



## 2020 Virtual State Summer Games

### Competition Instructions

#### Competition Guidelines

- Athletes will compete at home or in a safe location practicing “social distancing”.
- Three sports will be offered: **Basketball, Soccer and Track & Field**
- Fitness activities will be incorporated within each sport competition.
- Scores will be submitted online on the SORI website or through your coaches.
- Participants can choose to compete in more than one sport.
- Participants can choose as many of the activities within the sport that are applicable to him/her. (i.e. They do not have to attempt to do any activities they aren't capable of doing.)
- Competition is open to athletes and unified partners.
- Participants are encouraged to submit videos and/or pictures of themselves doing their competitions. Please be sure to wear your Special Olympics uniform and proper athletic attire. Email pictures/videos to [Louise@specialolympicsri.org](mailto:Louise@specialolympicsri.org) by **Wednesday, May 20<sup>th</sup>**

#### Practice Week - May 4th thru May 10th

- Athletes are encouraged to spend this week training.
- They should not just do the activities one time and record a score. They should spend time training as they do for the Area and State Games.

#### Submit Scores Online - May 11th thru May 22nd

- On the home page of the SORI website click on the tab for the Virtual State Summer Games at the top of the page.
- Click on the **Score Sheet Form** for the appropriate sport.
- You will be prompted to connect to the score sheet with Google or Facebook. You can also open an account if you prefer.
- Type in the participant's name, team, gender, date of birth and the scores for each activity that he/she competed in.
- Click "submit"
- The deadline to submit scores is **Friday, May 22nd**

#### Results

- All participants will be recognized at the Virtual State Summer Games on Saturday, May 30<sup>th</sup>.



### **Miscellaneous**

- Coaches can submit the scores for their entire team or just for athletes who do not have access to a computer.
- Please contact Casie Rhodes if you have questions about the competitions  
[Casie@specialolympicsri.org](mailto:Casie@specialolympicsri.org)
- Videos and pictures must be submitted to [Louise@specialolympicsri.org](mailto:Louise@specialolympicsri.org) by **Wednesday, May 20<sup>th</sup>**

### **Helpful Hints**

- Warm up and stretch prior to all exercise
- Proper athletic shoes are required
- Team uniform is highly encouraged to show enthusiasm
- Athletic shorts and/or pants are required
- Please have hydrate before during and after
- Have a water bottle on hand at all times
- Participate in a safe environment at all times
- If you are not feeling well, please take a break!
- Cool down at the completion of all the exercises
- Practice “social distancing” at all times (6ft from others)