

SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**
Policy: **Competition & Practice Attire**
Effective Date: December 2004
Revised: January 2012
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Athletes, coaches and volunteers will wear appropriate training, competitive and/or ceremonial uniforms when attending any competition or training program when representing Special Olympics, using Special Olympics funds, or using the Special Olympics name.

Each Local will have only one official competitive and one ceremonial uniform, and Regions must exercise fiscal responsibility in the selection of ceremonial and competition attire.

General

1. The ceremonial uniform (usually a tracksuit) is the attire that an athlete and coach wear for opening ceremonies and must be the same for all athletes and coaches in a Local.
2. The sport specific uniform is that which an athlete would wear in competition.
3. The Local Executive will select uniforms for their Local's use that meet the specifications for competitive and ceremonial uniforms.
4. Locals shall have the right to choose the colour of uniform worn at the Local/Regional level. Locals may collaborate regionally to select a standard uniform in a standard colour for use of any Local within that Region.
5. Locals will not have more than one official competitive or ceremonial uniform.
6. Ceremonial uniforms for Provincial Games are the responsibility of the Region.
 - a. If Locals within a Region have agreed to a common ceremonial uniform for local through to provincial events, that uniform will be worn.
 - b. If Locals within a Region don't have a common ceremonial uniform, then for provincial events Locals will wear the pants of their Local uniform and will wear a top in a style and colour that is consistent with other Locals within their Region.
 - c. Cost of the uniform is that of the Local.
7. Athletes will compete in their Local sport specific uniforms.
8. No uniforms, bibs, or other signs bearing competition numbers which are worn by Special Olympics athletes during any competition, while competing, or during any opening, or closing, or award ceremonies of any competition, may be emblazoned with commercial names or commercial messages. The only commercial markings which may be displayed on athletes and coaches uniforms during Games, competitions, and Opening and Closing Ceremonies are the normal commercial markings of the manufacturer. Special Olympics athletes who are not engaged in competition or in Opening/Closing Ceremonies may wear, carry, or use at Games venues other than the sites of competition (such as at training or practice sessions) clothing and/or non-apparel items which are not part of their sports

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equipment (such as tote bags), which contain small and attractively designed identifications of corporate or organizational sponsors.

Sport Specific Uniforms

1. Coaches will wear the approved team uniform, or if no team uniform is provided to coaches, they are to wear athletic attire appropriate to their sport.
2. Sports specific attire for all athletes, coaches and program volunteers attending a practice or competition sanctioned by Special Olympics BC will be worn as follows:

<u>Sport</u>	<u>Competition</u>	<u>Training</u>
5- and 10-Pin Bowling	All athletes and coaches must be dressed uniformly in proper bowling attire. Such attire includes a collared shirt, pants with a straight hemmed bottom (or skirt for females) or Regional track pants. Denim, sweatpants, stirrup pants, spandex, hats and street shoes shall not be permitted.	All athletes and coaches must wear bowling shirts or t-shirts, pants, and bowling shoes. Program volunteers may dress in any type of attire as long as it is clean and presentable.
Alpine Skiing	All athletes and coaches must wear warm jackets, wind pants or sweatpants, and gloves. These do not have to be in the same colour from athlete to athlete. All athletes must wear helmets approved for alpine skiing. No denim is permitted.	All athletes, coaches and program volunteers must wear warm jackets, wind pants or sweatpants and gloves. All athletes must wear helmets approved for alpine skiing.
Aquatics	Female athletes must be in one-piece swimsuits. Male athletes may be in brief- or boxer-type swim suits.	Female athletes must be in one-piece swimsuits. Male athletes may be in brief- or boxer-type swim suits. As coaches/program volunteers may need to go into the water, they should have on swimsuits, which may be covered by shorts/sweats and a t-shirt.
Athletics	Athletes must be in a singlet or t-	All athletes, coaches and program

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	shirt, shorts (either running shorts or knee length lycra shorts. Female athletes may wear running briefs.) and either running shoes or cleats.	volunteers must wear t-shirts/sweatshirts, shorts or sweatpants, and runners.
Basketball	<p>T-shirt or sleeveless jersey of a lightweight material with a number on the back. A team must have matching shirts. Shirts should be of a light-weight material that allows for freedom of motion. No jean shorts.</p> <p>Sneakers are a requirement however it is recommended that athletes have high-topped, non-marking basketball shoes to ensure appropriate support and that the sneakers do not mark the floor. Kneepads and braces can be worn for protective purposes. Head bands and wrist bands are also permissible to keep sweat out of eyes and off hands.</p>	All athletes, coaches and program volunteers must wear t-shirts/sweatshirts, jerseys, shorts or sweatpants, and runners.
Bocce	All athletes and coaches must be dressed uniformly in proper bocce attire. Such attire includes a collared shirt, pants with a straight hemmed bottom, shorts (or skirt for females) or Regional track pants. Denim, sweatpants, stirrup pants, spandex, and street shoes shall not be permitted. Athletes may wear a hat that does not bare a logo.	All athletes, coaches and program volunteers must wear golf shirts or T-shirts, track pants or shorts and runners.
Cross-Country Skiing	All athletes and coaches must wear warm jackets, wind pants or sweatpants and gloves. Toques or winter hats are strongly recommended. These do not have to	All athletes, coaches and program volunteers must wear warm jackets, wind pants or sweatpants, and gloves. Toques or winter hats are strongly

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	be in the same colour from athlete to athlete. No denim is permitted.	recommended.
Curling	All athletes must have matching on-ice apparel. Such apparel may include matching pants, jacket, and shirt. No denim is permitted on ice.	All athletes, coaches, and program volunteers must wear comfortable pants and jacket, sweater, sweatshirt or long-sleeved shirt, and curling shoes or clean appropriate footwear.
Figure Skating	Competition Attire and Skates: Dress should enhance and not detract from skater's technical proficiency. Coaches should have a jacket that is in the Locals/Regions colour. No denim is permitted.	All athletes, coaches and program volunteers must wear comfortable pants and jacket, sweater, sweatshirt or long-sleeved shirt. Female may wear tights and a practice skirt.
	Singles Preliminary Round - Female: Figure skates should be clean and polished with laces tucked in. Simple, fitted figure skating dress, skirt or jumper with turtleneck and/or sweater. Tights or pantyhose should be worn; undergarments should not be visible. No loose jewelry (i.e. necklace or bracelets).	
	Singles Final Round - Female: Same as Singles Preliminary Round - Female. Dress may have beading, sequins, and/or lace, all done in good taste with the approval of a professional coach. No props may be used (i.e. hats, canes, boas, etc.).	
	Singles Preliminary Round -	

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	<p>Male: Same as Singles Preliminary Round - Female. Simple fitted pants (stretch material and plain colour preferred), long-sleeved sweater, and/or turtleneck. No sweatpants acceptable. A well-groomed appearance is highly recommended.</p>	
	<p>Singles Final Round - Male: Same as Singles Preliminary Round - Female. Simple fitted pants or jumpsuit (stretch material of any colour with simple decoration is acceptable as long as it does not interfere). No props (i.e. hats, canes, etc.).</p>	
	<p>Pair Skating: Refer to the dress requirements listed for the male and the female in Singles Final Round competition.</p>	
	<p>Ice Dancing: Refer to the dress requirements listed for male and female in the Singles Final Round competition.</p>	
Golf	<p>All athletes and coaches must wear golf shirts (tucked in) and pants or knee length shorts (women may wear golf skirts). Golf shoes should be worn. PLEASE NOTE: Attire rules of a specific course must be adhered to.</p>	<p>All athletes and coaches must wear golf shirts (tucked in), pants or knee length shorts (women may wear golf skirts). Golf shoes should be worn. PLEASE NOTE: Attire rules of a specific course must be adhered to.</p>
Floor	<p>All athletes of a team must wear</p>	<p>All athletes, coaches, and program</p>

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Hockey	matching jerseys and shorts or sport pants. All athletes must wear a C.S.A. approved hockey helmet. All athletes must wear gloves, shin pads and runners. Elbow pads and athletic support are strongly recommended.	volunteers must wear t-shirts/sweatshirts, shorts or sweatpants, gloves and shin pads, and runners. All athletes must wear a C.S.A. approved hockey helmet. Coaches are strongly encouraged to wear helmets when scrimmaging with athletes. Elbow pads and athletic support are strongly recommended.
Powerlifting	All athletes should wear wrestling singlets (males in male style, females in female style).	All athletes, coaches and program volunteers must wear t-shirts/sweatshirts, shorts or sweatpants and runners. Powerlifting singlets are also permitted but not required.
Rhythmic Gymnastics: Individual & Group Gymnastics	<p>A correct gymnastic leotard must be in non-transparent material (leotards that have some part in lace will have to be lined from the trunk to the chest). The neckline of the front and back of the leotard must be proper (no further than half of the sternum and no further than the lower line of the shoulder blades). Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed. The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum). The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body. NOTE: It is permissible to wear:</p> <ul style="list-style-type: none"> • Long tights down to the ankles, over the leotard; 	<p>All athletes should wear something that allows movement and stretching and enable coaches to see body. Track pants, sweatpants, leggings or tights for the bottom and either a body suit, t-shirts, sweatshirt. Layers to keep athlete warm. Bare feet, gymnastics slippers or rhythmic half-slippers. Hairstyle should be neat and kept off face. No jewelry is allowed for the safety of the gymnast.</p> <p>Level A wheelchair athletes, shoes may be worn if needed.</p> <p>All coaches should wear something that allows movement and stretching and enable athletes to see body (track pants, leggings, or tights and top). Runners, gymnastics slippers, or bare feet.</p>

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	<ul style="list-style-type: none"> • A full-length one-piece leotard (unitard) provided that it is skintight; • A skirt that adheres to the hips but does not fall further than the pelvic area of the leotard; • A skirt that adheres to the hips but does not fall further than the pelvic area of the tights or the unitard; • The style of the skirt is free as long as it conforms to the two conditions above, adhering and short. <p>Gymnasts may perform their exercise with bare feet or gymnastic slippers. The hairstyle must be neat and trim and the make-up light.</p> <p>GROUP GYMNASTS - the leotards of group gymnasts must be identical in shape and in colour.</p>	
Snowshoeing	<p>All athletes and coaches must wear warm jackets, wind pants or sweatpants, gloves, and mukluks or boots. Toques or winter hats are strongly recommended. These do not have to be in the same colour from athlete to athlete. No denim is permitted.</p>	<p>All athletes, coaches and program volunteers must wear warm jackets, wind pants or sweatpants, gloves, and mukluks or boots. Toques or winter hats are strongly recommended.</p>
Soccer	<p>All athletes of a team must wear matching jersey or shirt that is numbered, stockings and shin guards (with the exception of the</p>	<p>All athletes, coaches, and program volunteers must wear t-shirts/sweatshirts, jerseys, shorts, or sweatpants, and runners or cleats.</p>

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	<p>goalie who shall wear a different jersey), shorts, and soccer cleats or athletic shoes. If cleats are worn they must use soft and yielding studs. (See SOC Rule Book for Amendment to FIFA rules: law IV – Equipment 1 (a))</p>	<p>Shin guards are mandatory for all players.</p>
Softball	<p>All athletes of a team must wear matching softball shirts and shorts or sport pants, and athletic shoes. Batters and base runners must wear a helmet. Catchers must wear a facemask, helmet, and throat protector.</p>	<p>All athletes, coaches and program volunteers must wear t-shirts/sweatshirts, shorts or sweatpants and runners or cleats. The batter and base runners must wear a helmet. A catcher is required to wear a face mask, helmet, and throat protector.</p>
Speed Skating	<p>All athletes shall wear safety-type headgear with a complete hard shell and a fastening under the chin, cut-and water-resistant gloves or mitts, shin guards, knee pads, elbow pads, and a neck protector/guard of bib type design covering the neck and all soft parts of the upper chest area. They must also wear long-sleeved clothing and sweatpants or track pants. These must be of similar style and colour for each Local. Athletes may choose to wear skin suits and these must be of similar style and colour for each Local. If on ice, coaches must wear safety-type headgear with a complete hard shell and a fastening under the chin, long-sleeved clothing, and sweatpants or track pants.</p>	<p>All athletes shall wear safety-type headgear with a complete hard shell and a fastening under the chin, cut-and water-resistant gloves or mitts, shin guards, knee pads, elbow pads, and a neck protector/guard of bib type design covering the neck and all soft parts of the upper chest area. They must also wear long-sleeved clothing and sweatpants or track pants. Athletes may choose to wear skin suits. Coaches must wear safety-type headgear with a complete hard shell and a fastening under the chin, long sleeve clothing, and sweatpants or track pants.</p>