



2026 SOTN Fitness Competition Rules & Regulations

Special Olympics



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Fitness Games

I. What are Fitness Games?

The Fitness Games are a functional fitness competition for SOTN athletes. This competition will test the athlete's coordination, balance, strength, power, aerobic capacity, and overall fitness.

II. Team Structure

1. Athletes will compete in teams of 4-5. Athletes can register on a team or as an individual and will be placed on a team.
2. Unified teams must have at least 1 unified team member and no more than 2.

III. Competition Structure

1. The competition will consist of 6 functional fitness events.
2. Each event will have a lead Judge as the sole person in charge of that event. The event lead coach is responsible for organizing, coaching the movements, and maintaining the proper flow of the event.
3. There will be 3-4 minutes of transition and rest time in between events.
3. The master clock will be controlled by the Fitness Games director. The clock for all events will start simultaneously on the games director's signal. Teams will rotate through events in a predetermined order.
4. A maximum of 2 rest stations are allowed. For example, if you have 8 teams in one heat, two teams start at the rest stations, 6 teams start at the events. They rotate through until each team completes each station. The max number of teams you can have in one heat is 8.

IV. Competition Levels

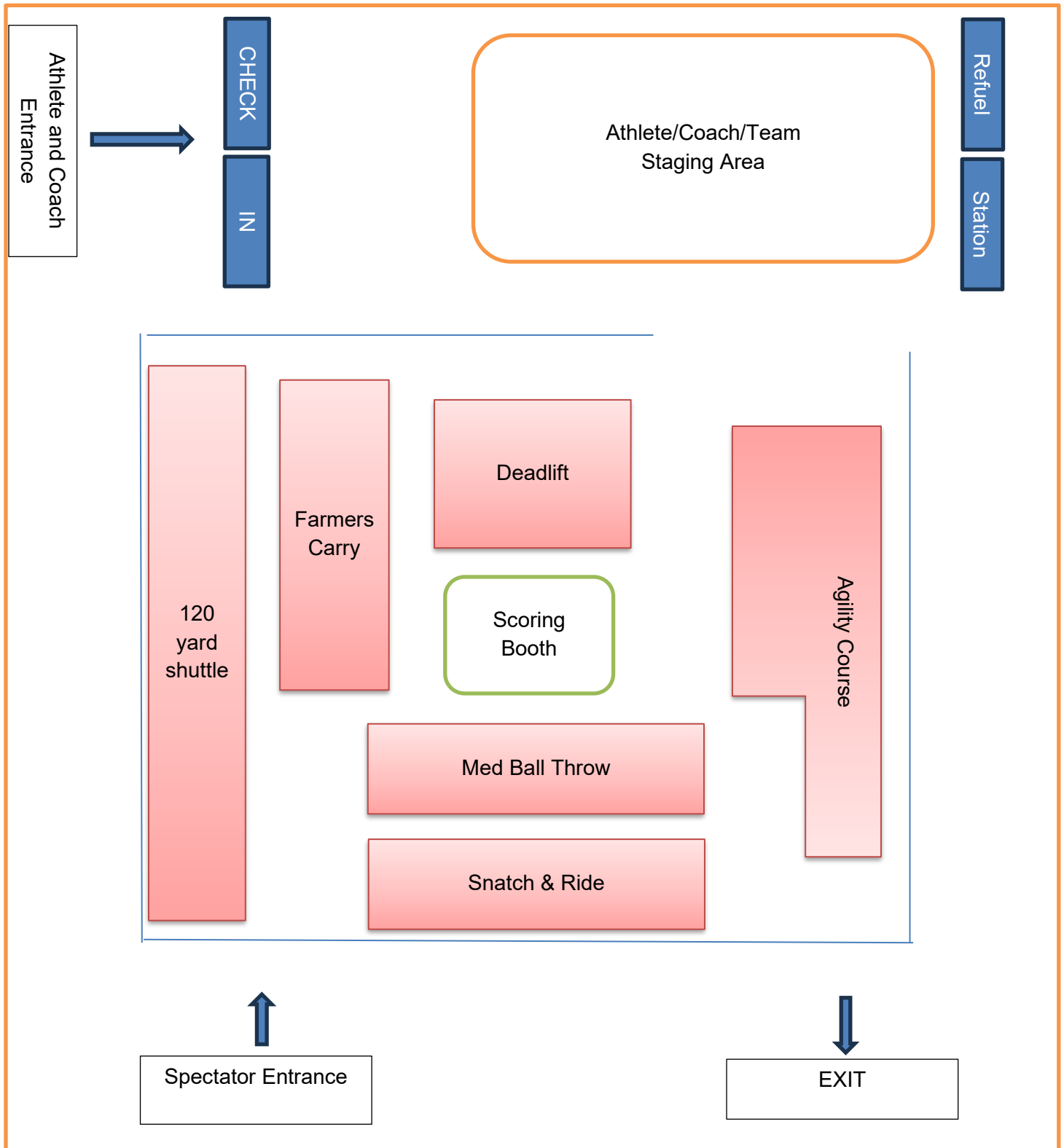
• Divisioning

- Teams will be pre-divisioned when possible through scores collected at train 4 life and previous fitness games.
- When pre-divisioning is not possible we will post-division based on results day off.

• Levels 1, 2, and 3

- At registration athletes/coaches/area directors will be asked to self report themselves as a Level 1, 2, or 3 athlete.
- The level they choose will determine the weights they use at events 3,4,5,and 6.
- If unsure please select one level down.

V. Venue Lay Out Model (Diagram)



VI. Scoring

1. Each event will be scored for time.
2. At each event the team's score will be the average of all athletes on the team.
3. The team average for each event will be measured against the other teams in your division. **In each event the 1st place team will receive 10 points, 2nd place 7 points, 3rd place 5 points, 4th place 3 points, 5th place 2 points, 6th place 1 point.** It will be the same process at all six events.
4. The final Fitness Games score will be the team's points total for all 6 events.

VII. Coach and Volunteer Expectations

- A. Each team can have one coach with them throughout the 6 events.
- B. Event Leads should be fitness coaches.
- C. Coaches and event leads are expected to adhere to Special Olympics rules and philosophies, coach's guidelines, and codes of conduct at all times.
- D. Coaches and event leads must have the following certificates to participate:
 - a. Updated Protective Behaviors
 - b. Class A Background Check
 - c. Concussion Training
 - d. Fitness Competition Training with SOTN staff
- E. Volunteers will be used for the following:
 - a. Set up and break down of the venue
 - b. Recording athlete's scores as communicated by the event lead coach
 - c. Assisting the event lead in recording team scores
 - d. Assisting event lead in maintaining organization and flow of the event
 - e. Assisting the event lead in communicating expectations to the athletes

VIII. Competition Events

1. 120 Yard Shuttle

Event description: In this event athletes will run 20 yards down and back 3 times to complete the 120 yard shuttle. This event tests the athlete's ability to accelerate and decelerate, their speed, and endurance.

Time: 5-minute time cap

Space standard: The shuttle running lane must be 3-4 yards wide and have at least 25 yards in length to allow 5 yards behind the start to decelerate.

Movement Standard: For this event the athlete will start behind the start line and run 20 yards down, touch the line with one hand and run back to the start line and touch the line with one hand, 3 times as fast as possible for a total of 120 yards. On the athletes last run back to the start line they do not have to touch the line, they should run through the start line as fast as they can.

Flow: The timer will say "ready, set, go" and start the stopwatch. The timer will stop the stopwatch when the athlete crosses the start line on their third trip back. The 4-5 athletes on the team will rotate through until each athlete completes two timed shuttles. The best time will be recorded for each athlete.

Scoring: Scoring will be the average of each athletes best time.

2. Agility Course

Event description: In this event athletes will perform the “box drill” putting their agility, coordination, and stamina to the test.

Time: 5-minute time cap

Space standard: Sufficient space to set up the event to the dimensions described is required. Set up - the agility course shall be set up as a box drill plus a 5-yard sprint out. Set up 4 cones to make a 5yard x 5yard box. Add a fifth cone 5yards from the top left cone. The athlete will start at the bottom left corner of the box. Sprint forward 5y. Shuffle right 5y. Back pedal 5y. Shuffle left 5y. Sprint forward 10y.

Movement Standard: The athlete will start at the bottom left corner of the box. Sprint forward 5y. Shuffle right 5y. Back pedal 5y. Shuffle left 5y. Sprint forward 10y. Coach the athlete to stay low and not cross their feet on the shuffle. Coach the athlete to stay low and chest down on the back pedal. Coach the athlete to pump the arms and drive the knees on the sprint.

Flow: Athletes will take turns completing the course while rotating in a consistent order. Athletes have an unlimited amount of tries within the 5 minute time cap. The best time will be recorded.

Recording the athletes time - timer will communicate to the athlete “ready, set”. The athlete will go on them. Upon the athlete’s first movement the timer will start the stopwatch. Timer will end the stopwatch when any part of the athlete’s body crosses the final cone as they complete the final 10y sprint.

Successful attempt - in order to record a time, the athlete must complete a successful attempt (to their best ability). A successful attempt is any one where the athlete maintains both feet outside each cone as they change direction. If the athlete enters inside the box “cuts the corner”, that time shall not be recorded.

Scoring: Scoring will be the average of each athlete's best time. If an athlete fails to record a successful attempt their time will be equal to the slowest time in their division.

3. Farmers Carry

Event description: In this event the athlete will perform 4 rounds of a 50-yard farmers carry (25y and back) and 10 Goblet squats to a med ball. This will be completed for time. This event will test the athletes' balance, strength, endurance and mobility.

Time: 8-minute time cap

Space standard: Each athlete will have their own working lane for the farmer's carry. The lane must be at least 2 yards wide and 25 yards long. Each athlete will also need a small space 3 yards behind the start of their lane to perform the squats.

Movement Standard: For the farmer's carry the athlete must walk NOT run with the arms fully extended at their side and standing up tall with good posture. They must get at least one foot over the 25-yard line before turning around and walking back across the start line before setting their weight down. Athletes should be coached to never drop weight, only set it down.

A successful goblet squat is one where the athlete's backside touches the med ball, and they fully extend the hips at the top. Any unsuccessful rep shall not be counted. Each athlete will have their own set of weights for the farmer's carry and the goblet squats. Farmer's carry will have 4 weight options 15lb, 25lb, 35lb. Goblet squats will have two weight options 15lb, 25lb, and 35lb dumbbell. Athletes' weight will be predetermined. Each athlete will have their own Medball.

Level 1: 15lb / 15lb

Level 2: 25lb / 25lb

Level 3: 35lb / 35lb

Flow: All athletes will have their own sets of weights so they can all work at the same time. To start the event the timer will say "ready, set, go" and start the stopwatch. When the athlete completes their final squats on their 4th round the timer will record their time.

Scoring: Scoring will be the average of each athlete's time.

4. Snatch and Ride

Event description: In this event athletes will complete 5 rounds for time of 5 double arm snatches and 4, 6, or 8 calories on the Assault Bike (depending on their level). This will be for time. This event will test the athletes' full body coordination, agility, aerobic capacity and ability to pace themselves.

Time: 6- minute time cap

Space standard: Each athlete will have their own working space. Each athlete's space will include a bike and set of dumbbells.

Movement Standard: The double arm snatch shall be performed with a DB in each hand. Weight options are 10lb, 15lb, 20lb. The movement starts with the athlete standing up tall, elbows extended and arms at their side or in front of the torso. Athletes should bend at the hips and knees at the same time (until the DBs reach just below the knees) to generate force then thrust the hips, extending at the knees and hips and pull the DBs overhead. The DBs should stay close to the body as they travel up overhead and lower back down. Don't swing them away from the body. Athletes have the option of keeping the DBs outside the hips or in between the legs. A successful rep should have the elbows extended (arms straight) at the bottom, arms at the side or in front of the torso, DBs just below the knees, and DBs overhead at the top with elbows extended and biceps behind the ears if their mobility allows.

The bike should be set to the appropriate height (seat just below hip height). Athletes must ride with both feet and hands unless a mobility issue is present.

Level 1: 10lb / 4 cal

Level 2: 15lb / 6 cal

Level 3: 20lb / 8 cal

Flow: To start the event the timer will say "ready, set, go" and start the stopwatch. When the athlete completes their 5th round of snatches and bike cals the timer will record their time.

Scoring: Scoring will be the average of each athlete's time.

5. The Med Ball Throw

Event description: In this event the athlete must progressively throw the MB down their lane 20 yards and back for time. On the way down the athlete will perform chest throws. On the way back the athlete will perform overhead backwards throws. This event tests the athletes' power output and coordination.

Time: 5-minute time cap

Space standard: Each athlete will have their own working lane. Lane must be at least 2 yards wide and 20 yards long.

Movement Standard: Each athlete will be assigned a med ball weight. Weight options are 10, 20, 30. On the way down the athlete will perform chest throws. On the way back the athlete will perform overhead backwards throws. Each throw must be performed with both feet firmly on the ground and squared with their lane (no jumping). Throws "on the run are not allowed".

Level 1: 10lb

Level 2: 15lb

Level 3: 20lb

Flow: After each throw the athlete will run after the MB and reset themselves and throw again. Once the MB is thrown across the 20y line they can begin throwing it back to the starting line. If the MB goes outside their working lane the next throw shall be performed from the point that it went out of the lane. To start the event the timer will say "ready, set, go" and start the stopwatch. When the athlete successfully throws the ball back over the starting line the timer will record their time. In the time remaining the athletes must continue to practice this event and attempt to achieve a better time. Most athletes improve their time on their 2nd and 3rd attempts!

Scoring: Scoring will be the average of each athlete's best time.

6. Deadlift & Push-Ups

Event description: For the kettlebell deadlift each athlete will perform as many rounds as possible of **8 Deadlifts** and **5 Hand Release Push Ups in 4 minutes**. This event tests the athlete's strength, flexibility, and movement proficiency.

Time: 4 minute of work.

Space standard: The athlete will be stationary throughout the 4 minutes with a minimum of two yards of space between them and another athlete.

Movement Standard: Weight will be predetermined. Options 25, 40, 60

The athletes will perform a deadlift with one kettlebell. Proper form for this movement is feet shoulder width apart and straight. Kettlebell in between the feet. Two hands on the KB. In the concentric phase of the movement (on the way up) the athletes must reach full hip extension. In the eccentric phase of the movement (on the way down) athletes must bend at the knees and hips until the KB touches the ground.

Throughout the movement the athlete must maintain a neutral spine with the elbows fully extended (arms straight). Each athlete will be assigned a volunteer coach to count their reps. If the rep does not meet the standard above it shall not be counted. If form becomes a potential injury risk the coach shall determine when appropriate if they must stop the athlete to correct form. After intervening to give the athlete a breather or correct form the coach will also determine, if time is left, to allow the athlete to attempt more reps.

The hand release push up standard is athlete will start in a high plank position with hands directly under the shoulder. Athlete will lower themselves to the ground with the elbows pointed towards their feet. Fully rest the chest to the floor and raise the hands off the floor "hand release". Athlete will push themselves back up through their hands. They may keep the knees down if necessary on the way up but must have the knees off the floor at the top of the rep before starting the next rep.

Level 1: 25lb

Level 2: 40lb

Level 3: 60lb

Flow: Organize the athlete's shoulder to shoulder with two yards of space in between. All athletes on the team will be working at the same time with their assigned weight and their volunteer coach in front of them. Coaches should all start their timer at the same time so that the group starts and ends the 4 minutes of work together.

Scoring: Score will be the average of each individuals total rep count.