



3. Define 1 sport per season:

It is the recommendation of Special Olympics New Jersey Athlete Congress to make procedure that Special Olympics New Jersey athletes may compete in only one sport per season.

Definition of terms:

- Special Olympics New Jersey offers three levels of competition within the state:
 - Area level, Sectional level, State level
- *Seasons* are defined as: Fall, Winter, Spring, Summer
- *Compete* is defined as: Registered for a competition event at any level offered for a Special Olympics New Jersey medal.

Further expanded, **one sport per season** would include:

- Athletes can compete (for an SONJ medal) in one sport per season at the Sectional level and above
- Soccer, Flag Football, Volleyball, Floor Hockey, Basketball, and Softball Leagues are considered Sectional level and above competitions
- Athletes can compete in Area level Swimming competitions and compete at the Sectional level and above in another sport within the same season.
- Athletes can compete in Area level Track and Field competitions and compete at the Sectional level and above in another sport within the same season.
- For Area Bowling competition, see Basketball/Bowling guidance below
- Athletes can train in multiple sports per season

Specific Seasonal items to note:

Fall:

- Equestrian: Currently athletes who compete in Equestrian would be competing at the Fall Games (State Level) thus receiving Fall Games awards. SONJ partners with the HRH of NJ horse show therefore, SONJ athletes could compete as community members only, within the guidelines set forth by HRH registration, and retain Fall Games eligibility in another sport by registering as a member of the community, and in turn NOT receiving a Special Olympics medal as a result.
- Triathlon: At the 2019 One-More-Tri event Special Olympics athletes who wish to compete as individuals in the full sprint distance may do so as community members and will not be receiving Special Olympics medals.

Winter: The one sport per season rules stated above would apply regardless of the separation of time between team and individual sport offerings



Spring:

Current system of Bowling & Basketball as outlined below:

The Thursday following the 2nd week of Basketball League play is the final deadline for athletes to declare whether they will participate in basketball or bowling for the Spring season. If an athlete's name is on a basketball roster past the stated deadline, the athlete has chosen basketball and will not be permitted to participate in a bowling sectional or any bowling Spring Games competition, including team bowling. Athletes may participate in the Area bowling meet ONLY. If an athlete chooses bowling by the stated deadline, that athlete may train/practice with a basketball team, but MAY NOT be on any Basketball roster, nor compete in games with the team either in league, sectional or Spring Games competition. A basketball team is limited to a number of players, so in essence a non-eligible player (ie "declared bowler") would take a roster spot.

- It is the decision of each individual Area to determine how basketball athletes will be divisioned in Area Bowling competitions. It would be helpful for you to let your Area meet coordinator know if any of your bowlers are playing in the basketball league.

Summer: Current system of one sport per season at the Sectional level and above as defined in the definition of terms and expanded definition of terms

4. Establishment of a 5th season- Summer extended

Based on the nature of Sports and the mindfulness of the 1 sport per season proposal the month of July is the recommended time of year.