

2024 SUMMER GAMES

Special Olympics
Wyoming



SUMMER SEASON INFORMATION PACKET

GILLETTE | 2024
**SUMMER
GAMES**
Special Olympics
Wyoming



Table of Contents

I.	Minimum Training Requirements	3
II.	Area Summer Games	3
III.	State Summer Games	3
IV.	Sport-Specific Information	4-10
	• Basketball	4-5
	• Powerlifting	5
	• Athletics	6-7
	• Swimming	8-9
V.	General Rules	10
VI.	Tentative Schedule	11
VII.	General State Games information	12-13

I. Minimum Training Requirements

The minimum training requirements are sport specific and must be achieved prior to State Summer Games. It is important that athletes are trained by proper coaches for the appropriate amount of training weeks/hours per the requirements below. This ensures athletes gain enough sports skills and experience to successfully compete in competitions. Hours at Area Games competition are credited towards these requirements.

Athletics (AT)	8-10 weeks	or	12-16 hours
Basketball (BB)	8 weeks	or	12 hours
Powerlifting (PL)	8-10 weeks	or	16 hours
Swimming (SW)	8-10 weeks	or	12-16 hours

II. Area Summer Games

Athletes are required to compete at area games prior to state games. The exception is if a sport is not offered at area competition. Please contact your area director, listed below, about competition details:

Area	Date(s)	Location	Contact	Phone	Email
I	4/19	Cody	Katy Brittain	307-899-2638	area1@specialolympicswy.org
II	4/11	Rock Springs	Joe Moran	307-235-3062	programservices@specialolympicswy.org
III	4/4 & 4/5	Cheyenne	Marsha Dial	307-220-0253	area3@specialolympicswy.org
IV	4/16	Sheridan	Carrie Pilcher	307-751-0539	areaiv@specialolympicswy.org
V	4/5 4/6 4/11	Casper (swimming) Douglas (basketball) Casper (powerlifting)	Joe Moran	307-235-3062	programservices@specialolympicswy.org

Information as of 3/20/2024, will update. Subject to change by area director.

NOTE: All material in this document is relevant to area competitions except for information on schedules, housing, meals, volunteers, and special events.

III. State Summer Games

State Summer Games offers two different Competition Sessions for athletes to participate in. Athletes may compete in two sports, one from Session #1 (basketball or powerlifting) and a second from Session #2 (athletics or swimming).

IV. Sport-Specific Information

Basketball

Basketball Events	Level or Divisions Offered	Qualifying Scores
Individual Skills Level 1 <ul style="list-style-type: none"> • Target Pass • Spot Shot • 10 Meter Dribble (speed dribble may sub) 	<ul style="list-style-type: none"> • 8 ft hoop/10m dribble • 8 ft hoop/speed dribble • 10 ft hoop/10m dribble • 10 ft hoop/speed dribble 	Total Points (sum of the 3 individual skills)
Individual Skills Level 2 <ul style="list-style-type: none"> • 12 meter dribble • Catch & pass • Perimeter shooting 	<ul style="list-style-type: none"> • 10 ft hoop 	Total Points (sum of the 3 individual skills)
Team Skills	Juniors (8-11) Division Women Division Men Division Co-ed Division	Points
Unified Sports® Team Skills		Points
Half Court 3v3 Traditional Team Competition		Basketball Skills Assessment Score
Full Court 5v5 Traditional Team Competition		
Half Court 3v3 Unified Sports Team Competition		
Full Court 5v5 Unified Sports Team Competition		

Basketball Notes

Team Competition: Athletes and Unified Partners may only compete in one Basketball Event.

Basketball Team Assessment Forms must be completed and submitted with registration. This helps us division teams fairly. These forms are on the State Summer Games page on our website. Divisions may be combined if not enough teams register in each.

Individual Skills Contest: Individual Skills Level 1 consists of the Target Pass, 10m Dribble, and the Spot Shot. Individual Skills Level 2 consist of the 12 meter dribble, catch & pass, and perimeter shooting. The athlete’s final score is determined by adding all of the scores from each of the three events. Individual skills scoresheets can be found on the State Summer Games page on our website.

Speed Dribble is not its own event. It is an alternative to the 10 meter dribble for level 1 skills only. It is offered to provide an option to those with mobility limitations, wheelchair, walker, cane, or to athletes under the age of 15. Please make a note on your registration form if you have an athlete who will substitute speed dribble for the 10 meter dribble in level 1 skills.

Team Skills: Team Skills are an opportunity for teams to showcase their teamwork skills. This is also a great opportunity to involve wheelchair participants in a team setting.

Teams:

3 v. 3 Basketball

- Games will be 10 minutes; running clock until last 1 minute of game
- Games are played half-court

5 v. 5 Basketball

- Games will be four (4), eight (8)-minute Quarters
- Games are played full-court
- Running clock until last 1 minute of game
- 2-minute break between each Quarter
- 5-minute break at Halftime

Powerlifting

Power Lifting Events	Qualifying Score
Modified Push-ups	# of Reps
Sit-ups	# of Reps
Bench Press	Pounds Lifted
Dead Lift	Pounds Lifted
Squat	Pounds Lifted
Combination (II) <ul style="list-style-type: none">• Bench Press• Dead Lift	Combined Qualifying Scores
Combination (III) <ul style="list-style-type: none">• Bench Press• Dead Lift• Squat	Combined Qualifying Scores

Power Lifting Notes:

- Athletes must be at least 14 years old in order to compete in Powerlifting.
- Athletes may compete in up to 4 events: 3 lifts and 1 combination.

Coaches are responsible for ensuring all athletes wear the proper attire, know the lift commands, and are lifting with proper technique. For further information along with the rulebook, please watch our coach training video: [video1900775248.mp4](#)

Athletics

Track Events			
Beginner/Lower Ability Events	Higher Ability Events	Relay Events	Wheelchair Events
10 m assisted walk 25 m assisted walk 50 m assisted walk 100 m assisted walk 25 m walk 50 m walk 100 m walk 25 m dash 50 m dash	200 m walk 400 m walk 800 m walk 1500 m walk 100 m dash 200 m dash 400 m dash 800 m run 1500 m run	4 x 100 m Relay 4 x 100 m US Relay 4 x 400 m Relay 4 x 400 m US Relay	10 m manual wheelchair race 25 m manual wheelchair race 30 m manual wheelchair slalom 4x25 m manual wheelchair shuttle relay 100 m manual wheelchair race 30 m motorized wheelchair slalom 50 m motorized wheelchair race 50 m motorized wheelchair slalom 25 m motorized wheelchair obstacle course

Track Events are recorded in time (00:00.0)

Field Events		
	Beginner/Lower Ability Events	Higher Ability Events
Throwing Events	Tennis Ball Throw Softball Throw	Shot Put <ul style="list-style-type: none"> Male: 4 kg/8.8 lbs Female: 3 kg/6.6 lbs Male (age 8-11): 3 kg/6.6 lbs Female (age 8-11): 2 kg/ 4.4 lbs Wheelchair Male: 2.0 kg/4.4 lbs Wheelchair Female: 2.0 kg/4.4 lbs
Jumping Events	Standing Long Jump	Running Long Jump

Field Events distance recorded in Meters, not inches, feet, or yards.

- Please convert to meters: 3.28 feet= 1 meter.

Athletics Notes:

- Athletes may compete in a total of four events.
- Up to two of these events may be field events – one throwing event and one jumping event.
- One of these events may be a relay.
- Unified Partners may compete in 2 separate relay events (different distances)
- Athletes may enter into **EITHER walking or running** events. They may not enter both.
- **NO Coach or Person on the track assisting**
- The exception to the above rule is for a guide runner – please refer to rulebooks for more information, and designate this information on registration.
- A starting device that makes a loud noise and flashes a light will be used for track events; please ensure participants are prepared for the loud noise.
- The following criteria have been developed for entrants in the following events:
 - Assisted Walk: Athletes may use a walking aid (cane, crutches or walker), but may not receive physical assistance from coaches, officials, etc.
 - Throwing Events: No team may enter **more than 30% of their athletes** in the softball or tennis ball throw. Athletes may compete in one of the following three throwing events: Shot Put, Softball Throw or Tennis Ball Throw. **Athletes may not compete in more than 1 throwing event.**
 - Jumping events: athletes may compete in either standing long jump or running long jump.
 - Long Jumps: No team may enter more than 20% of their athletes in the standing long jump. In the running long jump, the athlete must be able to jump at least 1 meter.

Swimming

Fundamental Swimming Events	Lower Ability Swimming Events	Higher Ability Swimming Events	Swimming Relay Events
10y assisted swim class A	25y freestyle	50y freestyle	4x25y freestyle relay
10y assisted swim class B	25y backstroke	50y backstroke	4x25y Unified freestyle relay
15y walk	25y breaststroke	50y breaststroke	4x25y medley relay
15y floatation	25y butterfly	50y butterfly	4x50y freestyle relay
15y kickboard		100y freestyle	4x50y Unified freestyle relay
15y assisted swim class A		100y backstroke	4x50y medley relay
15y assisted swim Class B		100y breaststroke	
25y floatation		100y butterfly	
25y kickboard		100y individual	
25y assisted swim class A		medley	
25y assisted swim class B		200y freestyle	
15y unassisted swim			

Programs must have a certified lifeguard on duty at all practices, trainings, and competitions.

Swimming Notes:

- Athletes may compete in a total of four events.
- One of these four events may be a relay.
- Unified Partners may compete in 2 separate relay events (different distances)
- Athletes should be entered into **progressive events**. They cannot enter into the 25y freestyle, 100y freestyle, and 100y backstroke. They would need to change the 25y freestyle to 50y. This relates to our maximum effort rule.
- Distances are measured in Yards; please reflect Qualifying Times based on yards not meters. 1 Yard= 0.9144 meters
- Coaches with athletes who have active seizures must include that information on their registration.
- Athletes competing independently in 25 yard events may not compete in assisted swims.
- Athletes must be entered in at least two 25 yard independent distances to compete in relays.
- Athletes entered in 15 yard swim may not compete in relays.

Swimming Disqualification Notes:

- Athletes are expected to know the proper stroke style and will be disqualified at Area and State Competitions if they swim with an improper stroke. Most Common Swimming Disqualifications: (See USAS Rules for a full listing of rules and regulations for each stroke)

Stroke	Reasons for Disqualification
Freestyle	Walking on the bottom Pulling on the lane lines
Butterfly	Non-simultaneous hand touch Wrong kick style (usually flutter kick) Underwater recovery of arms Arms in wrong plane (usually freestyle)
Breaststroke	Non-simultaneous hand touch Wrong kick style (usually flutter kick) Arms in wrong plane
Backstroke	Turning over before touching the wall Pulling lane lines Not swimming on back
All relays/individual events	False starts

Fundamental and Lower Ability Swimming Events:

Event	Touch Bottom	Coach in Water	PFD	Physical Assistance	Physical Assistance – forward motion
Walk	✓	optional	optional		
Assisted Swim Class A		✓	✓	✓	✓
Assisted Swim Class B		✓	✓	✓	
Kickboard		optional	optional		
Floatation		optional	optional		
Unassisted Swim		optional			
25 y Races		petition			

The entry-level progression is walk→assisted swim→personal floatation device (PFD)→unassisted swim. Athletes may be entered in the walk and PFD, but not the walk and unassisted swim, nor PFD and unassisted swim.

More clarification on fundamental events:

- 15 yd assisted swim: assistant helping athlete, can wear a floatation device if needed
 - 15 yd kickboard: athlete uses a kickboard, no one helps, can wear a floatation device if needed
 - 15 yd floatation: athlete uses a floatation device, no one helps
 - 15 yd walk: athlete walks across pool, can wear a floatation device if needed
 - 15 yd unassisted swim: athlete swims across pool, no floatation device or person
 - 25 yd assisted swim: assistant helping athlete, can wear a floatation device if needed
 - 25 yd floatation: athlete uses a floatation device, no one helps
 - 25 yd kickboard: athlete uses a kickboard, no one helps, can wear a floatation device if needed
- *the difference between Assisted Swim Classes A and B is that Class A may receive forward motion assistance, and Class B may not. Class A is not a SONA-sanctioned official event.***

For races any distance of 25 yards or longer the coach must petition to be in the water; send a letter prior to games to the State office, which will then be forwarded to the Venue Director.

V. Summer Games General Rules

I. Summer Games General Rules

The official Special Olympics Sports Rules for Basketball, Powerlifting, Athletics, and Swimming shall govern all Special Olympics competitions. All Special Olympics official rules can be found at <https://sowy.org/sports/sports-offered>

Athletics: <https://resources.specialolympics.org/sports-essentials/sports-and-coaching/athletics?locale=en>

Basketball: <https://resources.specialolympics.org/sports-essentials/sports-and-coaching/basketball?locale=en>

Powerlifting: <https://resources.specialolympics.org/sports-essentials/sports-and-coaching/power-lifting?locale=en>

Swimming: <https://resources.specialolympics.org/sports-essentials/sports-and-coaching/swimming?locale=en>

The 2024 Area and State Summer Games will follow the most updated rulebook for each sport (2022). Please make sure your program/team is using these updated rules.

Athletes are expected to give maximum effort when competing. This is the only way the divisioning process can work as it was intended. Athletes who do not participate honestly and with maximum effort in all preliminary trials and/or finals violate the true spirit of competition and may even be disqualified from competition.

Maximum effort will be enforced at all area games and at state games. This disqualifies anyone who increases their final score by 15% or more from their qualifying score.

II. Protest Forms

If a coach has a dispute against a violation of rules, they must fill out a protest form immediately following the event in which they want to protest. Protest forms are located with the venue director or at the main check-in/awards table. They must be turned into the venue director before awards happen for that event. Protest forms must relate to a violation of rules, and the coach must be able to prove which rule the infraction violated in the most updated sport rulebook. All updated rulebooks are on the SOWY website. The venue director and the main check-in/awards table will have copies of the updated rulebook as well.

VI. Tentative Schedule

Thursday May 2, 2024

9:00 a. to 12:00 p.m. TBD	1 st Registration Torch Run	Campbell County Rec Center (Canyon Room) TBD
12:00 to 12:45 p.m.	Lunch on your own	
12:45 to 1:00 p.m.	Coaches Meetings	Competition Sites
1:00 to 4:30 p.m.	Competition Begins • Powerlifting *Awards will be presented immediately following competition*	Campbell County Rec Center (fieldhouse)
	• Basketball 5 on 5 Traditional & Unified	Gillette College Pronghorn Center
	• Basketball 3 on 3 Traditional & Unified	Campbell County Rec Center
	• Basketball Skills & Team Skills *Awards will be presented immediately following competition for skills*	Campbell County Rec Center
5:00 to 6:30 p.m.	2 nd Registration	CAM-PLEX Wyoming Center
5:30 p.m.	Dinner	CAM-PLEX Wyoming Center
7:00 p.m.	Opening Ceremony	CAM-PLEX Wyoming Center

Friday, May 3, 2024

8:45 a.m.	Coaches Meeting	Competition Sites
9:00 a. to 12:00 p.m.	Competition • Basketball 5 on 5 Traditional & Unified • Basketball 3 on 3 • Basketball Skills & Team Skills *Awards will be presented immediately following competition*	Gillette College Pronghorn Center Campbell County Rec Center Campbell County Rec Center
11:00 to 12:30	Lunch	TBD
12:45 p.m.	Coaches Meeting	Competition Sites
1:00 to 5:00 p.m.	Competition • Athletics • Swimming *Awards will be presented immediately following competition*	Campbell County Rec Center (fieldhouse) Aquatic Center
6:00 to 9:00 p.m.	Victory Banquet & Dance	CAM-PLEX Wyoming Center
8:00 to 8:30 p.m.	Coaches Meeting	CAM-PLEX Wyoming Center

Saturday, May 4, 2024

8:15 a.m.	Coaches Meeting	Competition Sites
8:30 <u>a.</u> to 1:00 p.m.	Competition • Athletics • Swimming *Awards will be presented immediately following competition*	Thunder Basin High School Track Aquatic Center
11:00 <u>a.</u> to 12:30 p.m.	Lunch (eat between events)	Competition Sites

VII. General State Games Information

Meals:

The following meals will be offered at the 2024 Summer Games:

	Thursday, May 2	Friday, May 3	Saturday, May 4
Lunch	 	Competition Sites	Competition Sites
Dinner	Opening Ceremony	Victory Banquet	

*Meal locations may be subject to change.

Notes regarding meals:

- If you or your athletes have specific dietary needs or do not like meals choices, please make arrangements to bring your own lunch, dinner or breakfast.
- Special Olympics Wyoming will not reimburse you any part of the \$42.50 assessment fee if you choose not to eat one of our prearranged meals and go off site for food.
- If your program chooses to eat elsewhere, you may submit the cost after the games to pay out of your local program account.
- It is important that local coordinators provide an accurate number of meals on the Delegation Registration Form for athletes, volunteers, and families to keep costs down.

Hotels:

Teams are responsible for making their own hotel reservations. Please remember to list the hotel your team will be staying at on your team's registration form!

We will send out a list from the Gillette Chamber of Commerce with hotel quotes for this event. Until then, here is a list of hotels that partnered with us last year for reasonable rates:

Hampton Inn

Best Western

Tower West Lodge

Holiday Inn Express & Suites

Super 8

Wingate by Wyndham

Ramada Plaza

Travelodge

Country Inn & Suites