



Roller Skating – Sport Rules Modifications, Interpretations, and Points of Emphasis

The Official Special Olympics Sports Rules for Roller Skating dated June 2016 will be in effect for the 2017-2018 program year. This document is intended to be used in conjunction with the NGB 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	Intermediate	Traditional
30m slalom	50m (half-lap)	Race (100m/200m/500m/700m)
30m straight line race	100m Race	Relay (2x100m/4x100m)
50m (half-lap)	Relay (2x100m/4x100m)	

Appropriate Attire and Equipment

- Competitors should wear shorts and matching short-sleeved shirts or short sleeved unitard
- Relay team participants must wear matching outfits
- Roller skates or inline skates¹
- Helmets are required for speed events²
- Optional: Water bottles, wrist guards, knee pads, mouth guards

Competition Interpretations and Modifications

- Athletes may compete in a maximum two individual events, one two-person relay and one four-person relay event.
- Timing will start at the sound of the starting gun, not when the first athlete crosses the starting line³. Athletes will be brought up to the timing line and once all athletes are in position, the race will start.
- Any athlete able to complete the 30m slalom or straight line races in 15 seconds or less will not be allowed to compete in the event at Fall Tournament. Athletes with this skill level should be moved into a higher level event such as the 100m, 200m, 500m, or 700m events.⁴
- Athletes in the following events will be subject to a time maximum at Fall Tournament:

• 50m half lap	• 1 minute 30 seconds
• 200m	• 1 minute 20 seconds
• 500m	• 4 minutes
• 700m	• 5 minutes 20 seconds

- It is recommended that athletes register for events shorter than an event where they cannot complete it in the time allowed. For example, an athlete not able to complete the 200m in 1 minute 20 seconds or less is recommended to register in the intermediate category. Coaches should take extra caution in order to correctly assess athletes during training, as athletes will **not be allowed to switch events at Fall Tournament**.
- Any athlete needing assistive device (e.g. skate aid) should indicate so on the registration form. Assistive devices are only for developmental events.

Fall Tournament Roller Skating Tentative Order of Events:

Preliminaries on Saturday and finals on Sunday

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|-----------------|---------------|-----------------|
| 1. 50m Race | 5. 200m Race | 9. 4x100m Relay |
| 2. 500m Race | 6. 30m Slalom | |
| 3. 30m Straight | 7. 100m Race | |
| 4. 2x100m Relay | 8. 700m Race | |

¹ See SOI rules section 4.1.1 for acceptable skates

² See SOI rule section 4.3.2 for head gear information

³ SONC modification of SOI rule section 7.2.1

⁴ See SOI rule section 7.6.1