

UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION

Special Olympics Utah Unified Sports
for UHSAA Member Schools



UHSAA Policies and Playing Rules for Special Olympics Utah Unified Sports In UHSAA Member Schools

-Must Adhere to all Policies in the UHSAA Handbook Unless Modified Herein-

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Believing in the value of participation for all students, Utah **High School Athletics Assosiation (UHSAA)** has joined forces with **Special Olympics Utah (SOUT)** to provide our member schools the opportunity to participate in interscholastic co-ed Unified Sports: Soccer and Track & Field.

Unified Sports is an inclusive sports program that combines a proportionate number of Special Olympics Utah athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) on teams for training and competition. The Unified Sports philosophy includes social inclusion (relationships created in sport, enhanced in inclusive school climate), meaningful involvement of all teammates, playing together, and respecting teammates and others on and off the field of play.



Unified Sports is one of the three components of **Unified Champion Schools**, a school-based program developed by Special Olympics with the support of the Department of Education to bring about positive change in our schools. Unified Champion Schools combines three main components: inclusive sports, youth leadership and advocacy, and whole-school engagement to activate young people to become leaders in their communities and create positive school climates based on inclusion, respect, and participation for all students.



For more information on Special Olympics Project Unify and Unified Sports, visit the **Special Olympics Utah** website at www.sout.org or call 801-363-1111.

**Special
Olympics
Utah**



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UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION (UHSAA)
SPECIAL OLYMPICS UTAH (SOUT)



SECTION 1: UHSAA Unified Sports Policies

- A. Member schools must adhere to UHSAA policies as outlined in the UHSAA Handbook unless a modification has been approved by the UHSAA (see G below).
- B. Member schools shall notify the UHSAA if they are committed to participate the following spring in the UHSAA/SOUT Unified Sports on the UHSAA Annual Dues and Fees form due October 1.
- C. Unified Sports participants must meet UHSAA and SOUT standards of eligibility including the health examination policies of both organizations.
- D. Unified Sports competitions shall be governed by NFHS and Special Olympics official sports rules.
- E. The Unified Sports co-ed soccer team is considered a separate program from other high school soccer teams and therefore is not subject to the UHSAA Sports Season Rule. However, students who tried out and made a high school soccer team (varsity, JV, sophomore, freshman) are ineligible to compete on the UHSAA/SOUT Unified Sports soccer team during that the same school year.
- F. Unified Sports track & field is considered an extension of the existing track & field program at the participating school.
- G. Modifications of UHSAA policies for schools and students participating in UHSAA/SOUT Unified Sports:
 - 1. Co-op or School Adoption Allowances:
 - a. Member schools may combine with another member school(s) to **form a co-op team** if the principals of the participating schools secure written approval from the UHSAA prior to the start of the season.
 - b. Member schools may **adopt a non-member special needs/cluster school** if the school secures written approval of both principals and the UHSAA. When final approval is granted by the UHSAA, SOUT athletes are eligible to compete on the Unified Sports team of the UHSAA member school if they meet the SOUT standards of eligibility.
 - c. The UHSAA age rule for students with intellectual disabilities does not apply.
 - 2. To be eligible to participate in UHSAA/SOUT Unified Sports, a student must be a full-time student in the school he or she intends to represent or at a co-op/adopted school outlined above.

SECTION 2: UHSAA/SOUT Unified Sports Coaches' Certification

- A. On an annual basis, head coaches shall complete the UHSAA/SOUT Rules Clinic by the designated deadline.
- B. Coaches shall complete both the UHSAA and SOUT certification requirements prior to coaching. Links to the following information is available at <http://www.uhsaa.org/unifiedsports/unifiedsports-2.html>.
 - 1. UHSAA Requirements: Background Check, CPR Training, First Aid Training, Concussion Training, Fundamentals of Coaching. See UHSAA Handbook for additional information at www.uhsaa.org. It is the responsibility of the schools/districts to track the certification of their coaches.

2. SOUT Requirements: complete the Green Level/Class A Certification on the SOUT website at <http://sout.org/sports-and-fitness-programs/coach-training/> (Registration Form, SOUT Background Check (free), General Orientation (free 20 minute course), and Protective Behaviors (free 20 minute course)), along with Level 1b, “Coaching Unified Sports”, the free NFHS online course at www.nfhslearn.com and submit certificate of completion to coaches@sout.org
- C. Proper Adult Supervision Required:
1. Coaches are responsible for the health and safety of all players, which is primary and the top priority. This responsibility should assist coaches in the selection of appropriate athletes and partners to participate on any Unified Sports team.
 2. SOUT recommends a 4:1 ratio of coaches (supervisors) to participants. The ratio in Unified Sports track & field applies only to the participating SOUT athletes.

SECTION 3: UHSAA/SOUT Unified Sports Participants

- A. **Athlete:** A person is considered to have an intellectual disability for purposes of determining his or her eligibility to participate with SOUT as an athlete if that person satisfies any one of the following requirements:
1. The person has been identified by an agency or professional as having an intellectual disability as determined by their localities; or
 2. The person has a cognitive delay, as determined by standardized measures such as intelligent quotient (“IQ” testing) or other measures, which are generally accepted within the professional community in that Accredited Program’s nation as being a reliable measurement of the existence of a cognitive delay; or
 3. The person has a closely related developmental disability. A “closely related developmental disability” means having functional limitations in both general learning (such as IQ) and in adaptive skills (such as in recreation, work, independent living, self-direction, or self-care).
 4. Simply, the eligibility statement provides access to individuals with intellectual or closely related developmental disability or cognitive delay (about two years behind in school) to the program. This also includes students on the Autism spectrum.
- B. **Unified Partners:** Unified Sports provides opportunities for typically developing students as well as students with physical or other disabilities (hearing, sensory, ADD, ADHD) to engage in sports training and competition as Unified Sports partners.
- C. Participating schools must comply with rules relating to the registration requirements for participants, including guidelines for participation of people with Down syndrome and of parent and medical releases prior to participation in SOUT activities.
- D. **ATLANTO AXIAL INSTABILITY:** SOUT requires temporary restriction of individuals with Down syndrome from participation in certain activities that pose potential risk to the spinal column. This restriction may be lifted once an X-ray is produced showing no evidence of instability on the C-1 vertebrae.
1. Participating schools may allow all individuals with Down syndrome to continue in most Special Olympics sport training and competition activities. However, such individuals shall not be permitted to participate in sport training and competition activities which, by their nature, result in hyperextension, radical flexion or direct pressure on the neck or upper spine, until the an X-ray is produced showing no evidence of instability in the C-1 vertebrae or the requirement of #2 below is satisfied. Such sports training and competition activities include: Swimming (butterfly events, individual medley events, diving starts in swimming), diving, pentathlon, high jump, equestrian, gymnastic artistic, soccer team play.
 2. Any individual diagnosed as having Atlanto Axial Instability, shall NOT be allowed to participate in the activities listed above. An exception to this is allowed only if the athlete submits written certifications from two physicians clearing the athlete to compete on forms prescribed by Special Olympics. This

must also be combined with an acknowledgement of risks signed by an adult athlete or his/her parent or guardian if the athlete is a minor.

SECTION 4: SOUT Unified Sports Abbreviated Guidelines

A complete copy of the guidelines are available from a link on the UHSAA Unified Sports page at www.uhsaa.org.

- A. SOUT Unified Sports promote social inclusion through shared sport training and competition experiences for individuals with and without intellectual disabilities. Unified Sports has proven to be highly effective in achieving social inclusion and creating welcoming school climates. It is important to remember that, to best meet goals of inclusive sports, teams shall NOT be comprised solely of individuals with disabilities; Unified Sports teams shall also include typically-developing peers.
- B. SOUT Unified Sports is an inclusive sports program that combines an approximately equal number of SOUT athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) on teams for training and competition.
- C. While there are specific rules governing the number of SOUT athletes and partners during competition, it is recommended that coaches also maintain an approximately equal number of athletes and partners on the overall roster. This will decrease the possibility of a game forfeiture due to failure to meet the required line-up ratio and will enhance the Unified Sports experience in both training and competition.
- D. When creating opportunities for participants with physical disabilities to participate in sports training and competition, participating schools should be guided by the following principles: 1) each participant should enjoy a dignified and meaningful competition experience; 2) the integrity of the sport must be preserved; and 3) the health and safety of all participants, coaches, and officials must not be compromised.
- E. Meaningful Involvement is an effort to optimize participation by all team members (athletes and partners) based on the principle that every player should contribute to the success of the team. The composition of any team must include players with necessary sport-specific skills. Teams should not include players who dominate play, exclude other teammates from contributing to the success of the team, or present a health and safety risk on the field of play. By permitting any player to dominate play, other players' roles and opportunities are greatly limited. This violates both the spirit and intent of the SOUT Unified Sports rules and philosophy and will be addressed according to the standards set forth by each sport's rules and governing ordinances.
- F. Members of a Unified Sports team should be able to demonstrate fundamental skills and strategies of the sport. All athletes and partners on a Unified Sports team must have attained the necessary sport-specific skills and tactics to compete without modification of the current NFHS or Special Olympics official sports rules.
- G. To enhance the Unified Sports experiences, athletes and partners should be closely matched in ability and age. Every attempt should be made to keep teammates as closely matched as possible, especially the sports where strength, speed and size are factors. Ability matching will decrease the risk of injury and provide a more meaningful sports experience.
- H. During post-season play, an effort will be made to place teams in competitive divisions based upon ability and age with other Unified Sports teams and according to established procedures for SOUT divisioning.

UHSAA/SOUT Unified Sports Co-ed Soccer Policies & Pairings

Start Date:

Practice Days: Recommended that teams practice just 2-3 days a week

First Contest Date:

Schedules: Schedules will be made and distributed by SOUT and UHSAA

- A. In addition to the regularly scheduled games, Unified Sports soccer teams are allowed to schedule a maximum of two scrimmages with other member Unified Sports soccer teams. These scrimmages do not require officials.
- B. Teams will compete in a maximum of six regular season games.
- C. The governing rules for UHSAA/SOUT Unified Sports Soccer shall be the NFHS Soccer Rules except when they are in conflict with the SOUT Unified Sports 5-a-Side Soccer Rules as provided below. In such cases, the SOUT Unified Sports soccer rules shall apply.
- D. SOUT will pay for two officials per game at a rate of \$35 per official plus travel as per UHSAA standards.
- E. All participating teams will advance to the state tournament. At the completion of the regular season games, teams will be assigned to a division at the state tournament based on their ability level as determined by SOUT rules. Per SOUT rule, the maximum number of teams in each division will be eight.
- F. Participants on the first, second and third place teams in each division at the state tournament will receive Unified Sports medals. Participants on all other teams at the state tournament will receive appropriate ribbons. UHSAA/SOUT Unified Sports soccer trophies will be awarded to the first and second place teams in each division.
- G. **Major Adjustments of NFHS Rules by the SOUT Unified Sports Soccer Rules of Competition.** Adjustments to the NFHS Rules are gray-shaded.
 - 1. The 5-a-side field shall be a rectangle: maximum dimensions of 50 meters by 35 meters, minimum dimensions of 40 meters by 30 meters. The smaller field is recommended for lower ability teams.
 - 2. The field shall be marked in accordance with the rules for a 5-a-side field.
 - 3. The goal size shall be 12 feet in width by six feet in height.
 - 4. The penalty mark shall be at a point seven yards from the midpoint of the goal line.
 - 5. The recommended playing surface is grass or artificial turf.
 - 6. The ball shall be the size 5 ball, not more than 70 cm (28 in) and not less than 68 cm (27 in) in circumference.
 - 7. The roster size is not to exceed 12 players with a recommendation of seven athletes and five partners.
 - 8. The game is played between two teams, each consisting of not more than five players, one of whom shall be the goalkeeper.
 - a. The athlete to partner ratio shall be equal. When a team consists of an odd number of players, five or three, the ratio shall favor the number of athletes: three athletes to two partners or two athletes to one partner.
 - b. Both genders shall be represented among the partners. It is recommended that both genders be represented among the athletes as well. In a case in which only three players are playing, both genders shall be represented among those players.
 - 9. A game shall not be started with fewer than five properly uniformed, eligible players on each team. After the game is started, it may not be continued with fewer than three players on either team. If a team has fewer than three eligible players, or is unable to meet the athlete/partner ratio or the gender representation requirement, the game shall be terminated and a forfeit shall be declared.

EXCEPTION: Should a team drop below three players, or is unable to meet the athlete/partner ratio or the gender representation requirement, due to a player having to leave the field for a temporary equipment repair, minor injury, or due to a blood-rule situation, the official may suspend the game momentarily until the problem is corrected and then continue the game.

10. Special Olympics safety rules prevent an athlete with Down syndrome who has been diagnosed with Atlanto Axial Instability from participating in soccer, except as explained in Section 3.
11. Uniform and equipment shall meet NFHS and SOUT standards as outlined in the soccer rules with the following exceptions:
 - a. Jerseys shall be those approved or purchased by SOUT. The home team shall wear the jersey with the white side out.
 - b. Socks worn by players shall be the same dominant color as those of their teammates and shall be a different color than the opponent's. Both socks of an individual player shall be the same color. If socks of both teams are similar in color it will be the responsibility of the home team to change. It is recommended that the home team wear predominantly white socks.
12. The duration of the game shall be two equal periods of 15 minutes with a halftime interval of five minutes. The referee is responsible for keeping the playing time.
13. Kick-in from the touchline (equivalent to the throw in for 11-a-side):
 - a. A kick-in shall be awarded to a team when the ball last touched by a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a kick-in.
 - b. The ball shall be kicked in any direction toward the field of play from a stationary position on the touchline at the point where it crossed the touchline by a player who is facing the field of play.
PENALTY: Kick-in awarded to the opponent from the spot of the foul.
 - c. While a kick-in is being taken, an opponent shall neither interfere with nor in any way impede the actions of the kicker, and shall stand at least five yards from the point at which the kick-in is being taken.
PENALTY: A referee shall administer a caution for unsporting conduct.
 - d. On a kick-in, the ball is playable when it has been kicked and moves the distance of its own circumference within the field of play. After the kick-in the ball may be played by either team. The kicker may not play the ball until it has been touched or played by another player.
PENALTY: Indirect free kick awarded to the opponent from the spot of the infraction.
 - e. If, on the kick-in, the ball fails to remain in the field of play before it is touched or played by a player or fails to move the distance of its own circumference within the field of play, the ball is awarded to the opponent at the spot of the infraction.
 - f. A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a kick-in by a teammate.
14. Goal Clearance:
 - a. A goal clearance shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team.
 - b. The goalkeeper, standing within his/her own penalty area, shall throw the ball back into play beyond his/her own penalty area, but not further than the halfway line (i.e., the ball must touch the ground or another player before crossing the halfway line).
PENALTY: Indirect free kick for the opponent from any point on the halfway line.
 - c. If the ball is not cleared beyond the penalty area or the ball is touched after leaving the hand of the goalkeeper by any player inside the goal area, the goal clearance shall be repeated.
 - d. After the ball leaves the penalty area it may be played by any player except the goalkeeper who cleared the ball. That goalkeeper may not play the ball until it has been touched by another player.
PENALTY: Indirect free kick awarded to the opponents from the spot of the foul.

15. When the goalkeeper takes control of the ball with the hands when playing as a goal keeper within his/her own penalty area, he/she shall release the ball into play in the following manner: The goalkeeper, standing within his/her own penalty area, shall throw the ball back into play beyond his own penalty area, but not further than the halfway line (i.e., the ball must touch the ground or another player before crossing the halfway line).
PENALTY: Indirect free kick for the opponent from any point on the halfway line.
16. Restart exceptions:
 - a. Any free kick that is awarded to the defending team inside their own penalty area will be restarted with a throw from the goalkeeper the same as if the goalkeeper had taken control of the ball as in 15.
 - b. Free Kick: Players opposing the kicker shall be at least five yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts.
 - c. When an indirect free kick is awarded to the attacking team inside the penalty area and within five yards from the goal line, the referee shall place the ball at five yards from the goal line.
17. In the taking of a corner kick, players of the defending team shall be at least five yards from the ball until it has been kicked.
18. Overtime:
 - a. In regular league play, ties are considered final. No overtimes during regular season games.
 - b. For tie games in **state tournament play**: one “sudden victory” overtime period will be played. If a team scores within the overtime period, that team will be declared the winner. If, during the “sudden victory” overtime period, neither team scores and a tie still exists, the following tie-breaking procedure shall be followed (shootout):
 - c. Coaches, officials and team captains shall assemble at the halfway line to review the procedure as outlined below:
 - i. The head referee shall choose the goal at which all of the kicks from the penalty mark shall be taken.
 - ii. Each coach will select any five players from their roster, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the kicks. Three of those five shall be athletes and two shall be partners.
 - iii. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
 - iv. The order of the kickers representing a team shall be athlete, partner, athlete, partner, athlete.
 - v. Teams will alternate kickers. There is no follow-up on the kick.
 - vi. The defending team may change the goalkeeper prior to each penalty kick.
 - vii. Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
 - viii. Add one goal to the winning team score and credit the team with a victory. An asterisk(*) may be placed by the team advancing to indicate the advancement was the result of a tie breaker system.
 - d. If the score remains tied after each team has had five kicks:
 - i. Each coach will select a player to take an additional kick. The alternation for a team between athletes and partners shall continue. Kicker six would be a partner, seven would be an athlete, etc. No athlete shall take a second kick until all athletes on the roster and eligible to play shall have taken a kick. No athlete shall take a third kick until all athletes on the roster

- and eligible to play shall have taken a second kick, etc. No partner shall take a second kick until all partners on the roster and eligible to play shall have taken a kick. No partner shall take a third kick until all partners on the roster and eligible to play shall have taken a second kick, etc.
- ii. Following the additional kick for each team, the team scoring when their opponent fails to score on the kick shall be declared the winner.
 - iii. If kicks for both teams are successful or both are unsuccessful, repeat d-i&ii.
- e. During all tie-breaker penalty kicks, the ball remains alive until its momentum is spent, it goes out of bounds, or it is retouched by the kicker.
19. The offside rule (NFHS Rule 11) shall **NOT** apply.
20. A player who has been disqualified from the game for two yellow cards or a red card shall not re-enter the current game and is then subject to UHSAA Sportsmanship Policies. The disqualified player's team must play a player down with the following exceptions:
- a. If there are five players against four players and the team with the larger number scores a goal, the team with four players may again play with five players.
 - b. If both teams are playing with four players and a goal is scored, both teams may again play with five players.
 - c. If there are five players playing against three or four against three and the team with the larger number scores a goal, the team with three players may be increased by one additional player.
 - d. If both teams are playing with three players and a goal is scored, both teams may add an additional player.
 - e. If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players on either team.
21. Team areas:
- a. A team area will be provided for each team.
 - b. Each team area will be defined by a marked off rectangle, 15 yards in length, located on the side of the field at least five yards away from the sideline and within 10 yards of the halfway line.
 - c. Team members not in the game or in the official area in anticipation of entering the game as a substitute must remain seated within the team area at all times. Only one coach may stand, all other coaches are to remain seated in the team area. Failure to adhere to this may lead to the coach being cautioned (yellow card) or disqualified (red card).
22. Coaches are expected to restrict their coaching to simple verbal encouragement.
23. Verbal abuse of players, referees or officials, or excessive and explicit coaching from the sidelines, is considered unsporting conduct and is to be penalized as such.
24. When appropriate due to heat or other conditions, the official may allow a water break (maximum of three minutes) at a natural break in play, approximately halfway through each half.

UHSAA/SOUT UNIFIED SPORTS Track & Field

Policies & Pairings

- A. Unified Sports participants compete as part of the school’s existing track & field program.
- B. Individuals who compete in a varsity region meet are ineligible for the Unified Sports State Track & Field Meet.
- C. Unified Sports Track & Field Events (seven total events):
 - 1. Two individual running events: 50, 100
 - 2. One mixed relay event: 4x100
 - 3. Three field events: shot put, mini javelin, running long jump
- D. **Unified Sports State Track & Field Meet**
 - 1. All track and field events shall be competed in accordance with NFHS Track & Field Rules with the exceptions regarding placement and scoring listed below.
 - 2. **Unified State Track & Field Meet:**
 - a. **Competition and Divisions**
 - i. The state meet will include a separate competition for boys and girls.
 - ii. Boys’ and girls’ teams will be placed in divisions based on the team’s overall ability.
 - b. **Mandatory Minimum Regular Season Meet Participation:** In order to be listed as part of an entry in the Unified Sports State Track & Field Meet an individual must have recorded a valid performance in the event in which they are listed as part of an entry. The performance shall have been achieved in an official regular season meet during the current track & field season. Times are to be recorded to the 100th of a second and distances are to be recorded to the one-fourth of an inch. Those who have not competed in an event during the regular season and do not have a valid mark in that event are ineligible to be a part of an entry in that event.
 - c. **Entry Defined:** An entry in all events shall include two athletes and two partners.
 - d. **Individual Entry Limit:** no individual competitor may compete in more than three events.
 - e. **Placing and Scoring:**
 - i. **Individual Running and Field Events:** the performance recorded by each of the four members of a team’s entry shall be added together. The resulting sum shall be compared to all other team entry sums in their division in order to rank all entries for placing.

Examples:

Division 2, 100 Meter Dash

School/Team	Runner 1	Runner 2	Runner 3	Runner 4	Total Time	Place
Red	12.46	14.53	13.97	12.78	53.74	1 st
Yellow	14.32	12.95	13.50	13.14	53.91	2 nd
Blue	13.76	13.18	13.99	13.84	54.77	3 rd

Division 2, Shot Put

School/Team	Thrower 1	Thrower 2	Thrower 3	Thrower 4	Total Dist.	Place
Red	23’ 4.5”	32’ 6”	25’ 2”	34’ 9”	115’ 9.5”	2 nd
Yellow	29’ 11”	27’ 4”	30’ 10.75”	33’ 9”	121’ 10.75”	1 st
Blue	35’ 2.25”	20’ 1”	24’ 5”	26’ 10.5”	106’ 6.75”	3 rd

- ii. **Relay Events:** relay events shall be competed and scored according to NFHS Track & Field Rules with the requirement that a relay team which competes must consist of two athletes and two partners.

- iii. **Team Scores:** Once entries and/or relay teams in an event are ranked within their division according to performance, team points shall be assigned:
- | | |
|-----------------------------------|----------------------------------|
| 1 st place = 10 points | 5 th place = 4 points |
| 2 nd place = 8 points | 6 th place = 3 points |
| 3 rd place = 6 points | 7 th place = 2 points |
| 4 th place = 5 points | 8 th place = 1 points |
- f. **Make-up of Heats/Sections and Flights:** Heats/sections in individual running events and flights in field events will be made to include as equal a number of competitors as possible. Heats/sections and flights shall be seeded based on performance during the regular season without regard to the division to which a competitor's team has been assigned. Like performances shall be seeded together in heats/flights. Heats/sections shall be ordered slowest to fastest; flights shall be ordered lowest distance to best distance. Example: the heat/section containing the fastest individuals would be last the next fastest second to last, etc. In **relay events**, entries from teams in the same division will be assigned to the same heat/section.
- g. **School Entries:** Each school will be allowed one entry (two athletes, two partners) in each of the events. Each entry may include two alternates, but only four (two athletes, two partners) will be allowed to compete in an event. Replacements in an event may only come from the listed alternates.
- h. **Awards at the Unified Sports Track & Field Meet:**
- Awards will be presented to entries based on the place won by the entry.
 - Medals will be presented to the individuals who make up an entry placing first through third. Ribbons will be presented to the individuals who make up an entry placing fourth through eighth.
 - A first place UHSAA/SOUT Unified Sports Track & Field trophy will be awarded to the first place girls' and boys' teams in each division.