

SUMMER GAMES

Special
Olympics
Wyoming



SUMMER SEASON INFORMATION & COACH PACKET



Contents:

Training Season	2
Sport-Specific Information	2-7
▪ General	2
▪ Basketball	3
▪ Powerlifting	4
▪ Athletics	5
▪ Swimming	6-7
Area Games	8
State Games	8-10
▪ General	8
▪ Registration	9
▪ Special Events	9
▪ Meals	9
▪ Lodging	9-10
▪ Recreational Swimming	10
▪ Housing Guidelines	10

Training Season

Sports offered for the summer season include basketball, powerlifting, athletics, and swimming. Athletes must attain a minimum of **8 weeks or 12 hours** of training in their sport in order 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 \(consent\)](#), [Athlete Medical](#), and [Communicable Disease Waiver](#)
- Unified partners require: [Class A Volunteer Form](#) and [Communicable Disease Waiver](#)
- Coaches require: [Class A Volunteer Form](#), [Protective Behaviors Training](#), [Concussion Training](#), and [Communicable Disease Waiver](#)

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

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

Sport-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 increases 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://sowy.org/sports/sports-offered>.

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 in order 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 and one level/division.

Events:

Event:	Levels/Divisions Offered:	Scoring:
Individual Skills Level 1	<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	<ul style="list-style-type: none">• Total points (sum of the 3 individual skills)
Individual Skills Level 2	<ul style="list-style-type: none">• 10 ft. hoop	<ul style="list-style-type: none">• Total points (sum of the 3 individual skills)
Team Skills	<ul style="list-style-type: none">• Traditional• Unified	<ul style="list-style-type: none">• Total points
3v3 Team (half court)	<ul style="list-style-type: none">• Traditional• Unified	<ul style="list-style-type: none">• Total points
5v5 Team (full court)	<ul style="list-style-type: none">• Traditional• Unified	<ul style="list-style-type: none">• 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 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 (half court)

- Games will be 10 minutes; running clock until last 1 minute of game

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

Powerlifting:

- 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.
- 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) <ul style="list-style-type: none">• Bench Press• Dead Lift	• Combined score from bench press and dead lift individual events
• Combination (III) <ul style="list-style-type: none">• 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.

Athletics:

Track Events			
Beginner/Lower Ability Events	Higher Ability Events	Relay Events	Wheelchair Events
<ul style="list-style-type: none"> • 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 run • 50 m run 	<ul style="list-style-type: none"> • 200 m walk • 400 m walk • 800 m walk • 1500 m walk • 100 m run • 200 m run • 400 m run • 800 m run • 1500 m run 	<ul style="list-style-type: none"> • 4 x 100 m Relay • 4 x 100 m US Relay • 4 x 400 m Relay • 4 x 400 m US Relay 	<ul style="list-style-type: none"> • 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

Field Events		
	Beginner/Lower Ability Events	Higher Ability Events
Throwing Events	Tennis Ball 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
	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 events.
 - Up to two 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.
- 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 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 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
<ul style="list-style-type: none"> • 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 • 25y floatation • 25y kickboard • 25y assisted swim class A • 25y assisted swim class B • 15y unassisted swim 	<ul style="list-style-type: none"> • 25y freestyle • 25y backstroke • 25y breaststroke • 25y butterfly 	<ul style="list-style-type: none"> • 50y freestyle • 50y backstroke • 50y breaststroke • 50y butterfly • 100y freestyle • 100y backstroke • 100y breaststroke • 100y butterfly • 100y individual medley • 200y freestyle 	<ul style="list-style-type: none"> • 4x25y freestyle relay • 4x25y Unified freestyle relay • 4x25y medley relay • 4x50y freestyle relay • 4x50y Unified freestyle relay • 4x50y 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 the 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.

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	4/5 4/14	Lander (AT & SW) Cody (BB & PL)	Katy Brittain	307-899-2638	area1@specialolympicswy.org
II	4/17	Rock Springs	Kirklín Carroll-Vincent	307-871-1525	area2@specialolympicswy.org
III	4/10 4/11	AT, BB, & PL BB & SW (All in Cheyenne)	Marsha Dial	307-220-0253	area3@specialolympicswy.org
IV	4/10	Sheridan	Carrie Pilcher	307-751-0539	areaiv@specialolympicswy.org
V	4/13 4/17	Casper (BB & SW) Casper (PL)	Barb Flinn	435-640-0072	area5@specialolympicswy.org

* Dates and locations updated as of 3/11/2025. 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.

State Games

Location	Dates	Contact	Contact Information
Gillette	May 1-3, 2025	Laura Kelly	(307) 235-3062 sports@specialolympicswy.org

Special Olympics Wyoming anticipates over 800 athletes, Unified partners, coaches, and volunteers to come together for the 2025 State Summer Games!

Athletes and Unified partners must compete at their area games in order 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 Games registration will be sent out by the state office and will be due **Monday, April 14**. 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: Stay tuned for more information about a Youth Summit on Thursday, 5/1 in the morning!
- Healthy Athletes: Stay tuned for more information about Healthy Athletes offerings!
- LETR: the Law Enforcement Torch Run is planning a Torch Run on Thursday, 5/1. More information coming soon!
- Opening Ceremony: join us on Thursday, 5/1 at 7:00pm.
- Victory Banquet and Dance: join us on Friday, 5/2 at 6:00pm. Theme: Superheroes.
- Cheer Exhibition: join us during the banquet on Friday, 5/2.

Meals:

State Winter Games will provide:

- Dinner on Thursday 5/1
- Lunch and dinner on Friday 5/2
- Lunch on Saturday 5/3

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.

It is important that local/team coordinators provide an accurate number of meals on their registration form.

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:** at \$64 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](#)
- **Best Western Tower West Lodge:** 75 (Two Queen Beds) at \$107/Room/Night. To book, contact Nicole at (307) 686-2210.
**Includes breakfast as well as one complimentary room for every 25 paid rooms and Best Western has an active Direct Bill account for your group.
- **Holiday Inn Express:** 20 (Two Queen Beds) & 5 (One King Bed) at \$119/Room/Night
**All double rooms offered will be newly renovated at the time of the event. Also, includes complimentary breakfast such as hot egg and meat entrees, potatoes, biscuits & gravy, oatmeal bar, cereals, pancakes, cinnamon rolls, assorted breads and bakery goods. One complimentary room per 20 paid room nights.

- **Fairfield Inn:** 25 (Double Rooms) at \$110/Room/Night
**Breakfast Included
- **Garner:** 25 (Double Rooms) at \$110/Room/Night
**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

