

***Special  
Olympics***  
*Hawai'i*



# ***Softball***



***Sport Information Guide***

***Rules and Guidelines***

***Summer Games/ Spring 2020***

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### **Special Olympics Mission Statement:**

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

### **Reminder of clarifications to the 2018 Rules, there were no changes to the 2019 Rules:**

**Section F.1** - All Unified teams must comply with the appropriate uniform numbers for athletes and partners by the 2020 season. **Section F.3** – identifies metal AND hard plastic cleats as illegal. **Section G.5 and G.10** – Allows for approved protective equipment to be worn by any player and disallows any player wearing a cast to play in a game. Section I.4 – specifically addresses the coaches responsibility to monitor its own line-up, substitutions AND to monitor the line-up and substitutions of the other team.

For more information please go to [www.sohawaii.org](http://www.sohawaii.org) or e-mail [sohiports@sohawaii.org](mailto:sohiports@sohawaii.org).

# SOHI SOFTBALL RULES AND REGULATIONS

These Official Special Olympics Hawaii (SOHI) Softball Rules shall govern all SOHI Softball competitions. SOHI has created these rules based upon USA Softball Rules for Softball. USA Softball Rules shall be employed except when they are in conflict with the Official SOHI Softball Rules. In such cases, these Official SOHI Softball Rules shall apply.

## SECTION A - GENERAL RULES

1. Each Special Olympics athlete is required to have a valid Medical Form (Application for Participation) filled out by a certified physician, and a signed Release Form in order to participate. Each Unified partner must fill out a Unified Sports® Partner Release Form and a Volunteer Information form, and meet Class “A” Volunteer criteria in order to participate. Athletes or partners without the appropriate forms are ineligible to participate. Forms must be on file with the Area Director and State Office.
2. All Head Coaches and Assistant Coaches must have a Volunteer Information Form on file and meet Class “A” Volunteer criteria in order to participate.
3. All Head Coaches and Assistant Coaches must complete NFHS Concussion Training.
4. Each team must have a Head Coach certified by SOHI in softball to participate in Summer Games. Additionally, all Unified Teams must have a Head Coach who has completed the Unified Sports Training.
5. For more information regarding Coaches Certification and Class A Volunteer requirements please see the following: <http://sohawaii.org/wp-content/uploads/2020/01/SOHI-Class-A-and-Coach-Certification-Info-2020.pdf>
6. Athletes and Unified partners must participate in a training program run by a registered delegation. Athletes and Unified partners must comply with Delegation, Area, and State training policies and standards and must meet minimum attendance requirements set by the Delegation or Area to participate in Area, Regional, or State competition.
7. Each team is required to play in a qualifying Regional tournament prior to participation in the State Summer Games tournament. Only athletes and Partners playing in the qualifying tournament can play at the State Games.
8. Each team is required to play all eligible team members in every game played (at least 1 at bat or 1 inning in the field).
9. Injured players are not required to play. Players removed for disciplinary reasons are not required to play. Coaches must notify the scorekeeper prior to the game if players on the approved tournament roster will not be playing due to injury or disciplinary reasons.
10. No Make-up games will be allowed to qualify athletes or partners who have missed Area or Regional competition.
11. Individual Skills Athletes must compete in a qualifying Area of Regional competition to advance to State Summer Games competition.
12. Delegations with multiple teams should identify teams with different team names, not #'s or letters.

## SECTION B – IMPORTANT DATES – SOFTBALL

Event	Date/Deadline
Official Training May Begin	January 7
Coaches Certification Clinic	February 9
Official Training Must Begin for Delegations/ Teams	February 18

Athletes must begin training/ Medicals due/ Last day to transfer delegations	March 4
Registration Deadlines for Area or Regional Competition	Check with Area Director/ HoD
Area Competitions	April 24 (Maui), April 25 (BI) April 26 (Oahu) TBD –(Kauai)
Summer Games	May 29-31

### **SECTION C – SPECIAL OLYMPICS HAWAII TRAINING POLICY**

1. Delegations must offer enough training sessions so that athletes have the opportunity to gain the skills and fitness levels required to be successful in their specific events.
2. Athletes must attend enough training sessions gain the skills and fitness levels required to be successful in their specific events.
3. SOHI recommends that every athlete is offered at least two training opportunities per week with every training opportunity being at least 1 – 1 ½ hours in duration (Per the Global Strategic Plan). However, SOHI will accept a minimum of one training session a week for at least 90 minutes.
4. Area and Regional Competitions, scrimmages, and mini-meets DO count as training sessions.
5. SOHI requires that Athletes/ Unified Partners attend a minimum of 75% of training sessions offered by their delegation. Delegations may require a higher attendance percentage, but may not require athletes/Unified Partners to attend more than 90% of training sessions.
6. Athletes with documented injury or illness during a season may receive an exemption from the above policy, but must participate in a minimum of **50%** of practices during the season and must have the requisite skills and be physically capable (strength, fitness, injury/sickness fully healed with doctor's clearance) of successfully participating in the sport as determined by their Head Coach.

### **SECTION D - OFFICIAL EVENTS**

1. Unified® Softball (Adults and High School Teams)
2. Unified® Coach Pitch Softball (Middle School and Elementary School Teams Only)
3. Coach Pitch Softball
4. Tee-Ball
5. Individual Skills Competition

### **SECTION E - DIVISIONS**

At this time all divisions will be created solely on the basis of the ability levels of the teams entered in the tournament. If enough youth teams are entered, youth divisions will be created.

1. Teams will be divisioned according to:
  - a. Scores compiled from each athlete's score on the four Softball Skills Assessment Tests (SAT's) of (Base running, Throwing, Fielding and Batting). These tests are for player/team assessment only and are not competition events for medals and ribbons. (Information regarding these Softball Skill Assessment Tests follows in Section J). Tee-Ball teams use the Individual Skills Contests events for their Skills Assessment Tests. (Section I)
  - b. Performance at last year's tournaments.
  - c. Performance at the qualifying competitions.
2. Coaches must submit a Softball Skills Assessment Test Score for each player on their roster prior to competition.

3. The “team score” shall be determined by adding the top ten players’ scores and then dividing that total by ten.

Unified Softball/ Unified Coach Pitch school age divisions are based on the School/Age level of the team.

1. Separate divisions will be created for Elementary School, Middle School and High School Teams. Unified Softball is available for Adults and High School teams only. Unified Coach Pitch teams are for Middle School and Elementary Schools only. The school/age level of the oldest athlete or partner will determine the school/age level of the team.
2. Separate divisions may be created within a school/age level if there are enough teams and if there is a great disparity among the skill levels of the teams within their school/age level.
3. Athletes/Partners may play “up” one age division if they are physically ready and have the requisite skills to play in an older age group. For example, a Middle School athlete may play on a team made up of High School students. If officials deem it unsafe for a player to play in a game, the player may be removed for safety reasons.
4. Unified Teams are still required to complete the assessment tests and follow all Division guidelines above

## **SECTION F - UNIFORMS**

1. All players should wear matching uniforms (same color, trim and style). Jerseys must be the same color. The jersey must have at least a 6” number on the back and be contrasting to the shirt color. No player may wear the same number. For Unified Teams - athletes shall be in even numbered jerseys. Unified partners shall be in odd numbered jerseys. All Unified teams must comply with the appropriate numbers for athletes and partners by the 2020 season.
2. Players should wear softball pants (preferred), shorts or sweats. Players should not wear jeans or cutoffs. Pants should be of the same color.
3. Softball shoes are recommended (rubber sole cleats). No metal or hard plastic cleats or spikes are allowed.

## **SECTION G - EQUIPMENT**

1. Equipment as specified by USA Softball rules shall be used.
2. Only USA Softball approved Official Softball bats may be used.
3. A first baseman’s trapping-type mitt may be worn by any player.
4. The catcher must wear a facemask with throat guard and batter’s helmet. A chest protector, shin guards, and protective cup are recommended, but not required.
5. Any defensive or offensive player can wear an approved plastic face mask/guard, and protective body equipment.
6. All batters and base runners must wear an approved batter’s helmet. When purchasing new helmets teams should buy helmets with face guards, especially for youth players.
7. The Ball
  - a. The yellow optic cover 12 inch softball of COR .52 and a compression of 300 lbs. or less will be used for Unified® Team competition.
  - b. The 12” Training Softball/ IncrediBall will be used for Coach Pitch, Tee-Ball, and Individual Skills.
8. Wherever possible, SOHI tournaments will use the Double Base at first base for all divisions. This base is 15 by 30 inches, or two regulation bases placed side by side. Half the base is placed in fair territory and half the base is placed in foul territory. The first base line should intersect the double base. For plays at first base the defensive player will use the half in fair territory and the offensive

player will use the half in foul territory. The offensive player may use the entire base when returning to first base.

9. All jewelry rings, and watches must be removed prior to entering the field. If a piece of jewelry cannot be removed, it must be covered with tape. Medical alert bracelets may be worn, but must be taped to the body.
10. Casts (plaster, metal, or other hard substances) may not be worn.
11. Teams must provide their own equipment at competition.

## **SECTION H - OFFICIALS AND THEIR DUTIES**

1. There will be at least one Umpire for all games.
2. Umpires shall have the power to make all decisions on any point not specifically covered in the rules.
3. An appeal play is defined as a play in which an umpire is unable to make a decision unless he/she is requested to do so by a coach or player. The appeal can be made if a coach or player asks the umpire to make a ruling.
4. The umpires are empowered to make all decisions on the playing field. If a protest is made, it shall be brought to the Softball Rules Committee who will then make a final decision. A protest may only be made if it questions the applicability of the rules. No protest will be considered which pertains to any judgment call made by an umpire.
5. In case of injury to any player or participant, the umpire will stop play.
6. Players and/or coaches may be ejected due to poor sportsmanship, excessive foul language or inappropriate behavior. This can be determined by either the umpire or Tournament Committee.

## **SECTION I - COACHES AND THEIR RESPONSIBILITIES**

1. It is mandatory that the Head Coach for each team be a SOHI certified softball coach in order to bring that team to the State Summer Games. (Exceptions may apply to first year programs.) It is recommended that all coaches be certified by Special Olympics Hawaii.
2. Coaches shall remain within the designated "coaches' areas" or in the dugout while the game is in progress.
3. If a coach touches a runner while the ball is still in play, that runner will be declared out. Coaches are required to stay within the boundaries of the coaches' boxes.
4. Coaches are responsible for making sure their team bats in the correct order, substitutions are done correctly, and monitoring the other teams batting order and substitutions.
5. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also the National Rules of the game. The National Governing Body of rules for Special Olympics Hawaii Softball is USA Softball. Rule books can be found on the USA Softball website: [www.teamusa.org/USA-Softball/About/About-Us/USA-Softball-Code](http://www.teamusa.org/USA-Softball/About/About-Us/USA-Softball-Code)

### **Protests**

1. Protests can only be made by the Head Coach and must be reported to the plate umpire prior to the next pitch. The protest must be given in writing to the Umpire and scorekeeper.
2. Protests are only allowed for rules interpretations and implementation issues. Protests are not allowed on judgment calls. The Softball Rules Committee will decide on all protests within 30 minutes of the completed game.
3. Protest forms will be available at event registration or at each field.

## **SECTION J – GENERAL RULES OF COMPETITION and MODIFICATIONS (For all divisions)**

### **I. The Game and the Lineup**

1. In cases not specifically covered by these rules, USA Softball rules shall govern.
2. Forfeit time is 10 minutes after the scheduled game time, not 10-minutes after the previous game has completed. All teams should be ready to play (batting order filled out, etc) by this time.
3. Unless otherwise determined, a coin toss prior to the start of the game will determine the choice of home team. The team winning the toss may elect to bat first.
4. The length of the games will vary depending on the event. (See event specific rules.)
5. In case of inclement weather, games will be considered complete after 3 full innings of play.
6. A game tied at the end of regulation play shall be continued by playing additional innings until one team has the lead at the completion of an inning.
7. Each team is required to play all eligible team members in every game played (at least 1 at bat or 1 inning in the field). Injured players are not required to play. Players removed for disciplinary reasons are not required to play. A list of players on the roster who are not in the line-up must be provided to the scorekeeper prior to each game.
8. Teams must begin and complete a game with at least 8 players. If at any time the team cannot field 8 players the game will be declared a forfeit.
9. Teams playing with 8 or 9 players will receive an automatic out at the end of the lineup (a “short-handed” lineup) when the 9<sup>th</sup> or 10<sup>th</sup> player would have batted.
10. If a player arrives late for a “short-handed” team they shall be inserted into the lineup at the end of the batting order.

### **II. The Batter**

1. When batting, players will take their stance within the lines of the batter’s box.
2. Throwing the bat: The first time a batter throws the bat (based on the umpire’s discretion) both teams will be warned. After the warning whenever any player throws the bat the batter will be called out. Players will be ejected from the game for a second offense.

### **III. Substitutions**

1. Substitutions may be made anytime that time is called. Substitutes must take the same place in the batting order for the person they are replacing. The scorekeeper must be notified of all substitutions.
2. Any player (starter or substitute) may leave and re-enter the game one time. This may be done with the provision that the players occupy the same position in the batting order as the one they occupied when they left the game. A starting player may only re-enter the game for the person who substituted for him/her. Substitutes may re-enter the game in the same manner.

### **IV. Base running**

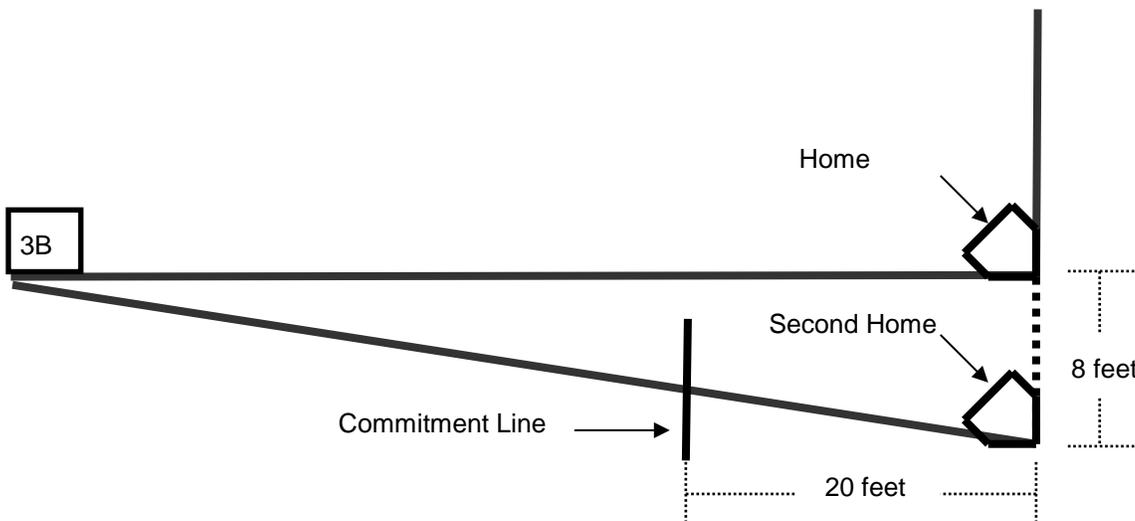
1. Stealing of bases is not allowed in any division.
2. A base runner must maintain contact with the base they are on until a legally pitched ball has reached home plate.
3. When using the Double Base at first base, half the base is placed in fair territory and half the base is placed in foul territory. The first base line should intersect the double base. For plays at first base the defensive player will use the half in fair territory and the offensive player will use the half in foul territory. Offensive players advancing to second base may use the half in fair territory.

4. If the umpire determines a runner deliberately removes their batting helmet while running the bases, the runner will be declared out.

## V. Use of Second Home Plate

1. Defensive players can touch only the original home plate and runners can touch only the second home plate
2. Runners must touch the second home plate in order to be safe at home.
3. Runners tagged between the commitment line and the second home plate will not be called out. Runners may be tagged out if they have overrun or rounded third base, or are returning to third base.
4. Should a defensive player touch the second home plate and still touch the original home plate before the runner reaches the second home plate, the runner is out.
5. If the runner touches the original home plate, the runner is out and the ball remains live.
6. Once a runner passes the commitment line, marked 20 feet from the second home plate towards third base, the runner cannot return to third base or they will be declared out. The ball remains live
7. If the runner interferes with a fielder taking a throw at or in contact with the original home plate, they will be declared out and a dead ball shall be declared.

### Second Home Plate Diagram



## VI. ADA and Courtesy Runner Rules

1. Within USA Softball Rules, there is a rule entitled the American Disability Act Rule. This rule allows players to play defense or offense only, if that player has a physical disability, which prohibits them from playing either offense or defense. Another athlete, who is not already in the game, must play the offensive or defensive position in place of the athlete who is unable.
2. A courtesy runner will be allowed at one place in the line-up for an athlete with a physical disability or injury only. The courtesy runner cannot leave their starting position, even at home plate, until signaled by the Umpire. The courtesy runner will be the player who batted last, but is not on base. Serving as a courtesy runner does not count as participating in the game. The courtesy runner may enter after the batter has reached base.

## VII. Sportsmanship

1. If in the opinion of the Umpire(s) or the Tournament Committee a player, coach, or fan is acting in an unsportsmanlike manner, the offending team will be given one warning. A penalty will be assessed to the team or team member for repeated unsportsmanlike behavior. Penalties may include assessing an automatic out in the lineup, ejection from the game, team forfeiture of the game, etc. depending on the nature of the unsportsmanlike conduct.
2. Special Olympics Hawaii will consider comments such as “Swing, Batter” made by fielders or the players/coaches in the opposing dugout and directed to the batter to be unsportsmanlike. These types of comments are especially inappropriate when made by Special Partners and directed to athletes of the opposing team. They are outside of the spirit of Special Olympics competition.
3. Any player ejected from a game will be ineligible to play in the team’s next game.

## **SECTION K – UNIFIED® SOFTBALL**

### **I. Playing Area and Ball**

1. The field shall conform to USA Softball standards. Bases will be 70’ feet apart, unless the field still has sleeves at 65’. The pitching distance is between 45’ to 50’.
2. The second home plate will be used, as described in Section J.
3. The yellow optic cover 12 inch softball of COR .52 and a compression of 300 lbs. or less will be used for Unified® Team competition.

### **II. Team, Coach, Players, and Lineup**

1. Each team shall have an adult non-playing coach responsible for the line-up and conduct of the team during competition. The team should be organized under the guidance of a trained coach who understands and adopts the principles of Special Olympics and Unified Sports, and has knowledge of the rules, techniques, strategies and training regimens of Softball.
2. All coaches and team members must know the General Principles of Unified Sports.
3. Principle of Meaningful Involvement – Every player must be given an opportunity to contribute to the success of his or her team through their unique skills and qualities. This means that every teammate: (a) demonstrates sufficient sport-specific skills and game understanding; (b) plays a valued role on the team that emphasizes his or her personal talents; and (c) has an opportunity to play without a heightened risk of injury.
4. All players on a Unified Sports team make the commitment to attend every practice and game, support each other as equal teammates, and demonstrate respect and sportsmanship.
5. Unified Sports Teams should be made up of Athletes and Partners who are of similar ages and ability levels. Every attempt should be made to keep all teammates as closely matched as possible. This will decrease the risk of injury and provide a more meaningful sports experience.
6. In consideration of safety and dominant play, individuals with significantly greater skill than the majority of their teammates may be prohibited from competing during competition.
7. The roster shall contain a proportionate number of Athletes and Partners. During competition, the playing line-up should be five Athletes and five Partners (six Athletes & six Partners if the Extra Players (EP’s) are used) at any time. A minimum of 4 Athletes and 4 Partners must be playing or a forfeit will be declared. 5 Athletes and 4 Partners may be played, but not vice-versa. (See next rule for exception.) Teams cannot use one EP.
8. If a team has exactly 5 athletes (no substitutes) and an athlete gets injured during the game, and cannot continue playing, the team will be allowed to complete the game with 4 athletes and 5 partners. However, if the athlete cannot play in the next game the team would only be able to play 4 athletes and 4 partners.

9. Extra players (one athlete and one partner), referred to as “EP’s”, are optional, but if they are used, it must be made known prior to the start of the game and be listed on the scoring sheet in the regular batting order. If the EP’s are used, they must be used the entire game.
10. If the EP’s are used they must be used all game, all 12 must bat and any 10 may play defense. Defensive positions may be changed, but the batting order must remain the same.
11. The EP’s may be substituted for at any time. The substitute must be a player who has not yet been in the game. The starting EP’s may re-enter.
12. The catcher must be able to safely play that position, and understand its positioning. The catcher must also be able to routinely field pitches and return them to the pitcher. If the umpire or tournament committee feels that the catcher cannot safely play that position, they may ask the coach to replace the catcher.
13. In Unified Sports® competition, umpires are to warn a team who’s Special Partners dominate and/or encroach on the play of Special Olympics Athletes. Umpires have the right to reverse a call based on Partner Domination or encroachment. This includes moving a pitcher to home plate to take a throw from another fielder. The catcher should make the play if in position.

### **III. The Game**

1. The length of games may vary depending on the tournament format. Generally, games have a time limit of 1 hour. The Finals may be longer. No inning will start after the time limit. Half-innings must be completed. Full Innings must be completed after the time limit if the home team is trailing or the game is tied.
2. A regulation game shall consist of seven innings or until the time limit is reached, whichever comes first. The game will be considered complete if after five (5) full innings of play one team leads the other by ten runs or more. A game will be considered complete once the time limit has been reached and the last inning is completed; regardless of how many innings have been played.

### **IV. Pitching and Batting**

1. All batters will begin each at bat with one ball and one strike. Four balls constitute a walk and three strikes constitute an out. If the batter has two strikes and fouls off the third pitch, he/she shall be declared out.
2. The batting order does not have to be an alternation of Partners and Athletes.
3. The ball must be pitched in an underhand motion, and must travel in an arc that is no less than 6 feet and no greater than 10 feet.
4. Per ASA Class C Rules, a limit of 2 over the fence home runs per game (per team) will be in effect. For any in excess, the ball is dead, the batter is out, and runners may not advance.

### **V. Base running**

1. Sliding is not allowed. If runners slide, they will be called out.
2. Players can only overrun first base without being in danger of being tagged out.
3. The Infield Fly Rule will be in effect when there are less than two outs and:
  - a. There are runners on first and second or the bases are loaded.
  - b. The umpire will announce, “Infield Fly” when one of the above conditions exists and a batter hits a pop-fly in the infield. Please note that an infield fly is a judgment call by the umpire and NOT subject for controversy. When the Infield Fly Rule is declared, the batter is automatically OUT. The ball is alive and runners may advance at the risk of the ball being caught. The runner may also tag-up and advance after a defensive player has touched the ball.

### **VI. Defensive Positions**

1. Teams are not required to play Athletes or Special Partners in any specific defensive positions.
2. The outfielders must play a minimum of 10 feet behind infielders. Four outfielders must start play, on each pitch, in the outfield.

## **SECTION L – UNIFIED® COACH PITCH SOFTBALL**

**I. Playing Area and Ball** - The field shall conform to USA Softball standards with the following modifications:

1. Base distances may be modified to 60’.
2. A coaches’ circle will be located 10 feet beyond second base and made with a 6 foot diameter. One coach from the defensive team may be allowed to stand in this circle while his team is on the field.
3. The second home plate will be used, as described in Section J.
4. 12” IncrediBall (SofTouch) or Training Softball must be used for Coach Pitch Softball.

## **II. Team, Coach, Pitcher-Coach, Players, Defensive Positions and Lineup**

1. Each team shall have an adult non-playing coach responsible for the line-up and conduct of the team during competition.
2. The coach and team must know the General Principles of the Unified Sports® program.
3. Unified Sports® Teams should be made up of athletes and partners who are of similar ages and ability levels. Every attempt should be made to keep all teammates as closely matched as possible. This will decrease the risk of injury and provide a more meaningful sports experience.
4. In consideration of safety and dominant play, individuals with significantly greater skill than the majority of their teammates may be prohibited from competing during competition.
5. The roster shall contain a proportionate number of athletes and partners. During competition, the playing line-up should be five athletes and five partners (six athletes & six partners if the EP’s are used) at any time. A minimum of 4 athletes and 4 partners must be playing or a forfeit will be declared. 5 athletes and 4 partners may be played, but not vice-versa. (See next rule for exception.) Teams cannot use one EP.
6. If a team has exactly 5 athletes (no substitutes) and an athlete gets injured during the game, and cannot continue playing, the team will be allowed to complete the game with 4 athletes and 5 partners. However, if the athlete cannot play in the next game the team would only be able to play 4 athletes and 4 partners.
7. In Unified Sports® competition, umpires are to warn a team who’s Unified partners dominate and/or encroach on the play of Special Olympics athletes. Umpires have the right to reverse a call based on Partner Domination or encroachment. This includes moving a pitcher to home plate to take a throw from another fielder. The catcher should make the play if in position.
8. It is the batting team’s coaches’ responsibility to adjust the height of the tee. Please do not expect the umpire to do this for any batter.
9. Each team has a coach, called the Pitcher-Coach, who pitches to their own team.
  - a. The Pitcher-Coach must be at least 25’ from the batter and can be as far away as 45’.
  - b. The Pitcher-Coach must pitch the ball with an underhand motion, but they do not have to put an arc on the pitch as stated in USA Softball rules.

- c. The Pitcher-Coach must make every attempt to move out of the way of defensive players attempting to make a play. The defense will position a defensive player next to the pitcher. If the coach interferes with the defense or touches the ball, the batter will be called out.
  - d. The Pitcher-Coach cannot touch any player and must stay within the vicinity of the pitcher's circle.
  - e. The Pitcher-Coach should wear a team uniform shirt or matching coach's shirt.
  - f. The Pitcher-Coach must be listed on the Official Team Roster. They should be familiar with the players and the players should be familiar with their pitching. They must be at least 16 years of age.
10. Teams will be allowed a defensive coach in the field, as in Tee-ball, behind second base. The defensive coach must stay in the coach's circle and cannot touch any players or the softball.
  11. The catcher must be able to safely play that position, and understand its positioning. The catcher must also be able to routinely field pitches and return them to the pitcher. If the umpire or tournament committee feels that the catcher cannot safely play that position they may ask the coach to replace the catcher.
  12. A minimum of 8 players must play at all times or a forfeit will be declared.
  13. The outfielders must play a minimum of 10 feet behind infielders. Four outfielders must start play, on each pitch, in the outfield.
  14. Teams are not required to play Athletes or Partners in any specific defensive positions.

### **III. The Game**

1. The length of games may vary depending on the tournament format. Generally, games have a time limit of 1 hour. The Finals may be longer. No inning will start after the time limit. Half-innings must be completed. Full Innings must be completed after the time limit if the home team is trailing or the game is tied.
2. A regulation game shall consist of six innings or until the time limit is reached, whichever comes first. The game will be considered complete if after five (5) full innings of play one team leads the other by ten runs or more. A game will be considered complete once the time limit has been reached and the last inning is complete, regardless of how many innings have been played.
3. Teams will switch sides when whichever of the following occurs first: A team bats through its lineup (maximum 10 in the order) or gets 3 outs.

### **IV. Pitching and Batting**

1. Teams will be allowed to use the Tee for 2 batters within the lineup, if needed. The tee must be used in the same place in lineup each time the batting team goes through the lineup. The "neutral zone" or "Tee-Ball line" will not be utilized when a batter uses a Tee in Coach Pitch Games.
2. If a batter uses a tee, they must take a standard or full swing and cannot intentionally try to hit a bunt or just tap the ball into play. Violation of this rule will result in a team warning and a strike will be called. A second violation from any batter on the same team will result in the batter being called out.
3. If the batter completely misses the ball, or the ball and the tee, the attempt shall be ruled a strike.
4. If the batter has two strikes and fouls the third attempt, he/she shall be declared out.
5. Players cannot bunt.
6. Coach pitching distance may vary but must be a minimum of 25 feet.
7. Batters cannot be walked. Umpires will NOT call strikes. A foul on the third strike is an out.

8. Batters will get a maximum of 7 pitches. If the batter has neither made an out, nor put the ball in play after 7 pitches, the batter will be called out.
9. Pitchers do not have to put an arc on the pitch as in USA Softball rules.

#### **V. Base running**

1. Players can only overrun first base without being in danger of being tagged out.
2. Sliding is not allowed. If runners slide, they will be called out.
3. When a ball is put in play by the batter and fielded by the defense, the Umpire will call time when the ball is held by the defense in the infield, and it is clear to the umpire that the fielder is not attempting to make a play. Runners halfway to the next base will be allowed that base.
4. The Infield Fly Rule will be in effect when there are less than two outs and:
  - a. There are runners on first and second or the bases are loaded.
  - b. The umpire will announce, "Infield Fly" when one of the above conditions exists and a batter hits a pop-fly in the infield. Please note that an infield fly is a judgment call by the umpire and NOT subject for controversy. When the Infield Fly Rule is declared, the batter is automatically OUT. The ball is alive and runners may advance at the risk of the ball being caught. The runner may also tag-up and advance after a defensive player has touched the ball.

## **SECTION M - COACH PITCH SOFTBALL**

**I. Playing Area and Ball** - The field shall conform to USA Softball standards with the following modifications:

1. Bases may be modified to a distance of 60 feet.
2. A coaches' circle will be located 10 feet beyond second base and made with a 6 foot diameter. One coach from the defensive team may be allowed to stand in this circle while his team is on the field.
3. The second home plate will be used, as described in Section J.
4. A 12" IncrediBall or Soft Training Softball must be used for Coach Pitch Softball.

### **II. Team, Coach, Pitcher-Coach, Players, Defensive Positions and Lineup**

1. It is the batting team's coaches' responsibility to adjust the height of the tee. Please do not expect the umpire to do this for any batter.
2. Each team has a coach, called the Pitcher-Coach, who pitches to their own team.
  - a. The Pitcher-Coach must be at least 25' from the batter and can be as far away as 45'.
  - b. The Pitcher-Coach must pitch the ball with an underhand motion, but they do not have to put an arc on the pitch as stated in USA Softball rules.
  - c. The Pitcher-Coach must make every attempt to move out of the way of defensive players attempting to make a play. The defense will position a defensive player next to the pitcher. If the coach interferes with the defense, the batter will be called out.
  - d. The Pitcher-Coach must make every attempt to move out of the way of a batted ball. If the ball makes contact with the Pitcher-Coach it will be declared a foul ball.
  - e. The Pitcher-Coach cannot touch any player and must stay within the vicinity of the pitcher's circle.
  - f. The Pitcher-Coach should wear a team uniform shirt or matching coach's shirt.
  - g. The Pitcher-Coach must be listed on the Official Team Roster. They should be familiar with the players and the players should be familiar with their pitching. They must be at least 16 years of age.
3. Teams will be allowed a defensive coach in the field, as in Tee-ball, behind second base. The defensive coach must stay in the coach's circle and cannot touch any players or the softball.
4. The catcher must be able to safely play that position and understand its positioning. The catcher must also be able to routinely field pitches and return them to the pitcher. If the umpire or competition committee feels that the catcher cannot safely play that position, they may ask the coach to replace the catcher.
5. A minimum of 8 players must play at all times or a forfeit will be declared.
6. The outfielders must play a minimum of 10 feet behind infielders. Four outfielders must start play, on each pitch, in the outfield.

### **III. The Game**

1. The length of games may vary depending on the tournament format. Generally, games have a time limit of 1 hour. The Finals may be longer. No inning will start after the time limit. Half-innings must be completed. Full Innings must be completed after the time limit if the home team is trailing or the game is tied.
2. A regulation game shall consist of six innings or until the time limit is reached, whichever comes first. The game will be considered complete if after five (5) full innings of play one team leads the other by ten runs or more. A game will be considered complete once the time limit has been reached and the last inning is complete, regardless of how many innings have been played.

3. Teams will switch sides when whichever of the following occurs first: A team bats through its lineup (maximum 10 in the order) or gets 3 outs.

#### **IV. Pitching and Batting**

1. Teams will be allowed to use the Tee for 2 batters within the lineup, if needed. The tee must be used in the same place in lineup each time the batting team goes through the lineup. The “neutral zone” or “Tee-Ball line” will not be utilized when a batter uses a Tee in Coach Pitch Games.
2. If a batter uses a tee, they must take a standard or full swing and cannot intentionally try to hit a bunt, or just tap the ball into play. Violation of this rule will result in a team warning and a strike will be called. A second violation from any batter on the same team will result in the batter being called out.
3. If the batter completely misses the ball, or the ball and the tee, the attempt shall be ruled a strike.
4. If the batter has two strikes and fouls the third attempt, he/she shall be declared out.
5. Players cannot bunt.
6. Coach pitching distance may vary but must be a minimum of 25 feet.
7. Batters cannot be walked. Umpires will NOT call strikes. A foul on the third strike is an out.
8. Batters will get a maximum of 7 pitches. If the batter has neither made an out, nor put the ball in play after 7 pitches, the batter will be called out.
9. Pitchers do not have to put an arc on the pitch as in USA Softball rules.

#### **V. Base running**

1. Players can only overrun first base without being in danger of being tagged out.
2. Sliding is not allowed. If runners slide, they will be called out.
3. When a ball is put in play by the batter and fielded by the defense, the Umpire will call time when the ball is held by the defense in the infield and it is clear to the umpire that the fielder is not attempting to make a play. Runners halfway to the next base will be allowed that base.
4. The umpire must remove the tee if base runners are advancing to home plate.
5. The Infield Fly Rule will be in effect when there are less than two outs and:
  - a. There are runners on first and second or the bases are loaded.
  - a. The umpire will announce, “Infield Fly” when one of the above conditions exists and a batter hits a pop-fly in the infield. Please note that an infield fly is a judgment call by the umpire and NOT subject for controversy. When the Infield Fly Rule is declared, the batter is automatically OUT. The ball is alive and runners may advance at the risk of the ball being caught. The runner may also tag-up and advance after a defensive player has touched the ball.

## **SECTION N - TEE-BALL**

**I. Playing Area and Ball** - The field shall conform to USA Softball standards with the following modifications:

1. Bases may be modified to a distance of 60 feet.
2. A "neutral zone" will be marked in an arc of 46 feet from home plate. Any ball that does not cross this line will be designated a foul ball unless fielded within this zone by a defensive player while the ball is still moving.
3. A coaches' circle will be located 10 feet beyond second base and made with a 6 foot diameter. One coach from the defensive team may be allowed to stand in this circle while his team is on the field.
4. The second home plate will be used, as described in Section J.
5. A 12" IncrediBall or Soft Training Softball must be used for Tee-Ball.

### **II. Team, Coach, Players, and Lineup**

1. It is the batting team's coaches' responsibility to adjust the height of the tee. Please do not expect the umpire to do this for any batter.
2. Teams will be allowed a defensive coach in the field behind second base. The coach must stay in the coaches' circle and cannot touch any players or the softball.
3. The catcher must be able to safely play that position and understand its positioning. If the umpire or competition committee feels that the catcher cannot safely play that position they may ask the coach to replace the catcher.
4. A minimum of 8 players must play at all times or a forfeit will be declared.
5. The outfielders must play a minimum of 10 feet behind infielders. Four outfielders must start play, prior to each pitch, in the outfield.
6. Athletes in wheelchairs can bat but must have a pinch runner. Wheelchairs will not be allowed on the base paths or bases for safety reasons.
7. On defense, athletes in wheelchairs may only play in the outfield. They must make all plays on their own and cannot be assisted by a coach during play. Athletes in wheelchairs can choose to play only offense or defense.

### **III. The Game**

1. The length of games may vary depending on the tournament format. Generally, games have a time limit of 1 hour. The Finals may be longer. No inning will start after the time limit. Half-innings must be completed. Full Innings must be completed after the time limit if the home team is trailing or the game is tied.
2. A regulation game shall consist of six innings or until the time limit is reached, whichever comes first. The game will be considered complete if after five (5) full innings of play one team leads the other by ten runs or more. A game will be considered complete once the time limit has been reached and the last inning is complete, regardless of how many innings have been played.
3. Teams will switch sides when whichever of the following occurs first: A team bats through its lineup (maximum 10 in the order) or gets 3 outs.

### **IV. Pitching and Batting**

1. The batter must hit the ball within the foul lines and beyond the 46 ft. neutral zone line to be ruled a fair ball. If a batted ball does not leave the neutral zone, and the defensive player does not touch it, the ball will be called a foul ball.

2. All defensive players must stand behind the neutral zone before the ball is hit. They may enter the neutral zone once the ball is hit. If the defensive team plays the ball in the neutral zone while it is moving the ball is live.
3. If the batter completely misses the ball, or the ball and the tee, the attempt shall be ruled a strike.
4. If the batter has two strikes and fouls the third attempt, he/she shall be declared out.

#### **V. Base running**

1. Sliding is not allowed. If runners slide, they will be called out.
2. Players can only overrun first base without being in danger of being tagged out.
3. The Umpire will call time when the ball is held in the infield and it is clear to the umpire that the fielder is not attempting to make a play. Runners halfway to the next base will be allowed that base.

**SECTION O –SOFTBALL INDIVIDUAL SKILLS CONTEST**  
**(Also used as the Skills Assessment Tests for Tee-Ball teams)**

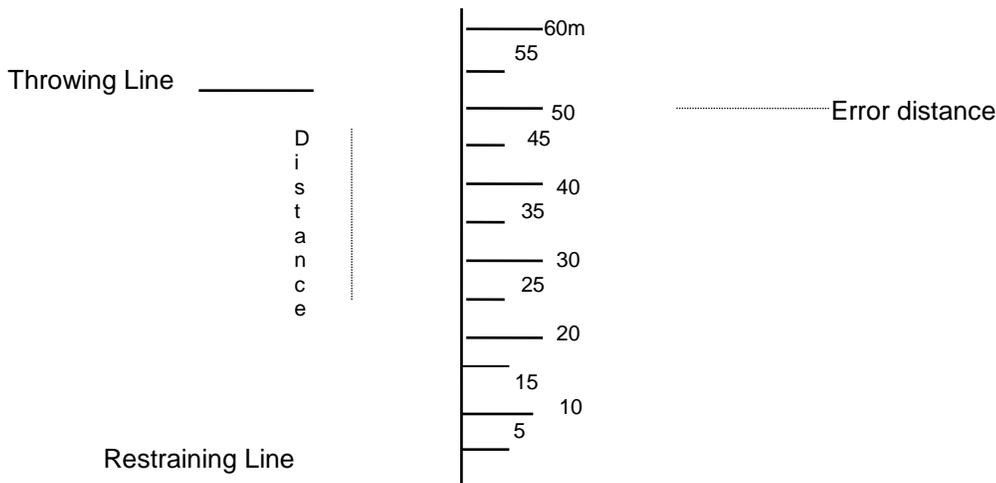
1. The Softball Individual Skills Contest (ISC) is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in Team Softball.
2. Four events comprise the Individual Skills Contest: Base Running, Throwing, Fielding and Hitting.
3. The athlete’s final score is determined by adding together the scores achieved in each of the four events. Athletes will be pre-divisioned according to their total scores from these four events.

The same volunteers should remain at an event throughout the competition so that consistency is provided.

**A. Base Running**

- 1) Equipment - Three bases, home plate, stopwatch.
- 2) Purpose - To measure the athlete’s base running ability.
- 3) Description - Bases are set up like a baseball diamond and positioned 65 feet apart. The athlete is instructed to start on home plate and run around the bases as fast as possible, touching each base en route.
- 4) Scoring - The time stops when the athlete touches home plate after circling the bases. The time elapsed in seconds is subtracted from 60 to determine the point score. A penalty of five seconds for each base missed or touched in an improper order shall be assessed. The best score of two trials is recorded.

**B. Throwing**



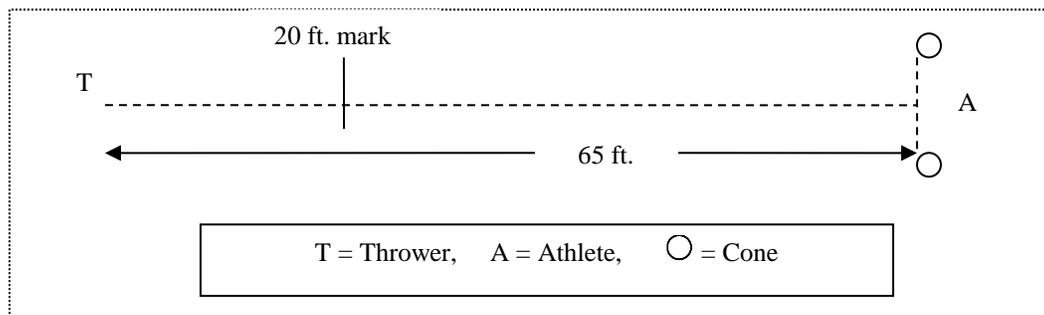
- 1) Equipment - Regulation field, two measuring tapes (with meters and feet), softballs, two small cones or marking stakes.
- 2) Purpose - To measure the athlete’s ability in throwing for distance and accuracy.
- 3) Description - The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing. The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line. Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground. The better of the two throws is measured and recorded as the player’s score. If a player steps on or over the line before releasing the ball, the trial must be repeated. There will be a maximum of two repeats.

- 4) Scoring - The throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where the ball landed, minus the error distance - the number of meters the ball landed off target - away from the throwing line. The player's score is the better of the two throws. Both error scores and distance are measured to the nearest meter; i.e., if a ball lands even with (perpendicular to) the 50m point on the measuring tape, but is 6m off to one side, the player's score is 44 points. (Distance thrown (50) minus number of meters off target (6) results in a new score of 44M.) Athletes score one point per meter; i.e., 44m = 44 points. If score falls between meters, score should be rounded down; i.e., 44.73 = 44 points.

### C. Fielding

- 1) Equipment – 12-inch (30 cm) softballs, measuring tape (with meters and feet), chalk/line, cones.
- 2) Purpose - To measure athlete's fielding ability.
- 3) Description - The athlete will stand between and behind the 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 20 foot chalk mark. The athlete may move through the cones toward the ball. If the thrown ball is outside of the cones, the throw must be repeated. Each athlete gets five fielding attempts per trial. Each athlete receives two trials.
- 4) Scoring - The athlete receives five points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground); two points for a ball that is blocked; zero points for a missed attempt; for a maximum score of 50.

#### FIELDING DIAGRAM



### D. Hitting

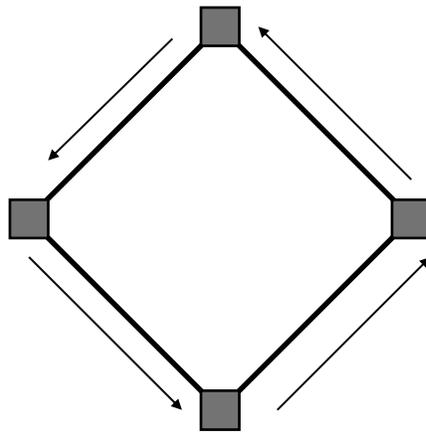
- 1) Equipment - Batting tee, 12-inch (30 cm) red stitch restricted-flight softballs, bat, measuring tape (with meters and feet), and chalk.
- 2) Purpose - To measure the athlete's ability to hit for distance when hitting off a batting tee.
- 3) Description - Standing in a regulation-size batter's box (i.e., 7'7" by 3'3", the athlete is instructed to hit the ball off the tee. The athlete receives three attempts.
- 4) Score - 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 touches the ground. The distance is measured to the nearest meter; i.e., 1m = 1 point, 46m = 46 points. If the score falls between meters, scores should be rounded down; i.e., 46.73 = 46 points.

**E. Final Score** - A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills Contest.

## SECTION P - SOFTBALL TEAM SKILLS ASSESSMENT TEST (Used for all Unified and Coach Pitch Teams)

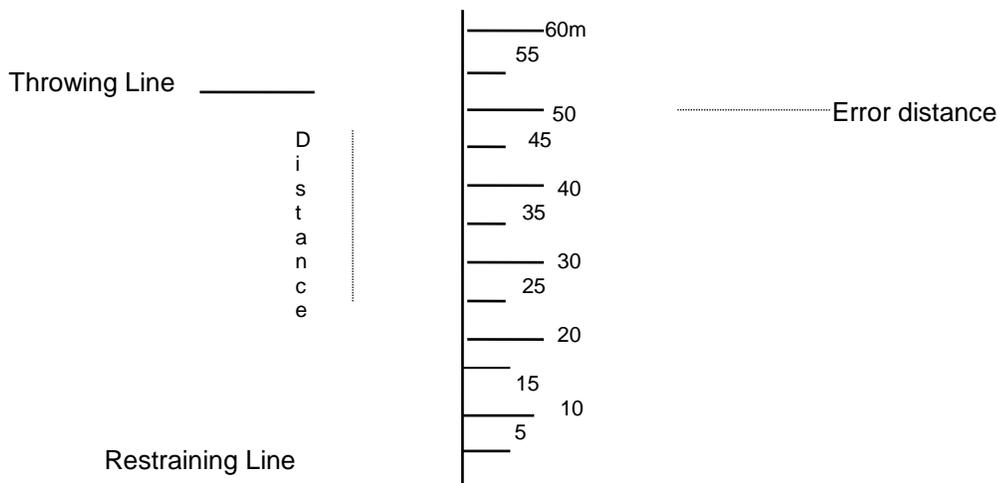
1. Individual player scores from each of the following skills assessment tests must be submitted to the Competition Committee by all teams entering Special Olympics Softball competition.
2. These tests are designed to help the Competition Committee gain a preliminary idea as to the ability level of the teams entered in the tournament. This allows the Committee to place teams in preliminary divisions for on-site evaluation. These tests can be critical to the success of the tournament.

### a. Test Number One - Base Running



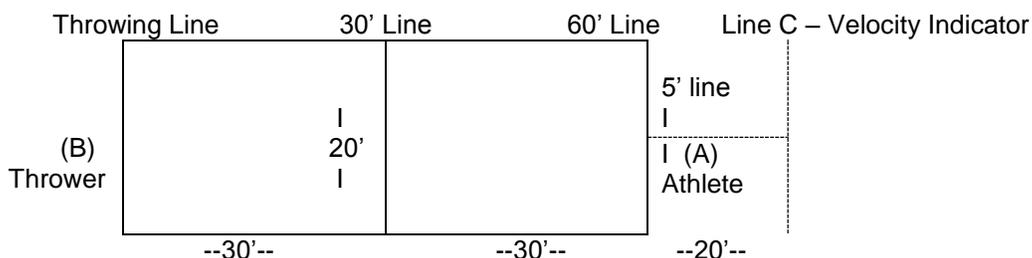
- 1) Set-up:
  - a) Standard softball field.
  - b) Three bases, home plate, stopwatch.
- 2) Test:
  - a) Bases are set up like a baseball diamond and positioned 65 feet apart.
  - b) The athlete is instructed to start at home plate and run around the bases as fast as possible, touching each base en route.
- 3) Scoring:
  - a) The time starts when the athlete leaves home plate.
  - b) The time stops when the athlete touches home plate after circling the bases.
  - c) The time elapsed in seconds is subtracted from 50 to determine the point score.
  - d) A penalty of five seconds for each based missed or touched in an improper order shall be assessed.
  - e) The base score of two trials is recorded.
  - f) Athletes should not be asked to take the two trials consecutively.

## b. Test Number Two - Throwing



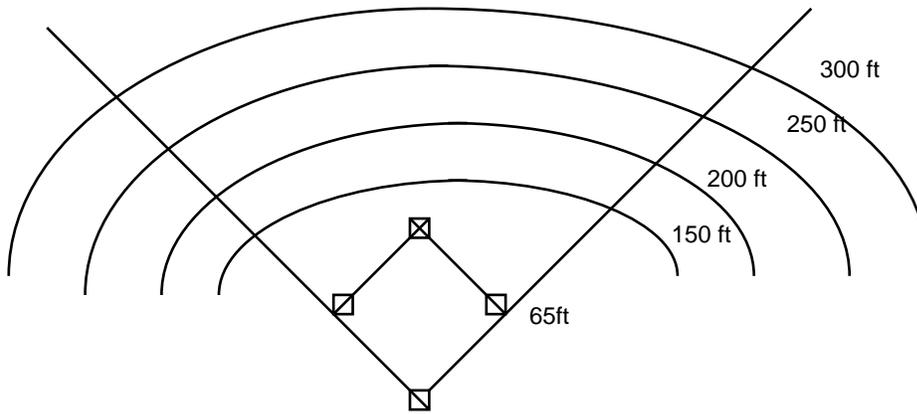
- 1) Set-up:
  - a) An outfield or a smooth grass field that can be marked off in feet.
  - b) Two measuring tapes (with meters and feet) , softballs, two small cones or marking stakes.
  
- 2) Test:
  - a) The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing.
  - b) The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line.
  - c) Coaches, assistants, or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground.
  - d) The better of the two throws is measured and recorded as the player's score.
  - e) If a player steps on or over the restraining line before releasing the ball, the trial must be repeated.
  - f) There will be a maximum of two repeats.
  
- 3) Scoring:
  - a) The net throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where the ball landed, minus the error distance - the number of meters the ball landed off target away from the throwing line.
  - b) The player's score is the better of the two throws.
  - c) Both error scores and distance scores are measured to the nearest meter.
  - d) Scoring Example:
    - 1) If a ball lands even with (perpendicular to) the 50m point on the measuring tape, but is 6m off to one side, the player's score is 44 points. [Distance thrown (50m) minus the number of meters off target (6m) results in a net score of 44m.]
    - 2) Athletes score one point per meter; i.e., 44m = 44 points. If the score falls between meters, the score should be rounded down; i.e., 44.73 = 44 points.

### c. Test Number Three - Fielding



- 1) Set-up:
  - a) Standard infield or a smooth field with short grass on which chalk markings or cones can be placed.
  - b) Softballs, fielding gloves, measuring tape.
- 2) Test:
  - a) The player being tested stands in a ready position (A) behind a 5 foot (5') restraining line.
  - b) A thrower stands behind the throwing line and throws two practice and six test balls to each player.
  - c) Each throw must strike the ground before the 30 foot (30') line and must stay within the sideline boundaries of the marked area.
  - d) The throw should be made sidearm, with sufficient velocity to carry an untouched ball to line C - the velocity indicator distance beyond the end line.
  - e) The prescribed distance beyond the end line is marked by a cone or similar object.
  - f) Of the six trials, two balls should be thrown directly to the player, two to the right, and two to the left side of the player.
  - g) The player attempts to field each ball cleanly; i.e., with no noticeable bobbling or temporary loss of control, and tosses it back to the thrower.
  - h) On each trial the player starts behind the 5' restraining line, but must move forward of the 60 foot (60') line toward the approaching ground ball in order to obtain maximum points.
  - i) Any throw not made as specified should be repeated. (**Note:** It is important to periodically check the velocity of the throw by occasionally instructing the player to let a ball go by untouched. Throws should reach the velocity marker.)
- 3) Scoring:
  - a) Each ball cleanly fielded in front of the 60' end line counts five points.
  - b) A ball that is bobbled, but stopped from going past the player counts four points.
  - c) Balls fielded behind the 60' line receive three points for cleanly fielded balls, and two points for bobbled balls.
  - d) Balls are considered to have been fielded in front of the 60' end line when at least the player's glove and ball are clearly in front of the line.
  - e) Any ball that is missed entirely, or touched but gets past the player, scores no points
  - f) The score is the sum of all six trials.
  - g) It is recommended that the scorer stand just outside the marked area, even with the 60' end line.
  - h) Maximum score is 30 points.

d. **Test Number Four - Batting**



- 1) **Set-up:**
  - a) Standard softball field, 12 marking cones, softballs, bats, measuring tape (with meters and feet).
- 2) **Test:**
  - a) The batter assumes a normal batting stance at the plate.
  - b) From the pitcher's mound, a coach will throw five hittable pitches that the batter attempts to hit as hard and as far as possible.
  - c) These pitches should be within a regulation arc (6'-12').
  - d) Only five swings are allowed to each batter.
- 3) **Scoring:**
  - a) 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; i.e., 1m = 1 point, 46m = 46 points. If the score falls between meters, the score should be rounded down; i.e., 46.73 = 46 points.

## **Special Olympics Coaches Code of Conduct**

Special Olympics is committed to the highest ideals of sport and expects all coaches to honor sport and Special Olympics. This is the SOI and SOHI Coaches Code of Conduct. Local Delegations and Area Programs may also have Codes of Conduct specific to their program with certain specifications not included below. All Special Olympics coaches agree to observe the following code:

### **Respect for Others:**

I will respect the rights, dignity and worth of athletes, coaches, officials, other volunteers, friends and spectators in Special Olympics.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability.

I will be a positive role model for the athletes I coach.

### **Ensure a Positive Experience:**

I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.

I will respect the talent, developmental stage and goals of each athlete.

I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.

I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.

I will ensure that accurate scores are provided for entry of an athlete into any event.

I will instruct each athlete to perform to the best of the athlete's ability at all preliminary competition and finals competition in accordance with the Official Special Olympics Sports Rules.

### **Act Professionally and Take Responsibility for My Actions:**

My language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will encourage athletes to demonstrate the same qualities.

I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions, during competition, or at any Special Olympics event or function.

I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.

I will be alert to any form of abuse from other sources directed toward athletes in my care.

### **Quality Service to the Athletes**

I will seek continual improvement through performance evaluation and ongoing coach education.

I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.

I will provide a planned training program.

I will keep copies of the medical, training and competition records for each athlete I coach.

I will follow the Special Olympics Hawaii and National Federation/Governing Body rules for my sport(s).

### **Health and Safety of Athletes**

I will ensure that the equipment and facilities are safe to use.

I will ensure that the equipment, rules, training and environment are appropriate for the age and ability of the athletes.

I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.

I will encourage athletes to seek medical advice when required.

I will maintain the same interest and support toward sick and injured athletes.

I will allow further participation in training and competition only when appropriate.

#### **Violations of the Code of Conduct:**

I understand that if I violate this Code of Conduct I will be subject to a range of consequences, up to and including being prohibited from coaching in Special Olympics.

Furthermore, I understand that I accept the responsibility for the behavior of the athletes under my supervision.

Should the behaviors and/or attitude of any coach or other faction of the member organization be contrary to the principles, goals, or philosophies of Special Olympics, then one or more of the following steps may be taken by the Games Committee, Sport Officials, or other representatives of Special Olympics Hawaii in an effort to alleviate the situation without further affecting Special Olympic athletes or the competition:

The coach may be notified of the undesirable behavior and requested to remedy the situation for continued participation, **and/or** the coach may be requested to withdraw personally, or as a team or organization, from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of Special Olympics, Special Olympics may:

Prevent the coach, team organization, or specific members of the delegation from participating in any or all Special Olympics events for a specified period of time, **and/or** prevent the coach, team, organization, or specific members of the delegation from participating in Special Olympics indefinitely.

## **Special Olympics Athletes Code of Conduct**

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. This is the SOI Athletes Code of Conduct. Local Delegations and Area Programs may also have Codes of Conduct specific to their program with certain specifications not included below. All Special Olympics athletes agree to the following code.

### **Sportsmanship**

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers or staff.

### **Training and Competition**

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials and ask questions when I do not understand.
- I will always try my best during training, divisioning, and competitions.
- I will compete to the best of my ability in all preliminary and final competition.

### **Responsibility for My Actions**

- I will not make inappropriate or unwanted physical, verbal or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics events.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, as well as the International Federation and National Federation/Governing Body rules for my sport(s).

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Area or State Program, up to and including not being allowed to participate.