



Special Olympics Minnesota Athletics Handbook



CONTENTS

Track Events	3
Field Events	5
Pentathlon	6
Athletics Competition Information	7
Divisioning	9
Athletics Assistance Categories	10
Track Diagram	11

Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport at www.specialolympics.org/sports.aspx.

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TRACK EVENTS

General Events

- Races 400 meters or below, the commands of the starter shall be —“on your marks,” —“set,” and, when all competitors are set, the gun shall be fired.
- In races 800 meters or longer, the commands shall be —“on your marks” and, when all 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: Athletes will stay in the lanes through the first turn and break toward lane one at the breakline marked after the first turn.
 - 1500 meters and greater distances: A waterfall start shall be used. Athletes may cut in as soon as they have space to not interfere with another athlete.
toward lane one at the breakline marked after the first turn.
- If a competitor is pushed or forced by another person to run or walk outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
- During walking events, athletes must have one foot in touch with the ground at all times.

Assisted Walks (Physical)

- Under the Physical assisted category, athletes can have a person on the track to guide them however the athlete must propel themselves under their own power.
- Athletes may also 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 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.

Assisted Walks (Device)

- Athletes may also 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 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.

Wheelchair Events

- 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.
- Athletes shall not be pushed, pulled or otherwise assisted during these events.
- 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 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 marker constitutes a violation, and a three-second penalty will be assessed.

Motorized Wheelchair Events

- 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.

- Diagram — 30 and 50 Meter Motorized Wheelchair Slalom can be found on page 9 of the SOI rule book.
- 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.

25 Meter Motorized Wheelchair Obstacle Course

- Athlete starts facing the course.
- The athlete completes a 360 degree circle within the three meter box which will be marked by cones two meters up from the starting line. Upon completion, the athlete weaves in and out of four cones set 3 meters apart, then completes a second 360 degree circle between the 3 meter box marked with cones starting 5 meters from the finish line.
- The box (3 meters x 3 meters) is used only as an indicator for the athlete to complete the 360-degree circle. No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with chalk and cones.
- Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers are subject to disqualification at the discretion of the referee.
- Diagram for this event can be found on page 9 of the SOI rule book.

General Rules for Blind and Deaf Athletes

- A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
- Rope or sighted guide runner must be provided by the delegation.
- Ropes may only be used for races 100m and below at the state event.
- 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.

General Rules for Unified Sports® Relays

- Each Unified Sports relay team shall consist of two athletes and two partners.
- Runners on a relay team may be assigned to run in any order.
- Teams must have competed as a relay team at an area competition.
- Substitutions for Unified Partners will not be allowed.

FIELD EVENTS

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

Running Long Jump

- In the long jump, an athlete must be able to jump at least 1 meter, which is the minimum distance between the take-off board and the sand pit.
- Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the take-off line for all jumps.

Standing Long Jump

- 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.
- Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the take-off line for all jumps.

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.

Shot Put

- The shot may be steel, brass, or a synthetic-covered implement. Women's shot is 3kg (6.6lbs). Men's shot is 4kg (8.8lbs)
- 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 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 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 vector.

Softball Throw and Ball Throw for Distance (tennis ball)

- Softball Throw: 30 centimeter (11 3/4 inches) in circumference softball shall be used.
- Ball Throw: a tennis ball shall be used.
- Competitors may use any type of throw.
- These throwing events are for athletes who throw the ball 15M or less.

PENTATHLON

- The five events comprising the pentathlon are: 100 meter run, running long jump, shot put, high jump and 400 meter run.
- If achieved time or distance is not given in the pentathlon score table, the score for the nearest lesser performance should be read.

ATHLETICS EVENT INFORMATION**Area Competitions**

Area	Date	Location	City	Register	Contact
Area 1	May 18	NCTC MEC Complex	Thief River Falls	May 2	shannon.murray@somn.org
Area 2	May 5	Bemidji State University	Bemidji	April 22	shannon.murray@somn.org
Area 3	May 21	Cloquet High School	Cloquet	May 8	ben.swarts@somn.org
Area 4	May 19	Moorhead High School	Moorhead	May 2	leah.wolkow@somn.org
Area 5	May 11	Pillager High School	Pillager	April 25	leah.wolkow@somn.org
Area 6	May 21	Hodapp Field- Kennedy Elementary	Willmar	May 4	leah.wolkow@somn.org
Area 7	May 14	St. Michael Albertville Middle School West	Albertville	May 1	marissa.rinowski@somn.org
Area 8	May 8	Redwood Falls Community Center	Redwood Falls	April 24	emily.dierberger@somn.org
Area 9	May 1	St. Peter Gustavus Adolphus College	St. Peter	April 17	emily.dierberger@somn.org
Area 10	May 21	John Marshall High School	Rochester	May 8	emily.dierberger@somn.org
Area 11	May 21	Roosevelt High School	Minneapolis	May 8	sam.leidholt@somn.org
Area 12	May 15	St. Thomas Academy	Mendota Heights	May 1	sam.leidholt@somn.org
Area 13	May 8	White Bear Lake High School	White Bear Lake	April 24	marissa.rinowski@somn.org

State Competition

Date	Location	City	Quota	Register
June 23-25	Eastview High School	Apple Valley	May 20	May 31

Competition Details

- Events: Athletes may compete in three individual events and one relay event, or the pentathlon and one relay. Area Competitions may differ, please see your Facts at a Glance or contact your Sports Program Manager/Associate.
- Races: Athletes must abide by the rules of the event in which they are entered. Walk, run, or wheelchair. An athlete may be disqualified if they run in a walk event, pass the baton to the wrong team in a relay, or run outside of their lane and impede the progress of another runner.
- Relay Substitutions: In an attempt to create an equitable system to allow for relay substitutions but maintain the intent of the divisioning process, we will allow a relay team to make ONE substitution. The newly created team may run any time slower than their qualifying score, but only 5% faster. If a team making a substitution runs more than 5% faster than their qualifying score, they will receive a participation ribbon.
- Throws: the softball and tennis ball throw are developmental events designed to provide meaningful competition for athletes with lower abilities. Athletes with qualifying scores of 15M and above for the tennis ball throw may not compete in this event. Athletes with qualifying scores of 15M and above for the softball throw may not compete in this event. Athletes may enter only one of the following events: shot put, softball throw or tennis ball throw.
- Long Jump: Athletes in the running long jump must meet the 1M minimum jump requirement. Athletes may enter only one of the following events: running long jump or standing long jump.
- High Jump: Athletes must jump off one foot. Opening height at state competition is one meter.

Track events offered at State

- 10M Wheelchair (Motorized or Manual) or Assisted Walk (Device or Physical)
- 25M Events - Walk, Assisted Walk (Device or Physical), Run
- 25M Wheelchair Obstacle Course (Motorized) and Race
- 25M Wheelchair Race (Motorized or Manual)
- 30M Wheelchair Slalom (Motorized or Manual)
- 50M Walk, Assisted Walk (Device or Physical), or Run
- 50M Wheelchair Slalom (Motorized or Manual)
- 100M Wheelchair (Motorized or Manual), Walk, or Run
- 200M Run
- 400M Walk or Run
- 800M Walk or Run
- 1500M Walk or Run
- 4x100M Unified Relay
- 4x100M Relay

Field events offered at State

- Throws – Tennis ball or Softball
- Shot Put
- Long Jump – Running or Standing
- High Jump

Other events offered at State

- Pentathlon (100 Run, 400 Run, Running Long Jump, High Jump, Shot Put)

Sportsmanship

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

Competitive Effort

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a match/event: Never quit.

Fair Play at All Times

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.

DIVISIONING

- Coaches need to include an athletes practice qualifying time and/or distance for each event that an athlete is registering for on the registration form.
- At State, we will division based on an athlete's area results.
- Be aware that in an attempt to minimize the length of the competition, we may put multiple divisions on the track for certain events. Please advise coaches, parents, and spectators of this so there isn't confusion on why an athlete is so much faster or slower than another during a single race, or why an athlete who physically placed fourth in a race may receive a gold medal or first place ribbon.

Athletics Assistance Categories

Guide Runner- When an athlete is visually impaired and needs a guide runner.

Whistle Start- When an athlete in a race has this assistance, the race will start by whistle instead of the starting gun; should only be used when athletes have potential seizure reactions.

Visual Start- When an athlete in a race has this assistance, the race will start by starting gun, but an official/assistant will signal near the athlete to give him/her a visual cue to start.

Touch Start- When an athlete in a race has this assistance, the race will start by starting gun, but an official/assistant will touch the athlete to give him/her a cue to start.

Middle Lane- The athlete will be on the middle lanes; i.e. on an 8 lane track, the athlete would be placed on lanes 2-7.

Outside Lane- The athlete will be on an outside lane; i.e. on an 8 lane track, the athlete would be placed on lane 1 or 8.

Staging Assistance- The athlete is allowed to have an assistant through the staging area.

Rope- The athlete uses a rope provided by the delegations. Offered in races 100M and shorter.

Has 1 on 1 Assistance- The athlete is allowed to have an assistant through the staging area and up to the starting line. At this point, the assistant must go to the finish line and wait for the athlete to finish the race. AT NO TIME IS AN ASSISTANT ALLOWED ON THE TRACK, EXCEPT IN A PHYSICAL ASSISTED EVENT.

TRACK DIAGRAM

