

## 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

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

### Area F

1. Bowling

## DEVELOPMENTAL RULES AND SCORING

### Section A. Gross Motor

#### 1. Prone Head Lift

##### a. Rules:

1. Athlete is placed in 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. Athlete will be timed from when he/she lifts up the head until the head retouches the mat.
2. Any lift is acceptable as long as head leaves the mat.
3. Maximum time the athlete will be allowed to lift 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. Stop watch for each athlete.

##### e. Exit Criteria:

1. Ability to lift head for 120 seconds.

#### 2. Turning Over

##### a. Rules:

1. Athlete is 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. Athlete begins 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. Athlete will be timed from the starting signal until he/she is in a complete prone or supine position.
2. Athlete 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. Stop watch 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. Athlete begins behind the start line.
  2. Athlete starts the race at the sound of the whistle/signal.
  3. Athlete may begin in either the supine or prone position.
  4. Athlete rolls 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. Stop watches
  3. Cones
  4. Tape
- e. Exit Criteria:
1. Ability to Creep.

## 2. Crawling:

### a. Rules:

1. Athlete begins with 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, athlete crawls forward for 5m on a flat mat.
4. Athlete 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. Athlete will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
8. Athlete 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. Athlete begins with 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, 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. Athlete 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. Athlete will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
9. Athlete 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. Athlete may not enter both the 5m and 10m Creeping Races.

- 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 line ten 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. Athlete may not enter 10m if entered in 5m.
  - 2. Athlete begins with 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, athlete creeps forward for 10m on a flat mat.
  - 5. Athlete must move forward using only his/her hands and knees.
  - 6. Athlete 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. Athlete will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
  - 10. Athlete 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. Athlete begins with entire body behind the start line.
  - 2. Athlete must be in a kneeling position with weight supported on knees, lower legs and feet. Buttocks may rest on back of legs.
  - 3. At starting command, athlete knee-walks forward for 5m on a flat mat. One knee must remain in contact with the mat at all times.
  - 4. Athlete may not use any other body part for support or to aid in movement.
  - 5. Athlete 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. Athlete will be disqualified if, in the judge's opinion, he/she does not maintain the correct position.
  - 9. Athlete 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. 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 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. Athlete starts behind the start line; athlete may use a walking aid.
  - 2. Athlete begins race at the sound of the starting command.
  - 3. Athlete walks the ten meters.
  - 4. Athlete stays in his/her designated lane.
  - 5. Athlete may hold guide wire for the complete distance of the race.
  - 6. Official may correct athlete's direction, but not improve the progress of the athlete.
- b. Scoring:
  - 1. Athlete is 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. Athlete starts behind the start line. Athlete 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. Athlete may not receive assistance.
5. Athlete walks the entire 15m.
6. Athlete 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. Create lanes by placing cones or chalk or tape lines down the track 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. Athlete starts behind the start line. Athlete 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. Athlete may not receive assistance.
5. Athlete walks the entire 25m.
6. Athlete must have one foot in touch with the ground at all times.

b. Scoring:

1. Athlete 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 stop watch

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. Athlete will attempt to reach 0-31cm (0-12in.), depending on physical abilities.
2. Athlete 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 starting distance on entry form prior to competition.

c. Set-Up:

1. Block is set from 0-31cm (0" to 12") away from athlete, depending upon athlete's physical ability.
2. Coach must submit starting distance on 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 2.5cm x 2.5cm block.
- f. Exit Criteria:
  - 1. Ability to move block 8cm to the left or right.

## 2. Novice Grasp-Hold-Move

- a. Rules:
  - 1. Athlete will grasp, pick up and hold a 2.5cm x 2.5cm (1" x 1") block.
  - 2. Athlete must move the cube across both lines (L to R or R to L).
  - 3. Athlete will make attempts to move all five cubes.
  - 4. Pushing cube without grasping it will lead to disqualification.
  - 5. Official will need to remove cube from athlete's hand after hand crosses the second line.
  - 6. If athlete is able to release cube independently, athlete should be moved to advanced event.
- b. Scoring:
  - 1. Athlete 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 athlete's reach capabilities. Coach must submit starting distance on entry form prior to competition.
  - 4. After athlete moves one block across the lines, the official must remove block from athlete's hand and place another block on the starting position. Official continues 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 pickup and move block 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. Athlete will attempt to reach 0-31cm, depending on physical ability, and to grasp, pick up and hold 2.5cm x 2.5cm (1" x 1") cube.
  2. Athlete 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. Athlete will make attempts to move all five cubes.
  5. Pushing 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 athlete without physical prompt.
- b. Scoring:
  1. Athlete 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 coach.
  4. After athlete moves one block, the official places another block on the starting position. Official continues procedures 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 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. Athlete is allowed three consecutive attempts to roll the ball from lap or tray using hands or head.
  - b. Scoring:
    1. Distance is measured where the ball stops.
    2. Distance is measured like official softball throw.
  - c. Set-Up:
    1. Front wheels of the athlete's chair must be behind 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 ball in one hand.

2. Kick for Distance

- a. Rules:
  - 1. Athlete may sit or stand to kick the ball.
  - 2. Athlete stays behind the kicking line when kicking the ball. (A foul is called if 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 ½ normal pressure, metric-measuring tapes, colored markers.

3. Strike for Distance

- a. Rules:
  - 1. Athlete must sit or stand in the batting area to strike the ball.
  - 2. Ball must be hit with hand, not arm.
  - 3. Ball is set on 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. Athlete is allowed three consecutive hits.
  - 6. Athlete is 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 batting tee exactly in middle of 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. Athlete is sitting or lying on floor, carpet or grass.
2. Athlete may be supported, but roll must be independent.
3. Athlete is allowed three consecutive attempts to roll the ball using hands or head.
4. Athlete’s body must be behind 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 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 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 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. Athlete is allowed six pushes; two to the right, two to the left, two to the front of wheelchair.
4. The ball must land in the basket to count as two points.

b. Scoring:

1. Athlete receives two points for each basket made.
2. One point is scored if ball strikes rim of 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 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, right of 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. Athlete will be given two practice throws.
3. Athlete will compete in a preliminary round to validate location of throwing line.
4. Athlete 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 greater point value.
4. Athlete with highest total score in division is awarded first.

c. Set-Up:

1. Athlete will assume a comfortable sitting or standing position.
2. Athlete will "grasp" beanbag 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. Athlete will be given two practice throws.
  3. Athlete will compete in a division round to validate locations of throwing line.
  4. Athlete 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 bag dropped "on the line" will be awarded greater point value.
  4. Athlete with highest total score in division is awarded first place.
  
- c. Set-Up:
  1. Athlete will assume a comfortable sitting or standing position.
  2. Athlete will "grasp" beanbag 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. Athlete must move to a throwing line which is further away from target.

9. Nerf Ball Throw for Distance

- a. Rules:
  1. Place the ball in the athlete's dominant hand.
  2. Athlete is 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.
  
- Set-Up:
  1. Same as 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. Athlete starts in sitting or standing position behind the throwing line.
2. Athlete attempts to throw ten balls, one at a time, over the net and into the playing area.
3. Athlete may throw 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 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.