

# ATHLETICS (TRACK & FIELD)

The following events will be offered at State level competition. Counties/areas may offer additional events at their competitions.

## Lead-Up Events:

10m Assisted Walk	25m Dash	50m Walk	25m Wheelchair Race	30m Motor WC Slalom	Softball Throw
25m Assisted Walk	50m Dash	100m Walk	30m Wheelchair Slalom	4x25m Wheelchair Relay	Tennis Ball Throw
50m Assisted Walk	25m Walk	10m Wheelchair Race	25m Motor WC Obstacle	Standing Long Jump	

## Regular Events:

100m Dash	4x100m Relay		100m Wheelchair Race	400m Walk
200m Dash	4x400m Relay	Running Long Jump	200m Wheelchair Race	800m Walk
400m Run	4x100m Unified Relay		400m Wheelchair Race	1500m Walk
800m Run	4x400m Unified Relay		Wheelchair Shotput	110m Hurdles (Men)
1500m Run	5000m Unified Run	3000m Unified Run	Shotput	100m Hurdles (Women)

Athletes may enter a maximum of two individual events plus one relay.

Athletes entered in the Pentathlon cannot compete in any other events.

Athletes may not compete in both Regular and Lead-Up events.

Athletes may **not** compete in both the Softball Throw and the Tennis Ball Throw.

The 100m Walk is a **Lead-UP** event. Athletes competing in this event **cannot** compete in regular events.

International Amateur Athletic Federation (IAAF) rules, with modifications established by SOI (2004 – 2007 Official Special Olympics Summer Rules Book) will be followed for all competitions.

International Amateur Athletic Federation (IAAF)  
17 rue Princesse Florestine  
BP 359  
MC 98007 Monaco Cedex  
[www.iaaf.org](http://www.iaaf.org)

U.S.A. Track & Field  
One RCA Dome, Suite 140  
Indianapolis, IN 46225  
(317) 261-0500  
[www.usatf.org](http://www.usatf.org)

## **BASIC RULES**

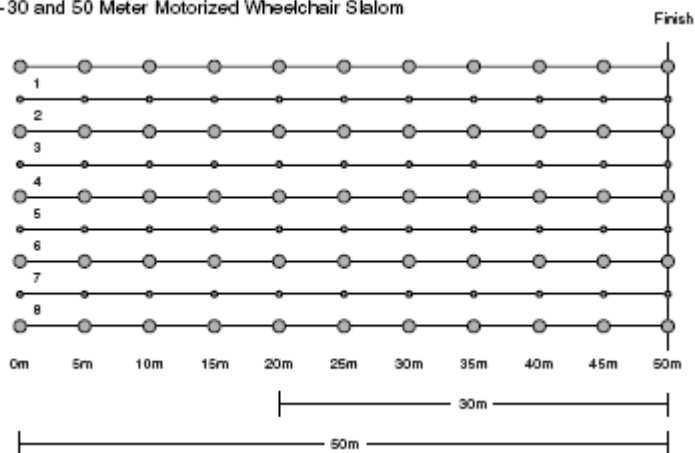
- Runners shall be liable for disqualification if they interfere, obstruct, or gain an advantage over other runners.
- In any race run around a curve, athletes must remain in their assigned lane for the designated distance.
- Starting blocks may be used in running races up to and including 400 meters.
- In competition, regardless of whether the athletes are using blocks in races 400 meters or less, 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 command 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 800 meters or greater distance:
  - 800 meter distance: Runner will run in the lanes through the first turn and break toward lane one at a designated mark after the first turn.

- b. 1500 meter and greater distances: A waterfall start shall be used. Runners will run through the first turn before breaking toward lane one at a designated mark.
  - c. 1600 meter (4x400m) Relay: A three-turn stagger shall be used to start. The first leg shall be run entirely in lanes. The second leg shall start in his/her lane and break toward lane one at a designated mark after the first turn.
7. All races up to and including 100 meters shall be run on a “straight-away” on a regular 400 meter track.
- a. All runners shall start from behind the start line. A runner completes the race when his/her torso crosses the finish line.
  - b. All races up to the 100 meter shall be measured from the finish line. The start line will be adjusted for the various distances.
8. Lane Violations
- a. In all races run in lanes, each competitor shall keep within his allocated lane from start to finish.
  - b. If a competitor is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the competitor should not be disqualified.
  - c. If an athlete either:
    - I. Runs outside his/her lane in the straight or,
    - II. Runs outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other runner is obstructed, then the competitor should not be disqualified.
9. Race Walkers must have one foot in contact with the ground at all times. They do not have to maintain a straight support leg while competing.
10. In the throws, and Standing and Running Long Jump: All three attempts shall be measured and recorded for breaking ties. The best jump shall be used for scoring.
11. In the Running Long Jump, an athlete must be able to jump a minimum of one (1) meter (the distance between the take-off board and the pit).
12. In the Standing Long Jump, competitors must take-off using both feet simultaneously.
13. In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.
14. In the High Jump, athletes must take-off from one foot.
- a. If, during a competition, any competitor performs a forward dive or two-foot takeoff, that attempt will count as a foul.
15. Shot Put implement weights:
- Males (12 years and older) - 8.13 lbs.
  - Females (12 years and older) - 6 lbs.
  - Males & Females (8-11 years) - 4 lbs.
  - Wheelchair Shot Put - 4 lbs.
- A rope or bell may be provided to assist athletes who are visually impaired.
16. A tap start may only be used for an athlete who is both deaf and blind. A sighted guide may not pull or prompt the athlete in any manner.
17. The order of events for the Pentathlon will be 100m Dash, Running Long Jump, Shot Put, High Jump, 400m Dash. The Special Olympics scoring tables for the Pentathlon and will be used to score this event
18. The following standard rules will apply to all Wheelchair events:
- a. Only athletes who ambulate by use of a wheelchair may participate in Wheelchair events.
  - b. Athletes entering Wheelchair events may also enter other appropriate events in Track & Field.
  - c. Motorized wheelchairs are not allowed in regular wheelchair races.
  - d. Athletes shall not be pushed, pulled or otherwise assisted during the Wheelchair races.
  - e. Athletes shall start with the first 2 wheels behind the starting line.

- f. The athlete completes the race when the first 2 wheels cross the finish line.
- g. 30 Meter Wheelchair Slalom
  - I. 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.
  - II. Knocking down a marker constitutes a violation, and a three-second penalty will be assessed.
- h. 30 Meter Motorized Wheelchair Slalom
  - I. 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 cones set three meters apart then completes a second 360 degree circle between the fourth cone and the finish line
  - II. The box (3m x 3m) 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 tape or chalk.
  - III. 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.
  - IV. No more than three athletes per race.
  - V. Score:
    - 1) Athlete is timed from the smoke of the starter's gun to when the first two wheels on the motorized wheelchair crosses the plane of the finish line.
    - 2) No penalty will be incurred as a result of touching a cone.
    - 3) If a tie exists, a run-off will be held between the tied competitors.

#### VI. Diagram

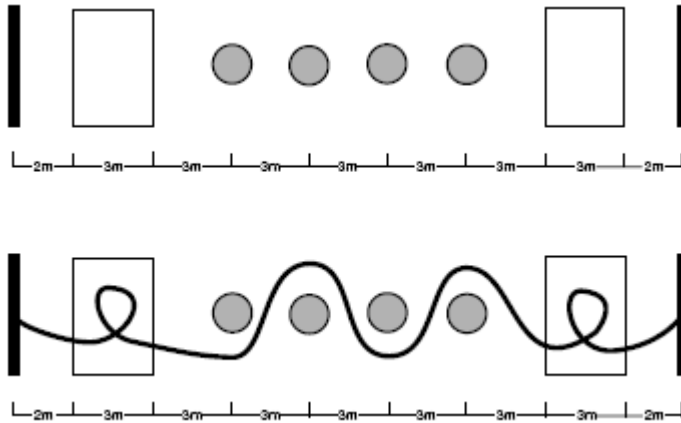
4) Diagram — 30 and 50 Meter Motorized Wheelchair Slalom



#### 25 meter motorized wheelchair Obstacle Course

- 1. Athlete starts facing the course
- 2. The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion of this circle, the athlete weaves in and out of four cones, set 3 meters apart, then completes a second 360 degree circle.
- 3. The box (3m x 3m) is used only as an indicator for the athlete to complete the 360 degree circle. No points or time is deducted for touching or going over the box lines.

4. Knocking down a marker constitutes a violation with a 3 second penalty for each occurrence. 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
5. No more than 3 athletes per race



#### UNIFORMS/APPROPRIATE CLOTHING

1. Athletes may wear spiked shoes for all events except the Shot Put.
2. Athletes may not wear “street” clothes or non-athletic shoes while competing.  
The minimum standard for uniforms is T-Shirt, athletics shorts (**without pockets**) and gym shoes
3. Athletes not dressed to the minimum standard stated above will not be allowed to compete and will receive no award.

#### **REQUIRED FORMS FOR STATE GAMES ENTRY**

- ◆ Athlete Sports Entry Form (for individual athletes)
- ◆ Relay & 2-4 Person Team Registration Form (for all relay teams)



## ATHLETICS -- TRACK HEAT SHEET

EVENT: \_\_\_\_\_

HEAT: \_\_\_\_\_

<b>LANE</b>	<b>ATHLETE/TEAM NAME</b>	<b>COUNTY</b>	<b>TIME</b>	<b>PLACE</b>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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# ATHLETICS -- FIELD HEAT SHEET

EVENT: \_\_\_\_\_

HEAT: \_\_\_\_\_

<b>ATHLETE NAME &amp; COUNTY</b>	<b>ATTEMPT 1</b>	<b>ATTEMPT 2</b>	<b>ATTEMPT 3</b>	<b>PLACE</b>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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