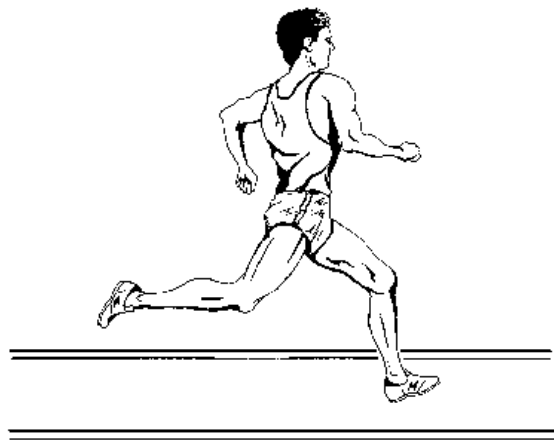


Special Olympics Northern California and Nevada

Track & Field



2010 Guidelines and Rules



Special Olympics
Northern California & Nevada

March 2010

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SPECIAL OLYMPICS MISSION STATEMENT

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with developmental disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Training For Life

SONC / SONV PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.

Special Olympics Northern California and Nevada

COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC/SONV) volunteer coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching.

In addition, it is the position of SONC/SONV that each volunteer coach shall agree to:

HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONC/SONV staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.

PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s) coached, as well as all SONC/SONV policies and procedures as amended.

ENSURE THE HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's registration form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when needed.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONC/SONV policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONC/SONV in its sole discretion:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics event or tournament;
3. The coach or sponsoring school/organization may be suspended from participating in any or all Special Olympics activities or events for a specified period of time; and/or
4. The coach or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics activities or events.

I have read and understand the foregoing SONC/SONV Coaches' Code of Conduct, and agree to abide by its terms.

By: _____
(Signature of Volunteer Coach)

Print Full Name: _____

Date: _____

Special Olympics Northern California and Nevada

ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV Athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not "hold back" in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

SONC / SONV TRACK & FIELD RULES AND REGULATIONS

The Official Special Olympic Sports Rules shall govern all Special Olympics Track & Field competitions. As an International Sports Program, Special Olympics have created these rules based upon International Amateur Athletic Federation (IAAF) and National Governing Body (NGB) rules for Track & Field. USATF or National Governing Body 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.

SECTION A – GENERAL RULES

1. Each Special Olympics athlete is required to have an Application for Participation and release form filled out and signed by a certified physician in order to participate. Also, each Unified Partner must fill out an Unified Partner Release form in order to participate. This is in accordance with Special Olympics General Rules.

SECTION B - OFFICIAL EVENTS

1. Athletes may only register to compete in one level.
 - a. Level 1 Developmental Events: Developmental events provide meaningful competition for athletes with lower ability levels. Athletes may enter in any three (3) events from this level. Athletes in developmental events are not eligible to enter in a relay.
 - b. Level 2 Wheelchair Events: Wheelchair events provide meaningful competition for athletes in wheelchairs. Wheelchair athletes may also enter in other events from different levels, with a combined event total of three (3) individual events.
 - c. Level 3 Traditional Events: Athletes may register for three (3) individual events and one (1) relay event, two (2) individual events and two (2) relay events, or three (3) individual events.
 - d. Level 4 Pentathlon: Pentathlon athletes will compete in the 5 events listed below for Pentathlon and may also compete in 1 or 2 relay(s).
 - e. If you wish an athlete to compete in a combination of developmental and regular events, you must send an explanation of your appeal with your registration packet to the Games Director.
2. All scoring for running/walking/wheelchair race events must be measured in (Minutes:Seconds.Tenths).
3. All scoring for field events must be measured in (Meters.Centimeters).

Level 1 Developmental Events

1. 10 Meter Assisted Walk
2. 25 meter Assisted Walk
3. 50 Meter Assisted Walk
4. 25 Meter Walk
5. 50 Meter Walk
6. 100 Meter Walk
7. 25 Meter Run
8. 50 Meter Run
9. Standing Long Jump
10. Softball Throw (max distance: 20 Meters)*
11. Tennis Ball Throw

*If an athlete throws the softball more than 20 meters, the athlete is no longer considered to be at the developmental level.

Level 2 Wheelchair (W/C) Events

1. 10 Meter W/C Race
2. 25 Meter W/C Race
3. 30 Meter W/C Slalom
4. 25 Meter Motorized W/C Obstacle Race
5. 30 Meter Motorized W/C Slalom
6. 50 Meter Motorized W/C Slalom
7. 100 Meter W/C Race
8. 200 Meter W/C Race
9. W/C Turbo Jav Throw (400 grams)
10. W/C Softball Throw
11. W/C Men's Shot Put (1.8kg/4lbs)
12. W/C Women's Shot Put (1.36kg/3lbs)

Level 3 Traditional Events

1. 100 Meter Run
2. 200 Meter Run
3. 400 Meter Run
4. 800 Meter Run
5. 1500 Meter Run
6. **3k Run**
7. 400 Meter Walk
8. 800 Meter Walk
9. 1500 Meter Walk
10. **3k Walk**
11. High Jump
12. Running Long Jump
13. Turbo Jav Throw (400 grams)
14. Men's Shot Put
 - a. Age 8-11 (2.72kg/6lbs)
 - b. Age 12+ (4kg/8.8lbs)
15. Women's Shot Put
 - a. Age 8-11 (1.8kg/4lbs)
 - b. Age 12+ (2.72kg/6lbs)

Level 4 Pentathlon Events

1. 100 Meter Run
2. 400 Meter Run
3. Running Long Jump
4. Shot Put
5. High Jump

Level 3 & 4 Relay Events

1. 4x100 Meter Relay
2. 4x400 Meter Relay

SECTION C– RULES OF COMPETITION

1. Track Events

- a. Use of blocks and starting race:
 - i. In races up to and including the 400 meters, the athletes have the option of using or not using blocks.
 - ii. In competition, regardless of whether the athletes are using blocks in races 400 meters or below, the commands of the Starter in his own language shall be “on your marks”, “set”, and when all competitors are set, the gun shall be fired.
 - iii. 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 his/her hand(s).
 - iv. Starting races longer than 400 meters:
 1. 800 meters distance: Runner will run in the lanes through the first turn and break toward lane one at the break-line marked after the first turn.
 2. 1500 meters and greater distances: A waterfall start shall be used.
 - v. Starting Relays
 1. 4 x 100 meters: Any runner waiting for an incoming team member (with a baton) is not permitted to begin running outside his/her take-over zone, and shall start within the zone.
 2. 4 x 400 meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and break toward lane one at a breakline marked after the first turn. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats.
 - vi. The starter shall give each competitor a chance to do his/her best by:
 1. Giving the competitors ample time to settle down after taking their marks
 2. Starting the sequence over if any runner is off-balance
 3. Not holding the runners too long after the set command
- b. False starts:
 - i. An athlete who is charged with two false starts in the same race will be disqualified from that race.
- c. Lane violations:
 - i. In all races run in lanes, each competitor shall keep within his/her allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
 - ii. An athlete will not be disqualified if the athlete either:
 1. Is pushed or forced by another person to run outside his/her lane, and no material advantage is being gained.
 2. Runs outside his/her lane in the straight and no other runner is obstructed.
 3. Runs outside the outer line of his/her lane on the bend, with no material advantage being gained, and no other runner is obstructed.
- d. Race Walking
 - i. Athlete must have one foot in touch with the ground at all times.
 - ii. In all race walking events, an athlete does not have to have a straight support leg while competing.
 - iii. In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, an advantage has been gained.

2. Relay Events (4x100 Meter and 4x400 Meter)

- a. Regional Events:
 - i. Relay teams can be comprised of any four track and field athletes who have qualified by running an event equivalent to or further than the minimum distance of the relay leg (i.e.: 4 X 100m relay: 100m, 400m, 800m, 1500m), (i.e.: 4X 400m relay: 400m, 800m, 1500m)
 - ii. The Regional relay form will consist of four athletes and two alternates. All athletes (including alternates) must be entered in an event that is the minimum distance required for the relay (either 100m or 400m). All eligible athletes must be listed on the form.
 - iii. All athletes must abide by the games maximum number of events rule. (see registration forms)
 - iv. Pentathlon athletes are eligible to be selected for (2) relay teams.
- b. Program Championship (Summer Games)
 - i. The Program Championship relay form will consist of the 4 athletes and two alternates (must be part of an existing delegation for Summer Games).
 - ii. At Summer Games, because there will not be qualifying times for this new combination of athletes, we will be running preliminary races (to determine relay divisions) and final races.

- iii. All track & field athletes selected for Summer Games from a delegation are a potential athlete for a relay team, if they are entered in a track event that meets the minimum event requirement. Coaches then put together their relay teams from those athletes selected for Summer Games. Remember, this does not necessarily mean these are the same four athletes who ran on the relay team at a Regional Event.
 - iv. Relay teams can be comprised of any four track & field athletes who have qualified by running an event equivalent to or further than the minimum distance of their relay leg.
 - v. Individuals must have been selected based on the advancement criteria.
 - vi. All athletes must abide by the games maximum number of events rule. (see registration forms)
 - vii. Pentathlon athletes are eligible to be selected for (2) relay teams.
- c. Relay Divisions
- i. Junior Division (21 and under)
 - 1. All four athletes on a relay team must be 21 and under to be able to compete in the Junior division.
 - ii. Senior Division (22+)
 - 1. Gender based division.
 - 2. Mixed age relay will default to Senior Division.

3. Field Events

- a. Measurements
- i. In the running long jump, high jump and shot put events, each athlete shall be allowed three non-consecutive attempts. For standing long jump, softball throw, turbo jav, and tennis ball throw each athlete shall be allowed three consecutive attempts. The longest measurement of the three attempts shall be used for scoring.
- b. Running Long Jump
- i. In the running long jump, an athlete must be able to jump at least one meter which is the minimum distance between the toe board to the sand pit. (safety consideration allows for the board to be placed up to 75cm from the edge of the pit; however the athlete must jump one meter to have their jump legal.)
 - ii. All three jumps shall be measured and recorded for the purpose of breaking ties.
 - iii. In jumping events, prior to competition, athletes may have assistance from an official/coach to mark their take-off mark.
- c. Standing Long Jump
- i. Competitors shall start with both feet behind a designated take-off line and on the ground.
 - ii. When starting, competitor's toes shall be behind the take-off line.
 - iii. A competitor shall use both feet on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, but he/she may not lift either foot clear off the ground.
 - iv. Distance will be measured form the closest impression on the landing area made by any part of the body including clothing, to the take-off line.
 - v. If using sand filled jumping pits, the take off line should be at the end of the running long jump runway. If a mat is used it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.
- d. High Jump
- i. The competitor shall take off from one foot.
 - ii. The minimum opening height for all high jump competitions shall be one meter.
 - iii. Competitors shall not dive forward over the bar or take off from a two-footed take off.
 - iv. An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability may not participate in the pentathlon and the high jump. For additional information and the procedure for waiver of this restriction, please refer to Article I, Section L, 7, f.
 - v. When there is a tie in the high jump even after the countback of failures, the athletes tying shall be awarded the same place in the competition. Even if it concerns first place, award more than one gold medal as opposed to running a jump-off until the tie is resolved.
 - vi. In jumping events, prior to competition, athletes may have assistance from an official/coach to mark their take-off mark.
- e. Shot Put
- i. The shot may be steel, brass, or a synthetic-covered implement.
 - ii. 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.
 - iii. A legal put shall be made from within the circle. In the course of an attempt, the athlete, or his/her 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.
 - iv. The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
 - v. The shot shall be put from the shoulder with one hand only. When the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be

dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

- vi. 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:
 - 1. Uses any method contrary to the definition of a legal put
 - 2. Causes the shot to fall on or outside the lines marking the landing sector

f. Softball Throw

- i. A 30 centimeter (11 ¾”) in circumference softball shall be used.
- ii. Competitors may use any type of throw, but cannot throw for more than 20 meters.
 - 1. Any one of the 3 throws (attempts) that is over 20 meters will not be counted as a legal throw. However, any throw under 20 meters and inside the throwing area will be counted and measured as a legal throw. If all 3 throws are either 20 meters or outside the throwing area the athlete will be disqualified.
- iii. The throwing area should be set up as follows:
 - 1. Mark off two parallel lines which are 2.85 meters in length, with each of the ends being 2 meters apart. At the back end of the throwing area, place a mark 0.10 in length directly in the middle of the two end lines (this is your pull through point for measurement). From this mark, extend an imaginary parallel line out 3 meters, mark this point, and draw an arc connecting both sidelines which intersect this point. The ball must land within a sector determined by a 40 degree angle emanating from the center of the back line. Extend two lines out which intersect both points where the arc meets the sidelines.

g. Tennis Ball Throw

- i. Softball throw rules appertain.

h. Turbo Jav Throw

- i. The turbo jav competition should be conducted as any other javelin competition. This event can be viewed as similar to the softball throw competition as it utilizes the same throwing areas and measuring method. Sidelines can be extended up to 26’ if athletes need a longer approach.
- ii. A 400 gram turbo jav shall be used.
- iii. Only one thrower shall be on the approach area at a time.
- iv. The turbo jav must be held by the grip with the point facing forward.
- v. The turbo jav must be thrown using an over-arm, over the shoulder throwing motion of the throwing arm.
- vi. The thrower may not use a 360 degree turn of their body during their approach.
- vii. Each thrower is allowed three non consecutive throws. Each fair throw must be measured and the longest measurement of the three throws will be used for scoring.
- viii. A thrower is allowed one minute to initiate a trial after their name is called.
- ix. The turbo jav must land nose first. Otherwise, the throw shall be called a “foul” and thus will not be measured.
- x. The thrower must throw the turbo jav within the 40 degree sector lines. If the turbo jav lands outside the sector lines, the throw will be called a “foul” and thus will not be measured.
- xi. During the approach, the athlete may not step on or over the sidelines or foul line.
- xii. After the throw, the athlete must wait for the turbo jav to land and the official to announce “mark” or “foul”, before exiting to the rear of the approach.

4. Pentathlon

- a. The five events comprising the pentathlon shall be the following: 100 meter run, long jump, shot put, high jump, and 400 meter dash.
- b. The Special Olympics Pentathlon scoring tables may be obtained from your local Special Olympics Sports Department or found in the Special Olympics Summer Sports Rules.
- c. It is recommended that the Pentathlon be a two day format with events one, two and three the first day and events four and five the second day.
- d. An athlete who receives a score of zero in any one event within the pentathlon, does not automatically gets a participation ribbon for the whole pentathlon event. A score of zero could come from a variety of reasons, such as: a “no height” in the high jump, three fouls in the long jump or shot put, or false starts in the races. The score of zero for any one of these events would simply be a score noted for that part of the whole pentathlon event. The zero would be added in with the other scores for the remaining events and a total derived from the scores for all five pentathlon events.

5. Wheelchair Events

- a. Athletes entering in wheelchair events may also enter other events in track & field competition.
- b. Wheelchair shot put.
 - i. 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.
- c. Main Principles for Wheelchair Races

- i. Athletes shall start with all wheels behind the start line (or one wheel for wheelchairs with only one wheel in front — professional version).
 - ii. 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.
 - iii. Motorized wheelchairs shall not be allowed in regular wheelchair races.
 - iv. Only athletes who ambulate by use of a wheelchair may participate in the events.
 - v. Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - vi. The lanes for the wheelchair events shall be made two track-lanes wide.
- d. 10 Meter & 25 Meter Wheelchair Race
- i. Each competitor must keep in his/her 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.
- e. 30 Meter Wheelchair Slalom
- i. Beginning at the start line, place one traffic cone (slalom flagpoles minimum of 1.22 meter) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
 - ii. Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
 - iii. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed.

6. Motorized Wheelchair Events

- a. Main Principles for Motorized Wheelchair Races
- i. These events are restricted to motorized wheelchairs only.
 - ii. The first two wheels on each competitor's wheelchair will be regarded as the starting and finishing points of all races.
 - iii. If a competitor varies from a sequence of obstacles, he/she 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. In essence, failure to complete the course as designed will result in disqualification.
 - iv. 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.
 - v. When submitting entry times for motorized wheelchair events, the entry form should state whether the time was achieved with a "high-speed" or a "low-speed" setting.
 - vi. Athlete is timed from the smoke of the starter's gun to when front wheels of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
- b. Motorized Wheelchair Slalom
- i. Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for wheelchairs.
 - ii. Place the cones on the start and finish lines 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.
 - iii. Beginning at the start line, place one traffic cone (slalom flagpoles minimum of 1.22 meter) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
 - iv. Athlete maneuvers his/her 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.
 - v. No penalty will be incurred as a result of touching a cone.
- c. 25 Meter Motorized Wheelchair Obstacle Course
- i. Mark one box 2 meters from the start line and one box 2 meters from the finish line. Each box should be 3 meters in diameter.
 - ii. Place four cones between the boxes, each 3 meters apart.
 - iii. Rules for the event:
 1. Athlete starts facing the course.
 2. The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion, the athlete weaves in and out of four cones set 3 meters apart, then completes a second 360 degree circle between the fourth cone and the finish line.
 3. 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 tape.
 4. 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 official
 5. No more than three athletes per race.

7. Assisted Walk Events

- a. Athletes must provide his/her own assisted devices. The word “assisted” in these events refers to the athlete’s use of an assistive device such as: canes, crutches, or a walker—not a person who lends assistance.
- b. Set-Up:
 - i. Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for assistive devices.
 - ii. Place cones on the start and finish lines, 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.
 - iii. 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.
- c. Rules for the events:
 - i. Athlete starts behind the start line with his/her assisted device.
 - ii. Athlete walks using his/her assisted device.
 - iii. Athlete starts in his/her designated lane.
 - iv. Athlete may not receive assistance from coaches, officials or volunteers.
 - v. Athlete is timed from the smoke of the starter’s gun to when his/her torso reached the perpendicular plane of the nearer edge of the finish line.

8. Blind & Deaf Athletes

- a. A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
- b. 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.
- c. A tap start will be used for an athlete who is both deaf and blind.
- d. Guide runners must wear a distinctive running vest so that they are clearly distinguished from competitors. These vests will be provided by the Venue Director..

9. Unified Sports Events – not offered.

SECTION D – 2010 RULE CHANGES

1. Actual rule changes listed below are underlines and in bold print (within rule book).
2. General formatting and wording changes.
3. Section B – Official Events
 - a) Page 7
 - Addition of events in Level 3 Traditional Events
 1. 3k run & 3k walk