

Games for the Visually Impaired:  
**Guidelines**  
**For Participants**  
**Ages 3-5**



Image: athlete running through the finish line with arms held high in victory.

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

Toll Free Number: 1-800-882-MSDB

Web Site: [www.msdb.mt.gov](http://www.msdb.mt.gov)

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(Image of a child wearing multiple medals and a blue ribbon, holding a gold trophy.)

## 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 accommodations or modifications they will need to be successful.** Children will be grouped by age (3-5, 6-9, 10-13 or 14+) and then put into one of four categories: Low Vision, Blind, Low Vision with Accommodations or Blind with Accommodations.

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This booklet was updated **February 2019**.

## PARACOMBINE Preschool Ages 3-5

### VERTICAL JUMP

#### Required Equipment & Personnel:

- 1 Person
- Tape Measure
- Chair or step stool
- Chalk or tape

#### Test Protocol: Best of three trials-

The athlete stands with his/her side next to the wall, feet flat on the ground, and reach as high as possible with the hand closest to the wall. An adult will mark the wall at the top of the athlete's fingers. The athlete will jump as high as possible, touching the wall with the raised hand. The adult will mark this point on the wall with tape or chalk. The coach measures the difference between the standing mark and the mark made from the jump. The final score will be the best out of three trials.

#### 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

#### Test Protocol: Best of three trials-

The athlete stands on one foot with his/her hands on his/her hips for 4-8 seconds. The athlete will have three 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 10 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 IN PLACE

#### Required Equipment & Personnel:

- 1 person
- Mat on floor

#### Test Protocol: Best of two trials-

Athletes will stand on mat and jump in place. The highest number of jumps on the mat will be counted. Athlete will have two trials. The highest number of consecutive jumps will receive the most points.

#### Rationale:

Jumping in place is a foundational skill for jumping rope. 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.

### GYM ACTIVITIES Preschool Ages 3-5

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

### STACK PILE

#### Required Equipment & Personnel:

- 1 person
- Stopwatch
- 20 2" blocks

#### Test Protocol:

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.

### BODY BOWLING

#### Required Equipment & Personnel:

- 1 person

- 12 plastic-coated bowling pins
- Sound source
- Blindfold
- Stopwatch

#### Test Protocol:

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.

## BALL ROLLING

#### Required Equipment & Personnel:

- 1 person
- Goalball
- Sound source
- Blindfold
- Stopwatch

#### Test Protocol:

Ball rolling is a 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.

## SWIMMING Preschool Ages 3-5

#### Pool Area:

- Wading Pool is approximately 8' X 10' and 1 1/2' deep.
- Towels will be provided, but you must bring your own swimming suit.
- **PARENTS ARE ASKED THAT THEY ASSIST THEIR CHILDREN WHILE THEY CHANGE IN AND OUT OF THEIR SWIMMING SUITS (IF NECESSARY). IF YOU NEED ASSISTANCE IN THIS AREA PLEASE**

**INDICATE THIS ON THE REGISTRATION FORM OR INQUIRE WHEN YOU CHECK IN.**

- Athletes may have assistance or flotation devices; however, more points will be awarded without.

### BACK FLOAT

Required Equipment & Personnel:

- 1 person
- Stopwatch

Test Protocol: Best of two trials-

Float on back (may use water wings); this event is judged on time. Limit of 1 minute.

### BALL ROUNDUP

Required Equipment & Personnel:

- 1 person
- 20 floating balls
- Bucket/container
- Stopwatch

Test Protocol: Best of two trials-

Participants will have 3 minutes to collect balls and place them in a container or hand them to a volunteer. The participant with the most balls will win.

### BALLOON PUSH

Required Equipment & Personnel:

- 1 person
- Balloon
- Stopwatch

Test Protocol: Best of two trials-

Push a balloon the length of the pool (10'). The fastest time wins.

### BUBBLE-BLOWING

Required Equipment & Personnel:

- 1 person
- Stopwatch

Test Protocol:

Each child will be timed on how long he/she can blow bubbles in the water with his/her mouth. The longest time wins.

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Image: athlete running through the finish line with arms held high in victory.

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# PARACOMBINE Youth Ages 6-9

## VERTICAL JUMP

### Required Equipment & Personnel:

- 1 Person
- Tape Measure
- Chair or step stool
- Chalk or tape

### Test Protocol: Best of two trials

The athlete stands 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

### 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 jump rope
- Mat on floor

#### Test Protocol: Best of two trials-

Athletes will stand on mat with jump rope or battery powered talking ropeless jump rope. 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.

#### Rationale:

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.

#### Possible Accommodations/Modifications:

### GYM ACTIVITIES Youth Ages 6-9

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

### OBSTACLE COURSE

#### Required Equipment & Personnel:

- 2 people (one at beginning, one at end)
- Stopwatches

#### Test Protocol:

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)

### Required Equipment & Personnel:

- 2 people (one at beginning, one at end)
- 4 cones to mark the race path, start/finish line
- Gym scooters
- Stopwatches

### Test Protocol:

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.

## PRE-GOALBALL SKILLS: BALL ROLLING

### Required Equipment & Personnel:

- 1 person
- Sound source
- Goalball

### Test Protocol:

Ball rolling is a 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.

## PRE-GOALBALL SKILLS: BLOCKING

### Required Equipment & Personnel:

- 1 person
- Stop watch

### Test Protocol:

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.

## SWIMMING Youth Ages 6-9

### Pool Area:

- Swimming pool is 26' X 46' and from 3' to 8 1/2' deep.
- Towels will be provided in the locker room, but **YOU MUST BRING YOUR OWN SWIMSUIT.**
- May use assistance in water or floatation device for all activities; however more points will be awarded without such devices.

### FREESTYLE

Athletes will swim two (2) lengths of the pool.

### KICKBOARD RACE

Athletes will swim two (2) lengths of the pool using a kickboard.

### ELEMENTARY BACKSTROKE

Athletes will use the backstroke to swim two (2) lengths of the pool.

## TRACK AND FIELD Youth Ages 6-9

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.

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## PENTATHLON Youth 10 -13

- The Pentathlon will take place on Friday afternoon.
- Competitors MUST be at least 10 years of age. Each will be categorized prior to competition according to age, gender, and visual impairment.
- The pentathlon shall consist of five (5) scored events and shall be run as a separate entity from all other track and field events. A sixth event will be optional if an athlete chooses to substitute this score for one of the other event scores.
- 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 five (5) events (with one optional event):

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 Youth 10-13

### VERTICAL JUMP

#### Required Equipment & Personnel:

- 1 Person
- Tape Measure
- Chair or step stool
- Chalk or tape

#### Test Protocol: Best of two trials-

The athlete stands 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 jump rope
- Mat on floor

#### Test Protocol: Best of two trials-

Athletes will stand on mat with jump rope or battery powered talking ropeless jump rope. 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.

#### Rationale:

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.

## Gym Activities Youth 10 -13

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 a 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.

#### Goal Ball Skills: 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).

## Swimming Youth 10 -13

#### Pool Area:

- Swimming pool is 26' X 46' and from 3' to 8 1/2' deep.

- Towels will be provided in the locker room, but **YOU MUST BRING YOUR OWN SWIMSUIT.**
- May use assistance in water or floatation device for all activities; however more points will be awarded without such devices.

### Freestyle

Athletes will swim two (2) lengths of the pool. The fastest time will be awarded the most points.

### Kickboard race

Athletes will swim two (2) lengths of the pool using the kickboard.

### Elementary backstroke

Athletes will swim two (2) lengths of the pool using the backstroke.

## Track and Field Youth 10-13

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.

Games for the Visually Impaired:  
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**Ages 14+**



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## PENTATHLON Youth 14 - 21

- The Pentathlon will take place on Friday afternoon.
- Competitors MUST be at least 10 years of age. Each will be categorized prior to competition according to age, gender, and visual impairment.
- The pentathlon shall consist of five (5) scored events and shall be run as a separate entity from all other track and field events. A sixth event will be optional if an athlete chooses to substitute this score for one of the other event scores.
- 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 five (5) events (with one optional event):

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 Youth 14 – 21

### VERTICAL JUMP

#### Required Equipment & Personnel:

- 1 Person
- Tape Measure
- Chair or step stool
- Chalk or tape

#### Test Protocol: Best of two trials

The athlete stands 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 jump rope
- Mat on floor

#### Test Protocol: Best of two trials-

Athletes will stand on mat with jump rope or battery powered talking ropeless jump rope. 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.

### Rationale:

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.

## GYM ACTIVITIES Youth 14-21

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 a 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.

### Goal Ball Skills: 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).

## ENDURANCE CHALLENGE Youth 14 - 21

- 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.

## SWIMMING Youth 10-13

### Pool Area:

- Swimming pool is 26' X 46' and from 3' to 8 1/2' deep.
- Towels will be provided in the locker room, but **YOU MUST BRING YOUR OWN SWIMSUIT.**
- May use assistance in water or floatation device for all activities; however more points will be awarded without such devices.

### Freestyle

Athletes will swim two (2) lengths of the pool.

### Kickboard Race

Athletes will swim two (2) lengths of the pool using a kickboard.

### Elementary Backstroke

Athletes will swim two (2) lengths of the pool using the backstroke.

## TRACK AND FIELD Youth 14 - 21

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.