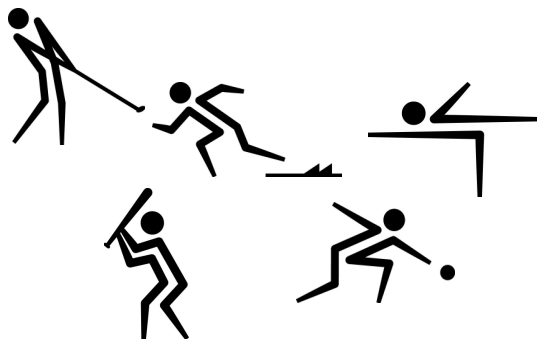


I N S P I R E
G R E A T N E S S .



SUMMER 2009

**SPORTS SPECIFIC
INFORMATION**



It is a coach's responsibility to have a copy of the current & valid Medical Release form for each Athlete and a copy of each Unified Partner's Eligibility form in their possession at every practice and competition.

Athletes/Unified Partners are not allowed to train without these forms. **Deadline for all summer sports – APRIL 8**

It is also the coach's responsibility to assure that all volunteers who have direct contact with athletes (such as assistant coaches & chaperones) have an approved volunteer application on file.

Medicals, Partner Forms and volunteer applications must be valid through June 30, 2009, in order to participate in the Summer Season.

ATHLETICS

Athletes are eligible to enter two individual events and a relay

Athletes entered in the pentathlon are also allowed to enter a relay race.

- Milton-Freewater - Saturday, May 30 – Registration deadline May 13
- Mt. Hood Community College - Saturday, June 6 – Registration deadline May 20
- Grants Pass - Saturday, June 6 – Registration deadline, May 20

Rules

The Official Special Olympics Sports rules shall govern all Special Olympics Athletics competitions.

These rules are based upon the United States Track & Field Association rules for Athletics – www.usatf.org & www.specialolympics.org

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 an athlete has any special needs that SOOR and games volunteers should be aware of for lane assignments and general management, please note that information in the "NOTES" column on the entry form.

- **REPORT TIMES WITH TENTHS OF SECONDS** (ex. 01:25.0 or 0:25.45)
- **REPORT DISTANCES IN METERS & CENTIMETERS ONLY!**

Softball Throw

There will a **maximum distance of 20 meters** in the softball throw event. Athletes who can throw farther than 20 meters should not be entered into this event. Athletes who throw farther than 20 meters at competition will be disqualified.

Relays

- The four relays offered are the **4x100M, 4x100M Unified, 4x400M & 4x400M Unified.**
- 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)
- *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.**
- Please include one Alternate per team on your registration.
- Unified teams please list one Athlete Alternate & one Partner Alternate per team.
- No wheelchair athletes permitted on any relay team

Shot-Put

Please make sure that each of your athletes competing in the shot put train for skill development & safety. Proper form & legal puts will be a point of emphasis for all officials.

We will be using the following shot-put weights:

4kg (8 lbs. 14 oz.) – Men (ages 12 & up)

2.72kg (6 lbs.) – Women (ages 12 & up)

1.81kg (4 lbs.) – Men (wheelchair)

1.36kg (3 lbs.) – Women (wheelchair)

ATHLETICS CONTINUED

Running Long Jump

- The take off mark will be **one meter** from the edge of the sand.
- If an athlete steps over the jump mark it is a foul and an illegal jump.
- **If an athlete cannot jump one meter, he/she should compete in the standing long jump.**
- **If an athlete jumps less than one meter it is considered a foul.**
- **If an athlete jumps less than one meter in each of his/her attempts it is considered a DQ.**

Race Walk

- Athletes shall train & compete in the race walk by governing body rules.
- If an athlete begins to run he/she will be disqualified.
- **This event will be a point of emphasis for all officials** (see below)

If you have an athlete who consistently breaks stride or runs in the walk events, it is recommended that you enter them in the dash races instead to prevent disqualification. These athletes will be divisioned by ability level.

High Jump

- The **minimum opening height will be 1M.**
- The competitor shall take off from one foot.
- Athletes must train in this event to be ready for competition.

Teams that do not have access to proper high jump equipment should NOT enter athletes in the High Jump or Pentathlon.

Spiked Track Shoes

- Spiked track shoes are allowed at Special Olympics Oregon Athletics competitions.
- Guidelines are established in the USATF rules, however the exact maximum length of spikes allowed varies from meet to meet since it is determined by the specifications of the venue where the meet is being held [different surfaces allow for different sized spikes].
- Information regarding spike specifications will be distributed to coaches in advance of the competition.

Missed Heats

- There will be **NO make-up heats, nor competition for participation ribbons, for late or unregistered athletes.**
- It is the responsibility of the coach to have the athlete in the staging area at the appropriate time.
- *Track events take priority over field events in the case of a schedule conflict.*
- If an athlete misses a **track event, it cannot be made up.**

Coach Access to the Track & In-Field

- **Coaches, spectators and non-competing athletes will NOT be allowed on the track.**
- This rule will be enforced for the safety of competing athletes and to be in accordance of NGB rules for athletics.
- Coaches will only be allowed on the track or in the infield to assist athletes with visual impairments or severe emotional or behavioral situations. *Athletes requiring this level of support must have indicated this by placing an **'1:1 *'** in the notes column of the registration form.....**1:1* will indicate need for In-Field access.***

NOTE

When possible, we will use a Waterfall Start for all races 800M and longer.

Races 400M and shorter will use Staggered Start.

- However, the 400M Walk may use an interval start to expedite races (meaning a second race may begin while another race is still in progress – allowing enough space to assure that heats will not interfere with each other)



Special Olympics
Oregon

ATHLETICS EVENTS

Choose up to any 2 Events & 1 Relay

Track Events

50M If time is UNDER 9 Sec. may NOT enter
100M Athletes may NOT enter both the 50M & the 100M
200M 1 Minute Maximum*
400M 2 Minute Maximum*
800M 5 Minute Maximum*
1500M 10 Minute Maximum*
3000M 25 Minute Maximum*
Pentathlon

50M Assisted Walk Walking Device ONLY – NO Coach Aid

50M Walk If time is UNDER 9 Sec. may NOT enter
100M Walk

400M **Race** Walk 6 Minute Maximum*
800M **Race** Walk 10 Minute Maximum*
1500M **Race** Walk 20 Minute Maximum*

Field Events

Shot Put
Running Long Jump 1M is Minimum Distance – if less, Athlete needs to compete in the Standing Long Jump
Standing Long Jump
High Jump 1M is Minimum Height per SOI rules
Softball Throw 20M Maximum Distance – no exceptions

Relay Events

4 X 100M
4 X 100M Unified
4 X 400M
4 X 400M Unified

Wheelchair Track Events

25M Manual Wheelchair
100M Manual Wheelchair 2 Minute Maximum*
30M Manual Wheelchair Slalom

25M Motorized Wheelchair
100M Motorized Wheelchair 2 Minute Maximum*
30M Motorized Wheelchair Slalom

*** For 2009, events with an asterisk next to the maximum time are there as STRONGLY recommended guidelines for coaches when selecting events for athletes.**

GYMNASTICS

Gymnastics at Oregon Gymnastics Academy (OGA) - Saturday, June 27, Beaverton –
Registration deadline June 10

Athletes may only compete in Artistic Events.

Rules

- The Official Special Olympics Sports rules shall govern all Special Olympics Gymnastics competitions.
- These rules are based upon the USA Gymnastics rules for Gymnastics – www.usa-gymnastics.org & www.specialolympics.org
- NGB rules shall be employed except when they are in direct conflict with the official Special Olympics sports rules. In such cases, the official Special Olympics sports rules shall apply.
- Level A is for lower ability athletes only. Level A cannot be mixed with any other levels.

Athletes in the all-around must compete at the same level in all events

Athletes specializing in fewer events than the All-Around may compete at 2 different levels, with 1 level difference between.

Attire

- Male gymnasts shall wear tank tops [leotards] & gymnastics pants or t-shirts that are tucked in & gymnastics shorts.
- Female gymnasts shall wear leotard with bare legs or flesh colored tights with bare feet.
- Athletes may compete in white socks, bare feet or gymnastics slippers.

Vault

Athletes shall train & compete with the “newer” table vault.

Scoring

Consistent scoring that is in line with published rules will be a point of emphasis again in 2009. A conference call prior to regional competition will be held with all head coaches to go over this information in more detail.

GYMNASTICS EVENTS

Athletes may compete in all Events offered + All-Around or Specialize, competing in 1, 2, or more, but not all Events.

- **Level A – Lower Ability athletes only**
- **Level 1 – Beginner or Novice**
- **Level 2 – Intermediate**
- **Level 3 – Advanced**
- **Level 4 – Advanced + optional routines**

Level A

Artistic Events (Men & Women)

Floor Exercise
Single Bar
Wide Beam
Vault – Table
Tumbling
All Around [all 5 events]

Level 1, 2, 3

Artistic Events – Men

Floor Exercise
Pommel Horse
Bar Rings
Vault – Table
Parallel Bars
Horizontal Bar
All Around [all 6 events]

Level 1, 2, 3

Artistic Events – Women

Vault - Table
Uneven Bars
Balance Beam
Floor Exercise
All Around [All 4 Events]

When registering an athlete for the all-around you need only list the event name “All-Around” and the athlete will automatically be entered in the individual events.

BOCCE

- **Eugene - Saturday, May 30** – Registration deadline May 13
- **Milton-Freewater - Saturday, May 30** – Registration deadline May 13
- **Gresham - Saturday, June 6** – Registration deadline May 20

Athletes may only compete in Half Court Singles or Unified Sports® Doubles.

Rules

- The Official Special Olympics Sports rules shall govern all Special Olympics Bocce competitions*
- These rules may be found at www.specialolympics.org.
- **Also refer to the 2009 Special Olympics SOOR Bocce Quick & Easy Guide** – posted on website

* - Official Special Olympics Sports Rules shall be employed except when they are in direct conflict with the adaptations set forth by Special Olympics Oregon sports rules. In such cases, the Special Olympics Oregon sports rules shall apply.

Unified Sports® Doubles

Once entered, Unified Doubles Teams cannot be changed. Any Substitutions to either the Athlete or Partner will result in a DQ and Participation ribbon

Half Court Singles Competition

Half Court Bocce is intended for ramp bocce players AND lower ability (non-ramp) athletes who cannot toss the Bocce or Pallina ball 20' or more. This is a singles event only.

This event will be played on a 12' x 30' court. Therefore two courts can occupy the same area as a normal size court with an 'endline' in the middle. Sidelines should be along the entire length of the court. The end line will be the 'foul' line and be marked with chalk or marking paint. There will be no centerline so the pallina ball can end up anywhere on the court.

Half Court Bocce will be played to **8 points**.

All ramps and other assistance devices may be used with the approval of the Special Olympics Bocce Competition Committee.

If a ramp is used, athlete can position the ball with or without assistance and pushes the ball down the ramp towards the target. An assistant (coach or volunteer) may guide, align, or direct ramp and athlete but may not assist with the ball's forward movement. In the divisioning process, the competition committee will consider half court bocce players by overall ability and level of assistance needed in an effort to provide fair and meaningful competition for all competitors.

The game will be played according to the Special Olympics Oregon Bocce rules except where noted above.

BOCCE

Choose 1 Event

- **Unified Sports® Doubles Competition** (Roster = 2 Players – 1 Athlete & 1 Partner)
- **Half Court Singles Competition** (Roster = 1 Athlete – ramp OR low ability – see information above)

SPECIAL OLYMPICS OREGON BOCCE RATING LEVELS

SOOR staff and competition directors will use this information to division doubles teams at regionals. The goal will be to provide teams with the opportunity to compete with doubles teams from a variety of other local programs whenever possible.

We will then use staff & officials' observations, coach feedback, and regional results to determine divisions at the state level.

Using the criteria below as a guide, please rate each of your bocce doubles teams in one of the 3 levels in the appropriate column on the registration form:

Higher Ability Level

- Experienced team or high ability for a new team
- Usually wins matches against other teams in training
- Has ability to score multiple points in frames often
- One or both players are very accurate on a variety of distances
- Understands strategy

Medium Ability Level

- Team has some experience or ability
- Wins some matches against other teams in training
- Some accuracy at a variety of distances
- Some understanding of strategy

Lower Ability Level

- Inexperienced team
- Usually loses matches against other teams in training
- lacks accuracy at some or all distances
- lacks understanding of strategy

SOFTBALL

- **Eugene - Saturday, May 30** – Registration deadline May 13
- **Beaverton - Saturday, June 27** -- Registration deadline June 10

Rules

- The Official Special Olympics Sports rules shall govern all Special Olympics Softball competitions.
- These rules are based upon the Amateur Softball Association rules – www.softball.org & www.specialolympics.org

ASA rules shall be employed except when they are in direct conflict with the official Special Olympics sports rules. In such cases, the official Special Olympics sports rules shall apply.

Rosters – General to All Levels

- All Softball Teams are strongly encouraged to carry enough players to account for possible attrition during the season.
- Once registrations are submitted and entered, teams are not permitted to change their rosters.

Rosters - Traditional

- Traditional Softball Team Rosters are limited to 15 players [minimum 10].
- A team may only use a maximum of 15 players during the course of the tournament. Therefore, a team may not bring more than 15 players and “rotate” the players on the active roster for each game.
- Teams must have 10 players on the field at the start of each game.

Rosters - Unified Sports®

- Unified teams are not required to have a specific number of athletes or partners on the overall roster, though a proportionate number is recommended.
- Unified Softball Team Rosters are limited to 16 players [minimum 10]
- However, during games Unified teams must have 5 athletes and 5 partners on the field at all times.
- Substitutions of athletes for partners or partners for athletes are not allowed in Unified games.
- Teams must have 10 players on the field at the start of each game.
- The line-up must always remain at 5 & 5.
- If a Unified team only has 5 partners on their roster and a partner is injured or ejected from a game the team must finish the game using only 9 players in the field and must take an out every time that player’s spot in the batting order comes up.

Rosters – Coach-Pitch (NEW in 2009)

- Coach-Pitch Rosters are limited to 15 players [minimum 10] and, at least, one Coach pitcher
- A team may only use a maximum of 15 players during the course of the tournament. Therefore, a team may not bring more than 15 players and “rotate” the players on the active roster for each game.
- Teams must have 10 players on the field at the start of each game.

Rosters – T-Ball

- T-Ball Team Rosters are limited to 15 players [minimum 10].
- A team may only use a maximum of 15 players during the course of the tournament. Therefore, a team may not bring more than 15 players and “rotate” the players on the active roster for each game.
- Teams must have 10 players on the field at the start of each game.

Softball General Rules & Modifications

Runs per Inning Rule

- 6-9 Runs per Inning Rule will be in effect for all levels of Special Olympics Oregon softball competition at all competitions.
- How this rule is applied - 6 to 9 run rule per inning (meaning that if a team has scored 5 runs and the bases are loaded, they could score anywhere from 6 to 9 total runs with the next run producing at-bat).

Mercy Rule

Game is over if a team has a 15 run lead after 3 completed innings or 10 run lead after 5 completed innings

SOFTBALL CONTINUED

1. A regulation game shall consist of 7 innings. No new inning will begin after 65 minutes.
2. The distance from home plate to the pitcher's rubber may be modified to a minimum distance of 12.19 meters (40'). Regulation distance is 50'. The pitcher may change the distance at any time if the venue allows for such changes. Otherwise, the distance from home plate to the pitcher's rubber will be stated in the coach materials prior to the competition. **Point of Emphasis – 6' – 12' per ASA rules for pitching should be observed, especially for higher divisions.**
3. When batting the line-up, there are unlimited changes allowed for players on defense, however, the batting order cannot be changed.
4. Coaches must submit their team's batting order to the umpire prior to the start of the game. Players must adhere to this batting order throughout the entire game.
5. Four balls constitute a walk and three strikes constitute an out. If the batter has two strikes and fouls off the third pitch, he/she shall be declared out.
6. An appeal play is defined as a play in which an umpire is unable to make a decision unless he/she is requested to do so by a coach or player. The appeal can be made if a coach or an athlete asks the umpire to make a ruling.
7. The umpires are empowered to make all decisions on the playing field. If a protest is made, it shall be brought to the softball rules committee who will then make a final decision. Each score table will have protest forms. The scorers will forward the protest to the rules committee. A protest may only be made if it questions the applicability of the rules. No protest will be considered which pertains to a judgment call made by an umpire. Also, please be aware that divisioning of teams is NOT protest-able.
8. If a coach touches a runner while the ball is still in play, that runner will be declared out.
9. Coaches are required to stay within the boundaries of the coaches' boxes.
10. A team must start a game with a minimum of **TEN** players. If a player is injured or ejected from a game and the team is left with less than nine players, that team must forfeit the game. If you have 9 players & have to play with nine players, you will take an out for the duration of the game for that athlete's turn at bat.
11. Teams are allowed one courtesy runner per inning. The courtesy runner must be the most recent batter who is currently not on base.

For teams that are NOT batting the entire line-up the following two rules apply

12. Each team may use an Extra Player (EP). In order to use the extra player, the coach must inform the scorekeeper before the game that he/she plans to utilize the extra player. The extra player shall bat, and also has the option of playing the field. The extra player may initially enter the game either on defense or as a batter. He/she must remain in the same position in the batting order for the entire game. Any 10 players may play defense at any time, while 11 would be batting if the extra player was used.
13. Any of the starting players, with the exception of the Extra Player, may be withdrawn and re-entered once, provided players occupy the same batting positions whenever they are in the lineup. A player may only re-enter the game by replacing the person who originally substituted for him/her.

Equipment & Attire

1. Only bats marked by the manufacturer as "Official Softball" may be used (Max. 34" long and max. 38 oz.).
2. A first baseman's trapping-type mitt may be worn by the first baseman and catchers only.
3. The catcher must wear a facemask with a throat guard, and helmet. Chest protectors and shin guards are optional.
4. All batters, base runners and base coaches who are athletes must wear a helmet with ear guards.
5. A 30 cm (11 3/4") red-stitched restricted-flight softball must be used (blue dot).
6. Teams must bring practice balls. Game balls and line-up cards will be provided.
7. Players may not wear batting gloves on their throwing hand while playing defense.
8. Blue jeans, jean shorts, slacks, and other non-athletic attire are prohibited.
9. Appropriate footwear is important. It is recommended that all athletes wear molded cleats or other athletic shoes. Metal spikes are NOT allowed. Athletes & Coaches may NOT wear open toe shoes on the field of play at anytime.
10. Each team must have matching uniforms for all team members.

SOFTBALL CONTINUED

SPECIAL OLYMPICS OREGON COACH PITCH SOFTBALL

I. Playing Area and Ball - The field shall conform to ASA standards with the following modifications:

1. Bases may be modified to a distance of 60 feet.
2. A "neutral zone" will be marked in an arc of 46 feet from home plate. Any ball batted from a tee that does not cross this line will be designated a foul ball, unless fielded within this zone by a defensive player while the ball is still moving.
3. A coaches' circle will be located 10 feet beyond second base and made with a 6 foot diameter. One coach from the defensive team may be allowed to stand in this circle while his team is on the field.
4. 12" Easton IncrediBall® (SoftTouch) must be used for Coach Pitch Softball.

II. Team, Coach, Pitcher-Coach, Players, and Lineup

1. It is the batting team's coaches' responsibility to adjust the height of the tee. Please do not expect the umpire to do this for any batter.
2. Each team has a coach, called the Pitcher-Coach, who pitches to their own team.
 - a. The Pitcher-Coach must be at least 25' from the batter and can be as far away as 45'.
 - b. They must pitch the ball with an underhand motion, but they do not have to put an arc on the pitch as stated in ASA rules.
 - c. The Pitcher-Coach must make every attempt to move out of the way of defensive players attempting to make a play. The defense will position a defensive player next to the pitcher. If the coach interferes with the defense, or touches the ball, the batter will be called out.
 - d. The Pitcher-Coach cannot touch any player and must stay within the vicinity of the pitcher's circle.
 - e. The Pitcher-Coach should wear a team uniform shirt or matching coach's shirt.
 - f. The Pitcher-Coach must be listed on the Official Team Roster. They should be familiar with the players and the players should be familiar with their pitching. They must be at least 16 years of age.
3. Teams will be allowed a defensive coach in the field, as in T-ball, behind second base. The defensive coach must stay in the coach's circle and cannot touch any players.
4. The catcher must be able to safely play that position, and understand its positioning. The catcher must also be able to routinely field pitches and return them to the pitcher. If the umpire or competition committee feels that the catcher cannot safely play that position they may ask the coach to replace the catcher.
5. A team must start a game with a minimum of **TEN** players. If a player is injured or ejected from a game and the team is left with less than nine players, that team must forfeit the game. If you have 9 players & have to play with nine players, you will take an out for the duration of the game for that athlete's turn at bat.
6. The outfielders must play a minimum of 10 feet behind infielders. Four outfielders must start play, on each pitch, in the outfield.

III. The Game

1. The length of games may vary depending on the tournament format. Generally, games have a time limit of 1 hour. The Finals may be longer. No inning will start after the time limit. Half-innings must be completed. Full Innings must be completed after the time limit if the home team is trailing or the game is tied.
2. A regulation game shall consist of six innings or until the time limit is reached, whichever comes first. The game will be considered complete if after five (5) full innings of play one team leads the other by ten runs or more. A game will be considered complete once the time limit has been reached and the final inning is over, regardless of how many innings have been played.
3. Teams will switch sides when whichever of the following occurs first: A team bats through its lineup (maximum 10 in the order) or gets 3 outs. Sliding is not allowed. If runners slide they will be called out.

SOFTBALL CONTINUED

IV. Pitching and Batting

1. Teams will be allowed to use the Tee for 2 batters within the lineup, if needed. These batters will have to hit the ball within the foul lines and beyond the 41 ft. "neutral zone" line to be ruled a fair ball. The tee must be used in the same place in lineup each time the batting team goes through the lineup.
2. When a tee is used all defensive players must stand behind the neutral zone before the ball is hit. They may enter the neutral zone once the ball is hit. If the defensive team plays the ball in the neutral zone while it is moving the ball is live.
3. If the batter completely misses the ball, or the ball and the tee, the attempt shall be ruled a strike.
4. If the batter has two strikes and fouls the third attempt, he/she shall be declared out.
5. Players cannot bunt.
6. Coach pitching distance may vary but must be a minimum of 25 feet.
7. Batters cannot be walked. Umpires will call strikes. A foul on the third strike is an out.
8. Batters will get a maximum of 7 pitches. If the batter has neither made an out, nor put the ball in play after 7 pitches, the batter will be called out.
9. Pitchers do not have to put an arc on the pitch as in ASA rules.

V. Base running

1. Players can only overrun first base without being in danger of being tagged out.
2. Sliding is not allowed. If runners slide they will be called out.
3. When a ball is put in play by the batter and fielded by the defense, the Umpire will call time when the ball is held by the defense in the infield. Runners halfway to the next base will be allowed that base.
4. The umpire must remove the tee if base runners are advancing to home plate.
5. The Infield Fly Rule will be in effect when there are less than two outs and:

- a. There are runners on first and second or the bases are loaded.

The umpire will announce, "Infield Fly" when one of the above conditions exists and a batter hits a pop-fly in the infield. Please note that an infield fly is a judgment call by the umpire and NOT subject for controversy. When the Infield Fly Rule is declared, the batter is automatically OUT. The ball is alive and runners may advance at the risk of the ball being caught. The runner may also tag-up and advance after a defensive player has touched the ball.

T-Ball General Rules of Modifications

1. All innings will have a six run limit NOT a batter rule.
2. A regulation game shall consist of six innings.
3. No new innings shall begin after 65 minutes – *SUBJECT TO CHANGE DUE TO SIZE OF TOURNAMENT*
4. A batting tee will be placed directly on home plate.
5. A coach from the batting team will adjust the tee to fit the batter.
6. The batter will step in the batter's box and hit the ball. The batter must hit the ball, and not the tee, with the bat. When a batter strikes the tee instead of the ball, that attempt will be called a foul ball.
7. The batter must hit the ball within the foul lines and beyond the 14 m (50 foot) neutral zone to be ruled a fair ball. After a fair hit, the batter must first run to first base, and can then advance as far as possible along the bases. When the play has stopped, the umpire will call "time" and the fielder with the ball will roll or throw the ball to the catcher.
8. All defensive players must stand behind the neutral zone before the ball is hit. They may come into the neutral zone after the ball is hit to field it. If they touch a ball within the neutral zone, it will be called a fair ball. If a batted ball does not leave the neutral zone, and a defensive player does not touch it, the ball will be called a foul ball.

SOFTBALL CONTINUED

T-Ball Substitutions

1. Substitutions may be made anytime that time is called.
2. This rule applies to teams that do not bat their entire roster. Any of the starting players may leave and re-enter the game. This may be done by each starting player only once, with the provision that the players occupy the same position in the batting order as the one they occupied when they leave the game. A starting player may only re-enter the game for the person who substituted for him/her. Substitutes may re-enter the game in the same manner.

Softball Individual Skills Competition

This event is for athletes with lower ability who are not yet able to compete on a tee ball or regulation team. We will offer two levels of individual skills...

Level I - (lowest level athletes) will do base race and bat for distance.

Level II - (higher level athletes) will do base running, hitting, fielding, and throwing.

Separate divisions without the fielding event will be used for athletes in wheelchairs.

SOFTBALL ***Choose 1 Event***

- **Traditional Softball Competition** – Maximum Roster = 15 & Minimum Roster = 10
- **Unified Softball Competition** – Maximum Roster = 16 & Minimum Roster = 10
*Must have 5 Athletes & 5 Partners on the Field of play at all times
- **Coach-Pitch Softball Competition** – Maximum Roster = 15 athletes & Minimum = 10; + 1 (min) Coach Pitcher
- **Tee-Ball Competition** – Maximum Roster = 15 & Minimum Roster = 10
- **Individual Skills Competition** – Register an Athlete to compete as 1). Level I Athlete or 2). Level II Athlete
 - **Level I** - (lowest level athletes) will do base race and bat for distance.
 - **Level II** - (higher level athletes) will do base running, hitting, fielding, and throwing.
* Separate divisions without the fielding event will be used for athletes in wheelchairs.

GOLF

- **Eugene - Saturday, May 30** – Registration deadline May 13
- **Banks - Saturday, June 20** – Registration deadline June 3

Rules

The Official Special Olympics Sports rules shall govern all Special Olympics Golf competitions.

These rules are based upon the United States Golf Association rules – www.usga.org & www.specialolympics.org

USGA rules shall be employed except when they are in direct conflict with the official Special Olympics sports rules. In such cases, the official Special Olympics sports rules shall apply.

Level 2-5 Registration

Athlete must meet the Eligibility requirement listed in the Official Special Olympics Sports Golf Rules –

- *"In order for an Athlete to compete in Levels 2-5, he/she must have completed an Individual Skills test with a total score of at least 60pts. In addition the Athletes must score 10pts. or more in at least 4 out of the 6 Skills with 1 of the 4 scores of 10 being in either the Wood or Iron Shot. The Athlete must also achieve a minimum of 5pts. in the 2 Skills that total less than 10."*
- New golfers, or golfers moving from skills to level 2-5, must turn in a skills score.

Levels 2 – 5 Course Play

Registration Scores

Each athlete needs to submit his/her 3 most recent scores over 9 or 18 holes, depending upon the level of play, for use in determining divisions. **No par 3 course score cards will be accepted.**

The Special Olympics Oregon Sports Management Team (SMT) has set **some scoring parameters for course play:**

9 holes (Levels 2 & 4) – 72 or lower

18 holes (Levels 3 & 5) – 126 or lower

Establishment of these parameters was in response to extremely slow play by some individuals that caused course marshals to ask golfers to pick up their ball in the middle of a hole or skip entire holes and take a "10x" for that hole because they were too far off pace. Special Olympics Oregon tournament play often has general public golfers teeing off behind us, so this extremely slow play has also caused some stress on our host courses who are trying to serve ALL of their customers.

These scoring parameters for advancement from regional competition to state competition are not arbitrary. They are based on historical scoring and were deemed fair and consistent with the hope of achieving a two and a half hour round for 9 holes and a 5 hour round of golf for 18 holes.

Level 2 & 3 Combined Scores

Entries for Level 2 & 3 should be a combined score for their alternate shot NOT individual scores.

Power Cart – Medical Exemption

- Power carts will only be available to those athletes who are physically unable to walk the course.
- A formal written request must be submitted by the coach with Registration.

Coaches, LPCs, Athletes, Parents or Partners are NOT permitted to work directly with a competition course to obtain a cart – all will be done by SOOR upon approval.

GOLF CONTINUED

Golf Teams

- Golf teams competing in Levels 2 or 3 should be training as a team throughout the season.
- The intent of these Levels is for the athlete and partner to train and compete as a unit, therefore the athletes should be consistently training with the partners who will be golfing with them during competition.
- Teams need to commit time to get in full rounds during training to fully prepare for competition.

Attire

- Athletes are expected to wear a collared shirt not a T-shirt when competing.
- Athletes should wear shorts or slacks – NO denim shorts or jeans will be allowed.
- Golf shoes with spikes are recommended.

Scoring for Level 2 & 3

The scoring method that will be used for Level 2 & 3 is Alternate Shot. The two players will play alternately from the teeing grounds and then alternate strokes until the ball is holed or until 10 strokes have been played on a hole. After 10 strokes, if the ball has not been holed, a score of 10X will be written for that hole.

For example, if player A plays from the tee on the odd numbered holes, then player B would play from the tee on the even numbered holes. Only one ball is in play on a hole.

Levels of Competition

For a complete review of the rules of each level of golf competition please refer to the Official Special Olympics Summer Sports Rules. Below is a brief description of each level of play that will be offered at Summer Games.

Level 1 – Skills

- Short Putt
- Long Putt
- Chip Shot
- Pitch Shot
- Iron Shot
- Wood Shot

Level 2 – 9 holes with Unified Partner – Alternate Shot (Register w/ team score / Average of 3 games) - team must score 72 or lower at regional competition in order to advance to state level competition

Level 3 – 18 holes with Unified Partner – Alternate Shot (Register w/ team score / Average of 3 games) – team must score 126 or lower at regional competition in order to advance to state level competition

Level 4 – 9 holes Individual Play (show scores from 3 games) - golfer must score 72 or lower at regional competition in order to advance to state level competition

Level 5 – 18 holes Individual Play (show scores from 3 games) – golfer must score 126 or lower at regional competition in order to advance to state level competition