



Athletics Sport Rules Modifications, Interpretations, and Points of Emphasis

The Official Special Olympics Sports Rules for Athletics dated June 2016 will be in effect for the 2017-2018 SONC program year. This section is intended to be used in conjunction with USA Track & Field (USATF) rules and SOI Rules; therefore, those rules are not repeated here but they will be enforced unless in direct conflict to SONC modifications.

Events Offered

Developmental Events

10m/25m Assisted Walk
Tennis Ball Throw
10m/25m Wheelchair Races
30m Wheelchair Slalom
25m Wheelchair Obstacle
30m/50m Motorized Wheelchair Slalom

Lead-Up & Wheelchair Events

25m/50m Dash
25m/50m Race Walk
100m/200m Wheelchair Races
Standing Long Jump
Softball Throw (includes wheelchair athletes)
Wheelchair Shot Put

Traditional Events

100m/200m/400m Dash
100m/400m Race Walk
800m/1500m Run
Running Long Jump
Shot Put
Mini-Javelin
Pentathlon
4 x 100 Relay

Appropriate Attire and Equipment

- A loose fitting shirt or T-shirt
- Appropriate length (non-basketball) shorts with a snug fitting waistband
- Good fitting running shoes, or “spikes” that offer support
- All relay members must wear the same color tops
- No jeans or cut-offs

Competition Interpretations and Modifications

- Athletes may select events from Developmental **or** Lead-up & Wheelchair **or** Traditional **but must stay within their category**. Athletes may compete in three individual events, and athletes in the traditional events may also compete in one relay event.
- The maximum effort rule will be in place for Summer Games. This rule is in place to ensure accuracy in order to provide competitive divisions for the athletes. Athletes with final scores (measures or times) a significant percentage better than the score submitted will be subject to disqualification. The parameters in place for the events are: 15% for traditional track events; 20% for traditional field events; 20% for developmental and lead-up track events; 35% for developmental and lead-up field events.
- An amended score (i.e. improved performance) may be submitted by May 22, 2018 to notify SONC of change in ability. This can be done with the [change of score form](#), or emailing sports@sonc.net **by the May 22, 2018 deadline**. It is the discretion of the divisioning team on what, if any, movement occurs.
- Track Events
 - A starter’s pistol will be used at state-level competition.
 - The 800 meters shall be run in lanes as far as the marked cut-in points. The starts shall be staggered so that the distance from the start to finish shall be the same for each competitor. Small markers may be placed at the intersection of the lane lines and cut-in points.
 - The 100-meter race walk and the 400-meter race walk events are for athletes who have been training with the proper race walking form and will be judged accordingly. Athletes will be disqualified if they are not using the correct technique.
 - Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.
 - Relay teams

- A **preliminary round** of competition for the relay will take place on **Saturday** for divisioning purposes in order to record qualifying times. Teams must successfully complete their event on Saturday in order to compete in the **final round on Sunday**. Teams that are disqualified for any reason will not compete on Sunday.
- The final round of competition will take place on Sunday to determine awards.
- **Relay teams must remain the same from the preliminary round on Saturday to the final round of competition on Sunday at Summer Games. There will be no alternates for any relay.**
- Below are guidelines for coaches in event selection for athletes from the sport development team. Athletes should move up or down based on the following times:
 - 100m Dash: 12 seconds – 36 seconds
 - 200m Dash: 25 seconds – 1 minute, 18 seconds
 - 400m Dash: 1 minute – 2 minutes, 47 seconds
 - 25m Dash: 6 seconds – 14 seconds
 - 50m Dash: recommended maximum time of 28 seconds
 - Males under 10 seconds, move to 100m dash
 - Females under 12 seconds, move to 100m dash
- The Pentathlon
 - Athletes competing in the Pentathlon are eligible to compete on relay teams.
 - Athletes participating in the pentathlon will be presented with a single award based on their overall scoring in the event.
- Field Events
 - Ties for standing long jump, running long jump, shot put will be broken according to the SOI rules Section 2.a.1. Ties for softball throw and mini-javelin will stand as scored (i.e. ties will not be broken).¹
 - Athletes will not be assessed a foul for not initiating an attempt after their name is called.² It will be the judgment of the official if an athlete is taking too long. A warning will be given.
 - The standing long jump, running long jump, softball throw, and shot put will use the non-consecutive rotation system.
 - Softball and tennis ball throw
 - Athletes will have the opportunity to throw for distance three times.
 - The best of those three throws will be measured.³
 - If an athlete can throw more than 20m, the sport development team suggest moving the athlete to traditional events, like the mini javelin and the 100m walk/dash, etc.
 - Shot Put (points of emphasis)
 - The wrist must be straight or rigid when putting the shot. If an athlete bends their wrist, the attempt will be deemed a throw and subject to being called a foul.
 - The shot shall be put from the shoulder with only one hand. The shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the act if putting. The shot should not at any time be brought behind the line of the shoulder.
 - The competitor cannot touch the top of the iron band, stop board or painted circle.
 - It is a foul if the athlete improperly releases the implement.
 - The competitor must not leave the circle before the implement has landed.
 - When leaving the circle, the athlete must do so from the rear half. There is no rule on where an athlete should enter the circle.
 - Standing Long Jump
 - Both feet must leave the ground at the same time.
 - A 2"-wide foul line will be marked at the end of the jump track. Athletes must jump from behind this line for a legal jump.⁴

¹ SONC modification of SOI Athletics rules Section 3.2.1.1.

² Modification of SOI Athletics rules Section 3.2.1.2.

³ Modification of SOI Athletics rules Section 3.2.1.2.

⁴ SONC interpretation of SOI Athletics rules Section 3.2.4.1.

- Running Long Jump
 - An athlete must be able to jump at least one meter at the qualifier, which is the maximum distance between the take-off board and the sand pit.
- Mini Javelin
 - Little finger must be closest to the point of the mini-javelin (pointed forward).
 - Athletes must exit off the back of the Chute. Set-up is similar to that of softball throw.
 - To purchase a mini javelin kit, contact Everything Track and Field at 1-800-556-7464. A Turbo Jav kit can be ordered for \$284.00; just make sure to request the 400g Turbo Jav and replace the 500g Long Tom.