

ATHLETICS RULE INTERPRETATIONS

SECTION A - GENERAL RULES

- A-1. In cases not covered by these interpretations, USA Track & Field rules will govern. Rules can be downloaded at <http://www.usatf.org>.
- A-2. All participants in Athletics events must wear athletics shorts or sweat pants, appropriate running shoes and competition tops. Jeans, jean shorts, street shoes, or other non-athletic attire will not be allowed for any athlete competing in Athletic events. Athletes not in proper attire will be disqualified from the event. Athletes will not be allowed to wear hats, jewelry, or awards during competition.
- A-3. The Games Rules Committee will make all final decisions.
- A-4. No advertising or sponsorship is allowed to be worn on competition uniforms or warm ups.
- A-5. For non-wheelchair visually impaired athletes, Special Olympics Colorado will use a guide rope for all events up to and including the 100 Meter Race. For events 200 Meters and up, athletes will be allowed to have a guide runner. For visually impaired athletes that use assistive devices other than a wheelchair, a guide runner may be utilized. The guide runner must be provided by their agency and must stay behind the runner at all times. In all cases, guide runners will only be allowed to give verbal instructions regarding direction. Directions are right, left, straight, etc. A guide runner may not coach the athlete. A spot for the guide runner will be added to the entry form.
- A-6. Athletes must qualify from a Regional event to attend the State Summer Games.
- A-7. Athletes can participate in a maximum of 2 events and 1 relay. Pentathlon athletes can compete in a relay.
- A-8. At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate/honest scores of their athlete's ability.

SECTION B - TRACK EVENTS

- B-1. Athletes cannot compete in both walk races and running races.
- B-2. Athletes using assisted devices or in a wheelchair can complete in events up to and including the 400M. These events are not qualifying events for competitions outside of Special Olympics Colorado.
- B-3. The 50M, 100M, 200M, and 400M races, relay races and 100M and 400M race walks:
 - a. Athletes must start and finish in their assigned lanes.
 - b. Athletes will be disqualified for impeding or interfering with another runner or gaining unfair distance advantage on curves by leaving their lane.
- B-4. The 800M, 1500M and 3000M races will be run with a waterfall start. Athletes will be allowed to shift out of assigned lanes, with a specific point of reference for the shift marked on the track. Athletes will be disqualified for impeding or interfering with another runner.

- B-5. In race walking events, up to and including the 400M, the competitor shall be disqualified with no prior warning when, in the opinion of 2 or more officials, an advantage has been gained by running. For the 800M walk races, the athlete will be given one verbal warning for running and a second violation will result in a disqualification from that event. Exception: If the violation is in the last 5 meters of the race, the athlete will automatically be disqualified from the race with no warning.
- B-6. The 800M walk race will be offered at the Regional and State competitions. This event will have a water fall start.
- B-7. All track events must be started by a gun following the proper verbal commands. An athlete is allowed one false start in a race. The second false start by that athlete will result in a disqualification. To re-start the race, athletes will take their places at the start line and the starter will repeat the starting procedure.
- B-8. Competitors being paced by anyone will be disqualified.
- B-9. If during a race an athlete stops, does not progress further or does not make any movement forward for two minutes the athlete will be disqualified. Timing of the two minutes is the responsibility of the closest track official.

SECTION C - STANDING LONG JUMP

- C-1. The standing long jump can be done either in a sand filled pit or on a mat. If a mat is used, the jumper must start the jump and finish the jump on the mat. The takeoff for the pit is the end of the running long jump runway.
- C-2. The standing long jump will consist of three attempts to be jumped in a non-consecutive order by the athlete. Jumps will follow from the first competitor listed on the division sheet to the last competitor listed taking one jump at a time.
- C-3. The standing long jump attempt will be measured from the point that the competitor may place his foot (toe line) to the point of body contact closest to the line.
- C-4. All attempts will be marked for distance with the furthest distance of that division being retained for all competitors to see and have the opportunity to jump against. All jumps will be measured with the zero end of the tape at the point of contact stretched to the point of takeoff. Each attempt will be measured for the purpose of breaking ties.
- C-5. All jumpers must begin with toes behind the toe line or the jump will be called a scratch.
- C-6. All jumpers must retain contact with the mat or at the edge of the pit with both feet until they jump. A stutter jump or step jump will be called a scratch.
- C-7. Athletes entered in the Standing Long Jump cannot enter the Running Long Jump.

SECTION D – SOFTBALL/TENNIS BALL THROW

- D-1. Athletes entered in the Tennis Ball Throw or the Softball Throw cannot enter the Shot Put.
- D-2. Twelve inch softballs will be used.

- D-3. Any form of throw will be accepted.
- D-4. The softball throw will consist of three attempts to be thrown in non-consecutive order by the athlete. Throwers will follow from the first competitor listed on the division sheet to the last competitor listed taking one throw at a time.
- D-5. All softball throw attempts will be measured from the back side of the front restraining line to the front of the landing mark made by the softball. All throws will be measured with the zero end of the tape at the point of contact stretched to the inside edge of the restraining line.
- D-6. The thrower must enter from the back and exit from the back of the throwing box.
- D-7. If a thrower steps over the forward line of the throwing box, the throw will be judged a scratch and will not be measured.
- D-8. All throws will be marked. At the conclusion of the throws, each athlete's marks will be measured and recorded. Each throw will be measured for the purpose of breaking ties.

SECTION E - SHOT PUT

- E-1. Athletes who do not demonstrate the proper techniques during the pre-event screening process will be disqualified and will receive a participation ribbon.
 - a. The screening process will be done during the warm-ups.
 - b. Each athlete will receive at least three non-consecutive warm-up puts. It should be stressed to the athlete that these puts should not be done at full strength.
 - c. An explanation to the athlete and coach that this is an evaluation of skill and must be done so that any athlete deemed to be putting the shot incorrectly or in a manner that is unsafe will not be allowed to compete in the actual event.
 - d. During the screening process coaching may be done.
 - e. After the warm-up puts, the official will determine if athletes are appropriate to compete. The official's judgment is final.

- E-2. Allowed shot weights are:

Males 8-11	6 lbs/2.72 kg	Females 8-11	4.0 lbs/2 kg
Males 12 & over	8.8 lbs/4 kg	Females 12 & over	6 lbs/2.72 kg
Male Wheelchair	4.0 lbs/2 kg	Female Wheelchair	4.0 lbs/2 kg

Special Olympics Colorado will provide the shots at the State Summer Games. Only outdoor shots will be used for competition.

- E-3. Shot put will consist of three attempts in non-consecutive order by the athlete. Contestants will follow from the first listed in a division to the last listed taking one attempt at a time.
- E-4. Each competitor will be called to the event in this order: "in the hole," "on deck," and "up." The competitor up will have 90 seconds to begin his approach and put.
- E-5. Competitors must enter and exit the shot put ring from the back half of the ring. Failure to exit from the back half of the ring will result in the scratch of that attempt and the attempt will not be measured.

- E-6. A legal put must be initiated from the shoulder and the crotch of the neck with one hand only so that during the attempt the shot does not drop below the shoulder or beyond the sagittal plane through the shoulder joint. A competitor must start from a stationary position inside the circle, and must exit the back half of the circle upon the completion of the put.
- E-7. Competitors stepping out of the ring, on top of the toe kick board, or shots landing on or outside the sector lines in the process of putting their shot will have that attempt judged a scratch and will not be measured. Attempts are not judged completed until the shot has hit the landing area and the competitor leaves the ring in the appropriate fashion.
- E-8. All successful attempts will be marked and recorded. Each attempt will be measured for the purpose of breaking ties.
- E-9. All shot put attempts will be measured from the back of the toe kick board to the front of the landing mark made by the shot. All attempts will be measured with the zero end of the tape at the point of contact stretched to the back of the toe kick board.
- E-10. Athletes entered in Tennis Ball Throw or the Softball Throw cannot enter the Shot Put.

SECTION F - RUNNING LONG JUMP

- F-1. The Event Director will designate a specific time period to allow coaches access to the running long jump pit to mark an athlete's approach. An athlete will receive a maximum of 3 warm-up jumps immediately prior to their competition.
- F-2. No running long jump athletes will be eligible for the event unless they can jump a minimum of 1.0 meters (3.3 feet).
- F-3. The toe board should be placed at .5 meters from the edge of the landing pit. The toe board should be white and be 8" wide. A cone indicating its location should be placed next to the toe board, off of the runway.
- F-4. The running long jump will consist of three attempts that will be made non-consecutively. Jumps will follow in competition order from the first competitor listed in the division to the last competitor listed.
- F-5. Each competitor will be called to the event in this order: "on hold," "on deck," and "up." The competitor up will have 90 seconds to begin his approach and jump.
- F-6. Any approach or attempt that is to be aborted must be aborted before:
 - a. The 90-second time period lapse,
 - b. The competitor steps on the toe line, or
 - c. The competitor crosses the plane of the toe line.Failure to do so will result in the scratch of that attempt and the attempt will not be measured.
- F-7. All jumpers must exit the sand pit from the front. Jumpers exiting the pit from the back will have that attempt scratched.
- F-8. All jumps must be marked and measured for the purpose of breaking ties.

- F-9. All jumps will be measured from the front of the toe board or to its closest mark in the sand made by the jumper. All jumps will be measured with the zero end of the tape at the point of contact stretched to the front of the toe-board or toe board extended.
- F-10. Athletes entered in the Running Long Jump cannot enter the Standing Long Jump.

SECTION G - HIGH JUMP

- G-1. Any athlete with Down Syndrome not cleared of AAI will not be allowed to compete without the required doctor's clearance.
- G-2. No high jump athlete will be eligible for the event unless they can clear a height of .90 meters (3 feet).
- G-3. The high jump will consist of as many attempts necessary for the event judge to declare a winner.
- G-4. Competitors will be given a maximum of three attempts at each height. Failure to complete a height in three attempts will eliminate the competitor from further competition.
- G-5. Each jumper will be called to the event in this order: "in the hole," "on deck," and "up." The competitor will then have 90 seconds to begin, approach, and jump.
- G-6. Any approach or attempt that is to be aborted must be aborted before:
- a. The 90 second time period elapses, or
 - b. The competitor crosses the plane of or touches the high jump cross bar or pit.

Failure to do so will result in the scratch of that attempt and the attempt will be counted as one of three attempts at that height.

- G-7. Competitors may pass at any height but must successfully complete at least one jump in order to qualify for placement in the competition. Since passing at heights is a strategic aspect of the high jump, a coach may be present in the venue to assist the athlete in making this decision. Coaches may not assist the athlete in any other aspect.
- G-8. Competitors will not dive forward over the bar or takeoff from a two-foot takeoff.
- a. If during a warm-up, a competitor performs a deliberate forward dive or two-foot takeoff, that competitor will be disqualified from the high jump and receive a participation ribbon.
 - b. If, during competition, a competitor performs a forward dive or two-foot takeoff, that competitor will cease competition, and be given the proper place from the last legally cleared height. If this occurs during the pentathlon, the competitor receives the points for the last legally cleared height.
- G-9. The competitor with the highest measured jump will be declared the winner.
- G-10. If more than one competitor finishes all attempts at the same height, the competitor with the fewest misses at previous heights will be declared the winner. If still tied after

count back of failures, athletes shall be awarded the same place. There will be no jump offs.

- G-11. The Event Director will designate a specific time period to allow coaches access to the high jump area to mark an athlete's approach. An athlete will receive a maximum of 3 warm-up jumps immediately prior to their competition.

SECTION H - ASSISTED EVENTS

- H-1. Athletes competing in the assisted event must use an assisted device to physically enable them to walk or run during the event. Examples of assistance are: walking cane walkers, and crutches.
- H-2. Athletes cannot receive physical assistance from coaches, volunteers, or officials.
- H-3. Devices used to guide the visually impaired and/or leg braces do not qualify as assisted devices.
- H-4. Athletes participating in running or walk races cannot participate in assisted events.
- H-5. Athletes using assistance devices cannot compete in walk or running events.

SECTION I – PENTATHLON EVENT

- I-1. If an athlete receives a “zero” score in any of the 5 pentathlon events then the athlete will receive a participation ribbon. The athlete will not advance to the next level of competition if a participation ribbon is received at the regional level.
- I-2. Athletes registered for the pentathlon event must meet the minimum safety requirements for each field event or they will not be allowed to participate.
- I-3. The pentathlon point conversion chart is located in the SOI rules for Athletics page 11-28. If an achieved time or distance is not given in the table, the score for the nearest lesser performance should be used.
- I-4. The five events comprising the pentathlon shall be conducted in the following order: 100 meter run, running long jump, shot put, high jump, and 400 meter run.
- I-5. Pentathlon athletes can compete in a relay.

SECTION J – WHEELCHAIR EVENTS

- J-1. Athletes shall start with all wheels behind the start line. All wheelchair races will be started with specific lane assignments and must be completed in those lane assignments.
- J-2. The athlete is timed from the smoke of the starter's gun to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
- J-3. Motorized wheelchairs shall not be allowed in regular wheelchair races and includes the relay.

- J-4. Only athletes who ambulate by use of a wheelchair may participate in the wheelchair events. Dynamic stander may be used for non-motorized wheelchair races.
- J-5. Athletes shall not be pushed, pulled or otherwise assisted during the wheelchair events.
- J-6. The lanes for the wheelchair events shall be made two track-lanes wide.
- J-7. 4 x 25 Meter Wheelchair Shuttle Relay:
- a. Four persons shall make up a team. Each competition will complete 25 meters of the relay.
 - b. The second, third, and fourth competitors of a team may not leave the start line until the leading wheel(s) on the wheelchair of the teammate who precedes him/her crosses a takeoff line 1 meter in front and parallel to the starting line.
- J-8. Motorized Wheelchair Slalom
- a. The athlete maneuvers his/her chair through the course, going to the right of the first cone and across the finish line without impeding another athlete on the course. Knocking down a cone constitutes a violation, and a three second penalty will be assessed.
 - b. No penalty will be incurred as a result of touching/moving a cone.
- J-9. Visually impaired athletes in wheelchairs will have the option of using a guide rope or "guide runner" for any track event. Athletes must provide their own guide runner and stay behind the athlete. In all cases, "guide runners" will only be allowed to give verbal instructions regarding direction. Directions are right, left, straight, etc. No coaching may be done.

SECTION K – RELAYS

- K-1. Batons must be exchanged within the exchange zone or the team will be disqualified.
- K-2. All relay team members are required to wear the same color or like color uniform tops.
- K-3. An alternate will be allowed at the regional or state level competition for Athletics relays only. An athlete can be listed as an alternate for only 1 relay - the same athlete cannot be listed as the alternate for multiple relays. A different alternate from the regional level can be listed as an alternate for the state level but the athlete must meet all criteria outlined in this section.
- K-4. The alternate athlete must be listed on the athletics relay entry form. The alternate must be registered to compete in an event other than the relay.
- K-5. The Event Director will determine the notification process for using alternates.
- K-6. The order of the relay will not change. The alternate will only replace the athlete that is not in attendance.
- K-7. If an alternate is used in the relay competition then honest effort procedures will

take effect. The percent variance in the divisioning process will be the honest effort percent variance. If the relay team does better than the honest effort variance then the relay team will be disqualified and the relay team will receive a participation ribbon. If the relay team is within the honest effort variance then the relay team will receive the appropriate place of finish award.