



Special Olympics GB National Competition 4 year Cycle Explained

This document gives an explanation as to how often Special Olympics GB plans to hold a National Competition in each of its sports. For some sports, Special Olympics GB works in partnership with other charities, disability sports organisations and National Governing Bodies to provide as many sporting opportunities as possible.

NOTES:

Super Regional (North/Midlands/South)*

Annually (a national competition is planned to be held every year)

Biennially (a national competition is planned to be held once every two years)

Triennially (a national competition is planned to be held once every three years)

Quadrennial (a national competition is planned to be held once every four years)

Sport	Notes	How often
Alpine Skiing	Outdoor - Special Olympics GB National Competition	Quadrennial
	Indoor - Special Olympics GB National Competition	Quadrennial
Aquatics	Pool Swimming - Special Olympics GB National Competition	Super Regional
	Pool Swimming - Partnership Event with Mencap	Annually
	Open Water - Partnership Event with ASA/Swim Wales	Annually
Athletics	Outdoor - Special Olympics GB National Competition	Super Regional
	Indoor - Special Olympics GB National Competition	Quadrennial
Badminton	Special Olympics GB National Competition	Biennially
	NGB Event: 4 Nations Para Badminton	Annually
Basketball	Special Olympics GB National Competition	Biennially
Bocce	Special Olympics GB National Competition	Biennially
Boccia	Special Olympics GB National Competition	Quadrennial
Bowls	Special Olympics GB National Competition	Super Regional
Cycling	Special Olympics GB National Competition	Annually
Equestrian	Special Olympics GB National Competition	Quadrennial
Figure Skating	Partnership Event with Inclusive Skating	Annually
Football	Male 5-a-side - Special Olympics GB National Competition	Quadrennial
	Male 7-a-side - Special Olympics GB National Competition	Super Regional
	Male 11-a-side - Special Olympics GB National Competition	Quadrennial
	Unified 7-a-side - Special Olympics GB National Competition	Biennially
	Female 5-a-side - Special Olympics GB National Competition	Annually
Golf	Special Olympics GB National Competition	Biennially
Gymnastics Artistic	Special Olympics GB National Competition	Super Regional
Gymnastics Rhythmic	Special Olympics GB National Competition	Biennially
Judo	Special Olympics GB National Competition	Quadrennial
	Partnership Event with The British Judo Association	Annually
Kayaking	Special Olympics GB National Competition	Quadrennial
	Partnership Event	Annually
Netball	Special Olympics GB National Competition	Biennially
	Partnership Event with England Netball	Annually
New Age Kurling	Special Olympics GB National Competition	Quadrennial
Powerlifting	Special Olympics GB National Competition	Biennially
Sailing	Special Olympics GB National Competition	Annually
Speed Skating	Partnership Event with Inclusive Skating	Annually
Table Tennis	Special Olympics GB National Competition	Biennially
Ten Pin Bowling	Special Olympics GB National Competition	Biennially
Tennis	Special Olympics GB National Competition	Quadrennial
	Partnership Event with The Tennis Foundation	Annually

*A Super Regional competition: Sits between the regional and national levels of competition, has all NGB qualified officials and uses a high quality ('best available') facility. For the purposes of Super Regional competition, the country is split into areas:

- o North - North West, Northern, Scotland and Yorkshire & Humberside
- o Midlands - East Midlands, Wales and West Midlands
- o South - Greater London, Eastern, South East, South West and Southern