



THANK YOU



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Pennsylvania***



Flag Football

Pre-Season Webinar

July 29, 2025

Today's Agenda

- Flag Football
- Pre-Season Reminders
- Training
- Competitions
- Questions

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Flag Football

SOPA Website - Sports Offered Page

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

Fall Season Rollout	>
Bocce	>
Flag Football	>
Long Distance Running/Walking	>
Powerlifting	>
Soccer	>
Volleyball	>

Coaching Resources

- [SOI Flag Football Resources](#)
- [Flag Football Rules](#)
- [SOPA-Specific Flag Football Rules](#)

Individual Skills

- [Individual Skills Competition Directions](#)
- [Individual Skills Score Sheet](#)
- [Individual Skills Final Competition](#)

Flag Football

- [Flag Football Dashboard \(SONA\)](#)
- [Everybody Plays](#)
- [Official and Scorekeeper Information](#)
- [Flag Football Team Competency Rating Form](#)

Flag Football Rules Book

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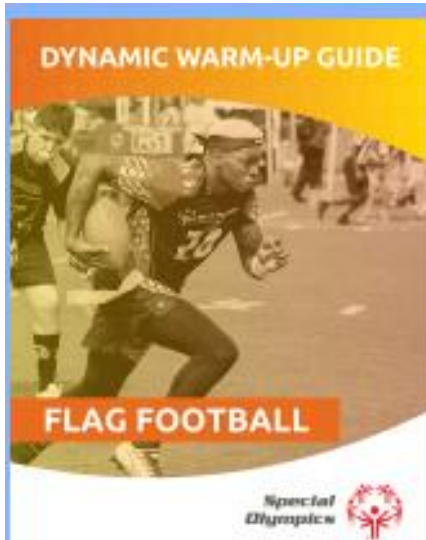
2024 Flag Football Sport Rules

2024 Rule Changes



Coaching Guide

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[Warm-up Guide](#)



[Cool down Guide](#)

Flag Football portal



Flag Football



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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



Timeouts

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Timeouts (V.B.1, V.B.1.a)

Revised language: Each team receives two (2) 60-second time-out per game.

Ball Carrier

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Ball carrier hand allowed to touch ground (VIII.B.1.d, VIII.B.1.d.i)

Revised language: Any part of the ball carrier's body other than the feet or hands touches the ground.

New language: When in player possession, the ball is considered an extension of the hand.

Interceptions

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Interceptions being able to be returned for positive yards;
Defenders will need to wear flag belts (II.A.3, X.A.6)

New language: Interceptions may be returned for positive yards
by the intercepting player.

Rusher

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Defensive rusher allowed to return to 7 yard line after snap for legal rush (XI.A.2)

New language: If a rusher crosses the rush line early (within 7-yards from the line of scrimmage at snap), they may return to the rush line, reset, and then legally rush the quarterback.

Delay of Game

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Adding Delay of Game to defensive penalty chart (XVI)

New language: Disconcerting signals or other illegal action that causes delay.

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)

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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Safety

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**



PRE-SEASON REMINDERS



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Season at a Glance



SEASONS AT A GLANCE



	FALL	WINTER	SPRING	SUMMER
Training Site Registration (see link below)	April 1 - May 1	August 1 - Sept. 1	Nov. 1 - Dec. 1	March 1 - April 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	Sept. 15 - October 15	Dec. 15 - March 1	April 15 - May 15
Season Length	August 9 - Nov. 3	Nov. 1 - March 8	March 14 - June 7	June 1 - Sept. 15
Eligibility Deadline	August 23	December 20	March 28	June 20
Sports Offered	Bocce, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball, Walking Clubs	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating, Walking Clubs	Athletics (Track & Field), Basketball, Equestrian, Gymnastics, Swimming, Tennis, Walking Clubs	Golf Softball, Walking Clubs

- **Sign-ups Athletes and Volunteers - July 15**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director. Everyone **MUST** complete a Sign-Up Form.
 - Season officially begins Aug 9
 - Seasonal Eligibility/Age Group Exemption deadline – Aug 23
- [Summer Sports Calendar](#)

In-Season Communication

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SOPA Communication 💬

- **Stay Informed & Supported:** Expect communications throughout the season.
- **Welcome Message:** All participants receive a "Welcome to the Fall Sport Season" message.
- **Weekly Updates:** Regional communications with important dates, deadlines, and more.
- **Fall Festival Email:** Qualifiers receive a dedicated email with vital updates.
- **Text Notifications:** Event reminders & sign-ups. Add 1-267-941-0663 to contacts.

Head Coach Communication Reminders 🔔

- **Coach-Team Connection:** The most important communication is between a head coach and their team!
- **Communicate Continuously:** Engage all participants (assistant coaches, athletes, families), especially new members, before and during the season.
- **Sample Messages:** Need a starting point? **Access sample messages here:**
<https://pdflink.to/847f44e3/>
- **Up-to-Date Contact Info:** Always use current contact information found in the trackers.

Volunteer Eligibility

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Volunteer Eligibility: Class A Volunteers ✓

Who is "Class A"? Coaches, Assistant Coaches, Unified Partners, Team Volunteers.

Required Items:

- **Background Check** (18+ volunteers)
- **General Orientation training** (16+ volunteers)
- **Protective Behaviors training** (16+ volunteers)
- **Concussion training** (16+ volunteers)

Important Note: Only Class A volunteers can attend overnight competitions.

Need Support?

Contact your **Regional Administrative Manager**.

Email us: volunteer@specialolympicspa.org

Resources for New and Interested Volunteers

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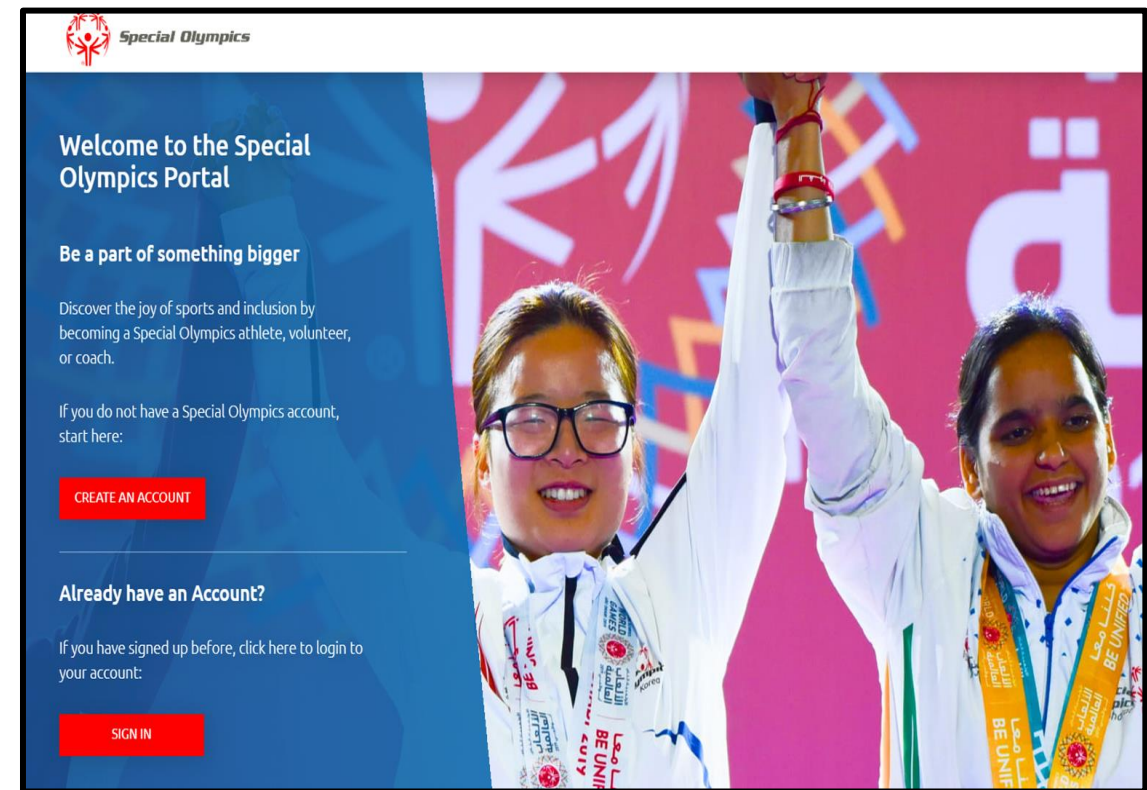
- **Volunteer Guidebook:** Access detailed information on sports seasons, competitions, regions, and contacts at: specialolympicspa.org/images/2023/registration/special-olympics-pennsylvania-volunteer-guidebook-5.2.23.pdf
 - **Monthly Info Sessions:** Learn about volunteering with Special Olympics Pennsylvania staff. These online sessions are held on the **fourth Wednesday of each month from 6:30 - 7:30 PM**. No pressure, no commitment!
 - **Zoom Link:** <https://us02web.zoom.us/j/81791877620#success>
 - **Or join by phone:** Dial +1 309 205 3325 (Meeting ID: 817 9187 7620)
- Upcoming Dates:**
- August 27th
 - September 24th
 - October 22nd
 - November 26th

No registration needed, just join!

Special Olympics Pennsylvania Portal: Volunteer Registration

- **Access the Portal:** Log in at portals.specialolympics.org to check & update your eligibility.
- **Need Help Claiming Your Profile?**
 - Contact us at:
portalsupport@specialolympicspa.org
- **New Volunteers:**
 - After registering, click "**Select your Volunteer Role**" to select your desired role (e.g., coach, Unified Partner).

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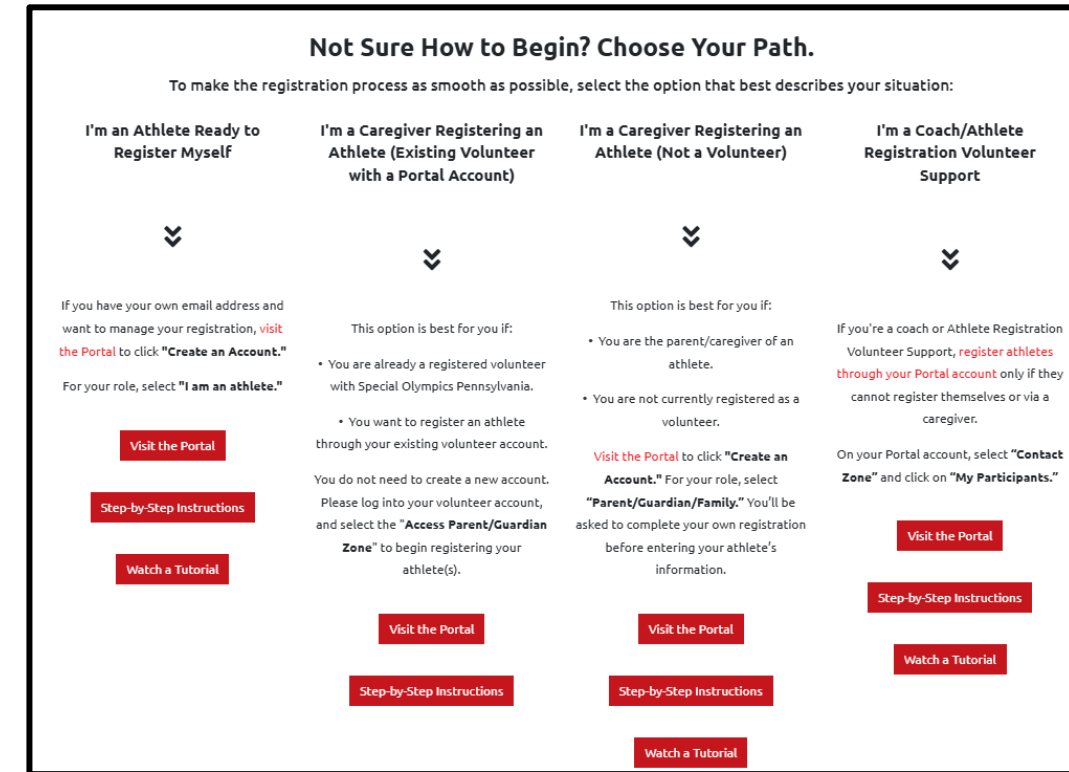


Special Olympics Pennsylvania Portal: Athlete Registration




Athlete Registration: New System & Process

- **New System:** Streamlined process for athletes.
- **Resources:** Find written & video guides on the ["Become an Athlete" webpage.](#)
- **Requirements:**
 - **Short Health History & Release Form** (initial screening).
 - If concerns arise, a more detailed **Medical Form** (with doctor input) may be required.



Special Olympics Pennsylvania Portal: Coach Zone

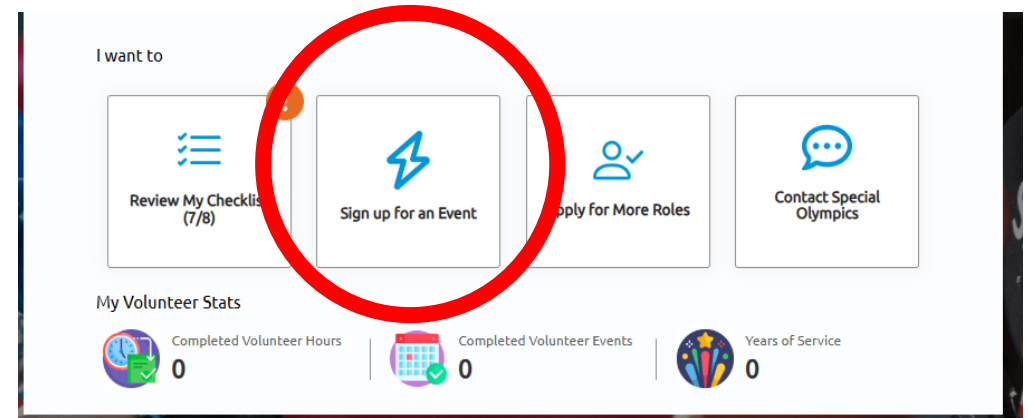


- **Coach Zone: Your Team Management Hub** 
- **Access:** Available to Head Coaches (and some key volunteers).
- **Features:**
 - View team member **eligibility status**.
 - Access **athlete Health History forms**.
- **Optional Resource:** You are **not required** to use it.
 - We still provide **eligibility trackers** and a "**Hot Sheet**" for Health History.
- **Athlete Registration:** Coaches should **only register an athlete as a last resort**.
 - Help athletes and caregivers navigate the process themselves.
- **Access Forthcoming:** If you're a Head Coach and don't have access yet, it's coming soon!
- **Video Guide:** A video will be forthcoming; in the meantime here is a step by step walkthrough with screenshots: [Step by Step Guide](#)

Special Olympics Pennsylvania Portal: Register for Coach Training Schools



- From Portal home screen - Sign up for event – Training School Registration
- Please contact your Regional Sports Direction ASAP if you need a training scheduled in your Region
- Certified Coaches Required:
 - 1 per team
 - 1 per 25 individuals



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. If you don't already have your Tracker, please contact your RSD. The Trackers will be locked for editing until August 9th. After that time you are able to populate attendance and the sport specific data columns.

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 (Tab 1) - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE	Team Name			Training Site			Sport	SOFTBALL
Traditional/Unified		Training Site Lead Name			Email			Cell Phone	
Meets 4:1 Ratio	YES		# Athletes	1	# Unified Partners (Class A)	10		# General Volunteer	0
			# Coaches (Class A)	17	# Chaperone/Training Site Volunteers (Class A)	4		# Certified Coaches	0

TRACKER COMPLETION INSTRUCTIONS: Attendance & Competition Event Registration



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 training site participant. Event Letter of Intent (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 C - L**) 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 C - L will populate automatically from the SIGN-UP Responses:*

WAITING LIST: (Column A) - If your training site should become full to capacity while sign-ups are still open, we ask that you utilize this column to number the athletes in the order in which they are waitlisted. (i.e 1, 2, 3 etc.) You should only use this for waitlisted athletes.

CERTIFIED COACH: (Column B) - You will find 4 drop down options within this column. Please select one of the following drop down options for all coaches at your training site/team(s). YES, NO, Not Sure, or No, not certified but would like to be. This will help us to gauge the need and interest in hosting local Coaches Sport Certification Trainings within your sport. **As a reminder there must be 1 certified coach per team or per 25 athletes for individual sports.**

ELIGIBILITY: (Column K) will indicate Eligibility for participation as an athlete, unified, 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 L** and are **INELIGIBLE** to participate until required missing or expired item(s) are up to date. Your Regional Administrative Manager (RAM) 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 L**) **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 General Volunteer (Class B) 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 M and N) will collect interest so that Team Leaders(formely known as Managers) can complete the Letter of Intent data for Local, Invitationals, Regionals, Sectionals and State Games 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.**

ATTENDANCE At the completion of your season you will need to complete **Column P**, noting if the athlete/Unified Partner has participated in 8 or more weeks of training. This is required by Special Olympics International as part of our

Tracker (Tab 1)- 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



INSTRUCTIONS ▾

Athletes / Volunteers Attendance ▾

Alpine Roster (Event Registration) ▾

APT Tracker ▾

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

Eligibility - Black/Red
Event Interest - Yellow
Attendance – Blue

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

WAITING LIST	Coaches Certification	WAITING LIST (Column A) - if you have a waitlist, please be sure to utilize column A to number your athletes in the order in which they are waitlisted. (i.e 1, 2, 3 etc. You should only use this for waitlisted athletes.			PARTICIPANT TYPE EXPLAINED					AGE EXEMPTION REQUEST FORM	ELIGIBILITY: GREEN - Eligible to participate and all requirements have been met YELLOW - Expiring Requirements (See Column J) These item(s) must be renewed	BC - Background Clearances GO - General Orientation PB - Protective Behavior CT - Concussion Training Expired Medical Form	Interest in Attending Local/Invitational	Interested in Attending Softball Championships
					ATHLETE: Must have valid SO Medical Form to participate in training & competition UNIFIED PARTNER: (Class A) COACH: (Class A) CHAPERONE/TRAINING SITE VOLUNTEER: (Class A) GENERAL VOLUNTEER: (Class B)									
Please Indicate order of waitlisted athletes ONLY! (1,2,3etc)	Please be sure to indicate if Coaches at your site are certified in this sport.	PARTICIPANT TYPE	FIRST NAME	LAST NAME	GENDER	DOB	AGE	EMAIL	PHONE #	In advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 RED = INELIGIBLE until required missing or expired items are met. (See Column J) ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	DEADLINE:	DEADLINE:	
		Athlete	Patrick	Bonilla-Garcia	Male	2/20/2008	17	drbrjg@gmail.com	215-802-8338	Eligible - Can Participate				
		Athlete	John	Brzezicki	Male	2/4/2007	18	brzez@comcast.net	267-772-1843	Eligible - Can Participate				

Specific Column instructions can be found in first 2 rows

K	L	M	N	P	Q	R	S	T	U	V	W	X	Y	Z
ELIGIBILITY: GREEN - Eligible to participate and all requirements have been met. YELLOW - Expiring Requirements (See Column J) These item(s) must be renewed	BC - Background Clearances GO - General Orientation PB - Protective Behavior CT - Concussion Training Expired Medical Form	Interest in Attending Local/Invitational	Interested in Attending SOPA Softball Championship	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										
In advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 RED = INELIGIBLE until required missing or expired items are met. (See Column J) ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	DEADLINE: (Mark with X)	DEADLINE: (Mark with X)	Athlete Trained for 8 weeks	10/	10/	10/							
Eligible - Can Participate														
Eligible - Can Participate														
Eligible - Can Participate														

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

Tracker (Tab 2) - Athlete/Volunteer Tab: Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated regularly from May 15-August 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 season 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.

<p>ELIGIBILITY:</p> <p>GREEN = Eligible to participate and all requirements have been met.</p> <p>YELLOW = Expiring Requirements (See Column L) 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</p> <p>RED = INELIGIBLE until required missing or expired items are met. (See Column L)</p> <p>ORANGE = General Vol CANNOT supervise athletes within 1:4</p>	<p><i>BC - Background Clearances</i></p> <p><i>GO - General Orientation</i></p> <p><i>PB - Protective Behavior</i></p> <p><i>CT - Concussion Training</i></p> <p><i>Expired Medical Form</i></p>
	<p>REQUIRED</p> <p>Missing or Expired Items</p>
<p>Eligible - Can Participate</p>	

Tracker (Tab 2) - Athlete/Volunteer Tab: LOI

Interest in Attending Local/ Invitational	Interested in Attending SOPA Softball Championship	At end of the season H Attendance tracking is Please list practice date	
DEADLINE: (Mark with X)	DEADLINE: (Mark with X)	Athlete Trained for 8 weeks	10/

- 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 (Tab 2) - Athlete/Volunteer Tab: Attendance

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

Athlete Trained for 8 weeks	10/	10/	10/									

Please list practice dates in the boxes below

Athlete Trained for 8 weeks	10/	10/	10/

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 & Registration

INSTRUCTIONS: STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual. STEP 2: Complete Blue boxes - Event Registration - Team Players only enter team level & team name. <i>Individual Skills</i> - Select skills level and enter total score.			PARTICIPANT TYPE EXPLAINED <u>Athlete:</u> Must have a valid SO Medical Form to participate in training & competition <u>Unified Partner:</u> (Class A) <u>Coach:</u> (Class A) <u>Chaperone/Training Site Vol:</u> (Class A) <u>General Volunteer:</u> (Class B)				EVENT ROSTER		EVENT REGISTRATION				RSD'S INTERNAL USE	
							Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:	SOFTBALL - TEAM Select Type of team for each athlete & coach <u>TEAM NAME:</u> Each Team should have a unique name that begins with the County/School (i.e. Berks Lions, Delco Cats) EVENT REGISTRATION DEADLINE: XX/XX/XX	SOFTBALL INDIVIDUAL SKILLS Select Skill Level & Update all scores by EVENT REGISTRATION DEADLINE: XX/XX/XX	COACH CERTIFIED IN THIS SPORT?			
Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	T-SHIRT SIZE	GENDER	DOB	AGE	Attending Local Event - MARK Role	Attending SG - MARK Role	Team Athletes & Coaches Select level	Team Name	Individual Skills Select Level	Individual Skills Total Score		
Athlete	Patrick	Bonilla-Garcia	Adult XL	Male	2/20/2008	17								
Athlete	John	Brzezicki	Youth Large	Male	2/4/2007	18								
Athlete	Donny	Mason	Adult XL	Female	9/18/2008	28								

Event Commitment and Role

Event – Sport specific Registration

Tracker (Tab 3) - SPORT Roster Tab: Event Commitment

EVENT ROSTER	
Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:
Attending Local Event - MARK Role	Attending SG - MARK Role
<div> <div>Athlete</div> <div>Unified Partner</div> <div>Head Coach</div> <div>Assistant Coach</div> <div>Athlete Coach</div> <div>HOD</div> <div>Asst HOD</div> <div>1:1</div> <div>Chaperone/Training Site Volunteer</div> <div>Delegation Volunteer</div> <div>General Volunteer (not in 1:4)</div> <div>Young Athlete Chaperone</div> </div>	

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

EVENT ROSTER	
Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:
Attending Local Event - MARK Role	Attending SG - MARK Role
	Athlete

EVENT ROSTER	
Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:
Attending Local Event - MARK Role	Attending SG - MARK Role
	Athlete
	Athlete
	Athlete
	Athlete
	Athlete
	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.

Tracker (Tab 3)- SPORT Roster Tab:

Event Registration

EVENT REGISTRATION		AGE GROUPING POLICY	
FLAG FOOTBALL - TEAM Select Type of team for each athlete & coach TEAM NAME: Each Team should have a unique name that begins with the County/School (i.e. Berks Lions, Delco Cats) EVENT REGISTRATION DEADLINE: SECTIONAL (XX / XX) FALL FESTIVAL (XX / XX)		FLAG FOOTBALL INDIVIDUAL SKILLS Select Skill Level & Update all scores by EVENT REGISTRATION DEADLINE: SECTIONAL (XX / XX) FALL FESTIVAL (XX / XX)	
Athletes & Coaches TEAM ONLY Select level	Team Name	Individual Skills Select Level	Individual Skills Total Score

EVENT REGISTRATION		AGE GROUPING POLICY	
FLAG FOOTBALL - TEAM Select Type of team for each athlete & coach TEAM NAME: Each Team should have a unique name that begins with the County/School (i.e. Berks Lions, Delco Cats) EVENT REGISTRATION DEADLINE: SECTIONAL (XX / XX) FALL FESTIVAL (XX / XX)		FLAG FOOTBALL INDIVIDUAL SKILLS Select Skill Level & Update all scores by EVENT REGISTRATION DEADLINE: SECTIONAL (XX / XX) FALL FESTIVAL (XX / XX)	
Athletes & Coaches TEAM ONLY Select level	Team Name	Individual Skills Select Level	Individual Skills Total Score
Traditional	Bethlehem Eagles	Individual Skills	

Tracker (Tab 4)- Team SPORT Rating Form Tab

- DUE with REGISTRATION

FLAG FOOTBALL - TEAM RATING FORM													
TEAM RATING FORM / ROSTER - <i>Must Complete 1 Form per Team</i>													
		DELEGATION:								TEAM NAME:			
		HEAD COACH:								TEAM UNIFORM COLORS:			
		CELL PHONE:								(Use drop down) EVENT TYPE:			
		EMAIL:								(Use drop down) Team Age Group:			
Rate Your Team's Level: <i>Developing (lowest div); Low (lower divisions); Average (middle divisions); High (top division)</i>													
Please list all Team Players and their Jersey #'s ----> START WITH YOUR TOP 5 PLAYERS! (Your best player in #1, second best player in #2 etc.)		Players First & Last Name		A - Athlete UP - Partner	Jersey #	Players First & Last Name		A - Athlete UP - Partner	Jersey #	ALTERNATES		A - Athlete UP - Partner	Jersey #
		1				6				ALT 1			
		2				7				ALT 2			
		3				8				ALT 3			
		4				9				ALT 4			
		5				10				ALT 5			
TEAM RATING FORM COMPLETION DEADLINE: CFS - WFS - EFS -		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. You MUST enter your player's First and Last Name Initials in the boxes below the point value that most closely matches their skill competency. DO NOT USE X's											
Quarterbacks:		Please only enter data in the fields below for those persons that play this position											
Team Level		Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced			
Player Competency Point Values		1		2		3		4		5			
Player 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 players		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			
		Limited accuracy/arm strength; has trouble completing passes over 5-10 yards; minimal mobility; inconsistent w/ simple passes, especially to moving targets; completes some passes w/		Player's skill range would fall in between a score of a 1 and 3		QB has average skills and some knowledge of strategy, but stays pretty basic following calls from coach; tends to look to primary receiver; can throw on target up to 20		Player's skill range would fall in between a 3 and a 5		QB controls game; knows strategy; strong arm with excellent accuracy; able to hit moving targets, even downfield; has ability to read defense and adjust plays; excellent mobility			

Make sure to complete top section

Tracker (Last tab) - APT Data Collection Form

A	C	D	E	G	H	I	J	K	L	M	N	O	P	Q	R	S			
						Key						6 Minute Run/Walk Key				BMI Key			
						Blood Pressure Key Normal Elevated High Blood Pressure (Hypertension) Stage 1 High Blood Pressure (Hypertension) Stage 2 Hypertensive Crisis				Very Good Good Average Advancing				Developing 1 Developing 2 Developing 3 Developing 4				Underweight Healthy Overweight Obese	
Pre Data: First Training																			
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									
										n/a									

- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- This is a great way to help the athlete set personal Health and Fitness goals and improve their sport performance.
- Repeating the program allows athletes to see improvements season to season for those who have previously participated and helps maintain health and fitness habits.

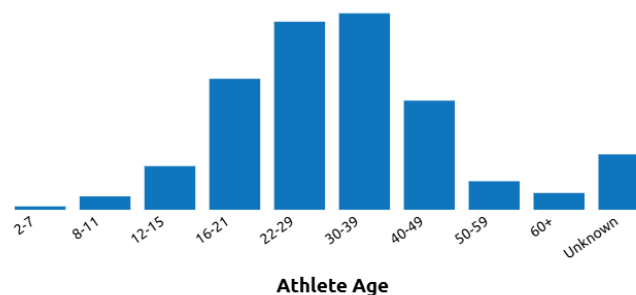
Athlete Performance Training

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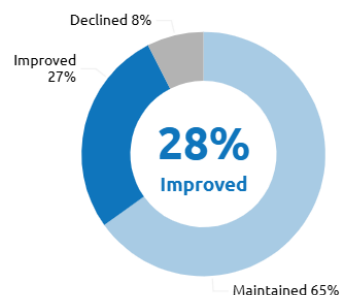


SOPA's Athlete Performance Training (APT) program has served nearly 600 athletes since Fall 2022!

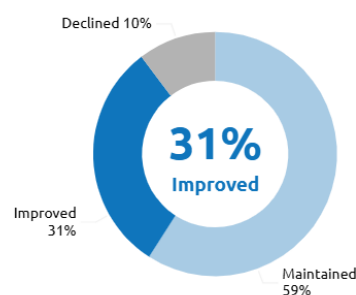
A majority of high-risk athletes maintained or improved their health status!



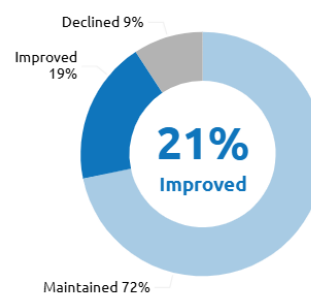
6-Minute Test



Blood Pressure



BMI



If you are looking to participate or learn more, please reach out to [Calvin Trisolini, Research Operations Manager](#), 610-630-9450 ext. 221.

You can also visit:
<https://specialolympicspa.org/apt>



THREE-PEAT!! Manheim Township is your 2025 Unified Track & Field State Champion!

IT'S A THREE-PEAT!!! 🏆🏆🏆 Manheim Township School District wins back-to-back-to-back PIAA Unified Track & Field State Championships, becoming...

[READ MORE ...](#)

Calvin Trisolini



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TRAINING

Coaching Roles:

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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>

Build Training Plans



- SOI Coaching Guide:
 - Great resources for developing training plan, goal setting with athletes, warm-up drills, etc.
- Prepare prior to practice, share with Assistant Coaches and determine who will run each aspect of practice

Athlete as a Coach

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Athlete as a Coach: Empowering Our Athletes 🌟

Program Overview:

- Athletes can become certified coaches.
- Requires Coaches Training School attendance & practicum.

Getting Started:

- **Approval Needed:** Regional Sport Director approval required (with head coach feedback).
- **Request Form:** Access here: https://drive.google.com/file/d/1WZC14Ssl1IsilbBO_93WDmsaQq9-wmK3/view?usp=sharing
- **Registration:** RSDs register approved athletes (and support person) for training schools.
- *Note: Athletes should NOT self-register or create new volunteer profiles.*

Important Considerations:

- **Competing vs. Coaching:** Can coach one sport, compete in another (same season).
- **Playing during Training/Competition:** Yes, for demonstration in training; No, for competition.
- **Chaperone Role:** Not permitted; no background checks needed.
- **Ratio:** Part of the **4:2 ratio** (expected to manage themselves independently).
- **Required Trainings:** Complete General Orientation, Protective Behaviors, and Concussion trainings in online portal profile.
- *Assistance with portal profile:* portalsupport@specialolympicspa.org

Questions?

Contact: **Jordan Schubert.** Email: jschubert@specialolympicspa.org. Phone: 610-630-9450 ext. 236

Sportsmanship/ SOPA Code of Conduct

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- The [SOPA Code of Conduct](#) should be reviewed with all athletes and coaches at the beginning of the season.
- It is the Head Coaches job to ensure their coaches, team members and spectators are acting appropriately and managing the situation if someone is not acting in accordance with this Code of Conduct.
- The Regional Teams can support in working with athletes, coaches, families if issues arise.

Sportsmanship/ SOPA Code of Conduct - Teams

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The following should be read by officials to coaches/captains prior to each game

As a Special Olympics athlete and coach I will honor the SOPA Code of Conduct and show good sportsmanship to all athletes, coaches, officials, volunteers, spectators and SOPA staff. I understand that I am responsible for my actions and language at all times during this event. I will respect the decisions of officials and SOPA staff. I will play to my best ability and show good sportsmanship whether we win or lose.

Sportsmanship/SOPA Code of Conduct – PA Announcer

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SOPA Sportsmanship Read to be done over PA system at beginning of the day (following national anthem), before each session and/or several times throughout the day.

Special Olympics Pennsylvania and its constituents promote the highest ideals of good sportsmanship. Actions or language not in alignment with SOPA Code of Conduct or meant to demean participants, coaches, spectators, officials or SOPA staff will not be tolerated. Let today's competition reflect mutual respect. We request everyone's cooperation in supporting participants and officials in a positive manner. Offensive and unsportsmanlike language or conduct from anyone in attendance will not be tolerated and may serve as grounds for removal. Please respect our participants, coaches, officials, volunteers, and game administration with your cooperation to promote a safe, positive game environment. Thank you.

Safety & Preparedness: Key Reminders

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Emergency Action Plans:

- Know your facility's Emergency Action Plan (EAP).
- Familiarize yourself with evacuation routes.

Weather Awareness:

- Monitor local weather conditions (e.g., lightning, extreme heat/cold).
- Understand protocols for moving indoors or rescheduling due to weather.

Health & Hygiene:

- Encourage athletes and volunteers to stay home if sick.
- Promote good hygiene practices (handwashing, covering coughs).

Equipment & Facilities:

- Ensure all equipment is safe and in good working order.
- Report any facility hazards immediately.

Staying Current:

- Regularly review updated sport rules.
- Work with Assistant Coaches on seasonal plans and task assignments.

COMPETITIONS



Season Competition



- We want start building out a season that is full of training and competition opportunities.
- We would love to see coaches taking initiative to work with other local SOPA teams to schedule games
- You could set-up a HOME-HOME – where 1 game is played at Site A and the other at Site B
- Don't over complicate it – work with local teams, high schools, colleges to recruit officials and facility (if needed). Coaches could officiate if that is a challenge.
- For more populated areas consider starting a league – if interested please contact your RSD.
- Try to work with other coaches to schedule 2 additional games this year – that would be a great start!
- Be sure you are following the SOI/SOPA Rules

Hosting Competitions

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- Expectation of coach
 - Work with Regional Sport Director on planning
 - Secure facility/day-of set-up
 - Solicit teams – doubleheader 1 other team, tournament a few teams depending on what facility can accommodate
 - Communicate with teams attending
 - Work with facility/RSD to secure volunteers
 - Assist with securing officials (via facility or your personal connections)
- Expectation of Regional Team
 - Secure officials via community partnerships, SMT, PIAA Assignors
 - Supply equipment (if necessary)
 - Set up GMS if needed
 - Ensure all athletes participating meet eligibility criteria
- Awards are NOT necessary

Hosting Competitions

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- Must have officials
- Must follow SOI Sport Rules/SOPA Specific Rules
- Each team must have 1 certified coach
- Teams must be in matching uniforms

Fall Sectionals

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Central Fall Sectional:

- Juniata College

September 28



Western Fall Sectional:

- Slippery Rock University

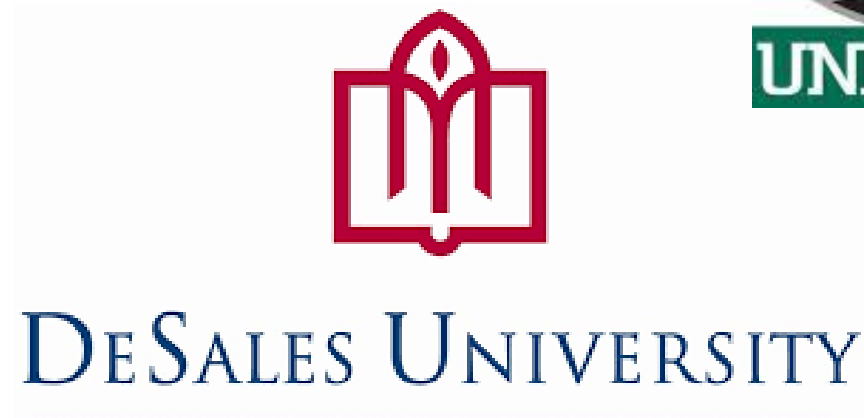
September 28



Eastern Fall Sectional

- DeSales University

October 5



Fall Fest: Nov. 7 - 9

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Villanova University

Important Dates:

- Reg Info: Will be out by 9/12
- LOI: Due 10/03
- Final Allocations: 10/04
- Rosters: Due 10/07
- Google links sent: 10/09
- Registration: Due 10/16
- Scratch/Activation: Due 10/30



World Games 2027



Santiago, Chile

Santiago will welcome more than 6,000 Special Olympics athletes from over 170 nations to compete in 22 Olympic-type sports at Santiago's state-of-the-art competition venues

We don't have information or timelines for this event to date, but Fall Fest 2025 will likely be our qualifying event for these sports.



THANK YOU

A thick, orange, hand-drawn style brushstroke that serves as an underline for the text "THANK YOU". It is positioned directly below the text and extends across the width of the text.