

Snowshoeing Rules

2019

Special Olympics
New Hampshire



These rules shall govern all snowshoeing competition. Special Olympics New Hampshire has created these rules based upon Special Olympics, Inc., the International Governing Body for Snowshoeing.

Events Offered

Category 1

- 15 M with support*
- 25 M with support*
- 40 M with support*
- 15 M
- 25 M
- 40 M
- 4x25 M Relay

Category 2

- 50 M
- 100 M
- 200 M
- 400 M
- 4x100 M Relay
- 4x100 M Unified Relay

Category 3

- 500 M
- 800 M
- 1600 M
- 1 KM
- 3 KM
- 5 KM
- 7.5 KM

**With support: An athlete needs the assistance of another individual and/or uses a device (i.e. canes, crutches, or walker). The assistance from another individual is for balance only and cannot provide forward momentum. An individual providing assistance may not be in front of competitor at any time.*

Registration Reminders

- Athlete may only compete in one category above.
- Athlete may compete in up to four events (not including time trial).
 - Note: For Category 3 athletes, event makeup may consist of up to four events 3KM and under or three events 3KM and under and choice of either 5KM or 7.5KM.
- A relay team can register one alternate athlete and/or one alternate partner.

Divisioning

- Each category will be divisioned separately.
- Divisions will be created using only ability level (not age or gender).

Equipment

SNOWSHOES

- Factory installed toe and heel traction claws are acceptable. The attachment of any additional "spikes" is not permitted.
- The snowshoe shall consist of a frame and webbing or solid decking material.
- The foot must be secured through a direct mount binding system to the snowshoe.

FOOTWEAR

- All competitors are required to wear footwear.
- Competition footwear may include, but is not limited to, running shoes, hiking boots or snow boots.

OTHER EQUIPMENT

- The use of poles is optional.
- Competitors must wear assigned bib in a position visible to officials at all times. The bib shall be worn over the athlete's head so the number shows on both their front and back. The bib is attached with two anchors, one on the left, and the other on the right side of the athlete, connecting the front and back.

Competition

COURSE LAYOUT

- For races 200 meters and below, the course will be on a straightaway.
- Lanes should be marked and delineated on the track for Category 1 and Category 2 races (except for 400 meters).
- Lanes should be at least one meter wide each.
- 400 meter course will be a relatively flat loop. The direction of competition shall be left-hand inside (counter clockwise).
- A long distance course shall offer a variety of terrain.

RACE PROCEDURE

- Start command shall be verbal: "Racers ready. 5, 4, 3, 2, 1. Go!" with a flag drop.
- Tips of both snowshoes must be behind the starting line.
- Competitor has finished the race when his/her's torso reaches the vertical plane of the finish line.
- Snowshoes must remain on the athlete's feet at the finish line.

RELAY PROCEDURE

- 4 x 100 Meter Relays are run over 400 meter course with 3 exchange zones. Each zone will be 20 meters in length and clearly marked. The start of the zone shall be nearest to the starting line.
- The designated exchange zone for relay races is 20 meters long, and the incoming racer must exchange the baton with the outgoing racer within the exchange area.
- A relay team consists of four competitors. Any team with fewer than four competitors must forfeit.
- Each competitor must complete one-fourth of the distance of the total relay.

Disqualification

A competitor may be disqualified for violating these rules. Common causes for disqualification include:

- Intentionally or improperly interfering with another competitor.

- Preventing another competitor from passing.
- Pacing of competitors. Pacing is defined as moving along with, ahead of, just behind or next to a competitor for more than three meters by persons not participating in the same race, or use of any kind of timing device to advise the competitor of his/her race time.
- Leaving the designated course area.
- Making 2 false starts.
- Making an improper exchange of the baton outside of the designated relay exchange zone.
- Crossing the finish line without both snowshoes on his/her feet.