

***Special
Olympics
Hawai'i***



Track and Field (Athletics)



***Sport Information Guide
Rules and Guidelines
Spring 2026***

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Special Olympics Mission Statement:

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.

Additions or changes to the 2025 Rules:

Section B - 2026 Deadlines and Dates have been updated.

Section D- 100m dash added to Level III
4 X 25m relay added to Level III

Section E- Competing in the 100m dash disallows you from competing in an assisted race.
Level III athletes can compete in up to 4 events

For more information, please go to www.sohawaii.org or contact Greg Terhune via e-mail sohisports@sohawaii.org or cell phone at (808) 779-9461

SOHI TRACK & FIELD (ATHLETICS) RULES AND REGULATIONS

These Official Special Olympics Hawaii (SOHI) Track & Field Rules shall govern all SOHI Track & Field competitions. SOHI has created these rules based upon USA Track & Field rules. USA Track & Field rules shall be employed except when they are in conflict with the Official SOHI Track & Field Rules. In such cases, these Official SOHI Track & Field Rules shall apply.

SECTION A - GENERAL RULES

1. Each Special Olympics athlete is required to have a valid Medical Form (Application for Participation) filled out and signed by a certified physician, and a signed Release Form in order to participate. **Each Unified Partner must have a valid Unified Partner registration form**, and meet Class “A” Volunteer criteria in order to participate. Athletes or partners without the appropriate forms are ineligible to participate. These forms must be on file with their Area Director and with the State Office.
2. All Coaches and Assistant Coaches must fill out a Volunteer Information Form and meet Class “A” Volunteer criteria in order to participate.
3. All Head Coaches and Assistant Coaches must complete NFHS or CDC Concussion Training.
4. Each team must have a Head Coach certified by SOHI in Track & Field to participate in Summer Games. Additionally, all Unified Teams must have a Head Coach who has completed the Unified Sports Training.
5. For more information regarding Coaches Certification and Class A Volunteer requirements please visit the following: <https://sohawaii.org/get-involved/coaches/>
6. Athletes and Unified Partners must participate in a training program run by a registered delegation. Athletes and Unified Partners must comply with Delegation, Area, and State training policies and standards and must meet minimum attendance requirements set by the State, Area, or Delegation to participate in Area, Regional, or State competition.
7. Each athlete/partner is required to participate in their qualifying Area competition to participate in the State Summer Games. They must participate in an event to qualify for that same event at State Summer Games. Relay teams (Unified and Traditional) must compete at Area Games to qualify for State Summer Games.
8. No Make-up competitions will be allowed to qualify athletes who have missed Area or Regional competition.
9. All delegations must abide by the most current COVID Guidelines and Protocols.

SECTION B – IMPORTANT DATES – TRACK AND FIELD

Event	Date/Deadline
Official Training May Begin	January 2026
Coaches Certification Clinic	February 22, 2026
Official Training Must Begin for Delegations/Teams	February 1, 2026
All Athletes must begin training/ Last day to transfer delegations	Check with AD
Registration Deadlines for Area or Regional Competition	Given by Area/Regional Director
Area Competitions	Varies by area: April/ May
Summer Games	June 5,6,7 2026

SECTION C – SPECIAL OLYMPICS HAWAII TRAINING POLICY

1. Delegations must offer enough training sessions so that athletes have the opportunity to gain the skills and fitness levels required to be successful in their specific events.
2. Athletes must attend enough training sessions to gain the skills and fitness levels required to be successful in their specific events.
3. SOHI recommends that every athlete is offered at least two training opportunities per week with every training opportunity being at least 1 – 1 ½ hours in duration (Per the Global Strategic Plan). However, SOHI will accept a minimum of one training session a week for at least 90 minutes.
4. Area and Regional Competitions, scrimmages, and mini-meets DO count as training sessions.
5. SOHI requires that Athletes/ Unified Partners attend a minimum of 75% of training sessions offered by their delegation. Delegations may require a higher attendance percentage, but may not require athletes/Unified Partners to attend more than 90% of training sessions.
6. Athletes with documented injury or illness during a season may receive an exemption from the above policy, but must participate in a minimum of **50%** of practices during the season and must have the requisite skills and be physically capable (strength, fitness, injury/sickness fully healed with doctor's clearance) of successfully participating in the sport as determined by their Head Coach.

SECTION D – OFFICIAL EVENTS and CODES

Track Events	Codes	Field Events	Codes
<u>Level I- Olympic Style Events</u>			
100m Dash 200m Dash 400m Dash 800m Run 1500m Run	100M 200M 400M 800M 1500M	Long Jump (Running) Shot Put - Men 8 lbs. - All Women 6 lbs. - Boys (8-11yrs) 6 lbs.	LNJP SPM SPF SPM8
100m Race Walk 400m Race Walk	100W 400W		
4 x 100m Relay 4 x 400m Relay 4 x 100m Unified® Relay 4 x 400m Unified® Relay	4X100 4X400 4x100 Unif. 4x400 Unif.		
<u>Level I Wheelchair Events (Non-Motorized)</u>			
50m Wheelchair Race 100m Wheelchair Race 200m Wheelchair Race	WC 50M WC 100M WC 200M	Wheelchair Shot Put - Men 4 lbs. - Women 4 lbs. Wheelchair Softball Throw	WC SPM WC SPF WC SBT
<u>Level II - Youth & Lower Ability Events</u>			
50m Dash	50M	Standing Long Jump Softball Throw	STLJ SBT

<u>Level III - Developmental Events</u>			
Track Events		Field Events	
*10m Assisted Walk *25m Assisted Walk *Note: Assisted events refer to an assistive device (walker) not an assistant (person). 25m Race Walk 25m Dash 50m Dash 100m Dash 4 X 25m Relay	10AW 25AW 25W 25M DE 50 DE 100 4 X 25	Softball Throw Tennis Ball Throw Standing Long Jump Mini Javelin Throw	DE SBT DE TBT DE STJ DE MJT
<u>Level III – Developmental Wheelchair Events</u>			
Wheelchair Track Events	Codes	Wheelchair Field Events	Codes
10m Manual Race 25m Manual Race 30m Manual Slalom <u>Motorized WC events</u> 25m Motor. Obstacle Race 30m Motor. Slalom	WC 10M WC 25M WC 30MS WC OBT WC 30ES	Softball Throw Tennis Ball Throw Mini Javelin Throw	WC SBT3 WC TBT WC MJT

SECTION E – REGISTRATION RULES

Levels I & II Events

1. Athletes can enter three individual events and two Relays.
2. Of the three individual events, athletes can enter either two track events and one field event or two field events and one track event.
3. Any athlete who runs the **50m dash under nine seconds** at Area competition must enter the 100m for State Summer Games.
4. Athletes running the 50m dash at Area Games or State Games may enter no other races or relays, but can enter two Field events.
5. Athletes running in the 100m, 200m, 400m, 800m, or 1500m dashes or races cannot enter the Standing Long Jump. These athletes can enter the Running Long Jump (See Rule #6).
6. If an athlete cannot jump further than one meter in the Running Long Jump, they can appeal Rule #5.
7. Athletes jumping over one meter at Area Games in the Standing Long Jump must enter the Running Long Jump for Summer Games. Athletes with a Standing Long Jump of between one meter and 1.3 meters can appeal this rule if the athlete cannot make the transition to the Running Long Jump. Athletes with a score of over 1.3 meters in the Standing Long Jump at Area Games cannot appeal this rule. **Athletes can use the Standing Long Jump technique in the Running Long Lump.**
8. Any athlete who throws a softball **further than 25 meters** at Area Games (except in the 8-11 age group) cannot enter the Softball Throw at State Games. These athletes can enter the Shot Put if they have been training.
9. Athletes can enter a combination of Level I and Level II events as long as all the above rules are followed. They cannot also enter Level III events.

Relay Events

1. Only six names may be entered on a relay team (four primary runners and two alternates). All entered athletes, including the alternates, must have times for the distance of their relay legs (100 or 400 meters).
2. An alternate may be listed for multiple relay teams for the same delegation.
3. Alternates must meet all training and qualifying standards to compete at Area/Regional or State competition.
4. At Area/Regional meets four of the six listed athletes must run to be eligible for a place and to advance to the State Summer Games. If an alternate runs, but no time is listed on the relay form, the team receives a participation ribbon.
5. At Area/Regional Meets, if two teams in the same event from the same delegation are missing runners, the teams may be combined to form one team. Only the members of this team qualify in this event for the Summer Games.
6. At State Summer Games the four athletes who ran at Area Games are the starting four members of the team. They can be substituted in the Preliminary Round by the other two eligible athletes only if the athletes who ran at Area Games are injured or absent. Only the four athletes who ran in the Preliminary round can run in the Final round for the team to be eligible for awards. If a substitution is made from Prelims to Finals the team can only receive a participation ribbon. If there are no prelims for a relay event, teams must use the four runners from Area Games to be eligible for a place.
7. At State Summer Games, If two relay teams from the same delegation in the same event do not have enough runners they may combine to form one relay team. All above rules still apply.
8. Athletes may not enter traditional and Unified relays of the same distance (4x100 and 4x100 Unified), but may enter traditional and Unified relays of different distances (4x100 and 4x400 Unified).

Unified Relay Events

All Relay Event Registration Rules (above) apply with the following additional requirements:

1. A Unified relay team must consist of two athletes and two partners. Teams may not participate with three Athletes and one partner.
2. A maximum of one alternate athlete and one alternate partner may be listed as members of the Unified relay team. These alternates may be listed as alternates for other teams within the delegation.
3. Teams should be made up of athletes and partners of similar age and ability. Teams will be classified by the oldest member of the team.
4. Team members may run in any order.
5. Athletes may not enter traditional and Unified relays of the same distance (4x100 and 4x100 Unified), but may enter traditional and Unified relays of different distances (4x100 and 4x400 Unified).

Level I Wheelchair Events

1. Level I Wheelchair events are held and staged at the same location as the 50m and 100m races.
2. Level I Wheelchair athletes cannot enter Level III Wheelchair events.

Level III Events

***Note: Assisted events (10m and 25m Assisted walks) refer to an assistive device such as a walker or cane. In no events can an athlete have an assistant on the track with them. If an athlete cannot successfully compete in any event without personal assistance, a note must be attached to the registration for that athlete.**

1. Athletes entered in the 10m Assisted Walk cannot enter an Unassisted Walk.
2. Athletes entered in the 25m, 50m, or 100m Dash cannot enter an Assisted Race.
3. **Athletes may enter up to two throwing events (Tennis Ball, Softball Throw, or mini javelin).**
4. Level III athletes cannot enter Level I or II events at State Games.
5. Level III athletes can enter up to **four** events (**one of which must be a relay**) at State Games (two Track, and one Field or two Field, and one Track).

Level III Wheelchair Events

1. Athletes in Level III Wheelchair events can enter any two Level III Wheelchair events and the 10 meter assisted walk, or three Level III Wheelchair events.
2. **Athletes in Level III Wheelchair events may enter up to two throwing event. (Tennis Ball Throw, Softball Throw, or Mini Javelin Throw)**

Registration Notes

1. Always use meters and centimeters when recording and registering measurements for field events. Example: In the Running Long Jump an athlete jumps two meters and 53 centimeters. The score is recorded or registered as 2.53 meters or 2.53m.

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
2. For track events record all times as follows: (Minutes: Seconds. Tenths) Example: an athlete runs the 800 meter run in two minutes and 32.6 seconds. His/her time is recorded or registered as 2:32.6.

SECTION F – ATHLETIC ATTIRE AND FOOTWEAR

1. In all events competitors must wear clothing that is clean, designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. No jeans or cutoffs should be worn. Athletes should compete in track singlets, T-shirts or tank tops with the name or logo of their delegation and running or gym shorts.
2. A competitor may compete in bare feet (only if the track is deemed safe and not on cinder or dirt tracks) or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip of the ground. Such shoes, however, must not be constructed so as to give the competitor any additional assistance, and no spring or device of any kind may be incorporated in the shoes. A shoe strap over the instep is permissible.
3. Spikes may be worn. The sole and the heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used, but the number of spike positions shall not exceed 11. The length of the spikes used may not exceed 5/8 inch. Any athlete wearing spikes will be required to have them inspected by an official at the Coaches Meeting prior to competition.

SECTION G – OFFICIALS

1. The Marshal shall have full charge of the enclosure or course and shall prevent anyone but officials and actual competitors from entering or remaining therein. The Marshal shall control the Marshal's assistants and assign to them their respective duties.

2. The Starter shall have entire control of the competitors at their marks and shall be the sole judge as to whether or not any competitor has committed a false start. If it is deemed necessary, an Assistant or Recall Starter may be provided to assist the Starter in starting an event, also with the authority to recall the competitors, by the firing of a pistol, in any race in which, in his/her opinion or that of the Starter, the start was not fair.
3. The Finish Line Coordinator shall be responsible for alerting all Finish Line Officials that a track event is about to begin and to ensure that these officials are ready to perform their assigned duties prior to the commencement of that event. When this is accomplished, the Finish Line Coordinator shall inform the officials at the starting line of this condition. It is also the duty of the Finish Line Coordinator to ensure that the finish line area is free of all unauthorized personnel during the start, the progress, and the finish of a track event. A Finish Line Coordinator may be assigned to assist the Chief Finish Line Judge and/or Chief Timer in recording times and places.
4. A Jury of Appeals composed of three or five persons, preferably certified officials, may be established by the Games Committees to consider appeals from decisions of the Referee as to matters that developed during the conduct of the event. One of its members shall be the Chair.

SECTION H – COACHES AND THEIR RESPONSIBILITIES

1. It is mandatory that the Head Coach for each delegation be certified by SOHI in Track and Field in order for that team to participate in the State Summer Games. (Exceptions may apply to first year programs.) It is recommended all coaches be certified by Special Olympics Hawaii.
2. Coaches are not allowed in competition areas, unless given approval by the competition committee. Athletes are subject to disqualification if coaches do not adhere to the officials and USA Track & Field rules.
3. Coaches cannot physically assist or pace athletes in any events.
4. Coaches are responsible for knowing and understanding the rules of the sport, not only the modified rules in this manual, but also NGB rules. The National Governing Body of Rules for Special Olympics Athletics is **USA Track & Field**. The USA T&F Rules Book can be found at www.usatf.org
5. Coaches must make sure that all runners and walkers report to the Clerk of Course in the Track Staging Area no later than the check-in time designated in the Coaches Handbook or event schedule, or announced at the event. All field event competitors shall report to the Staging clerk for their respective events at the designated time.
6. Protests concerning the eligibility of an entered competitor must be made to the Registration Director of the Games prior to the commencement of the meet or to the Head Official prior to the meet.
7. Protests relating to matters, which developed during the conduct of the competition, must be made in writing to the Head Official at once and not later than 30 minutes after a result has been announced.

SECTION I – DIVISIONING

1. Athletes will compete in one of five age groups:
 - a. Junior: ages 15 and under (May be split 8-11 and 12-15)
 - b. Senior: ages 16-21
 - c. Masters: ages 22-29
 - c. Senior Masters: ages 30 and over
 - d. Open Age Group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division or to ensure quality competition

Note: The oldest member of a relay team will determine the age division of the team. It is suggested that delegations form teams that are age appropriate. Male, Female, and Co-ed teams will be divisioned together unless there are enough teams within a category to create equitable divisions.

2. Athletes are divisioned for Area Games based on their best training entry scores. Athletes are divisioned for State Games based on their Area Games scores. All relay teams will run both Preliminary and Final rounds at State Games. A relay team must run in the Prelims to be eligible for the Final. If there are fewer than five teams in a Relay event at State Games only a Final will be run.

SECTION J – RULES OF COMPETITION

1. TRACK EVENTS - Rules and Modifications

A. Start of a Race

1. The start of a race shall be indicated by a line marked on the track or ground not more than 5cm wide (approximately 2 in.). When starting, all competitors 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.
2. All running and walking events shall be started by the report of a pistol or any similar device fired upward after all competitors are steady.
3. In events up to and including the 400m dash, the commands of the Starter shall be "on your marks" and "set," and after all competitors are "set," the pistol shall be fired. The Starter shall not fire the pistol while any competitor is in motion after the command "set".
4. In the 800m and 1500m races the command shall be "on your marks" and when all competitors are steady, the pistol shall be fired. A competitor shall not touch the ground with his/her hand(s).
5. Prior to each running event, the Starter shall give instructions to competitors concerning the commands to be used. Before the start signal is given, the Starter shall ascertain that the Timers and Judges are ready.
6. The Starter shall decide all questions concerning the start.
7. No later than the command "on your marks," the Starter shall raise the hand with the pistol. That hand shall remain extended above the head until the pistol has been fired. The hand without the starting pistol shall be raised at the "on your marks" command and dropped at the firing of the pistol to accommodate the hearing impaired.
8. If a competitor commences the starting motion after assuming a full and final set position and before the report of the pistol, it shall be considered a false start.
9. If a competitor after the command "on your marks" disturbs other competitors in the race through sound or otherwise, it may be considered a false start.
10. The Starter or any Recall Starter, who is of the opinion that the start was not fair, shall recall the competitors by firing a pistol.
11. No penalty shall be imposed for the first false start, but the Starter shall disqualify any and all offenders on the second false start.
12. The starter shall give each competitor a chance to do his/her best by:
 - a) Giving the competitors ample time to settle down after taking their marks.
 - b) Starting the sequence over if any runner is off-balance.
 - c) Not holding the runners too long after the set signal.

B. The Competition

1. 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.
2. Each competitor shall run in a direct line after entering the final straightaway in all races of two or more turns, unless there is another competitor in his or her path.
3. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to impede his or her progress shall be liable to disqualification in that event. The Referee shall have the authority to order the race to be re-held, excluding the disqualified competitor or, in the case of a heat, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified competitor) to compete in a subsequent round of the race.
4. In races run entirely in lanes, each competitor must keep in the allotted lane from start to finish. In races run partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points. Unless a material advantage has been gained, a competitor shall not be disqualified if he or she:
 - (a) is pushed or forced by another competitor to run out of the lane.
 - (b) runs out of the lane on the straightaway.
 - (c) runs outside of the outer lane line on the curve.

Excluding the above exceptions, the Referee shall disqualify a competitor if an Umpire reports that the competitor has run out of the lane.

5. In the 800m Race, runners will run in their lanes through the first turn and break toward lane 1 at the break line after the first turn.
6. In the 1500m Race, a Waterfall start shall be used.
7. No competitor, after leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor.
8. Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself/ herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition may be disqualified by the Referee from future competition at the meet.
9. To be considered a finisher and eligible for awards, a competitor must complete the race.
10. During the progress of an event a competitor may not be paced by persons not participating in the event or by competitors lapped or about to be lapped. Competitors may not receive any physical assistance.
11. Medical personnel authorized by the Games Committee or Referee to do so may examine any athlete who appears in distress. If in their opinion it is in the best interest of the athlete's health and welfare, they may remove the athlete from the competition.
12. 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.

C. Race Walking

1. Athletes must have one foot in touch with the ground at all times.
2. In all race walking events, an athlete does not have to have a straight advancing leg while competing.
3. In race walking events, up to and including the 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, an advantage has been gained.

D. Relay Races

1. The baton shall be a smooth hollow circular tube made of wood, metal or other rigid material in one piece. Its length shall be not more than 30cm and not less than 28 cm. Its circumference shall be 12-13cm and it shall weigh not less than 50g.
2. Each take-over zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
3. The 4x100m shall be run entirely in lanes. In the 4x400m relay race, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes.
4. In the 4x100m Relay, members of a team other than the first runner may commence running not more than 10m outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit.
5. In the 4x400m Relay, at the first take-over, which is carried out with the athletes remaining in their lanes, the 2nd runner is not permitted to begin running outside the take-over zone, and shall start within this zone. Similarly, the 3rd and 4th runners shall begin running from within their take-over zones. The second runners will start in his/her lane and break toward lane one at a breakline marked after the first turn.

NOTE 1: *To assist competitors identify the breakline, small cones or prisms (5cmx5cm) no more than 15cm high of the same color as the breakline may be placed on the intersection of each lane and the breakline.*

6. The runners in the third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone.
7. In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton that is decisive, and not the position of the body or limbs of the runners.
8. Runners, after handing over the baton, should remain in their respective lanes or zones until the course is clear, to avoid obstruction to other competitors. Should any runner willfully impede a member of another team by running out of position or lane at the finish of the leg, the impeding runner is liable to cause the disqualification of his/her team.
9. Assistance by pushing off or by any other method will result in disqualification.
10. All members of the relay team must be identifiable as team members. Team identification shall be clearly visible and shall distinguish one team from another.

E. Modified Events

1. 50 Meter Dash –Level III:

This event provides meaningful competition for athletes with the physical ability to complete the race but may need the assistance of a registered coach in staging, getting to the start line, being picked up at the finish line, or in awards.

2. 25 and 50 Meter Dashes and 25 Meter Race Walk:

These events provide meaningful competition for athletes with lower ability levels. Rules are the same as in section A and B; only the distances have been shortened.

2. 10 and 25 Meter Assisted Walks:

Note: Assisted events (10m and 25m Assisted walks) refer to an assistive device such as a walker, cane, or crutches. In no events can an athlete have an assistant on the track with them. If an athlete cannot successfully compete in any event without personal assistance a note must be attached to the registration for that athlete.

These events provide meaningful competition for athletes with lower ability levels.

- a) Athletes must provide their own walking aids.
- b) Set-Up:
 - 1) Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for assistive devices.
 - 2) Place cones on each line, two meters apart, to create start and finish gates for each line.
 - 3) Create lanes by placing cones or chalk lines down the track between the start and finish gates.
 - 4) Guidelines or bells may be used for blind or visually impaired athletes.
- c) Rules:
 - 1) Athlete starts behind the start line with a walking aid. The assistive device may be over the line.
 - 2) Athlete begins race at the sound of the starter's gun or whistle.
 - 3) Athletes stay in his/her designated lane.
 - 4) Athlete may not receive assistance from coaches, officials, etc.
- d) Score:

Athlete is timed from the smoke/fire of the starter's gun to when his/her torso crosses the finish line.

2. FIELD EVENTS - Rules and Modifications

A. General Rules and Scoring

In field events each athlete shall be allowed three non-consecutive attempts. All three attempts should be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring. If athletes are tied, the second-best performance of the tied competitors shall resolve the tie. If the tie still remains, the third-best performance of the tied competitors shall resolve the tie.

B. Running Long Jump

1. In the Running Long Jump, an athlete **must** be able to jump at least one meter, which is the distance from the take-off board/line to the sand pit.
2. The length of the run is unlimited.
3. Each competitor shall be allowed three non-consecutive jumps.
4. The athlete's best jump will be used to determine places. All three jumps shall be measured and recorded for the purpose of breaking ties.

5. The measurement of the jumps shall be made at right angles from the take-off line, or the take-off line extended, to the nearest break in the landing area made by any part of the body of the competitor (including shoes and uniform).

6. It shall be counted as a failure or foul if any competitor:

(a) With any part of the body, whether running up without jumping or in the act of jumping:

i. Touches the ground on the runway immediately beyond the take-off line.

ii. Touches the ground beyond the marker material or the takeoff line extended.

(b) Takes off to either side of the take-off board, whether beyond or behind the take-off line extended.

(c) In the course of landing, touches the ground outside the landing area nearer to the take-off line extended than the nearest break in the landing area made by the jumper.

(d) After a completed jump, walks back into the landing area.

(e) Employs any form of somersaulting prior to contact in the landing area.

NOTE 1: *If the competitor takes off before reaching the take-off line, it shall not for that reason be counted a failure or foul.*

NOTE 2: *It is not a foul if the competitor runs outside the lines marking the runway at any point.*

NOTE 3: *It is not a foul if the competitor stands and jumps from behind the 1 meter take-off board.*

7. Aids:

(a) No marks shall be placed on the runway, but a competitor may place one or two markers (supplied or approved by the Games Committee) alongside the runway to assist in the run-up and take-off. No chalk or indelible mark.

(b) No marks shall be placed in any pit or landing area.

(c) Athletes may have assistance from an official to mark their take-off mark.

C. Standing Long Jump

1. Competitors shall start with both feet entirely behind a designated take-off line and on the ground. The take-off line shall be placed at the nearer edge of the landing area.
2. 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 until the jump has commenced or the jump will be ruled a foul.
3. The athlete must keep both feet behind the take-off line until the jump has commenced or the jump will be ruled a foul.
4. Each competitor shall be allowed three non-consecutive jumps.
5. The athlete's best jump will be used to determine places. All three jumps shall be measured and recorded for the purpose of breaking ties.
6. Distance will be measured from the closest part of the athlete's body that is touching the ground. (i.e.. heel of the closest foot, or hand if the athlete falls back), to the take-off line.
7. If an athlete at area games jumps over 1.3 meters, they will automatically be placed in Running Long Jump for State Games.

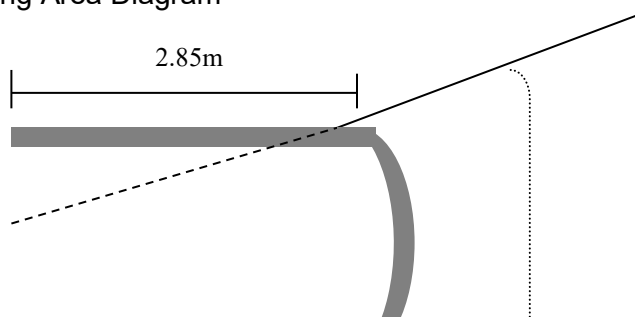
D. Shot Put

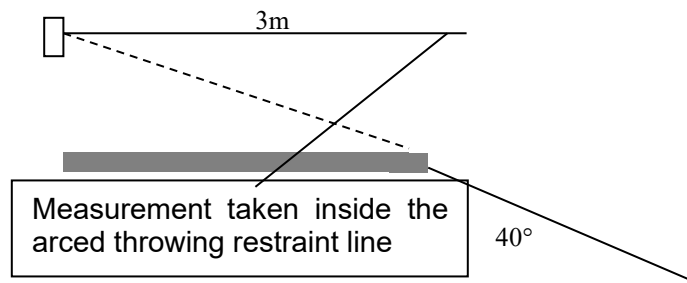
1. The shot may be steel, brass, or a synthetic-covered implement.
2. A legal put shall be made from within the circle of which the inside diameter shall measure 2.135m (7 ft.), and the athlete, or his/her wheelchair, in the course of an attempt may not touch the top edge of the stopboard, the line of the circle, or any surface outside of the circle. It is legal to touch the inside of the stopboard or the iron band.
3. The use of any mechanical aid shall not be allowed. For protective purposes only, the wrist, the hand, or as many as two adjoining fingers may be taped. There shall be no connecting tape between the fingers and the palm, fingers and the back of the hand, wrist and the palm, wrist and the back of the hand, fingers and the wrist and the front and the back of the hand between the fingers.
4. The Shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the Shot shall touch or be in close proximity to the neck or chin, and the hand shall not be dropped below this position during the act of putting. The Shot must not at any time be brought behind the line of the shoulders.
5. A competitor must start from a stationary position inside the circle and must exit the back half of the circle upon the completion of the put.
6. The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following:
 - a) Uses any method contrary to the definition of legal put.
 - b) Causes the shot to fall on or outside the lines marking the putting sections.
 - c) Puts a shot that does not conform to the legal requirements.
 - d) Wears any illegal device or taping on the putting arm, wrist, hand or fingers.
7. Each competitor shall be allowed three non-consecutive throws. Measurement of each throw is required for the purpose of breaking ties. The longest measurement of the three throws will be used to determine places.
8. The measurement of each throw shall be made from the mark of where the Shot first touched the ground to the inside of the stopboard along a straight line from the mark to the center of the circle.

E. Softball Throw

This event provides meaningful competition for youth and athletes with lower ability levels.

1. A 30 centimeter (12") in circumference softball shall be used.
2. Competitors may use any type of throw.
3. The throwing area should be set up as follows:
 - a) Mark off two parallel lines that are 2.85 meters in length, with each of the ends being 2 meters apart. At the back end of the throwing area, place a mark 10 centimeters in length directly in the middle of the two end lines. (This is your pull through point for measurement.) From this mark, extend an imaginary parallel line out 3 meters, mark this point, and draw an arc connecting both sidelines, which intersect this point. The ball must land within a sector determined by a 40-degree angle emanating from the center of the back line. Extend two lines out which intersect both points where the arc meets the sidelines.
 - b) Softball Throwing Area Diagram





4. Each competitor shall be allowed three non-consecutive throws. The longest measurement of the three throws will be used for scoring. Throws will be measured from the inner edge of the arced throwing restraining line. Measurement of all throws is required for the purpose of breaking ties.
5. It is counted as a foul if:
 - a) The softball lands outside of the vector lines
 - b) The competitor touches the arc or the ground beyond the throwing box.
6. Any athlete who throws a softball further than 25 meters at Area Games (except in the 8-11 age group) cannot enter the Softball Throw at State Games. These athletes can enter the Shot Put if they have been training.

F. Tennis Ball Throw

This event provides meaningful competition for athletes with lower ability levels. Rules are the same as for Softball throw except a Tennis Ball is used.

G. Mini-Javelin Throw

This event provides meaningful competition for athletes with lower ability levels. Rules are the same as for Softball throw except a Mini-Javelin is used.

Throws must be made in a forward motion, resulting in at least part of the javelin landing forward of the throwing line.

3. WHEELCHAIR EVENTS - Rules and Modifications

A. General Rules for Non-motorized Wheelchair events

1. Athletes shall start with all wheels behind the start line. Each wheelchair utilizes 2 lanes.
2. The starter will use the same process and commands used in standard track dashes.
3. A competitor completes the race when the first two wheels reach the perpendicular plane of the nearer edge of the finish line.
4. Motorized wheelchairs shall not be allowed in regular wheelchair races.
5. Only athletes who ambulate by use of a wheelchair may participate in these events.
6. Athletes shall not be pushed, pulled or otherwise assisted during these events.
7. The lanes for the wheelchair events shall be made two track-lanes wide.
8. In the 200m Wheelchair Race, if the wheels of the wheelchair move inside of the designated lanes on the curve the athlete shall be subject to disqualification.
9. Wheel chairs must be completely behind the throwing line in all throwing events.

B. 10 and 25 Meter Wheelchair Races

1. Each competitor must keep in his/her lane from start to finish and may not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification. The starter will use the same process and commands as in standard track dashes.

C. 30 Meter Wheelchair Slalom

1. The slalom race shall consist of competitors maneuvering through five cones placed every five meters along a 30 meter course. Competitors must go in-between all cones or be disqualified.
2. Athlete must maneuver his/her chair through the course going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
3. Knocking down a cone /marker constitutes a violation, and a three-second penalty.

D. General Rules for Motorized Wheelchair Events

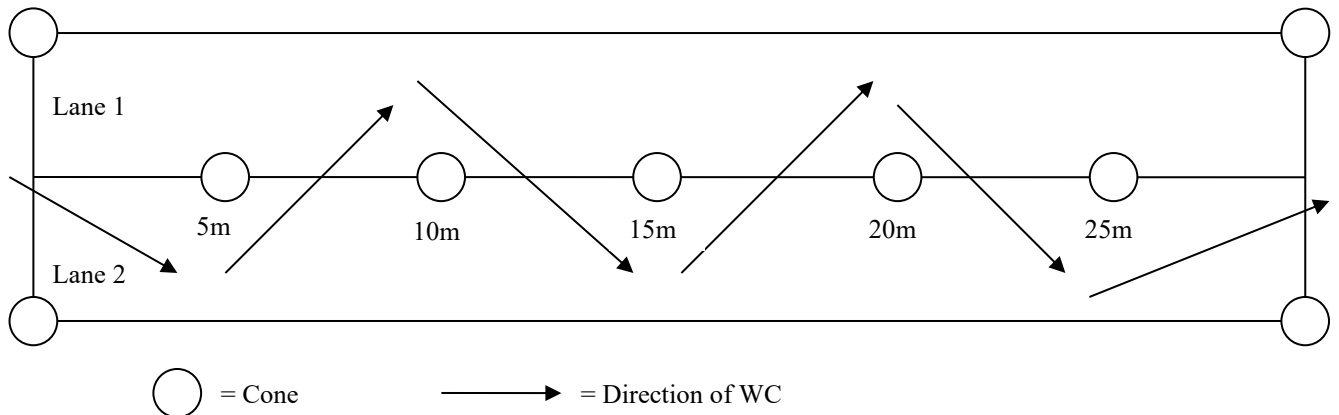
1. These events are restricted to motorized wheelchairs only.
2. The competitor starts with both all wheels behind the start line and completes the race when the first two wheels cross the finish line.
3. If a competitor varies from a sequence of obstacles, he/she must, without notice from any official, resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety, or be disqualified. In essence, failure to complete the course as designed will result in disqualification.
4. A competitor will be disqualified if that individual's coach (or assistants) enters the course boundaries during the running of the obstacle course. Coaches may instruct from outside the marked boundaries of the course. Judges and officials will not give directional cues.
5. When submitting entry times for Motorized Wheelchair Events, the entry form should state whether the time was achieved with a "high-speed" or a "low speed" setting.

E. 30 Meter Motorized Wheelchair Slalom

This event provides meaningful competition for athletes with lower ability levels.

1. Equipment: Chalk or tape and Traffic cones
2. Set-Up:
 - a) Mark the start and finish lines 30 meters apart.
 - b) Place the cones on the start and finish lines two meters apart to create a start and finish gate for each set of two lanes utilized for the race. Each wheelchair uses 2 lanes.
 - c) Beginning at the start line, place one cone in each lane at five meter intervals. Cones should be placed in the middle of the lanes.
3. Rules:
 - a) Athlete begins slalom with the leading wheels behind the starting line plane.
 - b) Athlete maneuvers his/her chair through the course going to the right of the first obstacle and across the finish line without impeding another athlete on the course. Knocking down of a cone constitutes a violation, and a three second penalty will be assessed. No penalty is assessed for moving/touching a cone.
4. Score:

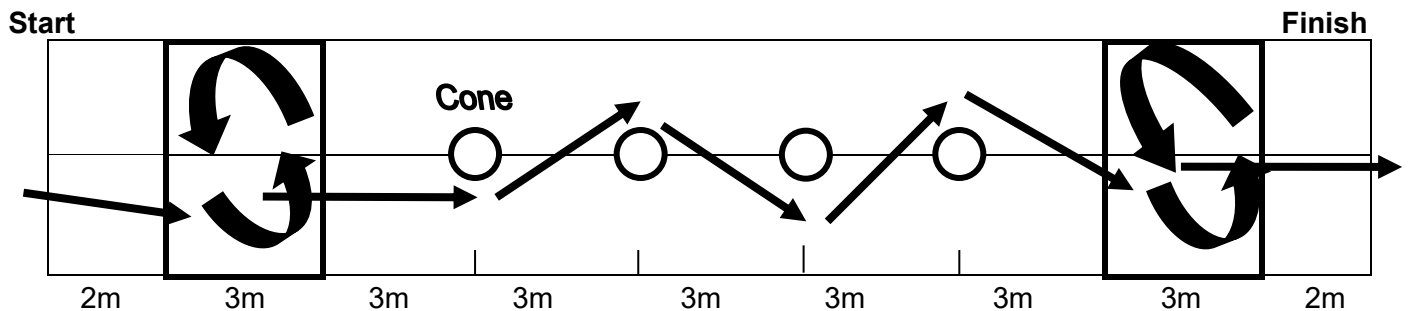
- a) Athlete is timed from the fire of the starter's gun to when the first two wheels on the motorized wheelchair reach the perpendicular plane of the nearer edge of the finish line.



F. 25 Meter Motorized Wheelchair Obstacle Course

1. Equipment: Chalk or tape and Traffic cones
2. Set-Up
 - a) Mark the start and finish lines 25 meters apart.
 - b) Mark one box two meters from the start line and one box two meters from the finish line. Each box should be three meters by three meters.
 - c) Place four cones between the boxes, each three meters apart.
 - d) Each wheelchair uses two lanes. No more than three wheelchairs in a race. One additional lane should be in between the wheelchair lanes.
3. Diagram:

Note: The 25 meter obstacle course is made from two lanes on the track.



4. Rules:
 - a) Athlete starts facing the course with all wheels behind the starting line.
 - b) The athlete completes a 360-degree circle between the starting line and first cone. Upon completion, the athlete weaves in and out of four cones set three meters apart, then completes a 2nd 360-degree circle between the 4th cone and the finish line.
 - c) The boxes (3m x 3m) are used only as an indicator for the athlete to complete the 360-degree circle between either the starting line and the first cone, or the fourth cone

and the finish line. No points and/or time shall be conducted for touching or going over the lines. The box can be outlined with tape or chalk.

- d) Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers are subject to disqualification at the discretion of the Referee.
- e) No more than three athletes per race.

5. Score:

- a) Athlete is timed from the smoke/fire of the starter's gun to when the leading wheels of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.

Special Olympics Coaches Code of Conduct

Special Olympics is committed to the highest ideals of sport and expects all coaches to honor sport and Special Olympics. This is the SOI and SOHI Coaches Code of Conduct. Local Delegations and Area Programs may also have Codes of Conduct specific to their program with certain specifications not included below. All Special Olympics coaches agree to observe the following code:

Respect for Others:

I will respect the rights, dignity and worth of athletes, coaches, officials, other volunteers, friends and spectators in Special Olympics.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability.

I will be a positive role model for the athletes I coach.

Ensure a Positive Experience:

I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.

I will respect the talent, developmental stage and goals of each athlete.

I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.

I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.

I will ensure that accurate scores are provided for entry of an athlete into any event.

I will instruct each athlete to perform to the best of the athlete's ability at all preliminary competition and finals competition in accordance with the Official Special Olympics Sports Rules.

Act Professionally and Take Responsibility for My Actions:

My language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will encourage athletes to demonstrate the same qualities.

I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions, during competition, or at any Special Olympics event or function.

I will refrain from any form of personal abuse towards athletes and others, including verbal, physical and emotional abuse.

I will be alert to any form of abuse from other sources directed toward athletes in my care.

Quality Service to the Athletes

I will seek continual improvement through performance evaluation and ongoing coach education.

I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.

I will provide a planned training program.

I will keep copies of the medical, training and competition records for each athlete I coach.

I will follow the Special Olympics Hawaii and National Federation/Governing Body rules for my sport(s).

Health and Safety of Athletes

I will ensure that the equipment and facilities are safe to use.

I will ensure that the equipment, rules, training and environment are appropriate for the age and ability of the athletes.

I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.

I will encourage athletes to seek medical advice when required.

I will maintain the same interest and support toward sick and injured athletes.

I will allow further participation in training and competition only when appropriate.

Violations of the Code of Conduct:

I understand that if I violate this Code of Conduct I will be subject to a range of consequences, up to and including being prohibited from coaching in Special Olympics.

Furthermore, I understand that I accept the responsibility for the behavior of the athletes under my supervision.

Should the behaviors and/or attitude of any coach or other faction of the member organization be contrary to the principles, goals, or philosophies of Special Olympics, then one or more of the following steps may be taken by the Games Committee, Sport Officials, or other representatives of Special Olympics Hawaii in an effort to alleviate the situation without further affecting Special Olympic athletes or the competition:

The coach may be notified of the undesirable behavior and requested to remedy the situation for continued participation, **and/or** the coach may be requested to withdraw personally, or as a team or organization, from the remainder of the event or tournament.

In the event of extreme or repeated behavior contrary to the best interests of Special Olympics, Special Olympics may:

Prevent the coach, team organization, or specific members of the delegation from participating in any or all Special Olympics events for a specified period of time, **and/or** prevent the coach, team, organization, or specific members of the delegation from participating in Special Olympics indefinitely.

Athlete/ Unified Partner Code of Conduct
Must be signed by athlete/partner and legal guardian each season

Special Olympics Hawai'i is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. The following code of conduct applies to in-person events, virtual events and activities (Zoom, etc.) and on relevant social media platforms. All athletes and Unified Partners agree to the following code:

Athlete/ Partner Standards of Behavior

- I will practice good sportsmanship.
- I will learn and follow the rules of my sport.
- I will act in ways that bring respect to my coaches, team, Special Olympics, and me.
- I will attend 75% or more of practices.
- I will participate in all activities as deemed necessary by my Head Coach or Head of Delegation.
- I will always try my best during training, divisioning events, and competition.
- I will obey all safety rules
- I will listen to and respect my coaches and officials and ask questions when I do not understand
- I will not "hold back" in preliminary competitions just to get into an easier finals competition division
- I will abide by and follow all laws, Special Olympics Hawai'i rules, and National Federation/Governing Body rules for my sport(s).
- I will not use or bring alcohol, drugs/controlled substances, or tobacco products at/to any Special Olympics event (practices, competitions, fundraisers, etc.)
- I will not verbally insult or abuse others or use inappropriate language (swearing). This applies to in-person, virtual and social media settings.
- I will not possess harmful or threatening weapons.
- I will not act in a violent, sexually inappropriate or disruptive manner with other athletes, coaches, volunteers, or staff. This includes inappropriate or unwanted physical, verbal, or sexual actions or behaviors, both in-person and on-line.

Disciplinary Measures for violations of the Code of Conduct

Minor Offenses: non-illegal or non-aggressive behaviors

- 1) 1st offense – verbal warning
- 2) 2nd offense – written warning with the possibility of short-term suspension, depending on severity of violation. Consequences may include:
 - a) Removal from practice(s)
 - b) Removal or suspension from Area/Regional competition
 - c) Removal or suspension from State Games, a season, or a longer period of time.
- 3) 3rd offense – Suspension from program for a period to be determined based on severity and timing of the current and past violations. Suspensions may range from one season to three years. If prior violations are minor, and/or not recent history, suspensions will be reviewed.

Major Offenses: Illegal acts and aggressive behaviors including sexual harassment, physical assault and threats of physical violence

- 1) Immediate suspension from the program, AND
- 2) Suspension or Removal from the SOHI program, suspension length determined by the SOHI Risk Management Group.

All disciplinary action may be appealed to the SOHI Appeals Committee by the athlete/ partner and/ or their legal guardian.

Note: All offenses will be documented and kept on file.

Travel to competitions or events: Athletes and Youth (8-17) Partners

In order for any Special Olympics Hawai'i athlete/youth partner to travel to a Regional or State competition they must meet the following travel requirements.

- Be able to travel with a Special Olympics designated chaperone for the duration of the event, including flights.
- Be able to independently manage the activities and skills of daily living, ie. toileting, showering, personal hygiene, etc., with minimal help.
- Cannot be a danger to themselves or others
- Cannot be a flight risk and must listen to instructions from their chaperone, coaches and Head of Delegation.
- Be able to compete in their events independently, or only with the level of assistance allowed in the rules for their specific events.

Athlete/ Partner:

I understand that I am to abide by this Code of Conduct, I will be subject to a range of consequences by Special Olympics Hawai'i up to and including not being allowed to participate.

Athlete/ Partner Signature: _____ Date: _____ Season: _____
To be signed by athlete/partner to indicate this code of conduct has been explained to them

Athlete/ Partner Signature: _____ Date: _____ Season: _____
To be signed by athlete/partner to indicate this code of conduct has been explained to them

Athlete/ Partner Signature: _____ Date: _____ Season: _____
To be signed by athlete/partner to indicate this code of conduct has been explained to them

Parent/guardian: *(Required for participants 17 and under or for any athlete who is not their own legal guardian)*

I understand that I am to do everything in my power to ensure that this athlete/partner understands and upholds this code of conduct.

Parent/Guardian Signature: _____ Date: _____ Season: _____

Parent/Guardian Signature: _____ Date: _____ Season: _____

Parent/Guardian Signature: _____ Date: _____ Season: _____