

SPORTS SPECIFIC COMPETITION CHECKLIST

No jewelry is allowed.

Jewelry includes watches, necklaces, earrings and awareness bands.

Medical alert items are allowed when not a safety issue.

If an athlete wears glasses they must wear an eyeglass strap for safety reasons.

Hats that are worn must be Team Hats.

If baseball type hats are worn, they must be worn facing forward.

All doubles, teams, unified doubles and unified teams must wear matching shirts.

Alpine Skiing/Nordic (Cross Country)

- Alpine Certified helmets are required. No helmets are required for Cross County.
- Dress in layers to provide warmth. Waterproof pants are recommended.
- Know shoe size of athletes
- Gloves and hats
- Athlete may bring own skis and poles or rent from Snow Creek

Aquatics

- Swimming attire, no two piece swimwear is allowed. If goggles are worn they must be appropriate (no snorkel masks, etc.).
- Towels will not be provided
- For Flotation Races the athlete is responsible for bringing their flotation device. The flotation device must be of body wrap around type. Flotation devices such as kickboards, inner tubes or floats arms are not acceptable for use at ANYTIME.
- Change of clothes is suggested

Athletics

- Appropriate attire such as shorts, warm-ups or sweats, team shirts and appropriate running shoes are required. **NO JEANS ARE ALLOWED.** No boots or street shoes will be allowed.
- Bring baton, if participating in a relay
- Bring water bottles
- Sun screen if applicable

Basketball

- Athletes/partners must wear numbered shirts (front and back) or jerseys with team shorts and appropriate basketball shoes.
- Bring water bottles
- Bring basketballs for warm-up
- If your team has colored pennies please bring them to the basketball competition in case your opponent has the same color uniform

Bocce

- Appropriate attire is a collared polo shirt, Henley style or team t-shirt with slacks, walking shorts or teams shorts. No open toed shoes are allowed, tennis shoes or court type shoes should be worn.
- Bring sun screen if applicable
- Bring water bottles

Bowling

- Appropriate attire is a team t-shirt, Henley style shirt or bowling shirts. Walking shorts and jeans are allowed as long as they are clean and without holes. No team/athletic shorts are allowed.
- Bowling ball
- Proof confirming athlete/partner scores for 15 games is required at competition site and should be sent in with entries.

Equestrian

- All athletes must wear protective SEI-ASTM or BHS approved helmets
- Athletes must wear long pants/jeans with a belt, long sleeved shirt of a conservative color with a collar and heeled boots.
- Bring saddle for horse
- Halters are required for all supported classes
- Bring water bottles

Floor Hockey

- Appropriate attire is numbered team shirts with team shorts or sweats. NO JEANS ARE ALLOWED. Sneakers/tennis shoes must be worn.
- Sticks for goalies and each player
- Goalies must have protective glove, helmets and mask
- Court players are required to wear helmets with protective cages, gloves, elbow pads and shin guards must be worn
- SONE recommends that court players wear mouth pieces

Golf

- Appropriate attire is a polo or team shirt with walking shorts or slacks. Soft spiked golf shoes or sneakers/tennis shoes are allowed.
- Golf clubs in a golf bag
- Golf balls & tees
- Pitch Mark repairer
- Ball marker
- Water bottles
- Sun screen if applicable

Gymnastics

- Appropriate gymnastics attire
- Water bottles

Power lifting

- The width of belts is to be a maximum of 10cm. Thickness of belts is to be a maximum is 13mm. The belts may have a buckle with 1 or 2 prongs or quick release type (a quick release is referring to leather NOT Velcro).
- Knee high socks must be worn during dead lift events.
- Wraps may not exceed 2 meters in length and 8cm in width may be used. A knee wrap shall not extend beyond 15cm above or 15cm below the center of the knee joint and shall not exceed a total of 30cm.

Roller Skating

- Appropriate attire is team shirts and team shorts. NO JEANS ARE ALLOWED. Relay teams must wear matching team outfits. Shorts are recommended.
- Helmets are required
- Elbow and knee pads are recommended
- Bring skates if athlete has his/her own

Snowshoeing

- Bring and label snowshoes (minimum 8 inches wide and 25 inches long)
- Dress in layers to provide warmth
- Bring gloves and hats
- Waterproof trail shoes are recommended

Soccer

- Appropriate attire is a numbered jersey or team shirt with team shorts. No open toed shoes are allowed. Soccer shoes or sneakers/tennis shoes are allowed.
- Goalie shirt and gloves are required
- Shin guards are required
- Bring water bottles
- Soccer balls for warm-up
- Bring sun screen if applicable

Softball

- Appropriate attire is sweats, shorts or softball pants with team shirts. No open toed shoes or jean shorts or long jeans or pants are allowed.
- Catcher must wear a face mask and batting helmet
- Bring batting helmets for the team (at least five)
- Brings bats
- Each athlete should have a glove
- Bring softballs to warm-up
- Bring water bottle
- We recommend all batters and base runners must wear a batter's helmet with chin strap

Tennis

- Appropriate attire is tennis style skirts or team shorts with tennis style shirt or team shirt, appropriate tennis shoes and visor/hats.
- Bring tennis racquet
- Bring sun screen if applicable
- Bring water bottle
- Bring towel to wipe off perspiration

Volleyball

- Appropriate attire is team shorts with numbered team shirts. Shoes shall be of a non-marking nature.
- Bring volleyballs for warm-up
- Bring kneepads if necessary
- Bring water bottle

FILING THE COMPETITION APPROVAL FORM

Why is it necessary to file this form?

The timely filing of the Competition Approval Form serves several purposes. The approved form serves as a “permit” for the use of the Special Olympics Nebraska’s name for the event. This form also is the sanction form for the event. **Once, the event is sanctioned it is covered under the insurance provided by American Specialty.** Further, the process provides a means for tracking competitions throughout the State of Nebraska.

Whose responsibility is it to file this form?

The Tournament Director is responsible for completing the form and forwarding it onto the Regional Director. The Regional Director will forward the form on to SONE.

Is there any penalty for not filing this form?

There is no penalty, per se, for not filing this form. Since the purpose is to “SANCTION” an event, if we do not have a form on file, the event is **NOT** an approved event. That means if this is a Regional Meet the athletes would not qualify for the higher level competition. **Also, there may not be insurance coverage for the event.**

When does this form need to be submitted?

This form should be submitted at least **THIRTY DAYS** before the start of the event. Thirty days is the **MINIMUM** time required when a Certificate of Insurance is required or a contract needs to be approved.

STEPS TO COMPLETION OF THE FORM:

1. The tournament director completes section A of the form, signs, dates and forwards to the Regional Director. Attached to the form must be all required documents, (i.e. proposed contract, budget work sheet). The regional person will forward the form onto SONE.
2. SONE shall review the form and within 5 working days, complete section B, granting approval, conditional approval or disapproval along with the reason. An original copy shall be retained at SONE and copies sent to the Regional Director and person completing this form.