

**Please join us for Virtual Fall Games! This is open to everyone and is a safe way to compete against your friends and peers.**

**HERE'S HOW IT WORKS:**

**CHOOSE YOUR ACTIVITIES!** Choose from bocce, fitness, softball and walk/run/roll activities that you can do from home.

**PRACTICE!** You can practice and submit your scores for as many events as you want between August 10 and August 31.

**SUBMIT YOUR RESULTS!** Using this paper form, record the scores for the events you participated in. You do not need to submit a score for every event. Then ask a coach or friend to submit your scores online at <https://fall.specialolympicsminnesota.org/results/>

**NAME OF PARTICIPANT:** \_\_\_\_\_  
(first and last)

**BIRTH DATE:** \_\_\_\_\_  
(mm/dd/yyyy)

**DELEGATION:** \_\_\_\_\_

**ROLE:** \_\_\_\_\_

**IMPORTANT! Before competing in any activities, please review the information below and sign:**  
Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising.

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise.

I have read and understand the information above:

**SIGNATURE OF  
PARTICIPANT:** \_\_\_\_\_



## Bocce Activities:

*Only submit a score for the events you want to participate in!*

### **30 Foot Distance (9.1 meters)**

How close can you get the ball to the pallina when serving 30 feet away?

**Set up:** Place the pallina 30 feet away. The player tosses eight balls.

**What to record and submit:** Measure the closest three balls and record the **three** combined distances in centimeters.



30 FOOT DISTANCE SCORE: \_\_\_\_\_

### **40 Foot Distance (12.1 meters)**

How close can you get the ball to the pallina when serving 40 feet away?

**Set up:** Place the pallina 40 feet away. The player tosses eight balls.

**What to record and submit:** Measure the closest three balls and record the **three** combined distances in centimeters.



40 FOOT DISTANCE SCORE: \_\_\_\_\_

### **50 Foot Distance (15.2 meters)**

How close can you get the ball to the pallina when serving 50 feet away?

**Set up:** Place the pallina 50 feet away. The player tosses eight balls.

**What to record and submit:** Measure the closest three balls and record the **three** combined distances in centimeters.



50 FOOT DISTANCE SCORE: \_\_\_\_\_

## Bocce Activities:

*Only submit a score for the events you want to participate in!*

### Bocce Delivery

How many balls can you get to stop between 2 spots out of 20 attempts?

**Set up:** Set up 2 objects about 1 foot apart, 20 feet from the thrower. See how many balls you can get to stop between the 2 objects.

**What to record and submit:** Record the number of balls that stop between the 2 spots; that's your score. (Max score of 20)



BOCCE DELIVERY: \_\_\_\_\_

### Bocce Shuffle

How many points can you get from 15 serves?

**Set up:** Set up a 2'x4' box that's 30 feet from the serve line. Set up another 2'x4' box that's 25 feet from the serve line. Set up one more 2'x4' foot box that's 20 feet from the serve line. Tip: A 2'x4' box is roughly the size of a towel.

**What to record and submit:** Toss 5 balls at the 30' box; you get 3 points for each ball that stops in that box. Toss 5 balls at the 25' box; you get 2 points for each ball that stops in that box. Toss 5 balls at the 20' box; you get 1 point for each ball that stops in that box. Add up all points and that's your score. (Max score of 30)



BOCCE SHUFFLE: \_\_\_\_\_

### Bocce Closest to Pallina

How many times can you serve the ball within 12 inches of the pallina?

**Set up:** Stand 30 feet from the pallina and see how many serves you can get within 12 inches of the pallina out of 20 attempts.

**What to record and submit:** Record how many serves make it within 12 inches of the pallina. That's your score. (Max score of 20)



BOCCE CLOSEST TO THE PALLINA: \_\_\_\_\_



## Fitness Activities:

*Only submit a score for the events you want to participate in!*

### Frog Squats

How many frog squats can you complete in 30 seconds?

**What to record and submit:** Count and record the *number of frog squats you can do in 30 seconds.*



FROG SQUATS SCORE: \_\_\_\_\_

### Reverse Lunge

How many reverse lunges can you complete in 30 seconds?

**What to record and submit:** Count and record the *number of reverse lunges you can do in 30 seconds.*



REVERSE LUNGE SCORE: \_\_\_\_\_

### Lateral Knee Hops

How many lateral knee hops can you complete in 30 seconds?

**What to record and submit:** Count and record the *number of lateral knee hops you can do in 30 seconds.*



LATERAL KNEE HOPS SCORE: \_\_\_\_\_



## Fitness Activities:

*Only submit a score for the events you want to participate in!*

### Squat & Punch

How many squat and punches can you complete in 30 seconds?

**What to record and submit:** Count and record the *number of squat and punches you can do in 30 seconds.*



SQUAT & PUNCH SCORE: \_\_\_\_\_

### Wall Sit

How long can you hold a wall sit?

**What to record and submit:** Start your timer and record *how long you can hold a wall sit.*



WALL SIT SCORE: \_\_\_\_\_

### Plank

How long can you hold a plank?

**What to record and submit:** Start your timer and record *how long you can hold a plank.*



PLANK SCORE: \_\_\_\_\_

## Softball Activities:

*Only submit a score for the events you want to participate in!*

### Pitching

How many strikes can you throw underhand out of 20 pitches?

**Set-up:** Set up a home plate target (1 foot wide x 2 feet long rectangle, bucket, trash can, etc.) that is 40 feet away.

**What to record and submit:** Pitch 20 balls underhand and see how many balls you can get to land in the square, bucket, can, etc.; that's your score. (Max score of 20)



PITCHING SCORE: \_\_\_\_\_

### Throwing Accuracy

Throw the ball 20 times at a target.

**Set-up:** Stand 50 feet away and throw at a target. A target could be anything that's safe to throw at.

**What to record and submit:** How many times you hit the target out of 20 attempts is your score. (Max score of 20)



THROWING ACCURACY SCORE: \_\_\_\_\_

### Pop Flys

How many times can you throw the ball straight in the air or bounce it off of a roof and successfully catch it in 60 seconds?

**What to record and submit:** Count the number of catches made in 60 seconds; that's your score. Do not count any times the ball is dropped.



POP FLYS SCORE: \_\_\_\_\_

## Softball Activities:

*Only submit a score for the events you want to participate in!*

### Base Shuttle Run

How long does it take you to run to a base and back?

**Set-up:** Place a base (can be any object) 45 feet away.

**What to record and submit:** Start the clock and run to the base and back. Record your time and that's your score.



BASE SHUTTLE RUN SCORE: \_\_\_\_\_

### Ground Balls

How many times out of 20 can you successfully field the ball?

**Set-up:** Stand at least 10 feet back from a wall. Throw a ball at the wall and field the ball as it comes back to you.

**What to record and submit:** How many times you successfully field the ball out of 20 attempts is your score. (Max score of 20)



GROUND BALLS SCORE: \_\_\_\_\_

## Walk/Run/Roll

1. Starting August 10, go on a walk, run, roll or bike ride. Just get moving!
2. No need to track the number of steps. **Just keep track the number of hours you go on a walk, run, roll or ride between August 10 and August 31.**
3. Submit whether you walked, ran, rolled or biked as well as the number of hours on the [Submit Results page](#) by Monday, August 31.



WALK/RUN/ROLL SCORE: \_\_\_\_\_