



**Special
Olympics**



SPECIAL OLYMPICS MARYLAND

CompFit Playbook

WINTER 2021 *(adapted from SONA Fitness Competition Playbook)*



CompFit

THE EVENTS

This section contains everything you need to know to guide participants through each of the 15 events.

- materials needed for each event
- goal of the event
- instructions
- scoring guidelines
- pictures and video links
- links to supplemental event

CompFit Events

Each athlete will select one event from each of the event groups below in which they will train and compete during the season (*athletes may train in additional events but may only compete in one from each group*).

Athletes are encouraged to select events from a variety of categories to enhance their overall fitness experience.

Events selected for competition should be events in which the athlete can improve over the course of the season – during competition points are earned based on improvement from either the athlete’s baseline or time trials score.

Coaches are encouraged to assist the athlete in making decisions on events, however the decision should be made by the athlete to the extent possible.

There is a one-page review of each event in the following pages, however the chart below can serve as a quick summary.

	Event	Category	Short Description
Group 1	One Leg Stance Eyes Closed	<i>Balance</i>	Hold as long as possible – max 55 seconds
	Ball Tap	<i>Balance</i>	Number of reps within 60 seconds
	Seated Lateral Bends	<i>Balance</i>	Number of reps within 30 seconds
	Curl Ups	<i>Core Body Strength</i>	Number of reps to steady beat (no max)
	Planks	<i>Core Body Strength</i>	Hold as long as possible – max 55 seconds
Group 2	Squats	<i>Lower Body</i>	Number of reps within 30 seconds
	Sit-to-Stand	<i>Lower Body</i>	Number of reps within 30 seconds
	Wall Sit	<i>Lower Body</i>	Hold as long as possible – max 55 seconds
	Roman Holds	<i>Upper Body Strength</i>	Hold as long as possible – max 55 seconds
	Push Ups	<i>Upper Body Strength</i>	Number of reps within 60 seconds
Group 3	Side-to-Side	<i>Lower Body</i>	Number of reps within 30 seconds
	Jumping Jacks	<i>Cardiovascular Endurance</i>	Number of reps within 60 seconds
	Burpees	<i>Cardiovascular Endurance</i>	Number of reps within 60 seconds
	Mountain Climbers	<i>Cardiovascular Endurance</i>	Number of reps within 60 seconds
	Power Punches	<i>Cardiovascular Endurance</i>	Number of reps within 60 seconds

CompFit Scoring

Baseline

Scores are recorded for each event for each athlete at the first or second training session to establish a “baseline score” for that athlete for each event.

% Improvement	Points
0% or less	0
1% - 10%	1
11% - 20%	2
21% - 30%	3
31% - 40%	4
41% - 50%	5
51% - 60%	6
61% - 70%	7
71% - 80%	8
81% - 90%	9
91% +	10

Time Trials

Each competitor starts with 10 points for the Time Trials.

Scores are also recorded at a Time Trials session (roughly and mid-point of the season) to establish a “mid-point score” for that athlete for each event.

The percent improvement that the athlete demonstrates is converted to points using the chart to the right. Their points earned for all three events are totaled and added to the initial 10 points to determine their Time Trials Points.

This Time Trials Points is used for divisioning at subsequent competitions (as possible). For pairs or teams, the sum of the Time Trials Points will serve as the Point score for the team.

Competitions

Each competitor starts with 10 points for the competition.

Scores are also recorded at a competition session to establish a competition score for that athlete for each event.

The percent improvement that the athlete demonstrates between their mid-point score and their score at this competition is converted to points using the chart above. Their points earned for all three events are totaled and added to the initial 10 points to determine their points for this competition.

For pairs or teams, the sum of the points earned at this competition for each team member will serve as the point score for the team. *(Note: In situations where teams of different numbers of competitors are competing, point scores may be adjusted to compensate for the different roster sizes.)*

GROUP 1

MATERIALS

Before you start, make sure you have:

- Stopwatch

PROCEDURE AND SCORING



[WATCH THE VIDEO HERE](#)



EXERCISE:

1. Participant stands within arm's reach of a stationary object.
2. Feet are shoulder-width apart.
3. Participant places their hands on their hips.
4. Participant bends the knee of the non-supporting leg lifting the foot off the ground.
5. Participant does this test with their eyes closed.

SCORING: Time starts when participant is in the correct standing position and ends when balance is lost which is when the non-supporting leg touches the ground, or when the hands come off the hips.

Once participant has exceeded 55 seconds without a loss of balance, they have achieved the maximum amount of points for this exercise.

Note: The video linked to this event has an error. It indicates that the competitor can hold onto an object or wall during this event. This is incorrect. While the competitor should be near a wall or chair in case they lose balance, once they touch the wall/chair the time is stopped.

GROUP 1

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Ball

PROCEDURE AND SCORING

[WATCH THE VIDEO HERE](#)

EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

SCORING: Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.



GROUP 1

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

SCORING: This process will repeat for 30 seconds, and the amount of successful total bend and ups to normal seated position will count toward the final score.

MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair.

GROUP 1

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant lies on their back on the floor. They bend their hips and knees so their feet are flat on the floor.
2. Participant reaches their arms toward their knees.
3. Participant lifts their head and then slowly lifts their upper back until they reach their knees.
4. Participant should get their shoulder blades completely off the ground.
5. Participant touches their knees and lowers all the way back down, including their head.
6. Exercise is repeated at a steady pace (approx. 40 reps per minute) for as many as can be completed within 60 seconds. Once the athlete slows significantly from his/her original pace, the event should end.

SCORING: Participant does as many curl-ups within 60 seconds as they can. Total number of curl-ups completed is the total score.

MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for curl-ups found [here](#).

GROUP 1

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts on hands and knees.
2. Participant straightens one leg at a time and put the balls of their feet on the floor.
3. Participant's hands are placed below their shoulders.
4. Participant's body should make a straight line from their heels to their shoulders.
5. Participant should keep their abdominal muscles tight and their back straight.
6. Participant should hold this position in the correct form for as long as possible.

NOTES:

1. Participant should always have a straight back and should never make an "A" body shape while completing this exercise.
2. Stop the test when correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging or swaying occurs at the elbows, shoulders, trunk or knees.

SCORING: Total time until participant breaks form is recorded. After the max of 55 seconds the max score has been achieved.

MODIFICATIONS

Participants with mobility impairments in the hands, wrists or forearms can complete this test with their elbows and forearms on the ground. Note that this test is more difficult so form should be monitored even more closely.

GROUP 2

MATERIALS

Before you start, make sure you have:

- Stopwatch

PROCEDURE AND SCORING



[WATCH THE VIDEO HERE](#)



EXERCISE:

1. Participant should start each rep in the standing position, holding no weight and feet slightly wider than their hips or shoulder width apart. Toes should be pointed slightly outwards.
2. Participant should find a spot in front of them at eye level to focus on so their head stays in the proper position.
3. Participant squats down until their hip crease is below the top of knee.
4. Participant stands up again and finishes with knees and hips fully extended.

NOTES:

1. Participant should maintain a natural head position – chin up, eyes straight ahead.
2. Participant should make sure their knees are bent over toes.
3. Participant's feet need to be shoulder-width apart.
4. Participant's spine should be straight.

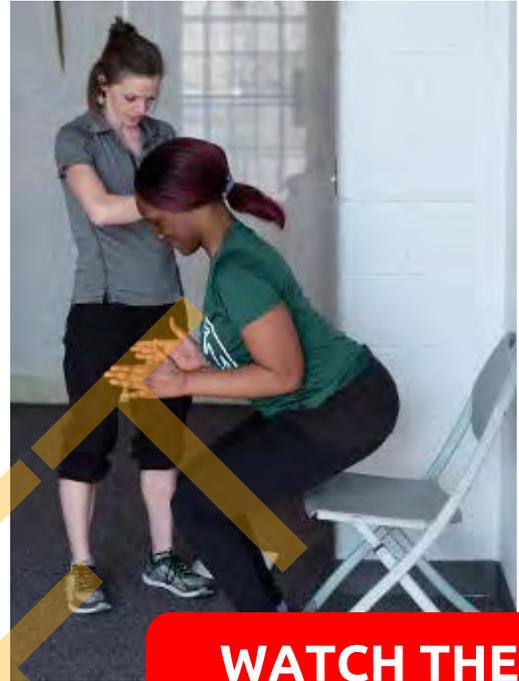
SCORING: Each successful repetition is counted for 30 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

GROUP 2

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair (without wheels)



[WATCH THE VIDEO HERE](#)

PROCEDURE AND SCORING

EXERCISE:

1. Participant sits on chair or bench with feet hip-width distance apart.
2. Participant's arms are positioned across the chest.
3. Participant stands up fully from sitting position and sits down again without using their arms to assist.
4. This is considered 1 repetition. Participant continues to do the sit to stand component for 30 seconds.

SCORING: Each successful repetition is counted for 30 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility impairments can perform this test pushing on arm rests or pulling on a countertop (or similar) for assistance. Participants should use the same assistance methodology for each testing opportunity for consistency.

GROUP 2

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Solid wall



[WATCH THE VIDEO HERE](#)

PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with back flat against the wall and feet about 1-2 feet away from the wall.
2. Participant holds arms at sides or across chest.
3. Participant bends at the knees and lowers down until thighs are parallel to the ground.
4. Participant holds this position for the desired time.

SCORING: Time is recorded starting when the participant assumes the correct position. Total time is time to failure which is any adjustment from the original position. After the max of 55 seconds the max score has been achieved.

GROUP 2

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)

PROCEDURE AND SCORING

EXERCISE:

1. Participant stands flat-footed with their legs shoulder-width apart.
2. Participant raises their arms laterally to a 90-degree angle (shoulder height) and holds that position. Their body should form a T-position.
3. Participant holds their arms at 90 degrees for as long as possible without dropping them below shoulder height.

NOTES:

1. Participant will receive one warning if they bring their arms above or below 90 degrees. If a participant is warned for a second time, the time will be stopped, and the score will be recorded.
2. Participant should not walk or move around when completing this exercise.
3. Focus on keeping participant's neck long and natural. Elevating the shoulders can cause neck tension if done improperly.
4. Dumbbells can be used to increase the difficulty of the exercise, but the test is designed to complete on body weight alone.

SCORING: The total amount of time to failure is counted as the final score. If the participant holds the exercise for more than 55 seconds, they have achieved the maximum score.

GROUP 2

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests



[WATCH THE VIDEO HERE](#)

PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a high plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground. Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they've gone far enough down. They should use their arms and core to push back up to the starting position.

SCORING: The total amount of push-ups in 60 seconds is counted as the score. Participants must maintain form in order for the push-up to count.

MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for push-ups found [here](#).

CHAIR PUSH-UP EXERCISE:

1. Participant will begin in their wheelchair or chair with armrest and palms on the arm rest.
2. Participant will fully extend the arms; while pressing against the arm rest lifting their body.
3. Once arms are fully extended, the participant returns to seated position.
4. A complete push-up is done once the participant returns to the seated position.

CHAIR PUSH-UP SCORING: Count the number of push-ups completed by the participant in 60 seconds.

GROUP 3

MATERIALS

Before you start, make sure you have:

- Three cones
- Stopwatch



[WATCH THE VIDEO HERE](#)

PROCEDURE AND SCORING

PREPARATION: place three lines or three cones on the ground one foot (or 30 cm) apart. Adaptations can be made to reduce this distance if needed.

EXERCISE:

1. Participant starts on cone #2 and jumps with two feet to cone #1.
2. Participant then jumps back to cone #2.
3. Once the participant is back to cone #2, they immediately jump to cone #3.
4. Once they have jumped to cone #3 they jump back to cone #2.
5. Participant repeats this process for 30 seconds.

SCORING: Participant is scored by the number of repetitions completed in 30 seconds. One point is awarded for each completed cycle (2-1-2-3-2).



GROUP 3

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests and no wheels



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a standing position with arms at their sides.
2. Participant jumps up and spreads legs apart as they swing their arms over their head. They should clap their hands together at the top.
3. Participant jumps again and bring their arms back to their sides and their legs together.
4. Repeat for allotted times.

NOTES: Participant must complete a full repetition (ex. go from start position, clap at the top, return to start position = 1 repetition) in order for it to be counted.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility issues can do Seated Jumping Jacks.

EXERCISE:

Participant will extend their arms out to the sides and then up above their head, clapping their hands. The arms will come back down to the side position. The process will continue for 60 seconds. Each time the participant claps hands above the head, a repetition is counted.

SCORING: The total number of repetitions done in 60 seconds is counted for the final score.

GROUP 3

MATERIALS

Before you start, make sure you have:

- Stopwatch

[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Start each rep in a full standing position.
2. Participant must drop and touch their chest and hips to the ground.
3. Participant then returns back to a full standing position to jump and clap both hands together over their head.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.



GROUP 3

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)

PROCEDURE AND SCORING

EXERCISE:

1. Participant gets into a push-up or plank position, making sure to distribute their weight evenly between hands and toes.
2. Hands should be about shoulder-width apart; back should be flat and head in alignment.
3. Participant pulls their right knee into their abdomen as far as possible.
4. Participant switches legs, pulling one knee out and bringing the other knee in. This movement continues for the allotted time. Each time their knee comes towards their abdomen that counts as 1 point.

NOTES:

1. Participant should keep hips down in a push-up position the entire time.
2. If the knee does not come close to the participant's abdomen, that repetition does not count towards their score.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

GROUP 3

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant puts both hands in fists by their chest.
2. They should keep their elbows down by their side. Participant stands with feet a little wider than their shoulders and their knees should be bent slightly.
3. Participant turns toward the left side and punches their right arm in that direction.
4. Participant returns to the center with both hands in fists by their chest and elbows down by their side.
5. Participant turns toward the right side and punches their left arm in that direction.
6. Participant returns to the center with both hands in fists by their chest and elbows down by their side.
7. Repeat these movements for allotted times.

NOTES:

1. Participant needs to punch arm out and return it to the starting position in order for the repetition to count.
2. If the participant does not rotate or extend their arm all the way, the repetition will not count.
3. Each punch thrown successfully will count as 1 point.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

This exercise can be done with the participant seated in a sturdy chair.