

**Special
Olympics**
Ontario



School Programs

2023-2024 Season School Championships



Track & Field Technical Package
Unified & Traditional

SOO School Championship Track & Field Rules

1. Competition Format

1a. Events

- The following events will be offered on the day of the competition:
 - 50m
 - 100m
 - 200m
 - 400 m (for athletes who competed in the 200 m in qualifiers)
 - Shot put (female – 3kg, male – 4kg)
 - Standing long jump
 - Running Long Jump (Athletes who can jump at least 1 m in the Standing Long Jump can choose the Running Long Jump.)
 - 4x100 Traditional/Unified Relay
- Athletes may choose 3-5 events in which they wish to compete (relay is not included in this count). Athletes must choose at least one track event (50m, 100m, or 200m) and one field event (shotput or standing long jump).
- Note: Athletes cannot participate in both the 50m and 200m. Athletes who did so in the qualifying events will be removed from the 50m race. Athletes must participate in a minimum of 3 events.
- Athletes will compete on behalf of their school.
- Unified teams will compete on behalf of a team for their school, while athletes not competing in Unified with an ID will compete individually against others not in the Unified team event. Unified teams must have a 1:1 athlete-to-partner ratio.
- Shot put and standing long jump will run continuously throughout the day where athletes can compete in between their track races.
- Relay is a time-dependent event and will not be used towards medalling at Provincial Games. The race will run at the end of the day as a fun, exciting race. Relay teams consist of four athletes. Each athlete will run 100m.
 - Unified relay teams must follow the Unified Partner to SOO Athlete ratio by having two Unified Partners and two traditional athletes.

1b. Uniforms

- All athletes must supply their own uniforms. Track and field bibs or t-shirts with the school logo or name are preferred. However, matching t-shirts are also allowed. **All students must be wearing proper running attire to participate**, i.e., running shoes, shorts or appropriate pants, and t-shirts.

1c. Equipment

- All equipment will be provided by SOO. Athletes are not permitted to use their shot puts, etc. Spikes or cleats on athlete's shoes are not permitted.

2. Competition

2a. Divisioning

- Athletes will be divided individually based on their age (12 – 15 and 16-21), gender, and mobility/ability level provided by their educator.
- Separate heats will be formed for students with mobility assistant devices if necessary.
- Unified Teams will be divided separately from traditional athletes. Team times and scores will be added up together to represent each pairing overall score.

2b. Schedule & Heats

- Athletes will be placed in race heats based on their division determined by their age, gender, and mobility/ability level.
- All athletes will receive a participation ribbon on the day of the event.

2c. Disqualification

- **False starts:**
 - The first false start will result in the race being restarted. The second and subsequent false start will be charged against the athlete(s) making a false start.
- **Lane changes:**
 - Unintentional lane changes that affect or interfere with another competitor's running path will disqualify the offending athlete from the race.
 - Should a fellow competitor changing lanes impact an athlete's results, the impacted athlete will have the opportunity to complete the race again in a later heat.

2d. Provincials

- **The Preliminary Round**
 - The first day of competition will feature the division preliminary round.
 - This round is intended to establish the ability levels and comparable skill levels between athletes and Unified teams in an effort to create the fairest divisioning for day 2 of the competition.
 - Preliminary heats will be created and provided to coaches prior to the event.
 - Heats will consist of pre-divisioning based on age, gender and qualifier scores submitted.
 - The preliminary round will be the largest determinate of the final divisions on day 2.
 - Division selections and decisions are final and cannot be protested.
- **The Final Round**
 - On Day 2, the Final round, athletes will compete in their new divisions for medal placement.
 - The updated heats will be sent out to coaches before the competition.
 - Rules and regulations will remain the same as in qualifiers and as seen above.