

Special Olympics Unified Sports® School Programs
Administered by
The Connecticut Interscholastic Athletic Association

COACHES HANDBOOK



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The Following documents are the rules and regulation for the Unified Sports® School Based program in Connecticut.

These rule reflect and adhere to the guidelines set forth by the (CIAC) Connecticut Interscholastic Athletic Conference and (SOCT) Special Olympics Connecticut. They are established with the best interest of our school based athletes and partners in mind.

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Unified Sports® School Based Soccer Rules



1. A team roster should have a maximum of ten (10) players, at least 50% of whom shall be intellectually disabled students. A team may consist of both male and female athletes. Coaches may not involve varsity or junior varsity soccer players on a Unified Sports team.
2. Three (3) disabled students and two (2) non-disabled students must be on the field at any given time. Unlimited substitutions can be made, as long as the ratio of Special Athletes and Special Partners remains unchanged. The goal keeper must be an athlete but cannot be an athlete who employees the use of a wheel chair or walker.
3. Athletes must be appropriately attired in numbered uniforms. Sneakers or rubber cleats must be worn. Special athletes must wear even numbers, partners must wear odd numbers. No jeans, hats or jewelry may be worn.
4. High school rules will be followed with the following modifications:
 - A. Duration of Games - The length of the games may be shortened in accordance with the physical condition / ability level of the athletes and the number of teams competing.

Soccer

Revised 11/15

DIVISION 4 & 5 Recreational

1. All rules are modified for success
2. Special athletes need a one-on-one aide at all times
3. Wheelchairs allowed
4. No score is kept.
5. Goalie Must be an Athlete

DIVISION 3 Developmental

1. Slightly better ability to dribble, but will see one dominant foot used.
2. Limited concept of rules
3. Only athlete can score.
4. Goalie must be an athlete
5. Score is kept

DIVISION 1 & 2 Competitive

1. Basic understanding of rules
2. Ability to dribble and pass on the run
3. Both athletes and partners can score
4. Goalie must be an athlete.

Unified Sports ® School Based Soccer Tournaments Rules For Lower Divisions



Revised 11/15

These modifications of the official sport rules are made for teams, who because of a disparity in skill level between special athletes and special partners, are placed in the recreational division (level 4 and 5).

All Unified Sports

No score will be kept in level 4 or level 5 game.

The following modifications were approved because of safety:

Wheelchair athletes may compete in level 3, 4 or 5. Wheelchair and partner will count as one person. No wheelchair athlete will be allowed as goalkeeper. Chairs may be modified to allow inclusion of athlete for dribbling. Ball caught under a wheelchair will be a side out for team who had possession

Soccer

Level 4 -- Special athletes are the only players to score, block shots on goal, and/or steal the ball from opponents. Special partners are to supplement the playing action and keep the game moving. ***Goalkeeper MUST be a special athlete.*** He/she is not allowed to kick the ball the length of the field. Once the goalkeeper picks up the ball, it must be thrown, but no further than the halfway line. Ball over end-line must be restarted with a throw by the goalie. All balls over the sideline are restarted with a kick-in or thrown in.

Level 5 -- Will allow one-on-one aides, as needed. There will be no goalie in level 5.

Unified Sports® School Based Basketball Rules



Revised 11/15

ROSTER: Maximum of 12 per team. The team may have males and females. No one who is currently participating on a varsity, junior varsity, or freshman basketball team may participate as a partner during the current season.

PLAYERS ON COURT: There will be two (2) partners and three (3) disabled players on the court at all times, except in Level 5, where there will be two (2) special athletes and one partner, plus any one-on-one aides as needed. Partners must be players without disabilities.

UNIFORMS: Teams must wear appropriate attire. All uniforms must be the same. Shirts must be numbered. Sneakers must be worn. No sponsor names may appear on uniform. Only digits 1-5 should be used with highest number being 55.

Athletes must wear even numbered shirts. Partners must wear odd numbered shirts.

RULES: High School rules will be followed, with appropriate accommodations

THE GAME: Games will be 20 minutes running time for levels 1, 2, 3, & 4. Middle schools will play 16 minute games. .

Level 5 will play 10 – 15 minute running time games.

Each team is entitled to one time-out per game.

No back court pressure will be allowed in any level. Substitutes can be made whenever deemed appropriate. No dunking is allowed at any level.

Each player will be allowed five (5) fouls per game.

Credit will be given for 3-point shots at the official's discretion as many courts are not properly marked. This will apply to levels 1 or 2 games.

Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules listed here. The National Federation of State High School Associations provides the required rule book.

SCRIMMAGE/PRACTICE: Each team should schedule or host a scrimmage or practice game prior to tournament entry.

MEDICAL: Each Special Olympic Athlete and Partner is required to have a medical on file at the participating schools health office. Schools must adhere to guidelines set up by your schools district to participate.

Basketball

Revised 11/15

DIVISION 5 Recreational

1. Special athletes need a one-on-one aide partner or aide
2. Wheelchairs allowed
3. All rules are modified for success
4. At least one partner participates at all times, but only to encourage the special athlete
5. No score is kept
6. No back court guarding

DIVISION 4 Recreational

1. Basket is Regulation Height with modifications allowed
2. All players - limited ability to dribble
3. All players – low understanding of the game
4. Wheelchairs allowed, athlete must have use of hands

DIVISION 3 Developmental

1. Slightly better ability to dribble, but will see shuffles, double dribbles, etc.
2. Only special athletes can score
3. Score is kept

DIVISION 1 & 2 Competitive

1. Basic understanding of the rules
2. Ability to dribble
3. Both partners and athletes can score
50% rule - partners may not score more than 50% of the points
4. Can play by high school rules

Unified Sports® School Based Volleyball Rules

ROSTER: Maximum of twelve (12) per team. Fifty percent (50%) of the team should be non-disabled. The team may have males and females. No student who ever played on the school's varsity or junior varsity volleyball team can participate.

PLAYERS ON COURT: There will be three (3) non-disabled and three (3) disabled players on the court at all times.

UNIFORMS: Team must wear appropriate attire. All uniforms must be the same. Sneakers must be worn.

RULES: High School rules will be followed.

MODIFICATIONS:

High School: The court will be regulation size (18m x 9m) with a net of regulation height (2.24m) (7' 4"). A slightly lighter ball may be used for Level 4 teams. Wheelchair athletes must compete in Level 4. Wheelchair and partner will count as one person. No score will be kept in Level 4.

For lower ability teams, and only if necessary, the serve line may be moved closer to the net, but no closer than 4.5m (14' 9"). The serve line may also be moved toward the middle of the court, but no more than three (3) meters (9' 10") from the sideline. A second serve will be allowed in Levels 3 and 4 if the first serve is unsuccessful.

Middle School: The serve line may be moved closer to the net, but no closer than 4.5m (14' 9"). The serve line may also be moved toward the middle of the court, but no more than 3 meters (9' 10") from the sidelines.

The height of the net shall be 2.24m (7'4"). Middle school divisions will use an 81cm (32") circumference ball that weighs 8 ounces.

Wheelchair athletes must compete in Level 4. Wheelchair and partner will count as one person. No score will be kept in mentor level.

High & Middle School:

Multiple substitutions will be allowed as follows:

- A. Three (3) entries per position.
- B. Maximum twelve (12) substitutions per game.

A three (3) point serving rule will be used. Once the player has scored three (3) points, there will be an automatic side out (rotation) rule.

Due to the nature of the game, it is difficult to be specific as to who can hit the ball and when. It must be remembered that Unified Sports Volleyball, especially at levels 3 & 4, must not be dominated by special partners. They are there to compliment the athlete and to keep the game moving as smoothly as possible. Special partners cannot spike the ball, overhead serve, or hit it three consecutive times during each volley. If the ball is hit three times on one side, at least one of those hits must be by a special athlete. The special partner must set the ball to a special athlete whenever possible except in the case of a third hit.

Different types of balls may be used for skill acquisition and at practice games. A regulation volleyball must be used at all tournaments in levels 1 and 2. A training ball may be used at levels 3 and 4 upon agreement of the coaches. If the server in level 3 or 4 misses his/her first serve, a second serve will be allowed. All scoring will be rally scoring to 25 points. A minimum of three (3) games will be played.

Divisioning Criteria with Appropriate level accommodations

Unified Sports® School Based Volleyball Rules

Revised 11/15

DIVISION 1

- * Good understanding of rules -- at least top six (6) players
- * Better athletes -- physical ability
- * Can play by High School rules
- * Overhead serving and spiking allowed
- * Various medals awarded

DIVISION 2

- * Basic understanding of rules
- * Ability to set
- * On starting team, typically 2-4 good players
- * Basic understanding of court presence
- * Understand concept of serve
- * Overhead serving and spiking allowed
- * Various medals awarded

DIVISION 3

- * Lower athletic ability
- * Limited concept of rules
- * Low ability to serve
- * 2 or maybe 3 players bump all balls
- * Low understanding of violations
- * No spiking or overhead serving allowed
- * Various medals awarded
- * Two (2) service tries allowed

Limited Team Concept

DIVISION 4

- * All players -- limited ability to bump and serve
- * All players -- low understanding of rules
- * No scoring for place
- * Two service tries allowed
- * No overhead serving or spiking
- * Wheelchair division
- * Challenge medals awarded to all

Unified Sports® School Based Track & Field

Divisioning Criteria: Track & Field with appropriate level accommodations

DIVISIONING:

Divisioning will be done by qualifying times and distances.

Unified track & field events -- athletes must be able to throw, jump, and run/walk on their own. Wheelchair athletes must be able to propel their own wheelchair.

For running events, athletes will be grouped based on the following -- seed time, wheelchair/walker or running/walking.

Wheelchair and walkers could be in the same heat.

EVENTS:

Scoring events -- Running

2 x 50 meters
2 x 50 wheelchair
4 x 100 meters
4 x 200 meters

Field event: Jumping

2 x Standing long jump
2 x Running long jump

Field event: Throwing

2 x turbo javelin - 300 gm javelin
2 x shot put -- 6 lb. for high school
4 lb. for middle schools

ENTRIES:

Entering Athletes – Entries will be entered online by listing event, school, names of all athletes and partners in relay.

ROSTER – Only athletes who are listed on the Intent-to-enter form may compete on the day of the meet.

To equalize the opportunity for scoring, maximum of twenty (20) per team. Schools entering more than twenty (20) must separate into squads (example - red and blue). Team must be composed of both special athletes and partners. No student who ever played on the school's varsity or junior varsity track team can participate as a partner. Special Olympic athletes who participated on a middle or high school team may compete. Teams may consist of both males and females.

UNIFORMS – Team must wear track attire (no jeans or cut-offs). All uniforms must be the same. Appropriate footwear should be worn, sneakers, running shoes, throwing shoes as dictated by the surface at the event venue.

POINTS OF

EMPHASIS – Only athletes listed on the seed card may compete in that relay.

No jewelry, hats, headgear. Contestants shall not wear jewelry with the exception of religious/medical medals. If such medals are worn, they shall be taped to the body.

RULES

MODIFICATIONS – High school track and field rules will be followed.

All entries must be submitted in advance on line.

Events that will be offered are:

Opening Ceremonies -- 3:15 p.m.

- * Throwing Equipment -- High school athletes will use a 6 lb. Shot, middle school a 4lb. Shot. All athletes will use a 300g turbo javelin.
- * All relays will consist of both special athletes and partners. In a two person relay, the order will be partner then special athlete. In a four person relay, the order will be partner -- special athlete -- partner - - special athlete.
- * Throwing and jumping event will be done as two person relays. The distance for each athlete will be added together to create a relay score.
- * Scoring -- Skill events designed for athletes of limited ability -- (to propel or move on their own)

All events will be relay events. Total time or distance of the relay is what will count toward scoring. All competitors must complete his/her leg in order to score.

- * Awards: All participants will receive a medal for sportsmanship and participation.
- * Only athletes listed on the seed card may compete in a relay. (Note: same in high school)
- * Definition of special athlete and partner

Special athlete -- A person is eligible to participate in Unified Sports as a special athlete, provided that he/she:

- a. Is considered to have intellectual disabilities * as determined by his/her locality.
- b. Has closely related developmental disabilities ** such as someone who has functional limitations, both in general learning and in adaptive skills such as recreation, work, independent living, self-direction, or self-care.

- * Any person who is identified as having intellectual disabilities by an agency or a professional in any given local area is considered eligible for Special Olympics. Other terms that may be used synonymously with intellectual disabilities include: cognitive disabilities, and mental handicaps.

Order of Events

After the Opening Ceremonies, the track events will take place next in the following order:

Scored events
4 X 200 meter relay
2X 50 Wheelchair
2 X 50 meter relay
4 X 100 meter relay

Coaches, you will be at each station with your team/squad and the host school running that station will have a school/squad roster for that specific event. They will call out the two person teams, Special Partner/Special Athlete to compete. Your team/squad may not all participate in that venue but you will remain there until all that are on the specific Station seedings compete.

the **Field Events** will take place **second** on a rotation basis as determined by school/team rosters for each Field Event:

Station I **2 X Standing Long Jump** – upon completion will rotate to Station I
Station II **2 X Running Long Jump** – upon completion will rotate to Station III
Station III **2 X Javelin Throw** – upon completion will rotate to Station IV
Station IV **2 X Shot Put** – upon completion will rotate to Station I