

REGISTER AS AN ATHLETE!

2025-26 Program Year: August 2025 through May 2026

**Special
Olympics**
North Carolina



Special Olympics North Carolina (SONC) is a non-profit organization which provides sports training and competition for over 53,000 athletes with intellectual disabilities and Unified partners (people without intellectual disabilities). In North Carolina, 20 sports are offered on a year-round basis. Sport offerings vary by local program (primarily county).

Athlete Eligibility

Special Olympics training and competition is open to every person with an intellectual disability who is at least eight years of age.

There is no maximum age limit. Eligible individuals must be identified by a medical agency or professional as having an intellectual disability. Some Special Olympics athletes may also have a physical disability, but it is their developmental disability that qualifies them to participate in Special Olympics.

Children who are ages two through seven may participate in the Young Athletes program.

The Young Athletes program is Unified, meaning it is for children with and without intellectual disabilities. All participants should complete this form.

SCAN TO FILL OUT THE FORM:



<https://portals.specialolympics.org/>

Scan the QR code to register completely online!

1. Create an account. **Parents will first create their profile with their information and then be prompted to create their athlete(s).**
2. Verify your email.
3. Provide basic information, including health history.
4. Agree to the Code of Conduct.
5. You are all set for this program year!



North Carolina is primarily organized by county with a local coordinator. Completing this form will register the athlete with the local program.

To learn more about getting involved with Special Olympics, contact sports@sonc.net.

