advise the GOC on the technical requirements of the specific sport to ensure a safe, quality and dignified sports environment.

8.2.2 The Technical Delegate chairs the Jury/Sport-Specific Rules Committee, which decides on all properly submitted protests pertaining to Special Olympics and the ISF/NGB rules, and ensures proper implementation of the protest process. The Technical Delegate has the deciding vote in the event of a tie.

8.3 Protests and Appeals

8.3.1 Only a Head Coach or his/her designee (in the absence of a Head Coach) may file a protest or appeal.

8.3.2 Protests may be submitted for one or more of the following reasons:

8.3.2.1 Misinterpretation of sport rules

8.3.2.2 Failure of a referee or judge to apply the correct rule

8.3.2.3 Failure to impose the correct penalty for a violation

8.3.3 The following are not subject to protest or appeal:

8.3.3.1 Fact-specific judgment calls of referees, judges or others

8.3.3.2 Divisioning and meaningful involvement decisions

8.3.4 Each protest must identify the relevant section number of the official Special Olympics Sport Rules, ISF or NGB rules. The protest must clearly describe how that rule has been violated.

8.3.5 The Sport-Specific Jury shall review the protest. Once the Sport-Specific Jury has made its decision, the person who submitted the protest may either accept the decision or submit

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an appeal to the Jury of Appeals. Appeals must be submitted within 60 minutes after the relevant decision of the Sport-Specific Jury. All decisions made by the Jury of Appeals are final.

8.4 Jury

8.4.1 The Jury shall rule on all protests filed for that sport.

8.4.2 A Jury shall be established based on the protocol set out by the ISF or NGB for that sport.

8.4.3 Where no such protocol is published, the sport specific jury shall consist of a minimum of three members: one from the Accredited Program responsible for conducting the competition; one from the GOC, or Sport Management Team, and the head official for that sport.

8.4.4 Under the leadership of the Technical Delegate, the Jury must ensure that the competition is organized and carried out according to the rules.

8.4.5 The Jury has the right to cancel, interrupt, or postpone a competition in any case where continuing competition causes safety or fairness concerns.

8.4.6 The Jury may require adjustments to the playing field or course or additional measures to ensure athlete safety.

8.4.7 Jury decisions must be based on the rules and the specific circumstances for each protest.

8.4.8 The Jury may make clarifications and decisions on questions and issues not covered by the ISF or NGB rules or Special Olympics rules.

8.5 Jury of Appeals

8.5.1 The Jury of Appeals shall ensure that the Sports Rules are followed and enforced overall. It will hear appeals of Protest Rulings made by Sport-Specific Jury. The Jury of Appeals shall be the final authority for all rule interpretations and appeals during the Games.

8.5.1.1 A Jury of Appeals shall consist of a minimum of three members: one from the Accredited Program responsible for conducting the Games; one from the GOC and a designated person with a thorough knowledge of Special Olympics standards and philosophy.

8.5.1.2 An alternate shall be named to the Jury of Appeals. The alternate shall take the place of the at-large member in the event the Jury of Appeals must examine a case involving a member of the team or delegation of the at-large member. The alternate shall be entitled to attend all meetings and to take part in all discussions of the Jury of Appeals, but cannot vote except as provided in the preceding sentence.

9. AGE REQUIREMENTS AND GROUPINGS FOR COMPETITION

9.1 Age Requirements

9.1.1 Athletes must be at least 8 years of age to participate in Special Olympics competition. Certain sports and events may further restrict athlete participation based on age. Additional age requirements are indicated in the specific rules for each sport.

9.1.2 Children ages 2 to 7 years may not participate in Special Olympics competitions but may participate in age appropriate Special Olympics Young Athletes programs.

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9.1.3 Athletes may participate in local events up to and including National and Regional Games once they are eligible to do so. However, no athlete under the age of 15 years of age may participate in a World Games.

9.2 Age Groups

9.2.1 Individual Events:

9.2.1.1 Ages 8-11

9.2.1.2 Ages 12-15

9.2.1.3 Ages 16-21

9.2.1.4 Ages 22-29

9.2.1.5 Ages 30 and over

9.2.1.6 Additional age groups may be established if there are a sufficient number of competitors in the "30 and over" age group.

9.2.2 Team Events: (e.g. relays, team sports, doubles)

9.2.2.1 Ages 15 and under

9.2.2.2 Ages 16-21

9.2.2.3 Ages 22 and over

9.2.2.4 Additional age groups may be established if there is a sufficient number of teams in the "22 and over" age group.

9.2.2.5 Use of age ranges is recommended when forming teams. However, flexibility is permitted as it relates to team composition provided the health and safety of all participants are considered.

9.2.2.6 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.

9.2.2.7 The following criteria must be considered when creating teams:

9.2.2.7.1 Athlete/Unified Partner safety

9.2.2.7.2 Opportunity for participation

9.2.2.7.3 Quality competition

9.2.2.7.4 Meaningful involvement

9.2.2.7.5 Social inclusion

9.2.2.7.6 Age

9.2.2.8 An athlete's age group shall be determined by the athlete's age on the date of the opening of the competition.

9.2.2.9 Age groups may be modified to comply with ISF orNGB rules.

9.3 Combining Age Groups

9.3.1 Age Groups may be combined under the following circumstances provided the health and safety of all participants are considered.

9.3.1.1 In individual sports, if there are less than three competitors within an age group, the athletes shall compete in the next oldest age group. That age group shall then be renamed to accurately reflect the entire range of competitors within that age group. Age groups may also be combined to reduce the range between the highest and lowest scores within a division.

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9.3.1.2 In team sports: within each ability group, a team may compete against a team of a different age group. If there is only one team within an age or ability group, that team may compete against teams of other age and/or ability groups.

10. SPECIAL OLYMPICS DIVISIONING

10.1 Ensuring fair divisioning of athletes for competition is one of the primary duties of competition management, which may include a Technical Delegate.The following criteria shall will be used to assign Special Olympics athletes to competition divisions at Special Olympics competitions.

10.2 Divisioning Guidelines

10.2.1 Special Olympics suggests a guideline of no more than 15% variance between the highest and lowest scores within any division. This 15% guideline is not a rule.

10.2.2 Ability and Determining Criteria for Divisioning

10.2.2.1 An athlete's ability is the primary factor in divisioning for Special Olympics competition. The ability level of an athlete or team is determined by an entry score from a prior competition or is the result of a seeding round or preliminary event at the competition itself. The team Head Coach is responsible for ensuring that the athlete score used for divisioning most accurately reflects the true ability of the athlete.There should be a process to allow Coachesto amend qualifying or preliminary scores that will be used in the divisioning process. . Age and gender are also considered when making divisions.

10.2.2.1.1 Note: "Preliminary" in these rules refers to on-site divisioning events used to determine final divisions.

10.2.2.2 Within each division the minimum number of competitors or teams is three and the maximum number is eight. In some cases, however, the number of athletes or teams within a competition will be insufficient to achieve this goal. The following procedures describe the sequential process for creating equitable divisions. It also provides guidance for managing athlete participation when factors preclude ideal divisioning.

10.3 Divisioning Individual Sports: Timed and measured events

10.3.1 Step One: Divide Athletes By Gender.

10.3.1.1 Divide athletes into a female group and a male group.

10.3.1.2 Athletes shall normally compete against other athletes of the same gender, unless the IF/NGB rules specifically allow mixed-gender events (e.g., equestrian, pairs figure skating, bowling, table tennis, ice dancing, tennis, etc.).

10.3.2 Step Two: Divide Athletes by Age.

10.3.2.1 Divide male and female athletes into the following age groups: ages 8-11; 12-15; 16-21; 22-29; and ages 30 years and over. An age group may be added if there are a sufficient number of competitors in the 30 years and over age group.

10.3.2.2 An athlete's age group is determined by the athlete's age on the date of the opening of the competition.

10.3.3 Step Three: Divide Athletes By Ability.

10.3.3.1 To complete the divisioning process, the following guidelines shall be applied according to the event being divisioned.

10.3.3.1.1 In events that are measured in time, distance, or points:

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10.3.3.1.1.1. For both genders and all age groups, rank athletes in descending order based upon submitted entry scores or divisioning events.

10.3.3.1.1.2. Group these ranked athletes so that the highest and lowest scores are as close as possible to the 15% guideline and the number of competitors is not less than three or more than eight.

10.3.3.1.2 In events that are judged and when divisioning events will be conducted during the competition:

10.3.3.1.2.1. For both genders and all age groups within a performance level, rank athletes in descending order based upon divisioning scores.

10.3.3.1.2.2. Group these ranked athletes so that the highest and lowest scores are as close as possible to the 15% guideline and the number of competitors is not less than three or more than eight.

10.3.3.1.3 In events that are judged and where divisioning events will not be conducted during the competition:

10.3.3.1.3.1. The nature of judging precludes the use of scores from prior competitions(s) in divisioning. Without scores from preliminary competition, performance level remains as the only criterion of athlete ability.

10.3.3.1.3.2. For both genders and all age groups, identify athletes within each performance level.

10.3.3.1.3.3. If more than eight athletes are in the same gender and age group of a performance level, group athletes into divisions of no less than three and no more than eight competitors.

10.4 Divisioning Team Sports

10.4.1 Step One: Divide Teams By Gender.

10.4.1.1 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. Mixed gender teams shall be divisioned with male teams unless there are sufficient mixed gender teams of similar ability to make a separate division.

10.4.2 Step Two: Divide Teams By Age.

10.4.2.1 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.

10.4.2.2 Teams should compete against other teams within the same age group.

10.4.2.3 The age group of a team is determined by the age of the oldest athlete on that team on the date of the opening of the competition.

10.4.3 Step Three: Divide Teams By Ability.

10.4.3.1 All Special Olympics team sport competitions shall utilize sport specific skills assessment tools and a divisioning round to assess the level of ability of the participating teams.

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10.4.3.2 Refer to the Special Olympics Sports Rules for each team sport for a description of the skills assessment tool.

10.4.3.3 Group teams according to ability based upon the skills assessment tool and results from the divisioning round.

10.4.3.4 Create divisions of no less than three and no more than eight teams.

10.5 Resolving Divisioning Issues

10.5.1 When the above process has been completed and there may are instances where there will still be less than three competitors in each division, the following method should be used:

10.5.1.1 Modify Age Groups: Age groups may be broadened to achieve an equitable division of no less than three athletes or teams. The age group should then be re-named to accurately reflect the age range of the competitors.

If there are still divisions of less than three competitors or teams:

10.5.1.2 Modify Ability Range: The ability range may be broadened beyond the 15% guideline provided that it will not pose a risk to the health and safety of athletes to do so.

10.5.1.3 If there are still divisions of less than three competitors or teams:

10.5.1.3.1 Combine athletes/teams of different genders provided that it will not pose a risk to the health and safety of athletes to do so.

10.5.1.3.2 Where exceptions to these criteria are necessary, competition management will review proposed modifications to these criteria and make a final decision based on the goal of providing the most dignified, safe and challenging competition experience for each athlete. Competition management has final authority concerning divisions and any variation from these criteria. Protests based on divisioning are not allowed.

10.6 Proxy Events

10.6.1 Proxy events are used in some cases to division for multiple events at a competition. Proxy events may use one preliminary event or one designated final event. For example, in the case of alpine skiing, a Giant Slalom proxy event may be used to division for the finals for the Slalom, Giant Slalom, and Super Giant Slalom races.

10.6.2 If a proxy event is used for divisioning, an athlete's performance in any of the final races may be used to division for subsequent finals at that competition. For example, a Giant Slalom proxy event is used to division for three events (Giant Slalom, Slalom and Super Giant Slalom). After the first event has been run (Giant Slalom), it may be clear based on performance that an athlete should be moved to a higher or lower division. In that case, competition management may re-division the athlete for the finals of the Slalom and Super Giant Slalom.

10.7 Disqualified Athletes

10.7.1 If an athlete is disqualified in a divisioning/preliminary event, they may advance to the final competition if they can safely compete in that event and a score that accurately measures their ability can be provided to competition management in charge of divisioning. Athletes disqualified due to unsportsmanlike conduct will not be allowed to advance to final competition. Athletes disqualified during final competition will receive participation ribbons. Athletes disqualified for unsportsmanlike competition during final competition will not receive an award.

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11. MAXIMUM EFFORT RULE (formerly known as Honest Effort Rule)

11.1 Reasons for the use of the Maximum Effort Rule

11.1.1 The divisioning process used at Special Olympics competitions is unique. It ensures that athletes are competing against other athletes of similar ability. It also ensures the awards process provides recognition to all competitors. As a result, it is sometimes necessary to employ the Maximum Effort Rule to ensure that participants are competing with Maximum Effort at all stages of competition. Therefore, the Maximum Effort Rule is used:

11.1.1.1 To provide a fair competitive environment for athletes

11.1.1.2 To provide a resource for officials/event directors to create a fair competitive environment

11.2 Rule Application

11.2.1 Events which use a numerical score to determine divisions offer an opportunity to take a quantitative approach as it relates to the Maximum Effort Rule.

11.2.2 The following options may be used alone or in combination to apply Maximum Effort Rule guidelines:

11.2.2.1 Percentage Rule - A percentage is established and published for each event in which the rule will be applied. Athletes and teams may not exceed this percentage of improvement from their divisioning score to their final score. If an athlete or team exceeds this performance percentage, disqualification may take place. For some sports, percentages have already been established within the Special Olympics Official Sports Rules.

11.2.2.2 Jury Review – A percentage is established and published for each event in which the rule will be applied. If an athlete or team exceeds this percentage from their divisioning score to their final score this will automatically "trigger" a jury review to determine if the athlete or team shall be disqualified from the event.

11.2.3 In both cases above, the following procedures must be used to apply the Maximum Effort Rule:

11.2.3.1 The coach must be provided an opportunity to submit an improved performance score if the score recorded in the divisioning competition is not a true reflection of the athlete's ability.

11.2.3.2 Competition management may take the better of a submitted training score or a divisioning score to determine placement for the final.

11.2.3.3 Competition management may determine that an athlete or team has not competed with maximum effort in preliminary and/or divisioning rounds with the clear intent to gain an unfair advantage in the divisioning process. In that case, competition management may sanction that athlete or team. Sanctions may include: Verbal Warning to the player and/or coach, adjusted division placement, final placement or disqualification from the event or the entire competition.

11.3 Factors to consider when establishing Maximum Effort performance percentages and for applying the Maximum Effort rule:

11.3.1 Ability levels of the majority of athletes in an event

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11.3.1.1 In entry-level events, or events designed for athletes of lower abilities, scores and performance will tend to have a greater variance between divisioning and final competition.

11.3.2 Event Type – Natural Variance in Scores Example

11.3.2.1 A relatively small distance improvement of 0.3 m in the standing long jump event may have a significant impact on the performance variance between the divisioning and final score. Therefore, a larger performance percentage should be considered.

11.3.2.2 An event such as the 3000m run, a small score improvement of 10 seconds would likely not cause a significant percentage increase between the divisioning and final score. Therefore, a smaller performance percentage may be considered.

11.3.2.3 Divisioning percentages: Competition Management must take into account the percentage difference between the highest and lowest scores within a division. The enforced Maximum Effort percentage must always be greater than the percentage difference between the highest and lowest scores in a division. How an event is divisioned should impact the implementation of a Maximum Effort percentage rule/guideline.

11.3.2.4 When and where divisioning scores were established: Competition Management must take into account when and where the divisioning scores were established. The Maximum Effort performance percentages may be different for events where divisioning and final scores are taken at the same event versus events where divisioning scores are established from previous competition(s) or training.

11.3.2.5 Weather conditions: Competition Management must take into account if the weather conditions have changed from the divisioning events to final events.

12. AWARDS

12.1 Medals and Ribbons

12.1.1 At all Program-Level Games, Regional Games, World Games and any other Games or events, medals shall be presented to the first, second and third-place winners in each event. Ribbons shall be presented to athletes who finish in fourth through eighth place. Athletes who are disqualified (for reasons other than unsportsmanlike conduct) or who do not finish an event shall be presented with a participation ribbon.

12.2 Ties

12.2.1 Each sport will follow sport specific criteria related to ties. If this is not defined and athletes or teams tie for any place, they each receive the highest award for that place. As a result, a tie for one place will result in no award being given for the following place.

12.3 Special Recognition

12.3.1 In addition to medals and ribbons, athletes may receive special recognition for significant accomplishments (e.g., Highest Pins Over Average, Most Improved Athlete, Personal Bests, Sportsmanship, etc.) following the official awards ceremony. Official Medals and Ribbons may only be awarded to athletes based on competition results and may not be presented as gifts or tokens of appreciation to sponsors, guests, coaches, etc.

12.4 Mementos

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12.4.1 All athletes at a competition may be presented with a memento in recognition of their attendance at that event. These mementos, however, shall not be similar to the competitive awards presented to athletes at the event.

12.5 Team Sports

12.5.1 Team trophies may be awarded to teams at any Special Olympics competition.

12.5.2 When athletes or teams are divisioned with athletes or teams of the opposite gender, they shall receive awards in order of placement within that division.

12.5.3 Entire teams or individual members of a team disqualified from the entire competition for unsportsmanlike conduct shall not receive an award of any kind. This does not include those athletes ejected from one round of competition who are allowed to return to play in the next round or team play.

12.6 Awards Ceremonies

12.6.1 Awards Ceremonies shall be conducted in accordance with the Special Olympics Awards Protocol.

13. CRITERIA FOR ADVANCEMENT TO HIGHER LEVEL COMPETITION

13.1 Fundamental Principle

13.1.1 Athletes of all ability levels have an equal opportunity to advance to the next higher level competition provided the sport and event are offered at the next higher level of competition.

13.2 Eligibility for Advancement

13.2.1 An athlete is eligible to advance to the next competition provided she or he has:

13.2.1.1 Participated in the previous level of competition (e.g., an athlete must compete in Program level Games before advancing to the World Games), with the following exception:

13.2.1.2 An athlete or team for which there has been no competition opportunity at a Tournament or Games shall be eligible to advance to the next level of competition if one or more of the following criteria apply:

13.2.1.2.1 There is low enrollment of athletes/teams within the Program structure;

13.2.1.2.2 The opportunity to provide equitable competition within the Program structure is low or non-existent;

13.2.1.2.3 It is cost prohibitive for the Program to conduct the event or competition within its Program structure; or

13.2.1.2.4 The athletes or teams have been training or competing in mainstream competition.

13.2.2 Training and competition must be in the same sport the athlete will participate in at the next level of competition.

13.2.3 If additional events within that sport are available at the next level of competition, athletes must receive proper training.

13.3 Procedure for Athlete Team and Coach Selection

13.3.1 Programs must publish the process and criteria in advance.

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13.3.2 The Accredited Program, working with the GOC, determines the number of athletes or teams that will be allowed to participate at the competition in question by sport and/or event. This is the quota to be filled.

13.3.3 The Accredited Program identifies the number of athletes or teams eligible for advancement within the sport and/or event based on participation in competition at the lower level.

13.3.4 If the number of eligible athletes or teams does not exceed the quota, all athletes and teams shall advance.

13.3.5 If the number of eligible athletes or teams exceeds the quota, athletes or teams that advance shall be selected as follows:

13.3.5.1 Priority is given to first-place finishers from all divisions of the sport and/or event. If the number of first-place finishers exceeds the quota, select athletes or teams to advance by random draw.

13.3.5.2 If there are not enough first-place finishers to fill the quota, all first-place finishers shall advance. The remaining quota shall be filled by a random draw of second place finishers from all divisions of the sport and/or event.

13.3.5.3 If the quota is large enough for all second-place finishers to advance, the remaining quota shall be filled by a random draw of third place finishers form all divisions of the sport and/or event.

13.3.5.4 Repeat this process, adding each place of finish as necessary, until the quota is filled.

13.3.5.5 These procedures apply to both individual and team sports, including Unified Sports.

13.3.6 Accredited Programs are encouraged to develop selection criteria for coaches based on certification, technical background and practical experience that will enhance the competitive experience of Special Olympics athletes. SOI shall have the right to review a Program's selection criteria.

13.4 Adherence

13.4.1 The criteria for athlete advancement is an essential component of the Special Olympics movement. Under extraordinary circumstances when the criteria cannot be met, authority to deviate from established procedures may be requested, provided the alternate selection procedures do not conflict with the Fundamental Principle of athlete advancement.

13.4.2 Accredited Programs may request authorization to add additional criteria for advancement based on behavior, medical or judicial considerations and/or to deviate from these advancement procedures due to the size or nature of their Program.

13.4.3 Requests to deviate from the established procedures must be submitted in writing as follows:

13.4.3.1 For advancement to Multi-National, Regional and World Games: SO- World Games Department will consider and approve or disapprove all requests.

13.4.3.2 For advancement to Competitions at or below the Program Level: The Accredited Program will consider and approve or disapprove all requests. SOI shall have the right to review approved deviations.

14. Special Olympics UNIFIED SPORTS®

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14.1 Unified Sports Models

14.1.1 Special Olympics Unified Sports includes three inclusive sports models that involve individuals with and without intellectual disabilities. They are Unified Sports, Unified Sports Player Development and Unified Sports Recreation. In all three, athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) participate together as teammates. All three models have social inclusion as the core outcome, but the structure and format of each model varies. Regardless of the model, Unified Sports teams should never be comprised solely of people with disabilities.

14.1.2 Unified Sports Competitive

14.1.2.1 The Unified Sports Competitive model combines approximately equal numbers of Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates on sport teams for training and competition. Meaningful involvement of all teammates in training and competition is a fundamental requirement of this model. All teammates on a Unified Sports Competitive team must have attained the necessary sport-specific skills and knowledge tactics to compete without modification of the current Special Olympics Official Sports Rules. Teammates must be of similar age and ability for all team sports. Similar means a comparable range of ages and ability levels. Please see 14.3 Special Olympics Competitive Sport-Specific Parameters at the end of this section. For individual sports, athletes and partners must be of similar age and ability in Badminton, Kayaking, Table Tennis, Tennis, Figure Skating and Short Track Speed Skating. For all other individual sports, the requirements for age and ability matching vary as defined on a sport-by-sport basis in section 14.3.

14.1.2.2 Similar Age requirments for Competitive Models:

14.1.2.2.1 If any member of a team is between the ages of 8-13, the variance between the youngest and oldest member of the team must be no more than 3 years.

14.1.2.2.2 If any member of a team is between the ages of 14-17, the variance between the youngest and oldest member of the team must be no more than 5 years.

14.1.2.2.3 If all members of a team are 18 and older the variance between the youngest and oldest member of the team should be no more than 20 years.

14.1.2.3 Unified Sports Competitive model teams are eligible to compete at Regional and World Games.

14.1.3 Unified Sports Player Development

14.1.3.1 The Unified Sports Player Development model combines approximately equal numbers of Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates on sport teams for training and competition. In Unified Sports Player Development, teammates are not required to be of similar abilities. Players of higher ability will assist teammates of lower ability in developing sport-specific skills and tactics and in successfully participating in a team environment. A table at the end of this section shows how to match athletes and partners by age. The Unified Sports Player Development

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model allows for modifications to the Special Olympics Official Sports Rules, but must maintain similar ages among teammates. Rules modifications should ensure the meaningful involvement of all teammates.

14.1.3.2 Similar Age Requirments for Player Development

14.1.3.2.1 If any member of a team is between the ages of 8-13, the variance between the youngest and oldest member of the team must be no more than 3 years.

14.1.3.2.2 If any member of a team is between the ages of 14-17, the variance between the youngest and oldest member of the team must be no more than 5 years.

14.1.3.2.3 If all members of a team are 18 and older the variance between the youngest and oldest member of the team should be no more than 20 years.

14.1.3.3 Unified Sports Player Development model teams are not eligible to compete at Regional and World Games.

14.1.4 Unified Sports Recreation

14.1.4.1 Unified Sports Recreation is an inclusive recreation sports event (training or competition) for Special Olympics athletes and Unified partners. Unified Sports Recreation events are not required to meet the minimum training, competition and team composition requirements of Unified Sports Player Development and Unified Sports Competitive models but they must be implemented by a Special Olympics Program or implemented in direct partnership with a Special Olympics Program. These event opportunities may take place within schools, clubs, community and other private or public organizations. Unified Sports Recreation allows modifications to the Special Olympics Official Sports Rules.

14.1.4.2 A minimum of 25% of participants in a Unified Sports Recreation event should be individuals with an intellectual disability and a minimum of 25% should be individuals without any disabilities. The remaining 50% may be made up of individuals with and without intellectual disabilities.

14.1.4.3 Unified Sports Recreation model teams are not eligible to compete at Regional and World Games.

14.2 Unified Sports Competitive Rules

14.2.1 Health and Safety

14.2.1.1 Coaches are responsible for the health and safety of all players, which is their primary and top priority. This responsibility should guide coaches in the selection of appropriate athletes and partners to participate on any Unified Sports team.

14.2.1.2 Every attempt should be made to keep all teammates as closely matched as possible, especially in the sports where strength, speed and size are factors. Ability matching will decrease the risk of injury and provide a more meaningful sports experience.

14.2.2 Team Composition

14.2.2.1 To enhance the Unified Sports experiences, athletes and partners must be of similarly age and ability for team sports.

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14.2.2.2 Members of a Unified Sports team should be able to demonstrate fundamental skills and strategies of the sport.

14.2.2.3 While there are specific rules governing the number of Unified Sports athletes and partners required during competition, coaches should also maintain an approximately equal number of athletes and partners on the overall roster (as close to half the total number as possible). This will decrease the possibility of a game forfeiture due to failure to meet the required line-up ratio and will enhance the Unified Sports experience in both training and competition.

14.2.3 Conduct of Competition

14.2.3.1 All Special Olympics rules and regulations apply equally to athletes and partners with the following exception: partners are required to complete a Unified Sports Partner Application, which includes an applicant's medical history and waiver of liability and disclosure and authorization to obtain information.

14.2.3.2 Unified Sports competitions shall be governed by the Special Olympics Official Sports Rules.

14.2.3.3 "Meaningful Involvement" is an effort to optimize participation by all team members (athletes and partners) based on the principle that every player should contribute to the success of the team. The composition of any team must include players with necessary sport-specific skills. Teams should not include players who dominate play, exclude other teammates from contributing to the success of the team, or present a health and safety risk on the field of play. By permitting any player to dominate play, other players' roles and opportunities are greatly limited. This violates both the spirit and intent of the Special Olympics Unified Sports rules and philosophy and will be addressed according to the standards set forth by each sport's rules and governing ordinances.

14.2.3.4 Consequences for non-compliance are either:

14.2.3.4.1 Specific Player Sanctions (encourage voluntary substitution, technical foul, warning, yellow card, ejection)

14.2.3.4.2 Team Consequences (forfeiture of game, disqualification from tournament)

14.2.3.5 A Unified Sports delegate addresses issues at events and is ultimately empowered to enforce Meaningful Involvement and similar age requirements. If a Unified Sports delegate determines that a player is dominating play, that official shall sanction the coach.

14.2.3.6 Sanctions will include: warning the coach and, if the behavior continues, removing the coach from the game. If subsequent violation occurs, the team forfeits the game or match. The Unified Sports Competition Protocol is required to be used at Regional and World Games and can be found at: http://media.specialolympics.org/resources/sports-essentials/unified-sports/Unified-Sports-World-Games-Competition-Protocol.pdf.

14.2.3.7 Unified Sports teams shall be placed in competitive divisions based upon ability and age with other Unified Sports teams, and according to established procedures for Special Olympics divisioning.

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14.2.3.8 Official Special Olympics Unified Sports Awards or Special Olympics Awards shall be presented to both athletes and partners, according to the Special Olympics Awards Protocol.

14.3 Special Olympics Unified Sports Competitive Sport-Specific Parameters

Format		Similar Age	Similar Ability	Athlete-Partner Ratio for Competition on Field of Play at One Time	
		R= Required P = Preferred	R= Required P = Preferred	# of Athletes	# of Partners
Team Sports					
Basketball	Team Competition	R	R	3	2
Cricket	Team Competition	R	R	6	5
Floorball	Team Competition	R	R	3	2
Floor Hockey	Team Competition	R	R	3	3
Football	Futsal	R	R	3	2
Football	5-a-side	R	R	3	2
Football	7-a-side	R	R	4	3
Football	11-a-side	R	R	6	5
Handball	Team Competition	R	R	4	3
Softball	Team Competition	R	R	5	5
Volleyball	Team Competition	R	R	3	3

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Format		Similar Age	Similar Ability	Athlete-Partner Ratio for Competition on Field of Play at One Time	
		R= Required P = Preferred	R= Required P = Preferred	# of Athletes	# of Partners
Individual Sports					
Athletics	Relays	R	P	2	2
Athletics	Team	R	See Unified Team Athletics Rules	10	10
Badminton	Doubles/Mixed	R	R	1	1
Bocce	Doubles	P	P	1	1
Bocce	Team	P	P	2	2
Bowling	Doubles/Mixed Doubles	P	P	1	1
Bowling	Team	P	P	2	2
Cycling	Tandem Time	R	P	1	1
Golf	Team Play	P	P	1	1
Kayaking	K-2 Doubles	R	R	1	1
Open Water Swimming	Pairs	R	P	1	1
Roller Skating	Pairs/ Dance Team	R	P	1	1
Roller Skating	Relays (4 person)	R	P	2	2
Roller Skating	Relays (2 person)	R	P	1	1
Sailing	Crew of 3	P	P	2	1
Swimming	Relays	R	P	2	2
Table Tennis	Doubles/ Mixed Doubles	R	R	1	1
Tennis	Doubles/ Mixed Doubles	R	R	1	1
Tennis	Team	R	R (within each doubles pairing)	6	6
Cross Country Skiing	Relays	R	P	2	2
Figure Skating	Pairs Skating	R	R	1	1
Figure Skating	Ice Dancing	R	R	1	1
Snowshoeing	Relays	R	P	2	2
Short Track Speed Skating	Relays	R	R	2	2

Please refer to Special Olympics Sport-specific Rules for additional information and details for conducting Unified Sports competition.

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15. MOTOR ACTIVITIES TRAINING PROGRAM (MATP)

15.1 Purpose

15.1.1 The Special Olympics Motor Activity Training Program is designed for athletes with severe or profound intellectual disability who are unable to participate in Official Special Olympics sport competitions because of their skill and/or functional abilities. The Motor Activity Training Program is designed to prepare athletes with severe or profound intellectual disability, including athletes with significant physical disabilities, for sport-specific activities appropriate for their abilities. Athletes with significant disabilities are those who need highly specialized training programs because of their physical, mental, or emotional problems. As a unique sport-based program, the Motor Activity Training Program does not exclude any athlete. It is designed to provide individualized training programs to all athletes with significant disabilities.

15.2 Program

15.2.1 The program provides a comprehensive motor activity and recreation training curriculum for these participants. MATP emphasizes training and participation rather than competition. In addition, the program provides the means for athletes to participate in appropriate recreational activities geared to their ability levels.

15.3 Activities

15.3.1 Activities shall be conducted in accordance with the MATP Coaching Guide which is available at www.specialolympics.org

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ADDENDUM A — SPORTS RULES COMMITTEES AND PROCESS

A.1 - SPORTS RULES ADVISORY COMMITTEE

- The purpose of the Sports Rules Advisory Committee (SRAC) is to conduct an on-going review of the Sports Rules and make recommendations to SOI concerning amendments to the Sports Rules.
- The Composition of the SRAC shall consist of members who are sports experts, Executive/National Directors of Accredited Programs or members of SOI's Board. Committee members shall be drawn from Accredited Programs throughout the world. It shall be as geographically diverse and international in scope as is reasonably practicable.
- SOI's Board shall determine the size of the Sports Rules Advisory Committee.
- SOI shall appoint all members of the Sports Rules Advisory Committee. These appointments shall be made by SOI's Chief Executive Officer or his/her designee. In making these appointments, SOI may consider recommendations from Accredited Programs or from other persons who participate in or are affiliated with Special Olympics. Each member of the SRAC shall serve for a term of four years. Members may be re- appointed for a second term. SOI's Chief Executive Officer will appoint a replacement for any Committee member who is unable or unwilling to complete his/her four-year term.
- SOI has the discretion to extend any member term by 1 year in order to ensure membership is in relations to next change cycle.
- The Sports Department of SOI is responsible for providing staff support to the Sports Rules Advisory Committee and Subcommittees.
- A Chairperson and Vice Chairperson, serving during the same rotation period, shall each be elected for a two-year term. The Chairperson of the SRAC shall receive all proposals relating to the Sports Rules; he or she shall be responsible for initiating all committee action on all proposals; and he or she shall prepare the Bi-Annual Sports Rules Advisory Committee Summary Report.

A.2 - SPORTS RESOURCE TEAMS (SRTs)

- The Sports Rules Advisory Committee shall utilize Sport Resource Teams (SRT's) for reviewing the rules concerning each Official and Recognized Sport.
- Each SRT shall report its recommendations to the SRAC.
- The following shall be the major responsibilities for SRT members pertaining to a specific sport:
  - Reviewing all proposed rule changes.
  - Providing input and guidance to the SRAC regarding proposed rules changes.
  - Acquiring an understanding of Special Olympics and International Federation rules.
  - Ensuring that sports rules are accurately reflected in all sport specific resources as they are developed.
  - Working with other SRT members to formulate recommendations to the SRAC.

A.3 – GLOBAL UNIFIED SPORTS ADVISORY GROUP (GUSAG)

- The Global Unified Sports Advisory Group is composed of members with strong understanding of the social inclusion outcomes of Unified Sports.
  - The SRAC shall utilize GUSAG for reviewing Unified Sports rules modifications proposals.
  - GUSAG shall report its recommendations to the SRAC.
- Responsibilities of members of GUSAG include, but are not limited to, the following:
  - Reviewing all Unified Sports rules modifications and making recommendations to the SRAC.

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- Ensuring all rules accurately reflect the core principles of Unified Sports.

A.4 – PROCEDURES FOR ADOPTING SPECIAL OLYMPICS SPORTS RULES, AMENDMENTS, MODIFICATIONS AND DEFINITIONS

- Anyone within Special Olympics may submit proposals to the Sports Rules Advisory Committee via the SOI Sports Department regarding new rules, amendments, modifications or deletions to the Sports Rules.
- Criteria for Evaluation of Rule Change Proposals
  - The following criteria will be used in the process of evaluation of the various Rule Change Proposals:
    - Are there any references in the International Federation/National Governing Body/other sport federation rules regarding this proposal? If so, give us details or reference.
    - Does this impact sport equipment currently used?
    - Is this a rule proposal or a competition management or coaching guide issue?
    - Are there any supportive data (stats, scientific studies, etc.) regarding this proposal?
    - Has this proposal been field tested? What are the statistics or results found to support the proposal?
    - What is the impact on global sport development?
    - Do you think that this rule proposal, as a principle or analogy, could also be applied in other sports?
    - What is the impact of this proposal on the various levels of the sport organization, e.g. on Local, National, Regional or World Games?
    - Is this to be effective immediately or at a later date for reasons to be explained?
    - What will be the impact on coaching, officiating and/or competition management?
    - Are there any health and safety concerns?
    - Does the rule maintain the basic philosophy of Special Olympics?
  - Programs shall be notified of any changes to the Sports Rules.
  - All new rules, amendments, modifications, or deletions to the Sports Rules shall become effective on February.
- A Summary of Changes will be posted with Sports Rules on resources.specialolympics.org

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A.5 - OFFICIAL FORM: **SPECIAL OLYMPICS PROPOSED RULE CHANGE FORM**

Name of Sport:		Date of Submission:	

Person Submitting Rule Change:		1. Address:	
Daytime Telephone Number:		2. E-mail Address:	
Rule Change Submitted on behalf of Special Olympics Program:	☐ YES ☐ NO	3. If YES, give the name of the Special Olympics Program and the form must be endorsed by authorized program representative (Sports Director, National Director or Board Chair:	Name of Program: _____
Proposal Endorsed by (Name and Position):			

Official Special Olympics Sports Rules Version you are reading from: (Date in Bottom Corner)	
Rule Reference (e.g. Cycling — Section E-Rules of Competition, 1.b.)	
Page Number:	
Rule as it Reads**:**	
Recommendation: (Check the Box of the action proposed)	☐ Delete rule ☐ Add new rule ☐ Change to read as follows:
New Text:	
Reason for Proposed Rule Change[1]:	
Has this Rule Change been Field Tested?[2]:	

Mail form to: **Sports Rules Advisory Committee (SRAC) c/o Sports Department**
Special Olympics Inc., 1133 19th Street, NW, Washington, DC 20036, USA

Or, e-mail to: sportrules@specialolympics.org

[1] You should show how your proposal will have a positive impact on the Special Olympics program or addresses a health and safety concern. This is particularly important if your proposal is of a significant nature – e.g. the addition of a new event within a sport. Some examples are bringing SO rules into line with those of the sports Federation, providing an additional meaningful competition opportunity or bringing new athletes into the sport

[2] Give as much detail as you can about the field test – who was responsible for conducting the test, the length of the test, how many athletes were involved, whether the test was at the local or program level and how the results of the test were evaluated and support the case for the proposed change.

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ADDENDUM B — INTERNATIONAL SPORT FEDERATIONS

Sport	Federations
Alpine Skiing	Federation Internationale de Skie (FIS) Blochstrasse 2 3653 OBERHOFEN AM THUNERSEE SWITZERLAND T: +41 33 / 2 44 61 61 F: +41 33 / 2 44 61 71 Internet: www.fis-ski.com
Athletics	International Association of Athletics Federation (IAAF) 17, rue Princesse Florestine B.P. 359 98007 MONACO CEDEX MONACO T: +377 / 93 10 88 88 F: +377 / 93 15 95 15 Internet: www.iaaf.org
Badminton	Badminton World Federation (BWF) Stadium Badminton Kuala Lumpur Batu 31/2 — Jalan Cheras MY-56000 KUALA LUMPUR Malaysia T: +60 3 / 92 83 71 55 F: +60 3 / 92 84 71 55 Internet: www.internationalbadminton.org
Basketball	Federation Internationale de Basketbal (FIBA) Route Suisse 5 1295 Mies SWITZERLAND T: +41 22 / 545 00 00 F: +41 22 / 545 00 99 Internet: www.fiba.com
Bocce	Special Olympics, Inc. (SOI) 1133 19th Street, NW, Washington, DC 20036 USA T: +1 202 628-3630 F: +1 202 824-0200 Internet: www.specialolympics.org
Bowling	World Bowling Tulpanvägen 1117674 Järfälla, Sweden T: +46 8 583 502 12 T: +46 708 751 987 Internet: https://www.worldbowling.org/
Cross Country Skiing	Federation Internationale de Skie (FIS) Blochstrasse 2 3653 OBERHOFEN AM THUNERSEE SWITZERLAND

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	T: +41 33 / 2 44 61 61 F: +41 33 / 2 44 61 71 Internet: www.fis-ski.com
Cricket	International Cricket Council (ICC) Al Thuraya Tower 1 Dubai Media City - PO Box 500070 DUBAI United Arab Emirates T: +971 4 / 3688088 F: +971 4 / 3688080 Internet: www.icc-cricket.com
Cycling	Union Cycliste Internationale (UCI) Allee Ferdi Kubler 12 1860 AIGLE SWITZERLAND T: +41 24 / 468 58 11 F: +41 24 / 468 58 12 Internet: www.uci.ch
DanceSport	World DanceSport Federation (Maison du Sport International) Avenue de Rhodanie 54 1007 LAUSANNE SWITZERLAND T: +41 21 / 601 17 11 F: +41 21 / 601 17 12 Internet: https://www.worlddancesport.org/
Equestrian	Federation Equestre Internationale (FEI) HM King Hussein I Building Chemin de la Joliette 8 1006 LAUSANNE SWITZERLAND T: +41 21 / 310 47 47 F: +41 21 / 310 47 60 Internet: https://www.fei.org/
Figure Skating	International Skating Union (ISU) Avenue Juste-Olivier 17 1006 LAUSANNE SWITZERLAND T: +41 21 / 612 66 66 F: +41 21 / 612 66 77 Internet: www.isu.org
Floorball	International Floorball Federation (IFF) Alakiventie 2, 00920 HELSINKI FINLAND T: +358-9 454 214 25 Internet: www.floorball.org
Floor Hockey	Special Olympics, Inc. (SOI) 1133 19th Street, NW, Washington, DC 20036 USA

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	T: +1 202 628-3630 F: +1 202 824-0200 Internet: www.specialolympics.org
Football (Soccer)	Federation Internationale de Football Association (FIFA) Strasse 20 P.O. Box 8044 ZURICH SWITZERLAND T: +41 43 / 222 7777 F: +41 43 / 222 7878 Internet: https://www.fifa.com/
Golf	Royal Ancient Golf Club of St. Andrew's (R&A) St. Andrews Fife United Kingdom KY16 9JD T: +44-33-47-2112 F: +44-33-47-7580 Internet: www.randa.org
Gymnastics	Federation Internationale de Gymnastique (FIG) Avenue de la Gare 12A 1003 Lausanne SWITZERLAND T: +41 21 / 321 55 10 F: +41 32 / 494 64 19 Internet: www.fig-gymnastics.org
Handball	Federation Internationale de Handball (IHF) Peter Merian – Strasse 23 P.O. Box, CH-4002 Switerland T: +41 61 228-90 40 F: +41 61 228-5555 Internet: www.ihf.info
Judo	International Judo Federation (IJF) Juszef Attila str. 1 1051 Budapest Hungary T: +361 302 72 70 F: +82 2 / 3398 1020 Internet: www.ijf.org
Kayaking	International Canoe Federation (ICF) C/ Avenue de Rhodanie 54 CH 1007 Lausanne Switzerland T: +41 21 612 02 90 Internet: www.canoeicf.com
Powerlifting	International Powerlifting Federation (IPF)

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	3, route D'Arlon L-8009 Strassen Luxemborg T: +352 26 389 114 F: +352 582 696 Internet: www.powerlifting-ipf.com
Roller Skating	Federation Internationale de Roller Skating (FIRS) c/o FIHP Avenue, De Rhodanie, 54 1007 Lausanne Switzerland T: +41 21 601 18 77 Internet: www.rollersports.org
Sailing	International Sailing Federation (ISAF) 20 Eastbourne Terrace Paddington , London United Kingdom T: +44 20 39 40 48 88 Internet: www.sailing.org
Snowboarding	Federation Internationale de Skie (FIS) Blochstrasse 2 3653 OBERHOFEN AM THUNERSEE SWITZERLAND T: +41 33 / 2 44 61 61 F: +41 33 / 2 44 61 71 Internet: www.fis-ski.com
Snowshoeing	Special Olympics Inc. (SOI) 1133 19th St. NW Washington, DC 20036 USA T: +1 202 628-3630 F: +1 202 824-0200 Internet: www.specialolympics.org
Softball	World Baseball Softball Confederation (WBSC) Avenue de Rhodanie 54CH-1007 Lausanne Switzerland T: +41 21 318 82 40 F: +41 21 318 82 41 Internet: https://www.wbsc.org/
Short Track Speed Skating	International Skating Union (ISU) Avenue Juste-Olivier 17 1006 LAUSANNE SWITZERLAND T: +41 21 / 612 66 66 F: +41 21 / 612 66 77 Internet: www.isu.org

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Swimming Open Water Swimming	Fédération Internationale de Natation (FINA) Chemin de Bellevue 24a/24b CH-1005 LAUSANNE SWITZERLAND T: +41 21 / 310 47 10 F: +41 21 / 312 66 10 Internet: www.fina.org
Table Tennis	International Table Tennis Federation (ITTF) MSI, Avenue de Rhodani 54B, 2 1007 Lausanne SWITZERLAND T: +41 21 / 340 70 90 F: +41 21 / 340 70 99 Internet: www.ittf.com
Tennis	International Tennis Federation (ITF) Bank Lane Roehampton SW15 5XZ LONDON UK T: +44 20 / 88 78 64 64 F: +44 20 / 88 78 77 99 Internet: www.itftennis.com
Volleyball	Federation Internationale de Volleyball (FIVB) Château Les Tourelles" Ch. Edouard-Sandoz 2-41006 LAUSANNE SWITZERLAND T: +41 21 / 345 35 35 F: +41 21 / 345 35 45 Internet: www.fivb.org

ADDENDUM C — ELIGIBILITY

Please refer to the General Rules Section 2.01

ADDENDUM D — OATHS AND CODES OF CONDUCT

ATHLETE'S OATH

"Let me win. But if I cannot win, let me be brave in the attempt."

COACH'S OATH

"In the name of all coaches and in the spirit of sportsmanship, I promise that we will act professionally, respect others, and ensure a positive experience for all. I promise to provide quality sports and training opportunities in a safe environment for all athletes."

OFFICIAL'S OATH

"In the name of all judges and officials, I promise that we shall officiate in these Special Olympics Games with complete impartiality, respecting and abiding by the rules which govern them, in the spirit of sportsmanship."

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SPECIAL OLYMPICS ATHLETE'S AND UNIFIED PARTNER'S CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics. I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials and ask questions when I do not understand. I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advance on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics events. I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport (s).

- I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a GOC for a World Games up to and including not being allowed to participate.

SPECIAL OLYMPICS COACH'S CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects all coaches to honor Sport and Special Olympics. All Special Olympics Coaches agree to observe the following code:

RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, unified partners, coaches, other volunteers, friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability. I will be a positive role model for the athletes and unified partners I coach.

ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive. I will respect the talent, developmental stage and goals of each athlete.

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- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminary competition and finals competition in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR MY ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competition.
- I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes in my care.

QUALITY SERVICE TO THE ATHLETES

- I will seek continual improvement through performance evaluation and ongoing coach education. I will be knowledgeable about the Sports Rules and skills of the sport (s) I coach.
- I will provide a planned training program.
- I will keep copies of the medical, training, and competition records for each athlete I coach.
- I will follow the Special Olympics, the International Federation and the National Federation/Governing Body rules for my sport(s).

HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.
- I understand that if I violate this Code of Conduct I will be subject to a range of consequence, up to and including being prohibited from coaching in Special Olympics.

SPECIAL OLYMPICS SPORT OFFICIAL'S CODE OF CONDUCT

- Special Olympics is committed to the highest ideals of sport and expects all sport officials to honor Sport and Special Olympics. All Special Olympics sport officials agree to observe the following code:
  - I will be thoroughly aware of Special Olympics conception, regulations and sports rules. I will perform my duty seriously, fairly, earnestly and accurately.
  - I will be righteous, disciplined and impartial and stick to principles.
  - I will be vigorous, dress properly, well-groomed and refrain from smoking in the competition site and drinking alcohol during the Games.

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- I will ensure athletes equal opportunity and enable them to build up physical fitness, experience joy and promote friendship through participation of the events.
- I will not discriminate athletes because of their physical disability. I will protect their privacy and respect athletes' rights and value.
- I will encourage athletes during their competition, provide safety and be responsible for my conduct that conforms to the Games' spirit.
- I will respect coaches, staff, audiences and family members.

ADDENDUM E — PARTICIPATION OF INDIVIDUALS WHO MIGHT HAVE SPINAL CORD COMPRESSION OR ATLANTO-AXIAL INSTABILITY

Spinal Cord Injury

Spinal Cord Injuries are a rare, but devastating occurrence in the sports setting. Some spinal cord injuries occur in healthy people who have no preceding risk factors. However, some athletes may have pre-existing signs and symptoms of compression of the spinal cord. Compression of the spinal cord means that the bone of the spine is pressing firmly on the spinal cord. This has been proven to result in injury or severance of the spinal cord with motion or impact that can occur in the sports setting. Thus, detecting athletes who have signs and symptoms of spinal cord compression is important.

The most well-known type of spinal cord compression in Special Olympics athletes is that of symptomatic atlanto-axial instability (AAI). AAI frequently occurs in athletes with Down syndrome. Approximately 1.5% of athletes with Down syndrome will have neurological signs of spinal cord compression or atlanto-axial instability.

However, spinal cord compression can occur at any vertebral level and is not limited to people with Down syndrome. Signs and symptoms of spinal cord compression should be taken very seriously, as treating the compression could save the athlete from permanent or devastating injury. Some of the symptoms of spinal cord compression are:

- Numbness or tingling in the hands, feet, arms or legs
- Weakness in the hands, feet, arms or legs
- Abnormal gait changes
- Changes in coordination
- Spasticity
- Paralysis
- Difficulty controlling bowels or bladder
- Head Tilting
- Pain Burners, stingers, or pinched nerves in the arms, neck, should, hands or back.

If any of these symptoms are noticed, especially if they are new onset, the athlete could be at imminent risk of spinal cord injury. All sports activity should cease and a doctor should be contacted immediately in order to assess the athlete for potential risk and/or correct the underlying skeletal system issue. Please refer to the section of the General Rules below for additional guidance.

Reprinted from Section 2.02(g) of the General Rules

Participation by Individuals Who Have symptoms of Spinal Cord Compression Including symptomatic Atlanto-axial Instability

Compression of the spinal cord at any vertebral level, including at the level of the cervical vertebrae C-1 and C-2 in the neck, known as Atlanto-axial instability (AAI), may expose individuals to possible injury if they participate in activities that radically move the vertebrae at the area of compression. Resultant

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hyperextension or radical flexion of the neck or upper spine could produce significant injury. Accredited Programs must take the following precautions before permitting athletes who, during a physical examination demonstrate symptoms of spinal cord compression and/or symptomatic AAI to participate in certain physical activities:

(1) **Determination of Symptoms**. All Athletes, when they receive the standard pre-participation physical examination referred to in this Article 2, must be examined by a Licensed Medical Professional for symptoms of adverse neurological effects, including those that could result from spinal cord compression or symptomatic AAI. Such symptoms may include: significant neck pain, radicular pain (localized neurological pain), weakness, numbness, spasticity (unusual "tightness" of certain muscles) or change in muscle tone, gait difficulties, hyperreflexia (highly reactive deep tendon reflexes), change in bowel or bladder function or other signs or symptoms of myelopathy (injury to the spinal cord).

(2) **Presence of Symptoms.** If a Licensed Medical Professional confirms the presence of symptomatic spinal cord compression and/or symptomatic AAI during the medical examination of an athlete, such athlete may be permitted to participate in the Special Olympics sport of the athlete's choice only if (i) the athlete has received a thorough neurological evaluation from a physician, qualified to make such a determination, who certifies that the athlete may participate and the athlete, or the parent or guardian of a minor athlete, has signed an informed consent acknowledging they have been informed of the findings and determinations of the physician. The statements and certifications required by this subsection shall be documented and provided to Accredited Programs using the standardized form approved by SOI, entitled "Special Release for Athletes with Symptomatic Spinal Cord Compression and/or symptomatic Atlanto-axial Instability," and any revisions of that form, approved by SOI (the **"Special Release Concerning Spinal Cord Compression and/or symptomatic Atlanto-axial Instability"**).

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