



# Special Olympics Minnesota 2022 Snowshoeing Handbook

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## EQUIPMENT

### **Snowshoes**

- The snowshoe frame itself shall not be smaller than 17.78 cm x 50.8 cm (7 inches x 20 inches).
- This measurement shall be taken at the longest point of the snowshoe and the widest point of the snowshoe. The attachment of any additional "spikes" is not permitted.
- The snowshoe shall consist of a frame and webbing or solid decking material. The foot must be secured through a direct mount binding system to the snowshoe.

### **Footwear**

- Competition footwear may include but is not limited to running shoes, hiking boots or snow boots.
- All competitors are required to wear footwear.

### **Poles**

- The use of poles is optional.

### **Bib Numbers**

- Bib numbers must be visible on the front torso during competition.
- Bibs will be provided by SOMN the day of competition.

## EVENTS

### 25, 50, 100, 200 Meter Race

- Race for speed in the 25, 50- & 100-meter lengths, on a course as defined below.
- These lanes will be numbered and will have a width between 1 meter and 1.5 meters.

### Unified 25, 50, 100, 200 Meter Race

- Unified Partners can register for all race lengths
- Athletes & Unified Partners will be divisioned separately, and will each need an individual qualifying time to submit for registration
  - These are divisioning rules for 2022. Subject to change in future years.
- Athlete & Unified partner times will be added together for the Unified team score.
- The Unified team score will be used for divisioning & awards.

## COURSES

- Courses may include straightaways, down & backs, or a loop like track & field.

## RULES OF COMPETITION

**\*Athletes are allowed to register for 2 individual events & 1 Unified event per competition\***

### Equipment Check

- All snowshoes will be measured and checked by an official prior to each competition.
- Competitors must always wear their assigned number on the front of their torso.
- This either being on his/her snowsuit or snow pants.

### The Start

- At the start of the race, competitors must have both tips of his/her snowshoes behind the starting line, which is identified in the snow with either spray paint or some form of marking.
- No part of the competitor's body or clothing can be in contact with the starting line before the start.
- All competitors in each division shall start on the starting line side by side at the same time. There will be no timed interval starts.
- The starting command will be as follows: Verbal command shall be "Racers Ready". The start signal shall be a verbal "Go". An additional visual start indicator (flag) may be used to assist competitors with a hearing impairment. A tap touch start may be used for an athlete who is visually impaired.

## False Starts

- Any competitor starting before the start signal is given will be charged with a false start.
- An official should identify and notify the competitor that is charged with a false start. Any competitor making two false starts in the same race will be disqualified from that race.

## The Race

- Only the officials and competitors competing in the race are allowed on the course. This means NO ASSISTANCE (see assistance categories for more information).
- Pacing of the competitors is not allowed. Pacing is defined as moving along with, just ahead, just behind, or next to the competitor to cheer, coach or time the athletes.
- In the 25 Meter, 50 Meter and 100 Meter races, each competitor should stay in their assigned lane from start to finish. Unless a material advantage has been gained, or impedance or interference with another competitor occurs, a competitor shall not be disqualified if he or she leaves the lane.
- In accordance with SOI, SOMN has adopted the “Two-Minute Rule”
  - Scenario #1:
    - If during a race a competitor falls, has difficulty with a snowshoe or binding, or leaves the track, he/she has two minutes to correct the problem.
    - Officials should allow the competitor two minutes to return to the course before intervening unless the situation poses a safety concern for the competitor or other competitors on the course.
      - In this case, the coach will be allowed on the course.
      - Coaches are only allowed onto the course if permitted by the race official.
  - Scenario #2:
    - In any race 100 meters or longer, a competitor must progress at least 20 meters toward the finish line every two minutes. A competitor who fails to adhere to the two-minute limit or receives assistance of any kind shall be disqualified.
    - The race official will start a timer to begin the “Two-Minute Rule”.

## The Finish

- A competitor has finished the race when his/her torso reaches the vertical plane of the finish line. The torso is distinguished from the head, neck, arms, legs, hands, and feet.
- A competitor must have both snowshoes on his/her feet when crossing the finish line.

## Disqualifications

- A competitor will be disqualified for the following:
  - Improperly overtaking or impeding another competitor, or in any other way intentionally interfering with another competitor.
  - Leaving the designated course voluntarily or, if within the two-minute rule guidelines, does not return within the two-minute period.
  - Making two false starts.
  - Progressing more than three steps without both snowshoes attached to his/her feet.
  - Crossing the finish line without both snowshoes on his/her feet.
  - Receiving physical assistance at any time during the race, unless instructed by the race official.
  - Using improper (not approved) snowshoes.

## DIVISIONING

- Coaches need to include the competitor's practice qualifying time for each event for which they are registered.
- Be aware that to minimize the length of the competition, we may put multiple divisions on the course for certain events. Please advise coaches, parents, and spectators of this so there isn't confusion on why a competitor is so much faster or slower than another during a single race, or why a competitor who physically placed fourth in a race may receive a gold medal or first place ribbon.

## ASSISTANCE CATEGORIES

**1 on 1** - The athlete can have an assistant through the staging area and up to the starting line. At this point, the assistant must go to the finish line and wait for the athlete to finish the race. AT NO TIME IS AN ASSISTANT ALLOWED ON THE COURSE, unless permitted by the race official.

**Outside Lane** - This is for visually impaired athletes; the athlete will be in an outside lane.

**Staging** - The athlete can have an assistant **ONLY** through the staging area.

## SPORTSMANSHIP

Good sportsmanship is both the coach's and athlete's commitment to fair play, ethical behavior, and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

### **Competitive Effort**

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a match/event: Never quit.

### **Fair Play Always**

- Always comply with the rules.
- Always demonstrate sportsmanship and fair play.
- Always respect the decision of the officials.
- Strategy discussions with any athlete and/or partner are prohibited once the match begins.
- If an official determines that a coach, partner, or spectator is violating this rule, the official may sanction the offending individual. Sanctions may include verbal warning, citing the coach/partner with unsportsmanlike conduct or expulsion from the game.

## POTENTIAL FUTURE ADDITIONS

- 400 Meter Race
- 800 Meter Race
- Longer Races (1600, 3200, etc.)
- 4 x 100 Meter Relay Race
- Unified 4 X 100 Relay Race
- More athlete assists added

## WHERE TO BUY SNOWSHOES

[Joe's Sporting Goods](#)

Brand: Tubbs  
Price: \$89-250

[L.L Bean](#)

Brand: Trailblazer  
Price: \$80-220

[Fleet Farm](#)

Brand: Kodiak  
Price: \$114-130

[Next Adventure](#)

Brand: Various  
Price: \$100-220

[Dicks Sporting Goods](#)

Brand: Yukon  
Price: \$100-205

[Walmart](#)

Brand: Various  
Price: \$50-175

[Amazon](#)

Brand: Various  
Price: \$50-200

[Gopher Sport](#)

Brand: Red Feather  
Price: \$159

## COMPETITION INFORMATION

### Regional Competition Details

Region	Date	Location	City	Register By	Contact
North	Feb. 25	Grand Rapids High School	Grand Rapids	Feb. 4	sports@somn.org
Metro	Feb. 26	HealthEast Sports Center	Woodbury	Feb. 4	sports@somn.org

## COACHES CERTIFICATION RATIO TABLES

The updated Coach Certification Ratio Tables can be found in the SOMN Coaches Portal under Policies & Fact Sheets, or by clicking this link: [SOMN Coach Certification Ratio Tables.](#)