

**DEVELOPMENTAL OLYMPICS
SHAWNEE INTERMEDIATE SCHOOL
EASTON, PA**

March 28, 2023

**ENTRY FORMS DUE TO: Glenn Watchorn
March 10, 2023**

I look forward to seeing everyone at our newly revamped event this year! Athletes will participate in all individual skill events that are attached in the following pages as well as some large group activities with the great volunteers from Shawnee Intermediate School!!!!

Please email me at gewatchorn@ciu20.org should you have any questions.

Glenn
Event Coordinator

DEVELOPMENTAL OLYMPIC REMINDERS

1. All athletes must have a Special Olympics Medical form on file with NCSO. The original medical forms should be sent to Linda Lechner. The medical forms are good for three years. Teachers, please remember to bring a copy of the medical form and the parent permission form along with your BLUE SPECIAL OLYMPICS binder to the event (If you do not have a BLUE binder then please reach out to your Adapted Physical Education teacher).
2. A few days before the event, please verify transportation. Please make sure that your driver knows that the event starts at 10:00 am.
3. **PRIOR** to completing the entry forms for your students, please consult with your APE Teacher on the criteria and exit criteria for each event to assure proper skill placement.
4. Please complete entry forms by the deadline of **MARCH 10TH**. All students will compete in all of the events along with several large group events. If you have any questions about the entry form, please contact your APE teacher or myself. We would be happy to help you!
5. Everyone should pack a bag lunch.
6. We anticipate having a 1:1 - athlete/volunteer ratio.
7. Opening Ceremonies will begin at approximately 10:00 a.m.
8. Closing Ceremony and awards will begin at 1:00 p.m.

DEVELOPMENTAL EVENTS

Area A – Gross Motor

1. Prone Head Lift
2. Turning Over

Area B – Locomotor

1. Rolling
2. Crawling
3. 5m Creeping
4. 10m Creeping
5. Knee Walking

Area C- Advanced Locomotor

1. 10m Walk with Guide
2. 15m Independent Walk
3. 25m Independent Walk
4. 5m Wheelchair Dash
5. 15m Motorized Wheelchair Slalom (motorized wheelchairs only)

Area D – Fine Motor

1. Grasp and Lift
2. Novice Grasp – Hold – Move
3. Advanced Grasp – Hold – Move – Release

Area E – Propelling (Ball & Bean Bag Activities)

1. Distance Roll (For Wheelchair Athletes Only)
2. Distance Roll/Target Roll (For Wheelchair Athletes Only)
3. Foam Ball Push
4. Novice Bean Bag Throw
5. Advanced Bean Bag Throw
6. Nerf Ball Throw for Distance
7. Kick for Distance
8. Strike of Distance
9. Ball Throw

Area F

1. Bowling

DEVELOPMENTAL OLYMPICS RULES AND SCORING

Section A. Gross Motor

1. Prone Head Lift

a. Rules:

1. Athlete is placed in a prone position on a flat gym mat.
2. Athlete lifts head at the sound of the starting signal.
3. No assistance (physical contact) may be given.
4. Auditory and/or visual stimulation is permitted.

b. Scoring:

1. Athletes will be timed from when he/she lifts up their head. The time stops when the athlete's head retouches the mat.
2. Any lift is acceptable as long as their head leaves the mat.
3. Maximum time the athlete will be allowed to lift their head is 90 seconds.

c. Set-Up:

1. Three athletes per division.

d. Equipment:

1. Flat 152.5cm x 213.5cm (5' x 7') mat for each athlete.
2. Stopwatch for each athlete.

e. Exit Criteria:

1. Ability to lift head for 120 seconds.

2. Turning Over

a. Rules:

1. Athletes are placed in either a prone or supine position on a flat gym mat.
2. Athlete turns over from a prone position to a supine position on a mat, or supine to prone position.
3. Athletes begin at the sound of the starting signal.
4. No assistance (physical contact) may be given.
5. Auditory and/or visual stimulation is permitted.
6. Any type of turning or rolling pattern is permitted.

b. Scoring:

1. Athletes will be timed from the starting signal until he/she is in a complete prone or supine position.
2. Athletes must go from a full supine to full prone or full prone to full supine for it to be a legal turn over.
3. Athletes requiring auditory help may be assisted to the start position by

- coaches.
4. A tap start may be used for a deaf, blind or autistic athlete.
 5. The type of assistance or visual/verbal stimulation is noted for each event. If there is no notation listed, the event shall be performed independently by the athlete.
 6. The Developmental Sports Rules has the authority to disqualify an if that athlete does not meet entry criteria or if he/she equals or exceeds the exit criteria.
- c. Set-Up:
1. Three athletes per division.
- d. Equipment:
1. Flat 152.5cm x 213.5cm (5' x 7') mat per athlete.
 2. Stopwatch for each athlete.
- e. Exit Criteria:
1. Ability to lateral-roll two times.

Section B. Locomotor*

*For all locomotor events, the athlete is to stay in his/her lane and may not interfere, obstruct, or impede the progress of another athlete. Infractions will result, at the discretion of the judges, in disqualification.

1. Rolling

- a. Rules:
1. Athletes begin behind the start line.
 2. Athletes start the race at the sound of the whistle/signal.
 3. Athletes may begin in either the supine or prone position.
 4. Athletes roll laterally 2.5 meters on a flat mat.
 5. Athlete must stay on his or her mat.
 6. An assistant may be allowed to physically guide the athlete, but may not assist with his/her forward movement.
 7. Auditory and/or visual stimulation is permitted.
- b. Scoring:
1. Athlete is timed from the starting whistle to when he/she completely crossed the plane of the finish line with the entire body.
- c. Set-Up:
1. Use flat mats as lanes.
 2. Mark start and finish lines 2.5m apart.
 3. Cones and lane lines may be used to separate lanes.

- d. Equipment:
 - 1. Flat mats 152cm x 213.5cm or 152cm x 305cm
 - 2. Stopwatch
 - 3. Cones
 - 4. Tape
- e. Exit Criteria:
 - 1. Ability to Creep.

2. **Crawling:**

- a. Rules:
 - 1. Athletes begin with their entire body behind the start line.
 - 2. Athlete is in a prone position with head and chest raised off the ground and weight on hands and forearms.
 - 3. At the start command, the athlete crawls forward for 5m on a flat mat.
 - 4. Athletes must stay in his/her designated lane.
 - 5. Auditory and visual stimulation at the finish line is permitted.
 - 6. No physical assistance is permitted.
 - 7. Athletes will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
 - 8. Athletes should not be disqualified for stopping during the race, resting in any position, and then completing the race in the proper position. However, all forward movements must be in the correct position.
- b. Scoring:
 - 1. Athlete is timed from the starting command until his/her head crosses the finish line.
- c. Set-Up:
 - 1. Use flat mats as lanes.
 - 2. Mark start and finish lines five meters apart.
 - 3. Cones and lane lines may be used to designate lanes.
- d. Equipment:
 - 1. Mats, Stopwatches, Tape, Cones
- e. Exit Criteria:
 - 1. Ability to Creep.

3. **Five-Meter Creeping**

- a. Rules:
 - 1. Athletes begin with their entire body behind the start line.
 - 2. Athlete is in a four-point stance with weight supported on hands and knees.
 - 3. On the starting command, the athlete creeps forward for 5m on a flat mat.
 - 4. Athlete must move forward using only his/her hands and knees in a creeping

- manner. Bunny hopping is not permitted.
5. Athletes must stay in his/her designated lane.
 6. Auditory and visual stimulation at the finish line is permitted.
 7. No physical assistance is permitted.
 8. Athletes will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
 9. Athletes should not be disqualified for stopping during the race, resting in any position, and then completing the race in the proper position. However, all forward movement must be in the correct position.
 10. Athletes may not enter both the 5m and 10m Creeping Races.
- b. Scoring:
1. Athletes are timed from starting command to when both knees cross the finish line.
- c. Set-Up:
1. Use flat mats as lanes.
 2. Mark start and finish line five meters apart.
 3. Cones and lane lines may be used to designate lanes.
- d. Equipment:
1. Mats, stopwatches, tape, cones
- e. Exit Criteria:
1. Ability to Creep 7.5m

4. Ten-Meter Creeping

- a. Rules:
1. Athletes **MAY NOT** enter 10m if entered in 5m.
 2. Athletes begin with their entire body behind the start line.
 3. Athlete is in a four-point stance with weight supported on hands and knees.
 4. On the starting command, the athlete creeps forward for 10m on a flat mat.
 5. Athlete must move forward using only his/her hands and knees.
 6. Athletes must stay in his/her designated lane.
 7. Auditory and visual stimulation at the finish line is permitted.
 8. No physical assistance is permitted.
 9. Athletes will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
 10. Athletes should not be disqualified for stopping during the race, resting in any position, and then completing the race in the proper position. However, all forward movement must be in the correct position.
- b. Scoring:
1. Athlete is timed from starting command to when both knees cross the finish line.

- c. Set-Up:
 - 1. Use flat mats as lanes.
 - 2. Mark start and finish 10m apart.
 - 3. Cones and lane lines may be used to designate lanes.
- d. Equipment:
 - 1. Mats, stopwatches, tape and cones.
- e. Exit Criteria:
 - 1. Ability to walk with or without assistance.

5. **Knee Walking**

- a. Rules:
 - 1. Athletes begin with their entire body behind the start line.
 - 2. Athletes must be in a kneeling position with weight supported on knees, lower legs and feet. Buttocks may rest on the back of legs.
 - 3. At starting command, the athlete knee-walks forward for 5m on a flat mat. One knee must remain in contact with the mat at all times.
 - 4. Athletes may not use any other body part for support or to aid in movement.
 - 5. Athletes must stay in his/her designated lane.
 - 6. Auditory and visual stimulation at the finish line is permitted.
 - 7. No physical assistance is permitted.
 - 8. Athletes will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
 - 9. Athletes should not be disqualified for stopping during the race, resting in any position. However, all forward movement must be in the correct position.
- b. Scoring:
 - 1. Athletes are timed from starting command to when both knees cross the finish line.
- c. Set-Up:
 - 1. Use flat mats as lanes.
 - 2. Mark start and finish lines 5m apart.
 - 3. Cones and lane lines may be used to designate lanes.
- d. Equipment:
 - 1. Mats, stop watches, tape, cones
- e. Exit Criteria:
 - 1. Ability to walk with or without a walking aid.

6. **Ten-Meter Walk with Guide**

a. Rules:

1. Athletes start behind the start line; athletes may use a walking aid.
2. Athlete begins the race at the sound of the starting command.
3. Athlete walks the ten meters.
4. Athlete stays in his/her designated lane.
5. Athletes may hold guide wire for the complete distance of the race.
6. Officials may correct the athlete's direction, but not improve the progress of the athlete.

b. Scoring:

1. Athletes are timed from the starting whistle to when the walking aid crosses the plane of the finish line.

c. Set-Up:

1. Mark the start and finish lines ten meters apart.
2. Start and finish gates for each lane shall be 2m wide.
3. Create lanes by placing guide wires between the start and finish. Guide wires must be anchored at the start and finish line.
4. Bells may be used for blind or visually impaired athletes.

d. Equipment:

1. Athletes must provide their own walking aids.
2. Chalk, stop watch, a cord for guide wire.

e. Exit Criteria:

1. Ability to walk independently for 15m.

7. **15-Meter Independent Walk**

a. Rules:

1. Athletes start behind the start line. Athletes may use a walking aid.
2. Athlete begins walking at the sound of the starting command.
3. Athlete stays in his/her designated lane.
4. Athletes may not receive assistance.
5. Athletes walk the entire 15m.
6. Athletes must have one foot in touch with the ground at all times.

b. Scoring:

1. Athletes will be timed from the starting command to when he/she crosses the plane of the finish line.

c. Set-Up:

1. Mark the start and finish lines 15m apart.
2. Place cones along each line, 2m apart, to create start and finish gates for each lane.
3. Use cones; chalk; or tape to create lanes between the start and finish gates

- d. Equipment:
 - 1. Traffic cones, chalk or tape, stop watch

- e. Exit Criteria:
 - 1. Ability to walk independently for 20m.

8. **25-Meter Independent Walk**

a. Rules:

- 1. Athletes start behind the start line. Athletes may use a walking aid.
- 2. Athlete begins walking at the sound of the starting command.
- 3. Athlete stays in his/her designated lane.
- 4. Athletes may not receive assistance.
- 5. Athletes walk the entire 25m.
- 6. Athletes must have one foot in touch with the ground at all times.

b. Scoring:

- 1. Athletes will be timed from the starting command to when he/she crosses the plane of the finish line.

c. Set-Up:

- 1. Mark the start and finish lines 25m apart.
- 2. Place cones along each line, 2m apart, to create start and finish gates for each lane.
- 3. Create lanes by placing cones or chalk lines down the track between the start and finish gates.

d. Equipment

- 1. Traffic cones, chalk, and stopwatch

e. Exit Criteria:

- 1. Ability to walk independently for 50m.

9. **Five-Meter Wheelchair Dash (Same rules as current 25m Wheelchair race)**

10. **15m Motorized Wheelchair Slalom (Same rules as current 50m Slalom, but using two cones instead of eight. Lanes remain 2m wide)**

Section C. Fine Motor

Definitions:

- Reach: Any purposeful movement of the athlete towards a desired object.
Grasp: Any two opposing forces coming together in a purposeful attempt to grasp.
Hold: When a grasp results in the object breaking the plane of the surface.

Equipment Needed:

- A flat, hard surface 61cm x 61cm (24' x 24')
- 10 – 2.5cm x 2.5cm (1" x 1") wooden blocks
- Masking tape
- Stop watch
- Metric Tape Measure

1. **Grasp and Lift**

a. Rules:

1. Athletes will attempt to reach 0-31cm (0-12in.), depending on physical abilities.
2. Athletes will grasp and pick up a 2.5cm x 2.5cm (1" x 1") cube.

b. Scoring:

1. The score is the amount of time lapsed from the starting command until the athlete completely lifts the block off the surface.
2. Coach must submit the starting distance on the entry form prior to competition.

c. Set-Up:

1. Block is set from 0-31cm (0" to 12") away from the athlete, depending upon the athlete's physical ability.
2. Coach must submit the starting distance on the entry form prior to competition.

d. Equipment:

1. 2.5cm x 2.5cm (1" x 1") block, stopwatch, 61cm x 61cm (24" x 24") flat surface

e. Entrance Criteria:

1. Ability to grasp a 2.5cm x 2.5cm block.

f. Exit Criteria:

1. Ability to move blocks 8cm to the left or right.

2. **Novice Grasp-Hold-Move**

- a. Rules:
 - 1. Athletes will grasp, pick up and hold a 2.5cm x 2.5cm (1" x 1") block.
 - 2. Athletes must move the cube across both lines (L to R or R to L).
 - 3. Athletes will make attempts to move all five cubes.
 - 4. Pushing the cube without grasping it will lead to disqualification.
 - 5. Officials will need to remove the cube from the athlete's hand after the hand crosses the second line.
 - 6. If an athlete is able to release a cube independently, the athlete should be moved to an advanced event.

- b. Scoring:
 - 1. Athletes will be timed from the starting command to when the last cube completely crosses the second line.

- c. Set-Up:
 - 1. Strips of tape 31cm (12") long, parallel to one another, 8cm (3") apart, on a level surface.
 - 2. Athlete's midline should coincide with midpoint of distance between two lines.
 - 3. Official sets block at any point (starting position) on the starting line based upon the athlete's reach capabilities. Coach must submit the starting distance on the entry form prior to competition.
 - 4. After an athlete moves one block across the lines, the official must remove the block from the athlete's hand and place another block on the starting position. Official continues the procedure until all blocks are used.

- d. Equipment:
 - 1. Five – 2.5cm x 2.5cm (1" x 1") cubes, colored tape, metric tape measure, stop watch, 61cm x 61cm (24" x 24") surface.

- e. Entrance Criteria:
 - 1. Ability to pick up and move blocks 8-16cm.

- f. Exit Criteria:
 - 1. Ability to grasp, hold and move and release a 2.5cm cube 8cm with 50% competency.

3. **Advanced Grasp – Hold – Move – Release**

- a. Rules:
 - 1. Athletes will attempt to reach 0-31cm, depending on physical ability, and to grasp, pick up and hold a 2.5cm x 2.5cm (1" x 1") cube.
 - 2. Athletes will move the cube across both lines (L to R or R to L) 31cm (12") in distance.
 - 3. Athlete will release the cube after it crosses the second line.
 - 4. Athletes will make attempts to move all five cubes.
 - 5. Pushing the cube without grasping it will lead to disqualification.
 - 6. If cube does not go across both lines, it will lead to disqualification.
 - 7. Cube must be released by the athlete without a physical prompt.

- b. Scoring:
 - 1. Athletes will be timed from the starting command to when the last cube completely crossed the second line.

- c. Set-Up:
 - 1. Strips of tape 31cm (12") long should be placed parallel to one another, 31cm (12') apart, on a flat surface.
 - 2. Official sets block at any point (starting position) on the starting line.
 - 3. The starting position is determined and submitted by the coach.
 - 4. After an athlete moves one block, the official places another block on the starting position. Official procedures continue until all five blocks are used.
 - 5. Athlete's midline should coincide with midpoint of distance between two lines.

- d. Equipment:
 - 1. Five – 2.5cm x 2.5cm (1" x 1") cubes, colored tape, metric tape, measure, stop watch, 61cm x 61cm (24" x 24") surface.

- e. Entrance Criteria:
 - 1. Ability to grasp and move a cube 31cm, and to release the cube.

Section D. Propelling

- 1. **Distance Ball Throw (for Wheelchair athletes only)**
 - a. Rules:
 - 1. With the athlete sitting in a chair, place the ball in the athlete's lap or tray.
 - 2. Athletes are allowed three consecutive attempts to roll the ball from the lap or tray using hands or head.

 - b. Scoring:
 - 1. Distance is measured where the ball stops.
 - 2. Distance is measured like an official softball throw.

 - c. Set-Up:
 - 1. Front wheels of the athlete's chair must be behind the rolling line.

2. Use a carpeted or grassy surface.
- d. Equipment:
 1. Regulation softball
 2. Metric tape measure
 3. 1.5m-rolling line is placed on grass or carpet
- e. Exit Criteria:
 1. Ability to grasp and lift and release the ball in one hand.

2. **Kick for Distance**

- a. Rules:
 1. Athletes may sit or stand to kick the ball.
 2. Athlete stays behind the kicking line when kicking the ball. (A foul is called if an athlete steps on the line).
 3. Athlete makes three attempts to kick a ball.
- b. Scoring:
 1. Athlete's kick is marked and measured in the same manner as the official softball throw.
 2. The athlete with the longest kick in each division is awarded first place.
- c. Set-Up:
 1. Mark a one-meter kicking line.
- d. Equipment:
 1. Official volleyball or soccer ball deflated to $\frac{1}{2}$ normal pressure, metric-measuring tapes, colored markers.

3. **Strike for Distance**

- a. Rules:
 1. Athletes must sit or stand in the batting area to strike the ball.
 2. Ball must be hit with the hand, not arm.
 3. Ball is set on the tee by an official after each attempt.
 4. Tee is arranged at a height so the ball is even with the athlete's waist.
 5. Athletes are allowed three consecutive hits.
 6. Athletes are allowed three swings for each hit.
- b. Scoring:
 1. Ball is marked at the first bounce.
 2. Distance is measured in the same manner as the official softball throw.
 3. Longest hit per division shall be awarded first place.
- c. Set-Up:

1. Mark with chalk or tape a 2 x 2m square batting area.
2. Set the batting tee exactly in middle of the square.

d. Equipment:

1. 21.5cm (8 ½”) Nerf ball, batting tee, chalk/tape, metric measuring tape, colored markers

4. **Distance Ball Throw:**

a. Rules:

1. Athletes are sitting or lying on the floor, carpet or grass.
2. Athletes may be supported, but the roll must be done independently.
3. Athletes are allowed three consecutive attempts to roll the ball using hands or head.
4. Athlete’s body must be behind the rolling line.
5. Athlete’s arm and hand must not cross the rolling line.

b. Scoring:

1. Distance is measured where the ball stops.
2. Distance is measured like an official softball throw.

c. Set-Up:

1. Draw a rolling line 91.5cm (3’) in length.

d. Equipment:

1. Softball (regulation A.S.A)
2. Metric tape measure
3. Rolling line is placed on a floor, flat grass or carpeted surface.

e. Exit Criteria:

1. Ability to grasp, lift and release the ball in one hand.

5. **Target Roll – Sitting (for Wheelchair athletes only)**

a. Rules:

1. Athlete is sitting in a chair or wheelchair placed near, or with legs under a table.
2. Athlete makes five consecutive rolls, using his/her hand or hands to roll the ball through the flagsticks.
3. Ball must be rolling when it passes through the flagsticks.
4. Ball is placed anywhere behind the starting line, which is 23cm (9”) from the end of the table.

b. Scoring:

1. Athlete receives two points for each time the ball rolls between the flagsticks without touching the stick.
2. Total possible score is ten.

- c. Set-Up:
 - 1. Mark a line across the table 23cm (9") from the end of the table.
 - 2. 23cm (9") (diameter) rubber or plastic playground ball.
- d. Exit Criteria:
 - 1. Ability to grasp and release the ball.

6. **Foam Ball Push**

- a. Rules:
 - 1. Athlete starts at the sound of the starting command.
 - 2. Athlete strikes/pushes ball off surface into a basket.
 - 3. Athletes are allowed six pushes; two to the right, two to the left, two to the front of the wheelchair.
 - 4. The ball must land in the basket to count as two points.
- b. Scoring:
 - 1. Athletes receive two points for each basket made.
 - 2. One point is scored if the ball strikes the rim of the basket and does not go in.
 - 3. The athlete's score will be the sum of the points from all five attempts.
- c. Set-Up:
 - 1. Ball is placed at the athlete's midline on a lap board or on a table.
 - 2. Basket is placed at lap board height or below and 15.5cm (6") from the front, left, and right of the wheelchair.
- d. Equipment:
 - 1. 23cm (9") Foam ball, 45.7cm (18") circumference basket with 45.7cm (18") diameter.

7. **Advanced Bean Bag Drop**

- a. Rules:
 - 1. Athlete's throwing line should be determined by the achieved accuracy from that throwing line the last three tries.
 - 2. Athletes will be given two practice throws.
 - 3. Athletes will compete in a preliminary round to validate the location of the throwing line.
 - 4. Athletes will be given five attempts to successfully release beanbag at target.
- b. Scoring:
 - 1. Scoring for advanced Bean Bag Drop will be as follows:
 - 75cm from target – 1 pt.
 - 50cm from target – 2 pt.
 - 25cm from target – 3 pt.
 - 2. Athlete's five throws will be totaled to determine score.
 - 3. Beanbag dropped "on the line" will be awarded a greater point value.
 - 4. Athlete with the highest total score in the division is awarded first.

- c. Set-Up:
 - 1. Athletes will assume a comfortable sitting or standing position.
 - 2. Athlete will “grasp” bean bag according to ability: two hands, one hand, mouth, pincer, palmer, foot.

8. **Novice Bean Bag Drop**

- a. Rules:
 - 1. Athlete’s throwing line should be determined by the achieved accuracy from that throwing line the last three tries.
 - 2. Athletes will be given two practice throws.
 - 3. Athletes will compete in a division round to validate locations of throwing line.
 - 4. Athletes will be given five attempts to successfully release beanbag at target.
- b. Scoring:
 - 1. Scoring for novice Bean Bag Drop will be as follows:
 - 120cm from target – 1 pt.
 - 80cm from target – 2 pt.
 - 40cm from target – 3 pt.
 - 2. Athlete’s five throws will be totaled to determine score.
 - 3. Bean bags dropped “on the line” will be awarded greater point value.
 - 4. Athlete with the highest total score in the division is awarded first place.
- c. Set-Up:
 - 1. Athletes will assume a comfortable sitting or standing position.
 - 2. Athlete will “grasp” bean bag according to ability (two hands, one hand, mouth, pincer, palmer, foot).
 - 3. See attached diagram.
- d. Equipment:
 - 1. One target with three concentric circles (see diagram for target dimensions). Each target will be tri-colored to emphasize target areas.
 - 2. A minimum of ten beanbags
 - 3. Red marking tape for start marks at distances of: .5, 1, 1 ½, 2, 2 ½ and 3 meters.
- e. Exit Criteria:
 - 1. 15 points for last competition scores. Athletes must move to a throwing line which is further away from the target.

9. **Nerf Ball Throw for Distance**

- a. Rules:

1. Place the ball in the athlete's dominant hand.
 2. Athletes are allowed three consecutive attempts to throw the ball.
 3. Front wheels of the athlete's chair or body must be behind the throwing line.
- b. Scoring:
1. Distance is measured where the ball first drops.
- c. Set-Up:
1. Same as a regular softball throw.
- d. Equipment:
1. Softball-size Nerf ball
 2. Metric tape measure
 3. Chalk or tape
 4. Restraining line

10. **Ball Throw:**

- a. Rules:
1. Athletes start in a sitting or standing position behind the throwing line.
 2. Athletes attempt to throw ten balls, one at a time, over the net and into the playing area.
 3. Athletes may throw the ball with one or two hands.
- b. Scoring:
1. Athlete's score is the number of successful throws over the net and into the playing area. (NOTE: Ball must land on or inside boundary lines. If the ball lands outside of line, no point is awarded.)
- c. Set-Up:
1. Net is 1.5m high.
 2. Throwing line is 1.5m away from the net.
 3. Boundary lines are 9m x 9m, beginning at the net.
- d. Equipment:
1. Ten regulation volleyballs, volleyball net, tape/chalk to mark boundary lines.

DEVELOPMENTAL OLYMPICS

ENTRY FORM

Please Return to: Glenn Watchorn
gewatchorn@ciu20.org

****EMAIL BY March 10, 2023****

TEACHER NAME: _____

SCHOOL: _____

Student's Name	Medical Form on File (Y or N)