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Special Olympics Minnesota 2022 Track and Field Handbook

Special Olympics Minnesota

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Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport at www.specialolympics.org/sports.aspx.

Special Olympics Minnesota Track and Field Handbook

TRACK EVENTS

General Events

- Races 400 meters or below, the commands of the starter shall be —" on your marks," —"set," and, when all competitors are set, the gun shall be fired.
- In races 800 meters or longer, the commands shall be —" on your marks" and, when all competitors are steady, the gun shall be fired. A competitor shall not touch the ground with their hand(s).
- Starting races longer than 400 meters:
    - 800 meters distance: Athletes will stay in the lanes through the first turn and break toward lane one at the break-line marked after the first turn.
    - 1500 meters and greater distances: A waterfall start shall be used. Athletes may cut in as soon as they have space to not interfere with another athlete.
- If a competitor is pushed or forced by another person to run or walk outside their lane, and if no material advantage is gained, the competitor should not be disqualified.
- During walking events, athletes must always have one foot in touch with the ground.
- Per the United States Track and Field Rule Book {Rule 143 – Athletic Attire – Section 3 (b-f)}, athletes may use spiked shoes provided they comply with all parts of the attire rule.
    - Any rule from the competition site, supersedes the USTAF rule. Example: if a competition site does not allow spiked shoes on their surfaces, the athletes will not be allowed to utilize spiked shoes.
    - Track Events – Maximum of 11 spike positions & 9mm in length.
        - Exception for the High Jump – Maximum 12mm in length.
- There is a 5-minute maximum time limit for assisted/unassisted races of 100m or under.

Physical Assisted Events - *Events Offered: 50m, 25m, 10m*

- Under the Physical Assisted category, athletes can have a person on the track to guide them however the athlete must propel themselves under their own power (delegations must provide registered coach for on track guide).
- Athletes may also provide their own assisted walking devices. Assisted devices may consist of canes, crutches or walker.
- Athlete starts behind the start line with the wheels of walking device behind the start line
- Athlete is timed from the smoke of the starter's gun to when their torso reaches the perpendicular plane of the nearest edge of the finish line.

Device Assisted Events - *Events Offered: 50m, 25m, 10m*

- Athletes may also provide their own assisted devices. Assisted devices may consist of canes, crutches, or walker.
- Athlete starts behind the start line with a walking aid.
- Athlete walks using a walking aid.
- Athlete may not receive physical assistance from coaches, officials, etc.
- Athlete is timed from the smoke of the starter's gun to when their torso reaches the perpendicular plane of the nearer edge of the finish line.

Non-motorized Wheelchair Events - *Events Offered: 100m, 50m, 25m, 10m*

- Athletes shall start with all wheels behind the start line.
- Athlete is timed from the smoke of the starter's gun to when all front wheels (two or one) of the wheelchair reaches the perpendicular plane of the nearer edge of the finish line.
- Athletes shall not be pushed, pulled, or otherwise assisted during these events.
- Each competitor must keep in their lane from start to finish and may not interfere, obstruct, or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.

Motorized Wheelchair Races - *Events Offered: 100m, 50m, 25m*

- The first two wheels on each competitor's wheelchair will be regarded as the starting and finishing points of all races.
- If a competitor varies from a sequence of obstacles, they must, without notice from any official, resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety or be disqualified. Failure to complete the course as designed will result in disqualification.
- A competitor will be disqualified if that individual's coach (or assistants) enters the course boundaries during the running of the obstacle course. Coaches may instruct from outside the marked boundaries of the course. Judges and officials will not give directional cues.
- Athlete is timed from the smoke of the starter's gun to when the front wheels of the wheel chair reach the perpendicular plane of the nearer edge of the finish line.

Motorized Wheelchair Slalom - *Events Offered: 50m, 30m*

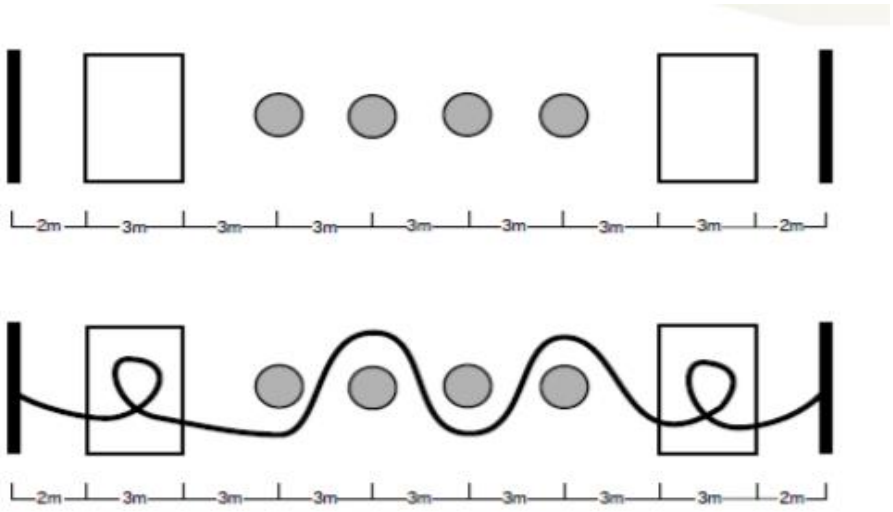
- Each athlete will use two lanes as their lane, sufficiently wide enough to allow for wheelchairs.
- Diagram in the SOI rules on page 13
- Athlete maneuvers their chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed.

Non-motorized Wheelchair Slalom - *Events Offered 50m, 30m*

- Beginning at the start line, place one cone in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
- Athlete maneuvers their chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
- Knocking down a marker constitutes a violation, and a three-second penalty will be assessed.

Motorized Wheelchair Obstacle Course - *Events Offered: 25m*

- Athlete starts facing the course.
- The athlete completes a 360-degree circle with in the three-meter box which will be marked by cones two meters up from the starting line. Upon completion, the athlete weaves in and out of four cones set 3 meters apart, then completes a second 360-degree circle between the 3-meter box marked with cones starting 5 meters from the finish line.
- The box (3 meters x 3 meters) is used only as an indicator for the athlete to complete the 360-degree circle. No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with chalk and cones.
- Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers are subject to disqualification at the discretion of the referee.
- Diagram for this event can be found below, as well as on page 14 of the SOI rule book.



General Rules for Blind and Deaf Athletes

- A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
- Rope or sighted guide runner must be provided by the delegation and be registered for the competition as a coach.
- Ropes may only be used for races up to 100M. Contact local Program Manager for questions.
- A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.
- A tap start will be used for an athlete who is both deaf and blind.

General Rules for Unified Sports® Relays

- Each Unified Sports relay team shall consist of two athletes and two partners.
- Runners on a relay team may be assigned to run in any order.
- Teams must have competed as a relay team at an area competition.
- Each relay is only allowed one substitution
- Athlete substitutions are allowed at the area and state level and will run under the rules: the newly created team may run any time slower than their qualifying score, but only 5% faster. If a team making a substitution runs more than 5% faster than their qualifying score, they will receive a participation ribbon.
- If a Unified relay has a Unified Partner with an excused absence at the area level, another Unified Partner may sub in the day of the meet but that Unified Partner must be registered for competition. The relay team will receive a participation award. The area qualifying score will be used for state divisioning, and the original relay team registered for area will run at state.
- This would count as the relay's one substitution.
- Unified Partner substitutions are not allowed at state.

FIELD EVENTS

In the running long jump, standing long jump, high jump and throwing events (shot put, softball throw and tennis ball throw) each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring.

Running Long Jump

- In the long jump, an athlete must be able to jump at least 1M
- Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the takeoff line for all jumps.
- If an athlete jumps less than 1M at the area meet, they cannot advance to state in the running long jump.
- All jump attempts will be measured from takeoff. Takeoff for the running long jump will be a least 0.5M from pit.

Standing Long Jump

- A competitor shall use both feet on the takeoff. They may rock backward and forward lifting their heels and toes alternately, but they may not lift either foot completely off the ground.
- Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the takeoff line for all jumps.
- All jump attempts will be measured from takeoff. Takeoff for the standing long jump will be at the edge of the pit.

High Jump

- The competitor shall take off from one foot.
- The minimum opening height for all high jump competitions shall be 1.00 meter.
- Competitors shall not dive forward over the bar or take off from a two-footed stance.

Shot Put

- The shot may be steel, brass, or a synthetic-covered indoor shot put. Women's shot is 3kg (6.6lbs). Men's shot is 4kg (8.8lbs)
- It is acceptable to include wheelchair athlete in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
- A legal put shall be made from within the circle. In the course of an attempt, the athlete, or wheelchair, may not touch the top edge of the stop-board, the top of the iron ring or
- any surface outside of the circle. It is legal to touch the inside of the stop-board or the iron band.
- The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following:
- Uses any method contrary to the definition of legal put
- Causes the shot to fall on or outside the lines marking the landing vector

Softball Throw and Tennis Ball Throw

- Softball Throw: 30 centimeters (11 3/4 inches) in circumference softball shall be used.
- Tennis ball Throw: a tennis ball shall be used.
- Competitors may use any type of throw.
- These throwing events are for athletes who throw the ball 15M or less.
- If an athlete throws more than 15M, they will be awarded participation and cannot advance to state in that event.
- Distance will be measured from the start line to where the ball first contacts the ground, not the final location of the ball.

PENTATHLON

- The five events comprising the pentathlon are: 100-meter run, running long jump, shot put, high jump and 400-meter run.
- If achieved time or distance is not given in the pentathlon score table, the score for the nearest lesser performance should be read. Score tables can be found on pages 16-33 of the **SOI Athletics Rule** book.
- Final scores are comprised of scores from all events and awarded as one event.

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

COMPETITION INFORMATION

Regional Competitions

Region	Date	Location	City	Register By	Contact
Southeast	May 8	Rochester John Marshall High School	Rochester	April 17	sports@somn.org
West	May 11	Moorhead High School	Moorhead	April 20	sports@somn.org
Metro	May 14	Eastview High School	Apple Valley	April 24	sports@somn.org
Metro	May 21	Roosevelt High School	Minneapolis	May 1	sports@somn.org
Southwest	TBD	TBD	TBD	TBD	sports@somn.org
North	June 4	Grand Rapids High School	Grant Rapids	May 15	sports@somn.org

State Competition

Dates	Location	City	Quota Due	Register By	Contact
June 25-26	Stillwater High School	Stillwater	May 15	June 5	sports@somn.org

Competition Details

- Events: Athletes may compete in three individual events and one relay event, or the pentathlon and one relay. Area Competitions may differ, please contact your Program Manager.
- Races: Athletes must abide by the rules of the event in which they are entered, walk, run, or wheelchair. An athlete may be disqualified if they run in a walk event, pass the baton to the wrong team in a relay or run outside of their lane and impede the progress of another runner.
- Throws: the softball and tennis ball throw are developmental events designed to provide meaningful competition for athletes with lower abilities. Athletes with qualifying scores of 15m and above for the tennis or softball ball throw may not compete in this event. Athletes may enter only one of the following events: shot put, softball throw or tennis ball throw.
- Long Jump: Athletes in the running long jump must meet the 1m minimum jump requirement. Athletes may enter only one of the following events: running long jump or standing long jump.
- High Jump: Athletes must jump off one foot. Opening height at state competition is 1m.

Field events offered at State

- Throws – Tennis ball or Softball and Shot Put
- Jumps – Running or Standing and High Jump

Track events offered at State

- 10m Assisted Walk (Device or Physical)
- 10m Wheelchair (Manual)
- 25m Walk, Dash, Assisted Walk (Device or Physical), Assisted Dash (Physical)
- 25m Wheelchair Obstacle Course (Motorized)
- 25m Wheelchair Race (Motorized or Manual)
- 30m Wheelchair Slalom (Motorized or Manual)
- 50m Walk, Dash, Assisted Walk (Device or Physical), or Assisted Dash (Physical)
- 50m Wheelchair Slalom (Motorized or Manual)
- 50m Wheelchair Race (Motorized or Manual)
- 100m Walk or Run
- 100m Wheelchair Race (Motorized or Manual)
- 200m Walk or Run
- 400m Walk or Run
- 800m Walk or Run
- 1500m Walk or Run
- 4x100m Unified Relay
- 4x100m Relay

Other events offered at State

- Pentathlon (100m Run, 400m Run, Running Long Jump, High Jump, Shot Put)

DIVISIONING

- Coaches need to include an athlete's practice qualifying time and/or distance for each event that an athlete is registering for.
- At State, we will division based on an athlete's area results.
- Be aware that to minimize the length of the competition, we may put multiple divisions on the track for certain events. Please advise coaches, parents, and spectators of this so there isn't confusion on why an athlete is so much faster or slower than another during a single race, or why an athlete who physically placed fourth in a race may receive a gold medal or first place ribbon.

TRACK AND FIELD ASSISTANCE CATEGORIES

Guide Runner- When an athlete is visually impaired and needs a guide runner. Must be provided by delegation.

Whistle Start- When an athlete in a race has this assistance, the race will start by whistle instead of the starting gun; should only be used when athletes have severe reactions to the starting gun.

Visual Start- When an athlete in a race has this assistance, the race will start by starting gun, but an official/assistant will signal near the athlete to give them a visual cue to start.

Touch Start- When an athlete in a race has this assistance, the race will start by starting gun, but an official/assistant will touch the athlete to give them a cue to start.

Middle Lane- The athlete will be on the middle lanes; i.e. on an 8 lane track, the athlete would be placed on lanes 2-7.

Outside Lane- The athlete will be on an outside lane; i.e. on an 8 lane track, the athlete would be placed on lane 1 or 8.

Staging- The athlete is allowed to have an assistant through the staging area.

Rope- The athlete uses a rope/guide provided by the delegations. Offered in races 100M and shorter.

1 on 1- The athlete is allowed to 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 TRACK, EXCEPT IN A PHYSICAL ASSISTED EVENT.

STRUCTURING YOUR TRAINING SESSIONS

Warm-up and Stretch (10-15 minutes)

- Every athlete must participate in the warm-up and stretch period on or near the court
- Stretch each muscle groups

Skills Instruction (15-20 minutes)

- Quickly review previously taught skills.
- Introduce the theme of the skills activity.
- Demonstrate the skills simply and dramatically.
- Physically assist and prompt lower ability players when necessary.
- Introduce and practice new skills early in the practice session.

Competition Experience (One, two, or three games)

- Athletes learn a lot by simply playing the game. The game is a great teacher. Be sure to have coaches available to give feedback and instruction during play.

Cool-down, Stretch and Review (10-15 minutes)

- Every athlete should participate in a cool-down period following a training session. The stretching of each muscle group should not be as vigorous as the warm-up. This is a good time to reflect on the good points of the training session, highlighting any progress various athletes have made, but remember not to do this at the detriment of other athletes who may not have achieved as much. Time can also be spent on areas where you may need to work during the next session. You should always finish the training session, whether it was good or not so good, with some fun and laughter.

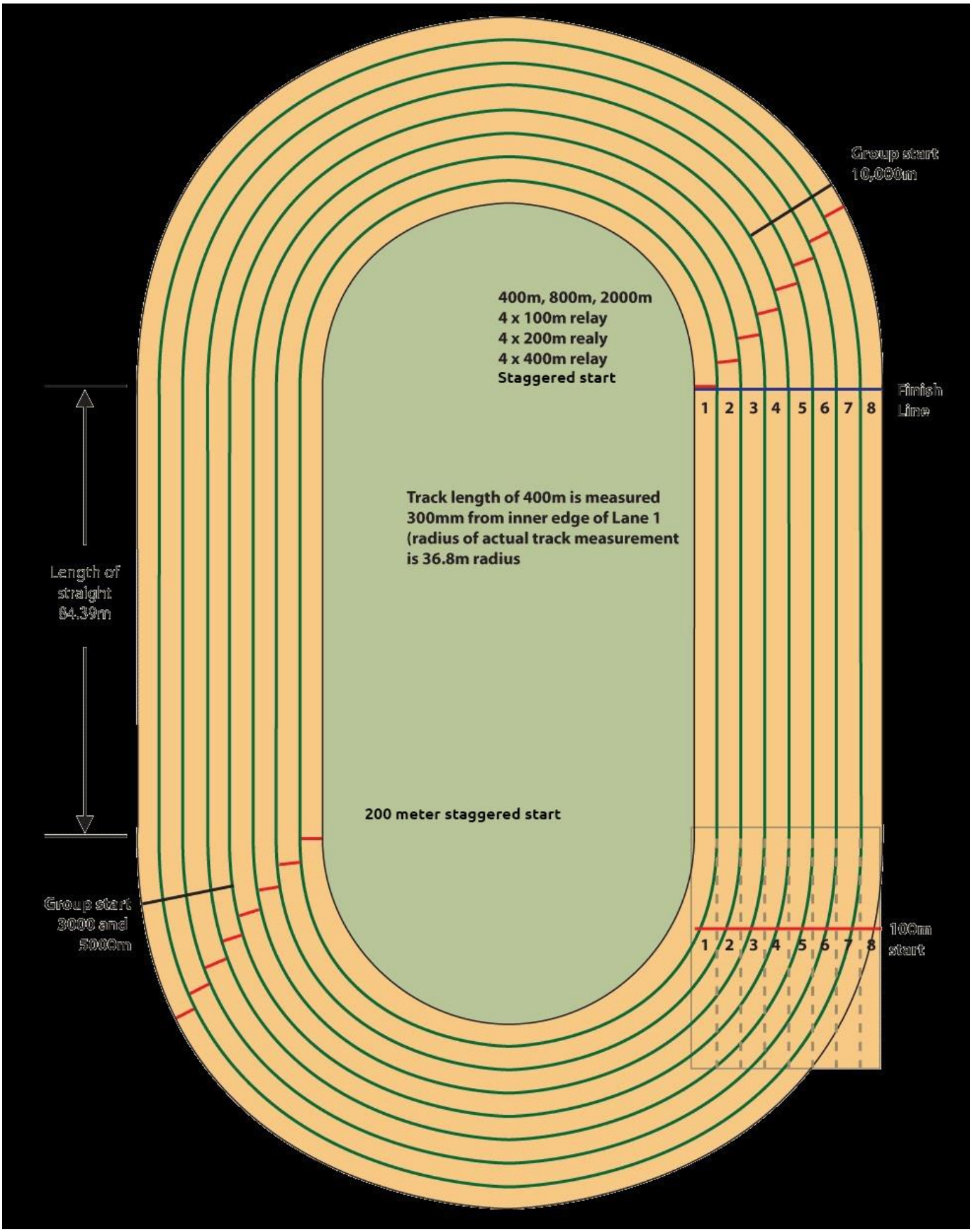
SPORTSMANSHIP

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 at All Times

- Always comply with the rules.
- Always Demonstrate sportsmanship and fair play.
- Always Respect the decision of the officials.
- Coaching
- 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.

TRACK DIAGRAM