



Special Olympics

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**2012 Rule Change Summary
Athletics**

Change From	Change To
Name changed from ball throw for distance	Name changed to tennis ball throw
<p>Shot put Women (8-11 years) – 1.81 kg/4 lbs. Wheelchair shot put - 1.81 kg/ 4lbs.</p>	<p>Shot put Female (8-11 years) – 2kg/4.4 lbs. Wheelchair shot put – 2kg/ 4.4 lbs</p>
<p>SECTION B – RULES OF COMPETITION</p> <p>1. General Rules and Modifications for Track Events</p> <p>a. Use of blocks and starting race</p> <ol style="list-style-type: none"> 1) In races up to and including the 400 meters, the athletes have the option of using or not using blocks. 2) In competition, regardless of whether the athletes are using blocks in races 400 meters or below, the commands of the starter in English, French or in his/her own language shall be “on your marks,” “set” and, when all competitors are set, the gun shall be fired. <p>NOTE: In ALL International competitions the commands of the starter shall be given in English.</p> <ol style="list-style-type: none"> 3) In races 800 meters or longer, the commands shall be “on your marks” and, when all competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hand(s). 4) Starting races longer than 400 meters: 	<p>SECTION B – RULES OF COMPETITION</p> <p>1. General Rules and Modifications for Track Events</p> <p>a. Use of blocks and starting race</p> <ol style="list-style-type: none"> 1) In running events : 100m, 200m, 400m, 100m Hurdles, 110m Hurdles, 4x100m Relay, the athletes have the option of using or not using blocks. In these events the commands of the starter shall be “on your marks”, “set”, and when all competitors are steady, the gun shall be fired. 2) In all other running events, all walking events and all wheelchair races the commands shall be “on your marks” and when all the competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hand(s). The starter may give the commands in English or his/her own language. The language to be used will be communicated to all participants prior to the

a) 800 meters distance: Runner will run in the lanes through the first turn and ~~break toward lane one at the breakline marked after the first turn.~~

5) Starting Relays

a) 4 x 400 meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and break toward lane one at a breakline marked after the first turn. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats.

6) False Starts

An athlete who is charged with two false starts in the same race will be disqualified from that race.

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competition. For the Special Olympics World Summer Games, the commands of the starter shall be given in English.

3)The starter may give the commands in English or his/her own language. The language to be used will be communicated to all participants prior to the competition. For the Special Olympics World Summer Games, the commands of the starter shall be given in English.

4)Starting races longer than 400 meters:

a) 800 meters distance: Runner will run in the lanes through the first turn as far as the nearer edge of the breakline where athletes may leave their respective lanes.

5) Starting Relays

4 x 400 meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and will run in their lanes through the first turn as far as the edge of the breakline where athletes may leave their respective lanes. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats

7) False Starts

Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.

e. Use of wind gauge

For all competitions, the use of the

	<p>wind gauge and the recording of wind readings are not required.</p>
<p>SECTION B – RULES OF COMPETITION</p>	<p>SECTION B – RULES OF COMPETITION</p> <p>2. General Rules for Field Events</p> <p>a. <u>Measurements, Time requirements to initiate an attempt, and wind gauges</u></p> <ol style="list-style-type: none"> 1) In the long jump, standing long jump and throwing events (shot put, softball throw, mini-javelin and tennis ball throw) each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring. <u>Athletes' second best, and then third best, attempts shall be used to break ties.</u> 2) For individual field event competitions (Long Jump, Standing Long Jump, and throws) and combined events, a competitor shall be charged with a foul if the competitor does not initiate and attempt within 1 minute after the competitor's name has been called, in addition to a visual indication made by the event judge. For the High Jump, where there are three or more athletes remaining in the competition the time shall be 1 minute. Where there are 2 or 3 athletes remaining in the competition the time shall be 1.5 minutes. Where there is 1 remaining athlete in the competition the time shall be 2 minutes. 3) For all competitions the use of the wind gauge and the recording of wind readings are not required. <p>b. Long Jump</p> <ol style="list-style-type: none"> 1) In the long jump, an athlete must be able to jump at least 1 meter, which is the <u>maximum</u> distance between the take-off board and the sand pit. <p>h. Mini Javelin</p> <ol style="list-style-type: none"> 8) The measurement of each throw shall be made from where the tip first struck the ground to the inside edge of the arc. 10) It is counted as a foul if the competitor: <ol style="list-style-type: none"> a) Does not use the proper throwing technique.

	<ul style="list-style-type: none">b) Does not throw the mini-javelin so that the point (tip) lands before any other part of the implement.c) Does not throw the mini-javelin so that the point (tip) falls completely within the inner edges of the sector lines.d) <u>Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.</u>
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NOTE: For full detail of Proposed Rule Changes (Accepted and Denied) please contact your Regional Sport Director. This list does not indicate those proposed changes that were not adopted by the Sports Rules Advisory Committee in 2012.