



Athletic (Track & Field) Rules & Regulations

***Special Olympics
Maine***



1. GOVERNING RULES

The Official Special Olympics Sports Rules for Athletics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Association of Athletics Federations (IAAF) rules for athletics found at <http://www.iaaf.org/>. IAAF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Athletics or Article I. In such cases, the Official Special Olympics Sports Rules for Athletics shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability may not participate in the pentathlon and high jump events.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest. The following is a list of official events available in Special Olympics.

2.1 Track Events

- 2.1.1 50 Meters
- 2.1.2 100 Meters
- 2.1.3 200 Meters
- 2.1.4 400 Meters
- 2.1.5 800 Meters
- 2.1.6 1500 Meters
- 2.1.7 4 x 100 Meter Relay
- 2.1.8 4 x 100 Meter Unified Sports® Relay

2.2 Field Events

- 2.2.1 Long Jump
- 2.2.2 Standing Long Jump
- 2.2.3 Softball Throw
- 2.2.4 Shot Put
 - 2.2.4.1 Male: 4.0 kg/ 8.8 lbs.
 - 2.2.4.2 Female: 3.0 kg/ 6.6 lbs.
 - 2.2.4.3 Male (8–11 years): 3.0 kg/ 6.6 lbs.
 - 2.2.4.4 Female (8–11 years): 2kg/ 4.4 lbs.
- 2.2.5 Mini-Javelin
 - 2.2.5.1 Male: 400g
 - 2.2.5.2 Female: 300g



Athletic (Track & Field) Rules & Regulations

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2.2.5.3 Male and Female (8-15 years): 300g

2.3 Race Walking Events

2.3.1 25 Meter Walk

2.3.2 100 Meter Walk

2.3.3 1500 Meter Walk

2.4 Assisted Walk Events

2.4.1 10 Meter Assisted Walk

2.5 Wheelchair Events

2.5.1 25 Meter Wheelchair Race

2.5.2 30 Meter Wheelchair Slalom

2.5.3 25 Meter Motorized Wheelchair Slalom

2.5.4 30 Meter Motorized Wheelchair Slalom

2.5.5 Wheelchair Softball Throw

3. RULES AND MODIFICATIONS

3.1 General Rules and Modifications for Track Events

3.1.1 Use of Blocks and Starting Race

3.1.1.1 In running events: 100 Meter, 200 Meter, 400 Meter, 100 Meter Hurdles, 110 Meter Hurdles, 4x100 Meter Relay, the athletes have the option of using or not using blocks.

3.1.2 Starting Race/Commands

3.1.2.1 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 or a whistle blown.

3.1.2.2 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).

3.1.2.3 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.

3.1.3 Starting races longer than 400 meters

3.1.3.1 800 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.

3.1.3.2 1500 meters and greater distances: A waterfall start shall be used.

3.1.4 The starter shall give each competitor a chance to give his/her best effort by:

3.1.4.1 Giving the competitors ample time to settle down after taking their marks;

3.1.4.2 Starting the sequence over if any runner is off-balance; and

3.1.4.3 Not holding the runners too long after the set command.

3.1.5 False Starts

3.1.5.1 Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.



3.1.6 Lane Violations

3.1.6.1 In all races run in lanes, each competitor shall keep within his/her allocated lane from start to finish.

3.1.6.2 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.

3.1.6.3 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.

3.1.7 Race Walking

3.1.7.1 Athlete must have one foot in touch with the ground at all times.

3.1.7.2 In all race walking events, an athlete does not have to have a straight advancing leg while competing.

3.1.7.3 In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, a technical violation has been committed that results in an advantage being gained.

3.1.8 Use of Wind Gauge

3.1.8.1 For all competitions, the use of the wind gauge and the recording of wind readings are not required.

3.2 General Rules for Field Events

3.2.1 Time Requirements to Initiate an Attempt and Measurements

3.2.1.1 In the long jump, standing long jump and throwing events (shot put and softball 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.

3.2.1.2 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 one 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 one minute. Where there are two or three athletes remaining in the competition the time shall be one and a half minutes. Where there is one remaining athlete in the competition the time shall be two minutes.

3.2.2 Use of Wind Gauge

3.2.2.1 For all competitions the use of the wind gauge and the recording of wind readings are not required.

3.2.3 Long Jump

3.2.3.1 In the long jump, an athlete must be able to jump at least 1 meter, which is the maximum distance between the takeoff board and the sandpit. The takeoff board may be set anywhere from the front edge of the sandpit up to 1 meter in front of it.

3.2.3.2 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.



3.2.3.3 Prior to competition, an athlete may receive assistance from an official to mark their runway starting point.

3.2.4 Standing Long Jump

- 3.2.4.1 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.
- 3.2.4.2 The athlete shall initiate all attempts from behind the designated foul line.
- 3.2.4.3 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.
- 3.2.4.4 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.
- 3.2.4.5 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.

3.2.5 Shot Put

- 3.2.5.1 The shot may be steel, brass, or a synthetic-covered implement.
- 3.2.5.2 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.
- 3.2.5.3 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.
- 3.2.5.4 The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
- 3.2.5.5 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.
- 3.2.5.6 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:
 - 3.2.5.6.1 Uses any method contrary to the definition of legal put (as defined in Section B.2.3.5); or
 - 3.2.5.6.2 Causes the shot to fall on or outside the lines marking the landing sector.

3.2.6 Softball Throw

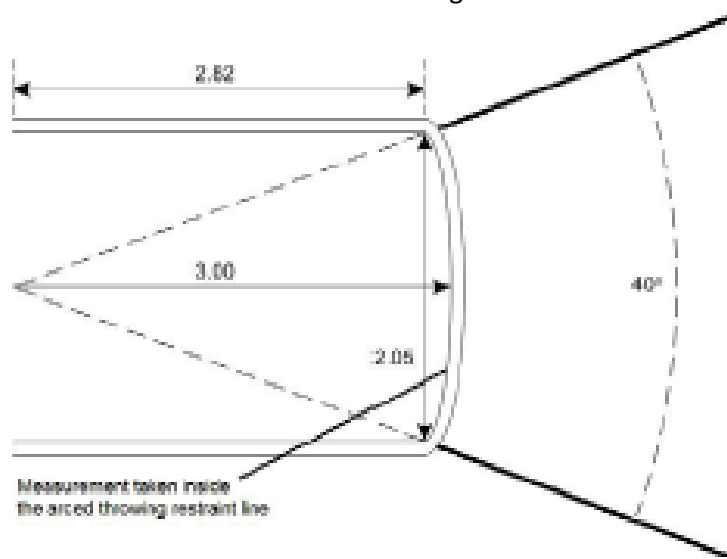
- 3.2.6.1 The Implement
 - 3.2.6.1.1 Softball Throw: 30 centimeters (11 3/4 in) in circumference softball shall be used.
- 3.2.6.2 Competitors may use any type of throw.
- 3.2.6.3 The throwing area should be set up as follows:
 - 3.2.6.3.1 The runway shall be marked by two parallel white lines 5 centimeters wide and 2.05 meters apart (2.82 meters in length). The throw shall be made from behind the arc of a



circle drawn with a radius of 3.00 meters. The landing sector shall be marked with white lines five centimeters wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking

the runway and intersect at the center of the circle of which the arc is part. The center of the circle is the point for the measurement and shall be marked. The sector is 40°.

3.2.6.4 Softball and Tennis Ball Throw Area Diagram



3.2.7 Mini-Javelin

3.2.7.1 The shaft, grip and fins shall be made out of plastic or suitable rigid material.

3.2.7.2 The tip shall be made of soft rubber with a blunt, rounded end.

3.2.7.3 The mini-javelin may have three or four fins. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the mini-javelin.

3.2.7.4 The minimum weights shall be 300g for Male and Female (8–15 years), 300 grams for Female and 400 grams for Male.

3.2.7.5 Mini-Javelin 300 gram and 400 gram Specification Table (all dimensions in millimeters)

Dimension	Min	Max
Overall length	685	705
Length of Head	84	94
Diameter of tip at 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	24	30
Diameter of shaft at the grip	34	40
Width of grip	99	109
Distance from front of grip to tip of tail	322	332



Length of fin	162	168
Diameter of fin (peak to peak opposing fins)	95	105
No of fins	3	4

- 3.2.7.6 The mini-javelin must be held by the grip with one hand only
- 3.2.7.7 The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- 3.2.7.8 At no time may the competitor turn completely around so that his/her back is towards the throwing area.
- 3.2.7.9 The measurement of each throw shall be made from where the tip first struck the ground to the inside edge of the arc.
- 3.2.7.10 The mini-javelin runway and landing sector shall be those as described in World Athletics Rules: Technical Rules, Part III – Field Events, Rule 32: 9, 10, 11, and 12.
- 3.2.7.11 It is counted as a foul if the competitor:
 - 3.2.7.11.1 Does not use the proper throwing technique
 - 3.2.7.11.2 Does not throw the mini-javelin so that the point (tip) lands before any other part of the implement.
 - 3.2.7.11.3 Does not throw the mini-javelin so that the point (tip) falls completely within the inner edges of the sector lines.
 - 3.2.7.11.4 Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.

3.3 General Rules for Wheelchair Events

- 3.3.1 Athletes entering wheelchair events may also enter other events in athletics competition.
- 3.3.2 Wheelchair Softball Throw
 - 3.3.2.1 Refer to Section 3.2.6.
- 3.3.3 Main Principles for Wheelchair Races
 - 3.3.3.1 Athletes shall start with all wheels behind the start line.
 - 3.3.3.2 Athlete is timed from the smoke of the starter's gun to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
 - 3.3.3.3 Motorized wheelchairs shall not be allowed in regular wheelchair races.
 - 3.3.3.4 Only athletes who ambulate by use of a wheelchair may participate in the events.
 - 3.3.3.5 Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - 3.3.3.6 The lanes for the wheelchair events shall be made two track-lanes wide.
- 3.3.4 25 Meter Wheelchair Races
 - 3.3.4.1 Each competitor must keep in his/her lane from start to finish and may not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.
- 3.3.5 30 Meter Wheelchair Slalom



3.3.5.1 Beginning at the start line, place one cone in each lane at five meter intervals. Cones should be placed in the middle of the lanes (see diagram 3.4.2.4).

3.3.5.2 Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.

3.3.5.3 Knocking down a marker constitutes a violation, and a three-second penalty will be assessed.

3.4 General Rules for Motorized Wheelchair Events

3.4.1 Main Principles

3.4.1.1 These events are restricted to motorized wheelchairs only.

3.4.1.2 The first two wheels on each competitor's wheelchair will be regarded as the starting and finishing points of all races.

3.4.1.3 If a competitor varies from a sequence of obstacles, he/she must, without notice from any official, resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety, or be disqualified. In essence, failure to complete the course as designed will result in disqualification.

3.4.1.4 A competitor will be disqualified if that individual's coach (or assistants) enters the course boundaries during the running of the obstacle course. Coaches may instruct from outside the marked boundaries of the course. Judges and officials will not give directional cues.

3.4.1.5 When submitting entry times for motorized wheelchair events, the entry form should state whether the time was achieved with a "high-speed" or a "low-speed" setting.

3.4.1.6 Athlete is timed from the smoke of the starter's gun to when the front wheels of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.

3.4.2 Motorized Wheelchair Slalom

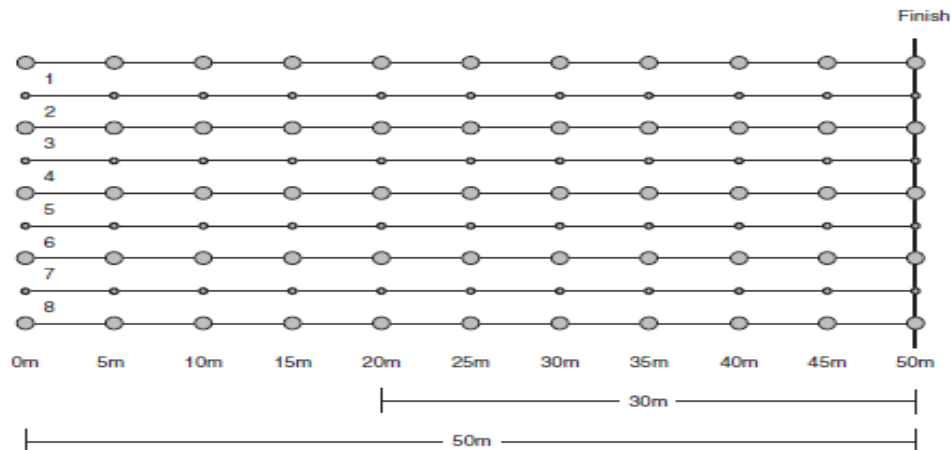
3.4.2.1 Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for wheelchairs.

3.4.2.2 Place the cones on the start and finish lines 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.

3.4.2.3 Beginning at the start line, place one traffic cone (slalom flagpoles minimum of 1.22 meter) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.



3.4.2.4 Diagram: 30 and 50 Meter Motorized Wheelchair Slalom



3.4.2.5 Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed.

3.4.2.6 No penalty will be incurred as a result of touching/ moving a cone.

3.5 General Rules for Assisted Walk

3.5.1 Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker.

3.5.2 Set-Up:

3.5.2.1 Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for assistive devices.

3.5.2.2 Place cones on the start and finish lines, 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.

3.5.2.3 Beginning at the start line, place one cone on each lane line at five meter intervals. Cones should be placed in the middle of the lane line.

3.5.3 Rules:

3.5.3.1 Athlete starts behind the start line with a walking aid.

3.5.3.2 Athlete walks using a walking aid.

3.5.3.3 Athlete stays in his/her designated lane.

3.5.3.4 Athlete may not receive physical assistance from coaches, officials, etc.

3.5.3.5 Athlete is timed from the smoke of the starter's gun to when his/her torso reaches the perpendicular plane of the nearer edge of the finish line.

3.6 General Rules for Blind and Deaf Athletes

3.6.1 A rope or sighted guide runner may be provided to assist athletes who are visually impaired.

3.6.2 A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.

3.6.3 A tap start will be used for an athlete who is both deaf and blind.



Athletic (Track & Field) Rules & Regulations

***Special Olympics
Maine***



- 3.6.4 Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors. These vests will be provided by the Games Organizing Committee.
- 3.7 General Rules for Unified Sports® Relays
 - 3.7.1 Each Unified Sports relay team shall consist of two athletes and two partners.
 - 3.7.2 Runners on a relay team may be assigned to run in any order.