



Special Olympics

Be a fan™

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. <u>The direction of competing shall be left-hand inside.</u></p>
<p>Section B- Facilities.2.g & h</p> <p>g. 4 x 100 Meter Relays.</p> <p>h. 4 x 400 Meter Relays.</p>	<p>Section B – Facilities.2.g. & 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 and monitor compliance with rule on progress in SECTION E.4.d.</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 and monitor compliance with rule on progress in <u>SECTION E.4.c and SECTION E.4.d.</u></p>
<p>Section E – Rules of Competition. 3.d.</p> <p>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.</p> <p>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. & 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.</p> <p>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.</p> <p>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>
<p>Section E – Rules of Competition 6.a.b.c.d.e.</p> <p>6. Relay races</p> <p>a. A relay competitor must touch his/her</p>	<p>Section E – Rules of Competition. 6.a.b.c.d.e.f.g.h</p> <p>6. Relay races</p> <p>a. <u>The designated exchange zone is the 20 meter</u></p>

<p>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.</p> <p>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.</p> <p>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.</p> <p>d. A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.</p> <p>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.</p>	<p><u>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.</u></p> <p>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.</p> <p>c. <u>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.</u></p> <p>d. <u>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.</u></p> <p>e. <u>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.</u></p> <p>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.</p> <p>g. A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.</p> <p>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.</p>
	<p>Add: Section E- Rules of Competition. 7.a.10) 10) Using improper (not approved) snowshoes.</p>

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.