

# SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
Policy: **Competition and Practice Attire**  
Effective Date: December 2004  
Revised: June 2020  
Page: 1 of 9

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Athletes, coaches and volunteers will wear appropriate training and competitive uniforms when attending any competition or training program when representing Special Olympics, using Special Olympics funds, or using the Special Olympics name.

Regions must exercise fiscal responsibility in the selection of competition attire.

SOBC is committed to being a safe and welcoming organization. Should an athlete find that the Competition & Practice Attire policy would limit their participation due to cultural or religious beliefs, SOBC will make best effort to find a safe alternative to enable their participation.

## General

1. The sport specific uniform is that which an athlete would wear in competition.
2. The Local Committee will select uniforms for their Local's use that meet the specifications for competitive uniforms.
3. 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.
4. Locals will not have more than one official competitive uniform.
5. Ceremonial uniforms for Provincial Games are the responsibility of the Region.
  - a. For Opening Ceremonies at Provincial Games, each Region may purchase a top (shirt, jacket, vest, etc.) for each team member. Team members may wear any type of bottom as per the Regional Coordinator.
  - b. Cost of the uniform is that of the Local.
6. Athletes will compete in their Local sport specific uniforms.
7. No uniforms, bibs, or other signs which are worn by Special Olympics athletes during any competition, while competing, or during any opening, closing, or award ceremonies of any competition, may bear commercial names or commercial messages. The only commercial markings which may be displayed on athlete and coach 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 equipment (such as tote bags), which contain small and attractively designed identifications of corporate or organizational sponsors.

## SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
Policy: **Competition and Practice Attire**  
Effective Date: December 2004  
Revised: June 2020  
Page: 2 of 9

---

8. SOBC is committed to being a safe and welcoming organization. Should an athlete find that the Competition & Practice Attire policy would limit their participation due to cultural or religious beliefs, SOBC will make best effort to find a safe alternative to enable their participation.

### 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. Denim will not be worn by athletes or coaches on the field of play at any competition site or at any practice with the exception of bowling practices only.
3. 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>
<b>5- and 10-Pin Bowling</b>	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 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.
<b>Alpine Skiing</b>	All athletes and coaches must wear warm jackets, snow pants or racing suit and gloves. These do not have to be in the same colour from athlete to athlete. All athletes must wear FIS approved helmets with the official FIS sticker on the back of the helmet.	All athletes, coaches and program volunteers must wear warm jackets, snow pants or racing suit and gloves. All athletes must wear FIS approved helmets with the official FIS sticker on the back of the helmet.
<b>Aquatics</b>	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

## SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
 Policy: **Competition and Practice Attire**  
 Effective Date: December 2004  
 Revised: June 2020  
 Page: 3 of 9

<u>Sport</u>	<u>Competition</u>	<u>Training</u>
		to go into the water, they should have on swimsuits, which may be covered by shorts/sweats and a t-shirt.
<b>Athletics</b>	Athletes must be in a singlet or t-shirt, shorts (either running shorts or knee length lycra shorts. Female athletes may wear running briefs.) Full length running tights can be worn in inclement weather. Footwear should be either running shoes or spikes. Spikes must have 11 spikes per shoe and must be 7mm or 5mm in length.	All athletes, coaches and program volunteers must wear t-shirts/sweatshirts, shorts or sweatpants, and runners or spikes. Spikes must have 11 spikes per shoe and must be 7mm or 5mm in length.
<b>Basketball</b>	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.  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.	All athletes, coaches and program volunteers must wear t-shirts/sweatshirts, jerseys, shorts or sweatpants, and runners.
<b>Bocce</b>	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). Denim, sweatpants, stirrup pants,	All athletes, coaches and program volunteers must wear golf shirts or T-shirts, track pants or shorts and runners.

## SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
 Policy: **Competition and Practice Attire**  
 Effective Date: December 2004  
 Revised: June 2020  
 Page: 4 of 9

<b><u>Sport</u></b>	<b><u>Competition</u></b>	<b><u>Training</u></b>
	spandex, shall not be permitted. Athletes may wear a hat that does not bare a logo.	
<b>Cross-Country Skiing</b>	All athletes and coaches must wear warm jackets, pants, racing tights or sweatpants and gloves. Toques or winter hats are strongly recommended. These do not have to be in the same colour from athlete to athlete.	All athletes, coaches and program volunteers must wear warm jackets, pants or sweatpants, and gloves. Toques or winter hats are strongly recommended.
<b>Curling</b>	All athletes must have matching on-ice apparel. Such apparel may include matching pants, jacket, and shirt. Curling shoes or clean appropriate footwear.	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.
<b>Figure Skating</b>	<b>Competition Attire and Skates:</b>	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.
	<p>Outfits: Except where otherwise stated, skating outfits must comply with Skate Canada rules – Section 6000 D3.0 (1-4)</p> <p>Clothing worn in competitions must be modest, dignified and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted woman may wear skirts, trousers and tights. Sleeveless costumes are permitted. Clothing may reflect the character of the</p>	

# SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
 Policy: **Competition and Practice Attire**  
 Effective Date: December 2004  
 Revised: June 2020  
 Page: 5 of 9

<u>Sport</u>	<u>Competition</u>	<u>Training</u>
	<p>music. The safety of the skater must be a major consideration in the selection of clothing. Tails, boot covers, and trailing fabric that can trip the skater should be avoided.</p> <p>Props: Props may not be used. Any item that is held in the hand or removed during the performance is considered to be a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but becomes one if it is intentionally removed during the performance. If an item falls off on its own, it is not a prop.</p> <p>Helmets: All level 1 competitors must wear CSA approved helmets. All skaters who have not passed stage 5 must wear a CSA approved helmet. (Level 2 Skaters) Please note: All Level 2 skaters that have passed stage 5 must submit a photocopy of their report card at registration for proof otherwise they will have to wear a helmet for competition. (No exceptions)</p>	
<b>Golf</b>	<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>

## SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
 Policy: **Competition and Practice Attire**  
 Effective Date: December 2004  
 Revised: June 2020  
 Page: 6 of 9

<u>Sport</u>	<u>Competition</u>	<u>Training</u>
<p><b>Floor Hockey</b></p>	<p>All athletes of a team must wear matching jerseys and shorts or sport pants.</p> <p>While on the playing surface, all players, including the goalkeeper, shall wear a Canadian Safety Association (CSA approved hockey helmet, to which a C.S.A. approved full facial protector must be securely attached and not altered in any way. Any alteration to a C.S.A. approved helmet or full facial protector automatically destroys the certification. (A C.S.A. approved cage shall be considered as appropriate facial protector).</p> <p>While on the playing surface, running shoes, shin pads (must be covered by socks or pants), athletic supporter/protectors, padded protective sports gloves that cover the hand and wrist must be worn by all players. Elbow pads are strongly recommended.</p> <p>Each player shall wear an individual number on the back of their shirt.</p>	<p>All athletes, coaches, and program volunteers must wear t-shirts/sweatshirts, shorts or sweatpants,</p> <p>While on the playing surface, all players, including the goalkeeper, shall wear a Canadian Safety Association (CSA approved hockey helmet, to which a C.S.A. approved full facial protector must be securely attached and not altered in any way. Any alteration to a C.S.A. approved helmet or full facial protector automatically destroys the certification. (A C.S.A. approved cage shall be considered as appropriate facial protector).</p> <p>While on the playing surface, running shoes, shin pads (must be covered by socks or pants), athletic supporter/protectors, padded protective sports gloves that cover the hand and wrist must be worn by all players. Elbow pads are strongly recommended.</p>
<p><b>Powerlifting</b></p>	<p>All athletes should wear wrestling singlets (males in male style, females in female style).</p>	<p>All athletes, coaches and program volunteers must wear t-shirts/sweatshirts, shorts or sweatpants and runners. Powerlifting singlets are also permitted but not required.</p>
<p><b>Rhythmic Gymnastics: Individual &amp;</b></p>	<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</p>	<p>All athletes should wear something that allows movement and stretching and enable coaches to see body. Track pants, sweatpants, leggings or tights</p>

# SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
 Policy: **Competition and Practice Attire**  
 Effective Date: December 2004  
 Revised: June 2020  
 Page: 7 of 9

<u>Sport</u>	<u>Competition</u>	<u>Training</u>
<p><b>Group Gymnastics</b></p>	<p>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> <p>Long tights down to the ankles, over the leotard;</p> <p>A full-length one-piece leotard (unitard) provided that it is skintight;</p> <p>A skirt that adheres to the hips but does not fall further than the pelvic area of the leotard;</p> <p>A skirt that adheres to the hips but does not fall further than the pelvic area of the tights or the unitard;</p> <p>The style of the skirt is free as long as it conforms to the two conditions above, adhering and short.</p> <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>	<p>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>

## SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
 Policy: **Competition and Practice Attire**  
 Effective Date: December 2004  
 Revised: June 2020  
 Page: 8 of 9

<b><u>Sport</u></b>	<b><u>Competition</u></b>	<b><u>Training</u></b>
<b>Snowshoeing</b>	All athletes and coaches must wear warm jackets, racing skins and warm tear away pants and gloves. Toques or winter hats are strongly recommended. These do not have to be in the same colour from athlete to athlete.	All athletes, coaches and program volunteers must wear warm jackets, warm weather proof pants or sweatpants, gloves, and mukluks or boots. Toques or winter hats are strongly recommended.
<b>Soccer</b>	All athletes of a team must wear matching jersey or shirt that is numbered, stockings and shin guards (with the exception of the goalie who shall wear a different jersey), shorts, and soccer cleats or athletic shoes. If cleats are worn they must use soft and yielding nonmetal studs.	All athletes, coaches, and program volunteers must wear t-shirts/sweatshirts, jerseys, shorts, or sweatpants, and runners or cleats. If cleats are worn they must use soft and yielding nonmetal studs. Shin guards are mandatory for all players.
<b>Softball</b>	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. Leg pads are optional.	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. Leg pads are optional.
<b>Speed Skating</b>	All athletes shall wear helmets that fasten under the chin. Helmets must be ASTM F 1849 – 07 speed skating helmets or CAS approved hockey, snowboard/ski, or skateboarding helmets. Cut- and water-resistant gloves or mitts, shin guards of hard plastic or built-in puncture/cut resistant material, knee pads, and a neck protector/guard of bib type design covering the neck and all soft	All athletes shall wear helmets that fasten under the chin. Helmets must be ASTM F 1849 – 07 speed skating helmets or CAS approved hockey, snowboard/ski, or skateboarding helmets. Cut- and water-resistant gloves or mitts, shin guards of hard plastic or built-in puncture/cut resistant material, knee pads, and a neck protector/guard of bib type design covering the neck and all soft parts of



# SPECIAL OLYMPICS BC POLICY MANUAL

Section: **SPORT**  
 Policy: **Competition and Practice Attire**  
 Effective Date: December 2004  
 Revised: June 2020  
 Page: 9 of 9

<u>Sport</u>	<u>Competition</u>	<u>Training</u>
	<p>parts of the upper chest area. The neck protector/guard shall be made with ballistic nylon as the main material and must be securely fastened and tucked into the skin suit. An ankle protector made from cut resistant material is required. Eye protection – shatter resistant glasses secured with a strap or a clear visor are required. Prescription glasses must have shatter resistant lenses and plastic frames. Elbow pads are optional and it is up to the discretion of the coach and athlete whether they are worn or not.</p> <p>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. No bare skin can be exposed. It is not permitted to have any skin visible between the skater’s boot and skin suit.</p> <p>If on ice, coaches must wear hard shell safety helmet and a fastening under the chin, long-sleeved clothing, and sweatpants or track pants.</p>	<p>the upper chest area. The neck protector/guard shall be made with ballistic nylon as the main material and must be securely fastened and tucked into the skin suit. An ankle protector made from cut resistant material is required. Eye protection – shatter resistant glasses secured with a strap or a clear visor are required. Prescription glasses must have shatter resistant lenses and plastic frames. Elbow pads are optional and it is up to the discretion of the coach and athlete whether they are worn or not.</p> <p>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. No bare skin can be exposed. It is not permitted to have any skin visible between the skater’s boot and skin suit.</p> <p>If on ice, coaches must wear hard shell safety helmet and a fastening under the chin, long-sleeved clothing, and sweatpants or track pants.</p>