UNIFORMS AND EQUIPMENT

For all competitions, athletes are expected to adhere to the uniform standards and guidelines outlined here.

General Uniform and Equipment Guidelines

- In all sports, attire should consist of neat and clean outfits.
- Denim (of any color) may not be worn by athletes or partners in any competition.
- Coaches are discouraged from wearing denim, but it is not prohibited.
- Uniforms cannot contain company sponsorship information or advertising. A uniform manufacturer’s logo is allowed as part of the garment. For example, it is not allowable to have “Joe’s Pizza” on a shirt worn for competition, Opening Ceremonies or Awards Ceremonies. However, if the shirts are made by Nike and contain a small “swoosh” as part of the garment itself, it is allowed.
- Any non-athletic types of shoes are not allowed in competition (i.e. sandals, slip-ons). If an individual must wear special footwear due to medical issues, an exception can be allowed with a physician’s note stating the need for the exception. This must be cleared with Special Olympics Oregon prior to the competition.
- The wearing of jewelry is not allowed during training and competition. “Medic Alert” bracelets or necklaces are an exception and may be allowed. Exceptions may also be made for religious medallions and flat wedding bands.
- Padding or covering may be necessary for casts, braces, prosthetic limbs and/or head gear. All such padding must be approved in advance by the Competition Director.
- Athletes that use a wheelchair for mobility are eligible for individual skills competition, rather than team sports due to risk management concerns.

Winter Sports – Sport-Specific Uniform and Equipment Standards

Alpine skiing/snowboarding attire and personal equipment
- All alpine skiers and snowboarders are required to wear a FIS-approved helmet.
- Skiers and snowboarders are expected to wear appropriate winter clothing to protect them from the elements.
- Teams may choose to wear identical ski jackets, but it is not required.
- Goggles or other eye protection are recommended but not required.
- Safe, approved skis, snowboards and proper boots are required for training and competition.
- Skiers are recommended, but not required to use ski poles for training and competition.

Basketball

Attire
- The uniform (which must be worn by all players) consists of a jersey/t-shirt, shorts, and appropriate sport shoes.
- The uniform must be the same colors and design for all team members.
- If two or more athletes wear an undershirt, they must all match and be of the same solid color front and back. It is recommended that the undershirt be of the same color as the dominant color of the jersey. If that’s not possible, the undershirts should be white. In all cases, athletes on the same team wearing undershirts must wear undershirts of the same color.
- All uniforms must be numbered, with the numbers appearing on the front and back. The minimum size is a 4” number on the front and a 6” number on the back. Only digits 0-5 may be used. Valid numbers are 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, 55. The numbers 0 and 00 will not be allowed on the same team roster.
- All players must wear a flat gym, court, or tennis shoe. Turf shoes, street shoes or bare feet are not permitted. Tennis shoes with flashing lights are not allowed.
- Head bands, rubber bands or ribbons are necessary for safety reason when the athlete needs to keep hair away from the face. According to the rules, metal clips or bobby pins are not acceptable.
- Sports goggles are recommended for those athletes who are unable to wear contacts.

Sports equipment
- Youth divisions (age 8-15) and female divisions will use a size 6 basketball measuring 28.5”.
- Male basketball divisions will use a size 7 basketball measuring 29.5”.
- An 8” hoop will be made available for all individual skills athletes ages 8 - 15 and athletes over age 15 in a wheelchair. Athletes using an 8” hoop will be in their own division.
Cross country skiing and snowshoeing attire and personal equipment

- Skiers and snowshoers are expected to wear appropriate winter clothing to protect them from the elements.
- Teams may choose to wear identical ski jackets, but it is not required.
- Safe, approved cross-country skis and boots are required for training and competition.
- Poles are strongly recommended, but not required for cross-country skiing training or competition.
- Poles are generally not used for snowshoe races, but are allowed.

Special Olympics snowshoe size regulations

- As stated in the Special Olympics Winter Sports Rules (Section C - Equipment) for snowshoe competition, the minimum snowshoe size is 8”x25”. An athlete using a snowshoe smaller than this is in violation of the rules and will be disqualified.
- Special Olympics Oregon 8-15 year old “youth size” snowshoe exception
  - Special Olympics Oregon has added an adaptation for youth. If the athlete is 8-15 years old, they may choose to use snowshoes that are youth size, with the minimum being 7”x16”. EVERY shoe must be of 2-piece construction, with the frame and the decking being separate (there are some children’s novelty snowshoes that do not meet this criteria - they are not acceptable for competition). Athletes over 15 years old will be expected to use the regulation 8”x25” min. shoe as mentioned in the standard Special Olympics, Inc. rules.

Powerlifting
Attire and personal equipment

Please note that the following is the ideal competition uniform, and what is recommended. If the above recommended uniform is cost-prohibitive for the local program, Special Olympics Oregon allows the use of a wrestling singlet, or tight fitting shorts with a tight fitting t-shirt in place of a lifting suit.

- Lifting suit
  - The lifting costume shall consist of a one-piece, full-length lifting suit of one-ply stretch material without any patches or padding. A non-supportive weightlifting/wrestling-type suit is also a legal suit. The straps of the suit must be worn over the shoulders at all times while lifting in competition. The lifting suit shall also be subject to the following requirements:
    - It may be of any color or colors.
    - Seams and hems must not exceed 3 cm in width and 0.5 cm in thickness. Only non-supportive suits may have seams and hems exceeding 3 cm in width.
    - Seams may be protected or strengthened by narrow gauge webbing or stretch material not exceeding 2 cm in width and 0.5 cm in thickness.
    - It must have legs, and the length of the leg must be a minimum of 3 cm and must not exceed 15 cm from the middle of the crotch measured down the inside of the leg from the crotch. Non-supportive weightlifting-type suits may have legs longer than 15 cm as long as they do not reach the knee and do not touch any knee wrap or knee-cap supporter.
  - Only non-supportive type suits may have a double crotch.
  - At Special Olympics World and National Games powerlifting competitions, all competitors must wear a lifting suit which conforms to the above stated specifications, the only exception being the full-length aerobic suit worn in the bench press by athletes with physical disabilities.

- Undershirt
  - An undershirt (commonly known as a “T-shirt”) of any color or colors must be worn under the lifting suit by all competitors during the performance of the squat and the bench press. It is optional for men, but mandatory for women to wear a T-shirt during the performance of the dead lift. The T-shirt is subject to the following conditions:
    - It is not ribbed.
    - It does not consist of any rubberized or similar stretch material. Specialized “bench” shirts are not permitted.
    - It does not have reinforced seams or seams which might tend to assist the lifter in competition.
    - It must have sleeves, which do not terminate below the elbow or up at the deltoid.

- Undershorts
  - A standard commercial “athletic supporter” or standard commercial undershorts of any mixture of cotton, nylon or polyester (but not swimming trunks or any other garment of rubberized or similar stretch) material shall be worn under the lifting suit.
  - Specialized squat briefs shall not be worn.
  - Women competitors shall wear non-supportive protective briefs or panties.

- Footgear
  - Socks may be worn.
  - Some type of shoe or boot must be worn. The height of the heels shall not exceed 5 cm.
• Belt
  o A belt made of leather, vinyl, nylon or other similar non-stretch or non-metal (other than buckle and stud attachments material) may be worn on the outside of the suit.
  o Dimensions: Width—a maximum of 10 cm; thickness—a maximum of 13 mm.
  o The belt may not encircle the body more than once.

• Wraps
  o Wraps may be used. The maximum size is 8 cm wide and 1 m long. The wrap may not be more than 10 cm above or 2 cm below the wrist.

• Chalk is only allowed on the hands and powder on designated areas of the body.
• No gloves will be allowed.

**Summer Sports - Sport-Specific Uniform and Equipment Standards**

**Athletics (Track and Field)**

**Attire**
- The top shall consist of a T-shirt or sleeveless tank (a sweatshirt or track suit jacket is permitted in colder conditions).
- Bottoms shall be athletic shorts or athletic-type sweatpants.
- Competitors may compete in bare feet or with sport shoes on one or both feet. The purpose of the shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give the competitor any additional artificial assistance and no spring or device of any kind may be incorporated in the shoes.
- Running spikes should be no longer than 6 mm (subject to change based on specifications of each venue).

**Sports equipment**
- One relay baton is needed for each participating relay team. Batons should be made of anodized aluminum, or lightweight, unbreakable plastic. Relay Batons should be 10cm in circumference and 30cm in length.
- Special Olympics Oregon uses the following shot-put weights:
  - 4 kg (8.8 lbs) - Male (ages 12 and up)
  - 3 kg (6.6 lbs) - Female (ages 12 and up)
  - 3 kg (6.6 lbs) - Youth male (age 8-11)
  - 1.81 kg (4 lbs) - Youth female (age 8-11)
  - 1.81 kg (4 lbs) - Wheelchair - all participants

**Bocce**

**Attire**
- A collared shirt is recommended, but not required.
- Team members should wear matching shirts. Matching shorts/light cotton pants/skirts are recommended, but not required.
- Court shoes are recommended. Tennis shoes or smooth-soled athletic shoes are recommended. Spiked-sole shoes are not permitted. No bare feet or open-toed shoes are allowed for training or competition.

**Sports equipment**
- The pallina size may vary from 53 mm to 63 mm and should be of a color (preferably white) that is visibly distinct from the bocce ball colors.
- The bocce balls may be made of composition, wood or metal but must be of equal size. Their size may vary from 107 mm to 113 mm. Ball color is not important as long as the four balls of one team are clearly and visibly distinct from those of the opposing team. Note: Special Olympics Oregon uses 113 mm bocce balls for regional and state competition.
- The bocce ball court is an area 12’ wide by 60’ long. Special Olympics Oregon will use court boundaries that are marked by 2” vinyl lines at competitions.
- Half-court bocce is intended for ramp bocce players and lower ability athletes that can not toss the bocce or pallina ball 20’ or more.
- This event will be played on a 12’ x 30’ court.

**Golf**

**Attire**
- Athletes and partners should wear appropriate golf attire, as described below. Denim and athletic shorts are not permitted.
- Male attire should consist of a collared shirt (button-down or other) and dress shorts or long dress pants.
- Female attire should consist of a collared shirt (button-down or other) and shorts of Bermuda length, long dress pants or skirts of appropriate length.
• Golf spikes are recommended, but spikes must be of non-metal type (i.e., soft spikes). No heeled shoes will be allowed. Athletic shoes are allowed by Special Olympics Oregon.

**Sports equipment**
• Only USGA approved golf clubs are permitted for competition.
• Power carts will only be available to those athletes who are physically unable to walk the course. A formal written request along with a medical doctor’s note must be submitted by the coach with registration. Coaches, LPCs, athletes, parents or partners are NOT permitted to work directly with a competition course to obtain a cart; all will be done by Special Olympics Oregon upon approval.

**Gymnastics**

**Attire and personal equipment**
• Male gymnasts shall wear tank tops (leotards) and long gymnastics pants or gymnastics shorts depending on the event. T-shirts that are tucked in may replace the tank tops. Gymnasts may compete in socks, gymnastics slippers or bare feet.
• Female gymnasts shall wear a long-sleeved leotard, flesh colored tights with bare feet recommended, but can have bare legs and have bare feet or gymnastics slippers. Sleeveless leotards may be worn if the temperature warrants it. Bandages may be worn as long as they are securely fastened. Hip padding is not permitted.

**Sports equipment**
• Athletes shall train and compete with the “newer” table vault.

**Softball**

**Attire and personal equipment**
• All team uniforms must be alike in color, trim and style.
• Blue jeans, jean shorts, slacks and other non-athletic attire are prohibited.
• Each team must have matching uniforms for all team members.
• Numbers of contrasting color must be worn on the back of all uniforms at all times.
• Numbers must be at least 6” high.
• No two members of the same team may have identical numbers. Everybody on the roster must have a different number.
• Shoes must be worn at all times. It is recommended that all athletes wear molded cleats or other athletic shoes. No metal spikes are permitted.
• Athletes and coaches may not wear open-toe shoes on the field of play at any time.
• Caps, visors, headbands, etc are optional for male/female players.
• Catchers must wear a face mask, throat guard and batter’s helmet.
• A first baseman’s trapping-type mitt may be worn by the first baseman and catcher only.
• Players may not wear batting gloves on their throwing hand while playing defense.

**Sports equipment**
• Bats, helmets and gloves must meet ASA standards.
• Only bats marked by the manufacturer as “Official Softball” may be used (max. 34” long and max. 38 oz.). For the most up-to-date list of official bats, please refer to www.asasoftball.com
• All batters, base runners and base coaches who are athletes must wear a helmet with ear guards.
• A 30 cm (11 3/4”) red-stitched restricted-flight softball must be used (blue dot).
• The 12” Incrediball® SofTouch Ball will be used for T-Ball and coach-pitch events.

**Fall Sports - Sport-Specific Uniform and Equipment Standards**

**Aquatics**

**Attire**
• Athletes are required to wear swimsuits which are within the guidelines prescribed by FINA.
  o Suits should not be transparent, even when wet.
  o Female athletes should wear a one-piece tank suit. The suit needs to be close-fitting, and cut so as not to hinder movements. The swimsuit needs to be substantial enough to stay on the athlete’s body while they train.
  o Males should not wear cut-offs or longer-type suits; the suits can be the “brief” or “jammer” type racing suit or more traditional swim trunks.
• Referees have the authority to exclude any competitor whose swimsuit does not comply with FINA guidelines.
• A tight-fitting swim cap is encouraged.
• Teams competing in relay events should wear swim caps of the same color with the local program logo if possible.
• Swim goggles are encouraged.
• Nose clips are helpful for athletes who have difficulty with breathing patterns or sinus-related problems.
Sports equipment
- Flotation devices are allowed only in flotation events. They are not allowed in assisted swim events.
- Athletes competing in the flotation events are responsible for their own flotation device.
  – The device must be on the body or be a wraparound type such that if the athlete were to not be able to hold
    on to the device, the device would still support the athlete with the face out of the water.
  – Flotation devices such as kickboards, inner tubes or ‘water wings’ are NOT acceptable.

Bowling
Attire
- Collared shirts are recommended, with bowling shirts preferred.
- The bottoms are recommended to be long pants or dress/walking shorts. Skirts may be worn by women. Sweat pants are permitted but not recommended.
- All competitors must wear bowling shoes.
- For sanitary purposes, socks are required by most bowling facilities.
Equipment
- Ramps can vary in size or material, but they should be designed only to guide the bowling ball using the force of the bowler to start the motion. (Ramps should not propel the ball with any switch, lever, spring or other).
- Bowling ball is to conform to USBC tournament rules. A ball must be no larger than 27” in diameter and weigh no more than 16 pounds.

Soccer
Attire
- A player’s uniform consists of a shirt/jersey, athletic/soccer style shorts, socks, shin guards and appropriate footwear for sport.
- The shin guards must be worn and covered by socks.
- Each player must wear a number on the back of his/her shirt. Numbers on the front are recommended, but not required.
- The color of the numbers must contrast clearly with the outfits (light on dark or vice versa). This applies especially in the case of striped jerseys/shirts. A plain-colored background (either entirely light or dark, depending on the color of the numbers) affords better legibility. These numbers shall be between 10”-14” high in the center of the back of the shirt, between 4”-6” high on the front of the shirt in any position at chest level.
- Numbers are recommended (but not required) for shorts. If wearing numbers on shorts, the numbers should be between 4” and 6” in height in any position on the front of either leg of the shorts.
- Soccer cleats must not have metal cleats/studs.
- The goalkeeper shall wear colors contrasting with those of the two teams and the referee. Special Olympics Oregon does not require a number for the goalkeeper, but it is recommended.
- Goalkeeper gloves are recommended but not required.
- Sports goggles are recommended for those athletes who are unable to wear contacts.

Sports equipment
- 5-a-side soccer uses a smaller field than traditional soccer. The field can range from 30-40 meters wide by 40x50 meters long.
- 5-a-side soccer goals are 2 meters tall x 4 meters wide.
- All competitions will use a size 5 soccer ball (unless there are exclusively divisions where all players are 12 and under in which case a size 4 soccer ball will be used).

Volleyball
Attire
- A player’s uniform consists of a jersey/shirt, shorts, socks and sport shoes. Uniforms may be one piece.
- Uniforms must be of the same color, except for the Libero. The color of the jersey for the Libero shall be distinctly different from all other players.
- No players on the same team should have the same number and they should be printed in a contrasting color to the jerseys/shirts with a minimum height of 4” on the front and 6” on the back. Each uniform jersey/shirt must use the same color and number height for all team members.
- Numbers are required for the back of the uniform and are recommended for the front as well. Numbers should be placed in the center of the back. If using numbers on the front, it is recommended that the top of the number be no more than 5” down from the shoulder seam and that the medial edge of the number be no more than 3” from the midline of the jersey/shirt.
- For local programs that are considering using their volleyball uniforms for basketball as well, please see basketball uniform guidelines for permitted numbers.
- All players must wear a flat gym, court, or tennis shoe. Turf shoes, street shoes or bare feet are not permitted.
Sports equipment
• Net height will be set at 7'-4½” (2.24 meters) for all competition.
• The service line may be moved closer to the net, but no closer than 14’-9” (4.5 meters).
• A standard regulation volleyball will be used for all competition.