



Special Olympics  
**Unified Sports®**

# 2016/17 Sport Selection & Guidelines

**Special  
Olympics**  
Alberta



# Special Olympics Unified Sports 2016/17 Sport Selection & Guidelines

Unified Sports is an inclusive sports program that brings athletes with and without intellectual disabilities together for training and competition. Unified teams are made up of athletes and partners who work together to ensure that everyone has the opportunity to use his or her own unique skills to participate in sport.

**Athletes:** Students with intellectual disabilities

**Partners:** Students without intellectual disabilities

Students with physical disabilities will be classified as either an athlete or a partner depending on whether or not they have an intellectual disability. All teams are co-ed; there are no gender requirements for any sports.

## Principle of Meaningful Involvement

The purpose of Unified Sports is to promote inclusive sporting opportunities to students of all levels and abilities. Partners are encouraged to fully take part in the sport, however, their main focus should be on guiding the athletes to contribute to the team's success using both visual and verbal cues. Coaches should focus on providing opportunities for their athletes and opposing athletes to compete to the best of their abilities in an inclusive environment. When competition is led by coaches and partners in a supportive environment, it becomes safe and meaningful for all participants. **Meaningful involvement is achieved when every player is given the opportunity to contribute to the success of his or her team through their own unique skills and qualities.**

**Please contact Shanna for more information**

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# Unified Bocce: 4 vs 4 Guidelines

## Team Requirements

1. Each team will have a four players; two partners and two athletes.
2. All teams must supply their own uniforms. Uniforms must match, but it is not mandatory to have numbered jerseys, etc. (e.g. the entire team can wear the same coloured plain t-shirts, borrow school uniforms, etc.)

## The Game

1. The game is expected to be played outside, but may be moved inside due to unfavourable weather conditions.
2. All official Unified Bocce competitions will be played with regulation bocce balls. Please contact Shanna if you do not have a bocce set at your school.
3. Each of the four players on a team gets one throw (per frame) and the order must alternate between athletes and partners.
4. The team with the highest score after 20 minutes of play will be the winning team.

## Season of Play

Start of school year to October 14th

## Culminating Events

A Unified Bocce championship is tentatively scheduled for October 14th, location TBD. The winning team will have the option to travel to Niagara, Ontario to compete against other Unified Bocce teams in the Special Olympics Ontario High School Championships. For this event, food and accommodation will be covered, but the school is expected to fundraise travel costs.



# Unified Basketball: 5 vs 5 Guidelines

## Team Requirements

1. Minimum ten students per team (two playable lines). Must include minimum six athletes and four partners. Please contact Shanna if you are interested in making a Unified Basketball team but unable to meet the minimum team requirements.
2. The team must wear matching uniforms.

## The Game

1. There must be exactly three athletes and two partners per team on the court at all times.
2. Games will be 20 minutes running clock.
3. Referees have the ability to force a line change if a partner is dominating gameplay (resulting in an unfair advantage and/or the exclusion of lower-ability teammates).

## Season of Play

March 20 to May 31

## Culminating Events

Two Unified Basketball Jamborees will take place at the end of May; one in Edmonton and one in Calgary. Specific Dates and locations TBD.





# Unified Track: 4x100m Relay

## Team Requirements

1. Each team will have four students; two partners and two athletes.

## The Event

1. Athletes and partners may run in any order.
2. All team members must be able to run in their own lane. If a student leaves their lane and interferes with another competitor or gains an advantage, the team will be disqualified.

## Season of Play

February 15th to June 3rd

## Culminating Event

ASAA Provincial Track and Field Championships at Foote Field in Edmonton. This is an open event and teams will not need to qualify through their zones to compete in the Unified Relay. Unified teams will not score points towards their school's cumulative point tally.

