



SPORTS

Special Olympics offers year-round training and competition in over 30 Olympic-type sports for children and adults with intellectual disabilities. Competition is open to anyone ages 8 and older, and programs are designed to serve all ability levels. There are more than 100,000 athletic competitions annually around the world. Competitions include local, national, regional and World Games. The fundamental difference that sets Special Olympics competitions apart from those of other sports organizations is that athletes are grouped together by age, gender and equitable ability level to ensure all participants enjoy a truly competitive experience. Every athlete is recognized for his or her performance and encouraged to achieve their personal best.

OFFICIAL SUMMER SPORTS

- Artistic Gymnastics
- Athletics (Track & Field)
- Badminton
- Basketball
- Bocce
- Bowling
- Cycling
- Equestrian
- Football (Soccer)
- Golf
- Handball
- Judo
- Powerlifting
- Rhythmic Gymnastics
- Roller Skating
- Sailing
- Softball
- Swimming (Includes Open Water Swimming)
- Table Tennis
- Tennis
- Volleyball (Indoor and Beach)

OFFICIAL WINTER SPORTS

- Alpine Skiing
- Cross-Country Skiing
- Figure Skating
- Floor Hockey
- Floorball
- Short Track Speed Skating
- Snowboarding
- Snowshoeing

RECOGNIZED SPORTS

- Cricket
- Kayaking

In a process called divisioning, Special Olympics' athletes are grouped into different divisions according to age, gender and level of ability. Competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions.

Motor Activities Training Program (MATP) is designed for individuals with profound disabilities who don't yet possess the physical skills necessary to participate in a traditional Olympic-type sports competitive environment. The focus is on training, progression and participation, rather than competition. As a culmination of their training MATP participants perform basic mobility and dexterity skills in a challenge day event. Special Olympics MATP athletes transfer the benefits of their training into their daily activities at home and in the community.

Unified Sports® 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 to foster social inclusion and acceptance.