

Special Olympics Hawaii Basketball



**Sport Information Guide
Rules and Guidelines
Fall 2008**

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SOHI BASKETBALL GUIDELINES AND RULES

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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.

Note: There are no rule changes from 2007. Reminder, Starting last year both “A” & “B” Division teams have been allowed to full-court press. Previously, only “A” division teams could press.

SOHI BASKETBALL RULES AND REGULATIONS

These Official Special Olympics Hawaii (SOHI) Rules shall govern all SOHI Basketball competitions. SOHI has created these rules based upon The National Federation of State High School Associations (NFHS) Rules for Basketball. NFHS rules shall be employed except when they are in conflict with the Official SOHI Basketball Rules. In such cases, these Official SOHI Basketball Rules shall apply.

SECTION A - GENERAL RULES

1. Each Special Olympics Athlete is required to have a **valid medical** filled out by a certified physician and a **signed release form** in order to participate. This is in accordance with Special Olympics General Rules. These forms must be on file with the Area Director and State Office.
2. Athletes must participate in a registered training program and compete in a Regional competition to advance to State competition. Athletes must comply with Delegation, Area, and State training standards to participate in competition. If an athlete misses the Regional competition due to severe illness (certified by a doctor) or other outstanding reason, they may be allowed to advance to State competition provided their team did not forfeit at Regional competition and their team participates in a certified scrimmage approved by their Area Director.
3. All Coaches and Assistant Coaches must fill out a **Volunteer Information Form and meet Class "A" Volunteer criteria** in order to participate.
4. Each team is required to play in a qualifying Regional tournament prior to participation in the State Summer Games tournament. Only athletes playing in the qualifying tournament can play at the State Games. In rare circumstances (such as severe sickness, injury, or death in the family), athletes that missed the Regional tournament may be allowed to play in a sanctioned "make-up" game if **pre-approved** by their Area Director and the State Office.
5. Individual Skills Athletes must compete in a qualifying Area or Regional competition to advance to Holiday Classic competition.
6. Athletes must comply with Delegation, Area, and State training standards to participate in competition.
7. Delegations with multiple teams should identify these teams with different team names, not numbers or letters.

SECTION B - OFFICIAL EVENTS

1. Team Basketball (Traditional 5-on-5)
2. Individual Skills Competition

SECTION C - 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 (8-15) are entered in a tournament a youth division will be created.

1. The Head Coach must submit the scores from the three Basketball Skills Assessment Tests (BSAT), e.g., rebounding, dribbling, and perimeter shooting, for each player on his/her roster prior to competition. These tests are found in Section O.
2. The Head Coach must also identify the five best players in terms of their on court playing ability by placing a star next to their names on the roster.
3. The team score shall be determined by adding the top seven players' scores and then dividing that total by seven.
4. Teams are initially grouped in divisions based on their BSAT score and past performance.
5. A classification round of games shall then be conducted as a means of finalizing the divisioning process. (See Section H.)

SECTION D - UNIFORMS

1. **All players must wear numbered uniforms.** Only the digits 0-5 may be used with the highest possible number being 55. Numbers shall be at least 6 inches high on the back and 4 inches high on the front, and not less than $\frac{3}{4}$ inch in width.
2. All players must wear gym, court, or tennis shoes. Encourage your players not to wear black soft sole shoes, as they will leave black marks on the court.
3. **All members of a team must wear the same color uniform.** If a T-shirt is worn under a tank top, it should be the same or a similar color.
4. All players should wear gym shorts of the same color. Players cannot wear jeans or cutoffs. Sweatpants may be worn for religious or custom related reasons.
5. Those players who wear eyeglasses while playing are required to wear a strap to hold the glasses in place.
6. All athletes must remove all jewelry, watches, bracelets, earrings, necklaces, rings, etc. prior to each game.

SECTION E - EQUIPMENT

1. Special Olympics Basketball calls for the use of NFSHSA standard basketball equipment including the regulation basketball, baskets, and basket heights.
2. A standard size ball shall be used for all divisions. A smaller basketball (28 $\frac{1}{2}$ " in circumference and between 18-20 oz. in weight) WILL be used if a youth division is created.
3. All levels and divisions will play with a regulation 10 ft. goal.

SECTION F - GAME ROSTER, PLAYERS, AND SUBSTITUTES

1. A line-up must be submitted by the coach to the official scorekeeper ten minutes prior to the scheduled game time.
2. All team members must be listed on the roster and made available to the official scorekeeper and opposing team. Failure to list a roster player for insertion in the official scorebook will result in a technical foul.
3. A team must start the game with five players.
4. Rosters should consist of between 6 to 10 players. Teams with 12 or more players should split into 2 teams.
5. Substitutions may be made any time the referee's whistle is blown to stop play, during time-outs or prior to the beginning of a half or quarter. Substitutes will report to the scorer at the score table who will then notify the referee of substitutions. Substitutions may not be made after a basket.
6. **Each team is required to play all team members in every game played,** unless an athlete is injured. All team members must play a minimum of **one quarter, or 7 $\frac{1}{2}$ minutes** of game time. If it is found that an eligible team member did not play the required amount the game will be declared a forfeit. It is up to the Head Coach to ensure that all players play the required amount of time.

SECTION G - THE GAME

1. In cases not specifically covered by the rules in this manual, the National Federation of State High School Associations, NFHS, rules will govern.
2. **Games will be played as follows:**
 - 8 minute pre-game warm-up
 - 7 $\frac{1}{2}$ minute quarters (running time).
 - 1 minute intermission after the first and third quarters.
 - 5 minute intermission at half-time

- The clock will stop on dead balls in the last two minutes of play of the fourth quarter, and overtime.
- Each team has (2) one-minute time-outs per game. These time-outs can be used in either half. Each team will receive (1) time-out in overtime. **Players or the Head Coach can call time-outs.**
- Overtime is two minutes. The clock stops on all dead balls.
- Teams must be ready to play within 5 minutes of the scheduled game time or a forfeit will be declared.

SECTION H – DIVISIONING ROUND

1. Divisioning games will be 6-8 minutes (determined at the tournament), running time. No warm-up time will be given. These games do not count toward standings or medals; they are used to ensure that teams are placed in divisions so that there is fair and equitable competition.
2. Each team must play their top five, or starting five, for at least the first four minutes of all divisioning round games. No substitutions will be allowed in the first 4 minutes. All players must play in the divisioning round games.
3. Athletes missing divisioning round games are ineligible to play in regulation games, unless given specific approval by the tournament committee.

SECTION I – VIOLATIONS and ADAPTATIONS

1. **“A & B” Divisions** - Fouls and violations will be called in accordance with NFHS standards. Full-court pressing is allowed. The three-second rule in the lane will be enforced.
2. **Lower Divisions** - Calling of fouls and violations are more relaxed the lower the divisions are. Therefore “C” level teams are expected to play within NFSHA rules with only minor modifications, (i.e. one warning prior to 3-second lane violation calls, or referees may overlook **minor** traveling violations if they don’t affect play. In the Lowest Divisions all the listed modifications may be used. The following modifications will be allowed:
 - a) The three-second lane will be eased. Players will be warned prior to the call. The three-second violation should be called whenever the offending player scores or rebounds.
 - b) Players will be allowed continuous one or two hand dribbles with minimal hesitation. Players cannot gain an advantage over the opponent using a two handed dribble. Once the ball is picked up and held, the player must shoot or pass. **An attempt to dribble again will be a violation.**
 - c) Players will be allowed two extra steps in starting or stopping a dribble. However, if the player scores or escapes the defensive pressure as a result of these extra steps, an advantage has been gained. Therefore, a violation is called immediately.
 - d) Backcourt pressure will **not** be allowed. The defensive team must retreat to beyond mid-court without attempting defensive resistance. An attempt to guard an offensive player prior to crossing half court will result in the referee stopping play and giving a warning to the defensive team. Each team will be allowed two warnings. A third violation will result in a technical foul. **However, teams may attempt to play defense at any location on the court when the offensive team is attempting to fast break down the court. “B” Division teams will be allowed to full-court press.**
 - e) A player may be allowed a mild shuffle of his/her feet while holding the ball without changing position on the court. However, a player forced into traveling by defensive pressure will be called for the violation.
 - f) Line violations on throw-ins and free throws will result in the athletes being called back to repeat the process. Repeated violations will result in loss of possession.
 - g) Backcourt line violations will be enforced in all divisions.

SECTION J - FOULS AND PENALTIES

1. Each player will be allowed five fouls per game. The fifth foul will result in removal of that player from the game.
2. The one-and-one bonus free throw situation will be in effect on the seventh team foul of each half. The Double Bonus (2 free throws) will be in effect on the tenth foul of each half.
3. Technical fouls will be assessed for unsportsmanlike conduct by any coach, player, team attendant or follower. Technical fouls committed by a player shall result in one free throw. If bench personnel commit the technical foul, the offended team is awarded two free throws. If the foul is flagrant (violent, vulgar, or abusive), two free throws shall be awarded and the offender shall be ejected from the game. Any third technical for the above reasons is considered a flagrant foul and will be treated as such. After all technical fouls, the team that is awarded the foul shot will also receive possession of the ball after the foul shot. The ball will be played in from half court.
4. The game will be forfeited when a team fails to report for play within five minutes after their scheduled game time. (If a team shows reasonable cause, i.e. bus breakdown, etc., the tournament director can allow the game to proceed without consequence, if the schedule allows.)

SECTION K - OFFICIALS AND THEIR DUTIES

1. Referees shall have the power to make all decisions on any point not specifically covered in the rules.
2. Officials shall penalize unsportsmanlike conduct by player, coach, spectator, and family member, by warning or ejection.
3. The Competition Committee and Sports Director shall be responsible for decisions relating to actions inconsistent with Special Olympics philosophy, reclassification, or official complaints.
4. The referee shall toss the ball just above the heads of the two centers at the **start** of the game and any **overtime periods** only. All other jump ball situations will be administered with the alternate possession rule, beginning with the team that failed to control the jump ball at the start of the game. The official scorer is responsible for keeping track of alternate possessions.

SECTION L - COACHES AND THEIR RESPONSIBILITIES

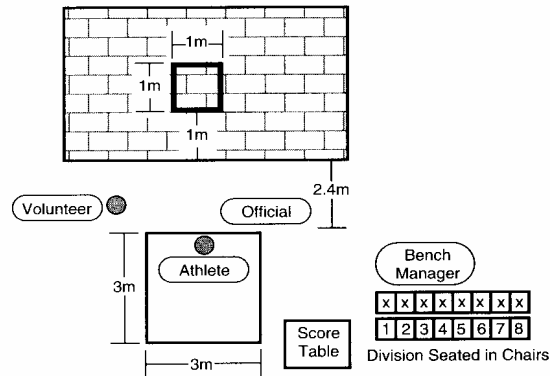
1. Coaches shall remain within the team bench area while the game is in progress.
2. In the lowest division of the tournament only, teams can have one coach behind the basket on the opposite end of the court from their team bench. Teams cannot place coaches at any other spot around the court other than the team bench. After one warning teams will be called for a technical foul. Coaches are not allowed on the court during play. Coaches should only be placed behind the basket if necessary.
3. Coaches can meet with officials during warm-up to review rules in effect for their division.
4. Coaches are responsible for playing all members of their roster at least one quarter of every games.
5. Coaches must abide by the Coaches Code of Conduct. (pgs.15-16)
6. Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also **NFHS rules**. To acquire your own **NFHS** Rule book contact them by **Phone: (800) 776-3462**, or through their **Website: www.nfhs.org**.

SECTION M - INDIVIDUAL SKILLS CONTEST (ISC)

- This event provides meaningful competition for athletes with lower ability levels. It is not for athletes who can already play the game.
- Three events comprise the Individual Skills Contest: Target Pass, Ten Meter Dribble, and Spot Shot.

- The athlete's final score is determined by adding the scores achieved in each of these three events.
- Athletes will be pre-divisioned according to their total scores from these three events.
- Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same volunteers remain at an event throughout the competition so that consistency is provided.

ISC Event #1: Target Pass



1. Purpose

To measure an athlete's skill in passing a basketball.

2. Equipment

Two basketballs (for women's and youth division competitions, a smaller basketball of 28 1/2 inches in circumference and between 18-20 ounces in weight) may be used as an alternative, flat wall, chalk or floor tape, and measuring tape.

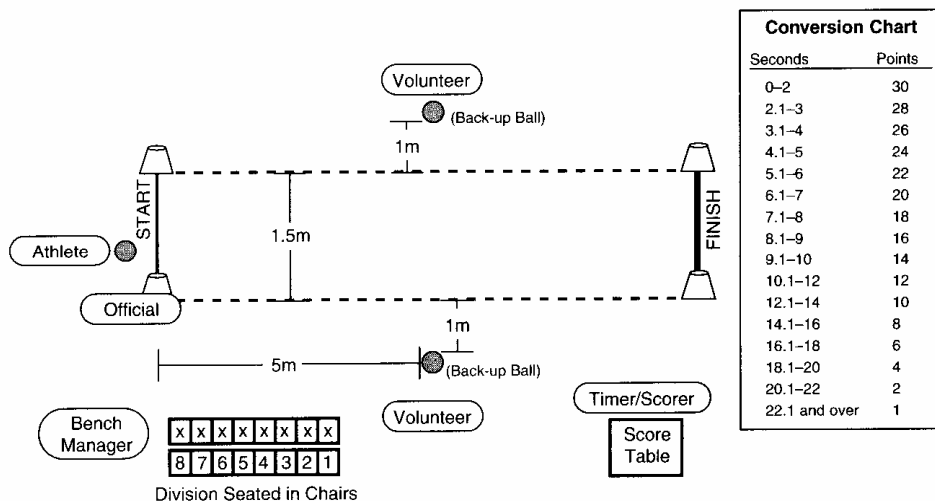
3. Description

- A 1m (3'3 1/2") square is marked on a wall using chalk or tape.
- The bottom line of the square of the line shall be 1m (3'3 1/2) from the floor.
- A 3m (9'9") square will be marked on the floor and 2.4m (7") from the wall.
- The athlete must stand within the square.
- The leading wheel axle of an athlete's wheelchair may not pass over the line.
- The athlete is given five passes.

4. Scoring

- The athlete receives 3 points for hitting the wall inside the square.
- The athlete receives 2 points for hitting the lines of the square.
- The athlete receives 1 point for hitting the wall but not in or on any part of the square.
- The athlete receives 1 point for catching the ball in the air or after one or more bounces while standing
- The athlete receives 0 points if the ball bounces before hitting the wall.
- The athlete's score will be the sum of the points from all five passes.

ISC Event #2: Ten-meter Dribble



1. Purpose

To measure an athlete's speed and skills in dribbling a basketball.

2. Equipment

Three basketballs (for women's and youth division competitions, a smaller basketball of 28 1/2 inches in circumference and between 18-20 ounces in weight) may be used as an alternative, four traffic cones, floor tape or chalk, measuring tape, and stopwatch.

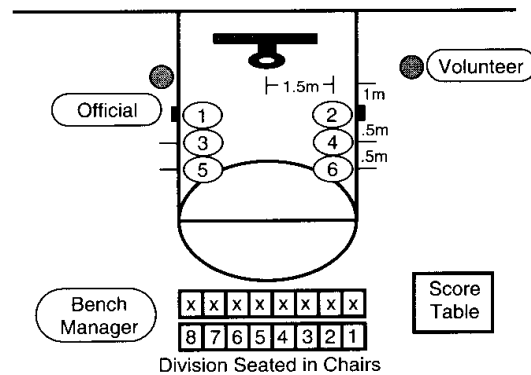
3. Description

- The athlete begins from behind the start line and between the cones.
- The athlete starts dribbling and moving when the Official signals.
- The athlete dribbles the ball with one hand for the entire 10m (32'9 3/4").
- A wheelchair athlete must alternate taking 2 pushes followed by two dribbles for legal dribbling.
- The athlete must cross the finish line between the cones and must pick up the basketball to stop the dribble.
- If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 1.5m lane, the athlete can either pick up the nearest back-up basketball or recover the errant ball to continue the event.

4. Scoring

- The athlete will be timed from the signal "Go" to when he/she crosses the finish line between the cones and picks up the basketball to stop the dribble.
- A one-second penalty will be added every time the athlete illegally dribbles (i.e. two-hand dribbles, carries the ball, etc.).
- The athlete will receive two trials.
- Each trial is scored by adding penalty points to the time elapsed and converting the total to points based on the Conversion Chart.
- The athlete's score for the event is his/her best of the two trials converted into points.
- (In case of a tie, the actual time will be used to differentiate place.)

ISC Event #3: Spot Shot



1. Purpose

To measure an athlete's skill in shooting a basketball.

2. Equipment

Two basketballs (for women's and youth division competitions, a smaller basketball of 28 1/2 inches in circumference and between 18-20 ounces in weight) may be used as an alternative, floor tape or chalk, measuring tape and a 3.05m (10 feet) regulation goal with backboard (for junior division competition an 8 feet goal may be used as an alternative, if available).

3. Description

- Six spots are marked on the floor. Start each measurement from a spot on the floor under the front of the rim. The spots are marked as follows:
 - #1 & #2 = 1.5m (4'11" to the left and right plus 1m (3'3 1/2") out.
 - #3 & #4 = 1.5m (4'11" to the left and right plus 1.5m (4'11") out.
 - #5 & #6 = 1.5m (4'11" to the left and right plus 2m (6'6 3/4") out.
- The athlete attempts two shots from each of six spots. The attempts are taken at spots #2, #4, and #6 and then at spots #1, #3, and #5.

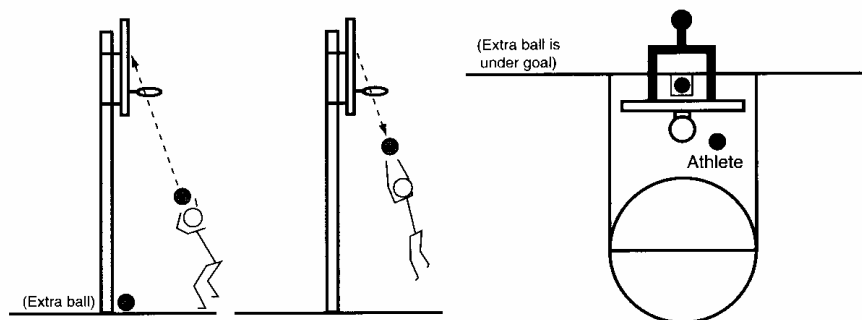
4. Scoring

- For every field goal made at spots #1 and #2, two points are awarded.
- For every field goal made at spots #3 and #4, three points are awarded.
- For every field goal made at spots #5 and #6, four points are awarded.
- For any field goal attempt that does not pass through the basket but does hit either the backboard and/or the ring, one point is awarded.
- The athlete's score will be the sum of the points from all 12 shots.

The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in each of the three events.

SECTION N - BASKETBALL SKILLS ASSESSMENT (BSAT)

BSAT - Rebounding



1. Set-up

A goal and two basketballs - one that the athlete is provided initially, another that is for back up in case the basketball rebounds away.

2. Test

- Time: 30 seconds for each of two trials.
- A player stands in front of the backboard, either to the left or right of the ring.
- That player passes the ball against the backboard.
- As the ball rebounds from the backboard, the player jumps into the air and catches the ball.
- The ball must be caught in the air while the athlete is also in the air.
- The player can return the ball to the backboard while in the air, or the player can return to the floor before returning the ball to the backboard.
- The player shall complete as many rebounds as described above in each of two, 30-second trials.
- If the ball bounces away, the clock continues to run.
- The player can recover the errant ball or can pick up the back-up ball to continue the trial. This back-up ball is provided directly under the goal on the endline and out of play.

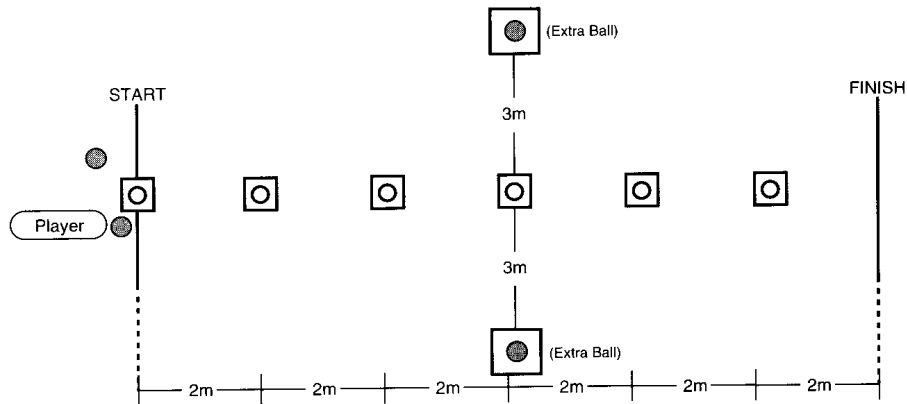
3. Scoring

One point is awarded each time the player catches the ball which has rebounded from the backboard and while the player is off the floor. The best trial of the two trials is used.

4. Staging

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrated the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say: "Ready, Go," and will count how many rebounds the player makes in 30 seconds. Volunteer B who is standing behind the extra ball will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

BSAT - Dribbling



1. Set-up

An area of the basketball court (preferably along a side-line or down the center line), six cones, floor tale, and four basketballs - one that the athlete is provided initially, two others that are for back-up in case the basketball bounces away, and one more to continue the test.

2. Test

Time: 60 seconds for one trial.

A player is instructed to dribble the ball while passing alternately to the right and to the left of six obstacles placed in a line, 2 meters (6'6 3/4") apart, on a 12-meter course. The player can start to the right or to the left of the first obstacle but must pass each obstacle alternately, thereafter. When the last obstacle is passed and the FINISH line reached, the player puts the ball down, sprints back to the START for the next ball, and repeats the slalom. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run. The player recovers the ball or picks up the nearest back-up ball and may re-enter at any point along the course.

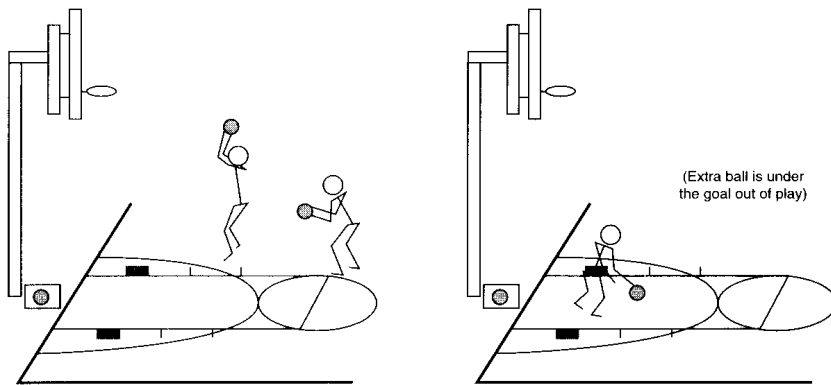
3. Scoring

One point is awarded each time the midpoint between two obstacles is crossed. (For example, if the player successfully dribbles the ball from the starting line, weaves in and out through the entire obstacle course one time, and places the ball down at the finish line, a score of five has been achieved. The player must use legal dribbles and must have control of the ball during a midpoint-to-next-midpoint space in order to get credit for that cone successfully passed.) The player's score is how many cones (midpoints) he/she successfully passes in 60 seconds.

4. Staging

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrated the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say: "Ready, Go," and will count how many cones the player passes in 60 seconds. Volunteers B and C who are standing behind the extra balls will retrieve and replace the basketball whenever it goes out of play. Volunteer D will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

BSAT - Perimeter Shooting



1. Set-up

A goal, the official NGB free throw lane, floor tape, and two basketballs - one that the athlete is provides initially, and another that is for back up in case the basketball rebounds away.

2. Test

Time: one trial of two minutes.

- A player stands at the juncture of the free-throw line and lane, either to the left or right.
- The player dribbles toward the goal and attempts a field goal of his/her choice outside the 2.75 meter (9') arc. This attempt must be taken anywhere outside the 2.75 meter arc marked off by a dotted line. (This arc intersects with the free-throw restraining circle.)
- The player then rebounds the basketball (made or missed shot) and dribbles anywhere outside the arc before attempting another field goal.
- The player shall make as many field goals as described above in one two-minute trial.

3. Scoring

Two points are awarded for each field goal made within the two-minute trial.

4. Staging

Volunteers administer the test and are not to interfere with any player who is performing the test. Volunteer A will instruct the group doing this particular test while Volunteer B demonstrates the actual test. Volunteer A will give a basketball to the player who will take the test, ask him/her if ready, will then say: "Ready, Go," and will count how many field goals the player makes in two minutes. Volunteer B who is standing behind the extra ball will retrieve and replace the basketball whenever it goes out of play. Volunteer C will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

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.