



2022 Fall Indoor Classic

November 11 & 12

Coaches Packet

Contents of this packet include:

- Schedule of Events
- Event Competitions
 - Volleyball Rules
 - Swimming Information
- Swimming Schedule
- Tournament Details

Event Schedule

Friday, November 11

9:00a.m.	Volleyball Team Check-in
9:20a.m.	Opening Ceremonies
9:30a.m.	Volleyball 1 st Games
10:00a.m. – 2:00p.m.	Health Promotions
10:30a.m. – 2:00p.m.	General Store – Okun (20200 Johnson Dr, Shawnee)
11:00a.m. – 1:00p.m.	Lunch at Volleyball venue
3:30p.m.	Last Volleyball Games Scheduled

Saturday, November 12

9:30a.m.	Swimming Check-In
9:45a.m.	Opening Ceremonies
10:00a.m.	Traditional Swimming Starts in Main Pool
10:15a.m. – 1:00p.m.	General Store – Swimming
10:30a.m.	Low Motor Swimming Starts in Shallow Pool
11:30a.m.	Lunch
12:00p.m.	Low Motor Swimming ends
1:00p.m.	Traditional Swimming ends

Facilities:

Volleyball: Okun Fieldhouse, 20200 Johnson Drive, Shawnee, KS

Swimming: Hummer Sports Park, Capital Federal Natatorium, 2751 SW Fast Circle Dr, S, Topeka, KS

General Information

Packet Pick-Up

Coaches should pick -up packets at each of the venues. These packets include athlete badges and updated information and more.

General Store

SOKS items will be available for purchase during the following times:

Friday: Volleyball: 10:30a.m.

Saturday: Swimming: 10:15a.m.

Meals

Friday Lunch: Volleyball

Saturday Lunch: Swimming

Name Badges

- All athletes are required to wear their name badges during competition. These name badges will be in your pick up packet.

Schedule

Volleyball - The competition will be held at OKUN Fieldhouse, 20200 Johnson Drive, Shawnee. Please check the volleyball schedules to determine the time. Volleyball brackets will be sent out separately.

Swimming - The competition will be held at Hummer Sports Park | Captial Federal Natatorium, 2751 SW East Circle Dr, S, Topeka, KS 66606 beginning at 10:00a.m. All athletes should be dressed for competition by 10:00a.m. No one will be allowed to enter swimming prior. There will be no make-up divisions for late arriving athletes. Please see the Swimming Schedule enclosed in this handbook. All participants should bring towels to the competition venue. Coaches and spectators please stay in the stands and limit your time in the deck area. Athletes should shower and use restroom facilities prior to entering pool area. Non-aquatic shoe apparel will not be allowed in the pool area

Low Motor Swimming

Coaches must accompany the athletes and assist them in the water while they are swimming. Floatation devices can only be uses in the floatation events.

Swimming Schedule

Traditional Swim Schedule

10:00am	100 Freestyle
10:05am	25 Freestyle
10:40am	100 IM
10:45am	25 Fly
10:55am	25 Breast Stroke
11:05am	25 Backstroke
11:25am	50 Freestyle
12:05pm	50 Fly
12:10pm	50 Breast Stroke
12:15pm	50 Backstroke
12:25pm	Relay

Low Motor Swim Schedule

10:30am	10m Asst Walk
	10m Unasst Swim
10:40am	15m Float
	15m Walk
	20m Asst Swim
	20m Asst Walk
11:00am	20m Unasst Swim
11:15am	25 Float
11:25am	25 Walk

Emergency Information

In the case of inclement weather, call Tim Rehder's voicemail at 913-236-9290 Ext. 108. He will leave a message with further instructions and updates.

Other numbers: Emergency: Dial 911
Overland Park Regional Health Center: 913-541-5000
Olathe Medical Center: 913-791-4200
Shawnee Mission Medical Center: 913-676-2000

Medical and Legal Information

Medical/Parent Release Form

Coaches MUST have in their possession at the event a copy of a current SOKS Medical /Parent Release Form for each athlete.

SOKS Code of Conduct for athletes and coaches

Participants shall not consume alcohol, tobacco, or illegal drugs while participating in any Special Olympics Kansas event.

Recreational Swimming Policy

Special Olympics Kansas' policy regarding the use of the motel pools is as follows: Motel swimming is not a supervised Special Olympics Kansas activity even though teams traveling to Kansas City for the purpose of participating in the Fall Sports Classic are covered by SOKS insurance. It is necessary to comply with the following policies when swimming in motel pools:

1. Each group must have at least one (1) certified lifeguard in the pool.
2. For every four (4) athletes swimming, there MUST be one (1) coach in the pool at all times.
3. Athletes with a history of seizures must have 1 on 1 supervision.

Injury Report Form

In case of injury to any athlete during the Games, proper medical attention must be the first priority. It is the coach's responsibility to have the athletes' updated medical form available for the attending medical professional. The coach is also responsible for completing an Injury Form and the Special Olympics First Report of Accident Form for any incident involving an athlete or volunteer. (Both forms are included in the pick-up packet at check-in.) Coaches or parents are asked to return both forms to the Special Olympics Kansas Headquarters Office.

Coaches are also reminded to bring extra uniforms to comply with the Special Olympics Kansas Blood on the Uniform/Equipment Policy. Remember, any athlete that suffers a scrape or cut that causes bleeding must be removed from competition and may not return until bleeding is stopped and the uniform is free of blood.

VOLLEYBALL ABILITY DIVISIONS/RULES

(2022)

Basic for all Levels – KSHSAA Rules will be followed with the following SOKS modifications being used in place of the KSHSAA rule.

Teams consist of 6 players. A team must start a game with 5 players, but if the team starts with 5 players the team will play with a ghost player and when the ghost player is supposed to serve it will be an automatic side out and a point for the other team.

Whenever the 6th player arrives for the game, they can enter the game at the next dead ball and participate without penalty.

Matches are best two out of three games.

Games use rally scoring – one team receives a point after each serve.

Games are played to 25, unless it is the 3rd game which is to 15.

Team must win by two points.

Coin flip determines team with first serve.

A serve that hits the net and goes over the net is in play.

After the first serve of the game has ended, the next team to serve must rotate....team should start the game with their first server in the right front position.

Front row players cannot spike a serve.

Level I

Teams will play standard 6-person volleyball with no adaptations to the court or the rules of the games. Spiking and blocking are allowed. Net height will be 7'4".

Level IIA

Standard Volleyball except:

1. No spiking - it is not considered a spike if the initial trajectory of the ball is upwards and not straight down; even if the player uses a spiking motion to hit the ball

Level IIB

Standard volleyball except:

1. No spiking – Net height 7'4"
2. 5 serve limit per person then automatic team rotation
3. 10 minute per game time limit
4. Serving line 10' in from the base line. Athletes can serve from anywhere behind this line. If the athletes serve behind the 10' line but in front of the end line the serve must be underhand. If the athlete serves from behind the end line an overhand serve is allowed.
5. A coach is allowed to hold the ball for an athlete to serve if the athlete needs assistance – once the ball is served the coach must stay in the out of bounds area.

Level III – Training Division

1. Use a “trainer v-ball” – 40% lighter & 25% larger than a regulation ball
2. Court will be 30’ X 40’ with underhand service from the end line
3. 5 serve limit then automatic side out
4. 10 minute per game time limit
5. One coach may be on the floor to assist their team
6. Wheelchair/walker athletes can participate in this level only.

Unified® Volleyball: Level 1 rules except

1. Partners cannot spike, but may block at the net.
2. If the ball is hit more than once by a team, an athlete must hit the ball.
3. The serving order must alternate between athletes and partners.
4. Athletes must choose between Unified® or regular Special Olympics volleyball. An athlete CANNOT play in both divisions.

List of Teams & Coaches

Team Name	Coach Name
Air Capital Flyers	Glenn Jones
All Stars Hutchinson	Gail Yohn
ARC of Central Plains	Laurie Garrison
Blue Valley	Roman Pearson
Bonner Springs	Tracy Ortiz
Derby Free Spirits	Beth Parker
Douglas County	Jill Reffett
Eagles of Reno County	Leann Wondra
Emporia Express	Nancy Rumold
Gardner Gold	Adraina Holoprek
Haysville Hornets	Julie Stoker
JCPRD Rangers	Lise Dujakovich
Manhattan	Jamie Schnee
Nemaha County	Betty Peterson
Olathe	Elizabeth Preston
Saline County	Wendy Holtz
The Roadrunners	Sue Ann Wanklyn
Topeka JR Blues	Mike Molter
Topeka/Shawnee	Rita Kennedy
Twin Valley Tornadoes	Nichole Edwards
Wichita Independents	Kim Mudd

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