

SOPA Website - Sports Offered Page

**Special
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Pennsylvania**



Links to all the sport pages
[Sports Offered](#)

Coaching Resources

- [Flag Football Rules - Updated 2021](#)
- [SOPA-Specific Flag Football Rules](#)
- [Official and Scorekeeper Information](#)
- [Flag Football Team Competency Rating Form](#)
- [NEW Player Rating Explained \(Video\)](#)
- [Individual Skills Competition Directions](#)
- [Individual Skills Score Sheet](#)
- [Skills and Drills](#)
- [Game Day Score Sheet](#)
- [Everybody Plays](#)

Flag Football Rules Book

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Flag Football Sport Rules



Coaching Guide

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[Warm-up Guide](#)



[Cool down Guide](#)

Flag Football portal

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Flag Football



Sports Info - Est. 2010

5v5 No Contact

Events for Competition

- Traditional Team
- Unified Team
- Individual Skills

SONA Competition Opportunities

2024 USA Football

[Tournament Info](#)

NIRSA Championships

[Website](#)

Ask a Question...

Have a question about Special Olympics flag football?

[Click here](#) to ask a question about rules, implementation, how to get started, equipment, etc.



Flag Football Resources

Skills and Drills - Courtesy NFL Flag

- [Running Back Drills](#)
- [Quarterback Drills](#)
- [Wide Receiver Skills](#)
- [Football Agility Drills](#)
- [Flag Pulling Drills](#)
- [How to Throw a football](#)
- [How to Snap a football](#)

Special Olympics Flag Football Rules

- [Flag Football Rules](#)

NFL Flag Additional Resources

- [Formations and Pass Routes](#)
- [Playbook examples](#)

Approved Triple Threat Flag Vendors

- [Martin Sports](#)
- [Amazon](#)
- [BSN](#)
- [Epic Sports](#)

Flag Football Partners

- [USA Football](#)

Level Videos - Special Olympics

- [Unified Advanced](#)
- [Unified Novice](#)
- [Traditional Intermediate](#)
- [Traditional Advanced](#)
- [SO College Unified Novice](#)

Sports Resource Team

- Brooke Turner - NIRSA
- Scott George - SONA
- Paden Alie - NIRSA
- Amanda Jessee - NIRSA
- Sean Stake - SONA

Events Offered

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- Individual Skills
- Team
 - Traditional
 - Unified



Individual Skills

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Run and Catch
Throwing for Accuracy
Throwing for Distance
Hand Off
Flag Pulling



Everybody Plays

- Everyone on the roster must play in each game and pre-lims.



Everybody Plays

Article 1.03F of the Special Olympics General Rules States:

- *Special Olympics celebrates and strives to promote the spirit of sportsmanship and a love of participation in sports for its own sake. To that end, Special Olympics aims to provide every athlete with an opportunity to participate in training and competition events which challenge that athlete to his or her fullest potential, regardless of the athlete's level of ability. Special Olympics therefore requires that Special Olympics Games and Tournaments offer sports and events which are appropriate for athletes of all levels of ability, and in the case of team sports, provide every athlete with an opportunity to play in every game.*
- Special Olympics Pennsylvania supports Article 1.03F as the guiding principle for participation of athletes registered as members of a team for competition at any SOPA Sectional or State Competition. As such, each athlete on a team roster must be given an opportunity to play in every game for which their team is scheduled. Special Olympics Pennsylvania will not dictate the amount of time that each athlete must play during a game, but the goal is to provide a meaningful competition experience for every athlete on every team.
- The only exceptions to this requirement will be in cases of illness or injury, where an athlete is not physically able to play, or behavioral issues, where a coach chooses not to play an athlete in order to address inappropriate behaviors. In situations where an athlete will not be playing due to illness or injury or behavior issues, the athlete shall not dress in their competition uniform for the game and if appropriate supervision is available, will not be seated on the bench with the team for that game.
- If the illness or injury or the behavior issue is such that an incident report or misconduct report is completed this report should be provided to the programs HOD who should then forward to the Program Manager and if appropriate, a representative of the Games Organizing Committee (GOC) or a SOPA staff person. The coach should also be prepared to provide an explanation to the GOC or SOPA staff, if requested, as to the reason why an athlete is not dressed and playing in a particular game. As a reminder, athletes who do not participate in preliminary games may not participate in pool play or medal round games.

At Events:

- Teams must complete lineup cards, with numbers & names
- Bottom of the card – those who are not playing and why
- Scorekeeper will check the players as they enter the game
- Code of conduct will be filed on the coach if all players are not played

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Roster Size

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Traditional Teams

- The team roster may contain a maximum of ten (10) players.
- Teams shall field five (5) players to start the game (required).
- Teams may continue with a minimum of four (4) players, if necessary due to disqualification or injury.
- The game may be continued with fewer players as long as the team has a chance to win (at the discretion of game officials).

Roster Size

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Unified Teams

- The team roster may contain a maximum of ten (10) players.
- The roster shall contain a proportionate number of athletes and partners.
- Five (5) players are required to start the game, three (3) athletes and two (2) partners.
 - The line-up shall never exceed three (3) athletes and two (2) partners.
 - Teams may continue with a minimum of four (4) players (minus one (1) partner or athlete) due to disqualification or injury.
 - The game may be continued with fewer players as long as the team has a chance to win (at the discretion of game officials).
 - A minimum of one (1) athlete and one (1) partner is required on the field.
 - Failure to adhere to the required ratio results in a forfeit.

Attire



- All participants must have a playing uniform consisting of matching shirts/shorts/pants
- Matching numbers on front and back of Shirts
- Shirts must be tucked in at the waist to avoid obstruction of Flag Pulling.
- Shorts or gym pants with NO pockets
- Players must wear rubber-cleated or flat-soled athletic shoes.
 - Metal cleats, spikes, hiking boots, or other equipment deemed dangerous by officials will not be allowed.
- No jewelry (rings, bracelets, necklaces, earrings, etc.) or hats with hard bills may be worn.
- Sunglasses should be non-rigid and pliable. Players wearing eyewear are strongly encouraged to utilize an eyewear strap that helps hold the glasses in place.



Equipment

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Football

Teams shall play with a pebble-grained leather or rubber covered ball in regular or intermediate/youth football sizes.

During competition, a team is permitted to play with their own selected ball on offense.

Permitted ball sizes: Size 7, 8, and 9





Mouthpiece

Mouthpiece: A protective mouthpiece must be worn at all times.



Flag Belt



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Flag Belt:

Each offensive player shall wear a one-piece quick release belt, without any knots, at the waistline with three (3) flags permanently attached, one (1) flag on each side and one (1) in the center of the back.

The belt must have a spring-loaded clip. (No detachable flags)

- Defensive players are not required to wear a flag belt.

Safety

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Along with Air Quality checks make sure you check the following:

- ✓ Know the address of the location you are training
- ✓ Remind athletes to have water bottles with them and have water coolers available for refills
- ✓ Walk the venue prior to practice to ensure there is no glass or trash on the field
- ✓ Sunscreen, sunglasses and hats!
- ✓ Predetermined safety zone! Where is it, make sure everyone is aware



Thunder & Lightning

Every time you see lightening or hear thunder:

Stop practice and seek shelter for 30 minutes.

Remember this is every time you see lightening or hear thunder



Season at a Glance



	FALL	WINTER	SPRING
Training Site Registration (see link below)	April 1 - May 1	September 1 - October 1	November 1 - December 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	October 15 - November 15	December 15 - March 1
Season Length	August 9 - November 3	December 1 - March 2	March 14 - June 7
Eligibility Deadline	August 23	December 13	March 28
Sports Offered	Bocce, Bowling, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating	Athletics (Track & Field), Basketball, Equestrian, Golf, Gymnastics, Softball, Swimming, Tennis

- **Sign-ups Athletes and Volunteers - July 15th**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
 - Season officially begins August 9th
 - Seasonal Eligibility/Age Group Exemption deadline – August 23

Sports Season Prep

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Important Fall Dates:

- **Fall Season Calendar:** [Central](#), [East](#), [West](#)
 - Since due dates are different for each Sectional, there is one calendar per section of the state.
 - Found on SOPA website under sports then competition
- **Eligibility Deadline:** **August 23**
- **Season Dates:** August – November

Air Quality

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If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.



You can monitor Air Quality levels at <https://www.airnow.gov/> enter your location and the current status will be provided.



You can use this [Air Quality Guide](#) document as an overall reference.

Athlete & Volunteer Eligibility

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Athlete Requirements: Medical on file WITH signature + expiration dates

- Athlete Medical / 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: Class A Trainings + Background Check on file

- 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.

Team Sport Age Groups

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SOPA sponsored Team Sports include:

- **Fall Season: soccer, flag football, volleyball**
- Winter Season: floor hockey, floorball;
- Spring Season: softball, basketball

[Team Sport Age Group Resource](#) outlines the guidelines.

- This document includes links to two supporting documents: [Why Age Groups are Important](#) and [Exemption Process](#).
- **Exemption requests need to be submitted EVERY year. Even it was approved last year, it must be resubmitted.**
- **Fall Exemption Request Deadline is - Friday, August 23**
- Please review all documents for a full understanding of the age groups and how to submit exemptions. This [video](#) will explain these documents and how to submit exemption in more detail.

If you have questions, please contact your Regional Sport Director or Michelle Boone (mboone@specialolympicspa.org).

Qualifiers

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- **All Fall sport athletes MUST** attend their respective Sectional event to be considered for Fall Fest.
- Games Advancement slots per Sectional will be dependent on total number of slots at Fall Fest and % of interest in advancing from each Sectional. These will be shared on September 20th

FALL

- Bocce
- LDR/W
- **Flag Football: Team & skills**
- Powerlifting
- Soccer: 5v5, 7v7, skills
- Volleyball: Team & skills

Fall Allocations

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- Fall Initial allocations were shared in today's Weekly email.
- Fall Allocations can be found: [SOPA State Games Paperwork Webpage](#)
- Please remember that the Coaches can request additional allocations via the LOI column on their tracker.

Be Prepared for the Season!

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- Get everyone eligible.
- Understand and be aware of Air Quality and Heat Risks.
- Keep a pulse on illness/disease outbreaks within your community – remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route.
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

Athlete as Coach

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- Athletes can participate in sports in more ways than just an athlete.
- Prior to each sports season, SOPA provides seasonal webinars to any current/interested Athletes as Coaches to help them learn what is expected as a coach vs. an athlete and how to go about getting certified.
- In addition to athletes, these webinars are also for coaches, Team Leaders and other volunteers to better understand how they can support current/potential Athletes as Coaches.
- In the event an interested Athlete as Coach does not want to wait for the next webinar, here is the link to the recording of the most recent one: [Athlete as Coach Webinar](#)
- All interested Athletes as Coaches must fill out the Athletes as Coaches [request form](#) with approval from the head coach they would be working with. From there, they will be interviewed by their Regional Sports Director to determine if they are appropriate to attend a training school.
- Please contact Jordan Schubert at jschubert@specialolympicspa.org with any questions about Athletes as Coaches.

Coaching Requirements



Coach requirements for training and competition:

Team Sports:

- Must have at least one (1) certified coach per team

Individual Sports and Team Individual Skills:

- Must have at least one (1) certified coach per 25 athletes



TRACKER



ROSTER STATUS	ACTIVE ▾	Team Name	Team Northampton Flag Football		Training Site	Charles Chrin Community Center		Sport	Flag Football
Traditional/Unified	Traditi... ▾	Training Site Lead Name	Glenn Watchorn		Email	gewatchorn@ciu20.org		Cell Phone	
Meets 4:1 Ratio	NO	# Athletes	30	# Unified Partners	0	# General Volunteer	0		
# Head Coaches	1	# Assistant Coaches	3	# Total Head/Asst Coaches	4	# Certified Coaches	0		

TRACKER COMPLETION INSTRUCTIONS: Team Roster, Attendance & Competition Participation



Tracker:

This tracker is **EXTREMELY IMPORTANT** and the **ONE** place the Head/Assistant Coach/Site Coordinator will enter all **KEY** information for the season for each team/site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:

Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. The participant data (Columns A - J) are **locked and cannot be modified**. If you need someone removed from your roster or something is incorrect, you must reach out to your **Regional Sport Director - they will be happy to update the form**.

Tracker Updates

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TRACKER- is now the ONE place to manage your team: Attendance, eligibility and event registration.

Every individual that signed-up for your training site via the Sign-Up form will appear on your Tracker.

TABS:

Instruction:

- Explains what is contained on each tab and what needs to be completed by the coach during the season.
- Includes total people count and verifies 1:4 ratio is being met.
- **Athlete/Volunteer:**
 - View Sign-ups, pull contact information, check eligibility
 - Actions to take here - complete LOI, track attendance
- **Sport Specific Roster:**
 - Manage roster, track athlete data throughout the season
 - Actions to take here: assign roles for events, enter sport specific data required for events
- **Rating Form (Team Sports):**
 - We have added a roster to this page, please complete along with jersey number
 - Enter player initials into appropriate box under each evaluation category.

Tracker - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE	Team Name		Training Site		Sport	
Traditional/Unified		Training Site Lead Name		Email		Cell Phone	
Meets 4:1 Ratio	#DIV/0!	# Athletes	0	# Unified Partners	0	# General Volunteer	0
# Head Coaches	0	# Assistant Coaches	0	# Total Head/Asst Coaches	0	# Certified Coaches	0

TRACKER COMPLETION INSTRUCTIONS:

Team Roster, Attendance & Competition Participation



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Athlete / Volunteer Tab:

Columns A-J will populate automatically from the SIGN-UP form

Eligibility: Column I will indicate Eligibility for participation as an athlete, coach or volunteer.

- * **RED** - indicates that an athlete, assistant/head coach is either missing or has an expired **Required** item(s), these are listed in **Column J** and are **INELIGIBLE** to participate until required missing or expired item(s) are up to date. RAMs will update Eligibility every Monday until the Seasonal Eligibility deadline.
- * **YELLOW** - indicates that the a participants has a Required item(s) that will expiring during the current season. These Required item(s) (listed in Column J) **MUST** be renewed in advance of expiration date in order to remain eligible to participate as an athlete, unified partner, coach or supervise athletes within 1:4
- * **ORANGE** - this person is considered a (Class B) General Volunteer and **CANNOT** supervise athletes within 1:4
- * **GREEN** - This indicates the participant has met all Requirements and is eligible to participate as an athlete, unified partner, assistant coach or head coach.

LOI Data: Columns K, L, M will collect Letter of Intent data for events. If athletes are interested in going to events it should be indicated with an "X" by the deadline listed. After this time people cannot be added.

USA Games Interest: Please mark YES if an athlete is interested in USA Games, any blank cells or "No" cells will not be considered for USA Games drawing.

Form Instructions

Tracker - Athlete/Volunteer Tab

Eligibility, LOI, Attendance

A	B	C	D	E	F	G	H	I	J	K
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY							ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	This will be used for attend an
PARTICIPANT TYPE	FIRST NAME	LAST NAME	GEN DER	DOB	AGE	EMAIL	PHONE #	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition
					124					
					124					
					124					

Eligibility - Red
LOI - Yellow
USA Games – Green
Attendance – Blue

A, B, C are frozen and will remain as you scroll over

Specific Column instructions can be found in first 2 rows

A	B	C	I	J	K	L	M	N	O	P	Q
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY		ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"				At end of the season Head Coach will need		
PARTICIPANT TYPE	FIRST NAME	LAST NAME	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE: CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE: Sept 26	Interested in USA Games 2026 in this sport	Athlete Trained for 8 weeks	8/	8/

RSDs will sort by participant type then alphabetical on a weekly basis through end of August (roster should not change after this time)

Tracker - Athlete/Volunteer Tab (cont)

Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from July 19th-Aug 23 by your Regional Team. **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 Fall is August 23rd**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is YOUR responsibility to track this.

ELIGIBILITY:	
<p>GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4</p>	<p><i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i></p>
<p>RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4</p>	<p>REQUIRED Missing or Expired Items</p>
eligible	
not eligible	Missing PB
not eligible	Missing Medical
expiring	BR 10/1/2024, PB 10/5/2024
Eligible BUT CAN NOT supervise athlete	

Tracker - Athlete/Volunteer Tab (cont)

Event LOI

	A	B	C	K	L	M	N
1	<u>AGE EXEMPTION REQUEST FORM</u>	<u>AGE GROUPING POLICY</u>		This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"			
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	LOI - Interest in Attending Local/Invit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE: CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE: Sept 26	Interested in USA Games 2026 in this sport
3							<input type="checkbox"/>
4							<input type="checkbox"/>
5							<input type="checkbox"/>
6							<input type="checkbox"/>
7							<input type="checkbox"/>

You will mark here with Yes/No if individuals are interested and appropriate to attend USA Games



Here is where you will complete your LOI – indicating with an "X" which athletes and volunteers have interest in attending an event.

Tracker - Athlete/Volunteer Tab (cont)

Attendance

	A	B	C	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY	At end of the season Head Coach will need to mark which athletes have and have not attended 8 weeks of practice. Attendance tracking is required and MUST be tracked here. Please list practice dates in the boxes below and mark attendance with an "X" in each box														
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	Athlete Trained for 8 weeks	8/	8/	8/	8/									
3																	
4																	
5																	

At end of the season Head Coach will

Athlete Trained for 8 weeks

8/

8/

YES

NO

Tracking attendance is required BUT tracking attendance week by week in this document is not required; this can be a good tool to keep everything in one place.

At the end of the season the Head Coach must be able to come back into this document and for every athlete/UP indicate if they attended training for the minimum of 8 weeks.

Tracker - SPORT Roster Tab

Event Commitment and Registration

	A	B	C	D	E	F	G	H	I	J	K	L	
1	Instructions: STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual. STEP 2: Complete Blue boxes - Event Registration with event, team name, skill score. Each athlete may only be entered in 1 event.			Tip for DropDown selection cells: You can copy (Ctrl - C) and paste (Ctrl - V) the role in dropdown OR you once you select a role, the cell is outlined in a blue box with a small circle in lower right hand corner, you can click and pull that role down - this would be a quick way to select Athlete role for all athletes. If a person is not going you can highlight that cell with the blue box and then hit delete and it will remove the role.			EVENT ROSTER			EVENT REGISTRATION			
2							DEADLINE			DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9		DEADLINE: September 30	
3	Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	GENDER	DOB	AGE	Attending Local Event - MARK Role	Attending Sectional - MARK Role	Attending Fall Fest - MARK Role	Team Athletes & Coaches Select level	Team Name	Individual Skills Select Level	
4						124							
5						124							
6						124							
7						124							
8						124							

Tracker - SPORT Roster Tab (cont)

Event Commitment

EVENT ROSTER		
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9	DEADLINE: September 30
Attending Local Event - MARK Role	Attending Sectional - MARK Role	Attending Fall Fest - MARK Role
▼	Athlete	▼
▼	Unified Partner	▼
▼	Head Coach	▼
▼	Assistant Coach	▼
▼	Athlete Coach	▼
▼	HOD	▼
▼	Asst HOD	▼
▼	1:1	▼
▼	Delegation Volunteer	▼
▼	General Volunteer (not in 1:4)	▼
(Tracker/LOI)	Young Athlete Chaperone	gistra

Select role for each individual attending the event (can not exceed the total # of your final allocations)

G	H
EVENT ROSTER	
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9
Attending Local Event - MARK Role	Attending Sectional - MARK Role
Athlete	▼

Once a selection is made you can pull down on the blue circle in lower right corner to copy that selection to cells below.

G	H
EVENT ROSTER	
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9
Attending Local Event - MARK Role	Attending Sectional - MARK Role
Athlete	▼
Athlete	▼
Athlete	▼
Athlete	▼
Athlete	▼
Athlete	▼
Athlete	▼
Athlete	▼
Athlete	▼
Athlete	▼
Assistant...	▼
Assistant...	▼
Assistant...	▼
Assistant...	▼
Assistant...	▼
Head Co...	▼

Tracker - Flag Football Roster Tab

Event Registration

EVENT REGISTRATION			
Team Athletes & Coaches Select level	Team Name	Individual Skills Select Level	Individual Skills Total Score
Traditional			
Unified			
Alternate			
NOT COMPETING			

L	M
RATION FLAG FOOTBALL - INDIVIDUAL SKILLS Update all scores by EVENT REGISTRATION DEADLINE: CFS- Sept 5 WFS - Sept 12 EFS - Sept 19 Fall Fest - October 10	
Individual Skills Select Level	Individual Skills Total Score
<input type="text"/>	<input type="text"/>
<div style="border: 1px solid gray; padding: 5px;"> Individual Skills NOT COMPETING </div>	
<input type="text"/>	<input type="text"/>

Tracker - Team Sport – Rating Form Tab

**ONE FORM PER TEAM		Flag Football - Team Rating Form									
Please be sure to complete all information on the right → (To do so, double click in each row)	HEAD COACH:										
	Program / Team Name:										
	Team Composition (Indicate with X): _____ Male _____ Female _____ Coed/Mixed Gender										
	Team Type (Indicate with X): _____ Traditional _____ Unified _____ Unified Player Development										
This Teams level (Indicate with X): _____ High Level _____ Average Level _____ Low Level _____ Developing Level											
<i>Based on Fall Sectionals/Fall Festival</i> <i>(Div 1-2)</i> <i>(Div 3-4)</i> <i>(Div 5-6)</i> <i>(Div 7-8)</i>											
Please list all Team Athletes and their Jersey #'s ----> START WITH YOUR TOP 5 PLAYERS!	Athlete's First & Last Name	Jersey #		Athlete's First & Last Name	Jersey #		ALTERNATE ATHLETES	Jersey #			
	1			6			ALT 1				
	2			7			ALT 2				
	3			8			ALT 3				
	4			9			ALT 4				
	5			10			ALT 5				

	Team Level	Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced											
	Player Competency Point Values	1				2				3				4				5			
Competency - Offense	Catching/Receiving	Inconsistent catching passes at shorter distances w/loose coverage; understands only basic routes/patterns; limited catch range/reach; attempts to advance the ball after catch w/uncertainty				Player's skill range would fall in between a score of a 1 and 3				Average receiving skills; runs simple routes consistently; can catch short/medium passes while on the move; limited ability to adapt to defense; average catch range/reach; can advance the ball after catch with certainty				Player's skill range would fall in between a 3 and a 5				Can catch various types and distances of passes w/varying types of coverage; advances the ball with conviction after catch; excellent route runner and can adapt to defensive pressure on QB; excellent pass catching range/reach			
	Pass/Run Blocking	Limited understanding of pass/run blocking principles; lacks agility/balance and can be easily beaten by defenders/pass rushers; plays more of a fixed/limited movement blocking role; often out of position on plays that change direction				Player's skill range would fall in between a score of a 1 and 3				Average understanding of blocking; able to legally block on less complex plays; occasionally can make some blocking adjustments based upon movement of QB; may sometimes be called for blocking penalties, especially against quicker defensive				Player's skill range would fall in between a 3 and a 5				Proficient understanding of blocking; implements offensive strategies and capable of maintaining legal blocks during complicated plays; quickly reacts to defender's rush movements; infrequently penalized			



Athlete Performance Training

*Special
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Pennsylvania*



ATHLETE PERFORMANCE TRAINING

If you are looking to volunteer or learn more, please reach out to [Charla Stein, Healthy Communities Coordinator](#), 610-630-9450 ext. 254.



FALL SEASON COMPETITIONS

Local, Invitational, Regional Competitions

*Special
Olympics
Pennsylvania*



- We would like to develop a comprehensive **SOPA Competition Calendar**, but we need your HELP!
- We want to better capture ALL the AMAZING work that you and our volunteers are doing within the community
- We also want to create as many opportunities as possible, having a better understanding of when and where events are already occurring will help the Regional Teams to plan out a season

We are asking event leads to fill out this quick form to let us know when you have competitions planned.

[SOPA Competition Calendar Submission Form](#)

Fall Sectionals

Central Fall Sectional:

- Juniata College
September 22

Western Fall Sectional:

- Slippery Rock University
September 29

Eastern Fall Sectional

- DeSales University
October 6



Fall Fest: Nov. 1 - 3

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Villanova University

Important Dates:

- Reg Info: Will be out by 9/6
- LOI: Due 9/26
- Final Allocations: 9/27
- Rosters: Due 10/1
- Google links sent: 10/3
- Registration: Due 10/10
- Scratch/Activation: Due 10/24



2026 USA Games



- **Quota timeline**
 - SOPA will receive in mid-August
- **Athlete communication**
 - We will share the list of qualified individuals (1st place finish in quota sport) with RSDs and Team Leaders for review
 - Athletes will be emailed and asked to complete Pre-Selection questionnaire to be entered into the Selection Process
- **Additional Staff Roles applications**
 - SOPA will be looking for staff, athletes or volunteers to fill a few roles on our PA Management Team – these opportunities will be shared in August via weekly email
- **Coach/Medical staff applications**
 - Sept 1 – October 1



New Portal

**Special
Olympics**
Pennsylvania



Welcome to the Special Olympics Portal

Be a part of something bigger

Discover the joy of sports and inclusion by becoming a Special Olympics athlete, volunteer, or coach.

If you do not have a Special Olympics account, start here:

[CREATE AN ACCOUNT](#)

Already have an Account?


If you have signed up before, click here to login to your account:

[SIGN IN](#)



Flag Football Training Schools

- Virtual Training School will be offered on Thursday, August 22 from 6:30-8:30pm.
- Some regions are also looking to set-up in-person training schools

	Type of Role:	Role:	Date:	Spots:
<input type="checkbox"/>	LDRW Virtual Training: 9:00 AM EDT - 11:00 AM EDT	General Volunteer	08/03	5 / 30
<input type="checkbox"/>	LDRW Virtual Training: 6:30 PM EDT - 8:30 PM EDT Registered	General Volunteer	08/19	3 / 30
<input type="checkbox"/>	Bocce Skills Virtual Training: 12:00 PM EDT - 3:00 PM EDT	General Volunteer	08/03	3 / 30
<input type="checkbox"/>	Bocce Skills Virtual Training: 6:00 PM EDT - 9:00 PM EDT	General Volunteer	08/20	2 / 30
<input type="checkbox"/>	Bocce Officials Virtual Training: 6:00 PM EDT - 8:00 PM EDT	General Volunteer	08/25	0 / 0
	Flag Football Skills Virtual Training: 6:30 PM EDT - 8:30 PM EDT	General Volunteer	08/22	0 / 30
<input type="checkbox"/>	GLVPR Soccer Coaches Training: 10:30 AM EDT - 12:30 PM EDT	General Volunteer	07/28	0 / 30
<input type="checkbox"/>	GLVPR Powerlifting Coaches Training: 10:00 AM EDT - 1:00 PM EDT	General Volunteer	08/03	0 / 30
<input type="checkbox"/>	Greater Phila. Region Volleyball Coach Certification Training: 10:00 AM EDT - 1:00 PM EDT	General Volunteer	08/10	0 / 30