

ARTICLE III:

Athletics

The SOC Official Sports Rules shall govern all Special Olympics Athletics competitions. As a national sports program, SOC has created these rules based upon the Internationale Amateur Athletic Federation (IAAF) and the Athletics Canada (AC) rules for Athletics. IAAF or AC rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases, the following sections outlining the SOC Official Athletics rules shall apply.

SECTION A:

Official Events

1. 50 metres
2. 100 metres
3. 200 metres
4. 400 metres
5. 800 metres
6. 1500 metres
7. 3000 metres
8. 5000 metres
9. 10,000 metres
10. Hurdles
11. Running Long Jump
12. Standing Long Jump
13. High Jump
14. Shot Put
15. Mini Javelin
16. Pentathlon
17. 25 metre Wheelchair Race
18. 30 metre Wheelchair Slalom
19. 4 x 25 metre Wheelchair Shuttle Relay
20. 4 x 100 metre Relay
21. 4 x 400 metre Relay

SECTION B:

Rules of Competition

An athlete shall enter a minimum of three and a maximum of five events, excluding relays.

- a) Participants may enter the 50m race if they are not entering any races 100m or longer.
- b) A participant will enter *either* the standing long jump *or* the running long jump, but not both.
- c) The minimum opening height for the National high jump competitions shall be ninety centimetres for all divisions.
- d) The following weights shall be used a National shot put competitions:
 - i. Men (under 14): 3.0 kg / 6.6 lbs
 - ii. Men (14 and over): 4 kg / 8.8lbs
 - iii. Women (under 12): 1.81 kg / 4 lbs
 - iv. Women (12 and over): 3.0 kg / 6.6 lbs
- e) Use of blocks and starting race
 - i. In running events: 100m, 200m, 400m, 100m Hurdles, 110m Hurdles, 4x100m Relay, the athletes have the option of using or not using blocks. In these events the commands of the starter shall be “on your marks”, “set”, and when all competitors are steady, the gun shall be fired.
 - ii. In all other running events, all walking events and all wheelchair races the commands shall be “on your marks” and when all the competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hand(s).
 - iii. The starter may give the commands in English or his/her own language. The language to be used will be communicated to all participants prior to the competition. For the Special Olympics World Summer Games, the commands of the starter shall be given in English.
 - iv. Starting races longer than 400 meters: a) 800 meters distance: Runner will run in the lanes through the first turn as far as the nearer edge of the breakline where athletes may leave their respective lanes.
 - v. 1500 meters and greater distances: A waterfall start shall be used.
 - vi. Starting Relays: 4 x 400 meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and will run in their lanes through the first turn as far as the edge of the breakline where athletes may leave their respective lanes. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given

competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats.

- vii. The starter shall give each competitor a chance to do his/her best by: a) Giving the competitors ample time to settle down after taking their marks;
Starting the sequence over if any runner is off-balance; and
Not holding the runners too long after the set command.
 - viii. False Starts An athlete who is charged with 2 false starts in the same race will be disqualified from that race.
- f. Lane Violations
- i. In all races run in lanes, each competitor shall keep within his/her allocated lane from start to finish.
 - ii. If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
 - iii. If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.
- g. Pentathlon
- i. The Pentathlon consists of five events which shall be held on one day in the following order: 100m, Running Long Jump, Shot Put, High Jump, 400m.
 - ii. At the discretion of the Tournament officials, there shall, whenever possible, be an interval of at least thirty minutes between the time one event ends and the next event begins for any individual athlete.
 - iii. Divisions shall be determined based upon the submitted qualifying total scores.
 - iv. Special Olympics Inc. Pentathlon scoring tables will be used. Total scores for all participants will be ranked and divisions determined based upon a minimum of three and a maximum of eight in each division (refer to Appendix A).
 - v. The winner shall be the competitor who scored the highest number of points in all events, awarded on the basis of the Special Olympics Inc. Pentathlon Scoring Tables.
- h. Relays
- Relay Events*
- i. Relay team members must come from the same Chapters.
 - ii. All relay teams must be an all male team or an all female team, no co-ed teams allowed.

4 x 400 metre Relay

This relay is an open age class event. The aforementioned shall apply.

i. Hurdles

The following are the standard distances at the National Games:

MEN: 110 metres
 WOMEN: 100 metres

Hurdle Setting Chart

<i>Distance Of race</i>	<i>Height of Hurdle</i>	<i>Distance from start line to First hurdle</i>	<i>Distance between hurdles</i>	<i>Distance from last hurdle to finish</i>
110 metres	0.840	13.72 metres	9.14 metres	14.02 metres
100 metres	0.762	13 metres	8.5 metres	10.5 metres

j. General Rules for Field Events

- i. Measurements, Time requirements to initiate an attempt, and Wind gauges 1) In the long jump, standing long jump and throwing events (shot put, softball throw, mini-javelin and tennis ball throw) each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring. Athletes' second best, and then third best, attempts shall be used to break ties. All measurements shall be made in metric units.
- ii. For individual field event competitions Long Jump, Standing Long Jump, and throws) and combined events, a competitor shall be charged with a foul if the competitor does not initiate and attempt within 1 minute after the competitor's name has been called, in addition to a visual indication made by the event judge. For the High Jump, where there are three or more athletes remaining in the competition the time shall be 1 minute. Where there are 2 or 3 athletes remaining in the competition the time shall be 1.5 minutes. Where there is 1 remaining athlete in the competition the time shall be 2 minutes.
- iii. For all competitions the use of the wind gauge and the recording of wind readings are not required.

k. Long Jump

- i. In the long jump, an athlete must be able to jump at least 1 meter, which is the distance between the takeoff board and the sandpit.
- ii. All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
- iii. Prior to competition, an athlete may receive assistance from an official to mark their runway starting point.

l. Standing Long Jump

- i. Competitors shall start with both feet behind a designated foul line. The takeoff board shall be the same as that specified for the long jump takeoff board. The athlete may initiate their attempt on the takeoff board.
 - ii. The athlete shall initiate all attempts from behind the designated foul line.
 - iii. A competitor shall use both feet on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, but he/she may not lift either foot completely off the ground.
 - iv. All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
 - v. When possible, it is strongly suggested that the standing long jump event be conducted in sand-filled jumping pits. The foul line shall be placed at the end of the running long jump runway. If a mat is used, it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.
- m. **High Jump**
- i. The competitor shall take off from one foot.
 - ii. The minimum opening height for all high jump competitions shall be 1.00 meter.
 - iii. Competitors shall not dive forward over the bar or take off from a two-footed take-off.
 - iv. An athlete with Down syndrome, who has been diagnosed with Atlanto-axial instability or an athlete who has not been screened, may not participate in the pentathlon or the high jump.
 - v. When there is a tie in the high jump event after the count back of failures, the athletes tying shall be awarded the same place in the competition – there is no jump-off to break the tie.
 - vi. In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.
 - vii. A competitor shall be charged with a foul if the competitor does not initiate and attempt within 1 minute after the competitor's name has been called, in addition to a visual indication made by the event judge. For the High Jump, where there are three or more athletes remaining in the competition the time shall be 1 minute. Where there are 2 or 3 athletes remaining in the competition the time shall be 1.5 minutes. Where there is 1 remaining athlete in the competition the time shall be 2 minutes.
- n. **Shot Put**
- i. The shot may be steel, brass, or a synthetic-covered implement.
 - ii. It is acceptable to include wheelchair athlete in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
 - iii. A legal put shall be made from within the circle. In the course of an attempt, the athlete, or his/her wheelchair, may not touch the top edge of the stop-board, the top of the iron ring or any surface outside of the circle. It is legal to touch the inside of the stop-board or the iron band.

- iv. The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
 - v. The shot shall be put from the shoulder with one hand only. When the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
 - vi. The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following: a) Uses any method contrary to the definition of legal put or
 - vii. Causes the shot to fall on or outside the lines marking the landing sector
- o. Mini-Javelin
- i. The shaft, grip and fins shall be made out of plastic or suitable rigid material.
 - ii. The tip shall be made of soft rubber with a blunt, rounded end.
 - iii. The mini-javelin may have 3 or 4 fins. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the mini-javelin.
 - iv. The minimum weights shall be 300g for Male and Female (8–15 years), 300g for Female and 400g for Male.

Mini-Javelin 300 and 400g Specification Table (all dimensions in mm)

Dimension	Min	Max
Overall length	685	705
Length of head	84	94
Diameter of tip of thickest point	37	43
Distance from tip to center of gravity	365	380
Diameter of shaft forward of grip	30	38
Diameter of shaft behind the grip	34	40
Width of grip	99	109
Distance from point front of grip to tip of tail	322	322
Length of fin	162	168
Diameter of fin (peak to peak opposing fins)	95	105
No of fins	3	4

- v. The mini-javelin must be held by the grip with one hand only.
- vi. The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- vii. At no time may the competitor turn completely around so that his/her back is towards the throwing area.
- viii. The measurement of each throw shall be made from where the tip first struck the ground to the inside edge of the arc.
- ix. The mini-javelin runway and landing sector shall be those as described in IAAF Rules: Chapter 5, Section IV Field Events, Rule 187, 9, 10, 11 and 12.

- x. It is counted as a foul if the competitor:
 - a. Does not use the proper throwing technique.
 - b. Does not throw the mini-javelin so that the point (tip) lands before any other part of the implement.
 - c. Does not throw the mini-javelin so that the point (tip) falls completely within the inner edges of the sector lines.
 - d. Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.

h) Visually and Hearing Impaired Participants

A rope, tether (6" – 1') or bell may be provided to assist athletes who are visually impaired. A tap start may be used only for participants who are hearing or visually impaired.

A sighted guide may not pull or prompt the participant in any manner. The guide must only run on the shoulder or slightly in front of the runner, with the guide rope or tether slack between them. The guide must be behind the participant at the finish.

i) Wheelchair Events

- 1. Participants shall start with the first two wheels behind the start line.
- 2. Motorized wheelchairs shall not be allowed in regular wheelchair races.
- 3. Participants shall not be pushed, pulled or otherwise assisted during these events.
- 4. The lanes for the wheelchair events shall be made two track lanes wide.
- 5. A competitor completes the race when the first two wheels cross the finish line.
- 6. Each competitor must keep in his/her lane from start to finish and not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.

i. 30 metre Wheelchair Slalom

- a. The slalom shall consist of competitors maneuvering through five cones placed every five metres along a thirty metre course. Competitors must go in-between all cones or shall be disqualified.
- b. No penalty will be incurred by touching a cone.

ii. 4 x 25 metre Wheelchair Shuttle Relay

- a. The second, third and fourth competitors of a team may not leave the start line until the first two wheels on the wheelchair of the teammate who precedes him/her crosses the end line.