

Addition of Remote Language and updated fall sports in 1 sport per season guidelines (updated portions in yellow)

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 only compete (for an SONJ medal) in one sport per season at the Sectional level and above. Remote competitions are not included in this requirement. Remote competitions are defined as events sanctioned by SONJ that are conducted in person at multiple locations and results are calculated on paper.
- 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:

- Triathlon: 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