

MOTOR ACTIVITIES TRAINING PROGRAM

All of the information you need to enter MATP competition is in the following pages. Please scroll down to the schedule, then the rules, and the Entry Form.

All Coaches must have a current Class A Volunteer Form on file and must take the Protective Behaviors class available on our website. You must meet these requirements to enter Area Competitions. You may check your status in the volunteer section of our website

A Team will not be allowed to enter competition unless they have a certified coach. Please make sure you have met certification requirements. You may check your status in the coach section of our website under the certified coaches list.



Special Olympics
Oklahoma

2010 Spring Games

Head Coaches' Card

IMPORTANT: PLEASE PRINT & COMPLETE ALL INFORMATION

Coach Home Information

Name _____

Home Mailing Address _____

City _____ Zip _____

Home Phone w/ Area Code _____

Home Email _____

Coach Cell Phone w/ Area Code _____

Team Information

Team Name _____

Team Mailing Address _____

City _____ Zip _____

Team Phone w/ Area Code _____

Team Email _____

Area Name _____

MOTOR ACTIVITIES SCHEDULE

BOOMER SOONER

Date: March 10, 2010
Registration: 9:00 am
Location: Moore Comm. Ctr
301 S Howard
Moore, OK
Entries to: Chris Villani
Hand 301 S. Howard
Deliver only Moore Ok 73160
405/793-5090 – W
Deadline: March 1, 2010

CHEROKEE COUNTRY

Date: April 10, 2010
Registration: 7:00 am
Location: Indian Bowl Stadium
2100 Callahan St
Muskogee, OK
Entries to Veronica Carden
Event Director BEST Ctr
202 W. Broadway
Muskogee, Ok
918/684-3700 X 1641
Must call to make an appointment to hand
deliver entries by deadline
Deadline: March 11, 2010

CHEROKEE STRIP

Date: TBA
Registration: 9:00 AM
Location: NORCE gym
2600 E Willow Rd
Enid, OK
Entries to Jamie Rhodd
Event Director 2600 E Willow Rd
Enid, OK 73701
580/213-2700 x 2286
580/747-5445 – cell
Deadline: TBA

GREEN COUNTRY

Date: March 27, 2010
Registration: 10:00am
Location: Olivet Baptist Church
Family Life Center
155 N. 65th W Ave
Tulsa, OK
Entries to Debbie Nobles
Event Director 401 W 44th St
Sand Spring, OK 74063
918/241-6627 - H
918/557-0663 - C
Deadline: March 12, 2010

CAPITOL

Date: April 8, 2010
Registration: 8:00 am
Location: Putnam City High Sch.
5300 NW 50th St
Oklahoma City, OK
Entries to Helena Scott
Event Director Lake Park Elem
8221 NW 30th
Bethany, OK 73008
405/354-3355 - H
405/659-1304 - W
Deadline: February 23, 2010

MOTOR ACTIVITIES TRAINING PROGRAM

Several SOOK Areas will host Motor activities events during March and April. To enter an MAT event, complete and return the enclosed Motor Activities entry and return it to the Event Director for the event you plan to attend.

The Motor Activities Training Program (MATP) is designed for persons with the most severe disabilities who do not possess the physical and/or behavioral skills necessary to participate in Official Special Olympics Sports. The activities have been designed to challenge and expand the ability levels of the athlete through training and participation. The MATP program emphasizes training and participation rather than competition.

MOTOR ACTIVITIES EVENT @ SUMMER GAMES

Athletes must participate in an Area MAT event to be eligible to participate at the Summer Games Motor Activities Event.

MOTOR ACTIVITY GUIDELINES

- Motor Activities events will be held at the Area and State levels.
- Athletes are **NOT** allowed to compete in both Motor Activities and Official Sports competitions.
- Place ribbons will be awarded to all athletes participating in Area Motor Activities. Athletes will receive place medals and/or place ribbons at the State level.
- The starting command for all Motor Activities shall be, "Ready, Go".
- A rope or bell may be provided to assist athletes who are visually impaired.
- Athletes requiring auditory help may be assisted to the start position by the coach.
- A tap may be used for an athlete who is deaf, blind or autistic.
- The type of assistance or visual/verbal stimulation is noted for each event. If there is no notation listed, the event shall be performed independently by the athlete.

******* EXIT CRITERIA *******

Due to the awarding of place ribbons for Motor Activities, strict guidelines will be followed concerning published Exit Criteria information for purposes of heating athletes for the events. Coaches need to pay particular attention to the exit criteria for each event in which his/her athlete is entered and comply with those criteria. If an athlete is able to walk 25 meters with or without assistive devices, he or she should be entered in Athletics events.

Exit Criteria are designed to ensure that the athlete's abilities are similar enough to guarantee equal competition. If an athlete is capable of competing in an official Special Olympics Sport, that athlete should **NOT** be participating in Motor Activities. This rule will be enforced at both the Area and State levels.

If an athlete is inappropriately entered in Motor Activities, he or she will be allowed to participate and given a challenge ribbon (rather than a place award) in that competition. In future competition, that athlete **must** enter other Special Olympic events (such as Athletics). It is recognized that there may be extenuating circumstances of individual handicapping conditions and these various exceptions will be ruled on by officials on a case-by-case basis.

MOTOR ACTIVITIES EVENTS

GROSS MOTOR EVENTS

1. Prone Head Lift
2. Turning Over

LOCOMOTOR EVENTS

1. Rolling
2. Crawling
3. 5 Meter Creep

FINE MOTOR EVENTS

1. Grasp and Lift
2. Novice Grasp - Hold - Move
3. Advanced grasp - Hold - Move - Release

PROPELLING EVENTS

- 1-A. Distance ball roll (for wheelchair athletes only)
- 1-B. Distance ball roll
2. Kick for Distance
3. 10 Meter Scooter
4. Ball Throw

AN ATHLETE MAY ENTER A MAXIMUM OF:

- 1 - Gross Motor Event
- 2 - Locomotor Events
- 1 - Fine Motor Event
- 2 - Propelling Events

Maximum Number of events for any one athlete is 6

DEFINITIONS

Prone Position - Body lying face down in a horizontal position.

Supine Position - Body lying flat on the back in a horizontal position.

Crawling - To move slowly by dragging the body along the ground with hands and/or arms.

Creeping - To move on all fours, close to the ground, as a baby on hands and knees.

Exit Criteria An athlete's ability to successfully achieve a maximum score on a given event. If an athlete can successfully achieve this task, he/she should move to a higher level event.

GROSS MOTOR EVENTS

1. Prone Head Lift

a. Set Up

- 3 athletes per division

b. Equipment

- Flat 1.5 by 2.1 meter (5' x 7') mat for each athlete
- Stopwatches

c. Rules

- Athlete is placed in prone position on flat gym mat.
- Athlete lifts head at the starting signal.
- No assistance (physical contact) may be given.
- Auditory and/or visual stimulation is permitted
- Positioning equipment, such as, bolsters or towel rolls may be placed on each side of the athlete to help him or her maintain prone position. However, no bolsters, wedges or other equipment may be placed under the athlete.

d. Scoring

- Athlete is timed from when he/she lifts up the head until the head touches down on the mat.
- Any lift is acceptable as long as the head leaves the mat.
- Maximum time the athlete will be allowed to lift the head is 90 seconds.

e. Exit Criteria

- Ability to roll supine to prone or prone to supine.

2. Turning over

a. Set up

- 3 athletes per division

b. Equipment

- Flat 1.5 x 2.1 meter (5' x 7') mat per athlete - stopwatches

c. Rules

- Athlete is placed in either a prone or supine position on a flat gym mat.
- Athlete turns over from a prone position to a supine position, or from a supine position to a prone position on a mat.
- Athlete begins at the starting signal.
- No assistance (physical contact) may be given.

d. Scoring

- Athlete will be timed from the start until he/she has completed turning to either a prone or supine position.
- Athlete must go from full supine to full prone or a full prone to full supine position for the turn over to be legal.
- If, after 5 minutes, the athlete is unable to complete this event, the coach may assist him or her to turn over and timing will end at that point.

e. Exit Criteria

- Ability to lateral roll 2 times completely.

LOCOMOTOR EVENTS

For all locomotor events, athlete is to stay in his/her lane and may not interfere, obstruct or impede the progress of another athlete. Disqualification will result at the discretion of the judges.

1. Rolling

a. Set up

- Use flat mats as lanes.
- Mark start and finish lines 2.9 meters (8') apart
- Cones and lane lines may be used to separate lanes.

b. Equipment

- Flat mats approximately 1.5 x 2.1 meters (5' x 7') should be used - stopwatches - cones - floor tape

c. Rules

- Athlete begins behind the start line.
- Athlete starts the race on the start signal.
- Athlete may begin in either the supine or prone position.
- Athlete rolls laterally 2.9 meters (8') on a flat mat.
- Athlete must stay on his/her own mat.
- An assistant may be allowed to physically guide the athlete, to prevent him/her from rolling off the side of the mat, but may not assist with his/her forward movement.
- Auditory and/or visual stimulation is permitted.

d. Scoring

- Athlete is timed from the starting signal to when he/she complete crosses the plane of the finish line with the entire body.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

e. Exit Criteria

- Ability to creep.

2. Crawling

a. Set up

- Use flat mats as lanes.
- Mark start and finish lines 5 meters (16.5') apart.
- Cones and lanes lines may be used to designate lanes.

b. Equipment

- Mats - stopwatches - floor tape - cones.

c. Rules

- Athlete begins with entire body behind the start line.
- Athlete is in a prone position with head and chest raised off the ground and weight on hands and forearms.
- At the start command, athlete crawls forward for 16.5'.
- Athlete must stay in his/her designated lane.
- Auditory and visual stimulation at the finish line is permitted.
- No physical assistance is permitted.
- Athlete will be disqualified if, in the judge's opinion, he/she does not maintain correct position.

- Athlete should not be disqualified for stopping or resting during the race, but all forward movement should be in the correct position.

d. **Scoring**

- Athlete is timed from the starting command until his/her head crosses the finish line.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

e. **Exit Criteria**

- Ability to creep

3. **5 Meter Creep (16.5')**

a. **Set up**

- Use flat mats as lanes.
- Mark start and finish lines 5 meters (16.5') apart.
- Cones and lane lines may be used to designate lanes.

b. **Equipment**

- Mats - stopwatches - floor tape - cones.

c. **Rules**

- Athlete begins with entire body behind the start line.
- Athlete is in a 4-point stance with weight supported on hands and knees.
- On the start command, athlete creeps forward for 5 meters (16.5') on a flat mat.
- Athlete must move forward using only his/her hands and knees in a creeping manner.
- Athlete must stay in his/her designated lane.
- Auditory and visual stimulation at the finish line is permitted.
- No physical assistance is permitted.
- Athlete will be disqualified if he/she does not maintain the correct position.
- Athlete should not be disqualified for stopping or resting during the race, but all forward movement must be in the correct position.

d. **Scoring**

- Athlete is timed from start command to when both knees cross the finish line.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

e. **Exit Criteria**

- Ability to walk 25 meters (82') with or without assistive devices.

FINE MOTOR EVENTS

1. Grasp and Lift

a. Set up

- Block is set from 0 to 31 centimeters (0-12") away from athlete, depending upon the athlete's physical ability.
- Coach must inform the official of the starting position prior to the event start.

b. Equipment

- Block 2.6 x 2.6 centimeter square (1" x 1") - stopwatch - 62 by 62 centimeter (24" x 24") flat surface.

c. Rules

- Athlete will attempt to reach 0 - 31 centimeters (0-12") away.
- Athlete will grasp and pick up a 2.6 by 2.6 centimeters (1" x 1") square block.

d. Scoring

- The score is the amount of time elapsed from the start command until the athlete completely lifts the block off the surface.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

e. Exit Criteria

- Ability to grasp and move blocks 5.1 centimeters (3.2") to the left or right.

2. Novice Grasp - Hold - Move

a. Set up

- Strips of tape 31 centimeters (12") long, parallel to one another and 7.6 centimeters (3") apart are placed on a level surface.
- Athlete's mid-line should coincide with midpoint of distance between 2 lines.
- Official sets block at any point on the starting line based upon athlete's reach capabilities.
- Coach must inform the official of starting position prior to the event.
- After athlete moves one block, the official must remove block from athlete's hand and place another block on the starting position. Official continues procedure until all 5 blocks are used.

b. Equipment

- Five 2.6 x 2.6 centimeter (1" x 1") square blocks-colored tape-metric tape measure - stopwatch - 62 x 62 centimeter (24" x 24") surface.

c. Rules

- Athlete will grasp, pick up and hold a block.
- Athlete must move the block across both lines (either left to right or right to left).
- Athlete will make attempts to move all 5 blocks.
- Pushing the block without grasping it will constitute a disqualification.
- If the block does not go across both lines it will constitute a disqualification.
- Official will need to remove the block from athlete's hand after the hand crosses the second line.

d. Scoring

- The score is the amount of time elapsed from the start command until the last block crosses the second line.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

- **Exit Criteria**
- Ability to release the block by him/herself, without any assistance.
- Ability to move block 31 cm. (12")..

3. **Advanced Grasp - Hold - Move - Release**

a. **Set Up**

- Strips of tape 31 centimeters (12") long, parallel to one another and 31 centimeters (12") apart are placed on a flat surface.
- Official sets block at any point on the starting line.
- The starting position of the block is determined and the official is informed by the coach.
- After athlete moves one block, the official places another block on the starting position. Official continues procedure until all 5 blocks are used.
- Athlete's mid-line should coincide with midpoint of distance between 2 lines.

b. **Equipment**

- Five 2.6 x 2.6 centimeter (1" x 1") square blocks - colored tape - metric tape measure - stopwatch - 62 x 62 centimeter (24" x 24") surface.

c. **Rules**

- Athlete will attempt to reach 0 to 31 centimeters (0 - 12") to the starting position, depending on the physical ability to grasp, pick up and hold a 2.6 x 2.6 centimeter (1" x 1") block.
- Athlete will move the block across both lines, either left to right or right to left.
- Athlete will release the block after it crosses the 2nd line.
- Athlete will make attempts to move all 5 blocks.
- Pushing the block without grasping it will constitute a disqualification.
- Block must be released by the athlete without physical prompt.

d. **Scoring**

- The score is the amount of time elapsed from the start command until the last block completely crosses the 2nd line.
- If, after 10 minutes, the athlete is unable to complete the event, the coach may assist him/her to finish and timing will end at that point.

PROPELLING EVENTS

1-A. Distance Ball Roll (for athletes using a wheelchair only)

a. Set up

- Front wheels of the athlete's chair must be behind starting line.

b. Equipment

- Basketball - Junior or regulation size - metric tape measure - weighted markers - 1.5 meter (5') starting line on surface.

c. Rules

- Sitting in a chair, place the ball in the athlete's lap or on a tray.
- Athlete is allowed 3 consecutive attempts to roll the ball from the lap or tray using hands or head.

d. Scoring

- Distance is measured where the ball stops.
- Longest of 3 rolls is counted.

e. Exit Criteria

- Ability to grasp and lift and release a softball in one or two hands.

1-B. Distance Ball Roll

a. Set up

- Athlete must remain behind the rolling line.

b. Equipment

- Basketball - Junior or regulation size - metric tape measure - weighted markers - 1.5 meter (5') starting line on surface.

c. Rules

- Athlete sitting or lying on floor, carpet or grass.
- Athlete may be supported, but roll must be independent.
- Athlete is allowed 3 consecutive attempts to roll the ball using hands or head.
- Athlete's body must be behind rolling line, including arms and hands.

d. Scoring

- Distance is measured where the balls stops.
- Longest of 3 rolls is counted.

e. Exit Criteria

- Ability to grasp, lift and release a softball in one hand.

2. Kick for Distance

a. Set up

- Athlete must stand behind starting line or front wheels of athlete's chair must be behind starting line.

b. Equipment

- Volleyball or soccer ball, deflated to app. ½ normal pressure - metric tape measure - weighted markers - 1.5 meter (5') starting line on surface

c. Rules

- Athlete may sit or stand to kick the ball.

- Athlete stays behind the kicking line when kicking the ball. (A foul is called if athlete steps on the line.)
 - Athlete makes 3 attempts to kick the ball.
- d. **Scoring**
- Distance is measured where the ball stops.
 - Longest of 3 kicks is counted.

3. **10 Meter Scooter Race**

a. **Set up**

- Starting line and width of race course is 10 meters (33') across.
- Finish line is 10 meters (33') from starting line.

b. **Equipment**

- Four-wheel scooter, square, round or rectangular - metric tape measure - finish line string - stopwatches.

c. **Rules**

- Athlete sitting up, kneeling or lying face down on scooter - on track or other hard surface.
- Athlete must propel him/herself independently to finish line. No physical contact with the athlete or the scooter is allowed by an outside source.
- Athlete must start behind the starting line - all body parts - and finishes when the entire scooter is across the finish line.
- Athlete does not have a lane that he/she must stay in.
- Maximum of 3-4 participants in each heat.

d. **Scoring**

- Athlete is timed from start to when scooter completely crosses the finish line.
- Time will be kept by officials with stopwatches. The fastest time is the winner in that heat.

e. **Exit Criteria**

- Ability to walk 25 meters (82').

4. **Ball Throw**

a. **Set Up**

- Athlete must stand behind starting line or front wheels of athlete's chair must be behind starting line.
- Make sure there is a clear area for throwing.

b. **Equipment**

- Tennis balls - metric tape measure - weighted markers - 1.5 meter (5') starting line on surface.

c. **Rules**

- Athlete must stay behind the starting line at all times.
- Athlete may take approach step(s) to throwing line prior to making throw.
- Throw may be either underhand or overhand.
- Athlete is allowed 3 throws.
- Athlete may stand or sit to throw.

d. **Scoring**

- Distance is measured from starting line to where the ball first lands.
- Longest of the 3 throws is counted.

e. **Exit Criteria**

- Ability to grasp, lift and release softball.

MOTOR ACTIVITIES ENTRY FORM

Check Spring Games Packet for competitions & deadlines

Team Name _____

Coach _____ Cell # _____

Phone - Day (_____) _____ Night (_____) _____

Email _____

Certified Coach _____

Athletes may enter competition in the following - Up to 6 events:

1 Gross Motor Event - 2 Locomotor Events - 1 Fine Motor Event - 2 Propelling Events

Gross Motor Events

Prone Head Lift
Turning Over

Locomotor Events

Rolling
Crawling
5 Meter Creep

Fine Motor Events

Grasp & Lift
Novice Grasp - Hold - Move
Advanced Grasp - Hold - Move - Release

Propelling Events

Distance ball roll (wchair athletes only)
Distance ball roll (non-w/chair athletes)
Kick for Distance
10 Meter Scooter Race
Ball Throw

Scores to be written as: **TIME** - 1 : 14 which represents 1 minute : 14 seconds

METRIC DISTANCE - 2 : 34 which represents 2 meters : 34 centimeters

Athlete Name _____ Date of Birth _____ Sex _____

	Events by Name	Score
1.	_____	_____ : _____
2.	_____	_____ : _____
3.	_____	_____ : _____
4.	_____	_____ : _____
5.	_____	_____ : _____
6.	_____	_____ : _____

INCLUDE A COPY OF ATHLETE'S MEDICAL/RELEASE FORM WITH ENTRY