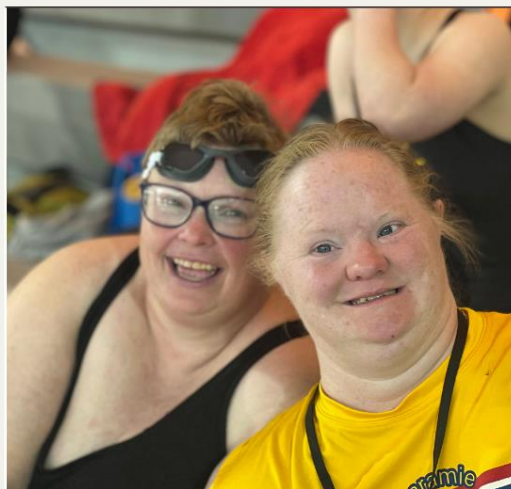




SUMMER



SEASON



INFO

2 0



2 6



AND



COACH



PACKET

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Training Season

Sports offered for the summer season include basketball, powerlifting, athletics, swimming and a cheer exhibition. Athletes must attain **6 weeks or 8 hours** of training in their sport to compete at area games. Athletes must attain a minimum of **8 weeks or 12 hours** of training in their sport to compete at State Summer Games. Competition at area games counts toward training requirements for state games.

Please ensure that all members of your team are up to date on paperwork for their training and competition season. Reach out to your Area Director for an updated report of your team.

Paperwork Requirements:

- Athletes require: [Athlete Registration](#) (1 time only), [Athlete Annual Renewal](#) (every year starting 1 year after athlete registration), [Athlete Medical](#) (every 3 years), and [Communicable Disease Waiver](#) (every 3 years)
- Unified partners require: [Class A Volunteer Form](#) (every 3 years) and [Communicable Disease Waiver](#) (every 3 years)
- Coaches require: [Class A Volunteer Form](#) (every 3 years), [Protective Behaviors Training](#) (every 3 years), [Concussion Training](#) (every 3 years), and [Communicable Disease Waiver](#) (every 3 years)

All athletes are expected to adhere to the [Athlete Code of Conduct](#).

All coaches are expected to adhere to the [Coaches Code of Conduct](#).

Sports-Specific Information

All Sports:

Maximum effort/honest effort rule: 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. Anyone who improves their final score by 15% or more from their qualifying score may be disqualified.

Rules: Each sport for our summer season will follow the most updated Special Olympics rulebook for each sport (2024). Please make sure your program/team is using these updated rules. Rules can be found on our website here: <https://sowyo.org/sports/sports-offered>. If there is an event listed in the SONA rulebook but not in this packet and you have athletes interested, please let [Amber Bliss](#) know by **April 6, 2026**, for it to be considered as an addition to this year's games. Events not listed in this packet will not be considered after this deadline.

Protest form: If a coach has a dispute against a violation of rules at any competition, they must fill out a protest form immediately following the event in which they want to protest, and before awards happen for that event. Protest forms are located with the venue director or at the main check-in/awards table. 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.

Divisioning: Athletes will be separated into divisions at area and state games to provide the fairest competition experience. Divisions will prioritize qualifying score, then age, then gender.

Basketball:

- Athletes and Unified partners may only compete in one basketball event in one level/division.

Events:

Event:	Levels/Divisions Offered:	Scoring:
Individual Skills Level 1	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	10 ft. hoop	Total points (sum of the 3 individual skills)
Team Skills	- Traditional - Unified	Total points
3v3 Team (half court)	- Traditional - Unified	Total points
5v5 Team (full court)	- Traditional - Unified	Total points

Individual Skills:

- 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 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 for 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 (half court)

- Games will be 10 minutes; running clock until last 1 minute of game
- Roster limit of six (6)

5 v. 5 Basketball (full court)

- Games will be four (4), eight (8)-minute quarters
- Running clock until last 1 minute of game
- 2-minute break between each quarter
- 5-minute break at halftime
- Roster limit of ten (10)

Powerlifting:

- Athletes must be at least 14 years old to compete in powerlifting.
- Athletes may compete in up to 4 events: 3 lifts and 1 combination.
- Athletes must wear appropriate powerlifting attire for training and competition (singlets required).
- Gloves are not permitted.

Events:

Event:	Scoring:
• Modified Push-ups	• Number of repetitions
• Sit-Ups	• Number of repetitions
• Bench Press	• Pounds lifted
• Dead Lift	• Pounds lifted
• Squat	• Pounds lifted
• Combination (II) • Bench Press • Dead Lift	• Combined score from bench press and dead lift individual events
• Combination (III) • Bench Press • Dead Lift • Squat	• Combined score from bench press, dead lift, and squat individual events

Coaches are responsible for ensuring all athletes wear the proper attire, know the lift commands, and are lifting with proper technique.

If an athlete disqualifies in one of their lifts, they will also disqualify in their combo.

Athletics:

Track Events			
Beginner/Lower Ability Events	Higher Ability Events	Relay Events	Wheelchair Events
• 10m assisted walk • 25m assisted walk • 50m assisted walk • 100m assisted walk • 25m walk • 50m walk • 100m walk • 25m run • 50m run	• 200m walk • 400m walk • 800m walk • 1500m walk • 100m run • 200m run • 400m run • 800m run • 1500m run	• 4x100m Relay • 4x100m US Relay • 4x400m Relay • 4x400m US Relay	• 10m manual wheelchair race • 25m manual wheelchair race • 30m manual wheelchair slalom • 4x25m manual wheelchair shuttle relay • 100m manual wheelchair race • 30m motorized wheelchair slalom • 50m motorized wheelchair race • 50m motorized wheelchair slalom • 25m motorized wheelchair obstacle course
Field Events			
	Beginner/Lower Ability Events	Higher Ability Events	
Throwing Events	Tennis Ball Throw	Shot Put • 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	
	Softball Throw		
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.

- Athletes may compete in a total of four (4) events.
 - Up to two (2) of these events may be field events – one throwing event and one jumping
 - 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.
 - The only exception is that an athlete can do any combination of these events: 25m run, 50m run, 100m run, 800m walk, and 1500m walk.
- Athletes may only walk during walk events.
- Athletes must enter into progressive events. They cannot enter into both the 25m dash and the 800m run.
- NO Coach or person can assist on the track
- 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 will be used for track events; please ensure participants are prepared for the loud noise.
- Assisted Walk: Athletes may use a walking aid (cane, crutches or walker), but may not receive physical assistance from coaches, officials, etc.

Swimming:

Fundamental Swimming Events	Lower Ability Swimming Events	Higher Ability Swimming Events	Swimming Relay Events
• 10y assisted swim class A • 10y assisted swim class B • 15y walk • 15y floatation • 15y kickboard • 15y assisted swim class A • 15y assisted swim class B • 15y unassisted swim • 25y floatation • 25y kickboard • 25y assisted swim class A • 25y assisted swim class B	• 25y freestyle • 25y backstroke • 25y breaststroke • 25y butterfly	• 50y freestyle • 50y backstroke • 50y breaststroke • 50y butterfly • 100y freestyle • 100y backstroke • 100y breaststroke • 100y butterfly • 100y individual medley • 200y freestyle • 400y freestyle	• 4x25y freestyle relay • 4x25y Unified freestyle relay • 4x25y medley relay • 4x25y Unified medley relay • 4x50y freestyle relay • 4x50y Unified freestyle relay • 4x50y medley relay • 4x50y Unified medley relay

- Athletes may compete in a total of three individual events.
 - Athletes may also add one relay as a fourth event.
- 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.
- 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)
 - Freestyle: athlete is walking on the bottom or pulling on lane lines.
 - Butterfly: athlete has non-simultaneous hand touch, wrong kick style (usually flutter kick), Underwater recovery of arms, or arms in wrong plane (usually freestyle)
 - Breaststroke: Non-simultaneous hand touch, wrong kick style (usually flutter kick), or arms in wrong plane
 - Backstroke: Turning over before touching the wall, pulling lane lines, not swimming on back
 - All relays/individual events: false starts

(Swimming Continued):

Clarification on fundamental and lower ability swim events:

Event	Touch Bottom	Coach in Water	Personal Floatation Device	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→floatation→unassisted swim. Athletes may be entered in the walk and floatation, but not the walk and unassisted swim, nor floatation 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.

Cheer Exhibition:

Any Special Olympics Wyoming team can add cheer to its summer season. For the 2026 summer season, cheer is an unofficial sport and will be presented as an exhibition at the 2026 State Summer Games in Gillette, WY. As such, athletes may add cheer as a third sport on top of the two sports they may already be competing in. Since this is not an official competition, no official scores are recorded and no awards are presented. Participants will receive a certificate.

How can my team get involved?

- Check out the [Special Olympics Cheer rules](#), then head to the [International Cheer Union's page](#) to get more details about [Special Abilities Divisions](#) and additional resources.
- Gather a team.
 - Traditional or Unified (Unified must be as close to 1:1 ratio of athlete to Unified partner as possible).
 - Small (4-15) or Large (16-24).
- Levels: SOWY is currently offering the “beginning” level of cheerleading. Please refer to the [2026 ICU Cheer Rulebook](#) for more information about what this level entails, as well as restrictions.
- Prepare your materials for the exhibition. The order will be cheerleading, then game day.
 - Cheerleading Routine: Limited to a 2:30 choreographed routine (1:45 max of music within this timeframe)
 - Game Day: 4 Segments. Segments must show clear transitions (with crowd-leading interactions) and may not exceed 3 minutes total.
 - 1. Band Chant/Time Out Routine (30 seconds or less)
 - 2. Sideline Chant (30 seconds or less)
 - 3. Crowd Leading Cheer/Cheer (1 minute or less)
 - 4. Fight Song (1 minute or less)
- Review this [cheerleading scoresheet](#) and this [game day scoresheet](#) to set training goals. If cheer becomes an official SOWY sport in the future, these scoresheets will be used at competition.
- Prepare for State Summer Games:
 - Work with your local coordinator to register your cheer team for State Summer Games.
 - Cheer teams will perform at the banquet on Friday, May 1, 2026. Cheer athletes will be first in line to get their dinner and eat, then they will perform as everyone else eats. They will then kick off the dance party and invite everyone up with them.
 - Send in your music in advance to abliss@specialolympicswy.org, or bring your music on a smartphone with an aux attachment or adaptor.
 - If your team chooses, they can also cheer on the sidelines for their basketball team during basketball competition!

Please reach out to Amber Bliss at (307) 235-3062 or abliss@specialolympicswy.org for more information.

Area Games

Competition at area games is required in order to compete at State Summer Games.

Athletes and Unified partners may compete in up to 2 sports: either basketball or powerlifting, **and** either athletics or swimming.

The events that athletes compete in at area games will be the same events they compete in at state games. No changes will be allowed.

List of area games and Area Directors:

Area	Date(s)	Location	Contact	Phone	Email
I	4/16 4/18	BB, PL, & Cheer (Cody) AT & SW (Riverton)	Katy Brittain	307-899-2638	area1@specialolympicswy.org
II	4/16	Rock Springs	Kirklin Carroll- Vincent	307-871-1525	area2@specialolympicswy.org
III	4/9 4/10	AT, BB, & PL BB & SW (All in Cheyenne)	Marsha Dial	307-220-0253	area3@specialolympicswy.org
IV	4/9 4/10	AT & SW BB & PL (All in Sheridan)	Carrie Pilcher	307-751-0539	areaiv@specialolympicswy.org
V	4/9 4/12	PL BB & SW (All in Casper)	Christine Dice	307-277-5690	area5@specialolympicswy.org

** Dates and locations updated as of 2/17/2026. Subject to change by Area Director.*

Area games registration will be sent out by your Area Director. It is imperative that you turn in registration to your Area Director by their deadline so that they have the proper time to enter all participants, division, and send you delegation reports to check that everything is accurate. Area Directors reserve the right to not accept late registrations.

Please ensure to include qualifying scores from practice on your area games registration in the correct unit of measurement.

State Games

Location	Dates	Contact	Contact Information
Gillette	April 30-May 2	Amber Bliss	(307) 235-3062 abliss@specialolympicswy.org

Special Olympics Wyoming anticipates over 800 athletes, Unified partners, coaches, and volunteers to come together for the 2026 State Summer Games!

Athletes and Unified partners must compete at their area games to compete at state 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).

Registration:

State Summer Games registration will be sent out by the state office and will be due to Amber Bliss at abliss@specialolympicswy.org by EOD **Monday, April 13**. It is imperative that you turn in registration by the deadline so that we have the proper time to enter all participants, division, and send you delegation reports to check. We reserve the right to not accept late registrations. Registration is also available [on the SOWY website](#).

Special Events:

- Youth Summit: 4/30 at 4:30pm at the CAM-PLEX Wyoming Center conference room. All athletes and Unified partners 21 and under are invited to join. Sign up by [clicking here!](#)
- Healthy Athletes: We will have Special Smiles, Fit Feet, and Fit5 on 5/1 from 9:00am-12:00pm.
- LETR: the Law Enforcement Torch Run is planning a Torch Run on Thursday, 4/30. Please refer to the schedule for more information.
- Opening Ceremony: join us on Thursday, 4/30 at 7:00pm.
- Victory Banquet and Dance: join us on Friday, 5/1 at 6:00pm. Theme: Red, White, & Blue.
- Cheer Exhibition: join us during the banquet on Friday, 5/1.

Meals:

State Summer Games will provide:

- Dinner on Thursday 4/30
- Lunch and dinner on Friday 5/1
- Lunch on Saturday 5/2

If you or your athletes have specific dietary needs or do not like meals choices, please make arrangements to bring your own lunch or dinner. SOWY will not reimburse you if you choose not to eat one of our prearranged meals and go off site for food.

Lodging:

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!

- **Days Inn by Wyndham Gillette:** 40 (Double Rooms) at \$66 per room per night. Call the hotel at (307) 387-9870 and ask for the Special Olympics Wyoming block, or use this booking link: [Special Olympics Wyoming](#)
- **Fairfield Inn:** 25 (Double Rooms) at \$109/Room/Night, 307-682-1717 **Breakfast Included
- **Garner Hotel Gillette South:** 30 (Double Rooms) at 84/Room/Night, to book call 717-739-9345 or email Kristine Gulick at kristine@kghotelsalesupport.com **Breakfast Included
- **Windgate by Wyndham:** 13 (Double Rooms) + 1 Double Accessible at \$84/Room/Night, 307-685-2700 **Breakfast Included
- **Quality Inn:** 25 (Double Rooms) at \$66/Room/Night, 307-682-1717 **Breakfast Included

Recreational Swimming Guidelines:

Special Olympics Wyoming prohibits recreational swimming at any time while under the auspices of Special Olympics. All members of Special Olympics Wyoming teams are **not** allowed to swim or use hot tubs at hotels while attending Special Olympics Wyoming events. [Full policy here](#).

Housing Arrangements:

Athletes, Unified partners, coaches, and chaperones (participants) are on a one person per bed basis. Arrangements cannot be made that will ask two people to share a bed. Housing male and female participants together is not permitted. The exception to this rule is a married couple.

Local Program Financial Policy:

Special Olympics Wyoming, a non-profit, 501(c)3 agency, is responsible for the sound fiscal management of all funds raised under the name Special Olympics Wyoming, Inc. (also referred to as Special Olympics Wyoming or SOWY). All funds raised by Local Programs must be raised in the name of "Special Olympics Wyoming" and receipted through the SOWY office in Casper. Accounting for all funds raised and used by your Local Program is important to protect the credibility of Special Olympics Wyoming brand, as well as to ensure compliance with the Internal Revenue Service (IRS) as a tax-exempt charitable non-profit organization. [Full policy here.](#)