

DISTANCE RUN & WALK



TRADITIONAL EVENTS

1-Mile Walk
3000m Run
3000m Walk
5000m Run
5000m Walk

UNIFIED EVENTS

3000m Unified Run
3000m Unified Walk
5000m Unified Run
5000m Unified Walk

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

1. Athletes and Unified partners may select one (1) event only.

DIVISIONING

1. All events will be divisioned and awarded separately. However, they will be ran or walked together.
2. All events will be divisioned by gender and athlete's entry scores.
3. There may be up to 6 athletes per division.
4. There may be no more than a 25% difference between the highest average and the lowest average in the division.
5. Genders groups may be combined to run or participate together but scored and awarded separately.
6. Maximum Effort will be enforced for Distance Run & Walk. Athletes who exceed their entry time by 30% will be disqualified.
 - 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.

SPORTS RULES

UNIFORM SPECIFICATIONS

1. The following is the approved uniform/equipment list and is required for athletic competition:
 - a. Running shorts, basketball shorts, biker shorts, sweatpants, jogging pants, t-shirts, tank tops, sweatshirts, athletic shoes, tennis shoes, basketball shoes, running shoes, and cross-trainers.
2. The following uniform/equipment list will disqualify the individual from athletic competition if worn:
 - a. 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. Bib numbers will be used and will be provided by the Track & Field Sport Management Team. Bib numbers must be worn on the front and on the outer most layer of clothing.

GENERAL RULES

1. The start commands for all events will be:
 - a. "On your marks";
 - b. Visual sign from the starters both arms up;
 - c. Gun fired.
2. Competitors will be disqualified for:
 - a. Impeding the progress of another competitor.
 - b. Interfering or making excessive contact with the running of another competitor.
 - c. Gaining an advantage during the race.
 - d. Two (2) false starts in the same event.
3. For all events, a "curved waterfall" line will be used for the starting line if the event is started on a 400m track.
4. Walkers will line-up behind runners on the starting line.
5. A finish line tape will not be used for any event.
6. All runners must complete the full distance of a race entered, in order to qualify for an official place.
7. The competitors finishing shall be placed in the order in which any part of the torso (excludes head, arms, legs, hands) reaches the vertical plane of the nearest edge of the finish line.



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8. If there is bad weather and the cross-country course is unable to be used, competition will be moved to the track.
9. All questions concerning the start shall be decided by the starter.
10. Pacing is not allowed for any running or walking event.
11. During all walk races, participants must have one (1) foot in touch with the ground at all times.
12. The 1-Mile Walk will be contested on a standard 400m oval track. All other events will be contested on a grassy, hilly cross country course.

UNIFIED SPORTS® TEAM STANDARDS

1. Unified team members should wear matching uniforms.
2. A Unified team's age group is determined by the oldest athlete on the team. Teams without competition in their age group may be reassigned to a different age group (moving to an older age group).
3. Coed teams compete in the men's division.
4. In the Unified run/walk (3000m or 5000m), the team shall consist of one (1) athlete and one (1) Unified partner.
5. The finishing time will be the time of the slower of two (2) teammates - NOT a combined time.
6. The first competitor from a Unified team to cross the finish line may not return to the course to pace their teammate.