

**Special  
Olympics**  
Ontario



Special Olympics  
**Unified Champion  
Schools®**

# 2024-2025 Season School Qualifiers



**Track & Field Technical Package**  
Unified & Traditional

## School Virtual/In-Person Qualifier Track & Field Rules

### 1. Competition Format

#### 1a. Events

- The following events will be offered on the day of the competition:
  - 50m
  - 100m
  - 200m
  - Shot put (female – 3kg, male – 4kg)
  - Standing long jump
    - Optional: 4x100 relay (details below) - Does not count for qualification
- Athletes may choose 3-5 events in which they wish to compete (relay is not included in this count).
- If an athlete participates in the 50m and enters the 200m, the 50m race will be removed from their events if they advance to the Provincial School Championships. Athletes must still have a minimum of three events.
- 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 qualifying for the 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. Traditional and Unified Relays can be incorporated.

#### 1b. Submissions

- All schools and teams wishing to submit their athletes for consideration for School Championships are required to fill out the results sheet located in their registration form by April 1st, 2024.
- When submitting results for Unified teams, educators are required to note the pairings between Unified and so athletes. (highlight the respective partner and athlete's names in the same colour)

#### 1c. 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.

#### 1d. Equipment

- Athletes are not permitted to use their own 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.

#### 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. Provincial Qualification

- Following the competition, athletes will be re-divisioned based on their age, gender, and race times from the event.
- Based on these final divisions, athletes will be awarded points as follows:
  - 1<sup>st</sup> place – 10 points
  - 2<sup>nd</sup> place – 8 points
  - 3<sup>rd</sup> place – 6 points
  - 4<sup>th</sup> place – 4 points
  - 5<sup>th</sup> place – 2 points
  - 6-8<sup>th</sup> place – 0 points
  - Did not start/finish – 0 points
  - Disqualification – 0 points
- Athletes will qualify **as a school track team**: schools with the best ratio **average** of points will be allocated track and field spots (a minimum of 4). There is a maximum 14% rule (one region cannot make up over 14% of the athletes attending)
- Unified Athlete's scores will be combined with their traditional partner. Athletes will be selected separately from traditional athletes however, the process will remain the same. 10 Unified Partners and 10 associated SOO athletes will be selected in 2025 (outside of the 100 traditional athletes).
- To learn more about the qualifying process, our quotas for the year and our conference model, please visit our [Schools Hub](#)
- In the event of a tie, the following criteria will be used:
  - Most first-place finishes at the Regional Qualifier
  - Most second-place finishes at the Regional Qualifier
  - Most third-place finishes at the Regional Qualifier

## 3. Unified Sport

- Unified Sports brings people with intellectual challenges and disabilities together on the same team as people without intellectual disabilities. This program is dedicated to promoting inclusion through shared sports training and competition experiences.
- Unified Sports looks to develop **meaningful competition** where coaches work together to create a balanced competitive environment. **Coaches are responsible for ensuring the meaningful involvement of all players in the game.**
- Please review our principle of meaningful involvement to understand and apply the Unified Competition Model: [SO Unified Sports Principle of Meaningful Involvement](#)
- Also, see our Unified Coaching Guides and Training Resources
  - [Guiding Unified Sport Principles](#)
  - [Unified Sports Coach Guidelines](#)
  - [Unified Coach Course \(Option A\)](#)
  - [Unified Coaching Course \(Option B\)](#)

### 3a. Unified Teams

- Schools can form unlimited Unified teams consisting of one Unified Partner and one SO Athlete. Unified pairs will compete alongside each other in the same number of events.
- Unified Teams will be divided separately from traditional athletes and be provided separate quota allocations based on regional participation.



- Team times and scores will be added to represent each pair's overall score and divided based on age, gender, and combined race times. The awarded points and selection process will proceed similarly to the traditional division qualification noted above.