

Equestrian & Gymnastics

January 28th, 2025
Pre-season Webinar

Special Olympics
Pennsylvania





THANK YOU



Today's Agenda



- Reminders
- State Event
- Sports Rule Updates
- Questions

Reminders

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Season at a Glance

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SEASONS AT A GLANCE

	 FALL	 WINTER	 SPRING	 SUMMER
Training Site Registration (see link below)	April 1 - May 1	Sept. 1 - Oct. 1	Nov. 1 - Dec. 1	March 1 - April 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	Oct. 15 - Nov. 15	Dec. 15 - March 1	April 15 - May 15
Season Length	August 9 - Nov. 3	Dec. 1 - March 2	March 14 - June 7	June 1 - Sept. 15
Eligibility Deadline	August 23	December 20	March 28	June 20
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, Gymnastics, Swimming, Tennis	Golf Softball

- **Sign-ups Athletes and Volunteers - March 1**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
 - Season officially begins March 14
 - Seasonal Eligibility/Age Group Exemption deadline – **March 28**

Sports Season Prep

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Important Spring Dates:

- **Spring Calendar:**
<https://specialolympicspa.org/sports/sports-offered>
 - Under Spring Season Information; since due dates are different for each Sectional, there is one calendar per section of the state.
- **Eligibility Deadline: March 28**
- **Season Dates:** March - June

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 Eligibility



Athlete Requirements: Medical Form on file

- We will continue to use the existing "[Medical Form](#)."
- Athletes will have the option to submit the form with or without a doctor's signature.
- However, there will still be specific health conditions requiring a doctor's signature from Special Olympics Pennsylvania.

What to expect in the coming weeks:

- We will be updating the medical form on our website to clearly indicate which health conditions require a doctor's signature.
- The Regional Administrative Managers will directly inform athletes and

Coaches are to use the trackers to ensure athletes and volunteers have completed their eligibility requirements.

Volunteer Eligibility

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

- Background Results under Background Checks, Valid for 5 years (18+ volunteers).
- General Orientation under Training, Valid for life (16+ volunteers).
- Protective Behaviors, under Training, Valid for 3 years (16+ volunteers).
- Concussion Training, under Training, Valid for 3 years (16+ volunteers).

Coaches are to use the trackers to ensure athletes and volunteers have completed their eligibility requirements.

Volunteer Eligibility: Volunteer Classifications

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Volunteers who CAN supervise athletes and volunteers:

Coach: Head or Assistant coach creates, organizes, and runs a comprehensive sport training program that enables athletes to build sport specific skills. **(Class A) (Must be 16 & Older for Assistant Coach; 18+ for Head Coach)**

Chaperone/Training Site Volunteer: Volunteer who supports a training site/team to cover the 1:4 ratio. Chaperones do not always help with sports training but may support a sport team through supervision and administrative support. ***(Class A) (Must be 16 & Older)***

Head Coaches are expected to enforce these classifications.

In-Season Communication



SOPA Communication

- SOPA is in the midst of a communication overhaul and will be rolling a new communication plan for the Spring Sports Season, here is what to expect:
 - All seasonal participants will get a Welcome to the Spring Season
 - Bi-weekly communications will go out on regional level to ALL coaches with important deadlines, dates, updates and more
 - All participants who qualify for a statewide competition event will get a "Welcome to Summer Games" email which will highlight important updates and features for the games
 - Text Messaging – SOPA will be utilizing Text Message notifications at all Statewide competition events and to promote sports sign ups; please don't unsubscribe and add this number to your contacts: **1-267-341-0663**

Head Coach Communication Reminders

- Please be sure that you are communicating with all your assistant coaches going into the season and during – *especially any new coaches!*
- Please be sure that you are using the most to up to date contact information for your athletes and their guardians, this can be found in the trackers

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



New: Certified Coach Thank-you boxes

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We are pleased to announce that we will begin to send a thank you box to volunteers who complete or renew a coach certification!

- If you recently renewed your certification, don't worry! We hope to get a box to all existing certified coaches by 2026.
- Volunteers who are certified in multiple sports will receive just one box.

We hope that you find the items useful in your coaching.
Questions? Reach out to us at volunteer@specialolympicspa.org.

New Portal

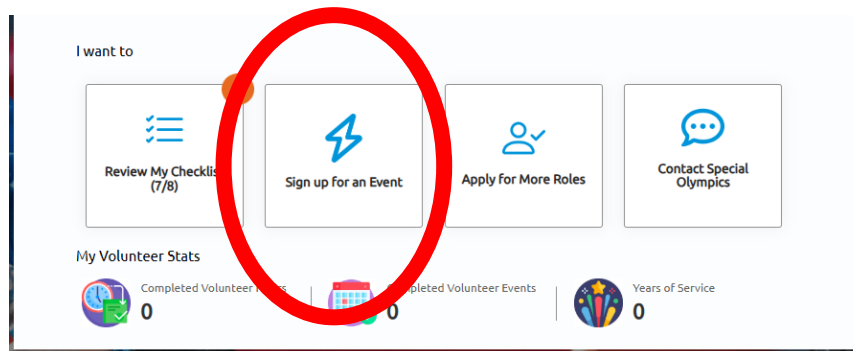


- Volunteers can log into our new [Online Portal](https://portals.specialolympics.org) (portals.specialolympics.org) to check and update their eligibility requirements.
- Any volunteer who has not logged into the new portal and needs support with claiming their profile can reach out to us at portalsupport@specialolympicspa.org.
- **New volunteers:** When a new volunteer registers in the portal, they will need to click on "Apply For More Roles" to sign up for the role of their choice (coach, chaperone, Unified Partner, etc.).



Portal = Coach Training Schools

- From Portal home screen - Sign up for event – Training School Registration
- Virtual Training Schools will be offered for Athletics, Tennis, and Golf
- In-person Training Schools will need to be scheduled for Basketball, Gymnastics, Swimming, Tennis; Athletics and Golf can also be offered in-person
- Please contact your Regional Sports Direction ASAP if you need an in-person training scheduled in your Region



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.
- **APT Tracker**

Tracker (Tab 1) - Instruction Tab

Training Site Info
and Data

ROSTER STATUS	ACTIVE ▾	Team Name	Lycoming County	Training Site	Faxon Lanes	Sport	Bowling
Traditional/Unified	Traditi... ▾	Training Site Lead Name	Lester Loner	Email		Cell Phone	
Meets 4:1 Ratio	NO	# Athletes	41	# Unified Partners	4	# General Volunteer	5
# head Coaches	3	# Assistant Coaches	4	# Total Head/Asst Coaches	7	# Certified Coaches	7

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/training 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.

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

Form
Instructi
ons

Tracker - Instruction Tab – APT instructions

TRACKER COMPLETION INSTRUCTIONS:

Athlete Performance Training

Below are the instructions on how collect and report your athletes health and fitness metrics if your team is participating in Athlete Performance Training. See tab labelled 'APT Tracker'. For more information on Athlete Performance Training and to sign up, visit <https://specialolympicspa.org/apt>.

Reporting Instruction includes:

- Instructions for data collection
- Instructions for data reporting

Key includes:

- Color- coded key to indicate ranges that athlete data falls into for: 6 Minute Run/Walk, BMI, and Blood Pressure (OPTIONAL)

Final Pre & Post Data Collection includes:

- Report athlete information
- **Athlete Number:** Automatically filled
- **First Name:** Enter athletes first name
- **Last Name:** Enter athletes last name
- **Age:** Enter athletes age in years
- **Gender:** Enter athletes gender, M for male, F for female
- **Height:** Enter the height in inches (i.e. a 5 foot 6 inch tall athletes= 65 inches)
- **Weight:** Enter weight in pounds
- **Systolic Blood Pressure (OPTIONAL):** Enter the systolic bp number (top number)
- **Diastolic Blood Pressure (OPTIONAL):** Enter the diastolic bp number (bottom number)
- **6 Minute Run/Walk:** Enter the 6 Minute run/walk test score
- **BMI:** Automatically calculated (based on the height and weight)
- **Nutrition:** Enter the athletes answer from the nutrition question from the lifestyle survey
- **Hydration:** Enter the athletes answer from the hydration question from the lifestyle survey
- **Physical Activity:** Enter the athletes answer from the physical activity question from the lifestyle survey
- Compare pre and post data using color coded key

Tracker (Tab 2) - Athlete/Volunteer Tab Eligibility, LOI, Attendance

Eligibility - Red
 Event Interest - Yellow
 Attendance – Blue
 A, B, C are frozen and will remain as you scroll over

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					

Specific Column instructions can be found in first 2 rows

			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 to mark which athletes have list practice dates in					
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	REQUIRED Missing or Expired Items	DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:	Athlete Trained for 8 weeks	10/5/24	10/12/24	10/19/24	10/26/24	11/2/24
General/Sport Volunte	Gerald	Anderson	Eligible - Can Participate		x	x							
Athlete: Special Olymp	Timothy	Balzer	Eligible - Can Participate		x	x							
Athlete: Special Olymp	Amir	Beckett	Eligible - Can Participate		x	x			x	x			
Athlete: Special Olymp	Kevin	Boyles	Eligible - Can Participate		x	x			x	x			
Athlete: Special Olymp	Sean	Brink	Eligible - Can Participate		x	x			x	x			
Athlete: Special Olymp	Andrew	Butters	Eligible - Can Participate							x			

RSDs will sort alphabetically, if you would like a specific sort just ASK them!

Tracker - Athlete/Volunteer Tab (cont)

Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from December 15 to March 28th 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 **Spring is March 28th**
- 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)

			This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"		
PARTICIPANT TYPE	FIRST NAME	LAST NAME	DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:
General/Sport Volunteer	Gerald	Anderson	x	x	
Athlete: Special Olymp	Timothy	Balzer	x	x	
Athlete: Special Olymp	Amir	Beckett	x	x	
Athlete: Special Olymp	Kevin	Boyles	x	x	
Athlete: Special Olymp	Sean	Brink	x	x	
Athlete: Special Olymp	Andrew	Butters			
Athlete: Special Olymp	Airik	Carey	x	x	
Athlete: Special Olymp	Jacob	Carey	x	x	
Assistant Coach: Help	Pamela	Carev	x	x	

- LOIs will be collected in the same way these always have, this is just a place for you to keep track of who is interested in attending events.
- LOI request will come from your Regional team or Program Leadership

Here is where you will complete your INTENT to participate in an event – indicating with an "X" for both athletes and volunteers

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																	

A screenshot of a dropdown menu from the spreadsheet. The menu is open, showing two options: 'YES' and 'NO'. A blue arrow points from the 'NO' option towards the right, towards the explanatory text.

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 (Tab 3) - SPORT Roster Tab

Event Commitment and Registration

Instructions:			EVENT ROSTER			BOWLING										
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.			DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:											
			Attending Local Event - MARK Role	Attending Regional - MARK Role	Attending IWG - MARK Role	COACH CERTIFIED IN THIS SPORT?	Event	Team Name (if Singles leave blank)	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6		
Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME				No										
General/Sport Volunteer: Vol	Gerald	Anderson														
Athlete: Special Olympics at	Timothy	Balzer									42	102	23	83		
Athlete: Special Olympics at	Amir	Beckett									135	148	131	141	141	15
Athlete: Special Olympics at	Kevin	Boyles									56	81	74	60	61	4
Athlete: Special Olympics at	Sean	Brink									180	145	145	158	122	16
Athlete: Special Olympics at	Andrew	Butters									44	21	5	3	36	2
Athlete: Special Olympics at	Airik	Carey									98	165	116	94	112	9
Athlete: Special Olympics at	Jacob	Carey									136	114	90	112	74	10
Assistant Coach: Help to org	Pamela	Carey				Yes										



Event Commitment and Role



Event – Sport specific Registration

Tracker - SPORT Roster Tab (cont)

Event Commitment

G	H	I
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	▼

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	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Head Co...	▼

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

Tracker - SPORT Roster Tab

Event Registration

Event	Team Name (if Singles leave blank)	Game 1	Game 2	Game 3
Single		42	102	23
Traditional Doubles		135	148	131
Traditional Team		56	81	74
Unified Doubles		180	145	145
Unified Team		44	21	5
Alternate		98	165	116
NOT COMPETING		136	114	90
		65	94	117
		112	101	106
		91	96	71
		96	128	97
		79	61	74

EVENT REGISTRATION					
ALPINE SKIING					
EVENT: Select events for each individual, up to 3 events per person					
EVENT TIMES should be entered with just periods (not colons), i.e.: 23.24.55					
You should track your athletes events and times in this document, please be sure the times are updated in this document by:					
WINTER GAMES REGISTRATION DEADLINE:					
January 23, 2025					
EVENT 1	EVENT 1 TIME	EVENT 2	EVENT 2 TIME	EVENT 3	EVENT 3 TIME
Advanced - Giant Slalom					
Advanced - Slalom					
Advanced - Super G					
Intermediate - Giant Slalom					
Intermediate - Slalom					
Intermediate - Super G					
Novice - Giant Slalom					
Novice - Slalom					
Novice - Super G					
Entry Level - 10M Walk					
Entry Level - Glide					

Tracker - Team Sport – Rating Form Tab

- DUE with REGISTRATION

FLOORBALL										
TEAM RATING FORM / ROSTER - <i>Must Complete 1 Form per Team</i>										
Head Coach					Delegation and Team Name					
Cell Phone					Team Uniform Color					
Email					Traditional or Unified					
							Total Team Rating: (total team score divided by number of players)			
							Team Age Group:			
How do you rate your team: <i>Developing (lowest div); Low (lower divisions); Average (middle divisions); High (top division)</i>								High		
	PLAYER'S NAME	ATHLETE OR PARTNER	AGE	JERSEY #	SHOOT AROUND THE GOAL	RECEIVING & PASSING	STICK HANDLING	SHOOT FOR ACCURACY	FLIP PASS OVER OBSTACLE	TOTAL
1		▼								0
2		▼								0
3		▼								0
4		▼								0
5		▼								0
6		▼								0
7		▼								0
8		▼								0
9		▼								0
10		▼								0
Alt		▼								0

Make sure to complete top section

Tracker (Last tab) - APT Data Collection Form

Athlete #		First Name	Last Name	Gender	Age	Height in inches (pre)	Weight (pre)	Systolic BP (pre)	Diastolic BP (pre)	6 Minute Run/Walk (pre)	BMI (pre)	Nutrition (pre)	Hydration (pre)	Physical Activity (pre)	Height in inches (post)	Weight (post)
1											n/a					
											n/a					
											n/a					
											n/a					
											n/a					
											n/a					
											n/a					

- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- If opting in this is where you will keep the data collect during the season
- This is a great way to help the athlete set personal Health and Fitness goals and improve their overall well-being.
- Repeating the program allows athletes to see improvements season to season for those who have previously participated and helps maintain health and fitness habits.



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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.

2025 State Events

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State Event



- Summer Games
 - Penn State University: June 5-7, 2025



Visit the SOPA Website for seasonal calendars with deadlines:
<https://specialolympicspa.org/sports/competitions>

Equestrian

Sport Director – Megan Hance

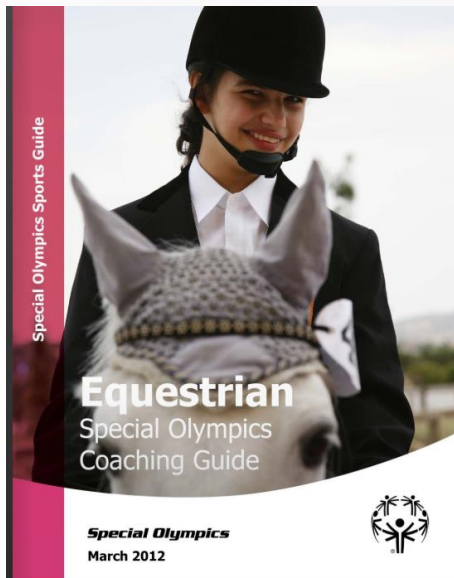
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Rule Book

Sport Rules

https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Equestrian-Rules-2024.pdf?_gl=1*xo0y89*_gcl_au*MTM1NzY3NzYxNC4xNzMyMDU1ODU2*_ga*MTM0MTg4MzY1Mi4xNjUwNjU1ODUx*_ga_KTMLJ70DKD*MTczODA3NTM5NS4xNDcuMC4xNzM4MDC1NDAwLjU1LjAuMA..



Coaches Guide

http://digitalguides.specialolympics.org/equestrian/?_gl=1*19wvfdx*_gcl_au*MTM1NzY3NzYxNC4xNzMyMDU1ODU2*_ga*MTM0MTg4MzY1Mi4xNjUwNjU1ODUx*_ga_KTMLJ70DKD*MTczODA3NTM5NS4xNDcuMC4xNzM4MDC1OT E2LjYwLjU1LjAuMA..



Updated Rule Reminders

1. In the case of a fall of the horse and/or rider, the athlete will be **eliminated**. He/she will be penalized by the effect of the fall on the execution of the movement being performed, as well as in the Collective Marks.
2. All movements and certain transitions from one to another which have to be marked by the judge(s) are numbered on the judges sheets. Each movement will receive a score from 0 to 10. The lowest mark is 0 and is given to a movement that is “not executed”, which means that practically nothing of the required movement has been performed. **Ten represents the highest mark. Half grades can also be given (i.e. 4.5, 7.5, etc.)**

Updated Rule Reminders



3. Jumping Penalties

Knocking down obstacle (Level A) - 2 Faults

Knocking ground pole (Levels B,C) - 2 Faults

First refusal (run out) - 3 Faults Second refusal - 3 Faults

Third refusal – Elimination (Athlete must leave the course if directed to do so by the judge)

Obstacles



English Trail

- Ground poles for **walk** (not elevated)—spaced a minimum of **60-80cm (23.62" – 31.50")** apart
- Ground poles for **trot** (not elevated)—spaced a minimum of **90-120cm (3.43"–47.24")** apart.

Serpentine Obstacles walk or Trot should be a minimum of:

- **3m (or 3-4m) (6–7')** for the walk
- **4-5m (or 4 to 6m) (9–12')** for the trot

Athletes may only approach an obstacle a maximum of three times. Judges may send them to the next obstacles after any approach if they have safety concerns.

Facility Rules



The following rules need to be followed for all SOPA training sessions and events no matter which facility. These rules are for the safety and well being of our horses, athletes, volunteers, and coaches



Facility Rules



1- All participants (coaches, volunteers, riders) must wear ASTM- SEI Certified helmet

2- Helmets must be within 5 years of manufacture date and must be marked inside of helmet

3- All participants (coaches, volunteers, riders) must wear hard soled shoes (sneakers or boots). No crocs, sandals or open toed shoes in the barns or rings

4- Riders must maintain a hold of the horse at all times when mounted or a handler must be with the horse holding



Facility Rules Cont.

5- Lead ropes or reins must be held when holding the horse on the ground

6- Riders may help hold and prepare horses ***under direct supervision*** of a horse handler/chaperone/coach

7-Any horse showing lameness may be deemed unusable by show management.

8-Follow safe and appropriate mounting and dismounting procedures

9- No Dogs unless certified service animal.

10- Do not feed treats to other counties horses





Ag Arena Specific Rules

- 1- No Horses standing on the area by the bleachers that is not concrete.
- 2- Horses use cattle chute for holding/waiting. Following the arrows.
- 3- No riding on the grounds without sports coordinator or facilities director on the premises.
- 5- All door must me shut at night, back stable door will be cracked
- 6- All lights turned off at night
- 4- If you don't know ASK =)





Equestrian Tracker - Roster Tab

EQUESTRIAN

EVENT(S) Select each event in which the athlete will be participating in for competition. Please note that each event has English or Western behind them. **LEVEL:** You must provide the athletes level to the event

DRILL TEAM: (Event 8) Select the team in which the athlete will be participating in for competition. **TEAM RELAY:** (Event 9) Select the team in which the athlete will be participating in for competition.

REMEMBER: Each member of your Drill and Relay teams should have the same team numbers.

EVENT REGISTRATION DEADLINE:

LOCAL / INVITATIONAL (XX/XX/XX)

SUMMER GAMES: (XX/XX/XX)

EVENT 1	LEVEL	EVENT 2	LEVEL	EVENT 3	LEVEL	EVENT 4	LEVEL	EVENT 5	LEVEL	EVENT 6	LEVEL	EVENT 7	LEVEL
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼

Drill Teams & Relays Only



DRILL TEAM ONLY			RELAY TEAM ONLY!		
EVENT 8 - Drill Team	LEVEL	Team Number	EVENT 9 - Relay Team	LEVEL	Team Number
▼	▼		▼	▼	
▼	▼		▼	▼	
▼	▼		▼	▼	
▼	▼		▼	▼	

Gymnastics

Sport Director – Casey Skoglund

Special Olympics
Pennsylvania



Gymnastics



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



<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/womens-artistic-gymnastics-2019-2027>

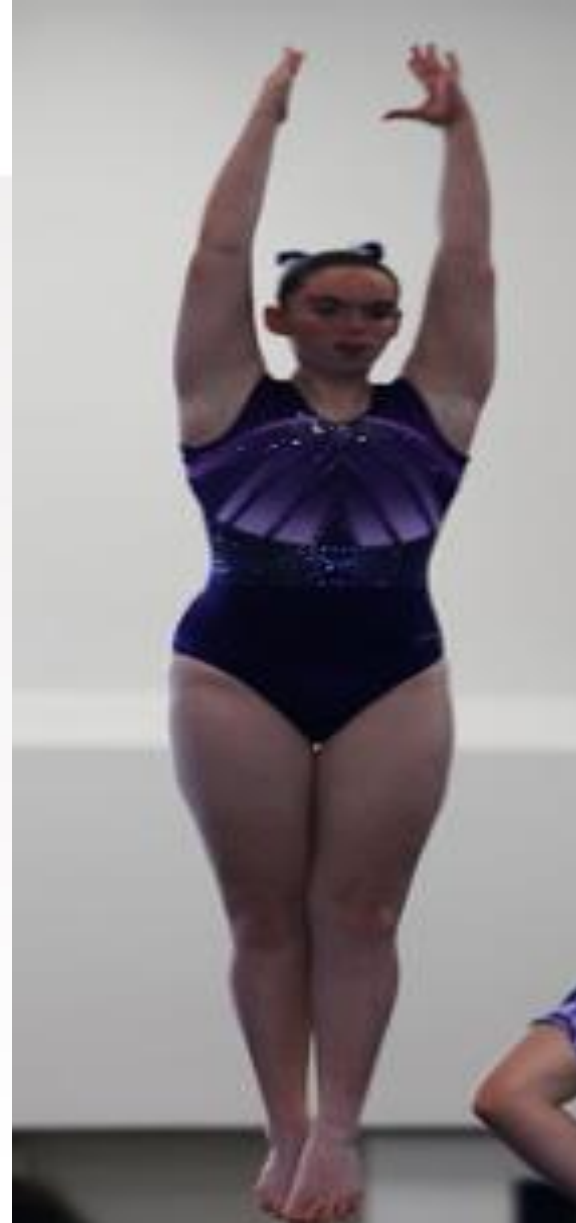


Rule Books

Artistic -

No rules
changes.

Rules are good
from 2019 to
2027



Rhythmic – Updates



- **New Routines**
 - Location of **new routines**: [Rhythmic Gymnastics \(specialolympics.org\)](https://specialolympics.org)
- **Gymnastics Sports Management Team**
 - Training Videos - Starting with Bars for Girls and High bar for Boys – these routines will highlight the appropriate skills and connects to help athletes and coaches understand where points are being lost and how they can increase their scores.
 - Available end of February beginning of March
- **Floor Routine: Required event that receives a participation ribbon and is does not count towards all around!**
 - **In 2025** = New Event Floor Event is Optional
 - **In 2026** = New Event Floor Routine is MANDATORY.

Rhythmic Update



- **Instructions in Music**
 - **In 2024** – If an athlete uses words in their music, it is a **4 pt. Deduction for each routine that words are used.**
- **All-Around**
 - Level A, B, and C in the rulebook will include all-around.
 - Levels 1, 2, and 3 have all-around
- **Group Routines**
 - 2 Groups per person –
 - This year group Floor and Ball are being offered
 - Group Ball (compulsory routine): 4 – 6 gymnasts
 - Group Rhythmic Floor Exercise (compulsory routine)
 - Small Group: 4 – 6 gymnasts
 - Large Group: 8 – 12 gymnasts

Rhythmic Update



- **2025 & 2026 Summer Games Schedule**
 - **Schedule will rotate every 2 years unless there is a schedule conflict with USA or World Games.**
 - Thursday Afternoon – Men’s Artistic & Rhythmic
 - Friday Morning – Women’s Artistic
 - Friday Afternoon – Men’s Artistic & Rhythmic
 - Saturday Morning – Women's Artistic (including Rhythmic Groups & Unified) & Awards
- **One athlete in a Heat medal placement**
 - Athletes’ scores will depict their placement:
 - 18 – 20 pts – Gold
 - 15-17.9 pts – Silver
 - 12 – 14.9 – Bronze



Gymnastics Tracker - Roster Tab



GYMNASTICS ARTISTIC & RHYTHMIC

EVENT TYPE: Select between Rhythmic or Artistic in the drop down for each athlete. **LEVEL RHYTHMIC ONLY:** Indicate what level using the drop down box in Column J. **LEVEL ARTISTIC ONLY:** Indicate what level using the drop down box in Column K

EVENTS: Please select from the drop down menue which event your athletes will be participating in for Summer Games. **EVENT 8 & 9:** Rhythmic group events only.

REMEMBER: Each member of your group event should have the same team #.

EVENT REGISTRATION DEADLINE SUMMER GAMES: May 1, 2025

EVENT TYPE (Rhythmic or Artistic)	LEVEL RHYTHMIC ONLY	LEVEL ARTISTIC ONLY	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼

Rhythmic Group Tracker



RHYTHMIC GROUP EVENTS ONLY			
EVENT 8 - Rhythmic Group	TEAM #	EVENT 9 - Rhythmic Group	TEAM #



Rhythmic Update

Level A – Wheelchair or Sitting

Gender: Male and Female

Events: 4 routines + All Around

Routines:

- 2024 and 2025 - **Hoop, Clubs, Ribbon, Rope**

Level B – Standing

Gender: Male and Female

Events: 4 routines + All Around

Routines:

- 2024 and 2025 - **Hoop, Clubs, Ribbon, Rope**



Rhythmic Update

Level C

Gender: **Female**

Events: 4 routines + All Around

Routines:

- 2024 and 2025 - **Hoop, Ball, Ribbon, Rope**

Level C

Gender: **Male**

Events: 4 routines + All Around

Routines:

- 2024 and 2025 - Rope, **Clubs, Rings, Ball**



Rhythmic Update

Level 1

Gender: **Male and Female**

Events: 4 routines + All Around

Routines:

- 2024 and 2025 - **Rope, Ball, Ribbon, Clubs**

Level 2

Gender: **Female**

Events: 4 routines + All Around

Routines:

- 2024 and 2025 - **Hoop, Clubs, Ribbon, Rope**

Rhythmic Update



Level 3

Gender: **Female**

Events: 4 routines + All Around

Routines:

- 2024 and 2025 - **Ball, Clubs, Ribbon, Rope**



Need Rhythmic Equipment



cs@rhythmicgymnastics.com

Bethlehem Invitational



Date: Saturday, April 19th

Location: Parkettes National Gymnastics Training Center

- 401 Martin Luther King Jr., Allentown, PA 18102

Contact Casey Skoglund for more information

**THANK YOU
COACHES!!!**

Special Olympics
Pennsylvania

