

# BASKETBALL & SOFTBALL

2023

Pre-season Webinar

***Special Olympics***  
*Pennsylvania*



# Today's Agenda



- Welcome/Introductions
- Reminders
- Athlete Performance Training
- 2023 Sectional & State Events
- Training
- Rule Updates – Basketball
- Rule Updates - Softball
- Questions



# Reminders

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# Spring Season Updates

- Coaches should begin training at least 10 weeks prior to the state culminating event.
  - 10 weeks from Summer Games: March 30
- Athletes must be trained according to the minimum standards acceptable, for at least eight (8) weeks in the appropriate sport and must have several opportunities to compete during that period.
  - Athlete Attendance will be tracked in the Attendance Tracker
  - Early Season practice, Team workouts indoors, Athlete Performance Training activities, virtual training, fitness training, team walk/run, etc.



# Attendance Trackers

- Coach will receive tracker when they submit Site Registration Form
- Site Attendance Tracker has 3 tabs: Directions, Attendance, Eligibility
  - **Tab 1: Directions: How to complete the form**
  - **Tab 2 Attendance:**
    - Lists all participants that have signed up
    - Includes phone & Email
    - Attendance should be tracked after each practice
    - Interest in attending Sectionals & State Games will be used to advance for competitions
    - Data will be used to collect training numbers and ultimately future allocations
  - **Tab 3: Eligibility – If participant is NOT eligible...they can not participate**
    - Athletes: Must have current medical
    - Volunteer: General Orientation, Concussion Protocol, Protective Behaviors, 18 and over current background check
    - Highlighted **RED** out of date
    - Highlighted **YELLOW** will expire prior to state competition
    - Updated weekly by SOPA
    - **IMPORTANT: Spring deadline March 1, 2023**
- **SAMPLE TRACKER**



# Athlete & Volunteer Eligibility

**Athlete Requirements:** Medical on file WITH signature + expiration dates

- **Local Programs:** Athlete Medical under Certifications
- **Regions:** Athlete Registration Form & Health History under Certifications
- Valid for 3 years.
- Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

**Class A Volunteer Requirements:** Trainings + Background Check on file

- **Local Programs + Regions**
- Background Results under Background Checks, Valid for 5 years.
- General Orientation under Training, Valid for life.
- Protective Behaviors, under Training, Valid for 3 years.
- Concussion Training, under Training, Valid for 3 years.

# Unified Partners Eligibility



**NEW in 2023** – Unified Sports Partners do not need an athlete medicals.

- All Partners – Must have a VSys database record
- Ages 16 and up – must have General Orientation and Protective Behaviors Training
- Ages 18 and up - Must have General Orientation, Protective Behaviors and a Background check.



# Athlete & Volunteer Eligibility



- The ELIGIBILITY tab on each of your attendance trackers are updated on a weekly basis by your Regional Sports Director. **PLEASE encourage and assist your athletes and volunteers in meeting our eligibility requirements.**
- **The deadline to make sure athletes and volunteers meet eligibility requirements for the spring is March 1.**
- In the roster, if you see **RED highlight**, that person is not in compliance with eligibility requirements to participate and should NOT be training.
- In the roster, if they are **yellow highlight**, they will expire during the season in advance of state games and will not be eligible unless they update the identified requirement.

# Age Groups



In accordance with [Special Olympics International, Sport Rules, Article 1](#), SOPA and most importantly for the health and safety of all participants:

- Focus for Spring 2023 is athlete safety. If you have younger athletes on teams with adults, this MUST be addressed. Contact your Regional Sport Director or Field Director to start the conversation.
- ▶ Beginning in Fall 2023:
  - SOPA will provide specific rules, protocols and waivers
  - We will no longer allow teams out of compliance to participate at Regional, Sectional or State level competition
    - All team sports must follow these age groups:
- All team sports must follow these age groups: 8-11, 12-15, 16-21, 22-40 and 40+
- 8-11 and 40+ age groups are SOPA specific to insure another level of safety for participants.
- We will no longer allow teams out of compliance to participate at Regional, Sectional or State level competition
- SOPA will accept and review exemptions to play up or play down ONE age group.
  - Please talk with your Regional Sport Director or Field Director if you have such a request

# Google Registration



- Google Registration Sheets are populated with the rosters in VSys for your spring competitors.
- On the Coaches and Athletes tab, you will assign each role to their respective sport. That individual will then appear on the corresponding sport tab.
- On the sport specific tab, you will add athletes' events and scores.

# Google Registration Cont.



## Athlete tab

| Name | Profile code | Gender | Age | Ath Med Exp. | ROLE | Alternate - Y/N | 1:1 Name | Sport       | Updates to Athlete Information | Interest in Summer Games Drawing | Dietary Restrictions |
|------|--------------|--------|-----|--------------|------|-----------------|----------|-------------|--------------------------------|----------------------------------|----------------------|
|      |              |        |     |              |      |                 |          | Athletics ▾ |                                | Summer Gar ▾                     |                      |
|      |              |        |     |              |      |                 |          | ▾           |                                | ▾                                |                      |
|      |              |        |     |              |      |                 |          | ▾           |                                | ▾                                |                      |
|      |              |        |     |              |      |                 |          | ▾           |                                | ▾                                |                      |

## Sport Specific tab

|  | Ath Med Exp. | ROLE | Alternate - Y/N | 1:1 Name | Team Name | Athlete Total Pts |
|--|--------------|------|-----------------|----------|-----------|-------------------|
|  |              |      |                 |          |           |                   |
|  |              |      |                 |          |           |                   |
|  |              |      |                 |          |           |                   |
|  |              |      |                 |          |           |                   |

# Summary Seasonal Registration Responsibilities



| Task                                   | Responsible            | Notes  |
|--|------------------------|--|
| Site Registration                      | Coach                  | Used to populate Attendance Trackers   |
| Monitor Attendance Tracker             | Coach                  | Update after <u>each</u> training session and add interest in attending competitions |
| VSys rosters                           | RSD/RED                | Coaches no longer need to complete.  |
| Letter of Intent                       | LP Manager/Team Leader |  |
| Google Registration                    | HOD/Coach              | Update athlete and coach information   |
| Scratch & Activation and Score Updates | HOD/Coach              |  |



# Qualifiers

- Basketball (3X3, 5v5, individual skills)
- Golf (all levels including individual skills)
- Tennis (all levels including individual skills)
- Softball (team and individual skills)

**MUST** attend Sectional event to be considered for Summer Games Advancement slots per Sectional will be dependent on total number of slots at Summer Games and % of interest in advancing from each Sectional





# Allocations

- Spring Allocations can be found on the SOPA Website, State Games tab
  - [SOPA State Games Paperwork Webpage](#)
- Fall Allocations will be posted by the end of this week.
- As always, please remember that you can request additional allocations through the LOI process.
- Previous Lunch & Learn about the allocation process. This riveting presentation can be found here: [Allocation L&L](#)



# Athlete Performance Training

Coaches Introduction

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## What is Athlete Performance Training (APT)?



- Designed to elevate the fitness levels of athletes and improve their sports outcomes, Athlete Performance Training consists of a combination of coach-facilitated sports practices and at-home fitness programs.



- During practices, coaches will apply an approach that includes education, exertion and evaluation.
  - Education:** Time is taken during each sports practice to discuss physical activity, nutrition, and hydration as a team.
  - Exertion:** A practice plan is followed that engages athletes in physical activity throughout the entire practice.
  - Evaluation:** Athletes' health and fitness metrics are collected at the start and end of the season.



- At home, athletes and their families/caregivers are provided a fitness program to complement the in-person practices.



## Key Aspects of APT:

- A minimum of 8 weeks of training are required to fully complete APT.
- Any size team and any sport can participate.
- No paperwork is required by coaches. Health metrics of athletes are collected; however, they are recorded electronically on a Google sheet provided to you by SOPA.
- Health metrics: Height, weight and blood pressure can be collected from athlete's previous doctor visits.
- Fitness metrics: Determined by coaches setting up a modified Coopers Test for athletes to complete at the start and end of training.



## Registering for APT:



- Coaches interested should visit the Online Portal to complete the necessary online training.
- The training can be found under the “**Training Schools, Webinar and More**” tab, labeled as “**Athlete Performance Training.**” You will only be able to access the training if you’ve taken your other required trainings (Concussion Training, General Orientation and Protective Behaviors).
- You will need to complete a short quiz after the training
- Once video and quiz are completed you will be directed to the registration form to sign up your team and request materials
- You will be contacted by SOPA, after with additional information regarding mailings of materials as well as a link to the Athlete Performance Training Tracking.

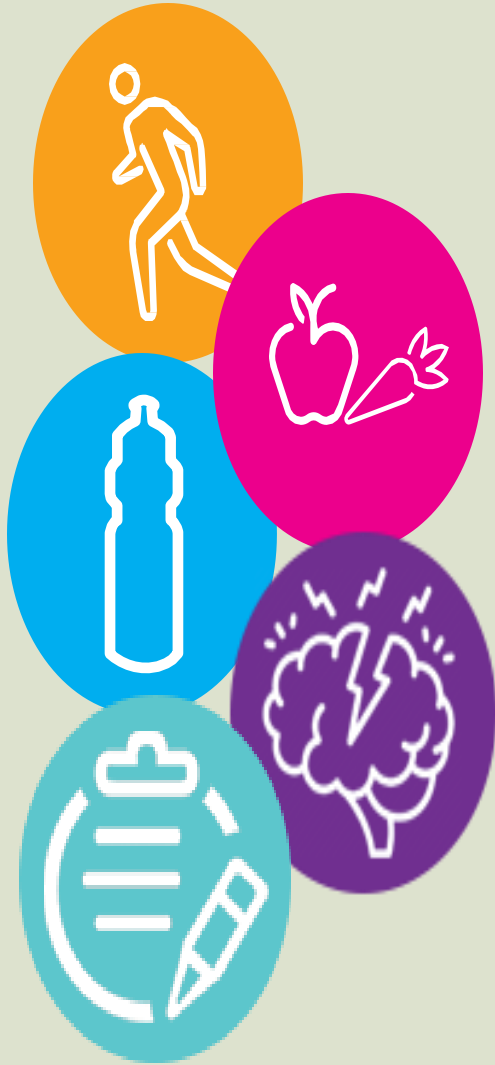


To find more information on APT visit the SOPA website under **More Than Sports**



## Why Participate in APT?

- **Athletes are at greater risk for being obese, suffering from long term health conditions, and dying 20 years younger.**
- **Incorporate APT and provide tools for athletes to make changes to their health and fitness and lower their risk of these health disparities.**
- **APT will become the standard in trainings**





## Coaches Training and Progression Plan

By implementing Athlete Performance Training for a minimum of 8 weeks during training AND completing the “Athlete Performance Training Tracking” at the start and end of the season, you are eligible for the **Bronze Level** specifically the Athlete Performance Training component of the Coaches Training and Progression Plan.

Questions? Contact Healthy  
Communities Coordinator, Charla Stein  
[cstein@specialolympicspa.org](mailto:cstein@specialolympicspa.org)  
610-630-9450 ext. 254



# 2023 Sectional & State Event

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# Spring Sectionals



- **Central: Saint Francis University**
  - Sunday, April 30th
  - Athletics will be held at Central Cambria HS
- **West: Carnegie Mellon University**
  - Saturday April 29th
- **East: Kutztown University**
  - Saturday May 6th



# Summer Games: June 8 - 10th



- Penn State University
- Important Dates:
  - Reg Info: Will be out by **4/14**
  - LOI: Due **5/4**
  - Final Allocations: **5/5**
  - VSys Rosters: Due **5/8**
  - Google links sent: **5/9**
  - Registration: Due **5/18**
  - Scratch/Activation: Due **6/1**



# Training

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# Be Prepared for the Season!



Instead of feeling like this...



...we want you to feel like this!



# Athlete as Coach



SOPA will host seasonal training webinars to review the responsibilities and steps for any athletes who would like to be part of our Athletes as Coaches Program.

All webinars will take place from 6-7 PM:

- **Tuesday, February 21st (Spring)** - <https://us02web.zoom.us/j/91234567890>
- Tuesday, July 11th (Fall)- <https://us02web.zoom.us/j/91234567890>
- Tuesday, November 14th  
(Winter) <https://us02web.zoom.us/j/91234567890>

Team Leaders, Local Program, and SOPA staff are welcome to attend.

# Coaching Requirements



- **As of January 2021, Coach requirements for **training and competition:****
  - **Team Sports:**
    - Must have at least one (1) certified coach per team
  - **Individual Sport (and Skills):**
    - Must have at least one (1) certified coach per 25 athletes



# Continuing Education Update



- **Protective Behavior and Concussion Training** has been removed from the list of approved courses for Continuing Education and from the Continuing Education Request form.
- **Effective February 1, 2023, these two courses will not be accepted for continuing education**

# Expired Sport Certifications



- If your sport certification expired between 2020 and 2022 you have until December of 2023 to complete your continuing education course to update your certifications.
- As noted above - Protective Behaviors and Concussion training will not be accepted as of February 1, 2023.
  - **This extension expires on December 31, 2023.**
- On January 1, 2024, you will need to retake the Sport that has not been updated.

# Coaching Practicum Hours



- If a coach needs to complete hours from sport training courses, that were taken in 2019, 2020, 2021 they have until December 2023 to submit these hours.
- **Hours must be submitted on their VSys Portal.**

# Get Certified!



## **SUMMER SPORTS**

**Associated Sports: Athletics, Basketball, Golf, Gymnastics, Equestrian, Softball, Swimming, and Tennis**

- **All Trainings will be in-person.**
- **Training are currently being scheduled – watch the SOPA Website and Face book page for announcements**
- **All registration will be handled through the VSys Portal.**
- **Registration will close Thursday at 5:00pm prior to Saturday or Sunday trainings.**

## **Confirmed Training School**

**Basketball** - Saturday, February 11– Northwest Region, Allegheny College 10:00 pm

**Basketball** – Sunday, February 26 – Three Rivers Region, Waynesburg University 5:00 pm

# Job Description and Levels of Responsibility



## HEAD COACH:

- Certified in the sport
- Supervises all coaches and athletes
- Responsible for equipment, transportation, and lodging
- Develops **practice plans** and assigns duties to Assistant Coaches
- Check athlete medical and volunteer Class A
- Completes all required paperwork (competition, training numbers)

## ASSISTANT COACH:

- Assist head coach/help supervise athletes (1:4)
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance

Full position descriptions for both head and assistant coaches can be found here: **SOPA Website on the Resources/Training**

<https://specialolympicspa.org/resources>

# Webinar Series



- Every other month (Feb, Apr, June, Aug, Oct, Dec)
- Lunch & Learn - will be RECORDED and posted to SOPA website, on toolbar - Volunteer Resources, Trainings
- Entire listing and registrations links can also be found here: <https://specialolympicspa.org/lunch-learn-webinar-series>
- Several qualify as continuing education

**Watch the SOPA Website for the date, time and title of April's Lunch & Learn**



# Coaching Progression



## Certified Coach

- Class A volunteer with at least 1 sport certification

### Bronze

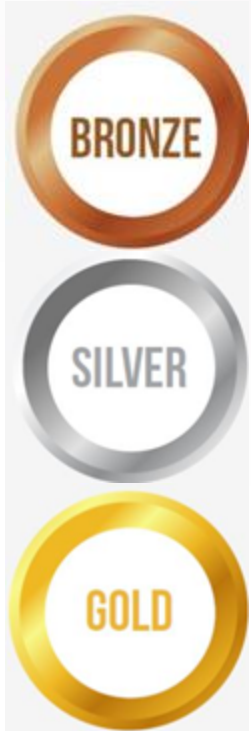
- Adds: Athlete Performance Training activation, personal best performance goals, **Coaching Special Olympics Athletes** course

### Silver

- Adds: Athlete goal setting, training minimum of 10 weeks, **Principles of Coaching** course, **Coaching Unified Sports**

### Gold

- Adds: advanced sport skills course, training at least twice a week for minimum of 10 weeks, develop year-round training/wellness plan for athletes

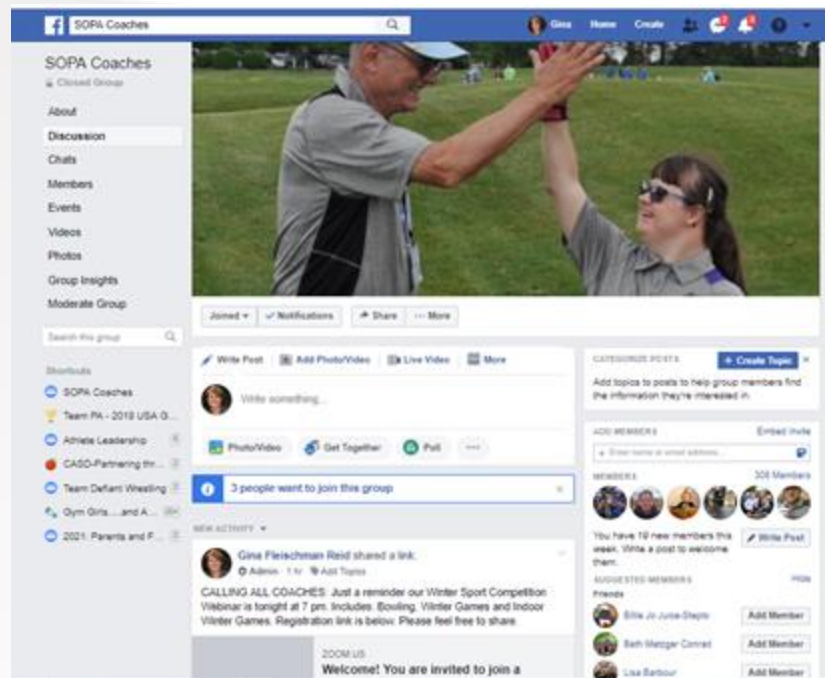


# Improving Communication



## Closed Facebook Group for Coaches:

- 100% Optional
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- [Coach Page](#)



➞ Which SOPA local program to you coach for?

➞ What sport/sports do you coach?

# Basketball Rule Updates

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# Basketball Rules Book



5 v 5 Rules 2022 (PDF)



3 x 3 Rules 2022 (PDF)



Individual Skills 2022 (PDF)

Rules are broken up into 3 sections:

1. 5v5 Rules
2. 3x3 Rules
3. Individual Skills

<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/basketball>

# Basketball - New Player Assessment



|   |                      | <b><u>Basketball - Player Competency Rating Form</u></b>   |  |  |  |  |   |  |  |  |  |
|---|----------------------|--|--|--|--|--|---|--|--|--|--|
| <b>Player Role - Athlete or Unified Partner:</b>  |                      | For Unified teams, please circle the Unified partner's initials in the squares below   |  |  |  |  |   |  |  |  |  |
| <b>Program/Team Name:</b>   |                      |  |  |  |  |  |   |  |  |  |  |
| <b>Team Composition (circle):</b>   |                      | Male, Female or Coed/Mixed Gender  |  |  |  |  |   |  |  |  |  |
| <b>Team Type (circle):</b>  |                      | Traditional, Unified, Unified - Interscholastic, Unified - Intercollegiate   |  |  |  |  |   |  |  |  |  |
| <b>Event Type (circle):</b>   |                      | 3v3 or 5v5   |  |  |  |  |   |  |  |  |  |
| <p>Please note sections below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team based upon the listed competency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligned to the player. Please enter the player's initials in the boxes below the point value that most closely matches this skill level. For the three levels shown across the top, these correspond to the Team Level information that was previously provided. All information will be input into SmartSheets to produce an overall team report.</p> |                      |  |  |  |  |  |   |  |  |  |  |
|   |                      | <p><b>Team and Players:</b> A team shall consist of five players. The composition of a team, including substitutes, may not exceed 10 players.</p> |  |  |  |  |   |  |  |  |  |
|   |                      | Level 1 - Novice   |  | Level 2 - Intermediate   |  |  | Level 3 - Advanced  |  |  |  |  |
|   |                      | 1  |  | 2  |  |  | 3   |  |  | 4 5  |  |
|   |                      | Has difficulty with controlling/protecting dribble; may be called for double-dribble/walk during games   |  | Has some ball handling skills but they are limited and mostly with dominant hand |  |  | Can control/protect dribble with dominant hand regularly and occasionally with off hand |  |  | Can handle ball with both hands and occasionally switch speeds/direction while maintaining dribble |  |
|   |                      | [ ][ ][ ][ ][ ]  |  | [ ][ ][ ][ ][ ]  |  |  | [ ][ ][ ][ ][ ]   |  |  | [ ][ ][ ][ ][ ]  |  |
|   |                      | [ ][ ][ ][ ][ ]  |  | [ ][ ][ ][ ][ ]  |  |  | [ ][ ][ ][ ][ ]   |  |  | [ ][ ][ ][ ][ ]  |  |
| <b>Competency - Offense</b>   | <b>Ball Handling</b> | Has difficulty with completing/receiving short passes; rarely creates a passing lane   |  | Can occasionally complete/receive passes to/from a teammate with token           |  |  | Regularly completes/receives passes to/from a teammate; occasionally creates a          |  |  | Consistently completes/receives passes to/from a teammate and regularly creates                    |  |
|   | <b>Passing</b>       | Has difficulty with completing/receiving short passes; rarely creates a passing lane   |  | Can occasionally complete/receive passes to/from a teammate with token           |  |  | Regularly completes/receives passes to/from a teammate; occasionally creates a          |  |  | Consistently completes/receives passes to/from a teammate and regularly creates                    |  |
|   |                      | [ ][ ][ ][ ][ ]  |  | [ ][ ][ ][ ][ ]  |  |  | [ ][ ][ ][ ][ ]   |  |  | [ ][ ][ ][ ][ ]  |  |
|   |                      | [ ][ ][ ][ ][ ]  |  | [ ][ ][ ][ ][ ]  |  |  | [ ][ ][ ][ ][ ]   |  |  | [ ][ ][ ][ ][ ]  |  |



# Team Minimums & Maximums

**5v5** - A team shall consist of five players.

The composition of a team, including substitutes, may not exceed 10 players.

**3x3** - A team may have up to five players, which includes three starters and two substitutes. 3x3 basketball is a game of three-on-three.

Each team must start the game with three players.

A team may drop below three after the start of the game due to player injury or illness but must have three to start the game.

There must be a minimum of two players on the court



# Basketball - Individual Skills

## 3 Skills

### #1 - Target Pass

### #2 - 10 Meter Dribble

#### 2 versions -

**Version 1 is modified for athletes using Wheelchairs, or those who are not capable of dribbling while moving forward)**

**Version 2 is athletes who can run and dribble at the same time**

### #3 - Spot Shot





# 3x3 Rule update

## 3.5 The Game

- 3.5.1 The game will be played for 10 minutes or until one-team scores 21 points. A made field goal counts one point unless attempted from behind the arc, then it counts 2 points. A made free throw counts one point.
- 3.5.2 There will be a running clock applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts). There will be a stop clock applied. The clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls and time-outs).

- 10 minutes or one-team scores 21 points
- Field Goal - 1 pt - if made behind the arc - 2 pts
- Free Throw - 1 pt
- Running Clock - Except Final Minute
- Final Minute - Clock stops for all Dead Ball Situations



# Basketball 3X3 or 5v5



No shot clock will be used.

# Softball Rule Updates

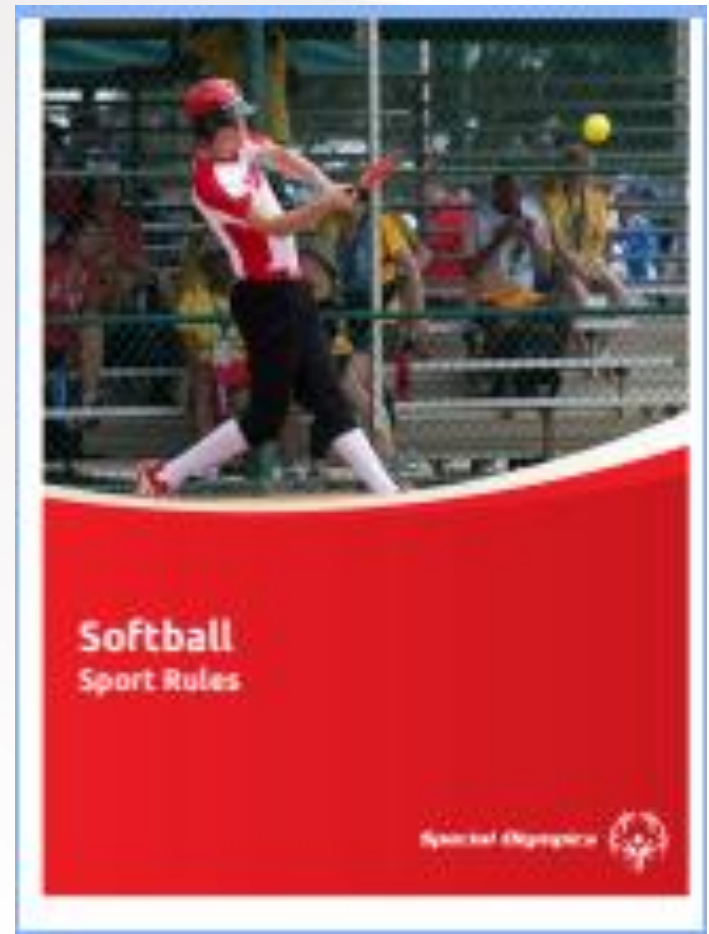
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# New Rule Book!



[specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Softball-Rules-2022](https://specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Softball-Rules-2022).



# Outdoor Weather



Every time you see lightening or hear thunder



practice and take shelter for 30 minutes!

Remember every time you see lightening or  
hear thunder!



# Softball - New Player Assessment



## Softball - Player Competency Rating Form

**Player Role - Athlete or Unified Partner:**

For Unified teams, please circle the Unified partner's initials in the squares below

**Program/Team Name:**

**Team Composition (circle):**

Male, Female or Coed/Mixed Gender

**Team Type (circle):**

Traditional or Unified

**Pitchers and Catchers:**

Please only enter data in the fields below for those persons that play these positions

Please note sections below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team based upon the listed competency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligned to the player. Please enter the player's initials in the boxes below the point value that most closely matches their skill competency. For the three Levels shown across the top, these correspond to the Team Level information that was previously provided. All information will be input into SmartSheets to produce an overall team report.

| Team Level (previously provided) |  | Level 1 - Novice   |  | Level 2 - Intermediate  | Level 3 - Advanced   |  |
|----------------------------------|--|--|--|---|--|--|
| Player Competency Point Values   |  | 1  | 2  | 3   | 4  | 5  |
| Fielding                         |  | Occasionally makes basic fielding plays on balls hit to them; slow reaction to balls hit away from them; rarely tracks hit balls | Cleanly fields some balls hit to them; attempts to field balls hit in their direction; slow to track hit balls | Regularly fields balls hit to them and occasionally fields/plays balls hit away from them; understand the principle of "backing up" other players, but is inconsistent in doing so; able to track hit balls | Can field balls consistently and will occasionally field balls requiring quick reflexes and more rapid tracking; capable of backing up other players regularly | Routinely makes fielding plays, including those that are more difficult and require quick reflexes and tracking; instinctively backs up other fielders |



# Starting Line Up!

Ten players:

- pitcher (F1), catcher (F2), first baseman (F3), second baseman (F4), third baseman (F5), shortstop (F6), left fielder (F7), left center fielder (F8), right fielder (F9) and right center fielder (F10).

With Extra Player (EP).

- Eleven players: same as slow pitch plus an EP who bats in the line-up.

# Unified Sports - Starting Line Up!



## Ten players

- Five athletes and five partners with the following positioning requirements:
  - Two athletes and two partners in both the infield and the outfield,
  - One athlete and one partner as pitcher or catcher.

## Unified with Extra Players (EP)

- Twelve players – six athletes and six partners: same as Unified plus two EP's who bat in the line-up.



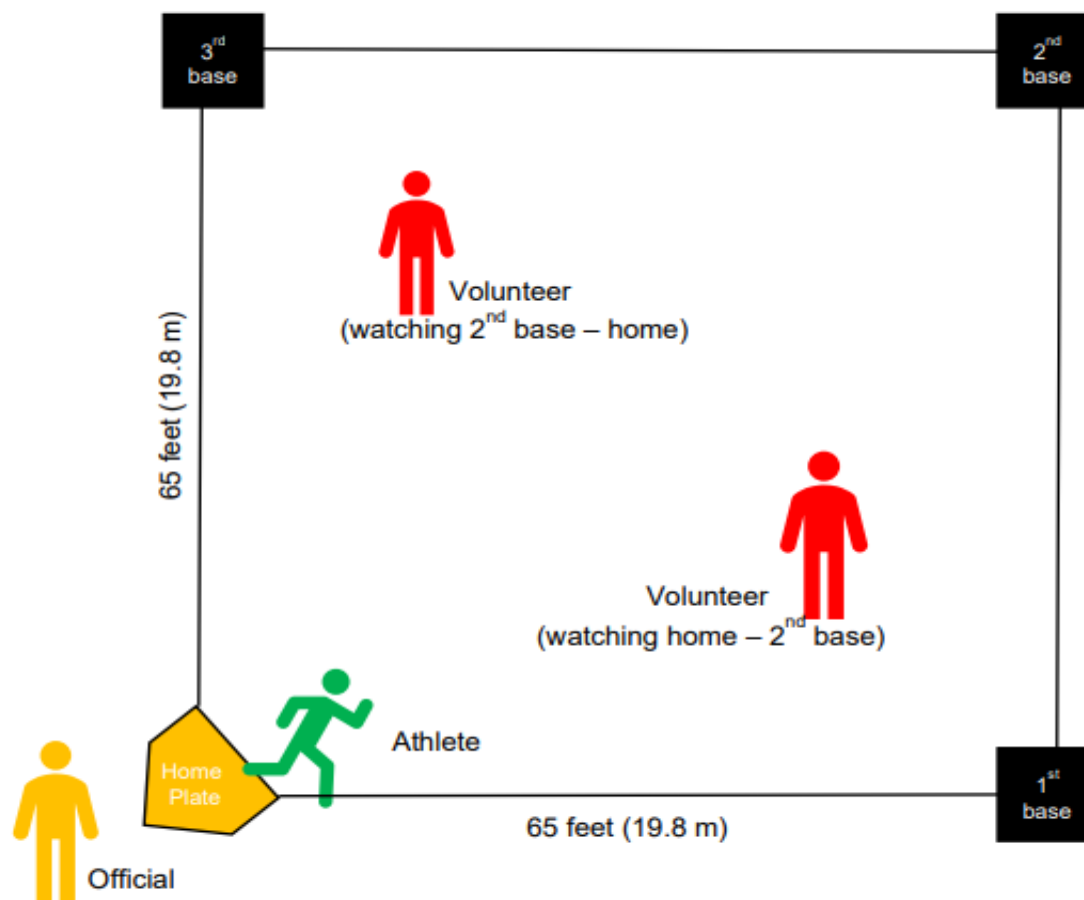
# Individual Skills

An addendum was added to the rules with diagrams on where the officials, athletes, and volunteers need to be located to ensure the success of the skill.





## ADDENDUM A – SOFTBALL INDIVIDUAL SKILL BASE RUNNING

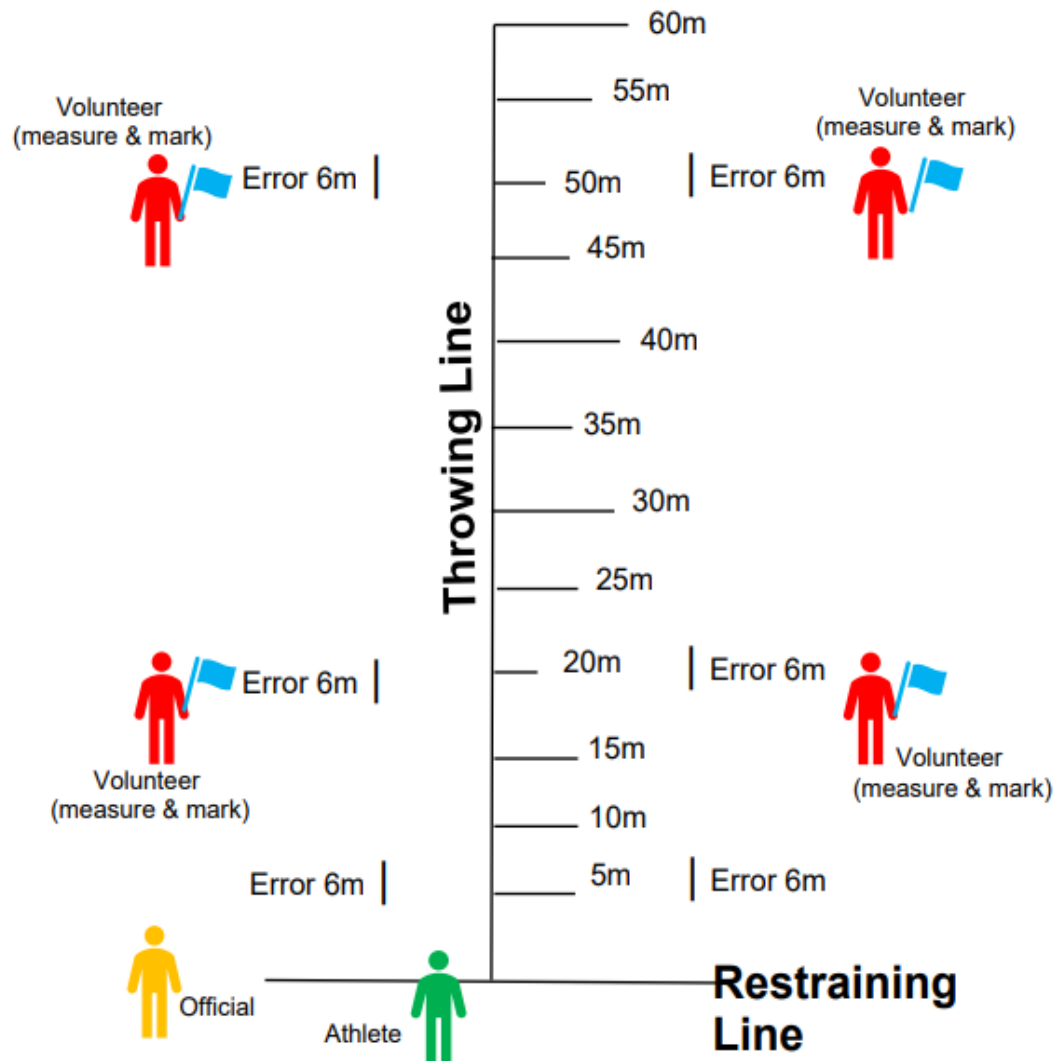




# Updated Rules

## Individual Skills – Throwing

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. Four assistants stand on opposite sides of the throwing line, at the 50m and 20m mark, near the 6m error mark. The nearest assistant will indicate, using a cone or marking stake, the spot where each ball first touches the ground.



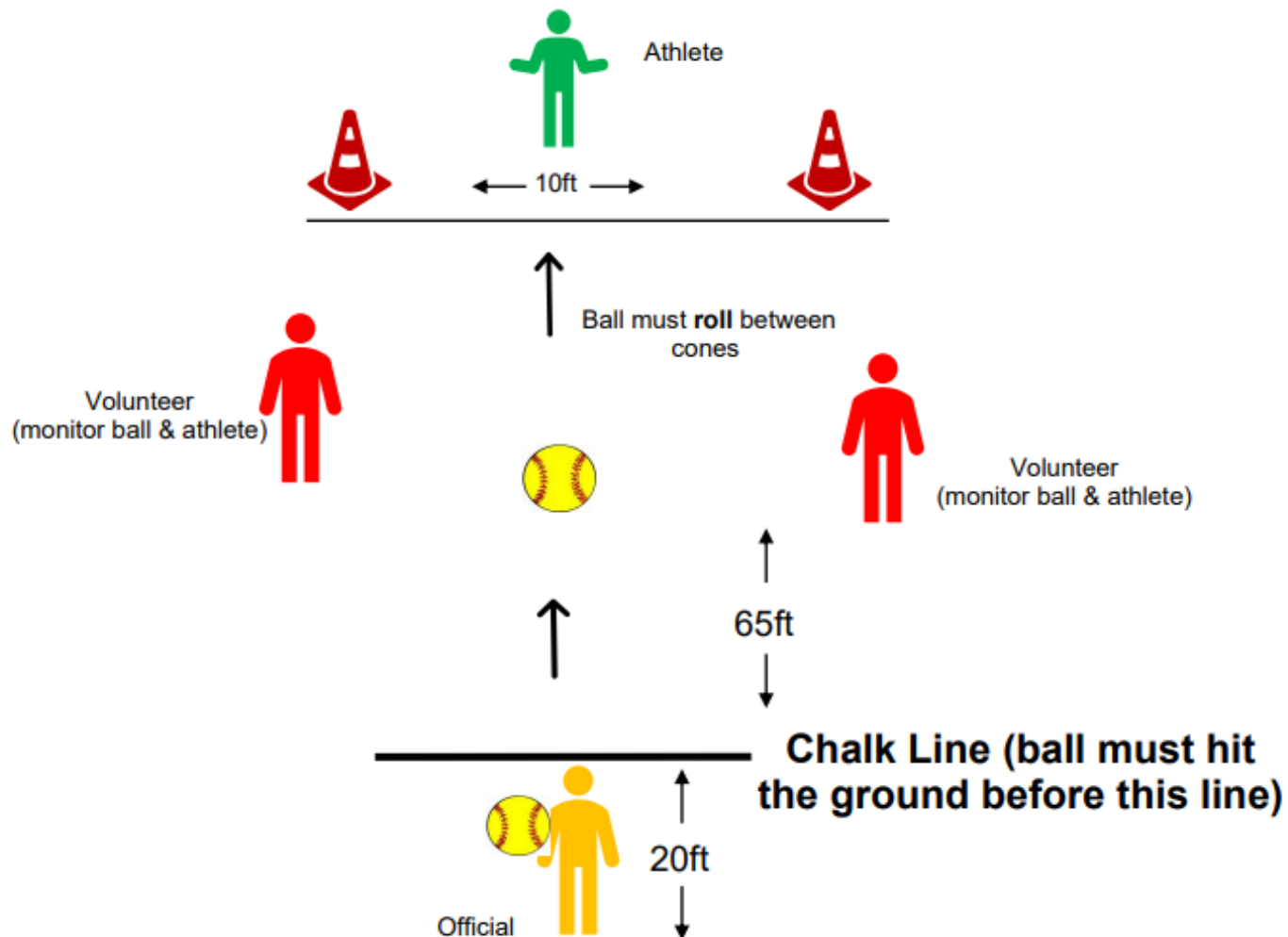


# Updated Rules

## Individual Skills – Catching

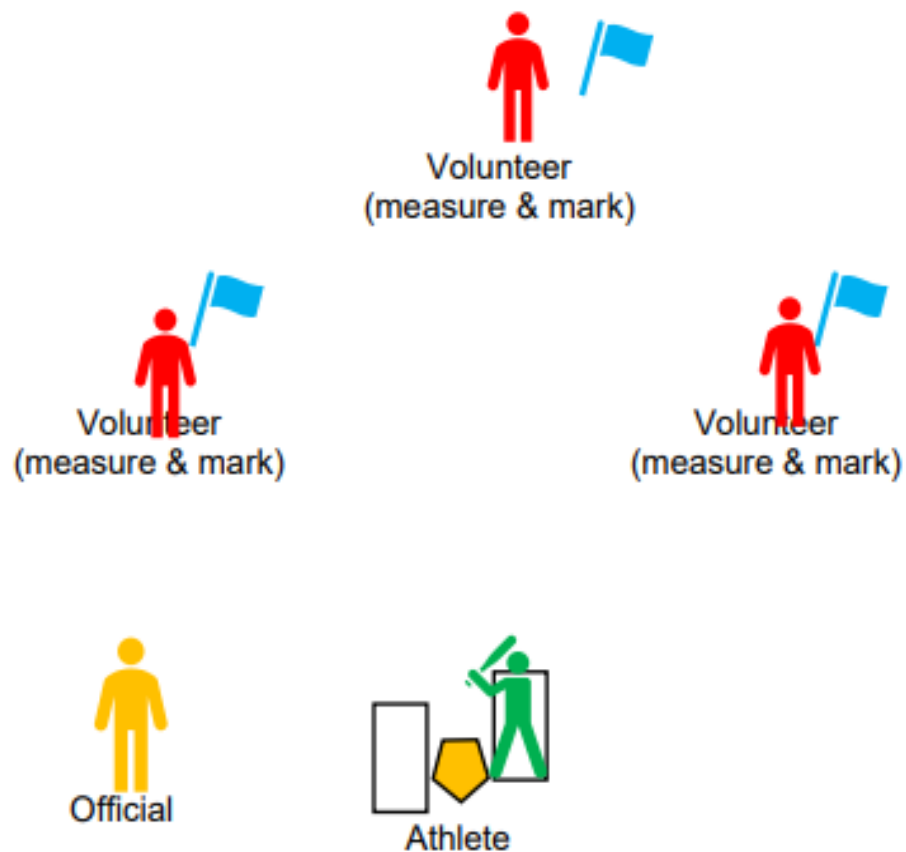
Description: Two cones are placed 10 feet apart and 85 feet away from the official. A line is drawn 20 feet away from the official (65 feet from the cones). The athlete will stand between and behind the two cones.

## ADDENDUM C – SOFTBALL INDIVIDUAL SKILLS FIELDING



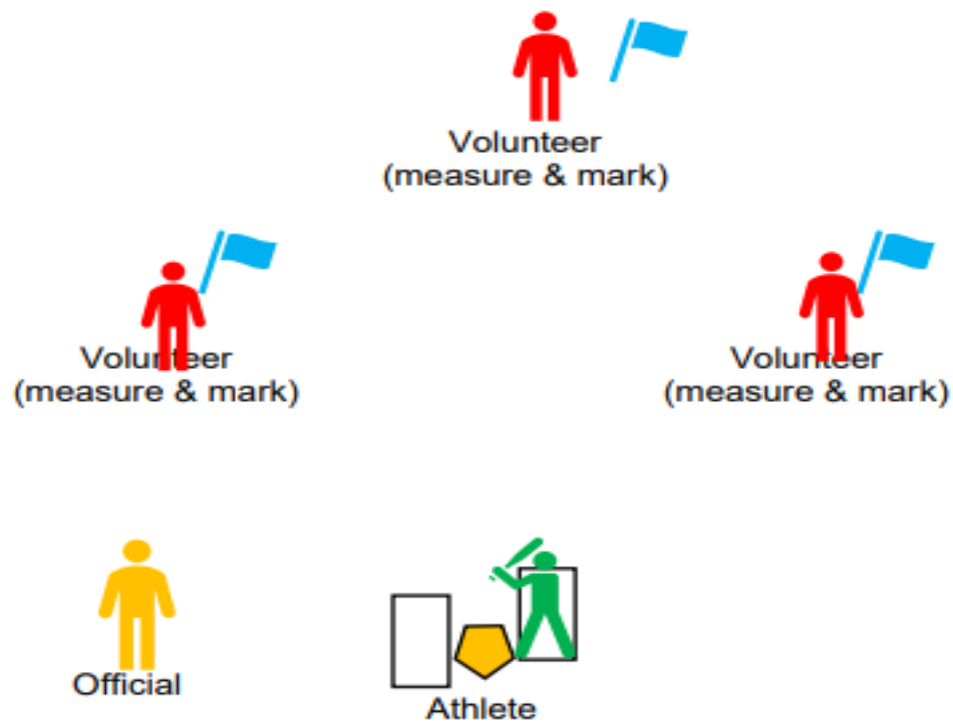


## ADDENDUM D – SOFTBALL INDIVIDUAL SKILLS HITTING





## ADDENDUM D – SOFTBALL INDIVIDUAL SKILLS HITTING



# THANK YOU VOLUNTEERS

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