

Games for the Visually Impaired: Guidelines



For Participants 3-5

Montana School for the Deaf and the Blind
3911 Central Avenue
Great Falls, MT 59405
(406) 771-6000

Toll Free Number
1-800-882-MSDB

Web Site
www.msdb.mt.gov

e-mail address
info@msdb.mt.gov



Welcome:

Welcome to the MSDB Games for the Visually Impaired. The following is a booklet of information for you as a parent or coach to use as a guideline. **We are asking that you use these guidelines to help decide in which areas your children should participate and what preparation they will need to be successful.** Children will be grouped in one of four areas by age and then put into categories of Blind, Visually Impaired, or Multi-Handicapped. Our mission is to give each child a chance to compete in an athletic competition and achieve success. Please find your child's age group and read through all of the information before filling out your registration form.

This booklet was updated March 2018.



Preschool 3-5

Gymnastics:

- Three events are included in the gymnastic sessions, but it is not required to enter all three events. However, more credit is given for greater participation.
- Movements can be from the very simple to the complex with more credit given to moves of higher difficulty.
- More credit is given to athletes who demonstrate prior preparation for the gymnastic events.

Floor Exercise:

Music for this event is required. **PARTICIPANTS MAY BRING A CD OF THEIR CHOICE, ALTHOUGH WE DO HAVE A VARIETY OF MUSIC TO CHOOSE FROM AS WELL.**

Choreograph the routine to cover the entire mat area (approximately 20' x 20').

Suggestions:

- Headstand and variations
- Walk, run, skip, hop
- Handstand and walkovers, etc.
- Various sitting positions
- Forward roll, backward roll, log roll, straddle roll, bridges, extensions, scales

Balance Beam:

The balance beam is 4 inches wide and about 6 inches high (low beam).

Suggestions:

- Scooting (seated) forward, backward
- Walking forward, backward, side-step, turns
- Various sitting positions, splits
- Forward roll, backward roll
- Cartwheel, kick to handstand, scales, etc.

Strip Mat Tumbling:

Each routine should consist of three passes over the full length of the long narrow mat. They should include one forward movement pass, a rearward movement pass and a combination pass. Movements can be simple as crawling and log rolls to the more difficult rolls, walkovers, cartwheels, etc.



Preschool 3-5

Gym Activities:

Physical assistance may be given to any activity in this area. However, more points may be awarded if completed independently. If your child does not choose to participate in these events an area has been set up where you and your child can explore technology. In the afternoon when older participants are in track and field you are invited to participate in either the open swimming or bowling with your child.

Stack pile:

The child will stack 2" blocks vertically as high as possible before they tumble down. The child will have two (2) minutes if low vision and three minutes if totally blind to make as many attempts as possible. The highest stack will constitute his/her score. The blocks will be handed to the child by an assistant. The child will be offered the choice of stacking on the floor or on a table, which ever will give him/her the best chance for success. (MATERIALS: 20 2" blocks and stopwatch).

Body Bowling:

The child will be blindfolded if not totally blind and be surrounded by a circle of plastic bowling pins approximately one (1) foot away. An assistant will help the child knock down the pins by placing a sound source near the pins. The child will have two (2) minutes if low vision and three minutes if totally blind to know down the pins. If all twelve (12) are knocked down before the time is up, the clock will be stopped, the pins will be set up, and then the child will continue to knock them down. The highest number of pins knocked down wins. (MATERIALS: 12 plastic coated bowling pins, sound source, blindfold, and stop watch).

Ball Rolling:

Ball rolling is pre-goal ball skill. A child will roll the ball from (5) feet to a marked goal area which is six (6) feet wide. Each child will be blindfolded and a sound source will be in the middle of the goal area. Balls that are rolled within one (1) foot of the source (on either side) will receive two (2) points and balls that stay in the six (6) foot goal area will receive one (1) point. Balls that do not roll in the goal area will receive zero (0) points. Each child will have five (5) tries.

Games for the Visually Impaired: *Guidelines*



For Participants 6-9

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This booklet was updated March 2018.

Youth 6-9

PARACOMBINE: 3 EVENTS

VERTICAL JUMP

Required Equipment & Personnel: 1 Person
Tape Measure
Chair or step stool
Chalk or tape

Test Protocol: Best of two trials-

The athlete stand with his/her side next to the wall. The athlete will take a piece of tape or chalk with the hand closest to the wall, and with his/her feet flat on the ground, he/she will reach as high as possible, leaving a mark on the wall. The athlete then takes another piece of tape or chalk and without stepping, jumps as high as possible to place the tape or chalk on the wall. The coach measures the difference between the standing mark and the mark made from the jump.

Rationale:

This is a measure of lower body strength and explosive power. The greater the distance between the two marks, the more strength and power is exhibited. The athlete may use both arms to swing up, and knees should be bent as this will assist in achieving greater height. A step is not allowed as this provides a small acceleration benefit.

BALANCE TEST

Required Equipment & Personnel: 1 person
Stopwatch
Clipboard

Test Protocol: Best of two trials-

The athlete stands on one foot with his/her hands on his/her hips for 45 seconds. The athlete will have two trials on each foot. A "ready-start" command will be given and the timing begins. The athlete may not rest the non-balancing leg on the balancing leg. The test ends after 45 seconds or when the athlete can no longer stand on one foot or moves the hands away from his/her side.

Rationale:

This is a measure of the athlete's sense of balance. The athlete may wobble while doing the test, but the arms should not be used to maintain stability.

JUMP ROPE

Required Equipment & Personnel:

1 person
Jump rope
Battery powered talking ropeless
Mat on floor

Test Protocol: Best of two trials-

Athletes will stand on mat with jump rope or battery powered talking ropeless. Athlete will jump for 1 minute to determine how many times they can jump rope in the allowed time. Athlete will have two trials. The best of the two time trials will be used.

Rational:

Jumping rope is a sport in itself, yet can also aide endurance, agility, coordination, and balance; skills that are needed in a variety of sports and recreation activities.



Youth 6-9

Track and Field:

Track and Field events will take place at East Middle School track (across the street from MSDB). Power wheelchair, manual wheelchair and walker users will be scored in their respective categories and are encouraged to participate.

Softball Throw:

Each athlete will get three (3) throws; with the longest throw being recorded.

60-Meter Run:

Orange cones will be provided as visual markers and sound sources and guide runners will be available for the totally blind.

Standing Long Jump:

Each athlete will get three (3) jumps; with the longest jump being recorded.



Youth 6-9

Gymnastics:

- Three events are included in the gymnastic sessions, but it is not required to enter all three events. However, more credit is given for greater participation.
- Movements can be from the very simple to the complex with more credit given to moves of higher difficulty.
- More credit is given to athletes who demonstrate prior preparation for the gymnastic events.

Floor Exercise:

Music for this event is required. **PARTICIPANTS MAY BRING A CD OF THEIR CHOICE, ALTHOUGH WE DO HAVE A VARIETY OF MUSIC TO CHOOSE FROM AS WELL.** Choreograph the routine to cover the entire mat area (approximately 20' x 20').

Suggestions:

- Walk, run, skip, hop
- Forward roll, backward roll, log roll, straddle roll, bridges, extensions, scales
- Various sitting positions
- Headstand and variations
- Handstand and walkovers, etc.

Balance Beam:

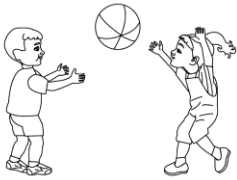
The balance beam is 4 inches wide and about 6 inches high (low beam).

Suggestions:

- Scooting (seated) forward, backward
- Walking forward, backward, side-step, turns
- Various sitting positions, splits
- Forward roll, backward roll
- Cartwheel, kick to handstand, scales, etc.

Strip Mat Tumbling:

Each routine should consist of three passes over the full length of the long narrow mat. They should include one forward movement pass, a rearward movement pass and a combination pass. Movements can be simple as crawling and log rolls to the more difficult rolls, walkovers, cartwheels, etc.



Youth 6-9

Gym Activities:

Physical assistance may be given to any activity in this area. However, more points may be awarded if completed independently.

Obstacle Course:

The participant will be timed as he/she negotiates an obstacle course by rolling down a wedge, crawling through a tunnel, wheelbarrow walking over a bolster and walking along a 4" balance beam, which is on the floor. The participant with the fastest time wins.

Scooter Races I or II (25 or 50 yards):

The participant will lie on his/her stomach on the scooter and choose to propel him/herself with his/her arms for either 25 or 50 yards. Hands must be behind the starting line to start. A parent or volunteer can act as a mobile sound source allowing the participant to move toward their voice. The first to cross the finish line will win. (MATERIALS: gym scooters, starting/finish line, and stopwatches).

Pre-Goal Ball Skills:

Ball Rolling:

Ball rolling is pre-goal ball skill. A child will roll the ball from (10) feet to a marked goal area which is six (6) feet wide. Each child will be blindfolded and a sound source will be in the middle of the goal area. Balls that are rolled within one (1) foot of the source (on either side) will receive two (2) points and balls that stay in the six (6) foot goal area will receive one (1) point. Balls that do not roll in the goal area will receive zero (0) points. Each child will have five (5) tries.

Blocking:

Participants will go from a full standing position to a blocking position (body lying flat on ground, on side with arms and legs extended as if to block a thrown ball) and back to a standing position. The participant who can accomplish this the most times in a 30 second period is the winner.

Games for the Visually Impaired: Guidelines



For Participants 10-13

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This booklet was updated March 2018.



Youth 10 -13

PENTATHLON:

A participant may choose any combination of three activities.

- Competitors **MUST** be at least 10 years of age. Each will be categorized prior to competition according to age, sex, and visual impairment.
- The pentathlon shall consist of five (6) events and shall be run as a separate entity from all other track and field events. A competitor must compete in all events with an honest effort. On any score or record sheet for the pentathlon the sheet/record must indicate the individual event performance and point summary, as well as a composite total.

- A minimum of three (3) competitors must be signed up for this event prior to competition or it will be canceled.
- Sound sources and guide runners will be made available.
- The pentathlon consists of six (6) events:
 1. 90 meter swim (6 lengths of the pool)
 2. 60 meter run
 3. 100 meter run
 4. Shot put
 5. Standing broad jump
 6. 400 meter run (optional and can be substituted for another event)

PARACOMBINE: 3 EVENTS

VERTICAL JUMP

Required Equipment & Personnel: 1 Person
 Tape Measure
 Chair or step stool
 Chalk or tape

Test Protocol: Best of two trials-

The athlete stand with his/her side next to the wall. The athlete will take a piece of tape or chalk with the hand closest to the wall, and with his/her feet flat on the ground, he/she will reach as high as possible, leaving a mark on the wall. The athlete then takes another piece of tape or chalk and without stepping, jumps as high as possible to place the tape or chalk on the wall. The coach measures the difference between the standing mark and the mark made from the jump.

Rationale:

This is a measure of lower body strength and explosive power. The greater the distance between the two marks, the more strength and power is exhibited. The athlete may use both arms to swing up, and knees should be bent as this will assist in achieving greater height. A step is not allowed as this provides a small acceleration benefit.

BALANCE TEST

Required Equipment & Personnel: 1 person
 Stopwatch
 Clipboard

Test Protocol: Best of two trials-

The athlete stands on one foot with his/her hands on his/her hips for 45 seconds. The athlete will have two trials on each foot. A "ready-start" command will be given and the timing begins. The athlete may not rest the non-balancing leg on the balancing leg. The test ends after 45 seconds or when the athlete can no longer stand on one foot or moves the hands away from his/her side.

Rationale:

This is a measure of the athlete's sense of balance. The athlete may wobble while doing the test, but the arms should not be used to maintain stability.

JUMP ROPE**Required Equipment & Personnel:**

1 person
Jump rope
Battery powered talking ropeless
Mat on floor

Test Protocol: Best of two trials-

Athletes will stand on mat with jump rope or battery powered talking ropeless. Athlete will jump for 1 minute to determine how many times they can jump rope in the allowed time. Athlete will have two trials. The best of the two time trials will be used.

Rational:

Jumping rope is a sport in itself, yet can also aide endurance, agility, coordination, and balance; skills that are needed in a variety of sports and recreation activities.

**Youth 10 -13****Track and Field:**

Track and Field events will take place at East Middle School track (across the street from MSDB). Power wheelchair, manual wheelchair and walker users will be scored in their respective categories and are encouraged to participate.

Softball Throw:

Each athlete will get three (3) throws; with the longest throw being recorded.

60 Meter Run:

Orange cones will be provided as visual markers and sound sources and guide runners will be available for the totally blind.

Standing Long Jump:

Each athlete will get three (3) jumps; with the longest jump being recorded.



Youth 10 -13

Gymnastics:

- Three events are included in the gymnastic sessions, but it is not required to enter all three events. However, more credit is given for greater participation.
- Movements can be from the very simple to the complex with more credit given to moves of higher difficulty.
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Floor Exercise:

Music for this event is required. **PARTICIPANTS MAY BRING A CD OF THEIR CHOICE, ALTHOUGH WE DO HAVE A VARIETY OF MUSIC TO CHOOSE FROM AS WELL.** Choreograph the routine to cover the entire mat area (approximately 20' x 20').

Suggestions:

- Walk, run, skip, hop
- Forward roll, backward roll, log roll, straddle roll, bridges, extensions, scales
- Various sitting positions
- Headstand and variations
- Handstand and walkovers, etc.

Balance Beam:

The balance beam is 4 inches wide and about 6 inches high (low beam).

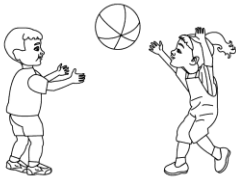
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Strip Mat Tumbling:

Each routine should consist of three passes over the full length of the long narrow mat. They should include one forward movement pass, a rearward movement pass and a combination pass. Movements can be simple as crawling and log rolls to the more difficult rolls, walkovers, cartwheels, etc.



Youth 10 -13

Gym Activities:

Physical assistance may be given to any activity in this area. However, more points may be awarded if completed independently.

Goal Ball Skills:

Ball Rolling:

Ball rolling is goal ball skill. A child will roll the ball from (20) feet to a marked goal area which is six (6) feet wide. Each child will be blindfolded and a sound source will be in the middle of the goal area. Balls that are rolled within one (1) foot of the source (on either side) will receive two (2) points and balls that stay in the six (6) foot goal area will receive one (1) point. Balls that do not roll in the goal area will receive zero (0) points. Each child will have five (5) tries.

Blocking:

Participants will go from a full standing position to a blocking position (body lying flat on ground, on side with arms and legs extended as if to block a thrown ball) and back to a standing position. The participant who can accomplish this the most times in a 30 second period is the winner.

Regulation Free Throw:

The participant will shoot a basketball from the 12" foul line at an 8 foot basket after two (2) practice throws. Each participant will have three (3) official shots with two (2) points each being earned for baskets made and one (1) point earned each time the ball hits the rim but does not go in. Most points earned wins. (MATERIALS: regulation height basketball hoop with backboard and basketball).

Games for the Visually Impaired: Guidelines



For Participants 14-21

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This booklet was updated March 2018.

Youth 14 - 21

Pentathlon:

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- Competitors **MUST** be at least 10 years of age. Each will be categorized prior to competition according to age, sex, and visual impairment.
- The pentathlon shall consist of five (5) events and shall be run as a separate entity from all other track and field events. A competitor must compete in all events with an honest effort. On any score or record sheet for the pentathlon the sheet/record must indicate the individual event performance and point summary, as well as a composite total.
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4. Shot put
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Youth 14 – 21

PARACOMBINE: 3 EVENTS

VERTICAL JUMP

Required Equipment & Personnel: 1 Person

Tape Measure

Chair or step stool

Chalk or tape

Test Protocol: Best of two trials-

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Clipboard

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Youth 14 - 21

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Youth 14 - 21

Endurance Challenge:

- Participants will use three different endurance machines for a maximum of 10 minutes. The participant with the most distance covered will earn top points.
- A stationary bike, elliptical machine and stair stepper will be used during this event.