



- Date:** June 7 – 9, 2019
- Location:** Colorado Mesa University – 1100 North Ave. Grand Junction CO 81501
- Medical/Class A Deadline:** Before your Regional Competition
- Entry Deadline:** Regional Managers will submit
- Items to Submit:**
- Confirm Coach Roster
  - Verbal communication with Regional Manager for attendance
  - Housing Form
  - Meal Order Form
- Competition Notes:** Athletics (Track and Field), Aquatics, Powerlifting and Soccer
- Schedule:** Opening Ceremonies will be held on Friday night (time TBD). Competition will take place on Saturday and Sunday from 7:30 AM to 4:30 PM.
- Meals:** Meals will be provided, but ONLY if you submit the meal order form.
- Lodging:** Lodging will be provided in the dorms at a 4 to 1 ratio with Coaches or **Unified Partners**. Please talk with your Regional Manager if you need additional spaces.
- Governing Bodies:** Special Olympics Colorado Rule Interpretation and the Official Special Olympics Sports Rules for all events shall govern all Special Olympics competitions. In cases not covered by these interpretations, the following rules will govern per sport (and can be downloaded at the following sites):
- Athletics:** USA Track & Field - <http://www.usatf.org>
- Aquatics:** Federation International de Natation Amateur (FINA) <http://www.fina.org/>.
- Powerlifting:** USA Powerlifting Rules - <http://www.powerlifting-ipf.com>.
- Soccer:** FIFA (Federation International Football Association) - [www.fifa.com](http://www.fifa.com)



## **\* AQUATICS \***

### **Registration Guidelines**

- Athletes may enter up to three total events (three individual events OR two individual events and one relay).
- Athletes may not compete in both assisted and unassisted swims. Athletes who are in Lead Up events may only compete in other Lead Up events.
- **New Relay Form must be completed for each relay team.** Unified Sports® relay teams are preferred to include two Special Olympics athletes and two Unified Sports® partners. Team members may swim in any order.
- Stroke violations will result in disqualification.
- Events which an athlete uses a floatation device to participate will adhere to the established Special Olympics rules regarding approved floatation devices. The rules read: "The device must be of the body wrap around 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. (Floatation devices such as kickboards, inner tubes, or floats that wrap around the arms are not acceptable for use at any time)."
- Competition attire includes:
  - \* Female: One piece suit (swim cap and goggles are optional)
  - \* Male: Racing briefs or trunks (swim cap and goggles are optional)
- Athletes not in appropriate competition attire are subject to disqualification.

## **\* TRACK AND FIELD (ATHLETICS) \***

### **Registration Guidelines**

- Athletes may enter in up to three total events (three individual events OR two individual events and one relay). Athletes registered in the pentathlon event are limited to that event and one relay.
- Event restrictions (always place athletes in appropriate events that will challenge them):
  - Athletes may be in either running events or walking events but not both.
  - Athletes may choose between one throwing event – tennis ball throw, softball throw or shot put.
  - Athletes may choose between one jumping event – standing long jump, running long jump and high jump.
- **Relay forms should be filled out for each team competing.** Unified Sports® relay teams are preferred to include two Special Olympics athletes and two Unified Sports® partners. Team members may run/walk in any order.
- Competition attire includes:
  - \* Athletic shoes & socks
  - \* Athletic shorts, tights or sweatpants (NO JEANS, CUTOFFS)
  - \* Tank top, singlet or t-shirt
  - \* Appropriate sports undergarments
- Athletes not in appropriate competition attire are subject to disqualification and may risk serious injury.

## **\* Motor Activity Training Program (MATP) and Young Athlete Program (YAP) \***

- All athletes competing in the MATP Demonstration events can only compete in those events.
- YAP Demonstration Events are for any Special Olympics athlete ages 2-7.
- Athletes may choose to do one, a selection of, or all of the events offered. Awards will be given for participation.



## **\* POWERLIFTING \***

- Athletes may enter in up to three events – if entering in the combination, athlete must also enter in each event. Athletes may enter in **one** combination event only!
- An athlete must be at least 14 years of age to be eligible to compete in powerlifting.
- An athlete should have two years of lifting experience to be eligible for the squat.
- A preliminary weight lifted must be submitted for all athletes in each event.
- The athlete's body weight must be submitted with the entry form.
- Competition attire includes:
  - \* Singlet w/t-shirt (**Required**)
  - \* Weight belt (**Required for the dead lift**)
  - \* Athletic or court shoes
  - \* No gloves will be allowed. Chalk is allowed for hands.
- Athletes not in appropriate competition attire are subject to disqualification and may risk injury.

## **\* SOCCER \***

- If athletes are interested in participating in the Skills Competition, please contact the Director of Competition.
- Athletes may only play on one team.
- Team rosters may have a minimum of five players and a maximum of twelve. Unified Sports® teams must consist of at least three athletes at all times (on the playing field). Failure to adhere to this will result in a forfeit.
- The age of the oldest team member will determine the teams grouping for both Special Olympics Colorado and Unified Sports® Team Competition.
- Wheelchairs and/or walkers are NOT allowed unless the entire team is made up of wheelchair athletes. To compete in the tournament there must be at least one other wheelchair team. This rule is in place for the safety of all non-wheelchair participants. Contact your Regional Manager if you have questions.
- *Rosters must remain the same from Regional Competition to State Competition.*
- Competition attire includes:
  - \* Athletic or turf footwear (molded or rubber cleats)
  - \* Shin guards
  - \* Socks that go over and above the shin guards
  - \* Athletic shorts or sweatpants (NO JEANS or CUTOFFS)
  - \* Jersey or T-shirts numbered on the back
  - \* Goalie jersey which is a different color than the other jerseys
- Athletes not in appropriate competition attire are subject to disqualification and could risk injury.