AM I ELIGIBLE TO PARTICIPATE?

Special Olympics training and competition is open to every person:

✓ With mental retardation, a cognitive delay, or a closely related developmental disability.
★ has been identified by an agency or professional as having mental retardation as determined by their localities.
★ has a cognitive delay as determined by standardized measures such as intelligence quotient or "IQ" testing or other measures which are generally accepted within the professional community in Virginia as being a reliable measure of the existence of a cognitive delay.
★ has a closely related developmental disability, which means having functional limitations in both general learning (such as IQ) and in adaptive care (such as recreation, work, independent living, self-direction, or self-care).
✓ Who is at least eight years old.

HOW CAN I ENROLL?

If you are an athlete, you must complete two forms. All training and activities are free.

✓ Official Special Olympics Release Form, which must be signed, as appropriate, by the athlete, a parent, or a guardian.
✓ Application For Participation In Special Olympics, which asks for emergency contact and insurance information as well as a health history. A physician must sign the form.

If you are a volunteer, you must complete a Volunteer Information Form.

All forms can be obtained from Area 3 contacts or downloaded off the internet at: http://www.specialolympicsva.com/.