



Special Olympics
Arizona

Empowering Arizonans with intellectual disabilities

Age Requirements for all Team Sports

1. Competitors in Team Sports of basketball, flag football, floor hockey, soccer, softball and volleyball will compete in one of two age groups:
 - a) Ages 8 - 15
 - b) Ages 16 & Over

IMPORTANT: Athletes may **ONLY** compete on a team with athletes in their own age group. This means an athlete who is under the age of 16 may **NOT** compete on a team with athletes age 16 & Over. Similarly, an athlete who is age 16 or older may **NOT** compete on a team with athletes aged 8 -15.

There are **TWO EXCEPTIONS** to this policy:

- (1) An athlete who turns 16 during the competition season (between the start of training and the state competition) may compete on a team in the 8 – 15 age group.
- (2) An athlete who is 14 or 15 years of age and a freshman in high school may compete on a **HIGH SCHOOL TEAM** with athletes aged 16 & over.

Reference Article 1, Page 7 and Section H

Donate. Volunteer. Participate.