



Special Olympics Ohio

Athletics Manual

All Special Olympics Ohio Athletics meets are run according to the USA Track and Field rules. Any modifications to those rules shall be found in this manual.

OFFICIAL EVENTS

The SOOH Athletics season runs April through June. The State Tournament is held each year on the last full weekend in June. To qualify for the State Athletes Competition athletes must be in a training program for at least 8 weeks prior to the State Competition and compete at a Regional Qualifying athletics meet.

Special Olympics Ohio provides a range of events to offer athletes of varying abilities the opportunity to compete. The following is a list of official events available in Special Olympics Ohio.

Track Events:

- 50 Meters
- 100 Meters
- 200 Meters
- 400 Meters
- 800 Meters
- 1500 Meters
- 3000 Meters
- 4 x 100 Meter Relay
- 4 x 400 Meter Relay
- 4 x 100 Meter Unified Sports Relay
- 4 x 400 Meter Unified Sports Relay

Field Events:

- Long Jump
- Standing Long Jump
- High Jump
- Mini Javelin
 - Male: 400g
 - Female: 300g
 - Male and Female (8–15 years): 300g Combined Events
- Softball Throw
- Shot Put
 - Male: 4.0 kg/ 8.8 lbs.
 - Female: 3.0 kg/ 6.6 lbs.

Special Olympics Ohio

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Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities



- Male (8–11 years): 3.0 kg/ 6.6 lbs.
- Female (8–11 years): 2kg/ 4.4 lbs.
- Pentathlon (100 Meters, Long Jump, Shot Put, High Jump, 400 Meters)

Race Walking Events

- 25M Walk
- 50M Walk
- 100M Walk
- 400M Walk
- 800M Walk
- 2K Walk

Assisted Walk Events

- 10M Assisted Walk
- 25M Assisted Walk
- 50M Assisted Walk

Wheelchair Events

- 10M Wheelchair Race
- 25M Wheelchair Race
- 100M Wheelchair Race
- 200M Wheelchair Race
- 30M Wheelchair Slalom
- 30M Motorized Wheelchair Slalom
- 50M Motorized Wheelchair Slalom
- 4x25M Wheelchair Relay
- Shot Put Wheelchair
 - Men 2 kg/ 4.4 lbs.
 - Women 2 kg / 4.4 lbs.

RULES OF COMPETITION

Athletes are limited to entering into a maximum of 2 individual events and 2 relay events (1 traditional and 1 unified only). Athletes may be entered in a Traditional Relay and a Unified Sports Relay, however athletes may not be entered in two traditional relays.

- Of the two individual events, athletes can enter any combination of the following:
 - A) 1 track event and 1 field event
 - B) 2 field events
 - C) 2 track events



- Any athlete who has been disqualified in an event at their Regional Meet may not enter in that event at the State Meet.
- Each local organization may enter more than one male/open and one female relay team

Event Eligibility Requirements

1. Athletes may not be entered in both the 50 meter and 100 meter dashes.
2. Athletes may enter in the Standing and/or Running Long Jump.
3. Athletes may be entered in shot put may not enter in the softball throw.
4. Athletes entered in the 50 meter dash are not eligible to be in any other distance event including the 4 x 100 or 4 x 400 meter relays.
5. Special Olympics athletes may be entered in both the 4 x 100 meter relay and the 4 x 400 meter relay. As long as one is a traditional relay and the other is a Unified relay. Partners may enter both the 4 x 100 and the 4 x 400.

UNIFORM

- Acceptable Attire:
 - Running Shorts, Basketball Shorts or Biker Shorts
 - Sweatpants
 - Jogging Pants
 - T-Shirts (Delegation Branded T-shirt)
 - Tank Tops
 - Sweatshirts
- Acceptable Footwear
 - Athletic Shoes
 - Tennis Shoes
 - Basketball Shoes
 - Running Shoes
 - Cross-trainers
 - Spiked Track Shoes
- Denim shorts/pants, work boots or hiking boots ARE NOT acceptable
- Any type of face painting is prohibited during competition.

STARTING RACE/COMMANDS

- In races under 400 Meters the commands of the starter shall be "on your marks", "set", and when all competitors are steady, the gun shall be fired.
- In races 800 Meters or longer, 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).

Starting races longer than 400 meters



- 800 meters distance: Runner will run in the lanes through the first turn as far as the nearer edge of the break line where athletes may leave their respective lanes.

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.

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

- 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.

False Starts

- 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.

Lane Violations

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

Race Walking

- All walking events are independent unless titled as "assisted." Athletes in wheelchair races greater than the 25 meter must wear a protective helmet.
- Athletes will be disqualified if they run during a walking event.
- Athletes are not allowed to enter walking events and running events. They must select one method of movement for all their track events.
- Athlete must have one foot in touch with the ground at all times.
- In all race walking events, an athlete does not have to have a straight advancing leg while competing.



- 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.

General Rules for Field Events

- 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.
- 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.

Long Jump

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

Standing Long Jump

- 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.
- The athlete shall initiate all attempts from behind the designated foul line.
- 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.
- 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.
- 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.

High Jump

- The competitor shall take off from one foot.
- The minimum opening height for all high jump competitions shall be 1.00 meter.
- Competitors shall not dive forward over the bar or take off from a two-footed take-off.
- 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. For additional information and the procedure for waiver of this restriction, please refer to Article I, Addendum F.
- 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.
- In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.
- 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 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.

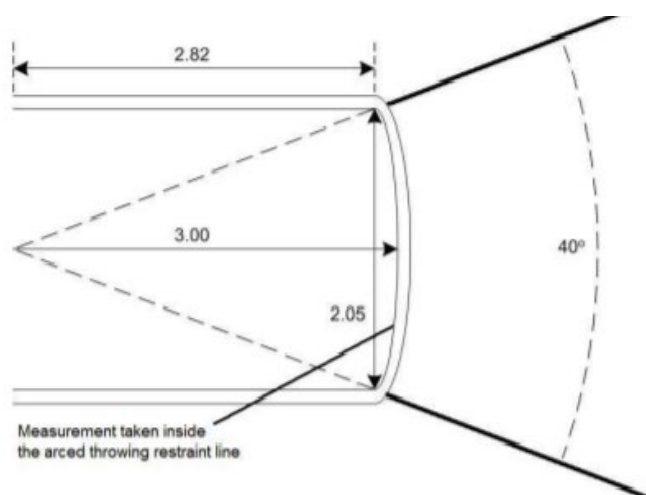
Shot Put

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



Softball Throw

- The Implement
 - Softball Throw: 30 centimeters (11 3/4 in) in circumference softball shall be used.
 - The throwing area should be set up as follows: 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°.
 - Softball Throw Area Diagram



- The measurement of each throw shall be made from where the ball first touched the ground to the inside edge of the arc.
- Any athlete who throws a softball further than 40M cannot enter the Softball Throw. If an athlete exceeds 40M in all 3 attempts at a competition, it will result in a disqualification and the athlete will receive a participation ribbon. He/she will not be allowed to advance to State in that event.
 - Special Olympic recommends that any athlete that throws further than 40M should move to Mini Javelin or Shot put.
- It is counted as a foul if the competitor:
 - Does not throw the softball/tennis ball so that it initially lands completely within the inner edges of the landing sector lines.
 - Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.

Mini Javelin



- The shaft, grip and fins shall be made out of plastic or suitable rigid material.
- The tip shall be made of soft rubber with a blunt, rounded end.
- 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.
- The minimum weights shall be 300g for Male and Female (8–15 years), 300 grams for Female and 400 grams for Male. Mini-Javelin 300 gram and 400 gram Specification Table (all dimensions in millimeters)
- The mini-javelin must be held by the grip with one hand only.
- The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- At no time may the competitor turn completely around so that his/her back is towards the throwing area.
- The measurement of each throw shall be made from where the tip first struck the ground to the inside edge of the arc.
- 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.
- It is counted as a foul if the competitor:
 - Does not use the proper throwing technique.
 - Does not throw the mini-javelin so that the point (tip) lands before any other part of the implement.
 - Does not throw the mini-javelin so that the point (tip) falls completely within the inner edges of the sector lines.
 - Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.

Pentathlon

- The five events comprising the pentathlon shall be conducted in the following order: 100 meter run, long jump, shot put, high jump and 400 meter run.
- The pentathlon shall be conducted on a one-day or a two consecutive day format. In the two-day format events one, two and three are on the first day, and events four and five on the second day.

General Rules for Wheelchair Events

- Athletes entering wheelchair events may also enter other events such as field events.

Wheelchair Shot Put

- 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.

Principles for Wheelchair Races



- Athletes shall start with all wheels behind the start line.
- 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.
- Motorized wheelchairs shall not be allowed in regular wheelchair races.
- Only athletes who ambulate by use of a wheelchair may participate in the events.
- Athletes shall not be pushed, pulled or otherwise assisted during these events.
- The lanes for the wheelchair events shall be made two track-lanes wide.

10 Meter / 25 Meter Wheelchair Races

- 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.

30 Meter Wheelchair Slalom

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

General Rules for Motorized Wheelchair Events

- These events are restricted to motorized wheelchairs only.
- The first two wheels on each competitor's wheelchair will be regarded as the starting and finishing points of all races.
- 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.
- 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.
- 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.

Motorized Wheelchair Slalom

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



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

Assisted Walks

- Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker.
- Athlete starts behind the start line with a walking aid.
- Athlete walks using a walking aid.
- Athlete stays in his/her designated lane.
- Athlete may not receive physical assistance from coaches, officials, etc.
- 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.

General Rules for Blind and Deaf Athletes

- A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
- 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.
- A tap start will be used for an athlete who is both deaf and blind.
- Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors.

Relay Events

- There shall be four runners on each relay team
- Each runner shall run one-fourth the distance of the total relay. No runner shall run more than one leg of any one relay.
- A relay team which combines genders to include both male and female runners shall compete as a male relay.
- Athletes may be entered in a Traditional Relay and a Unified Sports Relay; however, athletes may not be entered in two traditional relays.
- Delegations may enter more than one relay team in each event for traditional and Unified Sports relays, however individual athletes may only be entered in a traditional relay and a Unified Sports Relay, as stated above.

Unified Sports Relay Events

- Each Unified Sports relay team shall consist of two athletes and two partners.
- Runners on a Unified Sports relay team may be assigned to swim in any order.
- Athletes and Unified Partners will be quoted separately.



ALTERNATES

- No alternate will be allowed for the individual events. Athletes may be listed as an alternate on multiple relays, however they only may be used for one traditional relay or one unified relay.
- Coaches must declare the use of any alternates in relays no later than at check-in on Friday

MAXIMUM EFFORT - PERFORMANCE DISCREPANCY

- An athlete who exceeds a time of 15 percent better than the time recorded for divisioning or a reported time shall be disqualified. This applies to all events.
- It is the responsibility of the coach to submit an improved performance time, if the time recorded in the divisioning competition is not a true reflection of the athlete's ability.
- An athlete who is disqualified for a violation of the Maximum Effort rule shall be presented with a participation ribbon.
- Any athlete who is disqualified for Maximum Effort at a Regional competition will still be allowed to enter into State, however, they will use the faster, regional time unless a faster time is determined at practice after the regional meet.

Officials

- The Starter shall have entire control of the competitors at their marks and shall be the sole judge as to whether or not any competitor has committed a false start. If it is deemed necessary, an Assistant or Recall Starter may be provided to assist the Starter in starting an event.
- The Finish Line Coordinator shall be responsible for alerting all finish line officials that a track event is about to begin and to ensure that these officials are ready to perform their assigned duties prior to the commencement of that event. When this is accomplished, the Finish Line Coordinator shall inform the officials at the starting line of this condition. It is also the duty of the Finish Line Coordinator to ensure that the finish line area is free of all unauthorized personnel during the start, the progress, and the finish of a track event. A Finish Line Coordinator may be assigned to assist the Chief Finish Line Judge and/or Chief Timer in recording times and places.

Coaches

- Coaches are not allowed in competition areas, unless given approval by the competition committee. Athletes are subject to disqualification if coaches do not adhere to the officials and USA Track & Field rules.
- Coaches will only be allowed on the track or in the infield to assist athletes with visual impairments or severe emotional or behavioral situations.
 - Athletes requiring this level of support must be indicated on the registration form.
- Coaches cannot physically assist or pace athletes in any events.



- Coaches are responsible for knowing and understanding the rules of the sport, not only the modified rules in this manual, but also the USA Track and field rules and the Special Olympic International Rules.
- Coaches must make sure that all runners and walkers report to the bullpen staging area no later than 15 minutes prior to their event time. Coaches will be responsible for picking up their athlete at the awards tent.
- Protest may only be filled out based on rule discrepancies or eligibility standards. A protest based upon the judgement of an official will not be allowed. A protest must be made within thirty minutes of the completion of the event, match, or game by filling out an appropriate protest form.

Divisioning

- Athletes will compete in either a Male or Female division.
- Athletes will compete in one of three age groups:
 - Youth: ages 15 and under (May be split 8-11 and 12-15)
 - Adult: ages 16 and older (16- 21) (22-29) (30+)
 - Open Age Group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division, or to ensure quality competition.
 - Note: The oldest member of a relay team will determine the age division of the team. It is suggested that delegations form 4 teams that are age appropriate. Male, Female, and Co-ed teams will be divisioned together unless there are enough teams within a category to create equitable divisions.
- Athletes are divisioned for competition based on their best training entry scores.