

Special Olympics Northern California and Nevada

Roller Skating



2007 Guidelines and Rules



June 2007

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SPECIAL OLYMPICS

MISSION STATEMENT

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Training For Life

SONC / SONV PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body of Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.

Special Olympics Northern California and Nevada

COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC/SONV) volunteer coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching.

In addition, it is the position of SONC/SONV that each volunteer coach shall agree to:

HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONC/SONV staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.

PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s) coached, as well as all SONC/SONV policies and procedures as amended.

ENSURE THE HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's registration form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when needed.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONC/SONV policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONC/SONV in its sole discretion:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics event or tournament;
3. The coach or sponsoring school/organization may be suspended from participating in any or all Special Olympics activities or events for a specified period of time; and/or
4. The coach or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics activities or events.

I have read and understand the foregoing SONC/SONV Coaches' Code of Conduct, and agree to abide by its terms.

By: _____
(Signature of Volunteer Coach)

Print Full Name: _____

Date: _____

Special Olympics Northern California and Nevada

ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

SONC / SONV ROLLER SKATING RULES AND REGULATIONS

The Official Special Olympic Sports Rules shall govern all Special Olympics Roller Skating competitions. As an international Sports Program, Special Olympics has created these rules based upon Federation International de Roller Skating (FIRS) and National Governing Body (NGB) rules for roller skating. FIRS or NGB rules shall not be employed when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

SECTION A – GENERAL RULES

1. EACH SPECIAL OLYMPICS ATHLETE IS REQUIRED TO HAVE AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A **UNIFIED® PARTNER RELEASE FORM** IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.

SECTION B – OFFICIAL EVENTS

Artistic Competition

1. Dance Solo Levels I – IV
2. Dance Pairs Levels I – IV
3. Freestyle Singles Levels I – IV
4. Freestyle Pairs Levels I – IV
5. School Figures Levels I – IV

Speed Competition

6. 30 Meter Slalom
7. 30 Meter Straight Line Race
8. 100 Meter Race the Track
9. 300 Meter Race the Track
10. 500 Meter Race the Track
11. 1000 Meter Race the Track
12. 2 x 100 Relay Race
13. 2 x 200 Relay Race

Hockey Skills

14. 15 Meter Ball Dribble
15. Shoot Round the Goal

Note: Athletes may compete in a combination of Artistic and Speed Events. Athletes may enter three (3) events and a relay. This is being evaluated and subject to change in future years.

SECTION C – FACILITIES

1. Artistic Events

- a. The ideal competitive surface is rectangular and at least 20m (65'7.5") in width x 50m (164'.5") in length and made of wood, tile or smooth cement. When necessary, competitive events may be adapted for smaller surfaces.
- b. A sound system is needed for singles and dance competitions. For singles, cassette tape recorders are needed. For dance, the meet director may select records, tape or organ music.

2. Speed Events

- a. An Official Championship 100-meter track shall be used.
- b. A 100-meter track is standard, but any size from 50m to 100m can be used. When recorded times will not be used for placement at the next level of competition, the meet director may choose to modify the distance (i.e. using a 90-meter

track, individuals might race 90, 270 and 450m rather than 100, 300 and 500m). A 100-meter track requires a minimum skating surface of 20m by 50m.

- c. The track is to be marked by four 8" pylons with the base cut so that no edges protrude onto the skating surface. Additional markers may be used to define the track.
- d. When rails or barrier openings occur between corners two and three and four and one, they shall be closed in to present a continuous, smooth surface from the floor to the top of the railing or barrier wall. When no barrier surrounds the skating surface, a minimum of 1.53m (5') from the edge of the surface shall be kept clear of seating, bleachers, spectators and contestants and will be clearly marked with tape, chalk, rope, etc. Unless the actual track is more than 9.15m (30') from the edge of the skating surface, any rough surface, protrusions and obstacles adjoining the track or within 1.53m (5') without a barrier protection, shall be padded. The padding shall be at least 5cm (2") thick and raised 26cm (10') from the skating surface.

SECTION D – EQUIPMENT

1. All events

- a. Skaters may choose to use traditional quad roller skates with four wheels on two axles, one under the ball of the foot and one under the heel; or skate with two, three, four or five wheels under the center of the foot.

2. Artistic Events

- a. Women wear skirted leotards and sheer hose or tights. Men may wear jumpsuits or stretch pants with leotards tops or shirts and ties. For local competitions, appropriate sweatsuits or warm up suits are permissible.
- b. Protective gear including helmets, wrist guards and knee pads are optional, but recommended for some athletes.
- c. Skaters will wear a cloth or paper number on their backs for identification in school figures and dance events. The man will wear the number in team dance. Singles skaters wear no numbers.

3. Speed Events

- a. Competitors wear shorts and matching short sleeved shirts or one-piece short-sleeved outfits. Sweatpants may be substituted in local competitions. All members of a relay team must wear identical outfits.
- b. Integral headgear is required. Wrist guards and knee pads are optional, but may be recommended for some skaters.
- c. Skaters will wear a cloth or paper number on their backs. Members of a relay team will be issued a separate matching number for that event (i.e. all members of a team will wear #3). Color coded armbands or vests may be used in addition to numbers to help identify relay partners.
- d. A starter gun shall be used. False starts will require a restart. Standing or track starts may be used. If it is impossible to get a starter's gun, a whistle may be used in local competition. For hearing impaired athletes, dropping a hand or flag shall accompany the sound of the gun.

SECTION E – PERSONNEL

1. Artistic Events

- a. Three or five judges will be used in all artistic events with one of the panel acting as referee if necessary.

2. Speed Events

- a. There shall be one timer per competitor in the race.
- b. A starter will be responsible for commencing the race by utilizing a starter gun.

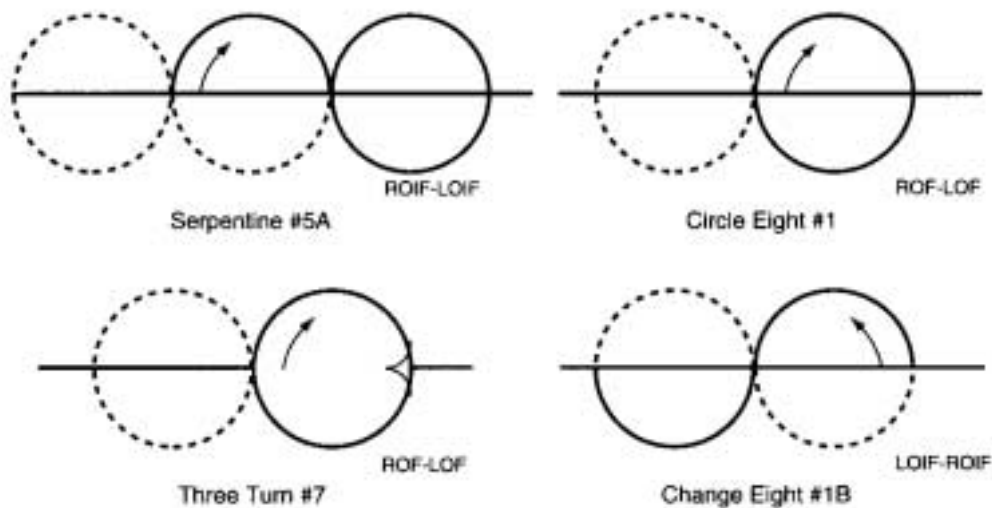
- c. Placement judges shall record the placement of skaters as they cross the finish line.

SECTION F – RULES OF COMPETITION

1. Artistic Events

A. Schools Figures

- 1) All events are final events.
- 2) One score will be given from 0-100 for form, tracing edge quality and good take-offs.
- 3) Figure Requirements:
 - a) Level I – Figure #1, ROF-LOF-Circle Eight
 - i. A level I figure skater should be able to:
 - Fall and get up unassisted.
 - Start from a T position.
 - Skate a ROF and LOF edge for $\frac{1}{4}$ of a circle.
 - Take off right to left and left to right from a roll.
 - b) Level II – Figure #1B, LOIF-ROIF-Change Eight
 - i. A Level II figure skater should be able to complete the Level I skills and:
 - Skate a RIF and LIF edge for $\frac{1}{4}$ of a circle.
 - Perform a LOIF and a ROIF change of eight
 - c) Level III – Figure #5A, ROIF-LOIF-Serpentine
 - i. A Level III figure skater should be able to:
 - Complete one and one half circles on a single push.
 - d) Level IV – Figure #7, ROF-LOF-Three Turn
 - i. A Level IV figure skater should be able to complete the Level I and Level II skills and:
 - Perform a ROF and LOF three turn.
 - Hold a LIB and a RIB edge for a $\frac{1}{4}$ of a circle.
 - Perform a RIB-LOF and a LIB-ROF choctaw.



B. Free Style Singles

- 1) Coaches select one or more cuts of music for the skater's program. More than one skater may skate to the same selection. Vocals are permitted in Levels I and II, but not in Level III.
- 2) Each skater skates alone.
- 3) All events are final events.
- 4) Free Style Singles Requirements:
 - a) Level I – Free Style Singles
 - i. A Level I Free Style Singles skater should be able to:
 - Fall and get up unassisted.
 - Perform 6 of the ten listed skills.
 - ii. Maximum time is 90 seconds. Skaters must attempt a minimum of six of the ten skills listed below. They may add skills up to the maximum of ten, but will not get extra credit for adding items not on this list. Skills may be performed in any order. Skaters will receive only one score from 0-100, for manner of performance. Skaters who do not attempt the minimum skills will be penalized by having their score dropped. Level I skills included:
 - Roll forward on two feet in straight line
 - Roll backward on two feet in a straight line
 - Forward scissors
 - Backward scissors
 - One-foot inside or outside forward edge in a semi-circle
 - One-foot backward edge or flat
 - Cross in front
 - Cross behind
 - Three or more forward alternating strokes

- Toe-stop stop

b. Level II – Free Style Singles

- i. A Level II Free Style Singles skater should be able to:

Perform seven of the ten listed skills

- ii. Maximum time is two minutes. Skaters must attempt a minimum of seven of the ten skills listed below. They may add skills up to the maximum of ten, but will not get extra credit for adding items not on this list. Skills may be performed in any order. Skaters will receive only one score from 0-100, for manner of performance. Skaters who do not attempt the minimum seven skills will be penalized by having their score dropped. Level II skills include:

- Shoot the duck (one legged sitting glide)
- Forward arabesque or spiral
- Bunny hop
- Two-foot jump from forward to backward
- Spread eagle
- Mohawk jump or mohawk turn
- Backward cross pulls
- Two-foot spin
- One-foot spin
- T-stop

c) Level III – Free Style Singles

- i. A Level III Free Style Singles skater should be able to:
 - Perform three of the listed spins and five of the listed jumps
- ii. Maximum time is 2.5 minutes. Skaters must attempt at least five jumps of a one-half or one full revolution from the list below and three spins. Two scores will be given, one for content variety and difficulty and one for the manner of performance.
- iii. Spins
 - Two-foot spin
 - Any edge upright
 - Any edge sit-spin
 - Upright change upright
- iv. Jumps
 - Bunny hop
 - Mohawk jump
 - Waltz jump
 - Half or single mapes
 - Half or single flip
 - Single salchow

d) Level IV – Free Style Singles

- Maximum time is three minutes. Skaters must attempt at least five jumps and one three-jump combination and three spins. Jumps should include single, one and one-half, and double revolution rotations. Spins should include at least one camel, any edge, and one sit spin any edge. Skaters must also complete a sequence of footwork at least one-half the length of the skating floor.



G
Hand in Hand



H
Cross Arm Position



B
Side

C. Dance

- 1) All events are final events.
- 2) Both solo and team (one man and one woman) events will be on each level
- 3) One score will be given between 0-100 for form, timing, quality of stroking, accuracy of step, pattern and team relationship.
- 4) In team dance, partners may select hand-in-hand, crossed arm or Side B position with no penalty.
- 5) Dance requirements
 - a) Level I – Dance, three beat steps to a 108 Waltz
 - i. A Level I dance skater should be able to:
 - Fall and get up unassisted
 - Hold left and right steps for three beats
 - Count or clap or step in three beat increments to a 108 Waltz
 - b) Level II – Dance, The Glide Waltz
 - i. A Level II dance skater should be able to:
 - Perform a counterclockwise and clockwise chasse sequence (step, chasse, hold and hold-counter 2-1-3-3).
 - Put together the sequences to perform the prescribed pattern for the Glide or Straight Waltz.
 - c) Level III – Dance, The Skater's March
 - i. A Level III dance skater should be able to:
 - Perform a counterclockwise and clockwise progressive run sequence with a RIF cross-in-front.
 - Perform a clockwise ROF cross-in-front to LIF cross behind
 - d) Level IV – Dance, The Siesta Tango
 - i. A Level IV dance skater should be able to:
 - Perform a RIF-LIB mohawk turn
 - Perform a backward progressive run sequence with a RIF cross-in-front.
 - Perform a LIB cross-in-front to RIF mohawk turn.
 - Perform a RIF cross behind.

D. Pairs Free Style

- 1) Pairs is free style skated by co-ed teams to their own music selection. There is a two minute maximum time, with no minimum.
- 2) In either level, teams must attempt a minimum of six items. One score will be given between 0-100 for manner of performance. Skaters are encouraged to add footwork, but will be penalized for adding other content beyond that described in the requirements. Each program must include at least one contact item, one shadow item, one jump and one spin.

a) Level I Items:

- i. Contact scissors, face to face
- ii. Contact cross-in-fronts, side by side
- iii. Contact team spin, face to face holding hands
- iv. Contact stop, toe stop or T-stop
- v. Contact spread eagle
- vi. Shadow spread eagle
- vii. Shadow bunny hops
- viii. Shadow two-foot jumps
- ix. Shadow two-foot spins
- x. Shadow one-foot upright spins
- xi. Assisted arabesque, man's hand on woman's hip
- xii. Assisted two-foot jump (mini-lift), side by side with woman jumping
- xiii. Assisted shoot-the-duck, woman down, man stands

b) Level II Items

- i. Contact arabesque, side by side or face to face
- ii. Contact shoot-the-duck, side by side
- iii. Contact mohawk jumps
- iv. Contact camel spin, side by side
- v. Shadow waltz jumps
- vi. Shadow mohawk jumps
- vii. Shadow one foot upright spins
- viii. Shadow camel or sit spins
- ix. Assisted arabesque, woman backward, man assists
- x. Hip lift, rotation optional
- xi. Stag lift, rotation optional

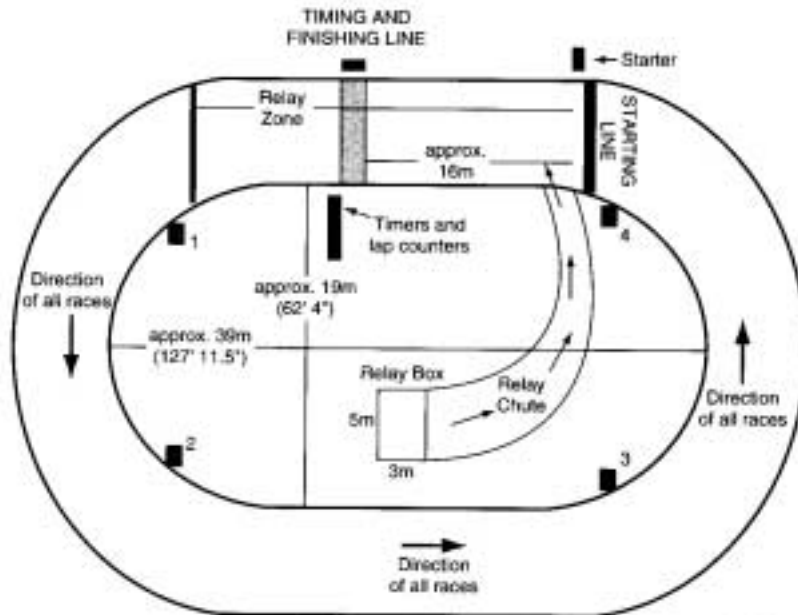
xii. Throw waltz jump

xiii. Pass over lift

2. Speed Events

- a. All events are final events
- b. Although the race starts at the time of the gun, the timers start their watches when the first skater reaches the timing line. The watch is stopped when the skate of the assigned skater reaches the finish line.
- c. Disqualification will be the penalty for any of the following infractions:
 - 1) Intentional blocking, hitting, shoving or tripping another skater.
 - 2) Cutting inside a pylon.
 - 3) Falling in a place that limits another skater's ability to compete.
 - 4) Breaking a skate so that it is impossible to continue.
 - 5) Receiving physical assistance after the starting gun.
- d. Rules for Relay Races
 - 1) There is a box marked on the skating surface inside the track, across from the finish line. This box or gate area should be large enough for all the skaters waiting to make a relay. These dimensions are generally 5m (16'5") x 3m (9'10.25").
 - 2) For relays, one partner starts on the line while the other partner(s) wait(s) in the box. Once the race has begun, the relaying partner skates to the legal tag area between pylons 1 and 4, attempting to match their partners speed by the time of the tag. A hand tag is used.
 - 3) Missing a tag is a basis for disqualification.
 - 4) Relay teams may be all male, female or co-ed.

Official Championship 100 Meter Track



e. Rules for 30 Meter Straight Line Race

- 1) The course shall be set up in a straight line 30m (98'.25") long with a start and finish line at least 5m (16'.5") wide each.
- 2) Helmets are required for all skaters, protective knee and wrist guards are optional.
- 3) Each skater will wear a cloth or paper number for identification. Numbers are worn on the back.
- 4) A whistle or gun may be used to start. A false start requires a restart.
- 5) No athletes may receive physical assistance during the actual race, but walkers or other non-mechanical devices may be permitted.
- 6) There shall be one timer per competitor in the race. Timers shall start their watches at the start of the gun or whistle. A timer will stop the watch when the skate of the assigned skater crosses the finish line.
- 7) All skaters in the heat skate at one time. Placement judges will record the placement of the skaters as they cross the finish line.
- 8) Any skater who pushes, blocks or trips another skater in a way that hurts the other skater's performance must be disqualified.

f. 30 Meter Slalom

- 1) The course shall be set up in a straight line 30m long (98'5.25") with a start and finish line measuring at least 5m (16'5") wide each.
- 2) Integral headgear is required. Wrist guards and knee pads are optional, but recommended for some skaters.
- 3) Each skater will wear a cloth or paper number for identification. Numbers are worn on the back.
- 4) A whistle or gun may be used to start. A false start requires a restart.
- 5) No athlete may receive physical assistance during the actual race, but walkers or other mechanical devices may be permitted.
- 6) Five pylons are set up to 5m (16'5") apart. The first pylon is 5m from the starting line, making a 30m (98'5.25") course total. From the start, skaters pass the pylons on alternating sides, starting either to the left or the right.
- 7) Each skater is penalized by one second added to the official time for every pylon missed or straddled.
- 8) The timer shall start the watch at the sound of the gun or whistle and stop it when the skater's skate crosses the finish line.