



2024 Rule Change Summary Athletics

Change From	Change To
Old Formatting	See date change at footer to reflect September 2024
<p>3.2.4 Standing Long Jump</p> <p>3.2.4.1 Competitors shall start with both feet behind a designated foul line. The takeoff board shall be the same as that specified for the long jump takeoff board. The athlete may initiate their attempt on the takeoff board.</p> <p>3.2.4.2 All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete’s body or clothing.</p> <p>3.2.4.3 When possible, it is strongly suggested that the standing long jump event be conducted in sand-filled jumping pits. The foul line shall be placed at the end of the running long jump runway. If a mat is used, it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.</p>	<p>CHANGE/ADD: Changed to clarify competition procedure</p> <p>3.2.4.1 Competitors shall start with both feet from a take-off line. The take-off line shall be placed at the nearer edge of the landing area (pit).</p> <p>3.2.4.2 The take-off line can be marked by a colored tape or marked permanently by a white line on the runway surface.</p> <p>3.2.4.3 The competitor shall initiate all attempts from behind the take-off line.</p> <p>3.2.4.4 A competitor shall use both feet on the take-off. They may rock backward and forward lifting their heels and toes alternately, but they may not lift either foot completely off the ground.</p> <p>3.2.4.5 All measurements shall be taken from the nearest break in the landing area made by any part of the competitor’s body or clothing, to the take-off line, or take-off line extended. If a mat is being used, all measurements shall be taken from nearest touch down point made by any part of the competitor’s body or clothing to the take off line, or take-off line extended. All measurements shall be taken perpendicular to the take-off line or its extension.</p> <p>3.2.4.6 When possible, it is strongly suggested that the standing long jump event landing area be conducted in</p>



	<p>sand-filled jumping pits. If a mat is used, it should be long enough to include both take-off and landing areas and secured safely to the surface to prevent slipping.</p>
<p>3.7 General Rules for Blind and Deaf Athletes</p> <p>3.7.1 A rope or sighted guide runner may be provided to assist athletes who are visually impaired.</p> <p>3.7.2 A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.</p> <p>3.7.3 A tap start will be used for an athlete who is both visually and hearing impaired .</p> <p>3.7.4 Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors. These vests will be provided by the Local Organizing Committee.</p> <p>3.7.5 The starting signal for athletes with a hearing impairment must be performed by an official with a visual signal in form of a starting flag or with a tactile signal by tapping the athlete. The necessity needs to be indicated by the respective coach at the first Head coach meeting.</p>	<p>CHANGE/ADD: Change Terminology & Visual Signal</p> <p>3.7 General Rules for Visually and Hearing-Impaired Athletes</p> <p>3.7.1 A rope or sighted guide runner may be provided to assist athletes who are visually impaired.</p> <p>3.7.2 A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.</p> <p>3.7.3 A tap start will be used for an athlete who is both visually and hearing impaired.</p> <p>3.7.4 Guide runners must wear a bright orange running vest so that they are clearly distinguished from competitors. These vests will be provided by the Local Organizing Committee.</p> <p>3.7.5 The starting signal for athletes with a hearing impairment must be performed by an official with a visual signal in form of a starting flag or with a tactile signal by tapping the athlete. The necessity needs to be indicated by the respective coach at the first Head coach meeting.</p>
<p>3.8 General Rules for Unified Sports® Relays</p> <p>3.8.1 Each Unified Sports relay team shall consist of two athletes and two partners.</p> <p>3.8.2 Runners on a relay team may be assigned to run in any order.</p>	<p>ADD/CHANGE: Add language to outline ability and age requirements</p> <p>3.8 General Rules for Unified Sports® Relays</p> <p>3.8.1 Each Unified Sports relay team shall consist of two athletes and two partners.</p>



3.9 General Rules for Unified Sports Team Athletics

3.9.1 Special Olympics Unified Team Athletics program rules are governed by ruling body World Athletics and Special Olympics Athletics Rules. Unified Sports Team Athletics provides team competition opportunities among schools, agencies, clubs, or groups. A Unified Sports Team Athletics competition is a separate event in which only Unified teams compete against each other. This event may be held as its own Unified Sports Athletics competition or may be held within a Special Olympics athletics competition.

3.9.4.7 For relay events, team must consist of two special Olympics athletes and two Unified partners. Coaches can place their runners in any order.

3.8.2 Runners on a relay team may be assigned to run in any order.

3.8.3 **The athlete to Unified partner ratio must be two (2) athletes to two (2) Unified partners in Unified Relays**

3.8.4 **It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified partners are of similar ability for Relays. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.**

3.9 General Rules for Unified Sports® Team Athletics

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3.9.2 **A team roster must be 10 athletes and 10 Unified partners for Unified Team Competition**

3.9.1.13.9.3 **It is required that athletes and Unified partners are of similar age and of similar ability for the Team Competition. For more information, on similar age and ability, please see Sport Rules Article 1 Section 14.1.2.**

3.9.4.7 For relay events, ~~team must consist of two special Olympics athletes and two Unified partners.~~ Coaches can place their runners in any order.