

Updated Spring sports in 1 sport per season (updated in yellow)

It is the recommendation of the Special Olympics New Jersey Program Review Committee (PRC) to make procedures that Special Olympics New Jersey (SONJ) athletes may compete in only one sport per season.

Definition of terms:

- Special Olympics New Jersey offers three levels of competition within the state:
 - County level, Regional 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 a SONJ medal) in one sport per season at the Regional 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 Regional level and above competitions.
- Athletes can compete in County level Swimming competitions and compete at the Regional level and above in another sport within the same season.
- Athletes can compete in County level Track and Field competitions and compete at the Regional level and above in another sport within the same season.
- For County Bowling competition, see Basketball/Bowling guidance below.
- Athletes can train in multiple sports per season, except for Basketball and Bowling.

Specific Seasonal items to note:

Fall:

- Equestrian: Currently athletes competing in Equestrian would be competing at the Fall Games (State Level) thus receiving Fall Games awards. Because Equestrian is a remote competition, athletes may also train and compete in an additional Fall sport.

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 as of 2025-2026 Program Year:

- Athletes will no longer be allowed to train or compete in both Basketball and Bowling during the Spring season. Athletes must select one sport before the season begins. This change supports the growth of bowling and helps ensure adequate capacity at County competitions.

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