

**Selection Guidelines for Special  
Olympics Bharat  
Revision – January 2018**

## **Aim**

To provide an objective, transparent and fair process for selection and participation of athletes and coaches, for National, Regional and International training and competitions.

## **Preamble:**

Special Olympics Bharat is a NGO, registered under the Indian Trust Act 1882, and accredited by Special Olympics International as the National Program to conduct Special Olympics Programs in India. Special Olympics Bharat operates under the General Rules, Special Olympics Sports Rules (Article 1) for training and participation in competitions provided by Special Olympics International.

In January 2006, Government of India, Ministry of Youth Affairs and Sports appointed Special Olympics Bharat as the National Sports Federation, in the PRIORITY CATEGORY, for the development of sports for persons with Intellectual Disability. Initially, SO Bharat operated under the Guide Lines for National Sports Federation, but in 2011, MYAS issued a National Sports Development Code 2011. Special Olympics Bharat is abiding by the contents of this Directive.

There are some procedures and rules governing Sports for persons with Intellectual Disabilities which are specific to Special Olympics athlete's sports training and competition. These deviations evolved over the year and were adopted in the best interests of the Special Olympics athletes. These deviations have been put up to the MYAS and, after their approval, incorporated into this document.

The document is divided into two parts:

- A. Special Olympics Sports Rules (Issued by SOI, last amended in 2014)
- B. Selection Guidelines of SO Bharat as adopted under National Sports Development Code 2011.



# Section A

# Special Olympics Sports Rules

## Article 1

### Special Olympics Sports Rules

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, Goal and Founding Principles of Special Olympics may be found in Article I of the General Rules.

#### SECTION A — SPORTS RULES AND TRAINING

##### 1. Sports Rules and Amendment Cycle

- a. All Special Olympics training and competitions shall be conducted in accordance with their respective Sport-Specific Rules.
- b. The Sports Rules may be amended bi-annually, or annually in case of safety and health issues, as provided in Addendum A.
- c. Article I may be amended annually.

##### 2. Use of International Federation or National Governing Body Rules

- a. Special Olympics sports competitions are intended to operate in accordance with rules established by the International Federations (“IF’s”) or National Governing Bodies (“NGB’s”) of each sport. The Sports Rules are intended to modify, where necessary, IF or NGB rules. In cases where IF or NGB rules are in conflict with the Sports Rules, the Sports Rules shall apply. Each Accredited Program or Games Organizing Committee is required to state the governing body rules that will serve as the reference point for each sport offered.
- b. At Special Olympics Regional and World Games, the IF rules shall be used.
- c. ADDENDUM B of this document lists the IF’s for each Special Olympics Official and Recognized Sport.

##### 3. Range of Events

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.

##### 4. Athletes with Physical Disabilities

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.

## **5. Minimum Training Standards**

### **Guiding Principles**

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

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. Develops their sports skill and physical fitness
3. Prepares them adequately for competition
4. The coach understands the mental and physiological condition of the athlete.

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

- 1) Programs/Regions must develop their own training standards as a requirement for athletes before they enter the first level of competition within their program. (Minimum 8 weeks training program)
- 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.

## **6. Statement of Participation**

Each team is required to play all eligible team members for every game unless a player is injured or has been removed due to disciplinary reasons. Coaches must notify the competition management prior to the game if players on the approved tournament roster will not be playing due to injury or disciplinary reasons.

## **SECTION B — ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN SPECIAL OLYMPICS**

General Rules - Section 2.01

### **2.1 (a) General Statement of Eligibility**

Every person with an intellectual disability who is at least eight years of age is eligible to participate in Special Olympics.

2.01(b) *Age Requirements* - There is no maximum age limitation for participation in Special Olympics. The minimum age requirement for participation in Special Olympics competition is eight years of age. The Young Athletes program introduces children, two to seven years old to the world of sport, with the goal of preparing them for Special Olympics sports training and competition when they get older. In addition, an Accredited Program may permit children who are at least six years old to participate in age-appropriate Special Olympics training programs offered by that Accredited Program, or in specific (and age-appropriate) cultural or social activities offered during the course of a Special Olympics event. Such children may be recognized for their participation in such training or other non-competition activities through certificates of participation, or through other types of recognition approved by SOI which are not associated with participation in Special Olympics competition. However, no child may participate in a Special Olympics competition (or be awarded medals or ribbons associated with competition) before his or her eighth birthday.

2.01(c) *Degree of Disability* - Participation in Special Olympics training and competition is open to persons with intellectual disabilities who meet the age requirements of this Section 2.01, and whether or not that person also has other mental or physical disabilities, so long as that person registers to participate in Special Olympics as required by these General Rules. Special Olympics Official General Rules 20 Special Olympics.

2.01(d) *Identifying Persons with Intellectual disabilities* - A person is considered to have an intellectual disability for purposes of determining his or her eligibility to participate in Special Olympics if that person satisfies any one of the following requirements:

- 1) The person has been identified by an agency or professional as having an intellectual disability as determined by their localities; or
- 2) The person has a cognitive delay, as determined by standardized measures such as intelligent quotient or "IQ" testing or other measures which are generally accepted within the professional community in that Accredited Program's nation as being a reliable measurement of the existence of a cognitive delay; or
- 3) The person has a closely related developmental disability. A "closely related developmental disability" means having functional limitations in both general learning (such as IQ) and in adaptive skills (such as in recreation, work, independent living, self-direction, or self-care). However, persons whose functional limitations are based solely on a physical, behavioural, or emotional disability, or a specific learning or sensory disability, are not eligible to participate as Special Olympics athletes, but may be eligible to volunteer for Special Olympics.

2.1 (e) *Preserving Flexibility in Identifying Eligible Athletes* - An Accredited Program may request limited permission from SOI to depart from the eligibility requirements identified in subsection (d) above if the Accredited Program believes that there are exceptional circumstances which warrant such a departure, and so notifies SOI in writing. SOI will consider such requests promptly, but shall have the final authority in determining whether any departure or exception is appropriate.

## **SECTION C — CODES OF CONDUCT**

Codes of Conduct for athletes, unified partners, coaches and sport officials are contained in Addendum D (*Oaths & Codes of Conduct*) to these Sports Rules. These are minimum standards and the Board of Directors of Accredited Programs may establish additional criteria.

### **Refusal to Compete**

It is the policy of Special Olympics for its accredited programs to participate in all training and competition in the 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.

### **Unsportsmanlike Conduct**

Any competitor / coaches who shall refuse to obey the directions of the Sport Official, or who shall conduct himself/ herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition may be disqualified by the Sport Official documentation.

### **Oaths & Code of Conduct: -**

**Athlete's Oath** – “Let me win, 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.”

### **Athlete Code of Conduct:**

Special Olympics is committed to the highest ideals of sport and expects all athletes to honour 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 advances 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 Games Organizing Committee 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 honour 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.
- 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 OFFICIAL'S CODE OF CONDUCT**

Special Olympics is committed to the highest ideals of sport and expects all sport officials to honour 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.
- 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.

## SECTION D — CLASSIFICATION OF SPECIAL OLYMPICS SPORTS

### 1. Three classifications of sports in Special Olympics:

- Official Sports
- Recognized Sports
- Locally Popular Sports

### 2. The following criteria will be used to classify Official Sports, Recognized Sports and Locally Popular Sports:

Official Sports	Recognized Sports	Locally Popular Sports
SOI Approval Required		
At least 24 Accredited Programs conduct this sport at Program level Games*	At least 12 Accredited Programs conduct this sport at Program level Games	
Those 24 programs represent at least 3 Special Olympics Regions.	Those 12 programs represent at least 2 regions	
An SOI Sports Resource Team is in place.	An SOI Sports Resource Team is in place	Program Board has approved the sport
An International Federation is in place	An International Federation is in place	A National Governing Body is in place.
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 competitions.	Standardized Special Olympics rules are published and uniformly enforced at program competitions.
SOI Sports Department has conducted a health and Safety Risk Assessment.	SOI Sports Department has conducted a Health and Safety Risk Assessment.	Accredited SO Program has conducted a Health and Safety Risk Assessment.

\*=According to Annual Census

### 3. Official Sports

- Summer** – Aquatics (Swimming & Open Water Swimming), Athletics, Basketball, Badminton, Bocce, Bowling, Cycling, Equestrian, Football (Soccer), Golf, Handball, Judo, Gymnastics (Artistic & Rhythmic), Powerlifting, Roller Skating, Sailing, Softball, Table Tennis, Tennis, Volleyball

- b. **Winter** – Alpine Skiing, Cross Country Skiing, Figure Skating, Floorball, Floor Hockey, Short Track Speed Skating, Snow Boarding and Snow Shoeing.
- c. **Unified Sports** – All team games mentioned above.

#### **4. Recognized Sports**

- a. **Summer** – Cricket, Kayaking

#### **5. Locally Popular Sports**

Accredited Programs may offer sports that are locally popular and are not currently considered Official or Recognized Sports.

#### **6. Locally Popular Sports that Require Pre-Approval from Special Olympics Inc.**

These are sports that SOI has determined might expose Special Olympics athletes to unreasonable risks to their health or safety. No Accredited Program may offer any training or competition activities in any sport that SOI has listed here, without approval from Special Olympics Inc. Sports Department. Requests for permission to offer one of these sports must be accompanied by proposed rules and safety standards. 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 Special Olympics, Inc.

#### **7. Maintenance of Sport Recognition Levels.**

- a. Each sport will be re-evaluated every four years and classified based on the criteria above. Summer Sports will be recertified after each World Summer Games. Winter Sports will be recertified after each World Winter Games.
- b. The SOI Sports Department shall be responsible for submitting evidence for the level of recognition of all sports.
- c. The recertification recommendation will be made to the Sports Rules Advisory Committee.

### **SECTION E —GENERAL REQUIREMENTS FOR SPECIAL OLYMPICS SPORTS TRAINING AND COMPETITION**

#### **1. Competition Opportunities**

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.

#### **2. Competition Standards**

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

## **SECTION F — MEDICAL AND SAFETY REQUIREMENTS**

### **1. Program and GOC responsibilities**

Accredited Programs and Games Organizing Committees (GOC's) 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, and must adhere to sport-specific medical and safety requirements as contained in the sport-specific rules

### **2. Supervision of Athletes**

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.

### **3. Coaches Responsibilities**

Coaches should place the health and safety of all athletes above all else; this is particularly important in the selection of appropriate athletes to participate on any Special Olympics sports team.

Individuals with significantly different skill level or size than other team members may be prohibited from participation on Special Olympics sports teams since their participation may cause a risk to themselves or others.

### **4. Minimum Medical and Safety Standards**

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.

#### **a. Minimum Medical Facilities at Competitions**

- 1) A qualified emergency medical technician must be in attendance or readily available at all times.
- 2) A Licensed Medical Professional must be on-site or on immediate call at all times during the competition.
- 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.
- 4) An ambulance, resuscitator and other appropriate medical equipment, particularly equipment for handling seizures, must be readily available at all times.

#### **b. Minimum Safety Precautions at Competitions:**

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

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.
3. Ample water or other liquids must be provided for athletes throughout the competition and athletes should be encouraged to take appropriate water breaks.
4. Special precautions must be taken to ensure that each participant receives any medications that have been prescribed for his/her use.
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 need for adequate rest periods. In general, athletes should be given adequate time between competition.
6. Protective equipment requirements are found in sport rules where appropriate.

### **5. Atlanto-Axial Instability**

For information relating to participation by individuals with Down- Syndrome who have Atlanto-Axial Instability (See Addendum E). Annexure .....Medical certificate needs to be submitted within stipulated time.

### **6. Registration Requirements for Athletes**

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.

## **SECTION G — RULES COMMITTEES**

### **1. Jury/ Rules Committee**

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

### **2. Technical Delegate**

- a. The Technical Delegate shall represent Special Olympics as the key sport advisor for a specific sport and shall be responsible for ensuring that the Games Organizing Committee (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.
- b. The Technical Delegate chairs the Jury/Sport-Specific Rules Committee, which decides on all

properly submitted protests pertaining to Special Olympics and the International Sport Federation/NGB rules, and ensures proper implementation of the protest process. The technical delegate has the deciding vote in the event of a tie.

### **3. Protests and Appeals**

Only a Head Coach or his/her designee (in the absence of a Head Coach) may file a protest or appeal utilizing the specific rules spelled out by competition management.

### **4. Jury**

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

- a. A Jury shall be established based on the protocol set out by the IF or NGB for that sport.
- b. 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.

### **5. Jury of Appeals**

The Jury of Appeals shall ensure that the Sports Rules are followed and enforced overall; and 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.

- a. 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.
- b. 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.

## **SECTION H — AGE REQUIREMENTS AND GROUPINGS FOR COMPETITION**

### **1. Age Requirements**

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

Children ages 2 ½ to 7 years may not participate in Special Olympics competitions but may participate in age appropriate Special Olympics programs.

### **2. Age Groups**

The following age groups shall normally be used for all Special Olympics competitions:

**a. Individual Events:**

- Ages 8-11
- Ages 12-15
- Ages 16-21
- Ages 22-29
- Ages 30 and over

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

- Ages 15 and under
- Ages 16-21
- Ages 22 and over

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

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. The following criteria must be considered when creating teams:

- i. Athlete/Unified Partner safety
  - ii. Opportunity for participation
  - iii. Quality competition
  - iv. Meaningful involvement
  - v. Social inclusion
  - vi. Age
- c.** An athlete's age group shall be determined by the athlete's age on the date of the opening of the competition.
- d.** Age groups may be modified to comply with IF/NGB rules.

**3. Combining Age Groups**

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

- a) **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 variance between the highest and lowest scores within a division.

- b) **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.

Ability of athletes should be based in the game performance and not exclusively on skill test.

Note: if athletes / team cannot perform during competition as per standards then they will get participation certificates & ribbons.

## **SECTION I — SPECIAL OLYMPICS DIVISIONING**

Ensuring fair Divisioning of athletes for competition is one of the primary duties of the competition management (which may include a Technical Delegate). The following criteria shall determine how Special Olympics athletes are assigned to competition divisions at Special Olympics competitions. 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 and challenging competition experience for each athlete. The competition management is the final authority concerning divisions and any variation from these criteria. Protests based on Divisioning are not allowed.

### **1. Introduction to Divisioning**

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.

### **2. Ability and Determining Criteria for Divisioning**

- a. 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 utilized for Divisioning most accurately reflects the true ability of the athlete. A process should be provided to allow coaches to amend qualifying or preliminary scores that will be utilized in the Divisioning process. Other factors that are significant in establishing competitive divisions are age and gender.

Note: "Preliminary" in these rules refers to on-site Divisioning events utilized to determine final divisions.

- b. 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 procedure describes the sequential process for creating equitable divisions and also provides guidance for managing athlete participation when factors preclude ideal

Divisioning.

### **3. Divisioning Individual Sports: Timed and measured events**

#### **a. Step One: Divide Athletes By Gender.**

1. Divide athletes into two groups based upon gender: female and male.
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, Golf, pairs figure skating, bowling, table tennis, ice dancing, tennis, etc.).

#### **b. Step Two: Divide Athletes by Age.**

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 additional age group may be established if there are a sufficient number of competitors in the 30 years and over age group.

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

#### **c. Step Three: Divide Athletes By Ability.**

1) To complete the Divisioning process, the following guidelines shall be applied according to the event being divisioned.

##### **a) In events that are measured in time, distance, or points:**

- i. For both genders and all age groups, rank athletes in descending order based upon submitted entry scores or Divisioning events.
- ii. 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 (3) or more than eight (8).

##### **b) In events that are judged and when Divisioning events will be conducted during the competition:**

- i. For both genders and all age groups within a performance level, rank athletes in descending order based upon Divisioning scores.
- ii. 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 (3) or more than eight (8).

##### **c) In events that are judged and where Divisioning events will not be conducted during the competition:**

- i. 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.

- ii. For both genders and all age groups, identify athletes within each performance level.
- iii. 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.

#### **4. Divisioning Team Sports**

##### **a. Step One: Divide Teams By Gender.**

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.

##### **b. Step Two: Divide Teams By Age.**

- i. 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.
- ii. Teams should compete against other teams within the same age group.
- iii. 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.

##### **c. Step Three: Divide Teams By Ability.**

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. *(Refer to the Special Olympics Sports Rules for each team sport for a description of the skills assessment tool. Additional information regarding the assessment of team sports for Divisioning purposes can be found in the Special Olympics Sports Management Team Guide.)*
2. Group teams according to ability based upon the skills assessment tool and results from the Divisioning round.
3. Create divisions of no less than three and no more than eight teams.

#### **5. Resolving Divisioning Issues**

a. When the above process has been completed there will be instances where there will still be less than three competitors or teams in each division. In such cases the following method should be used:

- 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:

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

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

b. Final divisions of less than three athletes or teams are only permissible once age groups and ability range have been broadened as far as possible within the above guidelines.

c. 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.

## **6. Disqualified Athletes**

If an athlete is disqualified in a Divisioning/preliminary event, they may be advanced to the final competition provided that they can safely compete in that event and that 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.

## **SECTION J — MAXIMUM EFFORT (formerly known as Honest Effort Rule)**

### **1. Reasons for the use of the Maximum Effort Rule**

Due to the both the unique Divisioning process utilized at Special Olympics competitions to ensure that athletes are competing against other athletes of similar ability and the unique awards process which provides recognition to all competitors: 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:

a. To provide a fair competitive environment for athletes

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

## 2. Rule Application

a. 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

b. The following options may be used alone or in combination to apply Maximum Effort Rules/Guidelines:

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

2) **Jury Review** – A percentage is established and published for each event in which the rule will be applied. If an athlete/team exceeds this percentage from their Divisioning score to their final score this will automatically “trigger” a jury review to determine if the athlete/team shall be disqualified from the event.

c. Regardless of the option selected above, the following procedures must be used when the Maximum Effort Rule is applied:

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.

2) Competition management may take the better of a submitted training score or a Divisioning score to determine placement for the final.

3) If competition management determines 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 he/she has the right to 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.

## 3. Parameters to consider when establishing Maximum Effort performance percentages and for applying the Maximum Effort rule:

### a. Ability levels of the majority of athletes in an event

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

**b. Event Type – Natural Variance in Scores Example**

- 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.
- 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.

**c. 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).

**d. When and where were Divisioning scores established:** Competition Management must take into account when/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.

**e. Weather conditions:** Competition Management must take into account if the weather conditions have changed from the Divisioning events to Final events.

**SECTION K— AWARDS**

**1. Medals and Ribbons**

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 and 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.

**2. Ties**

In the case of a tie, each athlete or team that has achieved the same result shall receive the same award for the highest place earned (e.g., two athletes who tie for third place shall each receive the bronze medal). Athletes or teams that follow shall receive the appropriate award for their order of finish (e.g., an athlete who crossed the finish line fourth shall receive the fourth place ribbon, regardless of whether or not the athletes who preceded him or her tied; thus a tie for one place will result in no award being given for the next place – a tie for first place means there is no second place recipient).

### **3. Special Recognition**

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.

### **4. Mementos**

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.

### **5. Team Sports**

- a. Team trophies may be awarded to teams at any Special Olympics competition.
- b. When there is only one male or female team within an event that has been divisioned with teams of the opposite gender, this team may receive a first place award for its performance
- c. 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).

**6. Awards Ceremonies:** Awards Ceremonies shall be conducted in accordance with the Special Olympics Awards Protocol.

## **SECTION L — CRITERIA FOR ADVANCEMENT TO HIGHER LEVEL COMPETITION**

### **1. Fundamental Principle**

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 highest level of competition.

### **2. Eligibility for Advancement**

- a. An athlete is eligible to advance to the next competition provided she or he has:
  - 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:
    - 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.
- b. Training and competition must be in the same sport the athlete will participate in at the next level of competition. If additional events within that sport are available at the next level of competition, athletes must receive proper training.

### **3. Procedure for Athlete, Team and Coach Selection**

- i. National Programs must publish the process and criteria in advance.
- ii. The Accredited Program with the Games Organizing Committee (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.
- iii. The Accredited Program identifies the number of athletes or teams eligible for advancement within the sport/event based on participation in competition at the lower level.
- iv. If the number of eligible athletes or teams does not exceed the quota, all athletes and teams shall advance.
- v. If the number of eligible athletes or teams exceeds the quota, athletes or teams that advance shall be selected as follows:
  - a. Priority is given to first place finishers from all divisions of the sport/event. If the number of first place finishers exceeds the quota, select athletes or teams to advance by random draw.
  - b. 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/event.
  - c. 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 from all divisions of the sport/event.
  - d. Repeat this process, adding each place of finish as necessary, until the quota is filled.
- c. These procedures apply to both individual and team sports, including UnifiedSports.
- d. 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 approved deviations

### **4. Adherence**

- a. 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.



- b. Accredited Programs may request authorization to add additional criteria for advancement based on behaviour, medical or judicial considerations and/or to deviate from these advancement procedures due to the size or nature of their Program.
- c. Requests to deviate from the established procedures must be submitted in writing as follows:
  - a. For advancement to Multi-National, Regional and World Games: SO- World Games Department will consider and approve/ disapprove all requests.
  - b. For advancement to Competitions at or below the Program Level: the Accredited Program will consider and approve/disapprove all requests. SOI shall have the right to review approved

### **SECTION M — Special Olympics UNIFIED SPORTS®**

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. While all three models have social inclusion as the core outcome, the structure and format of each model varies. Regardless of the model, Unified Sports teams should never be comprised solely of people with disabilities.

#### **Unified Sports Competitive**

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. All athletes and partners on a Unified Sports Competitive team must have attained the necessary sport-specific skills and tactics to compete without modification of the current Special Olympics Official Sports Rules. A Unified Sport team is an inclusive sports program with approximately equal numbers of athletes and partners. Athletes and partners should be of similar age and ability. Age and ability-level matching of athletes and partners are defined on a sport-by-sport basis as listed in the table at the end of this section. Sports Like Bowling, Equestrian, Pairs Figure Skating, Golf Permit different age / gender / ability as specified in sports specific rules of SOI.

The following two models, Unified Sports Player Development and Unified Sports Recreation, allow for modifications to the Special Olympics Official Sports Rules. These models will not be conducted as official events at international Regional and World Games. Additional guidelines for these models will be provided in the Unified Sports Handbook.

#### **Unified Sports Player Development**

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. Age matching of athletes and partners is defined on a sport-by-sport basis as listed in the table at the end of this section. Unified Sports Player Development teams

must follow Unified Sports rules with the exception of those rules referring to teammates being of similar ability. Rules modifications should ensure the meaningful involvement of all teammates.

### **Unified Sports Recreation**

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

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 intellectual disabilities. The remaining 50% may be made up of individuals with and without intellectual disabilities.

### **Unified Sports Competitive Rules**

#### **1. Health and Safety**

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

#### **2. Team Composition**

- a. To enhance the Unified Sports experiences, athletes and partners should be closely matched in ability and age.
- b. Members of a Unified Sports team should be able to demonstrate fundamental skills and strategies of the sport.
- c. 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.

#### **3. Conduct of Competition**

- a. 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.
- b. Unified Sports competitions shall be governed by the Special Olympics Official Sports Rules.
- c. 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. Consequences for non-compliance are either:

- I. Specific Player Sanctions (encourage voluntary substitution, technical foul, warning, yellow card, ejection)
  - II. Team Consequences (forfeiture of game, disqualification from tournament)
- d. If an official determines that a player is dominating play, that official shall sanction the player and/or coach. Sanctions will include: warning the player and/or coach, citing the player and/or coach with unsportsmanlike conduct or removing the player and/or coach from the game. Designation of a Unified Sports expert (technical delegate, monitor or competition manager) who supports officials and addresses issues at events and is ultimately empowered to enforce meaningful involvement.
  - e. 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.
  - f. Official Special Olympics Unified Sports Awards or Special Olympics Awards shall be presented to both athletes and partners, according to established procedures for the use of Special Olympics Awards.

## **Section B**

**Selection and advancement criteria at Special Olympics  
Bharat as per National Sports Development Code 2011,  
Government of India**

### **Introduction:**

As per the National Sports Development Code Clause 13.2, the selection committee will be constituted comprising of the President, the National Coach and eminent ex-sportspersons. With reference to the Ministry of Sports & Youth Affairs, GOI, letter no – F NO 12-1/2018-SPIII received on 15<sup>th</sup> January 2018, the National Sports Federation shall send invitation to government observer for attending selection trials and selection committee meetings, as an observer.

### **National Games Selection committee:**

Conforming to the Code - Chairman (SO Bharat) will appoint one of the trustees to be Chairman of the selection committee. The selection committee shall consist of the following:

1. A member of Board of Trustees – Chairman
2. National Coach
3. Technical Specialist
4. Psychologist
5. Special Olympics Certified National or Regional Trainer –Nominated by SOBharat

### **Role and Responsibility of Committee Members:**

**Technical Specialist** will be games specific knowledgeable (Refer Special Olympics General Rules Point 5(a) (1)) and having knowledge of Special Olympics. He will assess the skills and techniques of the athletes.

**Psychologist** will assess the athletes on the behaviour aspect of the athletes. His report will form the base of final selection of the athlete while representing India at International events.

Chairman, selection committee or person nominated by him/her is to ensure that the report after the Selection trials, duly signed by all the committee members is submitted to the CEO at National Office with a copy to the Chairman, SO Bharat within ten days of the conclusion of the National Championships /trials.

### **Procedure of Selection during National Championships: -**

1. The state chapters and parents will be required to sign the declaration form (Annexure C) of the athlete, before any athlete participates in the National Games.
2. States should consider the athlete's social & emotional behaviour before selecting

him/her for National Games.

3. National Office is not responsible for State Selection. Any dispute, judicial or otherwise, arising at State Selection, is the responsibility of the respective state.
4. Selection for Individual Event during National Championship shall be as follows:
  - a. Individual Event – If the number of eligible athletes or teams does not exceed the quota, all athletes and teams shall advance.
    - i. If the number of eligible athletes or teams exceeds the quota, athletes or teams that advance shall be selected as follows:
    - ii. Priority is given to first place finishers from all divisions of the sport/event. If the number of first place finishers exceeds the quota, select athletes or teams to advance by random draw.
    - iii. If there are not enough first place finishers to fill the quota, the remaining quota shall be filled by a random draw of second place finishers from all divisions of the Sport/event.
    - iv. 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 from all divisions of the sport/event.
  - b. Team Events – The athletes will be selected on the basis of their skill assessments during the National Championships. It is not necessary that the first place finishers will be selected.
5. Selection for athletes for event shall be as follows:
  - a. Performance of athletes on the field. ( Assessment sheets - Annexure C)
    - i. Skill assessments – individuals will be assessed on the personal performance on the team for various discipline.
    - ii. Behaviour assessments
      1. Adaptive behaviour –
        1. Unable to do
        2. Behaviour emerging
        3. Can do but not properly
        4. Can do independently
        5. Has mastery
      2. Problematic behaviour –
        1. Regularly displays with severity
        2. Regularly displays with less severity
        3. Sometimes displays
        4. Occasionally displays
        5. Never does
6. Final List of selections shall be shared with the concerned authorities.

7. Athletes selected as probable during the National Championship are **ONLY** probable for the World Games. This does not ensure them a place for World Games. Their final selection will be based on their performance during the preparatory camps.
8. Passports – In case athletes / coaches / state chapters fail to produce passports before the stipulated date, their participation in the event shall be cancelled.
9. **Final selection of athlete for representing India at World Games /Regional/Invitational Events will be as follows:-**

The selection of athletes and coaches will start approximately (12 – 24 Month) two years prior to the event or immediately after receipt of information from Games Organizing Committee.

- a. It is mandatory that all selected probable athletes / coaches have to attend the preparatory camps unless the committee gives permission for specific reason.
- b. Athletes will undergo trials for specific games in presence of the selection committee & Sports Specific Coach ONLY. No outsiders (parents/guests/state coaches) shall be allowed inside the trial premises to avoid distractions.
- c. In case of presence / interference of outsiders, the concerned athlete shall be disqualified. No appeal shall be considered.
- d. All the athletes and coaches are to be considered at par during the first two preparatory camps. The athletes will be monitored during the training sessions, after requisite Divisioning process.
  - i. Their division and event may not be same as that of the national games. It could be changed based on their performance at the preparatory camp. e.g. If the athlete is in division five after training, his/her performance could improve and we may have three or more athletes in the same division. This reduces the prospects of the medal number since the athletes will be running in the same division. In order to avoid this the athletes can be shifted to different event to a higher level. (e.g If the athlete is selected in the 100mts and there are 2/3/4 athletes then the selection committee can shift her/him to the 200mts / 400mts which the coach deems fit)
- e. At the end of these camps, those not found to be fit are to be weeded out.
  - i. This could be due to performance,
  - ii. Lack of team spirit
  - iii. Personal behaviour pattern as follows:
    1. Activity of Daily Living ( Eating, Dressing, Hygiene & Grooming)
    2. Social & Emotional behaviour
- f. The Games Specific Knowledgeable Coach will evaluate the progress and performance of the sportspersons in coaching camps and make recommendations to the selection committee regarding the elimination of sportspersons who show

unsatisfactory performance & behaviour (based on the assessment sheets attached in **Annexures B**).

- g. During the second preparatory camp the athlete are to be monitored more closely for final selection in the main and alternate list, as opposed to the initial preparatory camps during which the emphasis would be on weeding out.
10. The progress report from the Sports specific coaches (selected during the first preparatory camp) will form final base of selection based on the performance and handling of stress by the athletes.
- a. After final selection of the athletes and coaches by the selection committee, every state will be informed about the names of the selected athletes and coaches
  - b. The states are to ensure that passports of all the athlete and coaches whether in the main list or alternate list are made available to the national office before the stipulated date as specified, failing which they will be dropped and alternate athletes and coaches will be considered.

Introduction of new sports discipline will be done only after approval from Sports Authority of India.



## Games Participation Criteria

The National Sports Federations according to National Sports Development Code 2011 are required to ensure 75% participation from the affiliated units conducting year round training in specific sports disciplines.

### State Games

1. States are to ensure conduct of all sports disciplines as listed in their accreditation forms.
2. States are to ensure 75% participation from the affiliated districts at States Games as far as possible.
3. After the conducting the State Games, states are required to submit following records to National Office: --
  - a. List of Participants in GMS (athletes and coaches).
  - b. Results of all the tournaments
4. These reports and records should reach National Office within 10 days of conduct the event.
5. Only those athletes and coaches, who participated in the state games and had been registered in GMS, should be considered as probables for the National Championships.

### National Games / Championships

Federation is to ensure 75% participation of affiliated units engaging in the specific disciplines along with reports and results on State Games as far as possible.

**All athletes should bring their IQ certificates and produce to the organisers. In case their certificates are not produced, they will not be eligible to participate in the games and will not claim for any selection in the team afterwards. Athlete IQ should be upto 70 – 75.**

### Unified Sports

#### General Regulations and Rules

1. The competition rules adopted by the International Sports Federation and Special Olympics, Inc. will govern competition at the Special Olympics World Games. The international sport federation competition rules shall be employed except when in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply. Special Olympics rules can currently be found at [www.specialolympics.org](http://www.specialolympics.org)
2. It is the policy of Special Olympics for its accredited Programs to participate in all training and competition in the 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 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
3. If it has been determined by competition management jury 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, sanctions will be imposed on the athlete/team/coach. Sanctions may include adjusted division placement, final placement or disqualification. Sport specific details related to implementation of the Maximum Effort Rule will be published in the coaches' handbook.

**Similar Ability Requirement:**

Athletes and partners should be of similar ability. Similar ability should be based on sport performance assessments.

Please note that the Unified Sports Competitive model is not exclusive to high ability partners and athletes. While the Unified Sports Competitive model emphasizes the importance of having team members of similar ability it does not prescribe that they must be of high ability only. Teams can be composed of lower ability participants as long as the team members are all of similar ability. Athletes and partners should be of similar age and ability. Similar ability should be based on sport performance assessments while the following guideline shall be used for similar age team composition for the World Games: this may not be applied to all sports. Sport specific rules should be referred and the chart of sports specific parameters.

**Similar Age Requirement**

For the purpose of providing additional clarification as to what “similar” age delegations should apply the following guidelines to their team composition. If any member of the team is under the age of 22 the variance between the youngest and oldest member of the team should be no more than 5 years (*e.g. if the youngest team member is 21 the oldest could be 26*). When all members of the team are 22 and over there cannot be more than a 20 year difference between the youngest and oldest member of the team (*e.g. If the youngest team member is 22 the oldest can be 44*).

**Roster Size:**

All Unified Teams shall be required to have a proportionate number of athlete and partner substitutes to the number of athletes and partners on the field of play.

**Unified Sports:**

Unified Sports consist of athlete and partner (Partner - person without disability) the partner can be of opposite gender or same gender.

**Athlete and Coach Preparation**

1. It is expected that all Head Coaches attending Games be certified and knowledgeable about Special Olympics and International Sport Federation rules that applies to the sport. It is expected that all Unified Sports Coaches have received Unified Sports training and are knowledgeable of the principle of meaningful involvement and the goal of achieving social inclusion through Unified Sports
2. It is expected that all athletes arrive for the Games properly equipped for competition.
3. It is expected that all athletes be well trained in order to achieve consistent results between their divisioning round and final competition. Poor training or preparation will not be considered an

acceptable excuse for variations in performance. The integrity of the Divisioning process can be adversely affected by both poor athlete training and lack of honest effort and if we do not do our best to uphold the integrity of the Divisioning process those athletes that abide by the rules and train properly are unfairly penalized.

4. Head Coaches are responsible for assuring that the reported assessments and Divisioning times/scores/measurements for their athletes accurately reflect the ability of the athlete/s. If for any reason the Head Coach does not consider this assessment or time/measurement correct, it is their responsibility to notify the Competition Management within the designated time period.

**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
<b>Team Sports</b>					
Basketball	Team Competition	R	R	3	2
Cricket	Team Competition	R	R	6	5
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
Floor Hockey	Team Competition	R	R	3	3
<b>Individual Sports</b>					
Aquatics	Relays	P	P	2	2
Athletics	Relays	P	P	2	2
Badminton	Doubles/Mixed Doubles	P	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 Trials	P	P	1	1
Golf	Team Play	P	P	1	1
Kayaking	K-2 Doubles	P	R	1	1
Roller Skating	Pairs/Dance Team	P	P	1	1
Roller Skating	Relays (4 person)	P	P	2	2
Roller Skating	Relays (2 person)	P	P	1	1
Sailing	Crew of 3	P	P	2	1
Table Tennis	Doubles/Mixed Doubles	P	R	1	1
Tennis	Doubles/Mixed Doubles	P	R	1	1
Cross Country Skiing	Relays	P	P	2	2
Figure Skating	Pairs Skating	P	R	1	1
Figure Skating	Ice Dancing	P	R	1	1
Snowshoeing	Relays	P	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.

‘R’= required means it a must and has to be complied.

‘P’= Preferred means it is not a must or compulsory.

## **International Events**

- An athlete is eligible for selection only once for World Games to ensure exposure to maximum number of athletes in India.
- If the quota given by SOI in a particular discipline for World Games, doesn't have sufficient participation and needs to be filled, the athletes who participated earlier in World Games shall be considered.
- Athletes should attain certain minimum level of skills and experience for games such as Bowling, Equestrian, Golf, Gymnastic (Artistic & Rhythmic), Sailing, Kayaking, Crossing Country Skiing, Nordic Skiing, Snow Games and Stick Shooting for participation at International Events.

## **Sport/Event Selection**

1. Athletes must participate in only one sport.
2. Athletes must be entered in events that are appropriate for their level of training.
3. All Special Olympics Programs must adhere to the sport specific category distribution process in order to ensure each athlete's full participation in the Games. The process will be conducted under the guidance and direction of the Sports officer.
4. Athletes (not partners) participating in Unified Sports® may also participate in traditional singles events if the schedule permits. Registered coaches at the Special Olympics World Games may not participate as a Unified Sports® Partner at the Games.
5. Delegations are reminded to abide by their quota confirmation numbers.
6. Special Olympics, Inc. and the Games Organizing Committee reserve the right to cancel a sport specific event due to insufficient registration.
7. Unified Sports Competitive Team Age and Ability Requirement for the World Games: The Unified Sports team competition at the World Games will feature team composed according to the Unified Sports Competitive model. Further information can be found in the Special Olympics Rulebook, Article 1, Section M: <http://media.specialolympics.org/resources/sports-essentials/general/2014-Article-I.pdf>

## Minimum Standard of Participation at International Events

### GOLF

Golf is played under different levels of competition and each level is totally different format than the other.

- A. Minimum qualifier for World Games should be :
- a. Level 1 - Min 60 points with a minimum score of 10 points in at least four out of six skills, with one of the four scores of 10 being in either the wood or iron shot. The athlete should also achieve a minimum of five points in the two skills that total less than 10. If the athlete is scoring above 100 in the ISC (minus the bunker shot), it is recommended that they begin participating in Level 2 Competitions.
  - b. Level 2 - Should attain a score of 70 or lower in unified play 9 holes.
  - c. Level 3 - 120 or lower in 18 holes play
  - d. Level 4 - 70 or lower in 9 holes play
  - e. Level 5 - 120 or lower in 18 holes play.
- B. Since golf is a sport involving high speed hitting & dangerous for life & injury in case of a miss hit or a shank etc., it will need to be ascertained that the athlete is not under the category of dangerous play as it may cause injury.
- C. Golf is a game of immense patience, long waiting or hold ups and slow play and extreme focus with the requirement of progress to the extremely calm and quiet during play especially when others take a tee shot or a putt. So the hyperactivity levels & focus/practice on the course are key factors for selection of the athlete.
- D. Golf is played usually never supervised by referees or marshals all the time during play and therefore requires self-governance and self-discipline and thorough knowledge of the rules which are extensive and very elaborate and complicated. They apply for the game at every shot and are very comprehensive a knowledge of rules of golf are of utmost importance for the athlete as break of rules / wrong scoring ( which is self-attested ) may lead to disqualifying and embarrassment to the team.
- E. Scores of the golf athlete also change with the degree of difficulty of the golf course. Since World Games are held in professional championship courses with a high degree of speed and slope ratings of greens, selection trials must be held as far as possible, in a championship rated golf course for objective appraisal of the athlete.
- F. Golf athlete's yearly history of tournaments, competition and exposure to different golf courses will be another factor to be considered for selection since the game of golf is not played with fixed parameters of space, size, turf, boundaries, nets etc as other games. So the athlete's exposure is vital to take on the pressure of new surrounding & theatre during World Games.

## **EQUESTRIAN**

In Equestrian athletes are not separated by male-female or by age. All athletes compete by ability. All riders must have had at least 10 riding training sessions within the six months prior to competition. Riders are assigned to a division level (CS, CI, BS, BI, A) according to their ability to negotiate safely any movements required in the event. The ability is indicated by a Rider Profile, which is completed by the Special Olympics coach prior to competition and submitted with the athletes entry form. Since an animal is involved athlete should not be hyperactive.

## **ARTISTIC GYMNASTICS**

Artistic Gymnastics is done under different levels. There are six levels of Competition.

Level A – Compulsory routines for gymnasts who have ambulatory problems, etc., but are too advanced for the Motor Activities Training Program.

Level B – Compulsory routines for gymnasts who are unable to perform Level 1 routines.

At the Program level, an artistic gymnast specializing in fewer events than the all-around total (i.e., three may compete on two different levels, with a one – level difference between. In International competition, an athlete must be on the same level in all events entered.

### **Safety Consideration**

Special Olympics Gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instruction in gymnastics skills. This will reduce the incidence of injuries. Athletes who safely perform all skills in a specific level of compulsory routines should compete at that level. Regardless of how much safety is provided, caches should not entice or encourage their athletes to perform skills that are beyond their reasonable ability or skills.

## **CROSS - COUNTRY SKIING**

If there are not enough athletes to properly division separate Classical and Free Technique events of similar distances, the events shall be combined and follow Free Technique Rules.

## **SAILING**

At all regional, National and International regattas, there shall be a catamaran class boat and a monohull class boat used. Sailing is done under different levels of Competition and each level is totally different format than the other.

- Level 1 – Unified Sports team: the Special Olympics athlete member(s) of the crew will have responsibility for head sail trim.
- Level II – Unified Sports team: a Special Olympics athlete shall control the helm for 100 percent of the race commencing at the warning signal throughout the complete race until clearing the finish line.
- Level III – All Special Olympics athlete team with an on – board coach.

- Level IV – The entire team consists of Special Olympics athletes
- Level V – Special Olympics athletes shall compete single – handed

## **SAFETY**

Competition with seizure disorders, serious asthma, heart, or other ailments that could impact on their typical sailing performance shall provide information about these conditions to their coach and the Organizing Authority for the event. All single handed competitors should be seizure free, with or without the aid of medication, for a minimum of one year.

Athlete should be able to swim a minimum of 10 meters while wearing a Personal Flotation Device (PFD).

## **KAYAKING**

Athletes should complete a preliminary and final race for each distance entered. Initial classifications for the divisioning events will be based on qualifying times submitted with the athlete's registration.

Athletes must be seizure free for 1 year prior to competing.

## Selection Procedure for Coaches

According to Article 1 Special Olympics sports rule section L clause 3 (G) accredited programs are encouraged to develop selection criteria for coaches based on certification, technical back ground and practical experience that will enhance the competitive experience of Special Olympics athlete . SOI shall have the right to review approved deviations.

According to the National Sports Development Code - annexure 21, dated 18 Sep 2008 - while selecting the team in any international event it shall be ensured that only those coaches\ supportive personnel are selected who have been with the team during the coaching camp on continuous basis and have attended the National Games.

Accordingly, certification of National Coaches will depend on certification from Special Olympics Bharat. The selection of the coaches for International event will depend upon: -

1. Their commitment as per the Coaches Code of Conduct.
2. Their score at the assessment matrix of the federation. This matrix shall be provided to all affiliated units to ensure proper advancement of coaches.
3. Their involvement at State and National Level.
4. The person should be National / Regional Level Trainer.
5. During the selection of coaches, if the organization doesn't have experienced knowledgeable coaches in particular discipline than coaches who have not attended the National Games will be considered by the Selection Committee provided they have the sports knowledge and Special Olympics Orientation.
6. Coaches who have attended World Games twice shall not be considered for selection of International Event. Only in exceptional cases, there can be deviations, which will be at the discretion of selection committee.

### Coach's assessment system:

After the training of coaches and their participation at National Games, the coaches shall be assessed under following guidelines:

#### Distribution of Points - 20

- Behaviour with the Athlete –4
  - Care Taking on ground – 2 (Practice sessions – Physical & Psychological performance)
  - Care Taking in room – 2 (Monitoring Personal Hygiene and Behaviour of athlete)
- Knowledge of the Game – 3
  - Special Olympics Sports Specific Rules –1
  - Sports Specific Rules - 1
  - Session Planning & Delivery - 1
- Attitude – 5 (As per Coaches Code of Conduct – Article 1, Special Olympics Sports Rules)
  - Respect for Others - 1



- Positive experience - 1
  - Act professionally and take responsibility for my actions - 1
  - Quality Service to the athletes - 1
  - Health and Safety of the Self & athletes - 1
- Team Work -2
  - Coordination amongst team – 1
  - Social & Emotional behaviour - 1
- Years of Experience – 2
  - Below 10 years – 1
  - Above 10 years - 2
- Knowledge of First Aid – 2
- Coaching Level
  - National Coach / National Trainer – 1
  - Regional Trainer – 1

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## **ANNEXURES**

### **Assessment Sheets**

- A. Coach Assessment Sheets**
- B. Games Assessment Sheets**
- C. Parents Declaration Form**

**a. Individual Assessment Sheets** - Single sheet to be used for the sports disciplines below:

1. Athletics
2. Alpine Skiing
3. Aquatics
4. Bowling
5. Cycling
6. Golf
7. Judo
8. Roller Skating
9. Snow Boarding
10. Snow shoeing
11. Speed Skating
12. Table Tennis
13. Figure Skating
14. Power Lifting

## **b. Games Specific Assessment Sheets**

1. Badminton
2. Basketball
3. Bocce
4. Cricket
5. Football
6. Floor Ball
7. Floor Hockey
8. Handball
9. Netball
10. Softball
11. Volleyball

## Annexure C

### DECLARATION BY PARENTS / GUARDIANS

1. It is hereby certified that we will not interfere in the selection process for any game and will refrain from being at the site where selection of athletes is in progress. The arena of selection will be out of bound for us.
2. The decision of the Selection Committee duly constituted by SO Bharat will be final.
3. Appeal, if any, is to be addressed to the Appellate authority i.e. Chairman SO Bharat, whose decision will be final & Binding. This appeal is to be made within 15 days of declaration of the list of athletes selected to participate in the event. The appeal is to be sent through concerned Area Director who will put his recommendation.
4. In no case any appeal to be address to National Office for consideration.
5. We will not use any external influence through any person or agency to get our ward selected for participation in the game.
6. If the name is not recommended due to any administrative reason like non availability of passport etc. the onus will be on us.
7. Violation of any foresaid undertaking will lead to deletion of the name from consideration.

Name of Athlete: \_\_\_\_\_

State: \_\_\_\_\_

Signature of Parents:

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Father / Guardian

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Mother

Date:

Signature & seal of  
President/ Area Director