



2021 Special Olympics Oregon Winter Virtual Season Athletics (Track & Field) Rules and Guidelines

IMPORTANT DATES

- **Winter Season Begins – Late January 2021**
 - Participants may sign up ANYTIME before the **February 5, 2021 DEADLINE**
 - Participants are strongly encouraged to sign up early to begin training in order to get connected to a virtual coach/mentor from their local program or another part of the state at the start of the season.
 - All virtual coaches/mentors will be Class A volunteers.
- **Winter Virtual Games Opening Ceremonies Monday, March 15, 2021**
- **Competition Week Scores Entry Period – March 15-22, 2020**
- **Winter Virtual Games Celebration Week – March 29 – April 2, 2021**

RULES/GUIDELINES

- The posted Special Olympics Oregon Winter Virtual Athletics Rules shall govern competitions for this season.
- Due to the nature of these virtual events, there will be lots of flexibility allowed in the types of equipment used as well as allowances for a variety of settings for the field of play as some participants may have access to a track while others use a road, backyard, driveway or other setting in order to walk, run or roll the designated distance or to train and compete in one of the field events offered.
- Modifications will be permitted to enable as much participation as possible as long as they are safe and still support the integrity of the skills for each event.
- The “honor system” will be used when final scores are submitted.

SIGN UP, TRAINING & COMPETITION REMINDERS

- Complete the sport sign up process on-line, by phone or by mail any time before the end of season.
- Final Scores must be submitted during Competition Week – March 15-22, 2021
- **Each athlete may enter up to 3 individual events plus 1 Unified team event.**

SECTION A – OFFICIAL SPECIAL OLYMPICS OREGON EVENTS OFFERED

Participants may sign up to train and compete in any three (3) individual events and the (1) Unified team event. More details about each event are provided in SECTION E - EVENT DESCRIPTIONS AND RULES.

Individual Track Events

- **25m Manual Wheelchair Race**
- **25m Motorized Wheelchair**
- **50m Run/Walk/Roll**
- **100m Run/Walk/Roll**
- **1-mile Run/Walk/Roll**
- **5K Run/Walk/Roll - must get pre-approval from coach to participate in this event**

Unified Events

- **1-mile Unified Run/Walk/Roll** (combined times for 1 athlete + 1 partner)
- **5K Run/Walk/Roll Unified Team** (combined times for 1 athlete + 1 partner) – *athlete must get pre-approval from coach to participate in this event*

Field Events

- **Standing Long Jump**
- **Tennis Ball Throw** - Another type of ball can be used if a tennis ball is not available. A tennis ball is preferred.

SECTION B – REGISTRATION RULES AND REMINDERS

- 1) Scoring reminders
 - a) Always use meters (m) and centimeters (cm) when recording and registering measurements for field events. Example: In the Standing Long Jump an athlete jumps 1 meter and 11 centimeters. The score is recorded or registered as 1.11m. On the entry, it would be a 1 in the “m” column and a 11 in the “cm” column. Note: If scores are measured in feet and inches they can be converted to meters and centimeters using the following website:
http://www.onlineconversion.com/length_common.htm
 - b) For track events record all times as follows: Minutes: Seconds.Tenths Example: an athlete runs the 1 mile run in 9 minutes and 32.6 seconds. His time is recorded or registered as 9:32.6. On the scoring form, it would a 9 in the “min” column, 32 in the “sec” column and 6 in the “tenths” column.

SECTION C – COACHES AND THEIR RESPONSIBILITIES

- 1) Coaches will receive training plans and information to assist athletes and Unified partners in training and competition
- 2) Coaches will provide communication, training guidance and support during the season through one or more of the following communication platforms based on athlete and coach abilities to connect digitally. These may include:
 - a) Live Zoom or other video conferencing training sessions or check-ins
 - b) Phone calls
 - c) Emails or texts
 - d) Written or video training plans and instructions
- 3) Additional opportunities for statewide sports training may be made available through SOOR State Office
- 4) Coaches will assist participants in properly and safely completing their events for competition and submitting final scores

SECTION D – DIVISIONING

- 1) While entry scores will not be used to create divisions prior to competition, final scores will be collected and will be used to create divisions for awards recognition.
- 2) Because competition will be conducted virtually by each individual participant in a variety of settings, we will be operating on the honor system.
- 3) Participants will be divisioned by gender, age and ability. Some combining of gender and age groups may occur based on numbers.

SECTION E – EVENT DESCRIPTIONS AND RULES

- 1) TRACK EVENTS - Rules and Modifications
 - a) Equipment
 - i) Create starting and finish line areas for each of your distances. The start of a race shall be indicated by a line marked on the track or ground not more than 5cm wide (approximately 2in). If you are not able to create a starting line. Place two stationary objects (such as cones or rocks or other markers to indicate a “starting line” area and finish line area.
 - b) Start of a race
 - i) When starting, the participant must be behind the starting line and they must not touch the starting line or the surface in front of it with hand or foot.
 - ii) Each participant should work to have a volunteer keep time of his/her race (family member or care provider or another person within household)
 - c) The competition
 - i) A runner completes the race when his/her torso (as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line.
 - ii) Visually and hearing-impaired athletes: A rope or bell may be provided to assist athletes who are visually impaired. A tap start may be used for an athlete who is both hearing and visually impaired. A sighted guide may not pull or prompt the athlete in any manner.

- (1) 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.
- 2) WHEELCHAIR EVENTS - Rules and Modifications
 - a) General rules for non-motorized wheelchair events
 - i) Athletes shall start with all wheels behind the start line.
 - ii) A competitor completes the race when the first two wheels reach the perpendicular plane of the nearer edge of the finish line.
 - iii) Only athletes who ambulate by use of a wheelchair may participate in these events.
 - iv) Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - b) General rules for motorized wheelchair events
 - i) These events are restricted to motorized wheelchairs only.
 - ii) The competitor starts with all wheels behind the start line, and completes the race when the first two wheels cross the finish line.
- 3) FIELD EVENTS - Rules and Modifications
 - a) Scoring
 - i) In field events where the result is determined by distance, ties will be awarded with the same place.
 - b) Standing Long Jump
 - i) Venue/Equipment
 - (1) Flat surface such as a turf field, track, grass back yard, patio, indoor carpeted area
 - (2) A take-off line marked by chalk or by two stationary markers such as cones, rocks or other
 - (3) Measuring tape (can use 1 big step = 1m meter if measuring device not available)
 - ii) Competitors shall start with both feet behind a designated take-off line and on the ground.
 - iii) When starting, competitor's toes shall be behind the take-off line.
 - iv) 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.
 - v) Each competitor shall be allowed three jumps.
 - vi) The athlete's best jump will be the one that should be submitted on the competition score card.
 - vii) Distance will be measured from the closest part of the athlete's body that is touching the ground. (ie. heel of the closest foot, or hand if the athlete falls back), to the take-off line.
 - d) Tennis Ball Throw
 - i) Venue/Equipment
 - (1) Open space with flat surface to ensure that throw is not interfered with by object such as fence, trees, etc.
 - (2) Since there will be a variety of settings in which athletes will train and compete, the throwing area will not be defined by any restrictions other than a throwing line in which the participant shall not step on or over when attempting each throw. The throwing line can be drawn or marked with two stationary objects such as cones, rocks or other.
 - (3) A standard tennis ball is preferred. An alternative ball may be substituted if a tennis ball is not available.
 - (4) Measuring Tape preferred. See note regarding measurement below.
 - ii) Each competitor will be allowed 3 throws for competition.
 - iii) Only the best (longest) throw will be submitted for the competition score on your score card.
 - iv) Competitors may use any type of throwing motion (overhand, underhand, sidearm, etc.)
 - v) To measure distance, use a measuring tape or step off the distance from the throwing line to the landing spot (one giant step equals 1m). For those participants who do not have a person who can serve as a spotter, do your best to honestly and accurately mark the landing spot for your throw.