



SPECIAL OLYMPICS NORTHERN CALIFORNIA

IN PARTNERSHIP WITH

CALIFORNIA INTERSCHOLASTIC FEDERATION

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Overall Information

Special Olympics Northern California established partnership with the California Interscholastic Federation in 2016. Each CIF section associated with Special Olympics Unified Sports has created different methods of implementation, best practices and rules for Unified programming within their section.

The state is divided into two chapters – Northern and Southern. The CIF Sections that fall within each jurisdiction are as follows:

Special Olympics Northern California	Special Olympics Southern California
North Coast Section*	Southern Section
Sac-Joaquin Section*	San Diego Section
San Francisco Section*	Los Angeles Section
Oakland Section	Central Coast Section (split with NorCal)
Central Coast Section* (split with SoCal)	Central Section* (split with NorCal)
Central Section* (split with SoCal)	

NOTE: * indicates current CIF Unified programming happening in the section

California CIF Sections





Special Olympics Northern California, CIF Section Overviews

CIF Central Section:

Section Commissioner: Jim Crichlow
Year of Partnership: 2017
Sports Participating (& year): TRAC – Soccer, Fall 2017 / Basketball, Spring 2018
CMAC – Soccer, Fall 2017 / Basketball, Spring 2019
NYL – Soccer, Fall 2017 / Basketball, Spring 2019
Counties Covered: Fresno, Kern, Kings, Madera and Tulare

CIF North Coast Section:

Section Commissioner: Pat Cruickshank
Year of Partnership: 2015
Sports Participating (& year): Track & Field, 2015-2016
Counties Covered: Alameda, Contra Costa, Del Norte, Humboldt, Lake, Marin, Mendocino, Napa and Sonoma Counties

CIF Sac Joaquin Section:

Section Commissioner: Mike Garrison
Year of Partnership: 2016
Sports Participating (& year): Track & Field, 2016
Lodi USD Basketball, 2019
El Dorado Union HSD Basketball, 2019
Counties Covered: Amador, Calaveras, El Dorado, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo and Yuba

CIF San Francisco Section:

Section Commissioner: Don Collins
Year of Partnership: 2016
Sports Participating (& year): Unified Track & Field (2016)
Unified Basketball (2019)
Counties Covered: San Francisco County





Unified Soccer, Example Rules

CIF Central Section, *Unified Soccer*

Unified Athlete (Even Numbers):

- Unified Athlete (Special Education students) must be at the ALPS, Autism, or Special Day class level in order to be considered a Unified Athlete
- RSP or ED students will be considered a Unified Partner

Unified Partner (Odd Numbers):

- Should consist of General Education, RSP or ED students
- All Partners should be academically eligible to participate

Practice:

- Each team will be required to have two weeks of practice before their first game
- Teams will have 2-3 practices a week (Tues-Thurs)
- All Athletes and Partners will be required to complete an athletic clearance packet with a valid physical

Games:

- Games will be played at 3:00pm & 4:00pm depending on field availability at host site
- Roster should be a minimum of 8 to a maximum of 15 Athletes and Partners
- Teams are Co-ed and comprised of 5 players on the field at one time
 - At all times during a game, a team must have 3 Unified Athletes on the field; 1 out of the 3 Athletes must play goalie
- Games will be two (2) 20-minute running halves with a 5-minute halftime
- Overtime will consist of two (2) 5-minute periods; if there is no winner at the conclusion of the 10 minutes, the game will end in a tie

Spirit of the Game:

- Unified Partners should demonstrate appropriate playing actions as “Mentor Coaches”
- Partners can score 1 goal per half, but Partners may not:
 - Score any goals in the final 2 minutes of the half, end of game, or Overtime
 - Pass to another Partner for a score
 - Play defense against an opposing Unified Athlete
 - Steal the ball against an opposing Unified Athlete

Soccer Field Dimensions:

- Soccer field is half the size of a regular soccer field
 - 40-50 meters long
 - 30-35 meters wide
 - 10-meter circle in the middle
 - Goalie Box 12 meters wide x 8 meters long
 - Penalty Kick 7 meters from goal



Unified Soccer Programming, Example Scheduling

CIF Central Section, Leagues: CMAC, NYL & TRAC

2019 UNIFIED SOCCER SCHEDULE					
CMAC		Wednesday		NYL	
** Hosting Site				** Hosting Site	
Visitor	Home	25-Sep		Visitor	Home
Edison	Madera South	3:00pm		Hoover	Sunnyside**
Caruthers	Madera**			McLane	Roosevelt
			4:00pm	Bullard	Fresno
Visitor	Home	2-Oct		Visitor	Home
Madera South	Bullard**	3:00pm		Sunnyside	Fresno**
Caruthers	Edison			McLane	Hoover
Roosevelt	Madera	4:00pm			
Visitor	Home	9-Oct		Visitor	Home
Madera South	Caruthers**	3:00pm		Sunnyside	McLane**
Bullard	Madera			Fresno	Roosevelt
			4:00pm	Edison	Hoover
Visitor	Home	16-Oct		Visitor	Home
Madera	Edison**	3:00pm		Roosevelt	Hoover**
Caruthers	Bullard			McLane	Fresno
Sunnyside	Madera South	4:00pm			
Visitor	Home	23-Oct		Visitor	Home
Madera	Madera South**	3:00pm		Sunnyside	Roosevelt**
Bullard	Edison			Fresno	Hoover
			4:00pm	Caruthers	McLane
Unified Soccer Showcase		30-Oct		All Games @ McLane	
NYL #5	CMAC #5	2:30PM		CMAC #4	NYL #4
NYL #3	CMAC #3	3:30PM		CMAC #2	NYL #2
		4:30PM		CMAC #1	NYL #1

2019 - UNIFIED SOCCER - TRAC					
Date	Host Site	Time	1 ST Game	Time	2 nd Games
Wed. 9/18	Buchanan	3:30pm	Central vs. Buchanan	4:30pm	Clovis West vs. Clovis North
				4:30pm	Clovis High vs. Clovis East
Wed. 9/25	Clovis East	3:30pm	Buchanan vs. Clovis East	4:30pm	Clovis West vs. Central
				4:30pm	Clovis North vs. Clovis High
Wed. 10/2	Clovis West	3:30pm	Buchanan vs. Clovis West	4:30pm	Clovis High vs. Central
				4:30pm	Clovis East vs. Clovis North
Wed. 10/9	Clovis High	3:30pm	Buchanan vs. Clovis High	4:30pm	Clovis East vs. Clovis West
				4:30pm	Central vs. Clovis North
Wed. 10/16	Clovis North	3:30pm	Buchanan vs. Clovis North	4:30pm	Clovis West vs. Clovis High
				4:30pm	Central vs. Clovis East
Wed. 10/23	Central (East)	*SHOWCASE – Games and Times TBA			





CIF North Coast Section: Bay Valley Athletic League (BVAL)

Each team starts practicing about 3 weeks prior to their first game. Practice length is 1 hour with a maximum of 4 practices before games. Each game will have two 10 minute halves with a 5 minute halftime. Each game is played 11 vs. 11 with the goals set at the 20 yard line, or if both schools agree, they can play an alternate format.

League & Game Dates	Time	Bay Valley Athletic League
Friday, 9/27	3:15pm	Freedom vs. Liberty
Friday, 10/4	3:15pm	League Bye
Friday, 10/11	3:15pm	League Bye
Friday, 10/18	3:15pm	Heritage vs. Freedom Pittsburg vs. Liberty
Thursday, 10/24	3:15pm	Pittsburg vs. Heritage
Friday, 10/25	3:15pm	Heritage vs. Pittsburg
Friday, 11/1	3:15pm	Liberty vs. Heritage



Unified Basketball, Example Rules

CIF Central Section, *Unified Basketball*

Unified Athlete (Even Jersey Numbers):

- Unified Athlete (Special Education students) must be at the ALPS, Autism, ED in all Special Day class level in order to be considered a Unified Athlete
- RSP or ED students in all general education classes will be considered a Unified Partner
- All Athletes should be academically eligible to participate

Unified Partner (Odd Jersey Numbers):

- Should consist of General Education, RSP or ED students in all general education classes
- All Partners should be academically eligible to participate

Practice:

- Each team will be required to have two weeks of practice before their first game
- Teams will have 2-3 practices a week (Time/location varies depending on site)

Games:

- Games will be played at 3:00 & 4:00 depending on court availability at host site
- Roster should be a minimum of 8 to a maximum of 15 Athletes and Partners
- Teams are Co-ed and comprised of 5 players on the court at one time
 - At all times during a game, a team must have 3 Unified Athletes on the court
- Game will consist of four (4) 10- minute running clock quarters with a 5-minute halftime
- Overtime will consist of one (1) 2-minute stop clock; No double overtime- game will end in a tie
- Time Outs will consist of one (1) thirty (30) second stopped clock per half
 - 1st half time-out does not carry over to the 2nd half (use it or lose it)
 - 1 extra time-out for overtime will be provided (2nd half TO can be carried over into overtime)
- Free Throws: all players will shoot one free throw worth two points
 - Last two minutes of each half and overtime players will shoot both free throws
- Host site will be responsible for adult scorebook and clock operator
- Substitutions can only be made during dead ball situations only

Spirit of the Game:

- Unified Partners should demonstrate appropriate playing actions as "Mentor Coaches"
- Partners can score 8 points per half this includes an offensive rebound or an assist by an athlete and 2 points in Overtime, but Partners may NOT:
 - Score any points in the final 2 minutes of the game
 - Pass to another Partner to score
 - Play defense against an opposing Unified Athlete
 - Steal the ball against an opposing Unified Athlete
- Three Second Rule: NOT enforced against Athletes, but WILL BE enforced against the Partners
- Travelling: Unified Athletes will be allowed an extra step with the ball before calling a travel violation- i.e.
 - a shuffle step an athlete may use when positioning himself/herself to shoot
 - every effort should be made for Unified Athletes not to double dribble (dribble, pick up, dribble)
- Pressing: At any time in the game if a team leads by 10 points or more- No pressing allowed
- Screening: Screens can be set Partner to Partner; Athlete to Partner; Athlete to Athlete; NO Partner to Athlete allowed.





CIF Sac-Joaquin Section, *Unified Basketball*

Unified Basketball Rules / Guidelines of El Dorado Unified High School District

Game:

- 3 Athletes, 2 Peers on the court.
- Substitutes can be made as often as liked/needed
- 2, 12 minute halves with a 2-minute halftime

Dribbling:

- Encourage traditional dribbling rules, but no dribbling violations will be called.
- Alternative options for one handed dribbling are two handed dribbling, and dropping and catching while moving.
- If a player has a particularly difficult time carrying the ball encourage them to pass it and move without the ball rather than carrying it.
- Teach them to receive passes and pass quickly to another teammate during practice.

Inbounding and defensive rebounding:

- Use traditional inbound guidelines of staying behind the line.
- No timed inbounds, bringing the ball past half court, or shot clocks will be used.
- When a player makes a defensive rebound, the opponent team needs to retreat past half court to allow the new possession to begin unguarded (can be changed depending on level of game)

Defensive Guidelines:

- When a peer faces an athlete get in the way once, but don't continue to impede progress, encourage your opponent athlete to pass the ball if they get stuck be a helpful opponent.
- Encourage your athletes to get their hands up and get ready for loose balls. An athlete may steal the ball from anyone, but do encourage the most adept athletes to not steal too frequently during the game by prompting them to keep their hands up and only go after loose balls.
- Do not block shots, but also do not stand by, work together with another athlete to impede progress by making defensive walls. Semi guarding style of defense.

Fouls:

- There should be no fouling, if you see an athlete teammate using hands on the body of an opponent while dribbling or shooting even if it is an opponent peer, discourage this and remind about fair play.
- Substitute if necessary.

Scoring:

- All of the peers on the team may score no more than 4 points per half (2 baskets) and not two times in a row. This will be hard to remember, but keep this in mind, get the athletes to get the ball in the basket.
- If an athlete assists a peer who has an open shot from within the 3-point line, that is wonderful. No need to shoot from outside the 3-point line.
- A peer should never take the last shot, this is going to be the most selfless game you've ever played.

Peers:

- Head on a swivel, look around to see what your athlete teammates are doing, and verbally/gesturally prompt them into advantageous positions.
- Work with your other peer on the floor to get 2 or all 3 athlete teammates working in coordination with one another to dribble, pass, and shoot. (ex. Block play)





CIF San Francisco Section, *Unified Basketball*

Season of Sport

- Unified Basketball will be played in the CIF's Winter Season of Sport.
- Unified Basketball teams are encouraged to hold regular practices beginning six to eight weeks before their first game, and they are expected to hold regular practices beginning at least two weeks prior to their first game.

Playing Rules

- Teams should have a minimum of eight athletes on their roster.
- Games shall be played under NFHS rules with exceptions as noted herein.
- A team should have at least three Unified Athletes on the court at all times.
- A team shall have no more than four Unified Athletes on the court at any time.
- Teams shall be co-ed.
- Games shall consist of two ten-minute halves with a running clock.
- There shall be a four-minute halftime.
- The last two minutes of each half shall be stop clock unless the winning team is ahead by more than ten points.
- Each team shall receive one thirty-second timeout per half. The first half timeout does not carry over.
- Each team shall receive one extra thirty-second timeout in overtime. The second half timeout will carry over to an overtime period.
- There shall be a two-minute stop clock overtime period. A game that is tied at the conclusion of this overtime period shall be ruled a tie-game. There shall not be a double overtime period.
- Teams that are ahead by 10 points or more are not allowed to press.

Unified Athlete Definition

- The Unified Athlete shall be an individual with intellectual disabilities receiving Special Education services who has not had competitive opportunities in a school's interscholastic athletic program.

Unified Partner Definition

- The Unified Partner should be a General Education or RSP student.
- The Unified Partner's role is to enhance the Unified Athletes' experience, and facilitate the playing of the game as a mentor and guide.
- It is recommended that Unified Partners don't score more than 25% of a team's total points, Unified Partners are strongly encouraged to allow Unified Athletes to take the shots in the determinative stages of the game, and Unified Partners are strongly encouraged to play man to man defense against other Unified Partners, unless the numbers of Unified Partners on the court for the two teams don't match up



Unified Basketball Programming, Example Scheduling

CIF Central Section: CMAC, NYL & TRAC

2020 UNIFIED BASKETBALL SCHEDULE					
CMAC		Wednesday		NYL	
** Hosting Site				** Hosting Site	
Visitor	Home	26-Feb		Visitor	Home
Edison	Madera South**	3:00pm		Hoover	Sunnyside**
Caruthers	Madera			McLane	Roosevelt
		4:00pm		Bullard	Fresno
Visitor	Home	4-March		Visitor	Home
Madera South	Bullard**	3:00pm		Sunnyside	Fresno**
Caruthers	Edison			McLane	Hoover
Roosevelt	Madera	4:00pm			
Visitor	Home	11-March		Visitor	Home
Madera South	Caruthers**	3:00pm		Sunnyside	McLane**
Bullard	Madera			Fresno	Roosevelt
		4:00pm		Edison	Hoover
Visitor	Home	18-March		Visitor	Home
Madera	Edison**	3:00pm		Roosevelt	Hoover**
Caruthers	Bullard			McLane	Fresno
Sunnyside	Madera South	4:00pm			
Visitor	Home	25-March		Visitor	Home
Madera South	Madera**	3:00pm		Sunnyside	Roosevelt**
Bullard	Edison			Fresno	Hoover
		4:00pm		Caruthers	McLane
Unified Basketball Showcase		1-April		All Games @ Hoover	
NYL #5	CMAC #5	2:30PM		CMAC #4	NYL #4
NYL #3	CMAC #3	3:30PM		CMAC #2	NYL #2
		4:30PM		CMAC #1	NYL #1

2020 - UNIFIED BASKETBALL - TRAC					
Date	Host Site	Time	1 ST Game	Time	2 nd Games
Wed. 3/4	Central	2:30pm	Central vs. Clovis North	3:30pm	Clovis West vs. Clovis East
				3:30pm	Clovis High vs. Buchanan
Wed. 3/11	Clovis East	2:30pm	Clovis East vs. Central	3:30pm	Clovis North vs. Buchanan
				3:30pm	Clovis West vs. Clovis High
Wed. 3/18	Clovis North	2:30pm	Clovis North vs. Clovis High	3:30pm	Central vs. Clovis West
				3:30pm	Clovis East vs. Buchanan
Wed. 3/25	Clovis High	2:30pm	Clovis High vs. Clovis East	3:30pm	Clovis North vs. Clovis West
				3:30pm	Central vs. Buchanan
Wed. 4/1	Clovis West	2:30pm	Clovis West vs. Buchanan	3:30pm	Clovis North vs. Clovis East
				3:30pm	Central vs. Clovis High
Wed. 4/3	Buchanan	*SHOWCASE – Games and Times TBA			





CIF North Coast Section: Marin County Athletic League (MCAL)

Games:

Each team will play at least two night games and are encouraged to participate in at least one of the tournaments. Each night game will have two-halves ranging from 5-10 minutes in length. Games will be played before, after, or in between boys' and girls' varsity, freshman/sophomore and junior varsity basketball games. Tournaments consist of two 8 minute halves with each team playing two games.

League & Game Dates	Time	Marin County Athletic League
Game 1: Thursday, January 9th	7:00PM	Tam High vs. Drake High
Game 2: Tuesday, January 14th	7:00PM	Drake High vs. San Rafael High
Tournament 1: Thursday, January 16th	2-3:30PM	Redwood High Host
Tournament 2: Friday, January 24th	3-5:00PM	San Rafael High Host
Game 3: Tuesday, January 28th	7:00PM	Terra Linda High vs Redwood High
Tournament 3: Friday, January 31st	2-3:30PM	Drake High School Host

North Coast Section: Bay Valley Athletic League (BVAL)

Games:

Teams start practicing 3 weeks prior to their first game. Practice is 1 hour with a maximum of 4 practices before games. Games will have four 5-8 minute running clock quarters with a 5 minute halftime. Game is played 5 vs. 5 with a suggested team composition on the court of 2 Unified athletes and 3 Unified peers. The home school is responsible for selection and payment of officials. If both teams agree, two games can be played.

League & Game Dates	Time	Bay Valley Athletic League
Thursday, 4/2	3:30pm	Liberty vs. Heritage Pittsburg vs. Freedom Antioch vs. Deer Valley
Monday, 4/6	3:30pm	Freedom vs. Antioch
Tuesday, 4/7	3:30pm	Heritage vs. Deer Valley Liberty vs. Pittsburg
Thursday, 4/9	3:30pm	Antioch vs. Heritage Freedom vs. Liberty Deer Valley vs. Pittsburg
Tuesday, 4/21	3:30pm	Liberty vs. Antioch Pittsburg vs. Heritage Freedom vs. Deer Valley
Thursday, 4/23	3:30pm	Heritage vs. Freedom Liberty vs. Deer Valley Antioch vs. Deer Valley



CIF San Francisco Section, SFUSD

Games:

The students from each school will participate in a total of three games. Students will have the opportunity to travel to other local schools within the leagues to compete. Each game will have two ten-minute halves with a running clock. Games will be played before, after, or in between boys' and girls' varsity, frosh/soph and junior varsity basketball games.

League & Game Dates	Time	San Francisco Unified School District
Game 1: Friday, January 10 th	5:30pm	Lowell vs. Galileo
Game 2: Thursday, January 23 rd	5:30pm	Lincoln vs. Mission
Game 3: Friday, January 31 st	5:15pm	Galileo vs. Lincoln
Game 4: Monday, February 3 rd	5:15pm	Lincoln vs. Lowell
Game 5: Thursday, February 6 th	5:30pm	Galileo vs. Mission
Game 6: Monday, February 10 th	5:15pm	Lowell vs. Mission

CIF Sac Joaquin Section, Lodi USD Unified Basketball League

Lodi USD Unified Basketball League:

Each team has the opportunity to play each school at least once, hosting at least one game during the season. Games will be played during lunchtime, as schools and schedules allow. There will be a culminating showcase at the end of the season held at a single school site (location changes each year). The top two teams will play first, then the bottom two teams.

League & Game Dates	Lodi Unified School District
Thursday, January 16 th	Bear Creek vs. Lodi
Thursday, January 16 th	Tokay vs. McNair
Thursday, January 23 rd	Lodi vs. McNair
Thursday, January 23 rd	Bear Creek vs. Tokay
Thursday, January 30 th	Tokay vs. Lodi
Thursday, January 30 th	McNair vs. Bear Creek
Culminating Showcase- February 13th at Bear Creek HS	
10:00am	Lodi vs. McNair
11:00am	Tokay vs. Bear Creek





Unified Track & Field, Example Rules

CIF North Coast Section, *Unified Track & Field*

Overview

The purpose of this document is to offer guidance to NCS member schools that wish to incorporate Unified Track and Field into their season competitions, thus having an opportunity to qualify for the NCS Championships, where Unified Long Jump and 100M will be scoring events at the 2019 Area/Class and MOC competitions. Both Special Olympics Northern California and Special Olympics Southern California are dedicated to supporting sections in their efforts to start, build, and maintain interscholastic Unified Sports opportunities. Many schools across the state have begun to successfully include Unified Track and Field into their championships over the last three seasons. The California Interscholastic Federation, Special Olympics Northern California, and Special Olympics Southern California look forward to more sections running and jumping unified soon! As most of you are aware many CIF member schools have provided unified sport competition in basketball, bowling and soccer, with much success and community support. Unified Track & Field has, for the last three years, offered opportunities for our students in special education, as well as those students in general education who become competition partners as outlined in this document, and now Unified teams will continue to contribute to the points earned in 2019 NCS Track & Field Championship competition.

Definition of Unified Sport Athlete

A Unified Sports Athlete is an individual with intellectual disabilities receiving Special Education services, verified by the site administrator, but also a student who previously, based on their special needs, has not had competitive opportunities to participate in a selected sport. A Unified Sports Athlete works with a Unified Partner to learn the basic skills of the selected sport. The emphasis is the providing of opportunities, not ultimately how well the unified participants fair in league or section competition. High school students who have had an opportunity to participate in a selected sport without the need for a Unified Partner do not qualify as a Unified Sports Athlete (unless their involvement as a Unified Athlete provides a more meaningful or deeper level of involvement). NCS and Special Olympics Northern California trust that administrators and coaches will use proper judgment in viewing who can participate in unified competition and in what capacity, promoting the efforts of the Section and Special Olympics Northern California to promote inclusion of students in high school educational athletics as part of the school community.

Definition of Unified Peer Partner

A Unified sport peer partner, is a general education student attending the same school as a Unified Sport Athlete, not receiving Special Education services, is eligible by all CIF and NCS rules and regulations and wishes to participate in the Unified Track & Field program. The Peer Partner can be a regular track athlete, limited to four events and not the same event which the peer partner participates with the Unified sport athlete. Peer partners are dedicated to the teaching the skills of the sport as well as committed to the social interaction with the special needs student. It is expected that Unified Athletes and Peer Partners practice and compete together consistently throughout the entire regular and post-season.



CIF North Coast Section, Unified Track & Field (cont'd.)

Best Practices

Below are general best practices for Unified Track and Field competition. Please see the Events section for Unified event specific competition best practices for section and sub sections championships. Unified events should be conducted and treated like every other event taking place at the meet. If varsity event lane assignments are being announced over the stadium PA Unified lane assignments should be as well. Unified running events must be timed. Unified field events must be marked and measured. All Unified events should follow the meet schedule and be placed either before or after the varsity event. For example, the girls and boys Unified 100-meter dash should take place either directly before or directly after the varsity girls/ boys 100m. Example order would be, Girls' Unified 100M, Girls varsity 100m, Boys varsity 100m, Boys Unified 100m. However, Unified Long Jump for both girls and boys should be the first flight of a section or sub section championship.

Program Outline

1. One Special Education student ("Unified Sports Athlete") and one General Education student ("Unified Sports Partner" or "Peer Partner") form a Unified pair.
2. Both students are from the same school.
3. The General Education Unified Partner must be eligible for competition according to all CIF eligibility rules.
4. The Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes.
5. Each established time or distance is combined together for each unit or unified pair. Relay events are based on overall time/finish/distance.
6. Mixed gender pairs will compete in the boys' competition.
7. Each unit or unified pair would qualify according to the same procedures used for CIF and section track & field competition based on their aggregate distance or time.
8. All NFHS Track & Field rules must be followed.

Events

100 Meter Dash

1. Two teammates of the same gender (#6 above notes the exception) will combine their times for a total time.
 - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
 - b. Each Unified Sports Athlete and General Education Unified Partner will be seeded in competition according to NFHS Track & Field Rules.
 - c. Unified Athlete and Unified Partner to be placed in lanes next to each other
 - d. Starting blocks and running spikes are optional.
 - e. Unified 100 meter participants should be able to run 100 meters independently.





CIF North Coast Section, Unified Track & Field (cont'd.)

Long Jump

1. Two teammates of the same gender will combine their distance for a final result.
 - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
 - b. Teammates will jump sequentially.
 - c. Unified Athletes and Unified Partners must be allowed a minimum of two jump attempts.
 - d. The takeoff board may be adjusted anywhere up to the edge of the pit.
 - e. To be eligible to compete in Unified Long Jump any participant must be able to navigate the runway and jump independently.

4x100 Meter Relay (Optional for 2018-2019 with plans to offer this event in 2019-2020)

1. This is a coed event. Teams will consist of two Unified Athletes (one male, one female) and two Unified Partners (one male, one female)
 - a. Any student may run in any position.

Shot Put (Exhibition)

1. Two teammates of the same gender will combine their distance for a final result.
 - a. One of the participants, the Unified Sports Athlete is a student receiving Special Education services. Students receiving Special Education services verified by the site administrator are eligible to participate as Unified Sports Athletes. The other participant is a General Education Unified Partner and must be eligible for competition according to all CIF eligibility rules.
 - b. Teammates will throw sequentially.
 - c. Unified Athletes and Unified Partners must be allowed a minimum of two throws.
 - d. To be eligible to compete in Unified Shot Put any participant must be able to complete their throwing attempt according to NFHS Track & Field Rules.

Participation

1. Each CIF member school would decide if they wish to offer a Unified track & field opportunity at their school.
2. One or more competition units would be established and the school would decide which competitions and events units would participate.
3. During running competition, unified units would compete in the same races, or in heats divided by time and then unit times established.

Unified T&F Practice Structure

1. It is suggested that the Unified pairs start the season approximately five to six weeks prior to the league championship, the competition where Unified pairs may qualify to the NCS Class A/Area Track & Field Championships.
2. It is suggested that Unified Athletes and Unified Partners choose a day/ time for practice at least once a week for 45 minutes to an hour.
3. More than one day a week for practice is highly encouraged with two or more days optimal.
4. Unified Partners can be current track and field team members but not required.





CIF North Coast Section, *Unified Track & Field* (cont'd.)

Meet Structure

1. Opening a regular season meet with the Unified 100m dash and Unified Long jump is encouraged and has been successful.
2. Regular season meets can follow the same order of events for Unified and schedule the Unified 100m in line with the JV/Varsity 100m. However, please keep in mind that it may be difficult for some Unified Athletes/ Partners to have that much down time at a meet.
3. Please structure and schedule Unified events in a way that will best serve Unified Athletes/ Partners.
4. Schools are encouraged to expand participation to the shot put and 4 x 100 relay according to the guidelines above.

Post Season Qualification

1. Unified pairs would be entered by a school in their league's championship meet.
2. Unified pairs would qualify for the NCS Class A/Area Championships no differently than other events with the league limited to a set number of entries. If a league has four entries to the NCS Class A/Area Track & Field Championships then the league would be eligible to have four unified pairs qualify by unit time or distance to the next competition.
3. From the NCS Class A/Area Track & Field Championships to the NCS Meet of Champions the unified pairs would qualify no differently than the other events. If the NCS Class A/Area Track & Field Championships qualify seven entries, then the number of Unified pairs may also qualify seven unified entries to the MOC.
4. The Section Championship would be the final competition for the unified units, with ribbons or medals presented to the top six unified units.
5. For Special Education students some accommodations may be implemented to assist with the conduct of competition. Examples are: adjustment of the take-off boards or markings on the long jump runway to have a shorter distance from the take-off board/mark to the sand, person standing behind a competitor assisting them in the start of a race, and other accommodations as they may arise.
6. No entry fees would be charged for unified competition.
7. The Track & Field Management Committee would have the opportunity to allow additional entries by league or sub section Championships if the field of unified units is not filled by another league or sub section Championship competition.
8. The Section office and Special Olympics would work together to provide field event workers, supervision, event distance and time calculations, etc., limiting the burden on current officials at the section championship and may provide similar assistance at sub section championships.



CIF Sac-Joaquin Section, *Unified Track & Field*

UNIFIED TRACK AND FIELD

Teammates from the same school compete as a Unified Pair (Partner & Athlete) on the schools' Track & Field team. In the Sac-Joaquin CIF Section, Unified Pairs have the opportunity to compete in all levels of the sport season including league, division, and Masters Meets.

Unified Pairs can compete at league, division, and Masters Meets. Unified Pairs compete at an exhibition level and do not contribute to team points.

In 2019-20, we will hold Unified competition in the 100 Meter Dash, Long Jump, 4x100 Unified Relay (two Unified Pairs). Times/distances will be combined for a total unit time/distance to establish placing.

DEFINITION OF A UNIFIED SPORT ATHLETE:

A Unified Sports Athlete is an individual with intellectual disabilities receiving Special Education services, verified by the site administrator, but also a student who previously, based on their special needs, has not had competitive opportunities to participate in a selected sport.

A Unified Sports Athlete works with a Unified Partner to learn the basic skills of the selected sport. The emphasis is the providing of opportunities, not ultimately how well the Unified participants fare in league or section competition.

High school students who have had an opportunity to participate in a selected sport without the need for a Unified Partner do not qualify as a Unified Sports Athlete (unless their involvement as a Unified Athlete provides a more meaningful or deeper level of involvement).

The CIF Sac-Joaquin Section and Special Olympics Northern California trust that administrators and coaches will use proper judgment in viewing who can participate in unified competition and in what capacity, promoting the efforts of the Section and Special Olympics Northern California to promote inclusion of students in high school educational athletics as part of the school community.

DEFINITION OF A UNIFIED PEER PARTNER:

A Unified sport peer partner, is a general education student attending the same school as a Unified Sport Athlete, not receiving Special Education services, is eligible by all CIF and the Sac Joaquin Section rules and regulations and wishes to participate in the Unified Track & Field program.

The Peer Partner can be a regular track athlete, limited to four events and not the same event which the peer partner participates with the Unified sport athlete.

Peer partners are dedicated to teaching the skills of the sport as well as committed to the social interaction with the special needs student. It is expected that Unified Athletes and Peer Partners practice and compete together consistently throughout the entire regular and post-season.





CIF San Francisco Section, *Unified Track & Field*

NOTE:

The Commissioner may incorporate one or more Para-Athletic events into the All City meet. The Commissioner may also incorporate one or more Unified – Sports events into the All City meet.

Para-athletes and Unified sports teams may score points for their school if they are eligible under all CIF rules. Modified scoring for para-athletic events will be as follows: 1st place = 2 points; 2nd – 6th place = 1 point. The maximum point total from para-athletic events that can count toward a team's final score shall be capped at 2 points.

Modified scoring for Unified sports events will be as follows: 1st place = 2 points; 2nd – 6th place = 1 point. The maximum point total from unified sports events that can count toward a team's final score shall be capped at 2 points.

Para-athletes, Unified sports athletes, and the partners of Unified sports athletes may participate in Para-Athletic events and Unified Sports where they are not eligible under all CIF rules if they have completed a current pre-participation physical exam form, a voluntary consent form, a sudden cardiac information sheet, an anti-steroid agreement, and a concussion information sheet.



Unified Track & Field Programming, Example Scheduling

CIF North Coast Section: Bay Valley Athletic League (BVAL)

Games:

Each team starts practicing about 4 weeks prior to their first game. League entries for NCS must be complete by May 5th.

League & Game Dates	Time	Bay Valley Athletic League
Unified Competition: Wednesday, 3/18	3:30pm	Deer Valley vs. Pittsburg
Unified Competition: Wednesday, 4/1	3:30pm	Deer Valley vs. Liberty Pittsburg vs. Heritage Freedom vs. Antioch
Unified Competition: Wednesday, 4/8	3:30pm	Deer Valley vs. Antioch Freedom vs. Pittsburg Heritage vs. Liberty
Unified Competition: Wednesday, 4/15	3:30pm	Heritage vs. Freedom Antioch vs. Liberty
Invitational: Wednesday, 4/22	10:00am- 12:00pm	All Teams
BVAL League Championship Meet: Wednesday, 4/29	9:00am- 1:00pm	All Teams
ONLY Top Qualifiers from BVAL Finals advance onto the meets the below		
NCS Tri-Valley Meet: Saturday, 5/16	8:00am- 3:00pm	ONLY Top Qualifiers from BVAL Finals
NCS Meet of Champions: Friday 5/22-Saturday, 5/23	8:30am- 3:30pm	ONLY Top Qualifiers from NCS Tri-Valley Meet
CIF State Meet: Friday, 5/29-Saturday, 5/30		ONLY Top Qualifiers from NCS Meet of Champions