



2010 Rule Change Summary Summer Sports - General

Change From	Change To
Change footer from <u>2009</u>	Change footer to <u>2010</u>
See bottom of the page within the sport specific rules	See bottom of the page within the sport specific rules

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 2009.

2010 Rule Change Summary Aquatics

Change From	Change To
<p>Section B.1.f</p> <p>Standing on the bottom in the racing course is allowed only for the purpose of resting.</p>	<p>Section B.1.f</p> <p>Standing on the bottom in the racing course is allowed for <u>flotation events, assisted events and the 15m unassisted event</u> for the purpose of resting. Walking on or jumping from the bottom must disqualify the competitor. <u>This rule will not apply to the 15m walk.</u></p>
<p>Section B.3.d</p> <p>Relay swimmers should exit the pool as soon as possible following the completion of their relay leg.</p>	<p>Section B.3.d</p> <p>Relay swimmers should exit the pool as soon as possible following the completion of their relay leg. <u>Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment. A swimmer remaining in the water should move a short distance away from the end of the pool, close to the lane rope but shall not obstruct a swimmer in another lane. Obstruction of a swimmer in another lane shall cause the team to be disqualified.</u></p>
<p>Section B.4</p> <p>Walking & Flotation Events – No flotation device is allowed for any event other than the specified flotation events.</p>	<p>Walking & Flotation Events</p> <p>Note: The previous information was a duplication of what is currently listed in Section B.4.b.2</p>

2010 Rule Change Summary Athletics

Change From	Change To
	Minor formatting changes throughout the document.
Section B – Rules of Competition 2. General Rules for Field Events d. High jump 5) When there is a tie in the high jump even after the countback of failures, the athletes tying shall be awarded the same place in the competition. More than one medal should be awarded instead of running a jump-off until the tie is resolved.	Section B – Rules of Competition 2. General Rules for Field Events d. High jump 5) When there is a tie in the high jump event after the count back of failures, the athletes tying shall be awarded the same place in the competition – there is no jump-off to break the tie.
Section B- Rules of Competition 3. General Rules for Combined Events a. Pentathlon 3) The pentathlon may be conducted over either one day or two consecutive days. Where it is held over two consecutive days, events one, two and three shall be held on the first day, with events four and five on the second day.	Section B – Rules of Competition 3. General Rules for Combined Events a. Pentathlon 3) The pentathlon shall be conducted on a one-day or a two consecutive day format. In the two-day format events one, two and three are on the first day, and events four and five on the second day.
Section B – Rules of Competition 4. General Rules for Wheelchair Events e. 30 Meter Wheelchair Slalom 1) 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.	Section B – Rules of Competition 4. General Rules for Wheelchair Events e. 30 Meter Wheelchair Slalom 1) Beginning at the start line, place one cone in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes (see diagram on page 8).

2010 Rule Change Summary Handball

Change From	Change To
Team Handball	Handball

2010 Rule Change Summary Powerlifting

Change From	Change To
<p>Section B – Equipment 1.i All discs must be clearly marked with their weight and must weigh within <u>25</u> percent of their face value</p>	<p>Section B – Equipment 1.i All discs must be clearly marked with their weight and must weigh within <u>.25</u> percent of their face value</p>
<p>Section B-Equipment 2.a Standard Flat Level Bench</p>	<p>Section B-Equipment- 2.a Standard Flat Level Bench (attached safety standards must be used for all events)</p>
	<p>Section B-Equipment 3.a.6 Long pants may not be worn.</p>
<p>Section B-Equipment 3.c Undershorts</p>	<p>Section B-Equipment 3.c Briefs</p>
<p>Section –B-Equipment 3.d Footgear Socks may be worn. Some type of shoe or boot must be worn.</p>	<p>Section –B-Equipment 3.d Footgear Long socks (up to the knee) must be worn for the Deadlift. Sports type shoes e.g. trainers, powerlifting or weightlifting boots ONLY must be worn. No hiking or work boots allowed.</p>
	<p>Section B-Equipment 3.e Belt Belts shall not have additional padding.</p>
	<p>Section B – Equipment – 3.f. 2). a.b. 2). Knee wraps – wraps not exceeding 2 meters in length and 8 cm in width may be used.. When worn, wraps should not be in contact with the socks or the lifting suit.</p> <p style="padding-left: 40px;">a) Supportive wraps – Only IPF approved wraps shall be permitted for use in powerlifting competitions.</p> <p style="padding-left: 40px;">b) Non supportive wraps: Wraps made of medical crepe or bandage and sweatbands do not require IPF approval.</p>
<p>Section C-Divisioning and Competition Schedule. 1 1. Athletes shall be placed in divisions according to gender, age, ability and weight class. Minimum age to compete is <u>16</u> Gender:</p>	<p>Section C-Divisioning and Competition Schedule. 1 1. Athletes shall be placed in divisions according to gender, age, ability and weight class. Minimum age to compete is <u>14</u> Gender:</p>

Male/Female. Age: <u>Senior:16-21, Master:22 and over</u> , Divisions: all weight classes.	Male/Female. Age: <u>Sub-Junior: 14-18, Junior 19-23, Senior:24-39, Master:40 and over</u> , Divisions: all weight classes
Section D – Personnel – 2. 2. The Chief Referee will be solely responsible for decisions made in the case of loading errors or incorrect announcements by the speaker, who is the master of ceremonies and is responsible for the efficient running of the competition.	Section D- Personnel – 2. 2. The Chief Referee will be solely responsible for decisions made in the case of loading errors or incorrect announcements by the speaker. <u>The Chief Referee’s decision will be given to the speaker who will make the appropriate announcement.</u>
	Section E – Rules of Competition 1. e & f e. First round attempts should be submitted at weigh-ins. f. A lifter must submit his second or third attempts within one minute of completing his preceding attempt. The one minute will begin from the time the lights are activated. If no weight is submitted within the one minute time allowance, the lifter will be granted a 2.5kg increase on his next attempt. Should the lifter have failed his previous attempt, and not submitted a weight for a further attempt within the one minute time allowance, then the bar will be loaded to the failed weight.
Section E – Rules of Competition- 1.g The Wilkes Formula (WF * See Appendix) is presented as a table of coefficients	Section E – Rules of Competition- 1.i The Wilkes Formula (WF * See Appendix) is presented, <u>in kilograms</u> , as a table of coefficients.
	Section E – Rules of Competition, 2.a.3 Added illustration showing proper depth in squat
Section E- Rules of Competition, 2.b.4).d) Any uneven extension of the arms during the lift.	Section E- Rules of Competition, 2.b.4).d) Any pronounced/exaggerated uneven extension of the arms during the lift

2010 Rule Change Summary
Rhythmic Gymnastics

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	ADD: Section E – Judging, 1.g. 1. General Judging Concerns g. If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.

2010 Rule Change Summary Sailing

Change From	Change To
<p>Section A – Official Events – 3.b.</p> <p>b. Level II – Unified Sports team: a Special Olympics athlete member of the crew shall control the helm for <u>50</u> percent of the race.</p>	<p>Section A- Official Events – 3.b.</p> <p>b. Level II – Unified Sports team: a Special Olympics athlete shall control the helm for <u>100</u> percent of the race <u>commencing at the warning signal throughout the complete race until clearing the finish line.</u></p>
<p>SECTION F - SAFETY</p> <p>1. Competitors with seizure disorders and asthma shall provide information about these conditions to their coach and the Organizing Authority for the event. All single handed competitors shall be seizure free, with or without with the aid of medication, for a minimum of one year. Competitors who suffer minimal seizures and asthma may compete when accompanied by another competitors.</p>	<p>SECTION F - SAFETY</p> <p>1. Competitors with seizure disorders, serious asthma, heart, or other ailments that could impact on their typical sailing performance shall provide information about these conditions to their coach and the Organizing Authority for the event. As a guide all single handed competitors should be seizure free, with or without the aid of medication, for a minimum of one year. Competitors who suffer minor asthma and other minor ailments may compete provided they have notified the Organizing Authority in writing. Competitors who suffer minor seizures must be cleared by a physician prior to participation. Where an Athlete’s coach is concerned about the Athlete’s ability, the coach should recommend the Athlete be accompanied by (a) another Athlete, (b) Unified Partner or (c) Coach as care giver.</p>

2010 Rule Change Summary Volleyball

Change From	Change To
<p data-bbox="191 373 737 405">Individual Skills Competition Event #2: Serving</p> <p data-bbox="191 426 375 457">3) Description</p> <p data-bbox="240 474 760 573">The athlete stands <u>in the serving area</u> and serves 10 volleyballs, one at a time, into the opponent's court.</p>	<p data-bbox="831 373 1377 405">Individual Skills Competition Event #2: Serving</p> <p data-bbox="831 426 1015 457">3) Description</p> <p data-bbox="880 474 1409 573">The athlete stands <u>1 .5 meters inside the end line</u> and serves 10 volleyballs, one at a time, into the opponent's court.</p>