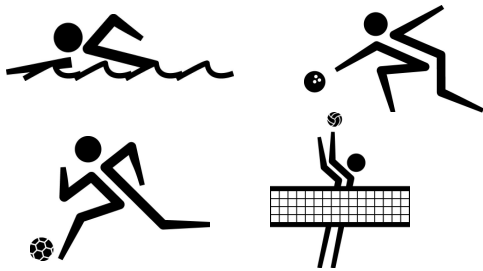


I N S P I R E
G R E A T N E S S .



FALL 2009 REGIONAL REGISTRATION PACKET

Sports Specific Information





2009 FALL Regional AQUATICS Registration Notes

Coach

It is your responsibility to have a copy of the following at all times...

1. A current/valid Medical Release form for each Athlete
2. A current/valid Unified Partner form

Athletes/Unified Partners are not allowed to train without these forms – **Your copies must be valid through end of season!**

Aquatics

Athletes competing in Traditional Regulation Events are eligible to enter...

1. Two Traditional Individual swimming events from list below
2. One Relay event from list of events below

Athletes competing in Developmental Events are eligible to enter...

1. Two Developmental Individual swimming events from list of events below

The 15M Unassisted swim is a Cross-Over Event. Athletes competing in the 15M Unassisted swim are eligible to enter...

1. One Traditional Individual (non-relay) swimming event from list below **OR...**
2. One Developmental Individual swimming event from list of events below

Reminder: Athletes who participate in any developmental level event are not allowed to participate in a relay event

Registration Information

- ❖ **Deadline for Registration – Wednesday, Gresham 10/14 or for Corvalls 10/21 @ 5 pm**
- ❖ 2009 Regional Aquatics competition will take place in Gresham and Corvallis (see Registration Form for LP breakdown)
- ❖ Athletes with special needs or needing a specific lane should be indicated in *NOTES* column on registration form
- ❖ Starting Blocks will be available
- ❖ Per SOI Rules, there is NO diving competition offered by Special Olympics at this time
- ❖ Flotation Devices are NOT allowed for Unassisted events
- ❖ Flotation Devices are only allowed in Assisted Swim events
- ❖ 25M Events are Traditional Regulation events & are NOT considered Developmental events
- ❖ Deep water will be used for all Traditional Regulation events
- ❖ Please list **TOTAL TEAM TIME** for Relays – NOT individual athlete times
- ❖ Each Unified Relay shall consist of 2 Athletes & 2 Partners – no exceptions
- ❖ Assistant Coaches ARE permitted to serve a dual-role as Unified Partners on relay teams (however, on registration form they can only be identified as Unified Partners). **Head Coaches cannot compete as Unified Partners.**
- ❖ Maximum of only one Alternate per relay team – see note on 'Regional Aquatics Relay Entry Form'
- ❖ The registered Alternate is the only person who may replace an athlete on the relay team
- ❖ Unified Relay teams need to include one Athlete Alternate & one Partner Alternate per team

Aquatics Rules

The Official Special Olympics Sports Rules for Aquatics shall govern all Special Olympics Aquatics competitions. As an international sports program, Special Olympics has created these rules based on Federation International de Natacion Amateur (FINA) rules for aquatics found at <http://www.fina.org>. FINA or National Governing Body (NGB) rules shall be employed except when they are in conflict with Special Olympics Rules for Aquatics or Article 1.

* An athlete with Down Syndrome who has been diagnosed with Atlanto-Axial Instability (AAI) may not participate in butterfly stroke events, individual medley events or diving starts.

Aquatics Rules Continued

The 15M Unassisted Swim will be considered a Cross-Over event to help Athletes transition from Developmental events to Traditional events. For this reason, Athletes entered in the 15M Unassisted swim may choose their 2nd event from either the list of Developmental events or from the list of Traditional **non-relay** events [25M Free will be the most appropriate event choice]

Standing on the bottom during Freestyle events or during the Freestyle portion of the medley events shall not disqualify a competitor, but he/she shall not walk or push off bottom. Standing upon the bottom is allowed only for the purpose of resting. Walking on or jumping from the bottom will disqualify the offender.

Athletes competing in Walking events must have at least one foot touching the bottom of the pool at all times.

Athletes competing in the Assisted Swim events are responsible for their own Flotation Device.

- The device must be on the body or be a wraparound type such that if the athlete were to not be able to hold on to the device, the device would still support the athlete with the face out of the water
- Flotation Devices such as kickboards, innertubes or 'water wings' are NOT acceptable

Athletes in Assisted Swim events are allowed to provide their own assistant.

- The assistant may touch, guide or direct the athlete, but may not support or assist with the athlete's forward movement.
- The assistant may be in the pool or on the deck.
- The swimmer is allowed to use a flotation device (flotation devices such as kickboards, innertubes or 'water wings' are NOT acceptable).

Athletes & Partners may be entered in only one relay & may not be listed as an Alternate on any other relay team.

Once entered, relay teams cannot be changed.

Aquatics List of Events

Developmental Events

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

Cross Over Event – to help move Athletes from Developmental to Traditional

15M Unassisted Swim – Athletes may choose 1 additional Traditional non-relay or 1 additional Developmental event

Traditional Events

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

Traditional Relay Events

4x25M Freestyle Relay
4x25M Medley Relay
4x25M Unified Freestyle Relay
4x50M Freestyle Relay
4x50M Unified Medley Relay
4x100M Freestyle Relay

2009 FALL Regional **BOWLING** Registration Notes

Coach

It is your responsibility to have a copy of the following at all time -- A current/valid Medical Release form for each Athlete
Athletes/Unified Partners are not allowed to train without these forms - **Your copies must be valid through end of season!**

Bowling

Athletes competing in a Traditional Regulation event are eligible to enter in one of the following...

1. Singles
2. Ramp Unassisted
3. Ramp Assisted

Registration Information

- ❖ **Deadline for Registration – SEE REGISTRATION COVERSHEET FOR SPECIFICS**
- ❖ 2009 Regional Bowling competitions will take place in Albany, Beaverton, Bend, Medford, Hermiston & Portland (see Registration Form for LP breakdown)
- ❖ There is NOT a Bumper Bowling event
- ❖ **Qualifying Scores:**
 - ❖ Returning athletes – will use scores from 2008 Fall Games (or 2008 Fall Regionals score if they did not go to state games) unless 2009 current average is higher
 - ❖ 2008 Fall bowling regional and Fall Games results can be viewed at <http://www.soor.org/sports/fall.htm>
 - ❖ New athletes – coaches must submit the highest average of 3 games from their current training
- ❖ Athletes bowl 2 Games at Regional competitions

POINT OF EMPHASIS for 2009 BOWLING:

Ramp Bowling is intended for those athletes who are unable to lift, carry and/or roll the ball down the lanes. It is not intended to help those athletes who are physically able to bowl without a ramp, but use a ramp in order to achieve a better score, as this is not in the spirit of the event.

- ❖ Ramp Unassisted Bowling:
 - Rules:
 - i. Athlete aims the ramp into position unassisted.
 - ii. Athlete positions ball on the ramp with assistance
 - iii. Athlete pushes the ball down the ramp toward the target.
 - iv. An assistant may hold the ramp in place if needed, but must have their back to the pins at all times.
 - If an athlete is able to carry the ball to the ramp, place it on the ramp, and push it down the ramp, he/she should be training in traditional singles bowling.
- ❖ Ramp Assisted Bowling:
 - Rules:
 - i. An assistant may aim the ramp toward the pins, BUT MUST AT ALL TIMES have his/her back to the pins and aim based on direction (either verbally or by physical cues) from the athlete.
 - ii. An assistant may hold the ramp in place if needed, but must have their back to the pins at all times.
- ❖ Local Programs must provide the assistant for each athlete participating in the Ramp Assisted event
- ❖ When possible Ramp Bowlers should bring their own ramps to competition

Bowling Rules Continued

Official Bowling Rules

The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale des Quilleurs (FIQ) Rules as well as World Tenpin Bowling Association (WTBA) Rules for bowling found at <http://www.wtba.ws>. FIQ, WTBA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling or Article 1. In such cases, the Official Special Olympics Sports Rules for Bowling shall apply.

SOOR Rules

- ❖ Foul lines will be turned on for all Singles Bowling events - it is highly recommended that all athletes train with the foul lines on.
- ❖ League play format will be used for all Singles Bowling events – it is highly recommended that all athletes train using league play (cross-over) format.
- ❖ Bowlers are encouraged to wear bowling shirts with collars & casual slacks. **NO Denim allowed, no exceptions.**
- ❖ Coaches packets will have a special name tag in their packets for each ramp bowler. This name tag will be used to identify the person who will be allowed into the pit with each ramp bowler.
- ❖ Ramp Bowlers will be assigned to a lane & bowl on that lane for the entire competition.
- ❖ Ramp Bowlers will bowl 3 consecutive frames on the same lane.

2009 FALL Regional SOCCKER Registration Notes

Coach

It is your responsibility to have a copy of the following at all times...

1. A current/valid Medical Release form for each Athlete
2. A current/valid Unified Partner Eligibility form

Athletes/Unified Partners are not allowed to train without these forms - **Your copies must be valid through end of season!**

Soccer

Athletes are eligible to enter in one of the following...

1. Traditional 5-A-Side Soccer
2. Unified 5-A-Side Soccer – Head Coaches cannot compete as a Unified Partner
3. Individual Skills Competition (ISC) – comprised of the following events:
 - ❖ Dribbling
 - ❖ Shooting
 - ❖ Run & Kick

Youth Divisions will be offered at both regional competition – should there be enough teams for quality divisioning.

Registration Information

- ❖ **Deadline for Registration is Wednesday, 10/21 @ 5 pm**
- ❖ 2009 Regional Soccer competition will take place in Corvallis
- ❖ Complete & submit the Team Evaluation Questionnaire [TEQ] with the Entry & Coversheet (TEQ for teams only)
- ❖ Use your team ranking from the bottom of your TEQ [1-10] as the Level on your team's Entry Form
- ❖ Divisions will be based primarily upon information in the TEQ and past results. Any additional scrimmage info, and info from coaches, is valuable for divisioning.
- ❖ If necessary, teams may be asked to play a classification round at the Regional competition
- ❖ Maximum Roster is 10 – NO Exceptions – Teams with more than 10 players on roster will not be entered into competition.
- ❖ Rosters may not be changed after the regional registration has been submitted
- ❖ Unified 5-A-Side must play 3 Athletes & 2 Partners at all times
- ❖ For ISC athletes, enter the combined score of the 3 events (dribbling, shooting, run & kick). Athletes without this score will not be entered into competition.

Soccer Rules

The Official Special Olympics Sports Rules for Football (soccer) shall govern all Special Olympics Soccer competitions. As an international sports program, Special Olympics has created these rules based upon the Federation INTERNATIONALE de Football Association (FIFA) rules for football (soccer) found at www.fifa.com. FIFA or National Governing Body (NGB) rules shall be employed except where they are in conflict with the Official Special Olympics Sports Rules for Football (soccer) or Article 1. In such cases, the Official Special Olympics Sports Rules for Football (soccer) shall apply. An athlete with Down Syndrome who has been diagnosed with Atlanto-Axial Instability may not participate on football (soccer) team.

- ❖ If any adaptations to the time limit of each game, scoring limits, field dimensions, etc., are necessary, all details will be sent to each coach no less than one week prior to Regional competition.
- ❖ The Individual Skills Competition (ISC) is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team soccer.



2009 FALL Regional VOLLEYBALL Registration Notes

Coach

It is your responsibility to have a copy of the following at all times...

- A current/valid Medical Release form for each Athlete
- A current/valid Unified Partner Eligibility form

Athletes/Unified Partners are not allowed to train without these forms -- **Your copies must be valid through end of season!**

Volleyball

Athletes are eligible to enter in one of the following...

1. Traditional Team Volleyball
2. Unified Team Volleyball - Head Coaches cannot compete as a Unified Partner

Registration Information

- ❖ **Deadline for Registration is Wednesday, 10/21 @ 5 pm**
- ❖ 2009 Regional Volleyball competition will take place in Corvallis
- ❖ Complete & submit the Team Evaluation Questionnaire [TEQ] with the Entry & Coversheet
- ❖ Use your team ranking from the bottom of your TEQ [1-10] as the Level on your team's Entry Form
- ❖ Divisions will be based primarily upon information in the TEQ and past results. Any additional scrimmage info, and info from coaches, is valuable for divisioning.
- ❖ The Skills Assessment Test is NOT necessary – please complete & submit the TEQ
- ❖ If necessary, teams may be asked to play a classification round at the Regional competition
- ❖ Maximum Roster is 12 – NO Exceptions
- ❖ Rosters may not be changed after the regional registration has been submitted
- ❖ Unified must play 3 Athletes & 3 Partners at ALL times
- ❖ Net height will be set at 7'-4 $\frac{1}{8}$ " (2.24M) for all competition
- ❖ The service line may be moved closer to the net, but no closer than 14'-9" (4.5M)

Volleyball Rules

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

If any adaptations to the time limit of each game, scoring limits, limits on the number of serves, etc., are necessary, all details will be sent to each coach no less than one week prior to Regional competition.

Unified Sports® clarification – Any combination of athletes and partners may hit the ball in succession. There is NO rule stating that three consecutive hits cannot be made by Unified Partners on the same team. Officials will watch for clear partner/athlete dominance and can issue yellow card warnings, but no points will be awarded as a violation.