

Local Program Competition Call

Spring 2022

Special Olympics
Pennsylvania



Agenda



- Welcome
- COVID-19
- Spring season Updates
- Competition Updates
- Rules Updates
- Spring Sectionals & Summer Games
- Field Updates
- Training Updates

COVID 19



Go-To Resource: [SOPA Website](#)

We are continuing to operate under the current R2A plan:

- Masks must be worn at all times (indoors and outdoors) except when engaged in physical activity.
- Social distancing should be adhered to as much as possible during trainings (especially in indoor spaces).
- Participants attending overnight State Games (Summer Games) **must be vaccinated**

IMPORTANT: 80% vaccination rate

- Coaches should be collecting COVID vaccination cards and sharing with local program leaders.
- Screening and Tracking form will track vaccination %
- If in significant community transmission rate and under 80% vaccinated **MUST** operate under Significant guidelines, which include:
 - Less than 50 participants when indoors
 - Contact sports only running drills
 - Social distancing required at all times
 - Spectators not permitted
 - Travel not permitted outside of local program

Spring Season Updates



- Athletes are expected to train for a minimum of 8 weeks prior to the State level event (i.e. Summer Games, Fall Fest, WG, IWG)
 - We will be lenient on the required 8 weeks of training due to illness or enforced R2A protocols, but athletes should not be attending competition without adequate training to keep them and others safe.
- Athletes may train in more than one sport but must identify the ONE spring sport they are going to compete at a state level competition.
- All athletes must have current/valid medical in order to train and compete.
 - No more medical extensions

Spring Competition Updates



- **Basketball, Golf and Tennis are Qualifiers**
 - MUST attend Sectional event to be considered for Summer Games
 - Advancement slots per Sectional will be dependent on total number of slots at Summer Games and % of interest in advancing from each Sectional
- **Personal Best Tracking:** Goal to focus on goal setting, improving times and performance awareness
 - Data collection on registration paperwork

Spring Competition Updates



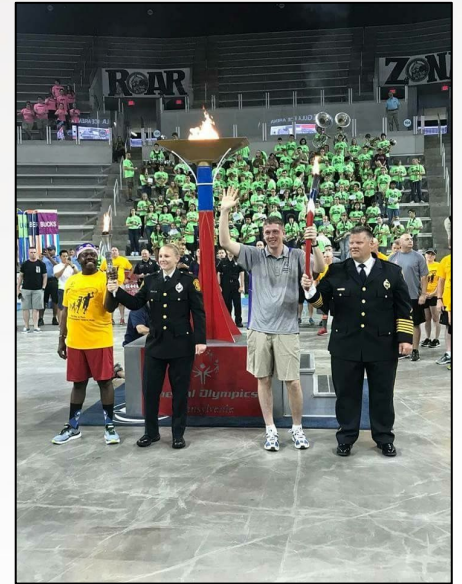
- As of Jan. 1 All Region 7 programs will attend Central Sectionals moving forward. This will impact Lebanon and Lancaster
- As of Jan. 1 All Region 2 programs will attend Central Sectionals moving forward. This will impact Dubois/Jefferson & Elk/Cameron
- In summary:
 - Lebanon and Lancaster would leave Eastern Sectionals and attend central Sectionals.
 - Dubois/Jefferson & Elk/Cameron would leave Western Sectionals and attend Central Sectionals
 - This will apply to spring and fall sectionals



2022 Competition Dates



- [2022 Competition Calendar: Important Dates](#)
- **Spring Sectionals:**
 - West - Carnegie Mellon University: April 30
 - Central - St. Francis University: April 23
 - East - Kutztown University: May 7
- **Summer Games**
 - Penn State University: June 2-4



2022 Allocations



- [ESS Allocations](#) and [Summer Games Allocations](#) are posted
- Fall Allocations will be posted by the end of next week.
- Allocations can be found on the SOPA Website, State Games tab
 - [SOPA State Events Page](#)
- As always, please remember that you can request additional allocations through the LOI process.
- Previous Lunch & Learn about the allocation process. This riveting presentation can be found here: [Allocation L&L](#)

Winter AMRAP Challenge



- The Winter AMRAP (As Many Rounds As Possible) Challenge provides Special Olympics Pennsylvania (SOPA) participants with an opportunity to train and compete from home.
- Even though the weather outside is cold, that doesn't mean you can't keep the heat on your competition by participating in the Winter AMRAP Challenge!
- The Challenge is to do **5 repetitions of 5 different exercises over the course of 5 minutes**. Completing 5 repetitions of all 5 exercises equals one "Round." How many can you do in five minutes? [Click here](#) to view an event flyer. [Click here](#) to view the Winter AMRAP Challenge Guide.
- Only submit their est score. Only one submission is needed
- Score submitted by Sunday, March 6th by 5:00 p.m.

E-Sports



GLVP Region ESports

Esports is a form of organized, multiplayer sport competition using video games. Special Olympics Pennsylvania is excited to offer **Rocket League** as an emerging sport. Esports athletes will train virtually and the season will culminate with a series of tournaments through.

- Competition: 1 v 1 Rocket League – At-Home/Virtual
- Rocket League is available for FREE on PC, Xbox One, PS4, and Nintendo Switch.
- Participants must have access to one of the available systems to play.

Any interest email myself or Jason Merola



2020 Rule Update Review

- * SOI Updates Rules every two years, there will be updates this summer.

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Athletics



Pentathlon:

- The 800 meter run shall replace the 400 meter run.
- The Pentathlon 5 events shall be run in the following order:
 - 100 meter run
 - Long jump
 - Shot put
 - High jump
 - 800 meter run

No Rule Updates



- Bowling
- Golf
- Gymnastics
- Swimming

Basketball - Individual Skills Updates



4. Individuals Skills Rules

4.1 Level 1

4.1.3 Event #3: Spot Shot

4.1.3.4 Scoring

4.1.3.4.4 For any field goal attempt that does not pass through the basket but does hit either the backboard and/or ring, one point is awarded.

ADD: For any field goal attempt that does not pass **completely** through the basket but does hit either the backboard and/or ring, one point is awarded.

4. Individual Skills Rules

4.2 Level II

4.2.1 Event #1: 12 Meter Dribble

4.2.1.3 Description

4.2.1.2.2 When the last obstacle is passed (the final cone), the player will dribble around the cone and back through the slalom passing each obstacle alternately to the right and left. This process is repeated until time is called. A point is received for every midpoint that the athlete crosses.

Delete: When the last obstacle is passed (the final cone), the player will dribble around the cone and back through the slalom passing each obstacle alternately to the right and left. This process is repeated until time is called. ~~A point is received for every midpoint that the athlete crosses.~~

Basketball - Team Competition



6. Team Competition

6.2 Competition Adaptations

6.2.7 Two free throws awarded beginning with the seventh team foul in each half.

Delete/Add: Two free throws awarded ~~beginning with the seventh team foul in each half.~~ (non-shooting) foul after the 4th period (includes player technical fouls).



Basketball - The Game

7.5.1 The game will be played for ~~20~~ 10 minutes or until one team scores ~~20~~ 21 points. ~~The games will have two 10-minute halves and a 2-minute half-time period.~~ A made field goal counts ~~two~~ one points, unless attempted from ~~behind the arc from the three-point field goal area~~, when it counts ~~three~~ 2 points. ~~A made free throw counts one point.~~

7.5.1.1 There will be a ~~running stop~~ 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).

7.5.1.2 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. All jump balls will be administered by alternate possession, starting with the team that wins the flip of the coin.

Basketball - Overtime



7.5.1.3 If overtime is required due to a tie at the end of regulation play, the team that didn't start the game with ball possession, will start the overtime. First team to score two points, will win the game. it

Basketball - Competition



7.6.1 The referee will handle the ball after a dead-ball-situation ~~on all out-of-bounds plays.~~

7.6.2 The ball is dead after a foul or violation is called or any other time the referee blows his/her whistle. After a made field goal the ball is still alive. ~~, a field goal is made or any other time the referee blows his/her whistle.~~

7.6.3 Teams change possession of the ball after made field goals. A player from a non-scoring team shall resume the game by dribbling or passing the ball inside the court directly underneath the basket (not from behind the end line) to place on the court behind the arc. The defensive team is not allowed to play for the ball in the "no-charge-semi-circle area" underneath the basket. However, if a player is fouled in the act of shooting and makes the basket, the field goal is credited, and awarded with 1 or 2 free throws ~~the offended against team retains possession of the ball.~~

Basketball - Change of Possession



~~7.6.4 Possession of the ball given to either team following any dead-ball-situation shall start with a check ball, i.e. an exchange of the ball (between defensive and the offensive player) behind the arc at the top of the court. 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.~~

7.6.5 On any change of possession, the team which just gained possession of the ball must take the ball back behind the arc ~~the foul line extended before shooting. A player is considered to be "behind the arc" when neither of his/her feet are inside nor on the arc line. The 12" shot clock will start if the ball and player are behind the arc. 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.~~

No shot clock will be used!

Basketball - Competition Violations and Subs!



7.6.6 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 the foul line extended. If a shot is attempted by the defense after a gained possession without taking it back, behind the arc to the free throw line extended, the possession returns to the offense as a dead ball and will start the play with a check ball behind the arc at the top of the court. will need to be inbounded from the "X".

7.6.7 Substitutions may be made on a dead ball prior to the check ball. The substitute can enter the game after his/her teammate steps off the court and establishes a physical contact (i.e. hand shake) with him/her behind the end line opposite the basket. Substitutions require no action from the referees or table officials. 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.

Basketball - Competition Fouls



7.7.3 There are no individual or team foul limits. The referee can decide to give a player an Unsportsmanlike foul if the player does not adapt his/her game after making several fouls and a warning of the referee. (2 Unsportsmanlike foul is disqualification of the game) in 3-on-3 half-court 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. Team fouls are limited to 6 per team. There is a penalty of 2 free throws for team foul 7,8,&9. The penalty for team foul 10 and more are 2 free throws and ball possession. This clause is applied also to fouls during the act of shooting and overrules 7.7.2.

Delete/ADD:

7.7.4 A technical foul shall be awarded with 1 free throw and ball possession. An unsportsmanlike foul shall be awarded with 2 free throws and ball possession. ~~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.~~

Equestrian



1 New Rule:

Under no circumstances should sedatives be used on horses for Special Olympics Equestrian Sport.

Softball - Batter Runner and Runner



11.1.2.4 The ball is dead and any walk to a partner, intentional or otherwise, will result in a two base award. The next batter, an athlete, will bat.

Exception: With two outs, the athlete batter has the option to walk or bat.

Note: Should the athlete batter-runner pass a partner batter-runner when choosing to walk, no out shall be called during this dead ball period.

~~**DELETE:** The ball is dead and any walk to a partner, intentional or otherwise, will result in a two base award. The next batter, an athlete, will bat.~~

~~Exception: With two outs, the athlete batter has the option to walk or bat.~~

~~Note: Should the athlete batter-runner pass a partner batter-runner when choosing to walk, no out shall be called during this dead ball period.~~

Softball - Disqualified or Ejected Participant



14.8 Disqualified or Ejected Participant

A disqualified player is prohibited from playing but can remain in the team area or serve as a coach.

Effect: If found playing, the game is forfeited.

14.8.2 Effect: An ejected adult Unified partner must leave the grounds and have no contact with the umpires or participants in the game.

Effect: The Game is forfeited

CHANGE:

1.8 Disqualified or Ejected Participant

14.8.1 A disqualified player is prohibited from playing but can remain in the team area or serve as a coach.

Effect: If found playing, the game is forfeited.

~~14.8.2~~ An ejected minor or Special Olympics athlete that requires supervision may remain on the grounds. Further actions by the ejected player will result in that team forfeiting the game.

Effect: The Game is forfeited

Tennis

Match Play

DELETE: ~~One Tie Break 6 game set using no-ad scoring with a margin of two games with a 7-point tie-break played at six all.~~



~~3.2.1.1~~ ~~3.2.1.2~~ Two Tie-Break short sets using no ad-scoring with a 10 point match tie-break to decide the match. In a short set, the first player/team who wins four games wins that set, provided there is a margin of two games over the opponent(s). If the score reaches four games all, a 7-point tie-break game shall be played. When the score in a match is one set all, one 10-point tie-break game shall be played to decide the match. This tie-break game replaces the deciding final set. ~~Not recommended for athletes with an ITN below 10.~~

~~3.2.1.2~~ ~~3.2.1.3~~ Two full 6 game tie break ~~6 game~~ sets using no-ad scoring with a 10 point match tie break to decide the match. In a 6 game set the first player/team ~~to win six games wins that "Set",~~ provided there is a margin of two games over the opponent. ~~who wins 6 games with a margin of two games wins the set.~~ A 7-point tie-break shall be played at six games all. When the score in a match is one set all, one 10-point tie-break game shall be played to decide the match. This tie break game replaces the deciding final set. Not recommended for athletes with an ITN higher than 6.

General Rules



Links to all the sport pages can be found here:

<https://www.specialolympics.org/our-work/sports>

Spring/Summer Sport Rules:

[Athletics Rules](#)

[Basketball Rules](#)

[Equestrian Rules](#)

[Golf Rules](#)

[Gymnastics Rules - Artistic](#)

[Gymnastics Rules - Rhythmic](#)

[Softball Rules](#)

[Swimming Rules](#)

[Tennis Rules](#)

Spring Sectionals

Special Olympics
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WSS: April 30



- Carnegie Mellon University
- Important Dates:
 - Reg Info: Will be out by **3/4**
 - LOI: Due **3/31**
 - Final Allocations: **4/1**
 - VSys Rosters: Due **4/4**
 - Google links sent: **4/5**
 - Registration: Due **4/14**
 - Pre-Event Webinar: **4/21**
 - Scratch/Activation: Due **4/25**



CSS: April 23



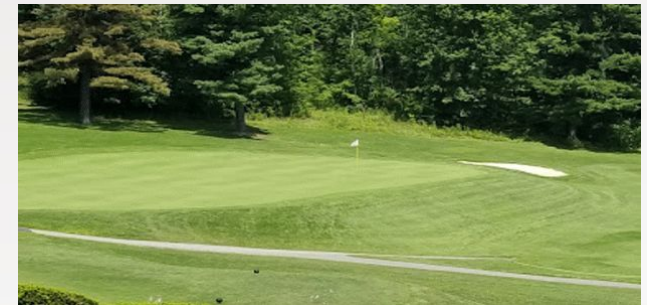
- Saint Francis University
- Important Dates:
 - Reg Info: Will be out by **2/25**
 - LOI: Due **3/24**
 - Final Allocations: **3/25**
 - VSys Rosters: Due **3/28**
 - Google links sent: **3/29**
 - Registration: Due **4/7**
 - Scratch/Activation: Due **4/18**
 - Pre-Event Webinar: **4/14**



CSS: Updates



- Golf will take place at Immergrun Golf Course at St. Francis
- Athletics will be held at Central Cambria High School
- Tennis will be at the Ebensburg Tennis Center



ESS: May 7



- Kutztown University
- Important Dates:
 - Reg Info: Will be sent **3/11**
 - LOI: Due **4/7**
 - Final Allocation: **4/8**
 - VSys Rosters: Due **4/11**
 - Google links Sent: **4/12**
 - Registration: Due **4/21**
 - Scratch/Activation: Due **5/2**



State Games

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Summer Games: June 2 - 4



- Penn State University
- Important Dates:
 - Reg Info: Will be out by **4/8**
 - LOI: Due **4/28**
 - Final Allocations: **4/29**
 - VSys Rosters: Due **5/2**
 - Google links sent: **5/3**
 - Registration: Due **5/12**
 - Scratch/Activation: Due **5/26**



Summer Games



Updates:

- Sports Fest returns in 2022!
- Tennis ratings will be done for some athletes
- Potential for Unified Sports Player Development
3v3 Basketball



Online Registration: REMINDER!!

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Google Registration

- Simplify the Process
- Minimize the possibility for error
- Changes made in “real time”
- Ease of manipulating information
- Link to GMS



Timed Events



- Times must go to the hundredths place **and** be entered using **decimals**:

MM.SS.00

Example: 1.22.33

****Please make sure your entry people are using the correct format, it will take an exuberant amount of time to correct this format with athletics and swimming for the spring/summer registrations.****

Field Updates

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Field Updates:

Training Sites

- Must have COVID Coordinator
- Training sites must be registered & approved
- Waivers for ALL participants
- Rosters
 - Participants added by SOPA when waiver in
 - Updated at each practice
 - Copy/Paste from practice to practice
 - Vaccination Rate

Site Request Form:

- Invitationals
- Activities/Meetings

Questions: Field Director or Regional Sport Director



Field Updates:

Spring Checklist

- Confirm Training Sites - Facility Use
- Coaches:
 - Certifications
 - Background Checks/Clearances
- Athlete Medicals
- Organize Coaches Meetings
 - Indoor Training Options
 - Training/Competition schedule
 - Planning local competitions/scrimmages
 - Background checks & online trainings
 - Sports Rosters
 - Contact Information

Field Updates:



Positive COVID Reporting

- **Region 2 - The Wilds Region:** Kristen Lenig klenig@specialolympicspa.org
- **Region 5 - GLVPR:** Jason Merola jmerola@specialolympicspa.org
- **Region 7 - Capital Area Region:** Shannon Pechart
spechart@specialolympicspa.org
- **Philly** - Michelle Cordell mcordell@specialolympicspa.org
- **Pittsburgh** - Jessie Merckle jmerckle@specialolympicspa.org
- **Other Programs - report to your assigned Field Director**
 - Jim Binz jbinz@specialolympicspa.org
 - Gina Reid greid@specialolympicspa.org

COVID Questions:

Contact Chelsea Hammell chammell@specialolympicspa.org

Training Updates

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Preseason Coaches Meetings

- **Athletics** - February 22, 2022 7:00 PM

[Athletics - Preseason Coaches Meeting Registration](#)

- **Swimming** - February 23, 2022 7:00 PM

[Swimming - Preseason Coaches Meeting Registration](#)

- **Basketball and Softball** - March 1, 2022 7:00 PM

[Basketball and Softball - Preseason Coaches Meeting Registration](#)

- **Gymnastics, Tennis, Equestrian and Golf** - March 2, 2022 7:00 PM

[Gymnastics, Tennis, Equestrian, and Golf Preseason Coaches Meeting Registration](#)

2022 Training # & Allocations Dates



WINTER TRAINING NUMBERS- Due March 21, 2022

- Program Review Period-April 11-15, 2022
- 2023 Winter Games Initial Allocations on the SOPA Website by May 1, 2022

SUMMER TRAINING NUMBERS- Due June 20, 2022

- Program Review Period- July 12-15, 2022
- 2023 Summer Games Initial Allocations on the SOPA Website by July 31, 2022

FALL TRAINING NUMBERS- Due November 21, 2022

- Program Review Period- December 5-9, 2022
- 2023 Fall Festival Initial Allocations on the SOPA Website by January 8th, 2022



Winter Training Numbers

Due: March 21

- Things to remember when submitting your form:
 - You must complete both the Traditional and Unified forms.
 - Put your program name on the top of each form.
 - If you are not training, place an X in that question on the top of each form.
 - When saving your excel form – You MUST submit in excel – Put your programs name in the title.
 - Ex: Team Lehigh 2020 Winter Training Numbers or Erie 2020 Winter Training Numbers
- Submit your form to:
 - GLVPR – jmerola@specialolympicspa.org
 - Wilds – kleniq@specialolympicspa.org
 - Capitol – spechart@specialolympicspa.org
 - All others – sportstraining@specialolympicspa.org

Unified Sports Player Development 3v3 Basketball



The emphasis on improving the skills and knowledge of Special Olympics athletes through the on-court personal coaching support provided by the Unified partners.

On the Court:

- one unified partner (player without an intellectual disability) and
- two players with an intellectual disability.

Unified partner act as a coach providing their teammates with verbal, visual & physical cues as well as encouragement during practices and competitions.

The support from a Unified partner significantly increases the Special Olympics Athletes improvement in the game knowledge and performance.

Unified Sports Player Development 3v3 Basketball



Team Roster:

- Minimum: 4 Special Olympics athletes and 2 Unified partners who serve in the role as on-court “mentor coaches.”
- Maximum: 5 Special Olympics athletes and 3 Unified partners who serve in the role as on-court “mentor coaches.”

Game Time: 15 minutes or 20 points - Whichever comes first

Coaches VIRTUAL 3v3 Basketball Unified Sport Coaches Training School –

Sunday, March 6th at 1:00 PM. Registration is open on the VSys Portal.

Certified Coach Requirements



- **Coach requirements for training and competition:**
 - **Team Sports:**
 - Must have at least one (1) certified coach per team
 - **Individual Sport (and Skills):**
 - Must have at least one (1) certified coach per 25 athletes

Coaches Skill Trainings



SUMMER SPORTS

Associated Sports: Athletics, Basketball, Golf, Gymnastics, Equestrian, Softball, Swimming, and Tennis

- **Announced next week!**
- **Offered in-person and a combination of virtual and in-person.**
- **Registration will be handled through the VSys Portal.**
- **Registration will close Thursday at 5:00pm prior to Saturday or Sunday trainings.**
- **Due to R2A procedures - NO coaches will be admitted to training school that are not registered.**
- **Waivers will be needed for all coaches attending training schools.**

Coach Certification for Fall Sports



Request for Fall Sports Coach Certification Deadline: March 31st

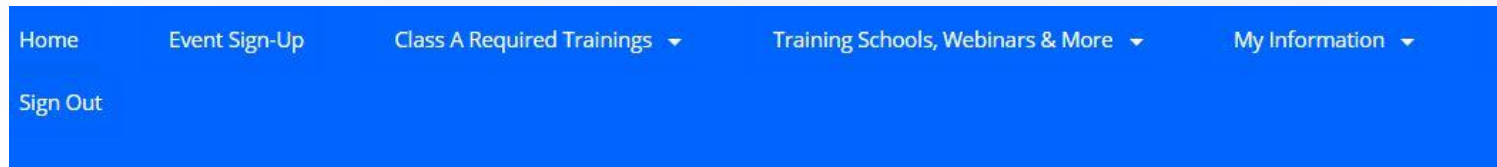
- **Fall Sports:** Bocce, Flag Football, LDR/W, Powerlifting, soccer and Volleyball
- Coaches in need of these trainings should complete the request form on their VSys Portal.
- Under “Training Schools, Webinars and More” choose “Sport Skills Training Interest (track 1)”
- Choose the season and the sport you are looking for.
- Remember to click n/a in the season you do not need a training school.

Registering for a Training School



Need to register for a training school?

1. Go to your VSys Portal: <https://vsys.specialolympicspa.org/>
2. Type in your email address and password
 - Forgot your password? Type in your email then click on Forgot Password
 - A new one will be in your inbox in moments.
3. Once in your portal click on **Training Schools, Webinars, and More.**
4. Select - **“Sport Skills Training Sign-up”**
5. Under Subject select a sport OR just hit search to see all upcoming Training Schools
6. Chose the training you are looking for and click on “Sign-up”



Welcome, Michelle! Thank you for signing into VSys Live, Special Olympics Pennsylvania's Online Volunteer Portal.


Local Program: Special Olympics Pennsylvania

Registration Details: Volunteer Class A adult

Are you interested in a Skills Training?



1. Go to your VSys Portal:
<https://vsys.specialolympicspa.org/>
2. Type in your email address and password
3. Once in your portal click on **Training Schools, Webinars, and More.**
4. Click on **“Sport Skills Training Interest (level 1)”**
5. Check that your information is correct and at the bottom of the page click on the season and sport you are interested
6. Submit
7. You will receive a confirmation email and be emailed when a training is scheduled in your area.



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Are you interested in being certified as a Special Olympics Coach? If so, please ensure your contact information is correct on when training for that sport occurs near you. Thank you.

In order to accommodate most requests we ask that request by season are submitted no later than the following dates;

- Winter - Last Friday in August
- Summer/Spring - Last Friday in November
- Fall - Last Friday in March

Please take the time to read through each area of the registration form! All "required" fields are marked.

Local Program

Special Olympics Pennsylvania ▾

* First name

Michelle

* Last Name

Boone



Non-Sport Specific Trainings

Coaching Special Olympics Athletes (CSOA)

- April 2-3
- June 25-26
- August 20-21

Principles of Coaching (P of C)

- March 19-20
- October 22-34

2 Day trainings - Saturday & Sunday, 8 am to 10:30 am

CSOA - Continuing Ed & Bronze Level

P of C - Continuing Ed & Silver Level

Webinar Series:



- Lunch & Learn - will be RECORDED and posted to SOPA website, on toolbar - Volunteer Resources, Trainings, Lunch & Learns
- Entire listing and registrations links can also be found here:
<https://specialolympicspa.org/lunch-learn-webinar-series>

April 13

What kind of Coach are you? Driver, Analyzer, Expresser or Amiable!

[Register Here!](#)

What topics would you like to see listed here?????

Local Program Invitationals



Are you hosting an
invitational this spring?

Please let Mike Ermer know so we can get word out

mermer@specialolympicspa.org

Questions?

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