



**METRO**  
**UNIFIED**  
**ATHLETICS**

# 2023 METRO ATHLETICS UNIFIED JAMBOREE

## Memorial Composite High School, Stony Plain



**DATE:** Tuesday, May 30<sup>th</sup>

**VENUE:** Memorial Composite High School  
50 Westerra Centre  
Stony Plain, AB

**TIME:** 9:15 AM Arrival – 2:30 PM Approximate Departure

### EVENT COMMITTEE:

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**HOST:** Memorial Composite High School & Metro Athletics

**EVENTS:** Three events will be offered for participants; all events will aim to have a Recreational Division as well as a Competitive Division dependent on registration numbers.

BEAN BAG TOSS: As per the ASAA guidelines with modifications

BASKETBALL 3 ON 3: As per the ASAA guidelines with modifications

BOCCE: As per the ASAA guidelines with modifications

**“It’s a Fundamental Right to be Included”**

– Karissa Niehoff, Executive Director, NFHS



## ACKNOWLEDGEMENTS

Metro Athletics would like to extend a warm welcome to all students, coaches, teachers and spectators to the 4<sup>th</sup> annual Metro Athletics Unified Jamboree. We are very excited to be able to offer this one of a kind event for our Metro schools, as well as guests from outside our zone. We would like to take the time to acknowledge the support we have received from Emily Lines of the ASAA and her partnerships with Unified Sport and Special Olympics. We would like to applaud all schools who register for this event in their efforts to create lifelong memories and authentic inclusion amongst their students. We look forward to our event on May 30<sup>th</sup> and cannot wait to celebrate in the accomplishments of all of these amazing student athletes.

**REGISTRATION:** Registration will be available on April 6<sup>th</sup> ; deadline to register will be May 5<sup>th</sup>.  
**This year there will be a \$10.00 per participant charge. Invoices will be sent out to the schools after the event.**

*Metro will take all steps necessary to ensure all those wanting to participate are able to. However, with an undetermined number of registrants, Metro may need to restrict registration numbers from schools with more than one team. If you have large numbers of teams, we may have to combine a few.*

## WHAT IS UNIFIED SPORT & WHY IS IT IMPORTANT?

For those of you who are new to Unified Sports, this is a Special Olympics program where students with and without intellectual disabilities train and compete on the same team. The purpose of this program is both to add more athletic opportunities for students who may not normally compete in high school sport, as well as to have a positive impact on school culture by forging pathways to friendship and acceptance among students. It is expected that the students without intellectual disabilities (partners) give visual and verbal cues to assist the students with intellectual disabilities (athletes) to ensure that they fully take part in the sport and are able to develop new skills. The coaches and partners will need to work together to gauge the needs of the athletes, as some athletes will require lots of support and others will require very little. With over one million participants worldwide, Unified Sports is shown to encourage and support the development of leadership, social skills, and sport specific skills among students when it takes place in an inclusive and competitively balanced environment.

## PRINCIPLE OF MEANINGFUL INVOLVEMENT

Every player must be given the opportunity to contribute to the success of the team through their own unique skills and qualities. Coaches must work together to create a balanced competitive environment so that athletes can focus on competing evenly and fairly with their opponents in a safe environment.

## DIVISIONAL STRUCTURE

We will be offering two Divisions for the event, Competitive (Blue) and Recreational (Grey). The Competitive Division will be more structured, and all Unified Sport Specific rules will be adhered to. Coaches and guardians will be asked to allow the athletes and partners the opportunity to participate unobstructed for their events. For the Recreational Division there will be much more flexibility in the sport specific rules. Coaches and guardians will be permitted to step in where athletes require additional help to participate. However, partners are encouraged to help support the athletes first, before including coaches/guardians. Please take this structure into account when registering your athletes so they are placed in the appropriate division.

## TEAM COMPOSITION

All Unified Sports teams are made up of athletes and partners. Athletes are high school students with intellectual disabilities and partners are high school students without intellectual disabilities. Where possible, athletes & partners should come from the same school.

For each individual event the following number of teammates must be present as the minimum:

BEAN BAG TOSS – 1 Athlete & 1 Partner

BASKETBALL – 2 Athletes & 1 Partner = 1 line (1 line minimum, 2 lines recommended)

BOCCE – 2 Athletes & 2 Partners

NOTE: Schools will be permitted to enter individual teams in each event or establish a team of 9 participants up to a maximum of 14 participants (Minimum 5 Athletes & 4 Partners) to compete in the competitive division as a full rostered team and vie for the Metro Aggregate Banner. Schools will be permitted to enter multiple individual teams and/or multiple full rostered teams in each division dependent on registration numbers and space within each event.

**LUNCH/FOOD:** Lunch will be provided, and all efforts will be made to meet dietary restrictions noted on the registration forms. Students & Coaches with severe restrictions/food allergies should bring their own food. A structured lunch schedule will be sent out once the event schedule is released.

## SCHEDULE

9:15 am	Athlete Arrival
9:30 am	Opening Ceremonies
10:00 am	Events Commence
11:30 am	Staggered Lunch Breaks Begin
2:00 pm	Closing Ceremonies & Medal Presentations
2:30 pm	Event completion, Athlete departure

## AWARDS

Gold & Silver Medals will be presented to winners in the Competitive/Blue Division regardless of whether they are a Metro school or not.

A Metro Athletics Unified medal and gift will also be presented to all participants in the competitive and recreational divisions.

**METRO AGGREGATE UNIFIED BANNER:** To be eligible for the Metro Aggregate Unified Banner the following criteria must be met:

1. Must be a Metro School
2. A full rostered team must be registered in the competitive division (minimum 5 athletes & 4 partners)

*\*\*Please note that each full rostered team entered is competing solely for that team. Points awarded to that team for their placement will not be added to points scored by other full rostered teams from the same school\*\**

**EVENT RESULTS AND SCORING:** Only teams participating in the Competitive Divisions and meeting all criteria will earn points towards the aggregate banner. Points will be awarded as follows:

- If 12 teams are entered into the division the 1<sup>st</sup> place team will receive 12 points. 2<sup>nd</sup> place will receive 11 points and so on.
- Any teams losing out after round robin play, quarter finals & semi finals will earn the highest point totals possible should they have played out the remaining backside games. For example, if 12 teams are competing, those two teams who lost out in the semi-finals would receive 10 points each. Those who lost out in quarters will receive 8 points each, those not qualifying for the playoffs would each receive 6 points.
- Total points for each full rostered team will be combined from their Bean Bag Toss, Basketball & Bocce portions of the event.
- In the event of a tie, the total points scored against in all three events will be used to break the tie. If still tied the total points scored for will be used to break the tie.

## UNIFORMS AND APPAREL

For all three events the teams must wear matching shirts or school uniforms. Uniforms should not be used to separate athletes from partners. In the event that two teams are wearing the same coloured jerseys in basketball, pinnies will be available.

## SPORT SPECIFIC RULES

***\*\*Should high registration numbers be a factor, Metro may change the length of game or each games structure to allow for a complete schedule. Any modifications made will be communicated to the schools when the schedule is released\*\****

## **BEAN BAG TOSS:**

**Overview** – Bean bag toss will be played with two-person teams that must consist of one athlete and one partner per team.

**Rules** – The following rules must be followed without adaptations for the competitive division. Teams in the recreation division may adapt the rules to better suit the needs of individual students.

- Distance from the board: 20 feet
- Each team plays with four bean bags, **teammates stand on opposite ends of the court facing each other. Each member will be throwing against an opponent.**
- Opponents alternate tosses until all eight bags are thrown
- The last team to score on the previous round tosses first in the next round
- If interference occurs, the toss can be re-done
- Opponents may call "Foot Foul" if a player is stepping over the playing line
  - The players may not stand in front of the front edge of their opponent's board
- The losing team has the choice of sides for the next game
- Players should not try to block or distract their opponents
- Players must throw underhand

**Scoring** – The winner is the first team to 21 points or the team with the highest score after 8 minutes of play.

- Three points are awarded for each bag in the hole
- One point is awarded for each bag on the board
- Total round score is then determined by the difference in the team totals
  - o If a bag is pushed in the hole by another bag, it counts as three points
  - o The game is over if the score reaches 11 to zero
  - o If a bag touches the ground or is tossed out of turn, it doesn't count

Example: After one round of eight bags played: Team #1 has 1 bag in the hole (3 points) and Team #2 has one bag on the board (1 points). The total round score of two points will be awarded to Team #1. You take the difference of the points earned. 3 Team 1, 1 Team 2 = 2 Points for Team 1.

**Tie Breakers** – If teams are tied at the end of regulation time, the next side in turn to throw will throw one more time to break the tie, if still tied, the teammates will throw back and so on until the tie is broken. This is sudden death.

## **BASKETBALL:**

**Overview** – Unified Basketball is played in a half-court 3-on-3 format with exactly two athletes and one partner from each team on the court at all times.

- There is no maximum number of players per team or maximum number of teams per school, however, we recommend two playable lines per team
- Teams are co-ed
- Schools may combine to make a joint team

**Rules** – The following modified basketball rules will be in play:

- Running clock of 10 minutes depending on registration numbers
  - o Game length will be announced after the schedule is completed
- The game may start with rock-paper-scissors for first possession (best of 1 gets the first ball)
- One 30-second time out will be allowed per team per game; the clock will not stop during this timeout (there will be multiple games taking place at the same time, all using one clock)
- An offensive player, including the shooter, may remain in the free throw area for no longer than three seconds. The penalty for this infraction is loss of possession
- A player may take two steps beyond what is allowable. However, if the player scores or escapes the defense as a result of these extra steps, an advantage has been gained and a violation is called as per the official's discretion
- If there is a turnover or rebound by the defensive team, the ball must come out past the three-point line before they switch to offence. If there is no three-point line, the top of the circle on the key will be used
- After a team scores, the defensive team gets possession at the top of the key (three-point line)
- If a foul is called, possession will be given to the other team
- The ref has the authority to force a line change if they notice a partner is dominating gameplay and/or keeping the ball out of the hands of the athletes on his or her team
- Unlimited substitutions
- Both partners and athletes are allowed to score
- Coaches must stay at the sidelines; no one other than the players and official may be on the court during gameplay

The purpose of the partners is to support the athletes and keep the game in the hands of the athletes as much as possible. The partner should offer visual and verbal cues to the athletes to keep them involved in gameplay. Partners cannot attempt to distract or confuse players on the other team. The amount of support each athlete needs from a partner will vary from athlete to athlete, so it is important that the athletes and the partners practice together to build this relationship beforehand.

**Tie Breakers** – To be determined in succession:

- Highest game points
- Lowest points against average
- Highest points for average

## **BOCCE:**

**Overview** – This game is played outside on grass. Each court will be 60 feet in length and 12 feet wide. Courts will be marked with lines on the ground, there will be no walls for the players to bank their shots off of.

- Bocce is played with eight bocce balls and one smaller target ball called a pallina. There are four balls to each team and each team is distinguished by a different colour.
- A coin toss or rock-paper-scissors will determine which team starts with the pallina and has the choice of ball colour
- The players on a team must alternate between athletes and partners, providing the one who tosses the pallina delivers the first bocce ball (e.g. if a partner tosses the pallina, that partner will also toss the first ball. The next person to deliver a ball from that team will be an athlete). The specifics of the player rotation may vary from frame to frame; however, no player may deliver more than one ball per frame.

### **Sequence of Play:**

1. The pallina is rolled or tossed by a member of the team having won the coin toss at the start of the game. This can be either a partner or an athlete.
  - a. Three-attempt rule: after the coin toss, the team possessing the pallina will have three attempts at throwing the pallina to the opposite end. If these three attempts are unsuccessful, the referee will place the pallina in the center of the court.
2. The player who tosses the pallina must then deliver the first ball.
3. The opposing team will then take turns delivering their bocce balls until they have a ball closer to the pallina than the opposing team OR they have exhausted their four balls (each player having thrown one ball).
  - a. This “nearest ball” rule governs sequence of played balls. The side whose ball is closest to the pallina is called the “in” ball and the opposing side is the “out” ball. When a team gets “in”, they must step aside and allow the “out” team to deliver.
  - b. Example: Team A wins the coin toss and therefore gets to throw the pallina and one ball. Team B throws their first ball too far and their second ball makes it closer to the pallina than Team A’s ball. Now,

it's Team A's turn to throw until they have a ball closer than Team B or are out of balls. The frame is over when each team is out of balls.

4. Each player throws only one ball per frame.

5. Initial Point: It is always incumbent upon the team with the pallina advantage to establish the initial point.

a. Example: Team A tosses the pallina and delivers the first ball. Then, Team B knocks Team A's ball out of position. In doing so, both balls (Team A's and Team B's) fly out of the court, leaving only the pallina in the court. Team A will throw the next ball because it is incumbent upon Team A to re-establish the initial point.

6. Ball Delivery:

a. A player must use an underhand throw (i.e. the player can grip the ball either overhand or underhand, but the ball must be released in an underhand delivery. An underhand delivery is defined as releasing the ball below the waist).

b. There will not be walls on the court for the player to bank off of. The student must roll the ball down the court in attempt to either land his or her ball closest to the pallina, knock a teammate's ball closer to the pallina, or knock the opposing team's ball further from the pallina or out of bounds. If a player throws their own ball out of bounds, they do not get a re-throw.

**Scoring** – At the end of each frame (when both teams have exhausted their balls), scoring will be determined as follows:

1. Points are awarded to the team whose balls are closer to the pallina than the closest ball of the other team. This can be determined by viewing or by mechanical measurements. All players should look at the court at the pallina end before the balls are removed after each frame to ensure they agree with the points announced by the referee. Any player or coach can request a mechanical measurement before the balls are removed.

2. The scoring team for each frame will be the team to throw the pallina and the first ball in the next frame.

3. Winning score: First team to 16 points, or the team with the highest number of points after 10 minutes.

4. Ties during a frame: In the event that two opposing balls are equidistant from the pallina (tied), the team that rolled last will continue to roll until the tie is broken.

5. Ties at the end of a frame: In the event that the two balls closest to the pallina belong to the opposing teams and are tied, no points will be awarded. The pallina returns to the team which delivered it last.

**Tie Breakers** – If teams are tied at the end of regulation time, there will be a throw off. One **athlete** from each team will get 1 throw to get the ball closest to the pallina. Whoever is closest will earn 1 extra point and break the tie.

## INCLEMENT WEATHER

Bean Bag Toss may & Bocce will be played outside, please have your students prepared regardless of the weather. Should there be severe weather concerns, we will attempt to move events indoors.

## OPENING/CLOSING CEREMONIES

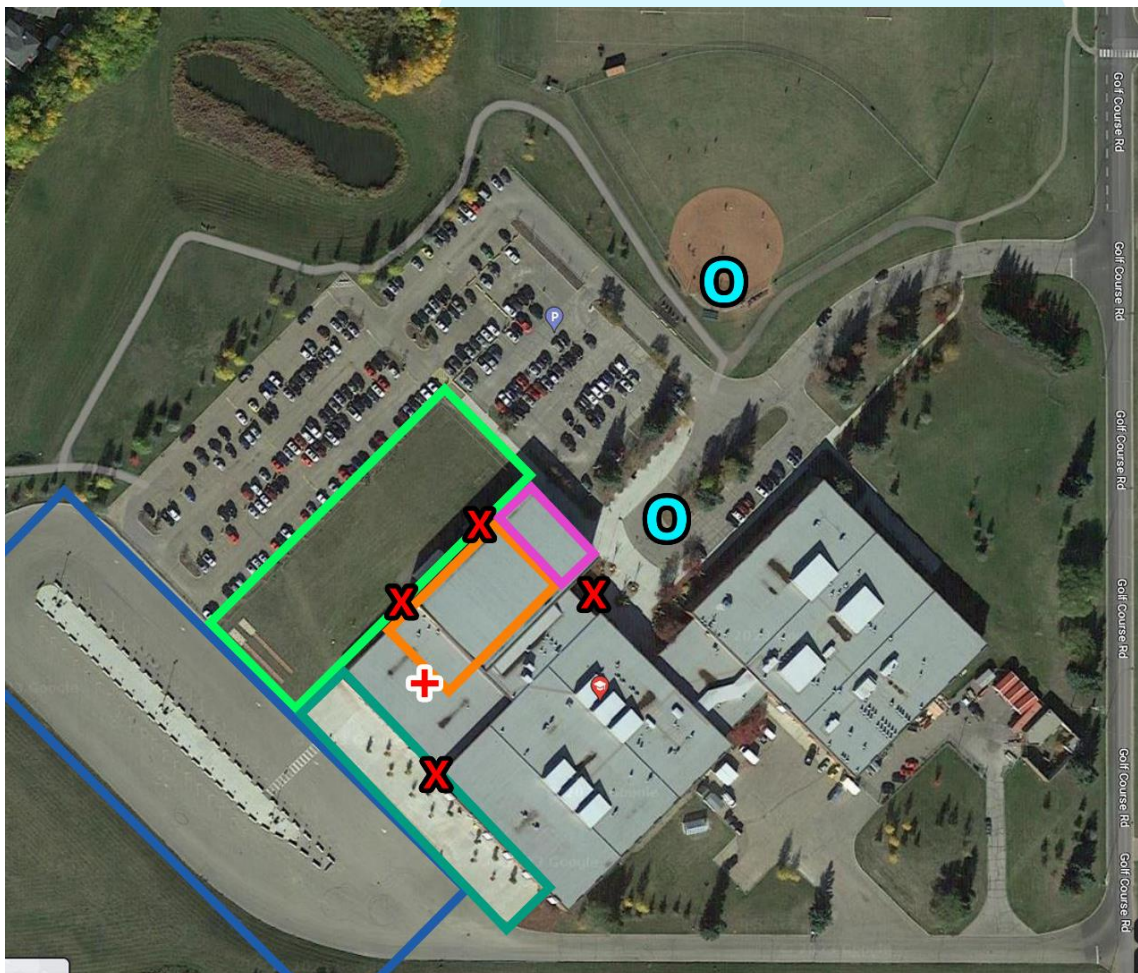
Opening Ceremonies occur shortly before the start of the day's events. All teams should make every effort to be a part of this. Closing ceremonies will be held at the completion of the final event. Should a school not be able to stay until the closing ceremonies, there will be a table set up where they will be awarded their takeaway items before departing.

## EVENT PHOTOGRAPHY

Metro will have an event photographer for the duration of the event. When registering your athletes please be sure to identify their photo/media consent accordingly. All participants who do not consent will be given a small red snap bracelet so they can be easily identified to the photographers.

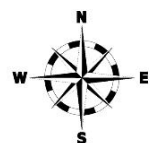
## PARKING INSTRUCTIONS

There is a Bus Drop off area available along the back of the school. Buses can drop off and pick up participants after 8:30 am and before 3:05 pm.



## MEMORIAL HIGH SCHOOL

-  SCHOOL ACCESS
-  BUS DROP OFF & BUS PARKING
-  ATHLETE WELCOME
-  BOCCIE BALL
-  BASKETBALL - Large Gym
-  BEAN BAG TOSS - Small Gym
-  ADDITIONAL ACTIVITIES/LUNCH



# Metro Athletics Unified Jamboree

## Use of Proper Language

For the Metro Athletics Unified Jamboree our participants are classified as **Athletes** – Persons with a Disability, and **Partners** – Persons without a disability. Please use these terms before, during and after the event.

If requested to elaborate on what an Athlete & Partner are, please use the chart below to help with the appropriate language. It is of utmost importance to always use the word **Persons** first.

INSTEAD OF.....	PLEASE USE....
Blind or Visually Impaired	<b>Person</b> who is blind <b>Person</b> with a Visual impairment, <b>Athlete</b>
Handicapped, in a wheelchair, challenged, physically impaired	<b>Person</b> with a disability, <b>Athlete</b>
Inarticulate, Incoherent	<b>Person</b> who has a speech disability, <b>Athlete</b>
Challenged, Retarded, Simple, Slow	<b>Person</b> with an intellectual disability, <b>Athlete</b>
Normal, Mainstream, Regular	<b>Person</b> without a disability, <b>Partner</b>

Thank you for your care and attention to this!