



## 2010 Rule Change Summary Winter Sports - General

Change From	Change To
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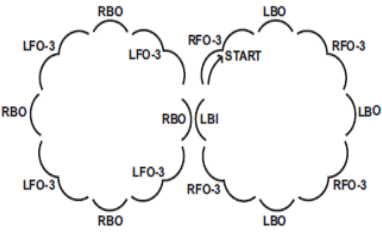
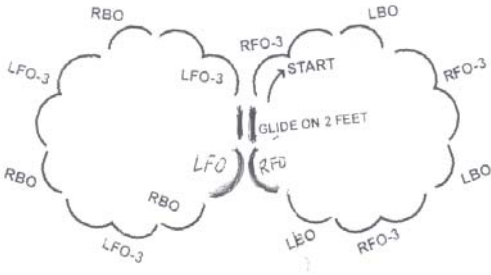
**NOTE:** For full detail of Proposed Rule Changes (Accepted and Denied) please contact your Regional Sport Director. This list does not indicate those proposed changes that were not adopted by the Sports Rules Advisory Committee in 2009.

## 2010 Rule Change Summary Figure Skating

Change From	Change To
<p>Section E – Rules of Competition 1.a.3) c)</p> <p>c) This is a Beginning Freestyle program. A well balanced program with elements selected from Badges 1-5 with emphasis on balance, glide and beginning moves done well that includes a selection of the following elements only:</p> <ul style="list-style-type: none"> <li>• Knee dip</li> <li>• Forward gliding dip</li> <li>• Forward march</li> <li>• Backward wiggle or march</li> <li>• Forward swizzles</li> <li>• Backward swizzles</li> <li>• Forward two-foot glide</li> <li>• Backward two-foot glide</li> <li>• Forward one-foot glide</li> <li>• Two-foot jump in place or moving</li> <li>• One-foot snowplow stop (left or right)</li> <li>• Forward stroking across rink</li> <li>• Forward two-foot curves left and right across the rink</li> <li>• Two-foot turn front to back on the spot</li> </ul>	<p>Section E – Rules of Competition 1.a.3).c)</p> <p>c) This is a Beginning Freestyle program. A well balanced program with elements selected from Badges 1-5 with emphasis on balance, glide and beginning moves done well that includes a selection of the following elements only:</p> <ul style="list-style-type: none"> <li>• Forward march or stroking</li> <li>• Backward wiggle or march</li> <li>• Forward swizzles</li> <li>• Backward swizzles</li> <li>• Forward two-foot glide</li> <li>• Backward two-foot glide</li> <li>• Forward gliding dip</li> <li>• Forward one-foot glide left and right (length of the body)</li> <li>• Two-foot jump in place or moving</li> <li>• One-foot snowplow stop (left or right)</li> <li>• Forward two-foot curves left and right</li> <li>• Two-foot turn front to back on the spot</li> </ul>
<p>Section E – Rules of Competition 1.b. 3). c)</p> <p>c) This is an Advanced Beginner Freestyle program. A well balanced program with elements selected from Badges 1-10 with emphasis on Glide and Turns and includes all elements listed in Level I as well as a selection of the following elements only:</p> <ul style="list-style-type: none"> <li>• Five consecutive forward one-foot swizzles on a circle (left foot and right foot)</li> <li>• Backward one-foot glide length of body (left foot and right foot)</li> </ul>	<p>Section E – Rules of Competition 1.b.3). c)</p> <p>c) This is an Advanced Beginner Freestyle program. A well balanced program with elements selected from Badges 1-10 with emphasis on Glide and Turns and includes all elements listed in Level I as well as a selection of the following elements only:</p> <ul style="list-style-type: none"> <li>• Consecutive forward one-foot swizzles on a circle (left foot and right foot)</li> <li>• Consecutive backward one-foot swizzles (left foot and right foot)</li> <li>• Backward one-foot glide length of body</li> </ul>

<ul style="list-style-type: none"> <li>• Bunny Hop</li> <li>• T-Stop (left or right)</li> <li>• Hockey stop</li> <li>• Backward stroking across the rink</li> <li>• Gliding forward to a backward two-foot turn</li> <li>• Gliding backwards to forward two-foot turn</li> <li>• Forward Pivot</li> <li>• Two-foot spin</li> <li>• Forward two-foot turn on a circle (left and right)</li> <li>• Forward outside three-turn (left and right)</li> <li>• Forward inside three-turn (left and right)</li> <li>• Forward spiral (left or right foot)</li> <li>• Five consecutive forward crossovers (left and right)</li> <li>• Five consecutive backwards crossovers (left and right)</li> <li>• Forward outside edge on a circle</li> <li>• Forward inside edge</li> <li>• Five consecutive backward half swizzles on a circle (left and right)</li> <li>• Forward lunge or shoot the duck at any depth</li> </ul>	<p>(left foot and right foot)</p> <ul style="list-style-type: none"> <li>• Bunny Hop</li> <li>• T-Stop left or right</li> <li>• Hockey stop</li> <li>• Backward stroking</li> <li>• Two-foot turn gliding forward to a backward</li> <li>• Two-foot turn gliding backwards to forward</li> <li>• Forward Pivot</li> <li>• Forward two-foot spin</li> <li>• Forward two-foot turn on a circle (two-foot three-turn) left and right</li> <li>• Forward outside three-turn (left and right)</li> <li>• Forward inside three-turn (left and right)</li> <li>• Forward spiral</li> <li>• Consecutive forward crossovers (left and right)</li> <li>• Consecutive backwards crossovers (left and right)</li> <li>• Forward outside edge</li> <li>• Forward inside edge</li> </ul> <p>Forward Lunge or Shoot the Duck (at any depth)</p>
<p>Section E- Rules of Competition 1.c.3) c)</p> <p>c) This is an Intermediate Level Freestyle program. A well balanced program with elements selected from Badges 1-12 with emphasis on Flow, Carriage and a slightly more advance skill level that includes all elements listed in Level I and Level II as well as a selection of the following elements only:</p> <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• One foot spin (minimum of three rotations)</li> <li>• Consecutive forward outside edges (minimum two on each foot)</li> <li>• Consecutive forward inside edges</li> </ul>	<p>Section E – Rules of Competition 1.c.3) c)</p> <p>c) This is an Intermediate Level Freestyle program. A well balanced program with elements selected from Badges 1-12 with emphasis on Flow, Carriage and a slightly more advance skill level that includes all elements listed in Level I and Level II as well as a selection of the following elements only:</p> <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• Backward Spiral</li> <li>• One foot spin (minimum of three revolutions)</li> <li>• Consecutive forward outside edges</li> </ul>

<p>(minimum two on each foot)</p> <ul style="list-style-type: none"> <li>• Consecutive backwards outside edges (minimum two on each foot)</li> <li>• Consecutive backwards inside edges (minimum two on each foot)</li> <li>• Forward inside Mohawk</li> <li>• Mohawk step sequence (repeat clockwise and counter clockwise)</li> <li>• Combination of any three moves listed above</li> <li>• Simple Footwork</li> <li>• Field moves (spirals, lunges etc.)</li> <li>• Salchow</li> <li>• Toe Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Consecutive forward inside edges</li> <li>• Consecutive backwards outside edges</li> <li>• Consecutive backwards inside edges</li> <li>• Forward inside Mohawk</li> <li>• Simpler footwork (Mohawk step sequence, Waltz three-step sequence, etc)</li> <li>• Field moves (spirals, lunges etc.)</li> <li>• Salchow</li> <li>• Toe Loop</li> </ul>
<p>Section E – Rules of Competition – 1.d.c)</p> <p>c) Waltz three step sequence: Performed in a figure eight pattern. A two step introduction may be added</p> <ul style="list-style-type: none"> <li>• Right forward outside three turn</li> <li>• Left back outside edge</li> <li>• Right forward outside three turn</li> <li>• Left back outside edge</li> <li>• Right forward outside three turn</li> <li>• Left backward inside edge</li> <li>• Left forward outside three turn</li> <li>• Right back outside edge</li> <li>• Left forward outside three turn</li> <li>• Right back outside edge</li> <li>• Left forward outside three turn</li> <li>• Right back outside edge</li> </ul>	<p>Section E- Rules of Competition – 1.d.c)</p> <p>c) Waltz three step sequence: Performed in a figure eight pattern. A two step introduction may be added</p> <ul style="list-style-type: none"> <li>• Right forward outside three turn</li> <li>• Left back outside edge</li> <li>• Right forward outside three turn</li> <li>• Left back outside edge</li> <li>• Right forward outside three turn</li> <li>• Left backward inside edge</li> <li>• Step forward to RFO edge</li> <li>• Glide on two feet back to center</li> <li>• Left forward outside three turn</li> <li>• Right back outside edge</li> <li>• Left forward outside three turn</li> <li>• Right back outside edge</li> <li>• Left forward outside three turn</li> <li>• Right back outside edge</li> <li>• Step forward to LFO edge</li> <li>• Glide on two feet back to center</li> </ul>

<p>Section E – Rules of Competition, 1.d.c)</p> 	<p>Section E – Rules of Competition, 1.d.c)</p> 
<p>Section E – Rules of Competition 3.b.1)</p> <p>b. Level II</p> <p>1) Eligibility: Skaters competing in Level II Ice Dance must be a Level III, but no higher than Level IV single skater. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes, 1 male and 1 female, 2 males or 2 females.</p>	<p>Section E – Rules of Competition 3.b.1)</p> <p>b. Level II</p> <p>1) Eligibility: Skaters competing in Level II Ice Dance must be <u>at least a Level III singles skater</u>. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes, 1 male and 1 female, 2 females or 2 males.</p>
<p>Section E – Rules of Competition 3.c.1)</p> <p>c. Level III</p> <p>1) Eligibility: Skaters competing in Level III Ice Dance must be a level IV or higher singles skaters. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes, 1 male and 1 female, 2 males or 2 females.</p>	<p>Section E – Rules of Competition 3.c.1)</p> <p>c. Level III</p> <p>1) Eligibility: Skaters competing in Level III Ice Dance must be <u>at least a level III singles skaters</u>. All ice dancing competitions may be skated solo or may be skated by a dance team comprised of two Special Olympics athletes, 1 male and 1 female, 2 females or 2 males.</p>
<p>Section H – Scoring – 3.c. 1) &amp; 2)</p> <p>c. Ice Dancing</p> <p>1) Compulsory events - 50 percent</p> <p>2) Dance sequence events - 50 percent</p>	<p>Section H – Scoring – 3.c. 1) &amp; 2)</p> <p>c. Ice Dancing</p> <p>1) <u>First Compulsory Dance</u> - 50 percent</p> <p>2) <u>Second Compulsory Dance</u> - 50 percent</p>
<p>Section H – Scoring – 4.</p> <p>Compulsory Event - Singles - Freestyle</p>	<p>Section H – Scoring – 4.</p> <p>Compulsory Event - Singles</p>

<p>Section H – Scoring 8.a.1) &amp; 2)</p> <p>8. Compulsory Events - Ice Dancing</p> <p>a. For the Compulsory dance, each judge will give one mark for the execution of the steps, depth of edge and timing where applicable.</p>	<p>Section H – Scoring 8.a.1) &amp; 2)</p> <p>8. Ice Dancing - <u>First Compulsory Dance</u></p> <p>a. For the <u>first compulsory dance</u>, each judge will give <u>two</u> marks.</p> <p><u>1) The first mark is a technical merit mark which rates the skater’s knowledge and execution of the steps, pattern and timing.</u></p> <p><u>2) The second mark is a manner of performance mark which rates the skater’s expression and the style of the dance rhythm skated.</u></p>
<p>Section H – Scoring 9.a.1)</p> <p>Final Round - Ice Dancing</p> <p>a. For the dance final round, each judge will give two marks.</p> <p>1) The first mark is a technical merit mark which rates the skater’s knowledge and execution of the steps and knowledge and execution of the pattern.</p>	<p>Section H – Scoring. 9.a.1)</p> <p>Ice Dancing – <u>Second Compulsory Dance</u></p> <p>a. For the <u>second compulsory dance</u>, each judge will give two marks.</p> <p>1) The first mark is a technical merit mark which rates the skater’s knowledge and execution of the steps, pattern <u>and timing.</u></p>
	<p>Section H- Scoring – 10.a. &amp; b</p> <p>10. Final Score and Placement - Calculation of the results</p> <p>a. For the determination of the results of <u>International Competitions and Special Olympics World Winter Games</u> the ISU 6.0 – OBO System as prescribed in rules 353-357 of the ISU- Regulation 2002 have to be used.</p> <p>b. It is permitted to use the following system for the determination of the results of National and sectional competitions and/or skill competitions only:</p>

## 2010 Rule Change Summary Floor Hockey

Change From	Change To
<p>Section B – Facilities.1.m</p> <p>m. Face-Off Circles: face-off circles are marked with a circular spot of 10cm (4") in radius or a line of 10cm (4") in length in the center of each circle. There are two face-off circles in each half of the playing surface, each circle located at a 45 degree angle from the center of the goal line. The center face-off spot of each face-off circle is determined by measuring a point 4.3m (14') to the left or right of the center of the goal line, then measuring out 4.3m (14') from that point toward the center line. Each circle has a radius of .75m (30") and a line drawn through the center point of the face-off circle that is parallel to the center line.</p>	<p>Section B- Facilities.1.m</p> <p>m. Face-Off Circles: face-off circles are marked with a circular spot of 10cm in radius or a line of 10cm in length in the center of each circle. There are two face-off circles in each half of the playing surface, each circle located at a 45 degree angle from the center of the goal line. <u>The center of each side face-off circle is equal distance from the center line to the end of court and 15% in from the side of the court. For instance, if the court measures 15.24 X 30.5 meters. The center face-off spot of each face-off circle is determined by measuring a point 7.6m from the center line, then measure in from the side of the court 2.29m from the side of the court. If the court measures 12 X 24 meters, the center each face-off spot is determined by measuring the 6.1m from the center line and 1.8m from the side of the court.</u> Each circle has a radius of .75m and a line drawn through the center point of the face-off circle that is parallel to the center line.</p>
<p>Section C – Equipment, 2.c.</p> <p>c. The non-handle end (i.e. the bottom or floor end) of all sticks other than goalkeepers' sticks must be rounded-off. The stick must be of a uniform thickness over the entire length. No tape, string, or other object is allowed that will increase the diameter on the bottom of the stick.</p>	<p>Section C – Equipment, 2.c.</p> <p>c. The non-handle end (i.e. the bottom or floor end) of all sticks other than goalkeepers' sticks must be rounded-off. <u>The stick must be of a uniform thickness over the entire length, however, tape or other materials may be added to the top 6cm of the handle end of the stick to facilitate holding the stick. The handle end of the stick may be built up as much as 5cm. No tape, string, or other object is allowed that will increase the diameter on the bottom 15cm of the stick.</u></p>
<p>Section C- Equipment, 4.</p> <p>4. Protective Equipment: The goalkeeper must wear a helmet with a face mask and protective gloves. The goalkeeper will be allowed to wear regulation-size ice hockey goalkeeper pads and gloves or some reasonable facsimile thereof (i.e. street hockey pads, cricket pads, baseball glove). The leg guards worn by goalkeepers</p>	<p>Section C – Equipment, 4.</p> <p>4. Protective Equipment: The goalkeeper must wear a helmet with a face mask and protective gloves. The goalkeeper will be allowed to wear regulation-size ice hockey goalkeeper pads and gloves or some reasonable facsimile thereof (i.e. street hockey pads, cricket pads, baseball glove). The leg guards worn by goalkeepers</p>

<p>must not exceed 31 cm (12") in extreme width when on the leg of the player. All other players are required to wear helmets with face masks or shields that cover the entire face and shin guards to ensure safety. Proper athletic footwear such as running shoes must be worn by all persons on the playing surface during play. <del>Black-soled shoes are discouraged since they will mark the playing surface.</del> Protective gloves and elbow pads are recommended.</p>	<p>must not exceed 31 cm (12") in extreme width when on the leg of the player. <u>All other players are required to wear helmets with face masks or shields that cover the entire face, shin guards and protective gloves to ensure safety.</u> Proper athletic footwear such as running shoes must be worn by all persons on the playing surface during play. Elbow pads are recommended.</p> <p>Note: Deleted from rules: Black soled shoes are discouraged since they will mark the playing surface.</p>
	<p>ADD:</p> <p>Section E – Rules of Competition, 1.d.1).f)</p> <p>f) If attacking player shoots the puck over the boards or out of bounds in the attacking zone then the face comes to the neutral spot. If the puck is shot out of play by a defensive player then the face off results in the closer face off spot to the infraction.</p>

## 2010 Rule Change Summary Short Track Speed Skating

Change From	Change To
Speed skating	Short Track Speed skating
<p>Section A – Official Events</p> <p><b>For use on 100M Oval</b></p> <ol style="list-style-type: none"> <li>1. 25 Meter Straightaway</li> <li>2. 50 Meter Half Lap Race</li> <li>3. 100 Meter Race</li> <li>4. 200 Meter Race</li> <li>5. 300 Meter Race</li> <li>6. 500 Meter Race</li> <li>7. 800 Meter Race</li> <li>8. 1000 Meter Race</li> <li>9. 1500 Meter Race</li> <li>10. 20 lap relay- 4 person</li> <li>10. 20 lap relay- 4 person</li> <li>11. 20 lap Unified Sports® relay- 4 person</li> </ol> <p>Delete all events for use on 100m oval</p>	<p>Section A – Official Events</p> <p><b>For use on 111M oval</b></p> <ol style="list-style-type: none"> <li>1. 25 Meter Straightaway</li> <li>2. 55 Meter Half Lap Race</li> <li>3. 111 Meter Race</li> <li>4. 222 Meter Race</li> <li>5. 333 Meter Race</li> <li>6. 500 Meter Race</li> <li>7. 777 Meter Race</li> <li>8. 1000 Meter Race</li> <li>9. 1500 Meter Race</li> <li>10. 3000 Meter Relay</li> <li>11. 3000 Meter Unified Sports® Relay</li> </ol>
	<p>Section A – Official Events</p> <p>ADD: All events will be conducted in a short track format.</p>
<p>Section B – Facilities.2.</p> <p>2. The track shall be of the dimensions found in Exhibit A below. Track width shall not be less than 525 meters on the straight sections and the distance from the apex block of a bend to the rink barrier shall not be less than 5.77 meters. The curve from the end of one straight to the point where the next straight begins shall be symmetrical (i.e. on radius). If the facility used for competition has an ISU 111 meter track surveyed on the ice surface (Exhibit B below,) this track may be used for competition purposes. Proper notation must be made on competition reports on the size of track use. If a 111 meter track is used modification in distances and laps skated should be made; i.e., 300 m = 333m; 500m = 4.5 laps; 800m = 777m=7 laps; 1000m = 9 laps; and 1500m = 13.5 laps.</p>	<p>Section B – Facilities. 2.</p> <p>2. The track shall be of the dimensions found in Exhibit A below. If the facility used for competition has an ISU 111 meter track surveyed on the ice surface, this track may be used for competition purposes. Proper notation must be made on competition reports on the size of track use. If a 111 meter track is used the distance and laps are: <u>1 lap= 111m, 3 laps = 333m</u>; 500m = 4.5 laps; 777m=7 laps; 1000m = 9 laps; 1500m = 13.5 laps; and <u>3000m= 27 laps</u></p>
<p>Section B – Facilities 5.</p> <p>5. Safety pads must be present during all training and competition periods. Rink barriers shall be covered by mats from the curve apex block to the</p>	<p>Section B – Facilities 5.</p> <p>5. Safety <u>mats</u> must be present during all training and competition periods. Rink barriers shall be covered by <u>mats</u> from the curve apex block to the</p>

<p>center line of the rink. The mats shall be of double thickness along the rink barrier on the far side of the curve (see Exhibit). Mats shall be attached to the rink barrier with their weight on the ice. Mats should be made in such a manner and of such materials that they will minimize debris which might accumulate on the ice as a result of use of the mats. Outdoor non-barrier ice surfaces do not need mats but must have adequate fall lines to protect the athlete from possible collision with any stationary object present; i.e. tree</p>	<p>center line of the rink. The mats shall be of double thickness along the rink barrier on the far side of the curve. Mats shall be attached to the rink barrier with their weight on the ice. Mats should be made in such a manner and of such materials that they will minimize debris which might accumulate on the ice as a result of use of the <u>mats. Mat height must be adequate to cover the height of the wall of the ice rink.</u> Outdoor non-barrier ice surfaces do not need mats but must have adequate fall lines to protect the athlete from possible collision with any stationary object present; i.e. tree</p>
<p>Section C – Equipment.1.</p> <p>1. All speed skaters shall wear long-sleeved and long-legged uniforms, knee pads, shin guards, cut resistant neck protector, gloves or mittens of a protective nature, and an appropriate safety helmet which shall have a hard shell and chin strap. A Skater is not allowed to wear a helmet which is not of regular shape and has protrusions. Helmet selection should be made with the help of a knowledgeable speed skating coach or skate shop employee. Elbow pads are optional equipment.</p>	<p>Section C – Equipment.1.</p> <p>1. All speed skaters shall wear long-sleeved and long-legged uniforms, knee pads, shin guards, cut resistant neck protector, <u>cut resistant</u> gloves or mittens of a protective nature, and an <u>ISU approved speed skating safety helmet which shall be held on with straps and have a hard shell that has no protrusions.</u> A Skater is not allowed to wear a helmet which is not of regular shape and has protrusions <u>which might get caught on a blade, or air vents large enough for a skate blade to enter the helmet.</u> Elbow pads are optional equipment.</p>
<p>Section C – Equipment .2.</p> <p>2. Speed skaters should wear speed skates. In the event speed skates are not available to the athlete, hockey skates may be used. Klap style speed skates may not be worn.</p>	<p>Section C – Equipment. 2.</p> <p>2. Speed skaters should wear speed skates. In the event speed skates are not available to the athlete, hockey skates may be used. Klap style speed <u>skate blades</u> may not be worn.</p>
<p>Section C – Equipment.3.</p> <p>3. Skaters shall wear a cloth or paper number on the mid back. If helmet numbers are available, they must be placed on the right side of the helmet.</p>	<p>Section C – Equipment.3.</p> <p>3. Skaters shall wear a cloth or paper number on the mid back. If helmet numbers are available, they must be placed on the right side of the helmet. <u>Helmet bibs are recommended with numbers displayed on both sides.</u></p>
<p>Section C – Equipment 4.</p> <p>4. Moveable markers of rubber or other suitable material shall be used to mark the track. The number of markers should be sufficient to define the track clearly. Seven (7) markers shall be used to define each curve (turn) with the distance between every other marker being the radius of the curve (see Exhibit A).</p>	<p>Section C – Equipment .4.</p> <p>4. Moveable markers of rubber or other suitable material shall be used to mark the track. The number of markers should be sufficient to define the track clearly. Seven (7) markers shall be used to define each curve (turn) with the distance between every other marker being the radius of the curve. No track markers</p>

<p>No track markers shall be of such size and width, or be fixed to the ice, so that they will not move freely if they are struck by a skater.</p>	<p>shall be of such size and width, or be fixed to the ice, so that they will not move freely if they are struck by a skater.<u>The Height of the markers should not be over 5.08 cm in height as to be struck by a skater. Cones are too tall and are not acceptable for marking the track.</u></p>
	<p>Section E – Rules of Competition 1.c.4) d) ADD: d) If a Skater is interfered with and falls before the first apex block after the starting line, the Skaters may be called back to make a new start. This will be signaled by the starter firing a double shot of the starter’s pistol.</p>
<p>Section E – Rules of Competition 1.j.6)  6) A skater who permits himself/herself to receive physical assistance during a race shall be disqualified.</p>	<p>Section E – Rules of Competition 1.j.6)  6) A skater who permits himself / herself to receive physical assistance during a race <u>that is not a relay</u> shall be disqualified</p>
	<p>Section E – Rules of Competition 1.j.7) ADD 7) A skater who uses the wall to maintain balance or to assist in propelling oneself forward is considered assistance and shall be disqualified.</p>
	<p>Section E – Rules of Competition 2.g ADD: g. A signal shall be used to indicate 3 laps to go.</p>
<p>Section G – Training Effective Groupings for Special Olympics Short Track Speed skating  25M Straightaway, 55M Half Lap Events: For new skaters or skaters with an average lap time of greater than 55 seconds.</p>	<p>Section G – Training Effective Groupings for Special Olympics Short Track Speed skating  25M Straightaway, 55M Half Lap Events, <u>111m events</u>: For new skaters or skaters with an average lap time of greater than 55 seconds.</p>

## 2010 Rule Change Summary Snowshoeing

Change From	Change To
<p>Section B- Facilities. 1</p> <p>1. The track course is a 400 meter continuous loop with a course width of at least 1 meter for each competitor in a race. The 400 meter track loop should be relatively flat. The course should be prepared so that conditions are similar for all parts of the track.</p>	<p>Section B- Facilities.1</p> <p>1. The track course is a 400 meter continuous loop with a course width of at least 1 meter for each competitor in a race. The 400 meter track loop should be relatively flat. The course should be prepared so that conditions are similar for all parts of the track. The direction of competing shall be left-hand inside.</p>
<p>Section B- Facilities.2.g &amp; h</p> <p>g. 4 x 100 Meter Relays.</p> <p>h. 4 x 400 Meter Relays.</p>	<p>Section B – Facilities.2.g. &amp; h</p> <p>g. 4 x 100 Meter Relays. <u>Run over 400 meter course with 3 exchange zones. Each zone will be 20m in length and clearly marked. The start of the zone shall be nearest to the starting line.</u></p> <p>h. 4 x 400 Meter Relays. <u>Run over 400 meter course with 1 exchange zone. The exchange zone will be 20m in length and clearly marked. The start of the zone will be nearest to the starting line.</u></p>
<p>Section C-Equipment.1</p> <p>1. The snowshoe frame itself shall not be smaller than 20.32 cm x 64 cm (8 inches x 25 inches).</p>	<p>Section C-Equipment.1</p> <p>1. The snowshoe frame itself shall not be smaller than <u>20.32 cm x 63.5 cm</u> (8 inches x 25 inches).</p>
<p>Section C – Equipment – 5</p> <p>5. Competition footwear may include, but not limited to running shoes, hiking boots or snow boots.</p>	<p>Section C – Equipment - 5</p> <p>5. Competition footwear may include, but not limited to running shoes, hiking boots or snow boots. <u>All competitors are required to wear footwear.</u></p>
<p>Section D – Personnel – 2.c.</p> <p>c. The starting line judge gives the start signal, "Racers ready – Go," and the firing of a start gun or drop of a flag once the competitors have lined up. The starting line judge decides whether a start is good or false.</p>	<p>Section D – Personnel – 2.c.</p> <p>c. The starting line judge gives the start signal once the competitors have lined up. The starting line judge decides whether a start is good or false.</p>
<p>Section D – Personnel – 2.f.</p> <p>f. Field judges assigned to positions along the course to oversee the progression of the race</p>	<p>Section D- Personnel – 2.f.</p> <p>f. Field judges assigned to positions along the course to oversee the progression of the race</p>

<p>and monitor compliance with rule on progress in SECTION E.4.d.</p>	<p>and monitor compliance with rule on progress in SECTION E.4.c and SECTION E.4.d.</p>
<p>Section E – Rules of Competition. 3.d. d. In every event, each division shall be a mass start. There will be no timed interval starts.</p>	<p>Section E – Rules of Competition. 3.c. c. <u>All competitors in each division shall start on the starting line side by side at the same time.</u> There will be no timed interval starts.</p>
	<p>Add in: Section E – Rules of Competition 4.f.g. &amp; h.</p> <p>f. Pacing of competitors is not allowed. Pacing is defined as moving along with, ahead of, just behind or next to a competitor for more than 3 meters by persons not participating in the same race or use of any kind of timing device used to advise the competitor of their race time.</p> <p>g. In the 25 m, 50 m and 100 m races, each competitor must keep in the allotted lane from start to finish. Unless a material advantage has been gained, or impedance or interference with another athlete occurs, a competitor shall not be disqualified if he or she leaves the lane</p> <p>h. Any competing athlete who jostles or obstructs another athlete, so as to impede his or her progress, shall be liable to disqualification from that event. The action must be judged to be intentional and beyond incidental to result in disqualification.</p> <p>The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete.</p>
<p>Section E – Rules of Competition, 3.h. h. A false start occurs when an athlete significantly moves any body part before the start signal after coming to a still set position after the “Racers ready” command and before the starting “Go” signal. An official should notify and identify the athlete that is charged with a false start. Any athlete making two false starts will be disqualified.</p>	<p>Section E – Rules of Competition, 3.h. h. <u>Any competitor starting before the start signal is given will be charged with a false start.</u> A false start occurs when a competitor significantly moves any body part before the start signal after coming to a still set position after the “Racers ready” command and before the starting signal. An official should identify and notify the athlete that is charged with a false start. <u>Any competitor making two false starts in the same race will be disqualified from that race.</u></p>

Section E – Rules of Competition 6.a.b.c.d.e.

6. Relay races

- a. A relay competitor must touch his/her teammate within the exchange zone, which will be 20 meters in length. Both competitors must be in the zone at the time of the exchange. A relay competitor must wait inside the exchange zone until he is tagged/ touched by the incoming competitor. The competitor waiting must have their snowshoes in the designated exchange zone.
- b. A proper exchange (tag/ touch) shall consist of the incoming competitor touching any part of the body of the outgoing competitor with his/her hand. Clothing covering the hand or body will be considered part of that hand or body. Snowshoes are not considered part of the body. Both athletes and their snowshoes must be within the exchange zone when the tag/touch is made, and the tag/ touch must occur within the vertical planes of the exchange zone.
- c. Unified Sports® relay teams shall be made up of two Special Olympics athletes and two Unified Sports partners. The competitor order in the relay is up to the decision of the coach.
- d. A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.
- e. Each competitor must complete one-fourth of the distance of the total relay. No competitor may complete more than one leg of any one relay.

Section E – Rules of Competition. 6.a.b.c.d.e.f.g.h

6. Relay races

- a. The designated exchange zone is the 20 meter long space within the vertical planes extending up from two lines on the track 20 meters apart. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
- b. A proper exchange (tag/ touch) shall consist of the incoming competitor touching any part of the body of the outgoing competitor with his/her hand. Clothing covering the hand or body will be considered part of that hand or body. Snowshoes are not considered part of the body.
- c. The tag/touch must occur within the designated exchange zone. The bodies of the athletes may be outside the zone at the time of the touch/ tag. Making the touch/tag outside the exchange zone shall result in disqualification.
- d. Athletes, before receiving and/or after the touch/ tag should keep in their lanes or zones until the course is clear to avoid obstruction to other athletes. If an athlete willfully impedes a member of another team by running out of position or lane, his or her team shall be disqualified.
- e. The runners in the second, third and fourth legs of the relay races 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 their legs.
- f. Unified Sports® relay teams shall be made up of two Special Olympics athletes and two Unified Sports partners. The competitor order in the relay is up to the decision of the coach.
- g. A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.
- h. Each competitor must complete one-fourth of the distance of the total relay. No competitor may complete more than one leg of any one relay.

	Add: Section E- Rules of Competition. 7.a.10) 10) Using improper (not approved) snowshoes.
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