



2024 Rule Change Summary Master Document

Sport	Change From	Change To
All Sports	Old Formatting	See date change at footer to reflect September 2024
All Sports	Governing Rules Refer to Article 1, http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf , for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.	CHANGE: Refer to Sport Rules Article 1 , or more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.
SR Article 1	14.2.3.6 The Unified Sports Competition Protocol is required to be used at Special Olympics International Events and can be found at: .	CHANGE: 14.2.3.6 The Unified Sports Competition Protocol and sport specific Unified Sports protocol (if applicable) are required to be used at Special Olympics International Events and can be found at: http://media.specialolympics.org/resources/sports-essentials/unified-sports/Unified-Sports-World-Games-Competition-Protocol.pdf .
SR Article 1	5.2 Sport Level Criteria Level 4 – Medical Accredited SO Program has conducted a Health and Safety Risk assessment.	ADD: Level 4 – Medical Accredited SO Program has conducted a Health and Safety Risk assessment (See Addendum F for Sport Safety Guidelines)



ADDENDUM F — SPORT SAFETY ASSESSMENT GUIDANCE

- 1. Safety Equipment:** Evaluate the quality and effectiveness of safety equipment used in the sport, such as helmets, padding, goggles, etc. Ensure that participants are using appropriate gear and that it meets industry standards.
- 2. Rules and Regulations:** Confirm a national governing body for the sport exists and examine the rules and regulations governing the sport. If so, is there a need for any rules modifications to accommodate individuals with IDD? Are there rules in place to prevent dangerous behavior? Do officials enforce these rules effectively?
- 3. Participant Preparation:** Consider the level of training and preparation required for participants. Are athletes adequately conditioned and educated about injury prevention techniques? Is there a national governing body that certifies coaches and provides content for proper training?
- 4. Environmental Factors:** Assess how environmental factors may impact safety. For outdoor sports, consider weather conditions, terrain, and other environmental hazards.
- 5. Age Appropriateness:** Determine if the sport is suitable for participants' age and skill level. Some sports may be inherently riskier for younger or less experienced athletes.
- 6. Injury Rates:** Analyze data on the frequency and severity of injuries associated with the sport. Look at both acute injuries (such as fractures or concussions) and chronic injuries (such as overuse injuries).
- 7. Additional Considerations:** In addition to the above considerations prior to introducing a new sport a Program should assess if any additional medical support would be needed,



		<p>review any risk management policies implemented by governing bodies, leagues or organizations overseeing the sport. Additional assessment should be given around the overall culture surrounding safety within the sport. More specifically, are athletes, coaches, and officials prioritizing safety? Does this sport present greater liability without a certified coach from its respective governing body? In addition, consideration for potential long-term health risks associated with the sport, such as head injuries leading to chronic traumatic encephalopathy (CTE) or joint damage from repetitive motions.</p>
Athletics	<p>3.2.4 Standing Long Jump</p> <p>3.2.4.1 Competitors shall start with both feet behind a designated foul line. The takeoff board shall be the same as that specified for the long jump takeoff board. The athlete may initiate their attempt on the takeoff board.</p> <p>3.2.4.2 All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete’s body or clothing.</p> <p>3.2.4.3 When possible, it is strongly suggested that the standing long jump event be conducted in sand-filled jumping pits. The foul line shall be placed at the end of the running long jump runway. If a mat is used, it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.</p>	<p>CHANGE/ADD: Changed to clarify competition procedure</p> <p>3.2.4.1 Competitors shall start with both feet from a take-off line. The take-off line shall be placed at the nearer edge of the landing area (pit).</p> <p>3.2.4.2 The take-off line can be marked by a colored tape or marked permanently by a white line on the runway surface.</p> <p>3.2.4.3 The competitor shall initiate all attempts from behind the take-off line.</p> <p>3.2.4.4 A competitor shall use both feet on the take-off. They may rock backward and forward lifting their heels and toes alternately, but they may not lift either foot completely off the ground.</p> <p>3.2.4.5 All measurements shall be taken from the nearest break in the landing area made by any part of the competitor’s body or clothing, to the take-off line, or take-off line extended. If a mat is being used, all measurements shall be taken from nearest touch down point made by any part of the competitor’s body or clothing to the take off line, or take-off line extended. All measurements shall be taken perpendicular to the take-off line or its extension.</p>



		<p>3.2.4.6 When possible, it is strongly suggested that the standing long jump event landing area be conducted in sand-filled jumping pits. If a mat is used, it should be long enough to include both take-off and landing areas and secured safely to the surface to prevent slipping.</p>
Athletics	<p>3.7 General Rules for Blind and Deaf Athletes</p> <p>3.7.1 A rope or sighted guide runner may be provided to assist athletes who are visually impaired.</p> <p>3.7.2 A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.</p> <p>3.7.3 A tap start will be used for an athlete who is both visually and hearing impaired .</p> <p>3.7.4 Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors. These vests will be provided by the Local Organizing Committee.</p> <p>3.7.5 The starting signal for athletes with a hearing impairment must be performed by an official with a visual signal in form of a starting flag or with a tactile signal by tapping the athlete. The necessity needs to be indicated by the respective coach at the first Head coach meeting.</p>	<p>CHANGE/ADD: Change Terminology & Visual Signal</p> <p>3.7 General Rules for Visually and Hearing-Impaired Athletes</p> <p>3.7.1 A rope or sighted guide runner may be provided to assist athletes who are visually impaired.</p> <p>3.7.2 A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.</p> <p>3.7.3 A tap start will be used for an athlete who is both visually and hearing impaired.</p> <p>3.7.4 Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors. These vests will be provided by the Local Organizing Committee.</p> <p>3.7.5 The starting signal for athletes with a hearing impairment must be performed by an official with a visual signal in form of a starting flag or with a tactile signal by tapping the athlete. The necessity needs to be indicated by the respective coach at the first Head coach meeting.</p>
Athletics	<p>3.8 General Rules for Unified Sports® Relays</p> <p>3.8.1 Each Unified Sports relay team shall consist of two athletes and two partners.</p> <p>3.8.2 Runners on a relay team may be assigned to run in any order.</p>	<p>ADD/CHANGE: Add language to outline ability and age requirements</p> <p>3.8 General Rules for Unified Sports® Relays</p> <p>3.8.1 Each Unified Sports relay team shall consist of two athletes and two partners.</p>



	<p>3.9 General Rules for Unified Sports Team Athletics</p> <p>3.9.1 Special Olympics Unified Team Athletics program rules are governed by ruling body World Athletics and Special Olympics Athletics Rules. Unified Sports Team Athletics provides team competition opportunities among schools, agencies, clubs, or groups. A Unified Sports Team Athletics competition is a separate event in which only Unified teams compete against each other. This event may be held as its own Unified Sports Athletics competition or may be held within a Special Olympics athletics competition.</p> <p>3.9.4.7 For relay events, team must consist of two special Olympics athletes and two Unified partners. Coaches can place their runners in any order.</p>	<p>3.8.2 Runners on a relay team may be assigned to run in any order.</p> <p>3.8.3 The athlete to Unified partner ratio must be two (2) athletes to two (2) Unified partners in Unified Relays</p> <p>3.8.4 It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified partners are of similar ability for Relays. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.</p> <p>3.9 General Rules for Unified Sports® Team Athletics</p> <p>3.9.1 Special Olympics Unified Team Athletics program rules are governed by ruling body World Athletics and Special Olympics Athletics Rules. Unified Sports Team Athletics provides team competition opportunities among schools, agencies, clubs, or groups. A Unified Sports Team Athletics competition is a separate event in which only Unified teams compete against each other. This event may be held as its own Unified Sports Athletics competition or may be held within a Special Olympics athletics competition.</p> <p>3.9.2 A team roster must be 10 athletes and 10 Unified partners for Unified Team Competition</p> <p>3.9.1.13.9.3 It is required that athletes and Unified partners are of similar age and of similar ability for the Team Competition. For more information, on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.</p> <p>3.9.4.7 For relay events, team must consist of two special Olympics athletes and two Unified partners. Coaches can place their runners in any order.</p>
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Basketball 3x3	3.3.4 Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, or white. Undershirts may be worn by some or all of the players, and may be short sleeve or tank top. (No cut or ragged edges are allowed) All numbers are to be per NGB specifications.	<p>CHANGE/ADD:</p> <p>3.4.3 Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, or white. Undershirts may be worn by some or all of the players, and may be short sleeve or tank top (no cut or ragged edges are allowed). All numbers are to be per NGB specifications.</p> <p>3.4.4 Head Coverings: Head coverings are permitted but should adhere to the FIBA rules.</p> <p>3.4.4.1 It shall meet the same safety standards as for a medical head covering. Head coverings must be of a single, solid color unadorned.</p> <p>3.4.5 Individuals who do not adhere to uniform regulations will not be allowed to enter a game.</p>
Basketball 3x3	3.5.2 There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts).	<p>CHANGE:</p> <p>3.5.2 There will be a stop clock applied. The clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts).</p>
Basketball 3x3	<p>3.5.7 The game will start with a flip of a coin for possession. The team that wins the coin flip decides whether it takes the ball or leave it, in order to get in potential overtime.</p> <p>There is no jump ball. All jump balls situations, the ball shall be awarded to the defensive team. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.</p>	<p>CHANGE:</p> <p>3.5.7 The game will start with a flip of a coin for possession. The team that wins the coin flip decides whether it takes the ball or leave it, in order to get in potential overtime. There is no jump ball.</p>
Basketball 3x3		<p>DELETE:</p> <p>3.6.6 If a player is fouled in the act of shooting and makes the basket, the field goal is credited and the offended against team also retains possession of the ball.</p>
Basketball 3x3	3.6.7 A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind	<p>CHANGE:</p>



	<p>the foul line extended. If a shot is attempted by the defense after a gained possession without taking it back to the arc, the possession returns to the offense as a dead ball and will need to be inbounded from the behind of the arc / top of the key.</p>	<p>3.6.6 A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the arc. If a shot is attempted by the defense after a gained possession without taking it back to the arc, the possession returns to the offense as a dead ball and will need to be checked from beyond the arc at the marked 'X' for checked ball restart.</p> <p>*Added Check Ball Restart Diagram*</p>
Basketball 3x3		<p>ADD:</p> <p>3.6.10 No coaching to players on the court. Coaching is allowed to all players on the bench, during timeouts, to substitutions, and player's sitting on the bench.</p>
Basketball 3x3		<p>ADD:</p> <p>3.9.2 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2</p>
Basketball 3x3	<p>4.2.3 A shorter basket which has its ring 2.44 meters (8 ft) above the floor may be used for junior division competition.</p>	<p>CHANGE: 4.2.3 A shorter basket which has its ring 2.60 meters (8.5 ft) above the floor may be used for junior division competition.</p>
Basketball 5v5	<p>3.1.2 These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding the BSAT follows in Section D.</p>	<p>CHANGE:</p> <p>3.1.2 These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding the BSAT is found in Section 5.</p>
Basketball 5v5	<p>3.4.3 Undershirts, if worn, must match the color of the body of the uniform (not the trim) and must be identical in color. Undershirts may be worn by some or all of the players and may be short sleeve or tank top (no cut or ragged edges are allowed). All numbers are to be per NGB specifications.</p>	<p>CHANGE:</p> <p>3.4.3 Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, or white. Undershirts may be worn by some or all of the players and may be short sleeve or tank top (no cut or ragged edges are allowed). All numbers are to be per NGB specifications.</p>



Basketball 5v5	3.5.1.2 3A/1P (Exception: Play can continue with 3 athletes and 1 partner due to a partner personal foul.	ADD: 3A/1P (Exception: Play can continue with 3 athletes and 1 partner due to a partner personal foul or injury).
Basketball 5v5		ADD: 3.5.1.3 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2
Basketball 5v5		ADD: 5.2 Perimeter Shooting – Added Diagram
Basketball Individual Skills	3.6.3 Event #3 Spot Shot 3.6.3.3 Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The athlete attempts two field goals from each of six spots. The attempts are taken at spots #2, #4 and #6, and then at spots #1, #3 and #5. The spots are marked as follows: 3.6.3.3.1 #1 & #2 =1 meter (4 ft, 11 in) to the left and right plus 1 meter (3 ft, 3 1/2 in) out. 3.6.3.3.2 #3 & #4 =1.5 meter (4 ft, 11 in) to the left and right plus 1.5 meter (4 ft, 11 in) out. 3.6.3.3.3 #5 & #6 = 1.5 meter (4 ft, 11 in) to the left and right plus 2 meter (6 ft, 6 3/4 in) out.	CHANGE: Updated Diagram for Spot Shot 3.6.3.3 Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The athlete attempts two field goals from each of six spots. The attempts are taken at spots #2, #4 and #6, and then at spots #1, #3 and #5. The spots are marked as follows: 3.6.3.3.1 #1 & #2 = 1.8 meter (4 ft, 11 in) to the left and right plus 1 meter (3 ft, 3 1/2 in) out. 3.6.3.3.2 #3 & #4 =1.8 meter (4 ft, 11 in) to the left and right plus 1.5 meter (4 ft, 11 in) out. 3.6.3.3.3 #5 & #6 = 1.8 meter (4 ft, 11 in) to the left and right plus 2 meter (6 ft, 6 3/4 in) out.
Beach Volleyball	Section 6 Divisioning 6.5.3 Tournament Directors are encouraged to require that all players on a roster participate during the divisioning round for a minimum time or points as established by the tournament committee.	CHANGE: 6.5.3 All players on a roster must participate during the divisioning round for a minimum time or points as established by the tournament committee
Beach Volleyball	Section 8 Participants	CHANGE:



	<p>8.1.1.4 Only the players recorded on the score sheet may enter the court and play in the match. Once the coach and the team captain have signed the score sheet, (team list for electronic score sheet) the recorded players cannot be changed.</p>	<p>8.1.1.4 All the players recorded on the score sheet must enter the court and play in the match. Once the coach and the team captain have signed the score sheet, (team list for electronic score sheet) the recorded players cannot be changed.</p>
Beach Volleyball	<p>9.2.2 Official Warm-Up Session</p> <p>9.2.2.1 Prior to the match, if the teams have previously had another playing court at their disposal, they will have a -minute official warm-up period at the net; if not, they may have 5 minutes.</p> <p>9.2.4 Positions</p> <p>9.2.4.1 The players are free to position themselves. There are NO determined positions on the court.</p>	<p>ADD/CHANGE:</p> <p>9.2.2.1 Prior to the match, if the teams have previously had another playing court at their disposal, they will have a 5-minute official warm-up period at the net; if not, they may have 7-minutes.</p> <p>CHANGE:</p> <p>The positions of the players on the court, when receiving the serve, must be fixed as established in the service order (Line Up Sheet) and alternated between athletes and partners. During the rally players can change positions.</p>
Beach Volleyball	<p>9.2.5 Service Order</p> <p>9.2.5.5 A team continues to serve until it commits a violation or a server has served three consecutive points in a row. Once a server has scored three consecutive points, his/her team shall rotate to the next server and shall continue to serve.</p>	<p>CHANGE/ADD:</p> <p>9.2.5.5 A team continues to serve until it commits a violation or a server has served three consecutive points in a row. Once a server has scored three consecutive points, his/her team shall rotate to the next server and shall continue to serve. If the player who preformed 3 services is replaced, then the player who takes over will be involved in the rotation without the possibility to serve.</p>
Beach Volleyball	<p>9.8.1 Characteristics of the Attack Hit</p> <p>9.8.1.5 The attacking player may use the overhead pass using the fingers without restriction as to the</p>	<p>CHANGE:</p> <p>9.8.1.5 The attacking player is not permitted to "lob" the ball (an overhead pass using the fingers).</p>



	relationship between the attacker’s body position and the direction of sending the ball.	The attach must be in the direction of the body position.
Beach Volleyball	14.2 BVSAT – Forearm Pass	CHANGE: Changed diagram to correct visual
Bocce	<p>Section 4 Rules of Competition –</p> <p>4.1 Divisioning</p> <p>4.1.1 It is suggested that, before competition begins, the Tournament Director ensures that divisions are appropriate. Athletes may be divisioned based on previous experience or, in the case of larger competitions, modified games. The modified game procedure below will provide a score that will help place athletes in the most equitable divisions possible.</p> <p>4.1.2 Each modified from 3 distances. athlete should play three modified games, called a set. The athlete should alternate from each end of the court and play the following allotted balls The athlete should not surpass the foul line when he/she plays the allotted balls.</p> <p>4.1.3 The referee will place the pallina at the marked spot (center) of the 9.15-m (30-ft) line, and the player should play eight balls. The referee will measure the closest three balls and record their distance in centimeters.</p> <p>4.1.4 The referee will then place the pallina at a marked spot in the center of the court at the 12.20-m (40-ft) mark, and the player should play eight balls. The referee will measure the closest three balls and record their distance in centimeters.</p> <p>4.1.5 The referee will then place the pallina at the marked spot (center) of the 15.24-m (50-ft) line, and the player should play eight balls. The</p>	<p>CHANGE:</p> <p>4.1 Divisioning</p> <p>4.1.1 It is suggested that, before competition begins, the Tournament Director ensures that divisions are appropriate. Athletes may be divisioned based on previous experience or, in the case of larger competitions, modified games. The modified game procedure below will provide a score that will help place athletes in the most equitable divisions possible.</p> <p>4.1.2 Each competitor should play a modified frame from 3 distances. The athlete should not surpass the foul line when he/she plays the allotted balls.</p> <p>4.1.3 The referee will place the pallina at the marked spot (center) of the 9.15-m (30-ft) line, and the player should play four balls. The referee will measure the distance to the pallina of each ball and record these distances in centimeters.</p> <p>4.1.4 The referee will then place the pallina at a marked spot in the center of the court at the 12.20-m (40-ft) mark, and the player should play four balls. The referee will measure the distance to the pallina of each ball and record these distances in centimeters.</p>



	<p>referee will measure the closest three balls and record their distance in centimeters.</p> <p>4.1.6 During the divisioning process, if the pallina is moved from its spot at 9.15-m (30-ft), 12.20-m (40-ft) or 15.24-m (50-ft), it is to be replaced on the spot before the next ball is rolled and before any measurements are taken. If the ball comes to rest on the spot where the pallina is placed prior to it being thrown, then the pallina should be back on its original spot and the ball should be placed directly behind and touching the pallina. The remaining ball (s) would be played and measurements would be taken. If the ball is still next to and touching the pallina, then that measurement would be entered as zero.</p> <p>4.1.7 Measurements will be taken from the center side of the bocce ball to the center side of the pallina, for a total of nine measurements, the sum of which becomes the athlete’s divisioning score.</p>	<p>4.1.5 The referee will then place the pallina at the marked spot (center) of the 15.24-m (50-ft) line, and the player should play four balls. The referee will measure the distance to the pallina of each ball and record these distances in centimeters.</p> <p>4.1.6 During the divisioning process, if the pallina is moved from its spot at 9.15-m (30-ft), 12.20-m (40-ft) or 15.24-m (50-ft), it is to be replaced on the spot before the next ball is rolled and before any measurements are taken. If the ball comes to rest on the spot where the pallina is placed prior to it being thrown, then the pallina should be back on its original spot and the ball should be placed directly behind and touching the pallina. The remaining ball (s) would be played and measurements would be taken. If the ball is still next to and touching the pallina, then that measurement would be entered as zero.</p> <p>4.1.7 Measurements will be taken from the center side of the bocce ball to the center side of the pallina, for a total of twelve measurements, the sum of which becomes the athlete’s divisioning score.</p>
Bocce	<p>4.2.1 A coin toss by the referee will determine which team has the pallina and choice of ball color.</p>	<p>CHANGE:</p> <p>4.2.1 A coin toss by the referee will determine which team has the pallina and will throw out the first ball.</p>
Bowling	<p>Governing Rules</p> <p>The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Bowling Federation (IBF) for bowling found at http://bowling.sport/. IBF or National Governing Body (NGB) rules shall be employed except when they are in conflict with</p>	<p>CHANGE:</p> <p>The Official Special Olympics Sports Rules for Bowling shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Bowling Federation (IBF) for bowling found at http://bowling.sport/. IBF or</p>



	<p>the Official Special Olympics Sports Rules for Bowling or Article I. In such cases, the Official Special Olympics Sports Rules for Bowling shall apply.</p>	<p>National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Bowling or Article I. In such cases, the Official Special Olympics Sports Rules for Bowling shall apply.</p>
Bowling	<p>New Section</p>	<p>ADD:</p> <p>3. UNIFIED SPORTS®</p> <p>3.1 The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Unified Doubles/Mixed Doubles and must be 2 athletes to 2 Unified Partners in the Team Competition.</p> <p>3.2 It is preferred that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p>
Bowling	<p>Section 3 – Equipment</p> <p>3.1.1 Must be approved and identifiable as a ball listed in the “Approved Bowling Balls” list. FIQ (WB) chapter 11 page 65 advises to check list on the http://www.bowl.com/ web site for approved bowling balls.</p> <p>3.5 Athlete Uniform</p> <p>3.5.1 Attire should consist of neat and clean outfits.</p> <p>3.5.2 The tops are to be short-sleeved and collared.</p> <p>3.5.3 The rest of the attire may consist of long pants or dress or walking shorts. Women may also wear knee-length skirts.</p> <p>3.5.4 No athletic-type shorts are to be worn for competition.</p> <p>3.5.5 All competitors must wear bowling shoes.</p> <p>3.5.6 Socks are required.</p>	<p>CHANGE:</p> <p>3.1.1 Must be approved and identifiable as a ball listed in the “Approved Bowling Balls” list. To check list on the http://bowl.com/approved-ball-list website for approved bowling balls.</p> <p>4.5 Uniform Standards</p> <p>4.5.1 Uniform should consist of neat and clean outfits. No denim items of clothing allowed.</p> <p>4.5.2 The tops are to be sleeved (short or long-sleeved) and collared or non-collared.</p> <p>4.5.3 The rest of the attire may consist of long pants or dress or walking shorts. Women may also wear knee-length skirts.</p> <p>4.5.4 No athletic-type shorts are to be worn for competition.</p> <p>4.5.5 All competitors must wear bowling shoes.</p> <p>4.5.6 Socks are required.</p>



Cricket		<p>ADD:</p> <p>3.16 Team Composition</p> <p>3.16.1 A team shall consist of 11 players including batters, bowlers, all-rounders and at least 1 wicketkeeper</p> <p>3.16.2 The composition of a team, including substitutes, may not exceed 15 players</p> <p>3.16.3 A player who is injured or bleeding must leave the field unless medical reasons prevent this and must not return until wounds have been covered; players must not wear blood-stained clothing</p>
Cricket		<p>ADD:</p> <p>3.17 Captain</p> <p>3.17.1 One player of each team must be appointed as captain</p> <p>3.17.2 A replacement captain must be appointed in case a captain is not able to play anymore</p> <p>3.17.3 Captains must wear a distinctive armband or similar distinguishing article on an upper arm or shoulder or over the upper part of a sock</p> <p>3.17.4 Captains are responsible for the behavior of all players on their team and for ensuring that substitutions of players on their team are carried out correctly</p>
Cricket		<p>ADD:</p> <p>3.18 Unified Rules®</p> <p>3.18.1 The athlete to Unified partner ratio must be 6 athletes to 5 Unified partners in Team Competition.</p> <p>3.18.2 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.</p>



<p>Cross Country Skiing</p>		<p>ADD:</p> <p>7. UNIFIED SPORTS®</p> <p>7.1 Unified Relays</p> <p>7.1.1 A relay team consists of two Special Olympics Athletes and two Unified Sports Partners</p> <p>7.1.2 It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified partners are of similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p>
<p>Cycling</p>	<p>3.1.1 The course layout should be approximately 2-5 kilometers in length, with 2.5 kilometers optimal for shorter distance events and 5 kilometers or more for races over 15 kilometers in length.</p>	<p>CHANGE:</p> <p>3.1.1 The course layout should be approximately 2-5 kilometers in length, with 2.5 kilometers optimal for shorter distance events and 5 kilometers or more for races over 15 kilometers in length. Approximately 2.5 kilometer courses may be used for events 5km and less.</p>
<p>Cycling</p>	<p>3.3.2 All other distances require a course that is approximately 5 km in distance with no 180 degree turn</p> <p>3.3.3 All other requirements noted above are required.</p>	<p>CHANGE:</p> <p>3.3.2 All other distances require a course that is approximately 5 km in distance with no 180 degree turn (see Rule 3.1.5)</p> <p>3.3.3 All other requirements noted above are required. All other course design, surface, repair area and start line are required (See Rule 3.2, 3.4, 3.7 and 3.8).</p>
<p>Cycling</p>	<p>3.11 Time Trial</p> <p>3.11.1 The course layout for a time trial can be as short as 500 meters only if the number of starters is limited and the starting riders cannot interfere with lapping riders. The ideal course length is two (kilometers).</p>	<p>CHANGE/DELETE:</p> <p>3.11 Additional Time Trial Course Requirements</p> <p>3.11.1 The course layout for a time trial can be as short as 500 meters only if the number of starters is limited and the starting riders cannot interfere</p>



	<p>3.11.2 If the course is a loop, the first turn after the starting area should be at least 100 meters from the start.</p> <p>3.11.3 The road must be wide enough to allow riders to pass each other with at least one meter between them side to side at time of passing. (Recommend 4 meters or greater). Time trial courses can be out and back if the lanes are separated by a physical barrier (a fence, concrete divider, grass median or curb). Time trials may be point to point courses and have a separate start and finish line. The finish line should remain fixed for all distances with a variable start line location for different distances.</p> <p>3.11.4 The road surface should be in good condition, free of potholes and not made of gravel.</p> <p>3.11.5 Prior to the time trial, pebbles, gravel and earth should be swept off the road. Sewers should be covered by a rubber plate. Bales of hay should be placed in front of the trees and posts at turns and curves of the cycling course.</p> <p>3.11.6 The time trial course should be closed to public traffic.</p> <p>3.11.7 Repair areas shall be available around the course for mechanical assistance. At least one repair pit must be near the start/finish area.</p>	<p>with lapping riders. The ideal course length is two (kilometers).</p> <p>3.11.2 If the course is a loop, the first turn after the starting area should be at least 100 meters from the start.</p> <p>3.11.3 The road must be wide enough to allow riders to pass each other with at least two meters between them side to side at time of passing.</p>
Cycling	<p>4.1.2 Helmets must meet the safety standards of the National Governing Body for cycling in the host country.</p>	<p>CHANGE/ADD:</p> <p>4.1.2 Helmets must meet the safety standards of the National Governing Body for cycling in the host country. A sticker with the certification must be present in every helmet. All helmets must be properly fitted.</p> <p>4.1.3 It is recommended to replace bicycle helmets according to the specifications of the respective manufacturer. Bicycle helmet replacements should be considered after a fall</p>



		and/or damage was detected or after a period of use of 3 to 5 years.
Cycling	<p>4.2.2 Bicycles must have two working brakes. A bicycle with handlebars with forearm support or extend forward or upward may only be used in time trial events. The handlebars must be solidly plugged and attachments shall be attached securely so as to not impair steering. The bicycles may be inspected by the Chief Referee to be sure that the bicycle is safe and compliant. An inspection of every rider’s equipment is not required. It is the responsibility of the coach to be sure that the athlete’s bicycle is safe and meets regulations.</p> <p>4.2.3 Cycling helmets must meet the safety standards of the National Governing Body. Certification must be inside each helmet and may be no OLDER than 3 years.</p>	<p>CHANGE/ADD:</p> <p>4.2.2 Bicycles must have two working brakes. A bicycle with handlebars with forearm support or extend forward or upward may only be used in time trial events. The handlebars must be solidly plugged and attachments shall be attached securely so as to not impair steering. The bicycles may be inspected by the Chief Referee or another designated official to be sure that the bicycle is safe and meets regulations.</p> <p>4.2.3 Use of modified bicycles will be permitted in all time trial events but is dependent upon the athlete meeting time standards -if applicable. The Chief Referee will decide if two-wheel and modified bicycles may compete together, based on the number of racers, course conditions and ability level of the riders.</p> <p>4.2.4 Use of electric bicycles are not permitted.</p>
Cycling		<p>DELETE:</p> <p>6.1.2.1 Cyclists racing in both time trials and road races may race a divisioning race for both events depending on time constraints and at the discretion of the Chief Referee and organizing team.</p>
Cycling		<p>ADD:</p> <p>6.1.3.2 A divisioning road race shall be conducted as a means to determine a cyclist’s riding ability and, consequently, for placement in an appropriate competition division.</p> <p>6.1.3.3 Cyclists racing in both time trials and road races may race a divisioning race for both events depending on time constraints and at the discretion of the Chief Referee and organizing team.</p>



Cycling	<p>6.1.5.1 The finishing time posted by an athlete in a road race or time trial final may be used to change the athlete’s division for subsequent finals if the athlete’s final time would make that athlete eligible to compete in a faster division had that time been ridden during the preliminary divisioning event.”Cyclists racing in both time trials and road races may race a divisioning race for both events depending on time constraints and at the discretion of the Chief Referee and organizing team.</p>	<p>CHANGE:</p> <p>6.1.5.1 In Time Trial and Road Races event, the officials always use the fastest time posted in any event for the next final. Coaches will be notified of division changes when results are posted or within a reasonable time period following the event.</p>
Cycling	<p>6.3.2 For road races on multi-lap courses, everyone finishes on the same lap as the leader and will be given a prorated time unless the Referee deems that there is too great a differential in speed among the riders on the course. If this occurs, the referee will consult with the Event Director and Rules Committee on what action is to be taken. No times are recorded for Road Race Finals (Mass start). Awards are based upon placing only. The Maximum Effort is not applicable in Road Race Finals.</p>	<p>CHANGE:</p> <p>6.3.2 For road races on multi-lap courses, everyone finishes on the same lap as the leader and will be given a prorated time unless the Referee deems that there is too great a differential in speed among the riders on the course. If this occurs, the referee will consult with the Event Director and Rules Committee on what action is to be taken.</p>
Cycling		<p>DELETE:</p> <p>6.3.3 Head coaches and other delegation members are not allowed to follow the competition by any vehicle, including bicycle unless specifically invited to do so by the chief referee. Coaches may coach from the course sidelines.</p>
Cycling		<p>ADD:</p> <p>6.4.7 Head coaches and other delegation members are not allowed to follow the competition by any vehicle, including bicycle unless specifically invited to do so by the chief referee. Coaches may coach from the course sidelines. Disqualification is the penalty.</p> <p>6.4.8 Minimum criteria of abilities: The athletes must be able to ride a bicycle straight ahead and navigate curves, as well as to brake independently</p>



		and proactively. The athletes must be able to perform these skills safely. If it is determined that athletes do not meet these requirements, the Chief Referee and Technical Director may decide on immediate exclusion of the competition for these athletes.
Cycling		<p>ADD:</p> <p>7.1.1 The athlete to Unified Partner ratio must be 1 athlete to 1 Unified partner in Tandem Trial Events.</p> <p>7.1.2 It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified Partners are of similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p>
DanceSport	<p>Section 2 Disciplines and Categories</p> <p>2.1 DanceSport has four disciplines which are Ballroom Dances, Streetdance, Performing Arts and Specialty and four categories which are Solos, Duos, Couples, and Teams.</p> <p>A dancer (Special Olympics athlete or Unified partner) can register for only one out of the four Disciplines in the same Special Olympics DanceSport Competition.</p> <p>The technical delegate can allow dancers to compete in up to three different categories within one and the same discipline (e.g. Ballroom Couple and Ballroom Team or Folk-Dance Solo and Folk-Dance Duo). The routines/choreographics for the different categories must be at least 70% identical.</p> <p>The routine/choreography must not change.</p> <p>At the World Games level, dancers are not allowed to compete with the same routine as the previous Special Olympic World Games.</p>	<p>CHANGE:</p> <p>2.1 DanceSport has four disciplines which are Ballroom Dances, Streetdance, Performing Arts and Specialty and four categories which are Solos, Duos, Couples, and Teams.</p> <p>A dancer (Special Olympics athlete or Unified partner) can register for two of the four Disciplines in the same Special Olympics DanceSport Competition.</p> <p>The technical delegate can allow dancers to compete in up to three different categories within one and the same discipline (e.g. Ballroom Couple and Ballroom Team or Folk-Dance Solo and Folk-Dance Duo). The routines/choreographics for the different categories must be at least 70% identical.</p> <p>The routine/choreography must not change.</p> <p>At the World Games level, dancers are not allowed to compete with the same routine as the previous Special Olympic World Games.</p>
DanceSport	2.2.1.2 Street dance	CHANGE:



	<p>2.2.1.2.1 Hip Hop Dance, Breaking, Electric Boogie</p>	<p>2.2.1.2 Street Dance</p> <p>2.2.1.2.1 Hip Hop Dance, Breaking, Electric Boogie or any combination</p>
DanceSport	<p>2.4 Unified Sports</p> <p>2.4.1 Selection of Special Olympics Athletes and Unified Sports Partners of similar age is preferred and ability is required for Unified Sports training and competition in DanceSport.</p> <p>2.4.2 Each Unified Sports Duo/Couple shall consist of one Special Olympics Athlete and one Unified Sports Partner.</p> <p>2.4.3 A Team shall consist of a minimum of four and a maximum of twelve athletes, a maximum of 50% of the team can be Unified Sports partners. The team can consist of male and female athletes. Within the range of 4-12 dancers per team, the technical delegate can set a certain minimum and maximum of the size of the team for an individual competition.</p> <p>2.4.4 A coach may not also participate as a Unified Sports partner.</p>	<p>CHANGE:</p> <p>2.3 Unified Sports</p> <p>2.3.1 The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Unified Duos/Couples and must be 2-6 athletes to 2-6 Unified partners in the Team Competition.</p> <p>2.3.2 It is preferred that athletes and Unified Partners are of similar age and similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p> <p>2.3.3 A Team shall consist of a minimum of four and a maximum of twelve athletes, a maximum of 50% of the team can be Unified Sports partners. The team can consist of male and female athletes. Within the range of 4-12 dancers per team, the technical delegate can set a certain minimum and maximum of the size of the team for an individual competition.</p> <p>2.3.4 A coach may not participate as a Unified Sports partner.</p>
DanceSport		<p>DELETE:</p> <p>2.3 Age and Sex</p> <p>2.3.1 The minimum age is 8 years for any competition, but World Games. The minimum age for World Games is 15 years. DanceSport has four disciplines which are Ballroom Dances, Streetdance, Performing Arts and Specialty and four categories which are Solos, Duos, Couples, and Teams.</p> <p>2.3.2 A dancer can register for only one out of the four Disciplines in the same Special Olympics DanceSport Competition.</p>



		<p>2.3.3 The technical delegate can allow dancers to compete in up to three different categories within one and the same discipline (e.g. Ballroom Couple and Ballroom Team or Folk-Dance Solo and Folk-Dance Duo). The routines/choreographics for the different categories must be at least 70% identical. The routine/choreography must not change.</p> <p>2.3.4 At the World Games level, dancers are not allowed to compete with the same routine as the previous Special Olympic World Games.</p>
DanceSport		<p>ADD:</p> <p>5.2 Props are allowed to be used on stage and need to be actively included in the choreography</p>
DanceSport	7.2.1.2 The routine needs to include a 360 degree rotation on one leg	<p>CHANGE (7.2.1.2 + 7.3.1.3 + 7.4.1.3 + 7.5.1.2 + 8.2.3.3 + 8.4.2.2 + 9.2.2.3 + 9.5.2.2 + 10.2.2.3 + 10.3.2.3 + 10.4.2.3 + 10.5.2.2):</p> <p>7.2.1.2 The routine needs to include a 360 degree rotation on one leg. In-between steps as well as both legs can be used.</p>
DanceSport	7.4.1.1 The routine needs to include a jumping section	<p>CHANGE (7.4.1.1 + 7.5.1.3 + 8.3.1.1 + 8.4.2.3 + 9.4.2.1 + 9.5.2.2 + 10.4.2.1 + 10.5.2.3):</p> <p>7.4.1.1 The routine needs to include a jumping section of at least one jump</p>
DanceSport	9.4.2.3 The routine needs to include a 360 degree rotation on one leg	<p>CHANGE (7.3.1.2 + 9.4.2.3 + 10.4.2.3)</p> <p>9.4.2.3 The routine needs to include a rotation on one leg</p>
Equestrian	10.3.5 In the case of a fall of the horse and/or rider, the athlete will not be eliminated. He/she will be penalized by the effect of the fall on the execution of the movement being performed, as well as in the Collective Marks.	<p>CHANGE:</p> <p>10.3.5 In the case of a fall of the horse and/or rider, the athlete will be eliminated. He/she will be penalized by the effect of the fall on the execution of the movement being performed, as well as in the Collective Marks.</p>
Equestrian	10.3.11 All movements and certain transitions from one to another which have to be marked by the judge(s) are numbered on the judges sheets. Each	<p>CHANGE:</p>



	<p>movement will receive a score from 0 to 10. The lowest mark is 0 and is given to a movement that is “not executed”, which means that practically nothing of the required movement has been performed. Ten represents the highest mark.</p>	<p>10.3.11 All movements and certain transitions from one to another which have to be marked by the judge(s) are numbered on the judges sheets. Each movement will receive a score from 0 to 10. The lowest mark is 0 and is given to a movement that is “not executed”, which means that practically nothing of the required movement has been performed. Ten represents the highest mark. Half grades can also be given (i.e. 4.5, 7.5, etc.)</p>
<p>Equestrian</p>	<p>12.5.1 Jumping Penalties</p> <p>Knocking down obstacle (Level A) - 2 Faults</p> <p>Knocking ground pole (Levels B,C) - 2 Faults</p> <p>First refusal (run out) - 3 Faults</p> <p>Second refusal - 3 Faults</p> <p>Third refusal – Elimination (Athlete may complete the course)</p>	<p>CHANGE:</p> <p>12.5.1 Jumping Penalties</p> <p>Knocking down obstacle (Level A) - 2 Faults</p> <p>Knocking ground pole (Levels B,C) - 2 Faults</p> <p>First refusal (run out) - 3 Faults</p> <p>Second refusal - 3 Faults</p> <p>Third refusal – Elimination (Athlete must leave the course if directed to do so by the judge)</p>
<p>Equestrian</p>	<p>14.3.2 Mandatory Obstacles</p> <ul style="list-style-type: none"> o Ground poles for walk (not elevated)—spaced a minimum of 40-50cm (15–20") apart. o Ground poles for walk (elevated)—spaced a minimum of 56cm (22") apart and may be elevated a maximum of 30cm (12") measured from the ground to the top of the element. o Ground poles for trot (not elevated)—spaced a minimum of 90-107cm (3’–3’6") apart. o Ground poles for canter (not elevated)—spaced a minimum of 2m (6–7') apart. <p>14.3.2.3 Spacing should be a minimum of:</p> <ul style="list-style-type: none"> o 2m (6–7') for the walk o 3m (9–10') for the trot 	<p>CHANGE:</p> <ul style="list-style-type: none"> o Ground poles for walk (not elevated)—spaced a minimum of 60-80cm (23.62" – 31.50") apart. o Ground poles for walk (elevated)—spaced a minimum of 56cm (22") apart and may be elevated a maximum of 30cm (12") measured from the ground to the top of the element. o Ground poles for trot (not elevated)—spaced a minimum of 90-120cm (3.43"–47.24") apart. <p>14.3.2.3 Spacing should be a minimum of:</p>



	<ul style="list-style-type: none"> o 10m (33') for the canter 	<ul style="list-style-type: none"> o 3m (or 3-4m) (6-7') for the walk o 4-5m (or 4 to 6m) (9-12') for the trot
Equestrian		<p>ADD:</p> <p>14.3.4 Athletes may only approach an obstacle a maximum of three times. Judges may send them to the next obstacles after any approach if they have safety concerns.</p>
Field Hockey		<p>ADD:</p> <p>6. UNIFIED SPORTS®</p> <p>6.1 A team consists of six Special Olympics Athletes and five Unified Sports Partners</p> <p>6.2 Selection of Special Olympics Athletes and Unified Sports Partners of similar age and ability is required for Unified Sports training and competition in Field Hockey. Age and ability matching will enhance the quality of the training and competition experience.</p>
Field Hockey	<p>Section 7 – Players’ Clothing and Equipment</p> <p>7.2.2 Must wear shin, ankle, cup (only for men) and mouth protection; If the athlete can’t wear a mouth protection, the athlete must have a clarification from their doctor.</p>	<p>CHANGE:</p> <p>7.2.2 Must wear shin, and ankle pads. It is strongly recommended that mouth guards and cup (only for men) are worn.</p>
Figure Skating	<p>Section 9 Ice Dance</p> <p>Ice Dance Level 1-6</p>	<p>CHANGE:</p> <p>Ice Dance Level 1-3</p> <p>All ages, Solo, Team (unified)</p> <p>To allow for three levels of Ice Dance for international competition. The dances are placed in levels to allow skaters to perform two dances with increasing developmental difficulty. Four dances are assigned per level with two dances being done each year on a rotational basis.</p>
Figure Skating		<p>ADD:</p> <p>Showcase Artistic Event</p>



		<p>All Levels, All Ages, Male and Female, Duet (Unified)</p> <p>10.1. Skaters participating in showcase events and competitions display their creative skills in the depiction of a character or musical theme exhibited through their routine. Technical skating skill and difficulty will not be rewarded as such. However, skating must be the major element of the performance and be of sufficient quality to support the character or theme chosen.</p> <p>10.2. Discipline 1: Artistic Appeal with Innovation and Creativity</p> <p>10.2.1. A performance is truly entertaining when it is in the eyes, ears, and hearts of the audience. It is measure of how audience members remember the program, how they felt during the performance, their level of involvement during the program, what they take away from it, and how long after they will recall it.</p> <p>10.2.2. The meaning and feeling should be unique and person.</p> <p>10.3. Discipline 2: Performance & Projection</p> <p>10.3.1. The physical, emotional, and artistic involvement of a skater, using their ability to create a universe.</p> <p>10.3.2. This performance has continuous development of the theme and universe from beginning to end, while displaying their musicality skills.</p> <p>10.3.3. It is a measure of how skaters use the ice, music, and the space around them to project feeling and musical awareness into the subconscious of the audience.</p> <p>10.4. Discipline 3: Skating Skills Showcase</p>
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Figure Skating	<p>Section 11 Unified Sports Events</p> <p>11.1 Selection of Special Olympics Athletes and Unified Sports® Partners of similar age is preferred and ability is required for Unified Sports® training and competition in Figure Skating.</p> <p>11.2 Each Unified Sports® Team shall consist of one Special Olympics Athlete and one Unified Sports® Partner.</p> <p>11.3 A coach may not also participate as a Unified Sports® Partner</p>	<p>CHANGE:</p> <p>12.1. The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Unified Pairs Skating.</p> <p>12.2. The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Ice Dancing.</p> <p>12.3. It is preferred that athletes and Unified partners are of similar age and ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2.</p> <p>12.4. A coach may not also participate as a Unified Sports® Partner.</p>
Floorball		<p>ADD:</p> <p>Section 2 Officials Events</p> <p>2.2 5v5 Team Competition</p>
Floorball	<p>Section 7.2 – Participants</p> <p>7.2.1 Allowable roster size is to be determined by the competition committee. At the Special Olympics World Games, roster may not exceed 12 players, and a minimum of 10 is recommended (eight field players and two</p>	<p>CHANGE:</p> <p>7.2.1 Allowable roster size is to be determined by the competition committee. At the Special Olympics World Games, roster may not exceed 12 players, and a minimum of 10 is recommended (eight field players and two goalies recommended). Unified teams must follow Roster rules set in Sport Rules Article 1.</p>



	goalies recommended). Unified teams must follow Roster rules set in Sport Rules Article 1.	The goalie can either be an athlete or Unified Partner.
Floorball		<p>ADD:</p> <p>7.2.2 The athlete to Unified partner ratio must be 3 athletes to 2 Unified partners in the Team Competition.</p> <p>7.2.3 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2.</p>
Floorball	Section 8 - Individual Skills Competition	<p>ADD:</p> <p>8.1.1.5 Shoot Around the Goal Diagram (sourced from Coaching Guide)</p> <p>8.1.2.5 Receiving and Passing Diagram (sourced from Coaching Guide)</p> <p>8.1.3.5 Stickhandling Diagram (sourced from Coaching Guide)</p> <p>8.1.4.6 Shot for Accuracy Diagram (sourced from Coaching Guide)</p>
Floor Hockey	<p>8.1 Roster</p> <p>8.1.1 The roster shall contain a proportionate number of Special Olympics Athletes and Unified Sports Partners.</p> <p>8.2 Line-up</p> <p>8.2.1 During competition, the line-up can contain no more than three partners on the court at any one time.</p> <p>8.2.2 Equal playing rules as outlined for traditional Floor Hockey teams in section 6.3.1 apply for all players including the goalkeeper.</p> <p>8.3 Coach</p> <p>8.3.1 Each team shall have a non-playing head coach.</p>	<p>CHANGE:</p> <p>8.1 Roster</p> <p>8.1.1 The roster shall contain a proportionate number of Special Olympics Athletes and Unified Sports Partners.</p> <p>8.1.2 The athlete to Unified partner ratio must be 3 athletes to 3 Unified partners in the Team Competition.</p> <p>8.1.3 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.</p> <p>8.2 Line-up</p>



	<p>8.4 Matching Athletes and Partners</p> <p>8.4.1 Selection of Special Olympics Athletes and Unified Sports Partners of similar age and ability is required for Unified Sports training and competition in Floor Hockey. Significant risk of injury could result from teams where athletes and partners are poorly matched.</p>	<p>8.2.1 During competition, the line-up can contain no more than three partners on the court at any one time.</p> <p>8.2.2 Equal playing rules as outlined for traditional Floor Hockey teams in section 6.3.1 apply for all players including the goalkeeper.</p> <p>8.3 Coach</p> <p>8.3.1 Each team shall have a non-playing head coach.</p>
Football		<p>ADD:</p> <p>4. UNIFIED SPORTS®</p> <p>4.1 Unified Events Required Ratios</p> <p>4.1.1 5-a-Side Football: 3 athletes to 2 Unified partners</p> <p>4.1.2 7-a-Side Football: 4 athletes to 3 Unified partners</p> <p>4.1.3 8-a-Side Football: 4 athletes to 4 Unified partners</p> <p>4.1.4 11-a-Side Football: 6 athletes to 5 Unified partners</p> <p>4.1.5 Futsal: 3 athletes to 2 Unified partners</p> <p>4.2 It is required that athletes and Unified partners are of similar age and similar ability in all events. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2</p>
Football	<p>4.2.11 Goal Clearance</p> <p>4.2.11.1 When the ball passes over the goal line (not in the goal), having last been played by an attacking player, the goalkeeper, standing within his own penalty area, shall throw the ball back into play beyond his own penalty area, but not further than the halfway line (i.e., the ball must touch the ground or another player before crossing the halfway line). The ball shall be deemed in play as</p>	<p>CHANGE:</p> <p>5.2.11.1 A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player on the attacking team, and a goal is not scored. A goal may be scored directly from a goal kick, but only against the opposing team; if the ball enters directly into the kicker's goal, a corner kick is awarded to the opponents. The ball must be</p>



	<p>soon as it passes outside the penalty area. The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.</p>	<p>stationary and is kicked from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and clearly moves. Opponents must be outside the penalty area until the ball is in play.</p> <p>5.2.11.1.1 If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded; if the kicker commits a handball offence:</p> <p>5.2.11.1.1.1. A direct free kick is awarded</p> <p>5.2.11.1.1.2. A penalty kick is awarded if the offense occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case an indirect free kick is awarded.</p> <p>5.2.11.1.2 If, when a goal kick is taken, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue. If an opponent who is in the penalty area when the goal kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the goal kick is retaken.</p> <p>5.2.11.1.3 If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off, depending on the offense.</p> <p>5.2.11.1.4 For any other offence, the kick is retaken.</p> <p>5.2.11.2 The above rules of goal clearance also apply when a goalkeeper gains possession, with his hands, of a ball that is still in play.</p>
Football	<p>4.2.14 Fouls and Misconduct (except there is no offside)</p> <p>4.2.14.1 All fouls result in an indirect free kick (except penalty kick= direct free kick).</p>	<p>CHANGE:</p> <p>5.2.14.1 A Direct free kick is awarded if a player commits any of the following offences against an</p>



	<p>4.2.14.2 If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game. player may not re-enter the game. His team must play a player down for two minutes.</p> <p>4.2.14.2.1 Keeping check of the two minutes shall be the task of the referee.</p> <p>4.2.14.2.2 The player who enters the game as a substitute after two minutes may only do so with the consent of the referee and when the ball is out of bounds.</p>	<p>opponent in a manner considered by the referee to be careless, reckless or using excessive force:</p> <p>5.2.14.1.1 Charges,</p> <p>5.2.14.1.2 Jumps at</p> <p>5.2.14.1.3 Kicks or attempts to kick;</p> <p>5.2.14.1.4 Pushes;</p> <p>5.2.14.1.5 Strikes or attempts to strike (including head-butt);</p> <p>5.2.14.1.6 Tackles or challenges;</p> <p>5.2.14.1.7 Trips or attempts to trip</p> <p>5.2.14.2 If an offence involves contact, it is penalized by a direct free kick.</p> <p>5.2.14.2.1 Careless is when a players shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed</p> <p>5.2.14.2.2 Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned</p> <p>5.2.14.2.3 Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off</p> <p>5.2.14.3 A direct free kick is awarded is a player commits any of the following offences:</p> <p>5.2.14.3.1 A handball offence (except for the goalkeeper within their penalty area)</p> <p>5.2.14.3.2 Holds an opponent</p> <p>5.2.14.3.3 Impedes an opponent with contact</p> <p>5.2.14.3.4 Bites or spits at someone on the team lists or a match official</p>
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		<p>5.2.14.3.5 Throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object</p> <p>5.2.14.4 An indirect free kick is awarded if a player:</p> <p>5.2.14.4.1 Plays in a dangerous manner</p> <p>5.2.14.4.2 Impedes the progress of an opponent without any contact being made</p> <p>5.2.14.4.3 Is guilty of dissent, using offensive, insulting or abusive language and/or action(s) or other verbal offences</p> <p>5.2.14.4.4 Prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it</p> <p>5.2.14.4.5 Initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee, etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is penalized if responsible for initiating the deliberate trick</p> <p>5.2.14.4.6 Commits any other offence, not mentioned in the Rules, for which play is stopped to caution or send off a player</p> <p>5.2.14.5 An indirect free kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offences:</p> <p>5.2.14.5.1 Controls the ball with the hand/arm for more than six seconds before releasing it</p> <p>5.2.14.5.2 Touches the ball with the hand/arm after releasing it and before it has touched another player</p> <p>5.2.14.5.3 Touches the ball with the hand/arm; unless the goalkeeper has clearly kicked or</p>
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		<p>attempted to kick the ball to release it into play, after:</p> <p>5.2.14.5.3.1 It has been deliberately kicked to the goalkeeper by a teammate</p> <p>5.2.14.5.3.2 Receiving it directly from a thrown-in (kick in) taken by a teammate</p> <p>5.2.14.5.4 A goalkeeper is considered to be in control of the ball with the hand(s) when:</p> <p>5.2.14.5.4.1 The ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save</p> <p>5.2.14.5.4.2 Holding the ball in the outstretched open hand</p> <p>5.2.14.5.4.3 Bouncing it on the ground or throwing it in the air</p> <p>5.2.14.5.5 A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s)</p> <p>5.2.14.5.6 Playing in a dangerous manner</p> <p>5.2.14.5.6.1 Playing in a dangerous manner is any action that, while trying to play the ball, threatens injury to someone (including the player themselves) and includes preventing a nearby opponent from playing the ball for fear of injury.</p> <p>5.2.14.5.7 Impeding the progress of an opponent without contact</p> <p>5.2.14.5.7.1 Impeding the progress of an opponent means moving into the opponent's path to obstruct, block, slow down or force a change of direction when the ball is not within playing distance of either player.</p> <p>5.2.14.5.7.2 All players have a right to their position on the field of play; being in the way of an</p>
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		<p>opponent is not the same as moving into the way of an opponent.</p> <p>5.2.14.5.7.3 A player may shield the ball by taking a position between an opponent and the ball if the ball is within playing distance and the opponent is not held off with the arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent.</p> <p>5.2.14.6 All fouls result in an indirect free kick (except penalty kick= direct free kick).</p> <p>5.2.14.7 If a player is expelled from the game (receives two yellow cards or a red card), this player may not re-enter the game. His team must play a player down for two minutes.</p> <p>5.2.14.7.1 Keeping check of the two minutes shall be the task of the 1st referee (Head Referee).</p> <p>5.2.14.7.2 The player who enters the game as a substitute after two minutes may only do so with the consent of the referee and when the ball is out of bounds.</p>
Football	<p>4.2.14 Fouls and Misconduct (except there is no offside)</p> <p>4.2.14.3.1 Keeping check of the two minutes shall be the task of the referee.</p>	<p>CHANGE:</p> <p>5.2.14.3.1 Keeping check of the two minutes shall be the task of the 1st referee (Head Referee).</p>
Golf	Section 2 – Official Events	<p>ADD:</p> <p>The following is a list of official events available in Special Olympics:</p> <p>2.1 Level 1 — Individual Skills Competition</p> <p>2.2 Level 2 — Unified Sports Alternate Shot Team Play Competition (9-hole)</p> <p>2.3 Level 3 — Unified Sports Alternate Shot Team Play Competition (18 hole)</p> <p>2.4 Level 4 — Individual Stroke Play Competition (9 hole)</p>



		<p>2.5 Level 5 – Individual Stroke Play Competition (18 hole)</p> <p>2.6 Topgolf (Target Orientation Play) Singles Competition</p> <p>2.7 Topgolf Unified Doubles Competition</p>
Golf	<p>3.1.3 Required Averages</p> <p>3.1.3 Required Averages</p> <p>3.1.3.1 When considering moving up in levels, the following scores are the required averages that the athlete must have when practicing:</p> <p>3.1.3.1.1 Level 2 to Level 3 = average of 120 or lower (team score)</p> <p>3.1.3.1.2 Level 2 to Level 4 = average of 70 or lower (athlete only score)</p> <p>3.1.3.1.3 Level 3 to Level 4 = average of 70 or lower (athlete only score)</p> <p>3.1.3.1.4 Level 3 to Level 5 = average of 120 (athlete only score) or lower</p> <p>3.1.3.1.5 Level 4 to Level 5 = average of 120 (athlete only score) or lower</p>	<p>CHANGE/ADD:</p> <p>3.1.3 Required Averages</p> <p>3.1.3.1 When considering moving up in levels, the following scores are the required averages that the athlete must have when practicing:</p> <p>3.1.3.1.1 Level 2 to Level 3 = average of 120 or lower (team score)</p> <p>3.1.3.1.2 Level 2 to Level 4 = average of 70 or lower (athlete only score)</p> <p>3.1.3.1.3 Level 3 to Level 4 = average of 70 or lower (athlete only score)</p> <p>3.1.3.1.4 Level 4 to Level 5 = average of 120 or lower</p> <p>3.1.3.1.5 Level 3 to Level 5 = average of 120 or lower (athlete only score) or lower</p> <p>3.1.3.2 When reviewing averages from scorecards, considerations should be taken to compare the yardage played vs. the maximum yardages for Special Olympics golf competitions, to determine if any adjustments should be made.</p>
Golf	<p>3.1.4 Maximum Averages</p> <p>3.1.4 Maximum Averages</p> <p>3.1.4.1 The following are maximum averages for each level of competition that will be enforced at all sanctioned competitions. Scores not meeting these criteria may be subject to disqualification.</p>	<p>ADD/CHANGE:</p> <p>3.1.4 Maximum Averages</p> <p>3.1.4.1 The following are maximum averages for each level of competition that will be enforced at all sanctioned competitions. Scores not meeting these criteria may be subject to disqualification.</p>



	<p>3.1.4.1.1 Level 2 – average of 70 or lower</p> <p>3.1.4.1.2 Level 3 – average of 120 or lower (18 holes)</p> <p>3.1.4.1.3 Level 4 – average of 70 or lower</p> <p>3.1.4.1.4 Level 5 – average of 120 or lower</p> <p>3.1.4.2 For the purpose of submitting scorecards for an event, reviewing scores/scorecards for the consideration of moving athletes/teams up in level and the enforcement of maximum scores, please note that scores/scorecards from executive courses or Par 3 courses should not be submitted.</p>	<p>3.1.4.1.1 Level 2 – average of 70 or lower (9 holes)</p> <p>3.1.4.1.2 Level 3 – average of 120 or lower (18 holes)</p> <p>3.1.4.1.3 Level 4 – average of 70 (or a comparable handicap index) or lower (9 holes)</p> <p>3.1.4.1.4 Level 5 – average of 120 (or a comparable handicap index) or lower (18 holes)</p> <p>3.1.4.2 For the purpose of submitting scorecards for an event, reviewing scores/scorecards for the consideration of moving athletes/teams up in level and the enforcement of maximum scores, please note that scores/scorecards from executive courses or Par 3 courses should not be submitted.</p> <p>3.1.4.3 When reviewing averages from scorecards, considerations should be taken to compare the yardages played vs. the maximum yardages for Special Olympics golf competitions, to determine if any adjustments should be made.</p> <p>3.1.4.4 Use of a handicap index, via the World Handicap System (https://www.whs.com/) for registration and divisioning of golfers competing in Levels 4 and 5 is encouraged.</p>
Golf		<p>ADD:</p> <p>3.2 Unified Rules</p> <p>3.2.1 The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Team Play.</p> <p>3.2.2 It is preferred that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p>
Golf	<p>3.3 Slow Play</p> <p>3.3.1 For the purpose of preventing slow play, the Committee may, in the conditions of a competition (Rule 33-1), establish pace of play</p>	<p>CHANGE/ADD:</p> <p>3.4 Pace of Play</p> <p>3.4.1.1 For the purpose of preventing slow play, the Committee may, in the conditions of a</p>



	<p>guidelines including maximum periods of time to complete a stipulated round, a hole, or a stroke.</p>	<p>competition (Rule 33-1), establish pace of play guidelines including maximum periods of time to complete a stipulated round, a hole, or a stroke.</p>
<p>Golf</p>		<p>ADD (5.4.4 + 6.4.4 + 7.3.3 + 8.3.4):</p> <p>5.4.4 Returning a wrong score for a hole – If the athlete or unified partner returns a scorecard with a wrong score for any hole:</p> <p>5.4.4.1 Returned score higher than actual score – The higher returned score of the hole stands.</p> <p>5.4.4.2 Returned score lower than actual score or no score returned – the athlete or unified team will record a 10X for the hole(s) where the returned score is lower than the actual score.</p>
<p>Golf</p>		<p>ADD:</p> <p>Section 9 Topgolf – Competition Rules</p> <p>9.1 The purpose of Topgolf is to allow athletes and Unified partners to train and compete in basic golf skills.</p> <p>9.2 Equipment</p> <p>9.2.1 Golfers use golf clubs provided by the facility or use personal clubs.</p> <p>9.2.2 Golf balls</p> <p>9.2.2.1 Topgolf golf balls must be used at all times during training and competition sessions held at Topgolf locations. These specific golf balls include Toptracer technology and any other golf balls are not permitted.</p> <p>9.3 Scoring</p> <p>9.3.1 A maximum of 400 points may be scored in the signature Topgolf game.</p> <p>9.3.1.1 The maximum score excludes hole in ones.</p> <p>9.3.2 A swing and miss does count as a stroke.</p>



		<p>9.3.3 If a ball is not tracked by the scoring system, then the golfer is permitted to re-hit the ball and the missed ball will count as a practice swing.</p> <p>9.3.4 The 15th shot is deemed as a bonus ball. If the golfer scores inside of one of the shaded areas of a target, an additional 10 points will be added to the total score.</p> <p>9.3.5 Scores will be determined by landing in one of the 10 targets on the Topgolf course.</p> <p>9.4 Topgolf Course Setup</p> <p>9.4.1 Golfers compete in individual bays. Each bay can fit 6 golfers during competition.</p> <p>9.4.2 There are a total of 10 targets. These targets include a variety of distances that are categorized by different colors.</p> <p>9.5 Topgolf Single Competition Rules</p> <p>9.5.1 Rules of Play</p> <p>9.5.1.1 The golfer scores points by hitting balls into any target.</p> <p>9.5.1.1.1 Each golfer has 20 attempts to use a variety of different clubs to hit the ball.</p> <p>9.6 Topgolf Unified Doubles Competition Rules</p> <p>9.6.1 Team Definitions</p> <p>9.6.1.1 For Unified doubles competitions, a team shall consist of one athlete with an intellectual disability and one Unified partner without an intellectual disability.</p> <p>9.6.2 Rules of Play</p> <p>9.6.2.1 The golfers will alternately hit 5 balls each turn, giving each golfer 20 attempts per round of Topgolf. Once both the unified team has completed 20 hits, these scores will be combined and averaged.</p>
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Half Court 3-on-3 Basketball	Originally removed in 2018/2020 Rules Cycle	Added Half Court 3-on-3 Basketball as an official SOI discipline
Half Court 3-on-3 Basketball	<p>The following is a list of official events available in Special Olympics.</p> <p>2.1 Team Competition (3-on-3)</p> <p>2.2 Unified Sports® Team Competition (3-on-3)</p>	<p>CHANGE:</p> <p>The following is a list of official events available in Special Olympics.</p> <p>2.1 Team Competition (Half Court 3-on-3 Basketball)</p> <p>2.2 Unified Sports® Team Competition (Half Court 3-on-3 Basketball)</p>
Half Court 3-on-3 Basketball		<p>ADD:</p> <p>3.1 Purpose</p> <p>3.1.1 Half-court 3-on-3 basketball may be used as a means of increasing the number of teams for Special Olympics basketball competition.</p> <p>3.1.2 It is also a means of assisting competitors with lower ability levels to progress from Individual Skills to full court play.</p> <p>3.1.3 However, efforts must be made to play regulation team basketball whenever possible.</p>
Half Court 3-on-3 Basketball	<p>3.1 Divisioning</p> <p>3.1.1 The Head Coach must submit the scores from both of the Basketball Skills Assessment Tests (BSAT), e.g., dribbling and perimeter shooting, for each player on his/her roster prior to competition.</p> <p>3.1.2 The Head Coach must also identify his/her three best players in terms of their on-court playing ability by placing a star next to their names on the roster.</p> <p>3.1.3 The team score shall be determined by adding the top four players' scores and then dividing that total by four.</p>	<p>CHANGE:</p> <p>3.2 Divisioning</p> <p>3.2.1 A classification round of games should be conducted as a means of finalizing the divisioning process.</p> <p>3.2.1.1 Teams may be moved from any assigned competition pool throughout the pool play process in order to maintain competitive balance. The Divisioning Committee reserves the right to adjust the divisioning prior to the medal round.</p> <p>3.2.1.2 Every effort will be made to guarantee the integrity of the games and divisioning process. The ultimate goal of the Committee is to select divisions with teams of similar ability. The decision</p>



	<p>3.1.4 Teams are initially grouped in divisions according to their BSAT team score.</p> <p>3.1.5 A classification round of games shall then be conducted as a means of finalizing the divisioning process. There is no jump ball. All jump balls situations, the ball shall be awarded to the defensive team. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.</p>	<p>of the Committee is final and may not be appealed/protested.</p> <p>3.2.2 Each team will be required to play all team members, unless a competitor is unable to play due to injury, illness or for disciplinary reasons.</p>
<p>Half Court 3-on-3 Basketball</p>	<p>3.3 Playing Area and Equipment</p> <p>3.3.1 Any half-court section of a basketball court may be used. The court will be bounded by the end line under the basket, two sidelines and the half-court line.</p> <p>3.3.2 Each team must wear a uniform shirt. Team shirts shall be of the same solid color, front and back. Each player shall be numbered on the front and back of the shirt with plain Arabic numbers of at least 20 centimeters (6-8 in) high on the back and 10 centimeters (4 in) high on the front and not less than 2 centimeters (3/4 in) in width. All numbers are to be per NGB specifications.</p>	<p>CHANGE:</p> <p>3.3 Playing Area and Equipment</p> <p>3.3.1 Any half-court section of a basketball court may be used. The court will be bounded/enclosed by the end line under the basket, two sidelines and the half-court line.</p> <p>3.3.2 All players must wear basketball attire with identifying numbers and flat rubber sole athletic shoes.</p> <p>3.3.3 Team uniform shirts and shorts must be identical in trim color and style.</p> <p>3.3.4 Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, or white. Undershirts may be worn by some or all of the players, and may be short sleeve or tank top. (No cut or ragged edges are allowed).</p> <p>3.3.5 Each player shall be numbered on the front and back of the shirt with plain Arabic numbers of at least 20 centimeters (6-8 in) high on the back and 10 centimeters (4 in) high on the front and not less than 2 centimeters (3/4 in) in width.</p>
<p>Half Court 3-on-3 Basketball</p>	<p>3.6.7 A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the foul line extended. If a shot is attempted by the defense after a gained possession without taking it back to the arc, the possession returns to</p>	<p>CHANGE:</p> <p>3.6.6 A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the arc. If a shot is attempted by the defense after a gained possession without taking it back to the</p>



	<p>the offense as a dead ball and will need to be inbounded from the behind of the arc / top of the key.</p>	<p>arc, the possession returns to the offense as a dead ball and will need to be checked from beyond the arc at the marked 'X' for checked ball restart.</p> <p>*Added Check Ball Restart Diagram*</p>
<p>Half Court 3-on-3 Basketball</p>	<p>3.4 Team and Players</p> <p>3.4.1 A team may have up to five players, which includes three starters and two substitutes.</p> <p>3.4.2 Half-court basketball is a game of three-on-three. Each team must start the game with three players. A team may drop below three after the start of the game due to player injury or illness but must have three to start the game. For Unified 3 vs. 3, the ratio will be one athlete and one partner. A team may not drop below a minimum of two athletes or will have to forfeit the game.</p>	<p>CHANGE:</p> <p>3.4 Team and Players</p> <p>3.4.1 A team's roster may include up to five players, which would comprise of three starters and two substitutes.</p> <p>3.4.2 Each team must start the game with three players. A team may drop below three players after the start of the game due to player injury or illness but must have three players to start the game. For Unified Half Court 3-on-3, the ratio will be two athletes and one partner. A Unified team may not drop below a minimum of one athlete and one Unified partner or will have to forfeit the game.</p>
<p>Half Court 3-on-3 Basketball</p>	<p>3.5 The Game</p> <p>3.5.1 The game will be played for 20 minutes or until one-team scores 20 points. Games will have two 10-minute halves and a 2-minute half-time period. A made field goal counts two points, unless attempted from the three-point field goal area, when it counts three points.</p> <p>3.5.1.1 There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals, and timeouts).</p> <p>3.5.1.2 The game will start with a flip of a coin for possession. There is no jump ball. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.</p>	<p>CHANGE:</p> <p>3.5 The Game</p> <p>3.5.1 A complete game will be played for 20 minutes or until one-team scores 20 points. Games will have two 10-minute halves and a two-minute half-time period. A made field goal counts two points, unless attempted from the three-point field goal area, when a made field goal it counts as three points.</p> <p>3.5.1.1 There will be a running clock applied until the final minute of the first half, second half and any overtime period. During this the final minute, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals, and timeouts).</p> <p>3.5.1.2 The game will start with a flip of a coin for possession. There is no jump ball. All held or jump balls will be administered by alternate possession,</p>



		starting with the team that wins the flip of the coin.
Half Court 3-on-3 Basketball	<p>3.6 Competition</p> <p>3.6.1 The referee will handle the ball on all out-of-bounds plays.</p> <p>3.6.2 The ball is dead after a foul or violation is called, a field goal is made or any other time the referee blows his/her whistle.</p> <p>3.6.3 Teams change possession of the ball after made field goals. However, if a player is fouled in the act of shooting and makes the basket, the field goal is credited, and the offended against team retains possession of the ball.</p> <p>3.6.4 The in-bound spot in all cases (fouls, violations, out-of-bounds, made field goals, timeouts) will be behind the foul line extended at a designated spot within the restraining circle at the top of the key marked with an "X". This procedure is used for all fouls, violations, time-outs, out-of-bounds and made field goals. The in-bounder will be at the designated spot; all other players are permitted to have players continue to play defense on any offensive player that moves in those directions.</p> <p>3.6.5 On any change of possession, the team which just gained possession of the ball must take the ball back behind the foul line extended before shooting. In taking the ball back, either the ball or the foot of the player in possession must touch the foul line extended or the area behind it.</p> <p>3.6.6 A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the foul line extended. If a shot is attempted by the defense after a gained possession without taking it back to the free-throw line extended, the</p>	<p>CHANGE:</p> <p>3.6 Competition</p> <p>3.6.1 The referee will handle the ball on all out-of-bounds plays.</p> <p>3.6.2 The ball is dead after a foul or violation is called by the referee, a field goal is made or any other time the referee blows his/her whistle.</p> <p>3.6.3 Teams change possession of the ball after made field goals. However, if a player is fouled in the act of shooting and makes the basket, the field goal is counted, and the offended against team retains possession of the ball.</p> <p>3.6.4 The in-bound spot in all cases (fouls, violations, out-of-bounds, made field goals, timeouts) will be behind the free throw line extended at a designated spot within the restraining circle at the top of the key marked with an "X" (see Diagram 1). The player inbounding the ball will begin play from the designated spot; all other players on the court are permitted to move about the designated court area, with defensive players continuing to play defense on any offensive player that moves within the designated space.</p> <p>3.6.5 On any change of possession, the team which just gained possession of the ball must take the ball back behind the free throw line extended prior to attempting a field goal. In taking the ball back, either the ball or the foot of the player in possession of the ball must touch the free throw extended or the area behind it.</p> <p>3.6.6 A violation has occurred when the team playing defense has just gained possession of the ball and attempts a field goal without taking the ball it back behind the free throw line extended. If a field goal is attempted by the team playing</p>



	<p>possession returns to the offense as a dead ball and will need to be inbounded from the "X".</p> <p>3.6.7 Substitutions may be made on a dead ball. When one team makes a substitution, the other team must be given an opportunity to substitute as well. Players entering the game must report to the scorer's table and be beckoned into the game by the referee.</p> <p>3.6.8 Two 60-second timeouts are allowed per team. When a timeout is called, the clock will be stopped. A player injury timeout may be called by the referee. The referee may stop the clock at his/her discretion and is advised to do so at any time. For example, allowing the clock to run when the ball bounces well out of play gives one team an unfair advantage. Consequently, the clock should be stopped.</p>	<p>defense after a gaining possession, without the team taking it back to the free-throw line extended, the possession returns to the team playing offense as a dead ball and will need to be inbounded from the "X".</p> <p>3.6.7 Substitutions may be made on a dead ball. When one team makes a substitution, the other team must be given an opportunity to substitute as well. Players entering the game must report to the scorer's table and be signaled into the game by the referee.</p> <p>3.6.8 Each team is provided with two 60-second timeouts during a regulation game. An additional timeout is granted to each team per overtime period. In both cases, all timeouts must be used by the end of the regulation game or overtime period. At no point can a timeout be carried over from regulation into overtime. When a timeout is called, the clock will be stopped.</p> <p>3.6.8.1 A player on court or a head coach on bench will signal orally or by hand signal to request for a timeout.</p>
<p>Half Court 3-on-3 Basketball</p>	<p>3.7 Fouls and Penalties</p> <p>3.7.1 A foul is an infraction of the rules involving personal contact with an opponent or for unsportsmanlike behavior. It is charged against the offender.</p> <p>3.7.2 On all fouls (personal, common, technical), the offended against team will get possession of the ball at the designated spot (i.e. the 'X'). If a player is fouled in the act of shooting and makes the basket, the field goal is credited. The offended against team also retains possession of the ball. In all cases, no free throws will be awarded or attempted.</p> <p>3.7.3 There are no individual or team foul limits in Half-Court 3-on-3 competition. However,</p>	<p>CHANGE:</p> <p>3.7 Fouls and Penalties</p> <p>3.7.1 A foul is an infraction of the rules involving personal contact with an opponent or for unsporting behavior. It is charged against the offender.</p> <p>3.7.2 On all fouls (personal, common, technical), the offended against team will receive possession of the ball at the designated spot (i.e. the 'X'). If a player is fouled in the act of shooting and makes the basket, the field goal is credited and the offended against team also retains possession of the ball. In all cases, no free throws will be awarded or attempted.</p>



	<p>misconduct will result in a warning to the player and coach. Continual misconduct or flagrant and intentional fouling will result in player dismissal.</p> <p>3.7.4 An offensive player, including the shooter, may remain in the free throw lane for only three seconds. The penalty for this infraction is loss of possession.</p> <p>3.7.5 A player making a throw-in shall have five seconds to release the ball. The penalty for taking more than five seconds shall be loss of possession.</p>	<p>3.7.3 There are no individual or team foul limits in Half-Court 3-on-3 competition. However, misconduct will result in a warning to the player and coach. Continual misconduct or flagrant and intentional fouling will result in player dismissal.</p> <p>3.7.4 An offensive player, including any players attempting a shot, may remain in the free throw lane for only three seconds. The penalty for this infraction is loss of possession.</p> <p>3.7.5 A player attempting a throw-in shall have five seconds to release the ball. The penalty for taking more than five seconds shall be loss of possession.</p>
Half Court 3-on-3 Basketball	<p>3.8.2.1 A player may take two steps beyond what is allowable. However, if the player scores, or “travels,” to escape the defense as a result of these extra step(s), an advantage has been gained. A violation is called immediately.</p>	<p>CHANGE:</p> <p>3.8.2.1 A player may take two steps beyond what is allowable. However, if the player scores, or “travels,” to escape the defense as a result of any extra step(s), an advantage has been gained. A violation is called immediately.</p>
Half Court 3-on-3 Basketball		<p>ADD:</p> <p>3.9.4 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.</p>
Handball	<p>9.2 Line Up</p> <p>9.2.1 Special Olympics Handball rules allow a team to play with a maximum of seven and a minimum of five players on the court in order to continue a game. Only the following lineups are allowed: 4 athletes and 3 partners, 3 athletes and 3 partners, 3 athletes and 2 partners. Failure to adhere to the required ratio results in a forfeit.</p>	<p>CHANGE:</p> <p>9.2.1 Special Olympics Handball rules allow a team to play with a maximum of seven and a minimum of five players on the court in order to continue a game. Only the following lineups are allowed:</p> <ul style="list-style-type: none"> • 4 athletes and 3 partners • 3 athletes and 3 partners • 3 athletes and 2 partners
Handball	9.2 Line Up	CHANGE:



	<p>9.2.2 Exception: Whenever two-minute suspensions are issued, a team’s lineup on the court remains intact regardless of the ratio. When the suspension time concludes, the lineup must restore back to the required ratios.</p> <p>9.2.2.1 Example: If a partner receives a two-minute suspension and the ratio then is 4 athletes and 2 partners, this is allowed only during the suspension time. If a second partner also receives a two-minute suspension during this overlapping time frame, the lineup of 4 athletes and 1 partner is allowed, but only during the suspension time). If there are ever less than 5 players (Athletes & Partners) on the court, the game is immediately stopped, and a forfeit win is awarded to the opposing team.</p>	<p>9.2.2 Exception: Whenever two-minute suspensions are issued, a team’s lineup on the court remains intact regardless of the ratio. When the suspension time concludes, the lineup must restore back to the required ratios.</p> <p>9.2.2.1 Example: If a partner receives a two-minute suspension and the ratio then is 4 athletes and 2 partners, this is allowed only during the suspension time. If a second partner also receives a two-minute suspension during this overlapping time frame, the lineup of 4 athletes and 1 partner is allowed, but only during the suspension time). If there are ever less than 5 players (Athletes & Partners) on the court, the game is immediately stopped, and a forfeit win is awarded to the opposing team.</p>
Handball		<p>ADD:</p> <p>9.2.4 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.</p>
Judo	<p>Section 3 Divisioning</p> <p>3. DIVISIONING</p> <p>3.1 Entry Form</p> <p>3.1.1 All athletes entering a Special Olympics judo event will initially be divisioned by the details required on the event entry form:</p> <p>3.1.1.1 Gender</p> <p>3.1.1.2 Ability Level</p> <p>3.1.1.3 Exact Weight</p> <p>3.1.1.4 Age</p> <p>3.1.1.5 Starting Position: Tachi waza or Ne waza</p>	<p>CHANGE:</p> <p>3. DIVISIONING AND CLASSIFICATION</p> <p>3.1 Entry Form</p> <p>3.1.1 All judokas entering a Special Olympics judo event will initially be divisioned by the details required on the event entry form:</p> <p>3.1.1.1 Gender</p> <p>3.1.1.2 Ability Level</p> <p>3.1.1.3 Exact Weight</p> <p>3.1.1.4 Age</p> <p>3.1.1.5 Starting Position: Tachi waza or Ne waza</p>



<p>Judo</p>	<p>3.2 Placement</p> <p>3.2.1 Each athlete shall then be placed in the appropriate division, together with other athletes of similar abilities and characteristics, following both the criteria of the IJF and the one of safety. That will be the initial act of divisioning. See details below.</p>	<p>CHANGE:</p> <p>3.2.1 Each judoka shall then be placed in the appropriate division, together with other judokas of similar abilities and characteristics</p>
<p>Judo</p>	<p>3.3 Skills</p> <p>3.3.1 A divisioning process will take place before every competition venue on the tatami. Each athlete will undergo skill test together with their respective fellow athletes.</p> <p>3.3.2 This test shall be carried on during a training session, where a 'Divisioning official' together with tatami-supervisor checks that the pre-divisioning is ok. The divisioning training session shall be conducted in a game based, playful manner which is designed to portray the athletes true skills and ability whilst sharing a feeling of recreation, friendship and enjoyment.</p> <p>3.3.3 The training session should include the following techniques (Waza):</p> <p>3.3.3.1 Games to test action-reaction, judo, feeling and fighting spirit.</p> <p>3.3.3.2 Turnovers from the opponent (uke) in ground position to holding (Osae-komi-waza)</p> <p>3.3.3.3 Throwing techniques (Nage-waza)</p> <p>3.3.3.4 Breakfalls (Ukemi-waza) being thrown by an opponent (Tori)</p> <p>3.3.4 The evaluation on the skills will be based on the following criteria:</p> <p>3.3.4.1 Judo feeling</p> <p>3.3.4.2 Concept of Contest</p> <p>3.3.4.3 Prediction of the opponent's movement</p>	<p>CHANGE:</p> <p>3.3 Ability Assessment</p> <p>3.3.1 A divisioning process will take place before every competition venue on the tatami. Each judoka will undergo ability assessments together with their respective fellow judokas.</p> <p>3.3.1.1 This assessment shall be carried out during a training session, where a 'Divisioning official' together with tatami-supervisor checks that the pre-divisioning from the entry form is correct. The divisioning training session shall be conducted in a game based, playful manner which is designed to portray the athletes true skills and ability whilst sharing a feeling of recreation, friendship and enjoyment.</p> <p>3.3.2 The training session should include the following techniques (Waza):</p> <p>3.3.2.1 Games to test action-reaction, judo feeling, fighting spirit and speed of performance.</p> <p>3.3.2.2 Turnovers from the opponent (uke) in ground position to holding (Osae-komi-waza)</p> <p>3.3.2.3 Throwing techniques (Nage-waza)</p> <p>3.3.2.4 Breakfalls (Ukemi-waza) being thrown by an opponent (Tori)</p> <p>3.4 Ability Level</p> <p>The ability level is based upon the comparison of each judoka to a mainstream recreational athlete.</p>



<p>3.3.4.4 Speed of Performance</p> <p>3.3.4.5 Performance of the athlete</p> <p>3.3.4.6 Speed of the technique</p> <p>3.3.4.7 Reaction of the athlete</p> <p>3.3.4.8 Concept of strategy</p> <p>3.4 Skill Levels</p> <p>The skills levels are based upon the comparison of each athlete to a mainstream recreational athlete.</p> <p>3.4.1 Skill level 1</p> <p>3.4.1.1 A judoka of level 1 can "compete" in shiai form almost as an equal to a "recreational" judoka (above), has a perfect judo feeling, he/she is fast and powerful in his/her movements, quickly reacting and able to develop a strategy during the game. He fulfills the above criteria to the maximum extent.</p> <p>3.4.1.2 An athlete of level 1 would need only a slight assistance and guidance by his/her coach or the referee in order to "compete".</p> <p>3.4.2 Skill level 2</p> <p>3.4.2.1 A judoka of level 2 can "compete" in randori form almost as an equal to a "recreational" judoka, has a good judo feeling, is somehow slow and not so powerful in his/her movements, reacting fairly quickly and fairly understanding the concept of strategy. He/she fulfills the above criteria also in a fair extent.</p> <p>3.4.2.2 An athlete of level 2 would need a moderate assistance and guidance by his/her coach or the referee to carry out the game.</p> <p>3.4.3 Skill level 3</p> <p>3.4.3.1 A judoka of level 3 can only share a playful randori with a "recreational" judoka", has a fairly good feeling of judo, he/she is somehow fast and</p>	<p>3.4.1 Level 1</p> <p>3.4.1.1 Level 1 is a judoka who can perform in shiai with a mainstream recreational judoka. This judoka is fast and powerful and has excellent reactivity. They have a strong feeling for Judo and an excellent strategic view. This judoka has a good understanding of the meaning and goal of the competition.</p> <p>3.4.2 Level 2</p> <p>3.4.2.1 Level 2 is a judoka who can perform in randori with a mainstream recreational judoka. This judoka understand the competition's meaning and goal. This judoka is fast and power and has moderate reactivity but is usually late responding to judo situations. They have a good judo feeling but may struggle with processing complex instructions and situations. They may need some assistance and guidance.</p> <p>3.4.3 Level 3</p> <p>3.4.3.1 Level 3 is a judoka who can perform a playful randori in training with a mainstream recreational judoka. This judoka is reasonably fast and powerful and has a reasonably developed reactivity. The strategy for level 3 judoka often consists of repeating the same technique over and over. This judoka is not able to combine throwing directions like in renraku waza in shiai. This judoka needs assistance and guidance from the coach on the judo mat as well as next to the mat during competition but understands most of the rules and goals.</p> <p>3.4.4 Level 4</p> <p>3.4.4.1 Level 4 is a judoka who can perform a playful randori in training with a recreational judoka but the mainstream judoka needs to adapt their speed and strength to match this player, as well as take almost all the initiative for movements</p>
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	<p>powerful in his/her movements, reacting reasonably quickly, but with no sense of strategy. He/she fulfills the above criteria all to a moderate extent.</p> <p>3.4.3.2 An athlete of level 3 would need a serious assistance and guidance by his coach or the referee to carry out the game.</p> <p>3.4.4 Skill level 4</p> <p>3.4.4.1 A judoka of level 4 can only share a playful randori with a "recreational" judoka but needs to somehow be helped from the latter. He/she has a little feeling of judo and he/she is not fast in his/her movements and reactions. No sense of strategy. He/she fulfills the above criteria to a low extent.</p> <p>3.4.4.2 An athlete of level 4 would need a high assistance and guidance by his/her coach or the referee to carry out the game.</p> <p>3.4.5 Skill level 5</p> <p>3.4.5.1 A judoka of level 5 can only share a playful randori with a "recreational" judoka but he/she needs to be seriously helped from him/her. He/she has no judo feeling, he/she is very passive and he/she would need the assistance of his/her coach and the referee to a maximum extent to carry out the game</p>	<p>during randori. This judoka needs adapted training and very high assistance and guidance from the coach or referee on the judo mat as well as next to the mat during competitions, but understands most of the rules and goals.</p> <p>3.4.5 Level 5</p> <p>3.4.5.1 Level 5 is a judoka who can perform a playful randori with a mainstream recreational judoka but the mainstream judoka needs to adapt their speed and strength to match this player, as well as take almost all the initiative for movements during randori. This judoka needs adapted training and very high assistance and guidance from the coach or referee on the judo mat as well as next to the mat during competitions and activities. This Judoka can be very strong and passive, and sometimes slow to respond. They can understand most of the rules and goals by can be very easily distracted. Active coaching is needed to perform in shiai.</p>
Judo	<p>3.5 Further criteria for the divisioning:</p> <p>3.5.1 Gender</p> <p>3.5.2 Age</p> <p>3.5.2.1 The Organizers, depending on the situation, are entitled to subdivide the range of age so as, in combination with the rest parameters of ability (levels, weight) to make appropriate pools, fair and safe for the athletes.</p> <p>3.5.3 Weight</p>	<p>CHANGE:</p> <p>3.5 Further criteria for the divisioning:</p> <p>3.5.1 Gender</p> <p>3.5.2 Age</p> <p>3.5.2.1 The Organizers are permitted to combine age groups, if necessary, as long as all the other criteria is adhered to such as ability levels, weight, and gender. The resulting action must result in fair and safe pools for the athletes.</p>



	<p>3.5.3.1 If there are enough athletes, it is possible to use the official weight categories as guidelines in all level</p> <p>3.5.3.2 The organizer has the responsibility and therefore the liberty to build up the weight-categories in each event in such a way, that in combination with the rest parameters of ability (levels, age) he creates "good" pools, which means fair and safe for the contestants.</p>	<p>3.5.3 Weight</p> <p>3.5.3.1 If there are enough judokas, it is possible to use the official IJF weight categories as guidelines in level 1 and 2.</p> <p>3.5.3.2 The organizer are permitted to combine weights, if necessary, as long as all the other criteria is adhered to such as ability level, age and gender. The resulting action must result in fair and safe pools for the athletes.</p>
Judo		<p>DELETE:</p> <p>4.4.7 If the athletes are competing in "ne-waza", they are not allowed to push the opponent straight backwards.</p> <p>4.4.8 In both "tachi-waza" and "ne-waza" the referee ensures that the athlete's neck is not locked in such a way that poses a risk of injury. In the event that either opponents arm goes around the neck further than the center point, "Mate" will be called immediately.</p>
Judo	<p>4.5 Prohibited Techniques</p> <p>4.5.1 Techniques classified as sacrificial throws (sutemi-waza)</p> <p>4.5.2 Arm-lock techniques (ude-kansetsu-waza)</p> <p>4.5.3 Strangulations (shime-waza)</p> <p>4.5.4 Sankaku-waza (triangle techniques)</p> <p>4.5.5 To carry out forward and backward throws on one or two knees</p> <p>4.5.6 Any technique that puts the neck of the opponent at risk of injury is forbidden</p> <p>4.5.7 In tachi waza, techniques like koshi guruma or kubi nage are forbidden</p>	<p>CHANGE:</p> <p>4.5 Prohibited Techniques</p> <p>In addition to the prohibited actions as described in the official Judo rules, the following techniques are also prohibited for all levels:</p> <p>4.5.1 All forms and variations of:</p> <p>4.5.1.1 Sutemi-waza;</p> <p>4.5.1.2 Kansetsu-waza;</p> <p>4.5.1.3 Shime-waza;</p> <p>4.5.1.4 Sankaku techniques;</p>



	<p>4.5.8 In ne waza, techniques like hon kesa katame, or classic forms from Makura kesa gatame, Kata gatame or Tate shiho gatame with the arm with pressure around the neck are forbidden</p>	<p>4.5.2 All throws that are executed on one or two knees forward and backward</p> <p>4.5.3 To put pressure on the opponent's head, neck or throat. In the event that either opponent's arm goes around the neck further than the center point, "Mate" will be called immediately.</p> <p>4.5.4 In Tachi-waza:</p> <p>4.5.4.1 To perform Kumi-kata around the head or neck of the opponent. While taking hold at shoulder level, the hand may not pass the center line of the back.</p> <p>4.5.5 In Ne-waza:</p> <p>4.5.5.1 To push the opponent backwards while in a kneeling positions.</p> <p>4.5.5.2 Raising the knee to gain leverage when it is agreed beforehand that this is not allowed.</p> <p>4.5.6 If the judokas are competing in "ne-waza", they are not allowed to push the opponent straight backwards.</p> <p>4.5.7 In both "tachi-waza" and "ne-waza" the referee ensures that the athlete's neck is not locked in such a way that poses a risk of injury. In the event that either opponents arm goes around the neck further than the center point, "Mate" will be called immediately.</p>
Judo	<p>4.6.4 In case of a tie between two athletes in a pool (equal number of wins, equal number of points), where and if they are both qualified to occupy one of the three distinguished places (first, second, or third), the winner of the fight between them will prevail in the classification.</p> <p>4.6.5 In case of a tie between three athletes in a pool (equal number of wins, equal number of points – cyclic triangle), where and if they are all qualified to occupy one of the three distinguished places, they shall be given a second chance to</p>	<p>CHANGE/DELETE:</p> <p>4.6.4 In case of a tie between two or more judokas in a pool, the places will be determined by the number of wins, points and then time. In some instances, the awarding of the same medal/place to multiple judokas is possible.</p>



	<p>compete between themselves. After a second chance, and still equal points, 2 medals of the same kind will be awarded.</p>	
Judo	<p>5.1 Judogi</p> <p>5.1.1 The athletes, during the divisioning and the games, shall wear exclusively white judogi.</p> <p>5.1.2 The distinction between two athletes playing in a game shall be made by a blue and a white belt worn at the waist, provided by the organizer from a variety of sizes. During their games the athletes shall wear no other belt.</p> <p>5.1.3 The judogi must be clean and free of any unauthorized advertisements or logos</p> <p>5.1.4 The organizer, if so requested, should provide each athlete with a bib to be sewed on by the organizer, in the proper place at the back of the judogi, which the athlete will then be obliged to wear. The bib is meant to facilitate distinction both in the divisioning and the games.</p> <p>5.1.5 Females must wear a plain white t-shirt with short sleeves under their judo suit.</p>	<p>CHANGE:</p> <p>5.1 Judogi</p> <p>5.1.1 The judokas, during the divisioning and the games, shall wear exclusively white judogi.</p> <p>5.1.2 The distinction between two judokas playing in a game shall be made by a blue and a white belt, provided by the organizer in a variety of sizes.</p> <p>5.1.3 The judogi must be clean and free of any unauthorized advertisements or logos.</p> <p>5.1.4 The organizer, if so requested, should provide each judoka with a bib to be sewed on by the organizer, in the proper place at the back of the judogi, which the athlete will then be obliged to wear. The bib is meant to facilitate distinction both in the divisioning and the games.</p> <p>5.1.5 Females must wear a plain white t-shirt with sleeves under their judo suit.</p> <p>5.1.6 Judokas must wear white Judogi during the awards ceremony.</p>
Judo	<p>7.4 Required Personnel</p> <p>7.4.1 This applies only for competition of National level and above:</p> <p>7.4.1.1 Three referees</p> <p>7.4.1.2 One competition recorder</p> <p>7.4.1.3 One timekeeper</p>	<p>CHANGE:</p> <p>7.4 Required Personnel</p> <p>7.4.1 This applies only for competition of National level and above:</p> <p>7.4.1.1 Three referees per tatami</p> <p>7.4.1.2 Two Competition Management Software Operators</p>
Judo	<p>9. Unified Kata</p>	<p>CHANGE:</p>



<p>9.1 Team Definition: A Team shall consist of one athlete in the role of Tori with an intellectual disability and one Unified Partner without an intellectual disability in the role of Uke. As Unified Kata is open to all levels (1-5) it is necessary to operate 5 Levels: Level 1 and 2 grouped together, and levels 3-5 grouped together.</p> <p>9.2 Levels 1 and 2: These levels are designed for more experienced athletes and Unified partners that have comparable ability levels and knowledge of Judo.</p> <p>9.2.1 In level 1 and 2 the following Kata forms are possible:</p> <p>Nage no Kata Up to the first 3 Groups</p> <p>Katame no Kata First Group</p> <p>Gonosen no Kata First Group</p> <p>9.3 Levels 3, 4 and 5: For athletes in levels 3,4, and 5 Unified Kata is used to promote individual skill development and confidence under the guidance of a Unified partner whose ability and knowledge of Judo is more advanced than that of the Special Olympics athlete.</p> <p>9.3.1 In these levels the following Kata forms are possible:</p> <p>Nage no Kata Up to the first 3 Groups</p> <p>Katame no Kata First Group</p> <p>Gonosen no Kata First Group</p> <p>9.3.2 Level 3,4 and 5 Special Olympic Athletes: All prohibited techniques carried out by Tori in Special Olympics Shiai Rules like sutemi waza, throwing on 1 or 2 knees, grappling the leg or pressure on the neck must be adapted or replaced by an alternative technique.</p> <p>9.3.3 All attacks or reactions from uke in all kata should be adapted in strength and speed to the</p>	<p>9. UNIFIED KATA</p> <p>9.1 The athlete to Unified partner ratio must be 1 athlete in the role of Tori to 1 Unified partner in the role of Uke in Unified Kata.</p> <p>9.2 It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified Partners are of similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p> <p>9.3 For judokas from Levels 1 and 2: These are the more experienced athletes and Unified partners that have comparable ability levels and knowledge of Judo.</p> <p>9.3.1 In level 1 and 2 the following Kata forms are possible:</p> <p>Nage no Kata Up to the first 3 Groups</p> <p>Katame no Kata First Group</p> <p>Gonosen no Kata First Group</p> <p>9.4 For judokas in levels 3, 4 and 5: Unified Kata is used to promote individual skill development and confidence under the guidance of a Unified partner, whose ability and knowledge of Judo is more advanced than that of the Special Olympics athlete in the role of tori.</p> <p>9.4.1 In these levels the following Kata forms are possible:</p> <p>Nage no Kata Up to the first 3 Groups</p> <p>Katame no Kata First Group</p> <p>Gonosen no Kata First Group</p> <p>9.4.2 For all Special Olympics judokas from Level 3,4 and 5: All prohibited techniques carried out by Tori in Special Olympics Shiai Rules like sutemi waza, throwing on 1 or 2 knees, gripping the leg or</p>
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	<p>disability of the Special Olympics athlete. All adaptations and alternative techniques should be filled out in advanced on the kata scoring form before each contest.</p> <p>9.4 Joseiki</p> <p>9.4.1 In Unified kata contests, the Joseiki will take the following into account when assessing the competitors' performance:</p> <p>Attention to connections, for example between throw families and technique families, if techniques are replaced for other techniques.</p> <p>Any form of adaptations should be filled out on the Kata Inscription form</p> <p>Aid or tools can be used without scoring deductions for level 3,4 and 5.</p> <p>9.5 Safety Rules</p> <p>9.5.1 In general, all prohibited techniques carried out by Tori in Special Olympics Shiai Rules like sutemi waza, kansetsu waza, shime waza, throwing on 1 or 2 knees, grappling the leg or applying pressure on the neck are not permitted in level 3, 4 & 5. Sutemi waza, kansetsu waza and shime waza are also not permitted in levels 1 and 2. This is to ensure the safety of all athletes.</p> <p>9.6 Entry Form</p> <p>9.6.1 All athletes and Unified partners entering a Special Olympics Judo Kata Event will be initially be divisioned by the details required on the entry form</p> <p>9.6.1.1 Category (A-K)</p> <p>9.6.1.2 Ability Level (1-5)</p> <p>9.6.1.3 Judo Level / Belt color Special Olympics Athlete (Tori)</p> <p>9.6.1.4 Judo Level / Belt color Unified Partner (Uke)</p>	<p>pressure on the neck must be adapted or replaced by an alternative technique.</p> <p>9.4.3 All attacks or reactions from uke in all kata should be adapted in strength and speed to the ability of the Special Olympics athlete. All adaptations and alternative techniques should be filled out in advanced on the kata scoring form before each contest.</p> <p>9.5 Safety Rules</p> <p>9.5.1 In general, all prohibited techniques carried out by Tori in Special Olympics Shiai Rules like sutemi waza, kansetsu waza, shime waza, throwing on 1 or 2 knees, gripping the leg or applying pressure on the neck are not permitted in level 3, 4 & 5. Sutemi waza, kansetsu waza and shime waza are also not permitted in levels 1 and 2. This is to ensure the safety of all judokas.</p> <p>9.6 Entry Form</p> <p>9.6.1 All judokas entering a Special Olympics Judo Unified Kata Event will be initially be divisioned by the details required on the entry form</p> <p>9.7 Scoring Form</p> <p>9.7.1 More information, as well as an example of the kata scoring form are available in the kata guidelines document.</p>
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	<p>9.7 Scoring Form</p> <p>9.7.1 Example of Kata Scoring form and example alternatives:</p>	
Kayaking		<p>ADD:</p> <p>3. UNIFIED SPORTS®</p> <p>3.1 The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Unified K-2 Doubles.</p> <p>3.2 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2</p>
Kayaking	<p>4.6 Swimming Test</p> <p>4.6.1 The swimming test must be conducted prior to the training. No athlete can participate in any training or competition race unless s/he has successfully passed the swimming test. Athletes are allowed to wear a PFD (lifejacket).</p>	<p>CHANGE:</p> <p>5.6 Swimming Test</p> <p>5.6.1 The swimming test must be conducted prior to the training. No crew member can participate in any training or competition race unless s/he has successfully passed the swimming test. Crew members are allowed to wear a PFD (lifejacket).</p> <p>5.6.2 All crew members shall be able to swim a minimum of 25 meters while wearing a PFD. The coach shall attach a statement to the registration form attesting to the crew member' competence in this skill.</p>
Open Water Swimming	<p>Section 2 – Official Events</p> <p>The following is a list of official events available in Special Olympics:</p> <p>2.1 500 meters</p> <p>2.2 1 kilometers</p> <p>2.3 1.5 kilometers</p> <p>2.4 Unified Sports</p>	<p>CHANGE:</p> <p>The following is a list of official events available in Special Olympics:</p> <p>2.1 500 meters</p> <p>2.2 500 meters Unified</p> <p>2.3 1 kilometers</p> <p>2.4 1 kilometers Unified</p> <p>2.5 1.5 kilometers</p>



		<p>2.6 1.5 kilometers Unified</p> <p>2.7 3 x 500 meters (1500m Relay)</p> <p>2.8 4 x 500 meters (2000m Relay)</p> <p>2.9 3 x 500 meters (1500 Mixed Team Relay)</p> <p>2.10 4 x 500 meters (2000m Mixed Team Relay)</p> <p>2.11 3 x 500 meters (1500m Unified Team Relay)</p> <p>2.12 4 x 500 meters (2000m Unified Team Relay)</p> <p>2.13 3x 500 meters 1500m Unified Mixed Team Relay</p> <p>2.14 4 x 500 meters 2000m Unified Mixed Team Relay</p>
Powerlifting	<p>3.2 Weigh-In</p> <p>3.2.4 Lifters may be weighed nude or in underwear which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter’s weight. If a question exists regarding the weight of undergarments , a re-weigh in the nude may be requested. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials (not necessarily referees) may be appointed for this purpose.</p> <p>3.2.5 Weigh-in will be in secret and the lifters will be allowed in, one at a time. The weigh-in room will be locked and the persons allowed in it are the referees for the body-weight classes, the lifter and his/her coach or trainer. The weigh-in results will not be made known until all the lifters in a particular weight class have been weighed in.</p>	<p>CHANGE:</p> <p>3.2.4 Lifters may be weighed nude or in underwear, or gym shorts and t-shirt which complies with the specifications set out in the appropriate section of the rule book and which does not effectively change the lifter’s weight. If a question exists regarding the weight of undergarments or gym shorts and t-shirt, a re-weigh in the nude may be requested. In competitions in which women are competitors, the weigh-in procedure may be altered to ensure that lifters are weighed by officials of their own gender. Additional female officials (not necessarily referees) may be appointed for this purpose.</p>
Powerlifting	4.6 Bench	CHANGE:



	4.6.1.8 Minimum height of Safety Rack shall be 36cm, having 10 holes in increments of 2.5cm and 40cm in length.	4.6.1.8 Minimum height of Safety Rack shall be 36cm, having 10 holes in increments of 2.5cm and 50cm in length.
Powerlifting	<p>4.8 Lights</p> <p>4.8.1 A system of lights shall be provided whereby the referees make known their decisions. A system of lights similar to those used in weightlifting may be used, whereby when a referee detects an infraction he activates his control. If a majority activates their control a buzzer sounds and the lifter knows that his lift has failed. He is not then required to finish the attempt. Each referee will control a white and red light. These two colors represent a “good lift” and “no lift”, respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired in such a way that they light up together and not separately when activated by the three referees. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”.</p>	<p>CHANGE:</p> <p>4.8.1 A system of lights shall be provided whereby the referees make known their decisions. A system of lights similar to those used in weightlifting may be used, whereby when a referee detects an infraction he activates his control. If a majority activates their control a buzzer sounds and the lifter knows that his lift has failed. He is not then required to finish the attempt. Each referee will control a white and red light. These two colors represent a “good lift” and “no lift”, respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. They must be wired or electronic/wireless in such a way that they light up together and not separately when activated by the three referees. For emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee’s audible command “flags”.</p>
Powerlifting	4.9 Failure Cards/Paddles	<p>ADD:</p> <p>Under Bench Press Diagram</p> <p>Bar is not lowered to chest or abdominal area i.e. not reaching the best or abdominal area, or is touching the belt.</p> <p>Failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint.</p>
Powerlifting	4.11.8 Muslim women shall be allowed to wear a tight fit, non-supportive, full body suit that covers the legs and arms.	<p>ADD/CHANGE:</p> <p>4.11.8 Lifters shall be allowed to wear tight fit, non-supportive full body suit that covers legs and</p>



		arms. Knee sleeves may not be worn over full body suit.
Powerlifting	4.12.2.3 The t-shirt may be plain, i.e. of a single color.	CHANGE: 4.12.2.3 T-shirts may be plain or multicolored and have form fitting sleeves
Powerlifting	4.14.1.2 They shall not be of such length on the leg that they come into contact with knee wraps or knee cap supporters	CHANGE: 4.14.1.2 They shall not be of such length on the leg that they come into contact with kneecap supports.
Powerlifting	4.17.3.6 A Female lifter is not allowed to use knee wraps or knee sleeves over a full body suit in Equipped or Classic competitions	CHANGE: 4.17.3.6 A Female lifter is not allowed to use knee sleeves over a full body suit in Equipped or Classic competitions
Powerlifting	4.20.1 The inspections of personal equipment for each and every lifter in the competition may take place at any time (times may be announced at the Technical Meeting) throughout the meet prior to within twenty minutes of the start for their particular bodyweight category.	CHANGE: 4.20.1 The inspections of personal equipment for each and every lifter in the competition may take place at any time (times may be announced at the Technical Meeting) throughout the meet prior to within thirty minutes of the start for their particular bodyweight category.
Powerlifting		ADD: 5.6.3 During the set-up on the bench, the athlete is not allowed to place his/her feet on the bench.
Powerlifting		ADD: 5.6.7 Failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint.
Powerlifting	6.9 If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not actually started, then the lifter shall be given the option of either continuing at that time or taking another	CHANGE: 6.9 If in a round an attempt is unsuccessful due to a wrongly loaded bar, spotter error or equipment failure, or any other fault and through no fault of the lifter, the lifter will be granted a further attempt at the correct weight. If the fault is a wrongly loaded bar and the attempt has not



	<p>attempt at the end of the round. In all other cases, the lifter shall take his/her extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he/she shall be granted a three (3) minute rest prior to making his/her attempt, last but one in the round two (2) minutes, last but two (2) in the round one (1) minute. In these cases, where lifters are following themselves and given compensatory rest time, the bar will be loaded as soon as the new attempt is turned in. The compensatory time will then be added to the usual one (1) minute to begin the attempt. The clock will be started and the lifter will have that time to begin his/her attempt. Lifters following themselves will have four (4) minutes time placed on the clock, during which time the lifter can begin his/her attempt as soon as he/she is ready. Lifters last but one (1) in the round will be given three (3) minutes, last but two (2) in the round will be given two (2) minutes, all others will be given the usual one (1) minute to begin the attempt.</p>	<p>actually started, then the lifter shall be given the option of either continuing at that time or taking another attempt at the end of the round. In all other cases, the lifter shall take his/her extra attempt at the end of the round. If the lifter also happens to be the last lifter in the round, he/she shall be granted a three (3) minute rest prior to making his/her attempt, last but one in the round two (2) minutes, last but two (2) in the round one (1) minute. In these cases, where lifters are following themselves and given compensatory rest time, the bar will be loaded as soon as the new attempt is turned in. The compensatory time will then be added to the usual one (1) minute to begin the attempt. The clock will be started and the lifter will have that time to begin his/her attempt. Lifters following themselves will have four (4) minutes time placed on the clock, during which time the lifter can begin his/her attempt as soon as he/she is ready. Lifters last but one (1) in the round will be given three (3) minutes, last but two (2) in the round will be given two (2) minutes, all others will be given the usual one (1) minute to begin the attempt.</p>
<p>Powerlifting</p>	<p>8.4.4 If the speaker makes a mistake by announcing a weight lighter or heavier than that requested by the lifter. The Chief Referee will make the same decisions as for errors in loading.</p>	<p>CHANGE:</p> <p>8.4.4 If the lifter is deprived of an otherwise successful attempt by the error of a spotter/loader, wrongly loaded bar or any other fault and through no fault of their own they shall be awarded another attempt at the discretion of the referees and jury at the end of the round.</p>
<p>Powerlifting</p>	<p>10.1.9 Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury be in consultation with the referees, by unanimous jury vote, reverse the decision. Only 2 to 1 referees' decisions can be considered by the Jury.</p>	<p>CHANGE/ADD:</p> <p>10.1.9 Only in extreme circumstances when there has been an obvious or blatant mistake in the refereeing will the Jury, in consultation verbally or electronically with the referees, by unanimous jury vote with (3) Member Jury or with Majority vote with (5) Member Jury can, reverse the decision. Only 2 to 1 referees' decisions can be considered</p>



		<p>by the Jury. The replay can be observed from the official camera crew to make the decision, if applicable.</p>
<p>Roller Skating</p>		<p>ADD:</p> <p>3. UNIFIED SPORTS®</p> <p>3.1 The athlete to Unified Partner ratio must be:</p> <p>3.1.1 1 athlete to 1 Unified partner in Unified Pairs/Dance Team</p> <p>3.1.2 2 athletes to 2 Unified partners in Relays (4 person)</p> <p>3.1.3 1 athlete to 1 Unified partner in Relays (2 person)</p> <p>3.1.4 1 athlete to 1 Unified partner in Synchronized Skating</p> <p>3.2 It is required that athletes and Unified Partners are of similar age, and it is preferred that athletes and Unified Partners are of similar ability for:</p> <p>3.2.1 Pairs/Dance Team</p> <p>3.2.2 Relays (4 person)</p> <p>3.2.3 Relays (2 person)</p> <p>3.3 It is preferred that athletes and Unified Partners are of similar age and similar ability for Synchronized Skating. For more information on similar age and ability please see Sport Rules Article one section 14.1.2</p>
<p>Roller Skating</p>	<p>3.2.5 A starter gun is optional. When a starter gun is not available, a whistle is acceptable. For the Starting procedure, the starter judge gives the command by saying "IN POSITION". After all of them are ready on the line, the start signal can be give. False starts will require a restart. Standing or track starts may be used. For hearing impaired</p>	<p>CHANGE (4.2.5 + 4.3.2 + 4.4.2.1 + 4.4.3.6 + 4.4.6.5 + 4.5.6.7 + 4.4.7.5 + 4.4.7.9):</p> <p>4.2.5 A electric start pistol is optional. When a electric start pistol is not available, a whistle is acceptable. For the Starting procedure, the starter judge gives the command by saying "IN POSITION". After all of them are ready on the line, the start</p>



	athletes, dropping a hand or flag shall accompany the sound of the gun.	signal can be give. False starts will require a restart. Standing or track starts may be used. For hearing impaired athletes, dropping a hand or flag shall accompany the sound of the electric start pistol .
Roller Skating	3.2.7 No gym or jewelry allowed on the Field of Play. Wrist guards and knee pads are optional, but may be recommended for some skaters.	CHANGE (4.2.7 + 4.4.7.3): 4.2.7 No gym or jewelry allowed on the Field of Play. Wrist guards and knee pads are required .
Sailing	Governing Rules The Special Olympics Summer Sports Rules SAILING shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon the Racing Rules of Sailing by World Sailing found at http://www.sailing.org/ . The Racing Rules of Sailing and Member Authority (MNA) prescription rules shall be employed except when they are in conflict with the Special Olympics Summer Sports Rules Sailing or Article I. In such cases, the Special Olympics Summer Sports Rules Sailing shall apply.	CHANGE: The Special Olympics Sports Rules for Sailing shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon the Racing Rules of Sailing (RRS) by World Sailing found at http://www.sailing.org/ . The Racing Rules of Sailing shall be employed except when they are in conflict with the official Special Olympics Sports Rules for Sailing or Article I. In such cases, the Special Olympics Sports Rules Sailing shall apply.
Sailing	Section 2 – Official Events 2.2 Level II — Unified Sports® team 2.2.1 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. 2.3 Level III – Unified Sports® Team 2.3.1 The athletes have complete control of the boat. The Unified partner may only shift their weight, do tactics and offer verbal assistance. 2.4 Level IV 2.4.1 The entire team consists of Special Olympics athletes (no Unified partner will be on board).	CHANGE: 2.2 Level II — Unified Sports® team 2.2.1 The athlete shall steer the boat for 100 percent of the race. 2.3 Level III – Unified Sports® team 2.3.1 The athletes shall have complete control of the boat. The Unified partner may only shift their weight, do tactics and offer verbal assistance. 2.4 Level IV 2.4.1 The entire team consists of Special Olympics athletes (no Unified partner will be on board).



<p>Sailing</p>	<p>3.1 Notice of Race</p> <p>3.1.1 The Competition Committee shall provide potential competitors with a Notice of Race and Sailing Instructions.</p> <p>3.2 Scoring</p> <p>3.2.1 Each board's series score shall, subject to rule 90.3 (b), be the total of her race scores excluding her (a) worst score every four races, both in divisioning and competition rounds. Scores from the race or races used to determine divisioning can be include in the series score, based on the boat's finishing within their division, The Race Committee (Competition Committee) may elect to carry over to the other medal round the score(s) from the divisioning races or clear scores between divisioning and competition rounds.</p> <p>3.3 Level Involvement</p> <p>3.3.1 Teams must follow the rule for the Level of the competition while racing. That is from the boat's preparatory signal until she finishes and clears the finish line. A team breaking the rule for the Level of competition shall retire from the race and will be scored points for "did not finish" (DNF).</p>	<p>CHANGE:</p> <p>3.1 Notice of Race</p> <p>3.1.1 The Competition Committee shall make available to each boat the Notice of Race and Sailing Instructions.</p> <p>3.2 Scoring</p> <p>3.2.1 Each board's series score shall, subject to rule 90.3 (b), be:</p> <p>3.2.1.1 When fewer than 5 race have been completed, a boat's series score will be the total of the race scores.</p> <p>3.2.1.2 When from 5 to 10 races have been completed, a boat's series score will be the total of the race scores excluding her worst score.</p> <p>3.2.1.3 When 10 or more races have been completed, a boat's series score will the total the race scores, excluding the two worst scores.</p> <p>3.2.2 If there is a tie in the final score, both boats will be awarded the same place. As a result, a tie for one place will result in no award being giving for the following place. This changes rule A8 (Series Ties).</p> <p>3.3 Level Involvement</p> <p>3.3.1 Teams must follow the rule for all Levels of competition while racing (see RRS definition of racing).</p>
<p>Sailing</p>	<p>4.4 Start and Finish Line</p> <p>4.4.1 In all courses the starting and finish line may not be crossed other than to start or finish. Leg 4 in Course 3 and Leg 3 in Course 4 may pass on either side of the start and finish line although the diagram shows passing on the right side.</p>	<p>CHANGE:</p> <p>4.4.1 In all courses the starting and finish line will be defined in the sailing instructions.</p>



Sailing	<p>5.1 Crews</p> <p>5.1.1 Crews shall be composed of a proportionate number of athletes with intellectual disabilities and partners without intellectual disabilities.</p> <p>5.1.2 If the boat is typically raced by a crew of two, one member will be an athlete and one member will be a partner.</p> <p>If the boat is typically raced by a crew of three or more, there must be a proportionate number of athletes and partners. There must never be more partners than athletes at any time.</p>	<p>CHANGE:</p> <p>5.1 Crews</p> <p>5.1.1 Crews shall be composed of a proportionate number of athletes with intellectual disabilities and partners without intellectual disabilities.</p> <p>5.1.2 It is preferred that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2</p> <p>5.1.3 If the boat is typically raced by a crew of three or more, there must be a proportionate number of athletes and partners. There must never be more partners than athletes at any time.</p>
Snow-boarding		<p>ADD:</p> <p>Included diagram to identify the finish area</p>
Snow-shoeing	Section 2 – Official Events	<p>ADD:</p> <p>2.10 4x50 Meter Relay Race</p> <p>3.3.7 4 X 50 Meter Relays</p> <p>3.3.7.1 Run over 200-meter course with three exchange zones.</p> <p>3.3.7.2 Each zone will be 10m in length and clearly marked.</p> <p>3.3.7.3 The start of the zone shall be nearest to the starting line.</p>
Snow-shoeing		<p>ADD:</p> <p>6.6.1.2 The designated exchange zone 4x50 Meter Relays is a 10-meter-long space that extends between two lines on the track 10 meters apart and take place the entire width of the track.</p>
Snow-shoeing	6.6.2.3 Competitors in the 4 X 400 Meter Relays are not permitted to begin running outside the exchange zones and shall start within this zone. If a	<p>CHANGE:</p> <p>6.6.3 Competitors in the Relays are not permitted to begin running outside the exchange</p>



	competitor does not follow this Rule, their team shall be disqualified	zones and shall start within this zone. If a competitor does not follow this Rule, their team shall be disqualified.
Snow-shoeing		ADD: 6.6.5.2 It is required that athletes and Unified partners of similar age, and it is preferred that athletes and Unified partners are of similar ability. For more information on similar age and ability please see Sport Rules Article one Section 14.1.2.
Softball	3.6.2 Masks: Catchers must wear a mask with throat protector and WBSC or NGB approved helmet. An extended wire protector may be worn in lieu of an attached throat protector.	CHANGE: 3.6.2 Masks: Catchers must wear a mask with throat protector, facemask and helmet . An extended wire protector may be worn in lieu of an attached throat protector.
Softball	3.6.5 Body/Chest Protectors: It is recommended that catchers wear a body/chest protector. It is also recommended that male athletes and partners that may play catcher also wear a protective cup, as long as it is place in the undergarments. Any defensive player that desires to wear protective body equipment is permitted to do so, as long as the equipment meets WBSC or NGB standards and is in good working order/condition. 3.6.6 Shin Guards: It is recommended that catchers wear shin guards that will offer protection to the kneecap.	CHANGE/DELETE: 3.6.5 Body/Chest Protectors: It is recommended that catchers wear a body/chest protector. Any defensive player that desires to wear protective body equipment is permitted to do so, as long as the equipment is in good working order/condition.
Softball	5.3 The Official Diamon Shall Have Base Lines as Follows:..... d. Minimum pitching plate at 12.19m (40ft) and maximum pitching plate at 15.24m (50ft). e. Unified competition may move maximum pitching plate to 16.76m (55ft).	CHANGE: d. Minimum pitching plate at 12.19m (40ft) and maximum pitching plate at 16.76m (55ft) . e. Unified competition may move maximum pitching plate to 16.76m (55ft).
Softball		DELETE: 6.1.5.4.4 A player's final score is determined by adding together the scores achieved in each of the



		<p>four events which comprise the Individual Skills competition.</p> <p>9.1.2.1 Unified... the pitching distance shall be set at 50 ft.</p>
Swimming	Entire Document	<p>CHANGE:</p> <p>References from FINA to World Aquatics</p>
Swimming	<p>Governing Rules</p> <p>The Official Special Olympics Sports Rules for Swimming shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Swimming Federation (FINA) rules for swimming found at . FINA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Swimming or Article I. In such cases, the Official Special Olympics Sports Rules for Swimming shall apply.</p> <p>An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, diving starts or diving.</p> <p>Section 3 – Rules of Competition</p> <p>The technical rules of competition are noted in the FINA rules found at http://www.fina.org/. Special Olympics Programs may substitute their local NGB rules. FINA rules will be used for all multi-Program events. Exceptions to these rules are listed below.</p>	<p>CHANGE:</p> <p>The Official Special Olympics Sports Rules for Swimming shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon World Aquatics rules for swimming found at https://www.worldaquatics.com/. World Aquatics or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Swimming or Article I. In such cases, the Official Special Olympics Sports Rules for Swimming shall apply.</p> <p>An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, diving starts or diving.</p> <p>The technical rules of competition are noted in the World Aquatics rules found at https://www.worldaquatics.com/. Special Olympics Programs may substitute their local NGB rules. World Aquatics rules will be used for all multi-Program events. Exceptions to these rules are listed below.</p>



Swimming	<p>3.1.3 It is preferable that certified swimming officials (including the referee, timers and judges) be used in all events.</p>	<p>CHANGE:</p> <p>3.1.3 For all events, sufficient numbers of certified swimming officials shall be appointed (including the referee, timers and judges).</p>
Swimming	<p>3.1.5 No competitor shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition (except flotation events) such as webbed gloves, flippers, fins, etc.). Goggles may be worn by the swimmer.</p> <p>3.1.6 Swimmers may be assisted from the water upon request.</p> <p>3.1.7 Starts may be from the starting block, beside the starting block or from in-water. For in-water starts the athlete shall place one hand on the end of the pool or hold the starting block with one hand. Two hands shall be used for backstroke starts.</p>	<p>CHANGE:</p> <p>3.1.5 No competitor shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy (except flotation events) or endurance during a competition such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn.</p> <p>3.1.5.1 As a consequence of injury, it is permissible to tape no more than one or two fingers or toes. Any other kind of tape on the body is not permitted unless approved by the Referee or other designated person.</p> <p>3.1.6 Swimmers may be assisted from the water upon request.</p> <p>3.1.7 Starts may be from the starting block, beside the starting block or from in-water. For in-water starts the athlete shall place one hand on the end of the pool or hold the starting block with one hand. Two hands shall be used for backstroke starts.</p> <p>3.1.8 It is allowable that swimmers who have epilepsy should wear a piece of equipment to discreetly alert the lifeguard in the event of a seizure.</p>
Swimming		<p>ADD:</p>



		3.2.5 It is recommended that lane lines be marked on the bottom of the pool in accordance with World Aquatics regulations.
Swimming		DELETE: 3.4.1.4 It is allowable that swimmers who have epilepsy should wear a piece of equipment to discreetly alert lifeguards in the event of a seizure.
Swimming		ADD: 3.4.1.2.4 Flotation devices are only allowed in Fundamental Events where specified.
Swimming	3.5.3 Competition Managers may allow coaches to provide verbal encouragement and/or direction from the pool deck for these events.	CHANGE: 3.4.2.2 The competition manager, in collaboration with the Meet Referee, may allow coaches to provide verbal encouragement and/or direction from the pool deck for these events.
Swimming	3.5 Unified Sports Relay Events 3.5.1 Each Unified Sports relay team shall consist of two athletes and two partners.	ADD/CHANGE: 3.5.1 The athlete to Unified partner ratio must be 2 athletes to 2 Unified partners in Unified Relays. 3.5.2 It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified partners are of similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2
Swimming	3.9 Markings 3.9.1 During competition all swimmers shall be identified by the use of individual bib numbers. The numbers will be written vertically on the upper part of both arms where it is visible at all times. All bib numbers shall be 40mm in height and can be written with a permanent marker. During competition exception codes shall be identified on the swimmers arms. The code will be written vertically below the bib number on the upper part of both arms, where it is visible at all times. The exception codes shall be 40mm in	CHANGE: 3.7 Markings 3.7.1 During competition all swimmers shall be identified by the use of individual bib numbers. The numbers will be written vertically on the upper part of both arms where it is visible at all times. All bib numbers shall be 40mm in height and shall be written with a permanent marker. 3.7.2 During competition exception codes shall be identified on the swimmers arms. The code will be written vertically below the bib number on the



	<p>height and can be written with a permanent marker. Exception codes are used where a swimmer cannot comply with the correct swimming rules for race starts, cultural, health or safety reasons.</p>	<p>upper part of both arms, where it is visible at all times. The exception codes shall be 40mm in height and shall be written with a permanent marker. Exception codes are used where a swimmer cannot comply with the correct swimming rules for race starts, cultural, health or safety reasons.</p> <p>3.7.3 The list of Exception Codes is:</p> <p>A = Assistant required poolside, which could be for hearing impaired, visual impaired, support and guidance.</p> <p>B = Sitting on starting block for start</p> <p>C = Sitting on concourse for start</p> <p>E = Unable to grip handle/s with hand/s in Backstroke</p> <p>H = Hearing impaired swimmer who will require a Strobe Light</p> <p>L = Swimmer needs to be in a side lane for medical, confidence reasons</p> <p>S = Standing start on concourse</p> <p>T = Assistant required for a visual impaired swimmer who uses a Tapper</p> <p>U = Swimwear exception for medical, cultural, religious, modesty reason/s</p> <p>W = Water start</p> <p>Z = Medical alert</p>
Swimming	<p>4.1.1 Responsibilities of Event Director</p> <p>4.1.1.1 The Event Director shall have the overall responsibility for the Special Olympics swimming practice sessions or events.</p> <p>4.1.1.2 Providing an orientation to all swimming personnel before the Special Olympics session or event.</p>	<p>CHANGE:</p> <p>4.1 Event Director/Meet Director/Games Director</p> <p>4.1.1 Responsibilities of Event Director</p> <p>4.1.1.1 They shall have the overall responsibility for the Special Olympics swimming practice sessions,</p>



	<p>4.1.1.3 Coordinating the facility with host agency prior to arrival.</p> <p>4.1.1.4 Ensuring that necessary supervisory personnel are available.</p> <p>4.1.1.5 Preparing or assuring that an emergency action plan is in place as described in Section 5: Safety Considerations.</p>	<p>warming up, cool down, and the administration of events.</p> <p>4.1.1.2 Providing an orientation to all swimming personnel before the Special Olympics session or event.</p> <p>4.1.1.3 Coordinating the facility with host agency prior to arrival.</p> <p>4.1.1.4 Ensuring that necessary supervisory personnel are available.</p> <p>4.1.1.5 Preparing or assuring that an emergency action plan is in place.</p>
Swimming	<p>5.1.3 The Event Director will review the Emergency Action Plan prior to each occasion. There shall be enough coaches in accordance with FINA or program NGB guidelines.</p>	<p>MOVE:</p> <p>5.1.12 The Event Director will review the Emergency Action Plan prior to each occasion.</p>
Swimming		<p>DELETE:</p> <p>5.2.5 ... The procedure for obtaining weather information particularly for Open Water Swimming.</p>
Tennis	<p>3.4.1 One designated Special Olympics coach may sit on court, (off the playing surface, in a chair located at the net post next to the umpire’s chair) and may coach a player when the players change ends at the end of every odd game and during the three-minute rest period prior to the deciding tie-break, and not during a tie-break game. Changes of ends must be completed within 90 seconds.</p>	<p>CHANGE:</p> <p>3.4.1 One designated Special Olympics coach may sit on court, (off the playing surface, in a chair located at the net post next to the umpire’s chair) and may coach a player when the players change ends at the end of every odd game and during the two-minute rest period prior to the deciding tie-break, and not during a tie-break game. Changes of ends must be completed within 90 seconds.</p>
Tennis		<p>ADD:</p> <p>3.6 Unified Sports Composition</p> <p>3.6.1 The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Unified Doubles/Mixed Doubles</p>



		<p>3.6.1.1 It is required that athletes and Unified partners are of similar age and similar abilities for Doubles/Mixed Doubles. Please refer to Sport Rules Article 1 section 14.1.2</p> <p>3.6.2 The athlete to Unified partner ratio must be 2 athletes to 2 Unified partners in the team competition</p> <p>3.6.2.1 It is required that athletes and Unified partners are of similar age and of similar ability(within each doubles pairing) for Team competition. Please refer to Sport Rules Article 1 section 14.1.2</p>
Tennis	3.8.2.2 The athlete scores 5 points for hitting into the service box into either service box.	<p>CHANGE:</p> <p>3.8.2.2 The athlete scores 5 points for hitting into either service box.</p>
Tennis		<p>ADD:</p> <p>3.10 Individual Skill Heat Sheet</p>
Triathlon		<p>ADD:</p> <p>2.5 Unified Tandem Triathlon (Super Sprint): The competition will be comprised of a Unified pair consisting of 1 athlete and 1 Unified partner. The Unified Tandem completes the whole triathlon together as a pair.</p> <p>2.6 Unified Triathlon (Sprint Distance): The competition will be comprised of a Unified pair consisting of 1 athlete and 1 Unified partner. The Unified Tandem completes the whole triathlon together as a pair.</p> <p>2.7 Unified Team Triathlon - Super Sprint & Sprint Distance: The competition will be comprised of 1 athlete and 1 Unified partner. The team completes the whole triathlon alongside each other for each discipline.</p>
Triathlon		<p>DELETE:</p>



		4.9.2 Reasons for penalty: An athlete may be issued a verbal warning, punished with a time penalty, or disqualified for failing to abide by the SO Competition Rules.
Triathlon	3.8.2.2 The athlete scores 5 points for hitting into the service box into either service box.	CHANGE: 3.8.2.2 The athlete scores 5 points for hitting into either service box.
Volleyball	4.1.6 All players on the roster during a Divisioning Round must participate in the match, unless injured or ill.	CHANGE: 4.1.6 All players on the roster during a Divisioning Round must participate in the set , unless injured or ill.
Volleyball	4.5.2.2 A team continues to serve until it commits a violation or the set ends. 4.5.2.5 Serve shall be from the serving area. Stepping on or over the end line or outside the service area as defined by the sidelines prior to contacting the ball shall constitute a violation.	CHANGE: 4.5.2.2 Once a server has scored three consecutive points, his/her team shall rotate to the next server and continue to serve. 4.5.2.5 Serve shall be from the serving area. Stepping on or over the end line or outside the service area as defined by the sidelines upon contacting the ball or jumping to serve shall constitute a violation.
		ADD: 4.5.3.8 For safety reasons, the 'Pursuit Rule' will not be in effect. Once a ball has crossed the net between or outside the antennas, it is no longer playable.
Volleyball		ADD: 5.1.4 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.
Volleyball	6.2.7.1 If the ball, after having been tossed or released by the server,	CHANGE: 6.2.7.1 If the ball, after having been tossed or released by the server, is caught or falls to the floor, it is considered a service tossing error.



Volleyball	<p>7.1.6.4 Description</p> <p>7.1.6.4.1 The athlete stands 1.5 meters (4 ft 11 in) inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.</p>	<p>CHANGE:</p> <p>7.1.6.4 Description</p> <p>7.1.6.4.1 The athlete stands behind a service line marked between 1.5 meters (4 ft 11 in) and no closer than 4.5 meters (14 ft 9 in), inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.</p>
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