

2012 FALL CLASSIC

The 12th annual Fall Classic will be held in College Station, October 2012.

Fall Classic Games

Seven sports are featured at this year's Fall Classic. In addition, special events such as Opening Ceremonies, Athlete Village, Victory Dance, Closing Ceremonies and various clinics and demonstrations will round out the experience for athletes, coaches and families in attendance.

Athletes may participate in only one sport at Fall Classic, even if competitions are on separate weekends.

This year's sports include: aquatics, bocce, flag football, golf, sailing, softball, and triathlon.

Entry fees will be \$30 for each competing athlete and Unified Sports® partner.

Check your area office for the entry deadline. No late entries accepted.

Resource Information

To request specific information on individual sports and competitions, consult the Official Special Olympics Sports Rules, which may be obtained through the area office. Additional information may be obtained from the sport directors.

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FALL CLASSIC



Aquatics

Events Offered

The following aquatics events are sanctioned by Special Olympics Texas and may be offered at local, area and chapter competitions. The actual events scheduled and conducted at local, area and/or chapter competitions will be determined by a minimum number of entries in each event.

- Diving Events:
1m Springboard Dive
- Individual Events:
Freestyle – 25, 50, 100, 200 and 400m
Backstroke – 25, 50, 100 and 200m
Breaststroke – 25, 50 and 100m
Butterfly – 25, 50 and 100m
Individual Medley – 100m
- Relay Events and Unified Sports® Relays
Freestyle Relay – 4 x 25m, 4 x 50m
Medley Relay – 4 x 25m, 4 x 50m
- Individual Skills
15m Walk (if facility is able to accommodate this event)
15m Unassisted Swim
15m Flotation Race
10m Assisted Swim
25m Flotation Race

General Information

- The Official Special Olympics Sports Rules shall govern all Special Olympics aquatics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Natation Amateur (FINA) and United States Swimming, Inc. (USS) rules for aquatics. FINA and USS rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply. These rules can be found on our website at www.specialolympicstexas.org.
- In all Special Olympics competitions, each swimmer will be allowed one false start. Upon committing a second false start, that swimmer will be disqualified. In all cases where a false start occurs, the race will be recalled. Any swimmer with two false starts will not be permitted to swim.
- An athlete may enter no more than three individual events, one relay event and a diving event. Athletes must compete in regular events or individual skills events. No crossover is allowed.
- The Sports Management Team has approved the utilization of maximum qualifying times of 3:30.00 (3 minutes, 30 seconds) for all 100 meter events and 7:00.00 (seven minutes) for all 200 meter events.
- As a reminder, flotation devices are not worn in the 15 meter unassisted swim.
- To correctly convert a time from yards to meters, multiply the yards time by 1.0936 (not .91). Example: 25 yard time of 00:30:72 = 25 meter time of 00:33:60 (30.72 x 1.0936). To convert a time from meters to yards, multiply the meter time by .91. Example: 25 meter time of 00:36:91 = 25 yard time of 00:33:59 (36.91 x .91). If you have a time in yards that has minutes in it, you have to change the minutes to seconds to be able to use a calculator to multiply the time. If the time was 04:22:89 (4 minutes, 22 seconds, 89 hundredths) you multiply the 4 minutes by 60 to get 240 seconds. 240 seconds + 22.89 = 262.89 seconds. Now you can use a calculator to multiply 262.89 x 1.0936 = 287.50 seconds or 04:27:50 (4 minutes, 27 seconds, 50 hundredths).
- An emergency action plan shall be in place prior to any Special Olympics participant entering the water for any reason – training, competition or recreation.



- In general, Special Olympics aquatics follows the rules as set forth by the National Governing Body. However, the modified individual skills events are offered as a developmental level or bridge to the “regular” swim events.
- The SMT has determined that athletes are allowed the option of wearing a proper flotation device in walk events. It was determined that this did not create a competitive advantage and in some cases is a prudent safety measure. Athletes will be heated and divisioned according to ability, age, and gender (like all SOTX events) and shall not be heated separately within the walk event as “flotation” and “non-flotation” – they are all considered “walk” athletes in this event.
- For flotation races, each athlete is responsible for his/her own flotation device. The device must be of the body wrap around type such that if the athlete was not able to hold on to the device, the device would still support the athlete with the face out of the water. (Flotation devices such as kickboards, inner tubes, or floats that wrap around the arms are not acceptable for use at any time.) SMT determined that ski vests, ski belts and other flotation devices are acceptable if they:
 - a) meet the above criteria – wrap around the body and keep the face above water when not holding onto it (when conscious); and
 - b) are originally designed by the manufacturer to be worn as a flotation device. (An example of an unacceptable “modification” would be: a water noodle modified to be worn around the waist. This would be an unacceptable flotation device because it was not originally designed by the manufacturer for this purpose.)
- Currently USA Swimming states that the feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SOTX Modification: If is not possible for some athletes to turn the feet outward, therefore, feet turning outwards during the propulsive part of the stroke is not a requirement. However, a scissors, flutter, or downward dolphin kick is not permitted.
- The rabbit percentages are now 20 percent for all aquatics events at chapter competitions.
- Athletes have the option of using starting blocks, deck, or they may start in the water for the beginning of each race.
- Unified Sports® partners will be allowed to participate in up to two Unified Sports® relays in aquatics competition.
- Effective immediately, the Sports Management Team has approved the utilization of a prosthetic swimming device in aquatics for athletes who already wear and use a prosthetic device in daily living.
- The Sports Management Team voted to follow the FINA rules, which do not allow an athlete to wear a wetsuit during competition.

Aquatics Minimum Safety Standards

- The minimum number of lifeguards at recreational swimming must be one lifeguard for every 25 participants.
- The volunteer to athlete ratio must be at least 1 to 10, but more volunteers are required for those with physical disabilities.
- Medical information, which must be on hand, should be discussed with the lifeguard on duty in advance of any activity.
- If no relief lifeguard is available, the pool must be emptied, even for short durations, when a lifeguard must leave the poolside.
- A physical examination must be made of the pool area to identify potential hazards. The deck should be clear of obstructions.
- A copy of the pool's current rules must be submitted for review prior to entering the pool.
- Pool depth must be marked and easily visible.
- The pool depth must be a minimum of five feet for diving racing starts.
- The Sports Management Team highly recommends coaches be aware of the depth of the pool for diving racing starts and take measures to avoid injuries.



- Safety lines must be in place to divide shallow and deep water areas.
- It is important to know the Ph level and the temperature of the water before entering the pool.
- A first aid kit must be available containing all the appropriate supplies.
- All electrical outlets and appliances must be properly maintained and protected.
- There must be a telephone available on site with emergency numbers posted next to it.
- Indoor and outdoor exits must be clearly marked.

Special Olympics Diving Rules – One meter springboard

1. Special Olympics diving events will be conducted following the FINA rules of senior competition with the following exceptions:
 - a. Divers may choose any of the dives on the FINA degree of difficulty table with the addition of: dive number 100 (forward jump) in the A (straight), B (pike) or C (tuck) position and dive number 200 (back jump in the A, B or C position). Dive numbers 100 and 200 will have a degree of difficulty of 1.0 regardless of position.
 - b. Dives may be performed standing or with an approach.
 - c. Each diver will compete at one of four skill levels (Level 1, 2, 3 or 4) according to his/her ability.
2. The following are the recommended elements of each Special Olympics level:
 - a. Level 1
 - The diver must be capable of performing two dives.
 - One dive must be a forward dive (number 101) in any position; the second dive shall be any other dive with a different FINA designated number.
 - A change in position shall not constitute a different dive.
 - b. Level 2
 - The diver must be capable of performing three dives.
 - One dive must be a forward dive (number 101) in any position; the other two dives shall be selected from any two of the five FINA dive groups (they must be from different groups, but one of them may come from the front group).
 - Each dive shall have a different FINA designated dive number.
 - A change in position does not constitute a different dive.
 - c. Level 3
 - The diver must be capable of performing four dives.
 - One dive must be a forward dive (number 101) in any position; the other three dives shall be selected from any three of the five FINA dive groups (they must be from different groups, but one of them may come from the front group).
 - Each dive shall have a different FINA designated dive number.
 - A change in position does not constitute a different dive.
 - d. Level 4
 - The diver must be capable of performing five dives.
 - One must be a forward dive (number 101) in any position; the other four dives shall be selected from any four of the five FINA dive groups (they must be from different groups but one of them may come from the front group).
 - Each dive shall have a different FINA designated number.
 - A change in position shall not constitute a different dive.
 - Dive numbers 100 and 200 may not be used at this level.

Bocce

Events Offered

- Singles
- Doubles and Unified Sports® Doubles
- Team and Unified Sports® Teams
- Half-Court Ramp Singles
- Half-Court Singles

At Fall Classic, bocce athletes may now enter two events, provided one event is Singles (Saturday competition) and the other event is a team event (Doubles, Unified Sports® Doubles, Team or Unified Sports® Team - Friday competition). At the area competition level, each area will have the flexibility to determine whether athletes can compete in more than one bocce event.

Note: Sideboards and backboards will be used on all courts at Fall Classic. These sideboards and backboards will be taller than a bocce ball.

Equipment and General Information

- Bocce is played with eight large balls and one smaller target ball or object ball called the pallina. There are four balls to a side or team, and they are generally made in two colors to distinguish the balls of one team from those of another team. The large balls are also inscribed with distinctive lines to identify the balls of the players on the same team.
- Bocce balls may be composed of wood or metal and of equal size. Official league and tournament balls may be from 107 millimeters (4.25 inches) to 113 millimeters (4.5 inches). **Note:** The new SOI rules state a maximum of 110 millimeters; SOTX will continue to allow up to 113 millimeters. The color of the balls is immaterial provided that the four balls on one team are clearly and visibly distinct from the four balls of the opposing team.
- Pallina must not be larger than 63 millimeters (2.5 inches) or smaller than 48 millimeters (1.875 inches) and should be of a color visibly distinct from both bocce ball colors.
- Measuring device may be any device that has the capacity of accurately measuring the distance between two objects, and acceptable to tournament officials.

Rules Highlights

(See extensive listing of rules in Official Special Olympics Sports Rules, bocce section, for more information.)

- Ball Delivery
All ball delivery attempts must be of an underhand style from behind the 10 foot throwing line.
- Sequence of Play
The pallina is rolled or tossed by a member of the team having won the coin toss to start the game. The player tossing the pallina must deliver the first ball. The opposing team will then deliver their bocce balls until the point is taken or they have exhausted their four balls. This "nearest ball" rule governs the sequence of played balls. The side whose ball is closest to the pallina is called the "in" ball and the opposing side the "out" ball. Whenever a team gets "in," it steps aside and allows the "out" team to deliver.
- Winning Score
Singles - first player to 12 points
Doubles - first pair to 12 points
Team - first team to 16 points
Half-Court Ramp Singles - first player to 8 points
Half-Court Singles - first player to 8 points
- Scoring
At the end of each frame all those balls of one team closer to the pallina than the closest ball of the opposing team, which can be determined by an official viewing or using a measuring device. In the event of ties (two balls - one from each team equally closest to the frame), no points are awarded for that frame.
- Rotation of Players
The players of any given team may elect to play their ball in any rotation provided the player who tosses the pallina delivers the first bocce ball. The rotation may vary from





frame to frame; however, no player may deliver more than his/her allotted number of balls per frame.

- Please note: The end line is the start line for half-court bocce.
- Singles (Ramp)
Ramp bocce players shall compete only against other ramp participants in a separate division. Ramp players typically will not switch sides for each frame. Officials will have the final approval of all ramp devices used for bocce competition.
- Half-court singles will play by the same modified rules as ramp but will require athletes to throw the pallina instead of using a ramp.
- Unified Sports®
Each Unified Sports® bocce doubles team shall consist of one athlete and one partner. Each Unified Sports® bocce team shall consist of two athletes and two partners.
- Up to two alternates are now allowed to participate on a bocce team. These athletes have the opportunity to register for singles as well.
- **PLEASE NOTE: Assessment forms/scores are NOT REQUIRED for Fall Classic. We will classify every athlete on Thursday afternoon.**
- SOTX has recommended a standard for athletes who are blind, competing in bocce. The Sports Management Team approves the use of clapping by a volunteer as the recommended audible cue for athletes.

Flag Football

Events Offered

The following events are sanctioned by Special Olympics Texas and are to be offered at all local, area and chapter competitions. The actual events scheduled and conducted at local, area and chapter competitions will be determined by a minimum number of entries in each event. An athlete may enter team competition, Unified Sports team or Individual Skills.

- Team Competition - 5-on-5 traditional team
- Unified Sports - 5-on-5
- Individual Skills - Run and Catch, Throwing for Accuracy, Throwing for Distance, Agility and Speed: Hand Off, Flag Pulling

General Information

The Official Special Olympics Sports Rules shall govern all Special Olympics flag football competitions. As an international program, Special Olympics has created these rules based upon the National Intramural – Recreational Sports Association (NIRSA) rules for flag football. The National Intramural – Recreational Sports Association (NIRSA) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the official Special Olympics Sports Rules shall apply. These rules can be found at www.specialolympicstexas.org.

Individual Competition

Individual skills contest is a developmental opportunity.

Team Competition

- Special Olympics Flag Football is non-contact.
- A Special Olympics Texas Flag Football Team Evaluation Questionnaire is required to be submitted with all area, regional and chapter competitions.
- Roster maximum is 12 and minimum is 5.
- Playing uniform consists of matching shirts with numbers on front and back. The shirt must remain tucked in at the waist throughout the game.
- All players must wear athletic shorts without pockets.
- Players must wear rubber-cleated or flat-soled athletic shoes. Metal cleats, spikes, hiking boots or other equipment deemed dangerous by officials will not be allowed.
- All players must wear a mouthpiece.



- An intermediate (youth) size football will be used in all divisions.
- A one-piece, Triple Threat flag belt will be worn during the game at all times; this will be the only belt allowed for SOTX competitions.
- Playing field is 60 yards long (including end zones) and 25 yards wide.
- The game will consist of two halves, each twenty minutes. Halftime will be five minutes.
- Scoring: Touchdown is six points. Extra point from the 5-yard line is one point, from the 10-yard line is two points. Safety is two points.
- If a game is tied at the end of regulation play then an overtime period will be played. In overtime, each team receives two plays from midfield and the team gaining the most points or gaining a yardage advantage is awarded one extra point and wins the game.
- Due to safety risks, assisted devices such as canes, walkers, wheelchairs and service dogs are prohibited from use in team sports. Athletes who require assisted devices may compete in Individual Skills contests if they meet the performance requirements.

Unified Sports® Flag Football

For flag football information for Unified competition, please see Unified Sports Rules in Section K.

Golf

Attire

By the nature of the sport, proper attire during all golf competition is expected: no denim or blue jeans, no cut off shorts, no high top tennis shoes, no sleeveless shirts (men). Proper attire is a collared shirt, shorts or slacks, and soft spike golf shoes. Tennis shoes are acceptable. Wind suits and other outer gear for weather conditions are recommended.

Events Offered

The following events are sanctioned by Special Olympics Texas and are offered at local, area, regional and chapter competitions. The actual events scheduled and conducted will be determined by a minimum number of entries in each event, evenness of competition and ultimately the competition committee.

Level 1 (Individual Skills Competition)

- Short Putt
- Long Putt
- Chip Shot
- Pitch Shot
- Iron Shot
- Wood Shot

The purpose of the Individual Skills competition is to allow athletes to train and compete in basic golf skills. The development of these key skills is necessary prior to advancing on to Level 2 play.

Individual Skills Reminders

- Entry scores for Individual Skills competition shall consist of the total average of the six skills.
- Short putt, long putt and chip shot - any ball coming to rest in the path of the next attempt will be removed by volunteers.
- Chip shot and pitch shot - teeing the ball will NOT be allowed.
- Iron shot and wood shot - the athlete or coach may request that the volunteer tee the ball.
- It is recommended that athletes have their own clubs. The competition format for each round may require a delegation/team be at several skills stations at the same time. Proper supervision of athletes need to be considered for this possibility as well.
- A coach or chaperone may "direct" an athlete who has a visual impairment in the direction of the shot on the first of the five attempts.
- No coaching of athletes is allowed, verbal or physical, after the first attempt at each skill.



Level 2

- 9-hole, Alternate Shot Team Play

Level 3

- 18-hole, Unified Sports®, Alternate Shot Team Play. Partners and athletes must remain the same throughout all Level 2 and Level 3 competition.

Level 4

- 9-hole, Individual Stroke Play

Level 5

- 18-hole, Individual Stroke Play

Reminders:

- Official Special Olympics Sports Rules shall apply and are based on the rules of golf as written by the Royal and Ancient Golf Club of St. Andrews (R&A) and the United States Golf Association (USGA).
- Substitute Unified partners are allowed ONLY if the new Unified partner competed at an area competition (even if it was with a different athlete) and three rounds of scorecards played as the new team can be submitted prior to Fall Classic.
- Entries shall consist of six scorecards, with all six cards totaled, averaged and played in the format in which the individual or team is competing.
- The "Ten Stroke Rule" will be enforced. If a ball is not holed on the tenth stroke, play is discontinued for that hole, the ball is picked up, and a 10 is scored.
- Partners and athletes must remain the same throughout all Level 2 and Level 3 competition.
- Rule 6-7. Undue Delay; Slow Play: it is expected that a 9-hole round be no more than two and a half hours, thus an 18-hole round be no more than five hours. The Competition Committee shall enforce this rule by assessing penalties and disqualifications, if necessary. A course marshal shall use any means necessary to determine fault and only penalize the offending individual or team.
- The Competition Committee reserves the right to move teams or individuals, if necessary. For example:
 - A team competing in Level 3 that is obviously not ready for that level of golf, could be moved to Level 2 competition.
 - An individual in Level 5 who is obviously not ready for that level of golf, could be moved to Level 4 competition.
 - An individual in Level 4 who is obviously not ready for that level of golf, could be moved to Level 3 competition.
- The "Seven Stroke Rule." At all area and chapter competitions, a Level 2 or 3 team can only score seven strokes better from day 1 to day 2 of competition. For example, day 1 scores are used as the qualifying score and the first of the two scores for a total of the two rounds that are played. If team A scores an 81 on day 1, the best they could score on day 2 would be a 74. If they shot a 71, a 74 would be recorded.

Sailing

The Official Special Olympics Sports Rules shall govern all regattas. As an international sports program, Special Olympics has created these rules based upon the International Sailing Federation (ISAF). ISAF rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

Beginning in 2012, athletes and Unified partners participating at chapter competition will pay the chapter registration fee of \$30.

Official Events

- A regatta shall consist of at least three races.
- The Competition Committee shall provide potential competitors with a notice of race and racing instructions.



- At all regional, national and international regattas there shall be a catamaran class boat and a monohull class boat used.
- Racing for all levels of competition shall be available at regattas.
 - Level 1 - Special Olympics athlete member(s) of the crew shall have responsibility for head sail trim.
Note: Level 1 teams may elect to use safety officers.
 - Level 2 - A Special Olympics athlete member of the crew shall control the helm for 50 percent of the race.
 - Level 3 - The entire crew shall consist of Special Olympics athletes.
Note: Level 2 and 3 teams may elect to use spinnaker sails.
 - Level 4 - Special Olympics athletes shall compete single-handed.

Composition of Teams (Level 1 and 2)

- Crews shall be comprised of athletes with and without intellectual disabilities.
 - If the boat is typically raced by a crew of two, one member will be an individual with intellectual disabilities.
 - If the boat is typically raced by a crew of three or more, the majority of the crew shall be individuals with intellectual disabilities.
- All crew members shall be able to swim, while wearing a PFD, a minimum of 10 meters.
- All seizure-prone crew members shall be seizure free, with the aid of medication, for a minimum of one year.

Divisioning

- Each division should have no fewer than three boats and no more than eight.
- If it is a one-day regatta, the scores of the first race are used for divisioning.
- If it is a multi-day regatta, the combined scores of the first day are used for divisioning.
- The race committee (competition committee) may elect to carry over the other medal round the score(s) from the divisioning races.

Rules of Competition

- Every racer shall wear a PFD at all times.
- All regattas shall be conducted in accordance with racing rules of sailing.
- Scoring shall be based upon numerical order of finish: one point for first, two points for second, and so on.
- All race courses shall be laid out as modified Olympic triangles.
- The distance from the windward turning mark to the leeward turning mark shall be no greater than 2000 meters.
- Standard courses are:
 - #1 - S A C F
 - #2 - S A B C F
 - #3 - S A B C A C F
 - #4 - S A C A C F

S = Start; F = Finish; A = Windward Mark; B = Jibe Mark; C = Leeward Mark

All marks shall be left to port.

Safety

- Level 1 teams may elect to use Safety Officers (SO); and if they do, those teams are to be divisioned separately.
- The role and responsibility of the SO is:
 - To ensure the well-being of the crew after collision or capsize.
 - At all other times, they serve as movable ballast and only under the direction of the crew.



- Any other assistance provided by the SO will result in the team being disqualified for that race.

Softball

Events Offered

The following events are sanctioned by Special Olympics Texas and are to be offered at all local, area and chapter competitions. The actual events scheduled and conducted at local, area and chapter competitions will be determined by a minimum number of entries in each event.

An athlete may enter team competition, Unified Sports® team, T-ball or Individual Skills 1 or 2.

- Team competition (slow pitch)
Co-Ed team
- Unified Sports® team
- T-ball (Uses 12 inch Easton Incrediball®)
- Coach/Pitch (Uses 12 inch Easton Incrediball®)
- Individual Skills 1
Base Race
Bat for Distance
- Individual Skills 2
Base Running
Fielding
Hitting
Throwing

General Information

The Official Special Olympics Sports Rules shall govern all Special Olympics softball competitions. As an international sports program, Special Olympics has created these rules based upon Amateur Softball Association (ASA) rules. ASA rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply. These rules can be found on our website at www.specialolympicstexas.org.

Individual Skills

- Entry scores for Individual Skills competition are required on athlete entries.

Team Competition

- A Special Olympics Texas Softball Team Evaluation Questionnaire is required to be submitted with all area, regional and chapter competitions.
- All batters will start each at bat with a count of one ball and one strike. This ASA rule is designed to speed up play and provide more opportunities for participation.
- The majority of Special Olympics Texas slow pitch softball is conducted according to the rules of the governing body (ASA). The following modifications have been approved however, for team play:
 - All games will be called if a team is winning by 15 runs after three innings or winning by 10 runs after five innings.
 - Game time will be a maximum of one hour and 15 minutes in length with ASA championship rules in effect.
 - The roster maximum is 20; the minimum is 10.
 - The regulation distance for the pitching rubber in ASA competition has been changed to any distance between 40 and 50 feet.
 - For lower divisions, the pitcher's rubber may be reduced to 40 feet at the discretion of the competition committee.
 - If the game is tied at the end of regulation, we will play extra innings. For every half inning during the extra inning, the last batter from the previous inning for the hitting team stands on second base. The batter starts with a 1-1 count.
- Due to safety risks, assisted devices such as canes, walkers, wheelchairs, and service dogs are prohibited from use in team sports. Athletes who require assisted devices may compete in Individual Skills contests if they meet the performance requirements.
- Starting in 2012, a safety home plate will be used at all area and chapter competitions. Information on the safety home plate can be found in the Official Special Olympics Softball Sports Rules.



Softball - Run Limit per half inning

- In lower divisions of traditional, coed, and Unified Sports® softball, the classification team can determine that a run limit of six to nine runs per half inning be put into effect in order to speed up play and allow each team an opportunity to play more innings.

T-Ball

- A Special Olympics Texas Softball Team Evaluation Questionnaire (page M-16) is required to be submitted with all area, regional and chapter competitions.
- In T-ball competition, innings will consist of three outs or 10 batters, whichever comes first. For example, if all 10 batters have batted, the inning is declared over, regardless of the number of outs. Time limit shall be six innings or one hour.
- All catchers must wear a face mask and batting helmet; chest protection is optional.
- Helmets must be worn by all athletes during competition (including Unified Sports® athletes).
- In the event of a tie, all games will be decided by the international tie breaker in the ASA rule book.
- Neutral zone can range from 40 feet to 45 feet 11.25 inches.
- Uses 12 inch Easton Incrediball® for all competition.

Co-Ed

- A Special Olympics Texas Softball Team Evaluation Questionnaire is required to be submitted with all area, regional and chapter competitions.
- Roster must consist of 50 percent male and 50 percent female athletes.
- The ball is 30 centimeters, red stitched.
- Defensive Positioning.
 - 2 male, 2 female outfielders.
 - 2 male, 2 female infielders.
 - 1 male, 1 female in the battery (pitcher and catcher).
- Alternate male and female in batting order.
- Male athletes that walk will be awarded two bases. The runners on base may only advance if forced to do so.
- After two outs if a male athlete walks, then the next female athlete in the batting order shall have a choice to walk or hit.

Unified Sports® Softball

For softball specific information for Unified competition, please see Unified Sports® Rules in Section K.

Coach/Pitch

- A Special Olympics Texas Softball Team Evaluation Questionnaire (page M-16) is required to be submitted with all area, regional and chapter competitions.
- The goal of this program is to develop the offensive and defensive skills required to progress from T-ball to regular softball. The rules are presented in three parts: general, defensive and offensive. Unless covered in these modifications or the modified rules of Special Olympics, the rules of the National Governing Body shall be followed. Coach pitch softball cannot be played as a part of the Unified Sports® program.

General Rules

- There shall be two umpires.
- The umpire will count the number of pitches that each batter receives. Five pitches will constitute a strike out. There will be no walks.
- Foul balls will count as a pitch. If the fifth pitch is a foul ball, the batter will be out.
- A pitch will be any ball that is presented to the batter and which the batter does not swing at or strikes at and misses. A foul ball will count as a pitch.
- The umpire will ensure that the coach/pitcher does not take an undue amount of time between pitches nor that he/she “coach” while pitching. The coach/pitcher may encourage his/her batter to swing and to hit the ball. Once the batter hits the ball,



the pitcher/coach may not talk to anyone until the play is over. To do so will bring one warning and then the batter will be called out.

- Use 12 inch Easton Incrediball® for all competition.

Defensive

- The defense shall consist of 10 players stationed at regular softball positions with the exception being the pitcher. The pitcher will stand on either side of or behind the coach/pitcher, but not in front of him/her.
- The pitcher may not move once he/she has positioned him/herself until after the ball has been hit, the batter has swung or the catcher touches the ball (if there is no swing).
- The coach/pitcher shall not interfere with a ball that has been placed in play by a batter or by a defensive player trying to make an out. If a hit ball is touched in any way by the coach/pitcher, the hitter is out and no runners may advance. If a ball thrown by a defensive player hits the coach/pitcher, it will be up to the umpire to determine if interference is warranted. The coach/pitcher must not move or give instructions to the batter once the batter has hit the ball. To do so will bring one warning and then the batter will be called out thereafter.
- The coach/pitcher will position him/herself no closer than 36 feet from home plate. The coach/pitcher must stand and throw the ball in an underhand motion consistent with the rules of the National Governing Body. In a standing position, the coach/pitcher may not move in the way of the pitcher going for the ball. This will be called interference.

Offensive

- A batter will have five pitches to hit the ball in fair territory. Any ball thrown by the coach/pitcher will be a pitch. A pitch must be thrown underhanded consistent with the rules of the National Governing Body. Pitches swung at and missed will be counted as strikes. Foul balls will be counted. Five pitches will constitute a strike out. There will be no walks.
- A ball hitting a batter is a pitch. The batter will not be given first base.
- The coach/pitcher shall not take part in any way in the game other than to present the ball to the batters to hit. He/she may encourage a batter to hit but may not leave the mound to encourage a better hit.
- The first and third base coaches will provide all instructions to the batters and the runners. They and only they may yell instructions at runners after they have started to bat, requiring a halt in play. Instructions such as positioning the batters, discussion with the batter or the changing of bats will require a time-out.
- An inning shall be completed when either three outs are made or when the six-nine run rule takes effect.
- A runner may not steal a base, nor advance on a strike out.
- Runners may not take a lead-off from any base.
- Bunting is not allowed.
- Play is stopped when either all runners have stopped, or a defensive player has the ball at a base in front of all runners. A runner shall not try to advance a base if the ball is at a base past the one he is approaching.
- A team may decide to use a team member to act as the pitcher/coach. In this case all rules apply to him/her as they do to the other coach/pitcher.

Triathlon

Fall Classic will offer the following three Triathlon events:

Level 2 Individual Triathlon - one individual competes in all three events.

Level 2 Traditional Triathlon Relay - three athletes each competing in one leg of the three events.

Level 2 Unified Sports® Triathlon Three-Person Relay - two athletes and one Unified Sports® partner each compete in one of the three legs of the three events.



Events Offered

Individual

Level	Swim	Bike	Run	
Level 1	50m	2 miles	800m	future
Level 2	100m	4 miles	1 mile	current chapter event
Level 3	250m	8 miles	2 miles	future

Three-Person Relay

Level	Swim	Bike	Run	
Level 1	50m	2 miles	800m	future
Level 2	100m	4 miles	1 mile	current chapter event
Level 3	250m	8 miles	2 miles	future
Level 4	500m	12 miles	3 miles	future
Level 5	750m	15 miles	3.1 miles	future

General Information

- Swim portion of triathlon shall be conducted in closed course pools (indoor or outdoor pools) with all proper aquatics safety considerations in place.
- Bike portion of triathlon shall be conducted on a closed course.
- Run can be held on track, closed road or cross-country style course.
- All participants and coaches should receive detailed course information prior to the event.
- All transition stations (from swim to bike and from bike to run) for individual and relay events will be set up similar to governing body sanctioned events.
- Athletes training to compete in individual races should select the proper competition level with the consideration of the cumulative effects of triathlon participation.
- Until further notice, only Level 2 will be offered at Fall Classic.
- There are two coach certification options to be a triathlon coach: one coach approach and multiple coach approach. One coach approach: the coach must be triathlon certified, aquatics certified and either athletics or cycling certified; also, the coach must be Unified certified if coaching a Unified Sports three-person relay. Multiple coach approach: if more than one coach will be training the triathlon athletes, the triathlon certification, aquatics certification and either athletics or cycling certification must be held by one or more of the coaches; also, one must be dually certified in Unified Sports and one of the triathlon events if they are coaching a Unified Sports three-person relay.
- In an effort to grow the number of athletes participating in triathlon, the Chapter Sports Management Team has agreed to the following:
 - The East Region has scheduled their Regional Triathlon Competition after the date of Fall Classic.
 - Athlete entries for the regional competition must be submitted to the area office at the same time as chapter entries.
 - Since athletes will not have the area competition as a pre-qualifier for chapter competition, they instead will need to compete at the area level in two out of the three sports throughout the year: aquatics, athletics or cycling.
 - Any athlete who competes at Fall Classic in triathlon, who does not attend the regional competition that follows will not be allowed to register the next year in triathlon at Fall Classic.

The Sports Management Team has approved to allow triathletes to participate in one aquatics relay event at Fall Classic barring any scheduling conflicts.

Unified Sports® Triathlon:

For triathlon specific information for Unified competition, please see Unified Sports® Rules in Section K.

Special Olympics Texas Golf Individual Skills Scoresheet

(Prelims & Finals)

Flight: _____ Bracket: _____ Name: _____

Team: _____ Age Bracket: _____

Preliminaries Finals Grand Total
(Add all the points below)

Short Putting:

- **Set-Up:** Target hole with two circles, .5m and 1.5m radii, around it. Athlete putts 5 times from 2m away from hole.
- **Scoring:** 0 pts. if swing and a miss; 1 pt. if the ball is hit; a 2nd pt. if the ball stops in the 1.5m circle; a 3rd pt. if the ball stops in .5m circle; and a total of four pts. is scored if ball goes in hole.

Putt #1 + Putt #2 + Putt #3 + Putt #4 + Putt #5 **Total Points** (max 20 pts.)
_____ = _____

Long Putting:

- Set-up and scoring is the same as for the short putt, except that the athlete putts from 8m away from the hole.

Putt #1 + Putt #2 + Putt #3 + Putt #4 + Putt #5 **Total Points** (max 20 pts.)
_____ = _____

Chip Shot:

- **Set-Up:** Target hole with a 3m and 6m radius. Athlete chips 5 times from 14m away from hole.
- **Scoring:** 0 pts. if swing and miss; 1 pt. if ball is hit; 2nd pt. if ball stops in 6m circle; 3rd pt. if ball lands in circle and rolls out or lands outside circle and rolls in; and a 4th pt. if the ball goes in the hole.

Chip #1 + Chip #2 + Chip #3 + Chip #4 + Chip #5 **Total Points** (max 20 pts.)
_____ = _____

Pitch Shot:

- **Set-Up:** Target circle of 12m radius and two poles with a net. Athlete pitches 16m away from target area center.
- **Scoring:** 0 pts. if swing and miss; 1 pt. if the ball is hit; 2nd pt. if ball goes over the net and between poles; a 3rd pt. if the ball and rolls out or lands outside and rolls in; and a 4th pt. is scored if the ball lands and stays in the circle.

Pitch #1 + Pitch #2 + Pitch #3 + Pitch #4 + Pitch #5 **Total Points** (max 20 pts.)
_____ = _____

Iron Shot:

- **Scoring:** 0 pts. if the ball is hit; 1 pt. if the ball is hit; a 2nd pt. if the ball stops over 30 line and stays in bounds; a 3rd pt. if the ball stops over 60 line and stays in bounds; a 4th pt. if the ball stops over the 90 line.

Iron #1 + Iron #2 + Iron #3 + Iron #4 + Iron #5 **Total Points** (max 20 pts.)
_____ = _____

Wood Shot:

- **Scoring:** Same as iron shot, except miss = 0 pts.; hit = 1 pt.; over 60 = 2 pts.; over 90 = 3 pts.; over 120 = 4 pts.

Wood #1 + Wood #2 + Wood #3 + Wood #4 + Wood #5 **Total Points** (max 20 pts.)
_____ = _____

Special Olympics Texas

Softball Individual Skills Scoresheet (page 1 of 2)

Athlete Name: _____ Qualifying Score: _____

Team Name: _____ Age: _____

Base Running

The purpose is to measure the athlete's base running ability.

- Bases are set up like a diamond and positioned 19.81 meters (65 feet) apart.
- The athlete is instructed to start on home plate and run the bases as fast as possible, touching each base en route.

Scoring:

- The time starts when the athlete leaves home plate and stops when the athlete returns to home plate after circling the bases.
- Time elapsed in seconds is subtracted from 60 to determine the point score.
- The penalty of five seconds for each base missed or touched in improper order shall be assessed.
- The athlete has two attempts.

Attempt #1: _____ Attempt #2: _____

Throwing

The purpose is to measure the athlete's ability in throwing for distance and accuracy.

- The throwing line is chalked to out to 60 meters.
- The athlete stands behind the restraining line, back far enough to take one or more steps in preparation for throwing.
- The athlete has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line.
- If the athlete steps on or over the line before releasing the ball, the trial must be repeated. There will be a maximum of two repeats.

Scoring:

- The net throwing score equals the throwing distance (measured at a point on the throwing line) minus the error distance (the number of meters the ball landed off target away from the throwing line). For example, if the ball lands even with the 50 meter point on the chalk line, but is six meters off to one side, the player's score is 44 points.
- Athletes score one point per meter; for example, 44 meters equals 44 points. If the score falls between meters, the score should be rounded down; for example, 44.73 equals 44 points.
- The athlete has two attempts.

Attempt #1: _____ Attempt #2: _____



Special Olympics Texas Softball Individual Skills Scoresheet (page 2 of 2)

Athlete Name: _____ Qualifying Score: _____

Team Name: _____ Age: _____

Fielding

The purpose is to measure the athlete's fielding ability.

- The athlete will stand between and behind two cones.
- The official must throw the ball on the ground to the athlete, between the cones. The throw to the athlete must hit the ground before the 6.10 meter (20 inch) chalk mark. The athlete may move toward the thrown ball.
- If the thrown ball is outside the cones, the throw must be repeated.
- Each athlete gets five fielding attempts per trial. Each athlete receives two trials.

Scoring:

- The athlete receives 5 points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground).
- The athlete receives 2 points for a ball that is blocked.
- The athlete receives zero points for a missed attempt.
- The maximum score is 50.

1	2	3	4	5	6	7	8	9	10	Total

Hitting

The purpose is to measure the athlete's ability to hit for distance when hitting off a batting tee.

- Standing in a regulation batter's box, the athlete is instructed to hit the ball off a batting tee.
- The athlete receives three attempts.

Scoring:

- The distance of the longest hit shall determine the athlete's final score.
- The distance of a hit is measured from the batting tee to the point where the ball first touches the ground.
- The distance is measured to the nearest meter; for example, one meter equals one point and 46 meters equals 46 points.
- If the score falls between meters, scores should be rounded down; for example, 46.73 equals 46 points.

Attempt #1: _____ Attempt #2: _____ Attempt #3: _____

A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills competition.

Base Running: _____ Throwing: _____ Fielding: _____ Hitting: _____

Final Score: _____