



TRACK & FIELD

The Official Special Olympics Sports Rules for Track & Field shall govern all Special Olympics competitions. Special Olympics has created these rules based upon USA Track & Field rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Athletics or Article I. In cases such as this the [Official Special Olympics Sports Rules for Athletics](#) shall be used.

COMPETITION MANAGEMENT

- Participants in Track & Field will be entered into one (1) of the levels below, based primarily on the athlete's ability. The level system provides coaches with an effective guide for assessing athletes' abilities and placing them in the most appropriate events.
- Athletes may enter up to three (3) events including relays. Unified Partners can enter in 2 events, either the 100m or 400 m relay.**
- No more than two (2) of the events may be field events.**
- If an athlete is entered as an alternate in a relay, they may be signed up for their relay plus three (3) additional events.
- Athletes may be entered in Level M, 1A, 1B, 1C, 1D, 2, 3A or 3B but may only participate in events within the selected level.
- Level 1 Athletes may enter the Tennis Ball Throw or Softball Throw, but not both. Level 2 athletes may enter the

LEVEL M - MOTOR DEVELOPMENT	
Physical assistance may come from a coach.	
WALKING & WHEELCHAIR EVENTS	FIELD EVENT
10m Physically Assisted Walk	Target Throw
25m Physically Assisted Walk	
15m Physically Assisted Wheelchair Race	
15m Physically Assisted Wheelchair Slalom	
LEVEL 1A - ASSISTED WALKERS	
Assisted devices may consist of canes, crutches or walker, not another person. Gait belts are not allowed.	
WALKING EVENTS	FIELD EVENTS
**10m Assisted Walk	Softball Throw OR Tennis Ball Throw
**25m Assisted Walk	
**50m Assisted Walk	
LEVEL 1B - UNASSISTED WALKERS	
No assisted devices of any kind are allowed.	
WALKING EVENTS	FIELD EVENTS
**10m Unassisted Walk	Softball Throw OR Tennis Ball Throw
**25m Unassisted Walk	
**50m Unassisted Walk	
LEVEL 1C - MOTORIZED WHEELCHAIRS	
MOTORIZED wheelchairs, NOT manual wheelchairs	
MOTORIZED WHEELCHAIR EVENTS	FIELD EVENTS
**25m Motorized Wheelchair Race	Softball Throw OR Tennis Ball Throw
**25m Motorized Wheelchair Slalom	
**25m Motorized Wheelchair Obstacle Race	
**50m Motorized Wheelchair Slalom	

LEVEL 1D - MANUAL WHEELCHAIRS	
MANUAL wheelchairs, NOT motorized wheelchairs	
MANUAL WHEELCHAIR EVENTS	FIELD EVENTS
**10m Wheelchair Race	Softball Throw OR Tennis Ball Throw
**25m Wheelchair Race	
**25m Wheelchair Slalom	
**50m Wheelchair Slalom	
**100m Wheelchair Race	
**200m Wheelchair Race	

LEVEL 2 - SPURTERS & WALKERS	
RUNNING & WALKING EVENTS	FIELD EVENTS (no more than 2)
**50m Dash OR 400m Walk	Mini-Javelin Throw OR Softball Throw
**4 x 100m Relay	Standing Long Jump
800m Walk	Shot Put OR Softball Throw

LEVEL 3A - SPURTERS	
RUNNING EVENTS	FIELD EVENTS (no more than 2)
**100m Dash	Mini-Javelin Throw
**200m Dash	Running Long Jump
400m Dash	Shot Put
**4 x 100m Relay	

LEVEL 3B - DISTANCE RUNNERS	
RUNNING EVENTS	FIELD EVENTS (no more than 2)
400m Dash	Mini-Javelin Throw
800m Run	Running Long Jump
1500m Run	Shot Put
**4 x 100m Relay	

UNIFIED	
**4 x 100m Relay	
**4 x 400m Relay	

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PRELIMINARY & FINALS FORMAT

1. Competitors (athletes & Unified partners) may enter up to three (3) events including relays. No more than two (2) of the events may be field events.
2. Each running & walking event 200-meters or less, including the 4 x 100m Relay, will have preliminary heats to determine the final heats.
 - a. If an event has fewer than four (4) competitors, then the Track & Field Sport Management Team reserves the right to hold finals only in that event.
3. Competitors must participate in a preliminary of an event to be eligible for the final in that event.
4. Competitors will be advanced and seeded in the final heats based on their preliminary time.
5. If a competitor is disqualified in a preliminary, they will receive a participation ribbon and will not advance to finals.
6. The final heats will be for medal and ribbon awards.
 - a. Participation ribbons will be given for any competitor disqualified in a final heat.

DIVISIONING

1. All events will be divisioned and awarded separately.
2. All track & field events will be divisioned by age, gender, and athlete's entry score.
 - a. Exception: Level 1 A,B,C,D and M are divisioned based on gender and athlete's entry score. Level 1 Softball Throw and tennis ball throw are divisioned by age (8—21, 22+), gender, and athlete's entry score.
1. Age groups will be: 8-11; 12-15; 16 - 21; 22 - 29, & 30 and over.
2. There may be up to 8 athletes per division.
3. All entry times will come directly from Area Spring Games. All athletes must participate at Area Spring Games to advance to the Summer Games.
 - a. During the entry process, all athletes who would like to participate at Area Spring Games must be entered into GMS with their entry times/scores.
 - b. Area Directors will division for their Area Spring Games.
 - c. There will be timing systems at all Area Spring Games to get accurate times that will feed into the Summer Games.
 - d. After Area Spring Games, County Coordinators will receive a list of their athletes entered in Track & Field and elect who will be advancing on to the Summer Games.
7. There may be no more than a 25% difference between the highest average and the lowest average in the division.
8. Age groups or genders groups may be combined to run or participate together but scored and awarded separately.
9. Maximum Effort will be enforced for Track and Field finals. Athletes who exceed their preliminary round time by 30% will be disqualified and receive a participation ribbon.
 - a. Any time that divisioning is not compliant with 25% difference between the highest average and the lowest average in the division then Maximum Effort will not be enforced.
 - b. Exception: Athletes who are divisioned in the highest heat or flight will not be disqualified due to Maximum Effort.

SPORT RULES

UNIFORM SPECIFICATIONS

1. The following is the approved uniform/equipment list and is required for athletic competition: running shorts, basketball shorts, biker shorts, sweatpants, jogging pants, t-shirts, tank tops, sweatshirts, athletic shoes, tennis shoes, basketball shoes, running shoes, cross-trainers, and track shoes with 1/4 inch spikes.
2. The following uniform/equipment list will disqualify the individual from athletic competition if worn: denim slacks or shorts, casual wear, dress slacks or shorts, tennis shorts, button-down casual shirts, golf shirts, shirts with collars, ads for alcohol or tobacco products, hard-sole shoes, sandals, and hiking boots.
3. No athlete shall wear advertisements of any kind, including but not limited to their favorite race driver or favorite college. The only exception is a logo of the manufacturer, which is limited to less than 2 inches x 3 inches.
4. Headwear, such as baseball caps or bandanas, is not considered part of the uniform and cannot be worn during competition. The only exception is sweatbands.
5. Relay team members must wear matching uniform tops.
6. Jewelry is acceptable. However, athletes may be asked to remove jewelry if the event officials believe it to be a potential safety hazard. This does not eliminate a coach's right to exclude their athletes from wearing jewelry.

GENERAL RULES & MODIFICATIONS FOR TRACK EVENTS

1. Starting Commands
 - a. All questions concerning the start shall be decided by the starter.
 - b. All running events will be started using a .22 or .32 caliber blank pistol.



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- c. In races up to and including 400 meters, the commands of the starter shall be “on your marks,” “set” and, when all competitors are set, the gun shall be fired.
- d. 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 their hand(s).
2. Starting races longer than 400 meters:
 - a. 800 meters distance: Runner will run in the lanes through the first turn and break toward lane one at the breakline marked after the first turn.
 - b. 1500 meters and greater distances: A waterfall start shall be used.
3. Starting Relays
 - a. 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 their lane and break toward lane one at a breakline marked after the first turn.
4. The starter shall give each competitor a chance to do their best by:
 - a. Giving the competitors ample time to settle down after taking their marks;
 - b. Starting the sequence over if any runner is off-balance; and
 - c. Not holding the runners too long after the set command.
5. False Starts
 - a. Only one (1) false start per race shall be allowed without disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.
6. Lane Violations
 - a. In all races run in lanes, each competitor shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
 - b. If a competitor is pushed or forced by another person to run outside their lane, and if no material advantage is gained, the competitor should not be disqualified.
 - c. If an athlete either:
 - i. Runs outside their lane in the straight or
 - ii. Runs outside the outer line of their lane on the bend, with no material advantage thereby being gained and no other runner is obstructed, then the competitor should not be disqualified.
7. Finish
 - a. Pacing is not allowed for any running or walking event.
 - b. All runners must complete the full distance of a race entered in order to qualify for an official place.
 - c. The competitors finishing shall be placed in the order in which any part of their torso (excluding head, arms, legs, hands) reaches the vertical plane of the nearest edge of the finish line.
8. Race Walking
 - a. Athlete must have one (1) foot in touch with the ground at all times.
 - b. In all race walking events, an athlete does not have to have a straight advancing leg while competing.
 - c. 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 (2) or more officials, a technical violation has been committed that results in an advantage being gained.

GENERAL RULES FOR RELAY EVENTS

1. Batons shall be provided by the Track & Field Sport Management Team.
2. For all traditional & Unified relay events, alternates must have the event listed on the *Summer Games Individual Entry Form*, the same as the “starters.”
3. If an athlete drops the baton in the proper exchange zone, and the outgoing runner picks it up in the zone, no violation will be charged.
4. If an athlete drops the baton outside of the exchange zone, brings it back to the proper zone, and makes the exchange with the outgoing relay runner, no violation will be charged.
5. Athletes may be listed as an alternate on multiple relay teams; but may only be used once. Whether used or not, being listed as an alternate will be counted toward the athlete’s three (3) event limit.
6. Level 2 athletes, Level 3A athletes and Level 3B athletes may be used to create a 4 x 100m Relay team.

GENERAL RULES FOR FIELD EVENTS

1. In the long jump, standing long jump and throwing events (shot put, softball throw, tennis ball throw, and mini-javelin throw) each athlete shall be allowed three (3) non-consecutive attempts. The longest measurement of the three attempts shall be used for scoring.
2. Implements shall be provided by the Track & Field Sport Management Team.
3. Running Long Jump
 - a. In the long jump, an athlete must be able to jump at least one (1) meter, which is the maximum distance between the take-off board and the sand pit. Jumps shorter than one (1) meter shall be considered “foul”.
 - b. 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.
 - c. In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.
4. Standing Long Jump
 - a. Competitors shall start with both feet behind a designated take-off line and on the ground.

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- b. When starting, competitors' toes shall be behind the take-off line.
- c. A competitor shall use both feet on the take-off. They may rock backward and forward lifting their heels and toes alternately, but they may not lift either foot completely off the ground.
- d. 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.

5. Shot Put

- a. A legal put shall be made from within the circle. In the course of an attempt, the athlete, or their wheelchair, may not touch the top edge of the toe-board, the top of the iron ring or any surface outside of the circle. It is legal to touch the inside of the toe-board or the iron band.
- b. The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
- c. The shot shall be put from the shoulder with one (1) 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.
- d. 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:
 - i. Uses any method contrary to the definition of legal put; or
 - ii. Causes the shot to fall on or outside the lines marking the landing vector.

SHOT PUT	
Gender & Age	Weight
Females 8 - 11	1.8 kg (4.0 lbs)
Females 12 & Older	3.0 kg (6.6 lbs)
Males 8 - 11	3.0 kg (6.6 lbs)
Males 12 & Older	4.0 kg (8.8 lbs)

6. Mini-Javelin Throw

- a. The mini-javelin must be held by the grip with one (1) hand only.
- b. At no time may the competitor turn completely around so that their back is towards the throwing area.
- c. The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- d. It is counted as a foul if the competitor:
 - i. Does not use the proper throwing technique.
 - ii. Does not throw the mini-javelin so that the point lands before any other part of the implement.
 - iii. Does not throw the mini-javelin so that the point falls completely within the inner edges of the sector lines.
 - iv. Steps on or beyond the throwing arc.
 - v. Steps beyond the parallel runway lines while in the process of throwing the implement.

MINI-JAVELIN THROW	
Gender & Age	Weight
Females	300 g
Males 8 - 15	300 g
Males 16 & older	400 g

7. Softball Throw & Tennis Ball Throw

- a. Competitors may use any type of throw.
- b. All throws must land between the 34.92° sector lines. A ball landing on the sector line is a foul.
- c. The throwing box shall be a 2-meter x 3-meter rectangle. The 2-meter length is the front and back side of the throwing box.

GENERAL RULES FOR ASSISTED WALKS (LEVEL 1A)

- 1. Athletes must provide their own assisted devices. Assisted devices may consist of canes, crutches or walker, not another person.
- 2. Gait belts are not allowed.

GENERAL RULES FOR LEVEL M EVENTS

- 1. Athlete moves forward using their own momentum with support from a coach/volunteer to stay in their lane, continue moving, or gain stability. Support could be a gait belt or 1-2 people guiding the athlete. (Athletes who use assistive devices such as walkers, crutches or canes should be in the Level 1 Assisted events).
- 2. Rules for the Physically Assisted Wheelchair event: Athlete initiates forward movement with assistance from a coach/volunteer that must maintain a walking pace equal to the athlete's pace.
- 3. Rules for the Physically Assisted Wheelchair slalom: Athlete initiates forward movement with assistance from a coach/volunteer that must maintain a walking pace equal to the athlete's pace while maneuvering in and out of cones.
- 4. Rules for the Target toss: Athlete has 3 attempts to push, drop or toss a beanbag onto a target on the floor. (Athletes who take the grasping and upper body strength to throw a tennis ball should enter this event).

GENERAL RULES FOR ATHLETES WHO HAVE A VISUAL OR HEARING IMPAIRMENT



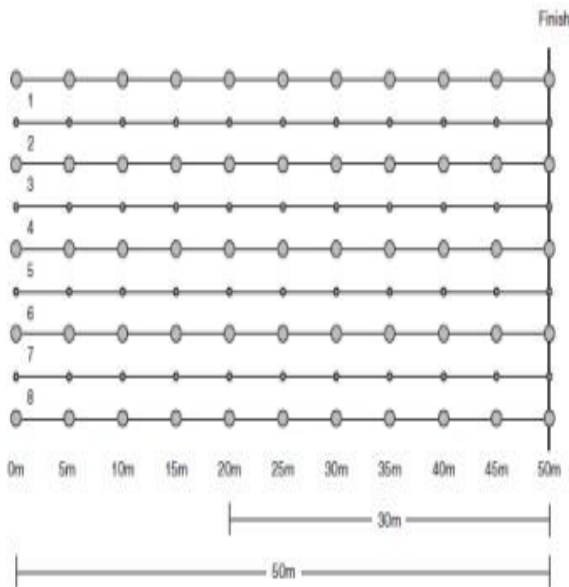
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1. A rope or sighted guide runner may be used to assist athletes who have visual impairments. Ropes or guide runners shall be provided by the athlete's program.
2. A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.
3. A tap start will be used for an athlete who is both deaf and blind.
4. Guide runners must wear a brightly colored running vest so that they are clearly distinguished from competitors. These vests will be provided by the Track & Field Sport Management Team.

GENERAL RULES FOR WHEELCHAIR EVENTS

1. Main Principles for Wheelchair Races
 - a. Athletes shall start with all wheels behind the start line
 - b. An athlete is timed from the whistle to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
 - c. Motorized wheelchairs shall not be allowed in manual wheelchair races.
 - d. Only athletes who ambulate by use of a wheelchair may participate in the events.
 - e. Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - f. The lanes for the wheelchair events shall be made two (2) track-lanes wide.
 - g. Each competitor must keep in their 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.
2. Wheelchair Slaloms
 - a. Beginning at the start line, place one (1) cone in each lane at five (5) meter intervals. Cones should be placed in the middle of the lanes.
 - b. Knocking down a marker constitutes a violation, and a three (3) second penalty will be assessed.
 - c. No penalty will be incurred as a result of touching a cone.
 - d. If a competitor varies from a sequence of obstacles, they must 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. 25m Motorized Wheelchair Obstacle Course
 - a. Mark one (1) box two (2) meters from the start line and one (1) box two (2) meters from the finish line. Each box should be 3-meters x 3-meters.
 - b. Place four (4) cones between the boxes, each three (3) meters apart.
 - c. Rules:
 - i. Athlete starts facing the course.
 - ii. The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion, the athlete weaves in and out of four (4) cones set three (3) meters apart, then completes a second 360 degree circle between the fourth cone and the finish line.
 - iii. The box (3-meters x 3-meters) is used only as an indicator for the athlete to complete the 360-degree circle.

Wheelchair Slalom course set-up

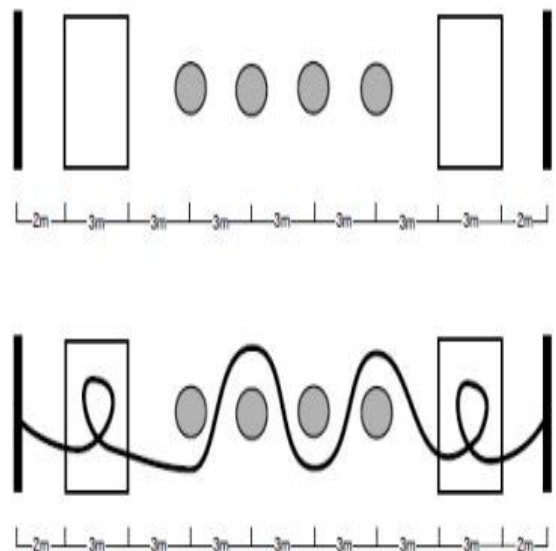


No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with tape.

iv. Knocking down a marker constitutes a violation, and a three (3) 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.

Wheelchair Obstacle course set-up



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PERFORMANCE STANDARDS

Athletics performance standards are guidelines only. Their intent is to assist coaches in determining the proper events for athletes of varying abilities. Performance standards will not prevent an athlete from entering an event and will not disqualify an athlete during competition (*with two exceptions, see below*).

• RUNNING EVENTS

In running events, if an athlete has a score lower than the minimum, they should consider moving up to the next level or to an event of greater distance. If an athlete has a score greater than the maximum, they should consider moving down to the next level or to an event of lesser distance.

• FIELD EVENTS

In field events, if an athlete has a score lower than the minimum, they should consider moving down to the next level or not competing in that event. If an athlete has a score greater than the maximum, they should consider moving up to the next level (i.e. from Softball Throw to Shot Put).

- ♣ Athletes not jumping farther than one (1) meter in the Running Long Jump CANNOT compete in this event. One (1) meter is the distance from the take-off board to the sand. Jumping less than one (1) meter runs the risk of injury.
- ♦ Due to time constraints, athletes must be able to finish the 800m Walk within 20 minutes. Athletes unable to do so will not be allowed to finish and will receive a participation ribbon.

Event	Minimum Score	Maximum Score
♣ Running Long Jump	1.00 meters	
Standing Long Jump	0.1 meter	2.60 meters
Softball Throw	4.00 meters	35.00 meters
Tennis Ball Throw	1.00 meter	20.00 meters
25m Wheelchair Races	9.00 sec	1:00.0
50m Wheelchair Races	14.00 sec	2:12.0
50m Dash	7.00 sec	1:00.0
50m Walk	15.00 sec	1:00.00
100m Dash		1:00.0
200m Dash		1:00.0
400m Dash		1:55.00
400m Walk	3:00.0	10:00.00
800m Run		4:50.00
♦ 800m Walk	5:00.0	20:00.0
1500m Run		12:00.00
4 x 100m Relay		2:00.00
4 x 400m Relay		7:00.00

Metric Conversion Table (*Do not submit entry scores in feet and inches*)

1/2 inch = 1cm	1 foot = 30cm	20 feet = 6m 10cm
1 inch = 3cm	2 feet = 61cm	30 feet = 9m 14cm
2 inches = 5cm	3 feet = 91cm	40 feet = 12m 19cm
3 inches = 8cm	4 feet = 1m 22cm	50 feet = 15m 24cm
4 inches = 10cm	5 feet = 1m 52cm	60 feet = 18m 29cm
5 inches = 13cm	6 feet = 1m 83cm	70 feet = 21m 34cm
6 inches = 15cm	7 feet = 2m 13cm	80 feet = 24m 38cm
7 inches = 18cm	8 feet = 2m 44cm	90 feet = 27m 43cm
8 inches = 20cm	9 feet = 2m 74cm	100 feet = 30m 48cm
9 inches = 23cm	10 feet = 3m 5cm	
10 inches = 25cm		
11 inches = 28cm		