

ARTICLE III:

Athletics

The SOC Official Sports Rules shall govern all Special Olympics Athletics competitions. As a national sports program, SOC has created these rules based upon the Internationale Amateur Athletic Federation (IAAF) and the Athletics Canada (AC) rules for Athletics. IAAF or AC rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases, the following sections outlining the SOC Official Athletics rules shall apply.

SECTION A:

Official Events

1. 50 metres
2. 100 metres
3. 200 metres
4. 400 metres
5. 800 metres
6. 1500 metres
7. 3000 metres
8. 5000 metres
9. 10,000 metres
10. Hurdles
11. Running Long Jump
12. Standing Long Jump
13. High Jump
14. Shot Put
15. Pentathlon
16. 25 metre Wheelchair Race
17. 30 metre Wheelchair Slalom
18. 4 x 25 metre Wheelchair Shuttle Relay
19. 4 x 100 metre Relay
20. 4 x 400 metre Relay

SECTION B:

Rules of Competition

An athlete shall enter a minimum of three and a maximum of five events, excluding relays.

- a) Participants may enter the 50m race if they are not entering any races 100m or longer.
- b) A participant will enter *either* the standing long jump *or* the running long jump, but not both.
- c. The minimum opening height for the National high jump competitions shall be ninety centimetres for all divisions.
- d. The following weights shall be used a National shot put competitions:
 - i. Men (under 12): 3.0 kg / 6.6 lbs
 - ii. Men (12 and over): 4 kg / 8.8lbs
 - iii. Women (under 12): 1.81 kg / 4 lbs
 - iv. Women (12 and over): 3.0 kg / 6.6 lbs
- e. Pentathlon
 - 1) The Pentathlon consists of five events which shall be held on one day in the following order: 100m, Running Long Jump, Shot Put, High Jump, 400m.
 - 2) At the discretion of the Tournament officials, there shall, whenever possible, be an interval of at least thirty minutes between the time one event ends and the next event begins for any individual athlete.
 - 3) Divisions shall be determined based upon the submitted qualifying total scores.
 - 4) Special Olympics Inc. Pentathlon scoring tables will be used. Total scores for all participants will be ranked and divisions determined based upon a minimum of three and a maximum of eight in each division (refer to Appendix A).
 - 5) The winner shall be the competitor who scored the highest number of points in all events, awarded on the basis of the Special Olympics Inc. Pentathlon Scoring Tables.

f. Relays

Relay Events

- 1) Relay team members must come from the same Chapters.
- 2) All relay teams must be an all male team or an all female team, no co-ed teams allowed.

4 x 400 metre Relay

This relay is an open age class event. The aforementioned shall apply.

g. Hurdles

The following are the standard distances at the National Games:

MEN: 110 metres
WOMEN: 100 metres

Hurdle Setting Chart

<i>Distance Of race</i>	<i>Height of Hurdle</i>	<i>Distance from start line to First hurdle</i>	<i>Distance between hurdles</i>	<i>Distance from last hurdle to finish</i>
110 metres	0.840	13.72 metres	9.14 metres	14.02 metres
100 metres	0.762	13 metres	8.5 metres	10.5 metres

h) Visually and Hearing Impaired Participants

A rope, tether (6” – 1’) or bell may be provided to assist athletes who are visually impaired. A tap start may be used only for participants who are hearing or visually impaired.

A sighted guide may not pull or prompt the participant in any manner. The guide must only run on the shoulder or slightly in front of the runner, with the guide rope or tether slack between them. The guide must be behind the participant at the finish.

i) Wheelchair Events

1. Participants shall start with the first two wheels behind the start line.
2. Motorized wheelchairs shall not be allowed in regular wheelchair races.
3. Participants shall not be pushed, pulled or otherwise assisted during these events.
4. The lanes for the wheelchair events shall be made two track lanes wide.
5. A competitor completes the race when the first two wheels cross the finish line.
6. Each competitor must keep in his/her lane from start to finish and not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.

i. 30 metre Wheelchair Slalom

- a. The slalom shall consist of competitors maneuvering through five cones placed every five metres along a thirty metre course. Competitors must go in-between all cones or shall be disqualified.
- b. No penalty will be incurred by touching a cone.

ii. 4 x 25 metre Wheelchair Shuttle Relay

- a. The second, third and fourth competitors of a team may not leave the start line until the first two wheels on the wheelchair of the teammate who precedes him/her crosses the end line.

- j) The IAAF rules for starts shall be utilized with the following exceptions to Rule #162.7:

Starting blocks may be used for all races up to and including 400m (including the first leg of the 4x200m and 4x400m) and shall not be used for any other races.

- k) The starter shall give each competitor a chance to do his/her 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
 - c) Not holding the runners too long after the set command

An athlete who is charged with 2 false starts in the same race will be disqualified from that race.