



Special Olympics Unified Sports® Teammate Guidelines

The best team is one in which all teammates play a meaningful role and contribute to the success of the team. On a good Unified Sports® team everyone...

Makes a Commitment - Joining a team is fun but it also comes with a serious commitment. Each team member should attend practice regularly. Practice is essential to the development of physical conditioning, sports skills, game strategies, teamwork and team spirit.

Knows the Rules - All Special Olympics Unified Sports® competitions are conducted according to a specific set of rules. Learning these rules and competing by them in a sportsmanlike manner ensures a positive experience for all.

Does their Best - Every competitor on a Unified Sports® team should compete to the best of their abilities. This includes doing their best in the classroom and on the field.

Is a Good Teammate and Team Player - It is the teammate's responsibility to establish peer relationships with the other team members. Practices and competitions are only part of the experience. Teammates should get to know each other before, during and after organized team activities. Each and every teammate should have meaningful involvement with the team.

Special Olympics Unified Sports® Teammate Expectations

- Treat Teammates with respect - on and off the pitch.
- Encourage Teammates when they make a mistake.
- Treat opponents with respect.
- Abide by the rules and respect the officials.
- Cooperate with coaches, officials, directors and fellow participants.
- Do not retaliate if the other team demonstrates poor behavior
- Accept the privilege of representing Special Olympics.
- Live up to a high standard of sportsmanship.
- Define winning as doing your personal best.

"Let me win, but if I cannot win, let me be brave in the attempt."

Special Olympics Athletes Oath