



ATHLETICS

Updated 1/14

The Official Special Olympics Sports Rules shall govern all Special Olympics Athletics competitions. As an international sports program, Special Olympics has created these rules based upon Internationale Amateur Athletic Federation (IAAF) and National Governing Body (NGB) rules for athletics, which will be the Missouri State High School Activities Association (MSHSAA). IAAF or MSHSAA rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

A. Events offered by Special Olympics Missouri

1. 100-meter Dash
2. 200-meter Dash
3. 400-meter Dash
4. 1500-meter Run
5. 3000-meter Run
6. 4 x 100-meter Relay
7. 4 x 400-meter Relay
8. 4 x 100-meter Unified Sports® Relay
9. 4 x 400-meter Unified Sports® Relay
10. 100-meter Walk

11. 400-meter Walk
12. High Jump
13. Running Long Jump
14. Shot Put
 - a. Men 4kg/8.13 lbs
 - b. Women 2.72 kg/6 lbs
 - c. Men (8-11 yrs - 2.72 kg/6 lbs)
 - d. Women (8-11 yrs - 1.8 kg/4 lbs)
 - e. Men & Women (22+ - 12lbs) OPTIONAL
15. 25-meter Walk & Dash
16. 50-meter Walk & Dash
17. Softball Throw
18. Ball Throw
19. Standing Long Jump
20. One-Foot Standing Long Jump
21. Mini-Javelin (Turbo Javelin)
 - a. Men: 400g
 - b. Women: 300g
 - c. Men and Women (8 – 15 year olds): 300g
22. 10-meter Assisted Walk
23. 10-meter Wheelchair Race

24. 25-meter Assisted Walk
25. 800-meter Walk
26. 25-meter Motorized Wheelchair Obstacle Course
27. 25-meter Wheelchair Race
28. 30-meter Wheelchair
29. 30-meter Motorized Wheelchair Slalom
30. 50-meter Assisted Walk
31. 50-meter Motorized Wheelchair Slalom
32. 50-meter Wheelchair
33. 100-meter Wheelchair
34. 800-meter Run

B. Event Parameters

1. Special Olympics Missouri Athletics Event Parameters;

<u>Event</u>	<u>Minimum</u>	<u>Maximum</u>
25 Meter Race		
50 Meter Race		
100 Meter Race		1:00.0 min
200 Meter Race		1:00.0 min
400 Meter Race		1:55.00 min
800 Meter Race		4:50.00 min
1500 Meter Race		12:00.00 min
4 X 100 Meter Relay		2:00.00 min
4 X 400 Meter Relay		7:00.00 min

100 Meter Walk	30.00 sec	1:00.00 min
400 Meter Walk	2:00.0 min	4:00.00 min
800 Meter Walk	3:50.0 min	8:00.00 min
25 Meter W/C Race	9.00 sec	1:00.0 min
100 Meter W/C Race	29.00 sec	2:12.0 min
High Jump	1.00 meter	
Shot Put (.272 kg)	1.00 meter	
Shot Put (4 kg)	1.00 meter	
Running Long Jump	1.00 meter	
Standing Long Jump	0.1 meter	2.60 meter
One-foot Long Jump	0.1 meter	2.60 meter
Softball Throw	4.00 meter	35.00 meter
Tee Ball Throw	0.1 meter	20.00 meter

For Track (running) events the following will apply. An athlete that runs the 100 Meter Race in over 1 minute, will be moved to another event (possibly the 50 Meter Race) where he/she can be more competitive.

For Field (throwing or jumping) events the following will apply. An athlete that participates in the high jump but jumps less than 1.00 m, will be moved to another event (possibly the standing long jump) where he/she can be more competitive. **For the Running Long Jump the Jumping board (or mark) will be set at 50 cm from the end of the runway.** An athlete must be able to jump 0.1 meter to participate in the Standing Long Jump An athlete that participates in the softball throw and is throwing further than 35 meters, will be moved to another event (possibly the shot put) where he/she can be more competitive.

The only way to eliminate heats that are potential "blowouts," is to set parameters. In this way if an athlete has reached his/her potential in an event, that athlete can then participate in a more challenging event. If an athlete has tried to participate in an event but because of his/her ability

cannot compete in an even heat, that athlete should be moved to an event that meets the athlete's ability.

Athletes that perform beyond these parameters at any event shall be disqualified and will receive a participation ribbon.

1. Events that may not be entered in together:
 1. 25 Meter Dash/Walk and 50 Meter Dash/Walk
 2. 50 Meter Dash/Walk and 100 Meter Dash/Walk
 3. Standing Long Jump and Running Long Jump
 4. Softball Throw and Shot Put
 5. T- Ball Throw and Softball Throw

C. Requirements for Bib Numbers

1. All Bib Numbers **MUST** be worn on the **FRONT** of the shirt.

D. Special Olympics Missouri Rules

1. In the Tennis Ball Throw, **ALL** levels of Special Olympics Missouri will use a Tee Ball.
2. One-foot Standing Long Jump
 - a. Competitors shall start with both feet behind a designated take-off line, and on the ground.
 - b. When starting, competitor's toes shall be behind the take-off line.
 - c. A competitor shall use one foot on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, and he/she may lift either foot clear off the ground.
 - d. Each competitor shall be allowed three non-consecutive jumps. The athlete's best jump will be used for scoring.
 - b. Distance will be measured from the closest impression on the landing area made by any part of the body including arms or hands, to the take-off line.

3. There shall be a minimum of 2 people per heat as long as each heat is within the 20% range at ALL events area-level and above. This does all for athletes to be moved into another Age-Group and/or Gender heat to maintain at least a 2-person heat.
4. Athletes registered in a running event may not compete in a walking event of equal or less distance (i.e. an athlete in the 100 M Run may not walk in any event less than 400M). Any athlete registered in a relay may not compete in any running event shorter than the distance they would run in the relay (i.e. an athlete in the 4 x 100 M Relay may not compete in any running event less than 100M long).
5. Athletes may participate in as many wheelchair races as they want as long as they are in no more than 3 events, but they must be in races that are consecutive distances. Example an athlete may enter a 25M, 50M, and 100M Wheelchair Race, but NOT a 25M and a 100M Wheelchair Race.
6. The jumping board for the Running Long Jump shall be marked at 50 cm from the end of the pit. Athletes MUST still jump 1M minimum to be eligible for the Running Long Jump.
7. There shall no longer be any parameters for the 25M or 50M Walk Races. The minimum for the 100M Run shall be 30 sec. There will be no minimum parameters for the following races; 100M, 200M, 400M, 800M, and 1500M Races as well as the 4x100M and 4x400M Relay Races.
8. The following are Low Motor Events; 50M Run (Plus all walks or distances less than this distance), Standing & 1 Foot Long Standing Jump; Softball & Ball Throw.

E. Competition Uniforms

See below in Universal Sports Rules

Universal Sports Rules

A. Competition Uniforms

1. General – this does not include sport specific competition uniform rules.

Athletes may wear

Shorts

- Running Shorts
- Basketball Shorts
- Biker Shorts
- Sweatpants
- Jogging Pants

Shirts

- T-shirts
- Tank Tops
- Sweatshirts

Footwear

- Athletic Shoes
- Tennis Shoes
- Basketball Shoes
- Running Shoes
- Cross-Trainers

Athletes may NOT wear

Shorts

- Denim Slacks or Shorts
- Casual Wear
- Dress Slacks or Shorts
- Tennis Shorts
- Any Pants or Shorts with Buttons and/or Zippers

Shirts

- Button-down Casual Shirts
- Golf Shirts
- Shirts with Collars

Footwear

- Hard-soled Shoes
- Sandals
- Hiking Boot Style

2. Athletes may NOT wear medals or ribbons during competition.
3. Athletes may NOT wear any jewelry while competing except Medic Alert necklaces or bracelets. The Medic Alert necklace or bracelet MUST be taped down during competition.

B. Competition Rules – Team

1. Any team that forfeits a game due to lack of equipment and/or uniforms shall be disqualified for the remainder of the tournament unless they correct the issue prior to their next game. The team may receive Participation Ribbons, but only if they continue to compete during the remainder of the tournament.
2. If a team forfeits due to lack of players, they may still compete later in that tournament if other athletes from their roster arrive before their next scheduled competition. The team will still be qualified for whatever placements they have earned.
3. If a team is late for a game and thus forfeits, that team shall still be eligible to continue play in the rest of that tournament.
4. Special Olympics Missouri will add a 40+ Age Division in all team sports. A team may have no more than 20% of their roster under the age of 40 to be in this division, and any player under the age of 40 may not be a “dominant player”.
5. All teams **MUST** attend an area competition as well as a Regional competition in order to be eligible for state competition. In Basketball Teams must, also, compete in Regionals.
6. After Regional competition, teams will be allowed to add one player to their roster if the team has less than 2 substitutes on their roster. The player added to the roster **CANNOT** have the highest q-score on the team and **MUST** have competed in a Regional event. It is recommended that the added player come from a team that did not qualify to advance to state however the added player may come from a team that is advancing to state provided that team has more than 2 substitutes. The added player may **NOT** change the Age Group or the Gender of the team.
7. Teams may be composed of players from different agencies or even different areas however they must practice together.
8. Teams shall not be allowed to request a specific Regional for any sport. They may request a specific playing date, but only for emergency purposes as determined by the Competition Director.
9. There shall be a minimum of 2 Unified Partners for ALL teams with the exception of Doubles (Bocce, Bowling, and Tennis) and 3-on-3 Basketball. Unified Partners may never exceed the ratio of Athletes to Unified Partners.
10. All coaches are **STRONGLY URGED** to play all of their athletes equally regardless of their ability for both divisioning and competition.

11. ALL coaches are requested to leave their cell phone numbers at registration during Regional and State Competitions so that they maybe contacted in the event of an emergency or schedule change.
12. Up to 2 Individual Skills Athletes per agency may advance to State competition without participating at Regional competition if they have a valid excuse as determined by the Area Program Staff.
13. Face Painting will NOT be allowed at any Competition Event. Arm, hand, etc. Painting is acceptable but not recommended.
14. Alternates for female teams MUST be female or the team will be divisioned as a Male team.

C. Competition Rules – Individuals

1. At an event that has more than one sport being competed in, an athlete may participate in only one individual sport and one team sport as long as they have qualified appropriately.
2. Individuals and teams shall be divided based on Sex, Age, and Ability according to the General Rules, however SOMO may combine age groups that are within one age group of each other, or they may cross genders as long as ability levels are within the parameters permitted by SOI standards to allow for more meaningful competition for our athletes. Therefore the minimum number of participants/teams per division will be 2 unless determined to be unfair as deemed by the Games Rules Committee.

D. Universal sports rules

1. An athlete is not covered by Special Olympics insurance while driving to an event unless the athlete is a certified coach. It is advised that athletes not be allowed to drive to events and that any athlete that does drive to an event shall be made aware of this rule.
2. Coaches' certification requirements can be found in the Coaches Handbook.
3. All Unified Sports® coaches must attend a Unified Sports® training in order to be a certified head coach for a Unified Sports® team.
4. For an athlete to become a Head Coach they must have a 3-year internship with another Head Coach and the Area Program Staff must approve the internship. At the end of the 3-years, both the Head Coach and the Area Program Staff must recommend the athlete. The athlete must

abide by the same rules and go through the same training as any other Head Coach. Athletes may not coach and be an athlete in the same sport in the same year nor may they change their status once the season has begun.

5. All Head Coaches must be fully certified for all levels of competition (includes Local, Area, District and State).

Listed below are the levels and requirements of Coaches that Special Olympics Missouri will recognize.

Bench Coach: is an individual who has the primary responsibility /job is to be an aid to the coaching staff- Example this can be a High School Student

*The following course is required to be a Bench Coach

General Sessions

Skills Coach/ Team Skills: Is an individual who has the primary responsibility of instructing athletes in Individual skills of their sport.

*The following Courses are required to be an Individual Skills Coach

General Session

Sports Specific Coaches Training

Assistant Coach: Is an individual who has the duties which involve assisting with setting up practice schedules, lesson plans, observing practice and games and etc.

*The following courses are required to be an Assistant Coach

General Session

Sports Specific Coaches Training

Principles of Coaching

Head Coach: The Special Olympics head coach is responsible for providing athletes with comprehensive sport training and preparation for multilevel sport competition.

- Provide proper planning for each step of training and competition
- Provide and maintain a safe and secure physical environment
- Use acceptable and safe equipment
- Ensure appropriate sport skills instruction and safe competition
- Match athletes according to ability, size and strength Continually assess each athlete for participation in appropriate activities within, not challenged beyond their capabilities
- Inform athletes of inherent risks associated with a specific sport
- Ensure acceptable supervision and maintain an adequate assistant coach-to-athlete ratio
- Provide appropriate medical support at all times
- Maintain accurate records

*The following courses are required to be a Head Coach

General Session
Sports Specific
Principles of Coaching
Cardiopulmonary Resuscitation (CPR)/First Aid (FA)

6. It is mandatory for ALL sports events to follow the same rules used at the state competition in the same event. This includes but is NOT limited to local, area, and Regional competition.
7. The distance that a team or individual must travel to be allowed overnight accommodation at a Special Olympics Sports event is sixty (60) miles based on the website MapQuest distance and at the discretion of the Area Program Staff/or Regional Director.
8. Sportsmanship Procedures for Event Managers shall be;
 - a. Any athlete/coach/spectator that trash talks and/or uses any un-sportsmanlike behavior shall be warned once. Any official or venue coordinator may give a warning. The warning shall include the entire team. A second offense will result in being dismissed from the game. A dismissal shall only be for one game. Any athlete/coach dismissed from a game shall automatically be remanded to a Code of Conduct review for further disciplinary action regardless of the event.
 - b. ANY abuse or personal attack on any volunteer, to include officials, scorekeepers, timers, line judges or anyone else associated with the event shall be cause for automatic dismissal from the rest of the event and a Code of Conduct review for further disciplinary action regardless of the event.
 - c. Un-sportsmanlike Behavior includes, but is not limited to:
 1. Profane language and/or gestures
 2. Slamming, throwing or kicking any equipment in any manner deemed unsafe
 3. Throwing or kicking or hitting any other object around the playing area, such as chairs, water coolers, etc.
 4. Fouling or running into an opponent with undue force
 5. Showing undue dismay or criticism of an officials calc
 6. Showing disrespect in anyway to opponents, teammates or anyone else involved in the event
9. Weather Cancellation Guidelines
 - a. For Snow and/or Ice

1. If school is cancelled at the location of the event, the event should be cancelled.
 2. If the prediction is for 75% chance of snow and/or ice on the last day of the event the remainder of the event should be cancelled.
 3. If school has been cancelled at the point of departure to a state event then agencies should stay home. SGA's will be used for future events if this is warranted in the opinion of the Senior Director of Programs.
- b. For Heat
1. If the Heat Index is 105° F or higher then the event should use a heat schedule or be cancelled
- c. For Cold and/or Rain
1. Anytime the temperature is 45°F or lower and there is precipitation of any kind the event should be cancelled.
 2. If the Wind Chill is below 35°F or lower the event should be cancelled.
 3. If Thunder is heard or lightening has been seen then all participants shall be sent for cover, preferably indoors. This shall be enforced for at least 30 minutes after the last thunder is heard or lightening seen or until a lightening detector shows it to be safe to resume competition.
 4. All participants in a pool, indoor or outdoor shall be removed from the pool following the same guidelines as stated in number 3 above.