

**Special
Olympics**
Ontario



Special Olympics
**Unified Champion
Schools®**

2024-2025 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
 - Shot put (female – 3kg, male – 4kg)
 - Standing long jump
 - 4x100 Traditional/Unified Relay
- Athletes may choose 3-4 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 100m.** 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.