

**Special  
Olympics**  
Ontario



Special Olympics  
**Unified Champion  
Schools®**

## **School Qualifiers**



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

# SOO UCS Track and Field Qualifiers Rules

## Competition Format

### 1) 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
- Event Selection: Athletes may choose 3 to 5 individual events to compete in. Relay events are not included in this count.
- Event Eligibility for Provincials:
  - If an athlete competes in the 50m and also enters the 200m, the 50m will be removed from their event list if they qualify for the Provincial School Championships. Athletes must still have a minimum of three events to remain eligible.
- Field Events: Shot Put and Standing Long Jump will run continuously throughout the day. Athletes may complete these events between their scheduled track races.
- Relay Event: The relay is a non-qualifying, time-dependent event and will not count toward advancement to the Provincial Games. It will be held at the end of the day as a fun and exciting way to close the meet.
  - Each relay team consists of four athletes, with each athlete running 100m.
    - Both Traditional and Unified Relays are welcome and encouraged

### 2) School Championships 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 Google registration form by April 1st.
  - Please only submit those athletes you want to be considered
- When submitting results for Unified teams, educators are required to note the pairings between Unified and the athletes (highlight the respective partner and athlete's names in the same colour).
  - **Each school can enter a maximum of 24 athletes for consideration**

### 3) Uniforms

- All athletes must supply their own uniforms. Note: SOO does not supply Track and field bibs or t-shirts. All students must be wearing proper running attire to participate, i.e., running shoes, shorts or appropriate pants, and t-shirts.

### 4) Equipment

- Athletes are not permitted to use their own shot puts, etc.
- Spikes or cleats on athlete's shoes are not permitted.

## **Competition**

### **1) Divisioning**

- Athletes will be divisioned 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.

### **2) 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.

### **3) Disqualification**

- False starts:
  - The first false start will result in the race being restarted. The second and subsequent false starts 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.

### **4) 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:
  - 1st place – 10 points
  - 2nd place – 8 points
  - 3rd place – 6 points
  - 4th place – 4 points
  - 5th place – 2 points
  - 6-8th 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 Partners will have a combined time for all running events with their traditional athlete, and their field event scores will be combined. 16 Unified Partners and 16 associated SOO athletes will be selected for qualification (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

## Unified Sport & Teams

- 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 \(Option B\)](#)
- Unified Teams:
  - Unified Track & Field follows the same events and result submission process as other school championship sports.
  - **Unified teams consist of one Unified Partner and one SO Athlete. Unified pairs will compete alongside each other in the same events.**
  - Running events:
    - **50m, 100m, and 200m races are completed in a 1-by-1 relay format.**
    - **Each pair runs together in the same race, passing a baton between them.**
    - **Pairs are grouped by similar ability levels for inclusive competition.**
  - Field Events:
    - **Shot Put and Long Jump are completed by both members of the pair, one after the other.**