

The Official Special Olympics Athletics and Cornhole Sports Rules shall govern all Special Olympics Middle School competitions. As an international sports program, Special Olympics New Hampshire has created these rules based on World Athletics rules found at <http://www.worldathletics.org/>. World Athletics or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Athletics at [https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Athletics-Rules-2020.pdf?\\_ga=2.234253150.1582016580.1660814026-898989341.1611200015](https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Athletics-Rules-2020.pdf?_ga=2.234253150.1582016580.1660814026-898989341.1611200015) and Softball Throw Rules found at [https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Softball-Rules-2020-v3.pdf?\\_ga=2.228886748.1582016580.1660814026-898989341.1611200015](https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Softball-Rules-2020-v3.pdf?_ga=2.228886748.1582016580.1660814026-898989341.1611200015) or Article I. In such cases, the rules in this document shall apply.

Each competitor may compete in up to 4 events. All compete in the 4 x 100m relay and cornhole. They will choose two from the following three events: 100m run, running long jump or softball throw.

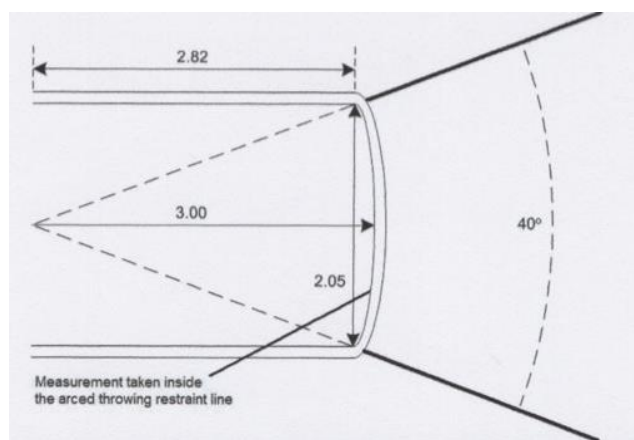
### Unified Sports Relay

- Each Unified Sports Relay Team shall consist of two athletes and two partners.
- Runners on a relay team may be assigned to run in any order.
- Runner #1 has the option of using or not using blocks.
- All relays are run in lanes; each competitor shall keep within his/her allocated lane from start to finish.
  - If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
  - If an athlete either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage thereby being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.

### Unified Sports Softball Throw

#### Equipment and Throwing Area

- A 30 centimeters (11 3/4 in) in circumference softball shall be used.
- Competitors may use any type of throw.
- The throwing area should be set up as follows: The runway shall be marked by two parallel white lines 5 centimeters wide and 2.05 meters apart (2.82 meters in length).
- The throw shall be made from behind the arc of a circle drawn with a radius of 3.00 meters.
- The landing sector shall be marked with white lines five centimeters wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the center of



the circle of which the arc is part. The center of the circle is the point for the measurement and shall be marked. The sector is 40°.

- The measurement of each throw shall be made from where the ball first touched the ground to the inside edge of the arc.
- It is counted as a foul if the competitor:
  - Does not throw the softball so that it initially lands completely within the inner edges of the landing sector lines.
  - Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.

**Competition Procedure:** Each Unified Team (athlete and partner) has three throws.

- Throw 1:
  - Each Unified Team (athlete and partner) decides on who will go first. One player throws first while the other player cheers him/her on.
  - The thrower enters the throwing area from the back line and stands in the back.
  - Thrower makes his/her approach and throws the ball into the field without stepping on or over the line.
  - The throw is measured and announced, and the first team member exits the throwing area from the back line.
  - Next the teammate steps in from the back line and takes his/her first throw while the first thrower cheers him/her on. The teammate's throw is measured and announced while he/she steps back out of the throwing area and stands by his/her teammate.
  - Both the teammates' throws are announced and combined to become the team's score for the first throw.
  - The process continues for the rest of the Unified Teams taking their first throw.
  - When each of the team's finish their first throw, the Teams' standings within the division are announced, then the first Unified Team returns and takes their second throw.
- Throw 2 and 3: The process continues for the rest of the Unified Teams taking their second and third throws in the same order within this Softball Throw division. However, it may not be possible if they are participating in another event at that time.
- The best combined score of the throws (1, 2 or 3) becomes each Unified Team's final score and results in the order of placement within that event's division.

## Unified Sports 100m Run

- Heats will be determined from time trials to be submitted before the event.
- Competitors have the option of using or not using blocks.
- Each competitor runs in their assigned lane; each competitor shall keep within his/her allocated lane from start to finish.
  - If a competitor is pushed or forced by another person to run outside his/her lane, and if no material advantage is gained, the competitor should not be disqualified.
  - If an athlete either runs outside his/her lane with no material advantage being gained, and if no other runner is obstructed, then the competitor shall not be disqualified.
- The times for each Unified Team member (athlete and partner) are added together with places of finish for the event determined by order of fastest to slowest.

## Unified Sports Running Long Jump

- Each athlete and partner shall be allowed three non-consecutive attempts. The longest attempt shall be used for scoring. In the case of ties, the second longest score shall be used.
- An athlete must be able to jump at least 25 cm, which is the distance between the take-off board

- and the sand pit.
- Distance will be measured from the closest impression on the landing area made by any part of the body or limbs to the take-off line for all running long jumps.

**Competition Procedure:** Each Unified Team (athlete and partner) has three running long jumps.

- First attempt:
  - Each Unified Team (athlete and partner) decides on who will go first. One player jumps first while the other player cheers him/her on.
  - The jumper makes his/her approach and jumps into the pit without stepping on or over the line.
  - The jump is measured and announced while the first team member exits the pit.
  - Next the teammate takes his/her first running long jump while his/her teammate cheers him/her on. The teammate's jump is measured and announced while he/she leaves the pit and stands by his/her teammate.
  - Both the teammates' jumps are announced and combined to become the team's score for the first attempt.
  - The process continues for the rest of the Unified Teams taking their first jumps.
  - When each of the team's finish their first attempt, the Teams' standings within the division are announced, then the first Unified Team returns and takes their second attempt
- Second and third attempts: The process continues for the rest of the Unified Teams taking their second and third attempts in the same order within this division if possible. However, it may not be possible if they are participating in another event at that time.
- The best combined score of the jumps (1, 2 or 3) becomes each Unified Team's final score and results in the order of placement within that event's division.

## Order of Events

Cornhole is conducted for all teams at the beginning of the day. NOTE: The order of events may be modified at the discretion of the Meet Director.

1. 100m Run
2. 4x100m Relay
3. Softball Throw
4. Running Long Jump

## Unified Track and Field Team Scoring

Team Scoring is compiled as follows:

### 4 x 100 Relay

- Each team is comprised of 2 athletes and 2 partners.
- Only one relay team from each school will be allowed to score.
- Points for relays as well as places of finish for 100m run, softball throw and running long jump will be awarded as follows:
  - First place = 18 points
  - Second place = 15 points
  - Third place = 12 points
  - Fourth place = 9 points
  - Fifth place = 6 points
  - Sixth place = 3 points

**Places of Finish in Each Event and Corresponding Points**

Combined times (fastest) in 100m and 4x10 meters in relay or distances (farthest) of each Unified Team (1 athlete and 1 partner) except for relay (2 athletes and 2 partners)

Sample Scoresheet:

School 1	Unified Team 1		Unified Team 2		Unified Team 3		Unified Team 4		Unified Team 5	
	Place	Points	Place	Place	Points	Points	Place	Points	Place	Points
100m Dash										
4x100m Relay										
Softball Throw										
Running Long Jump										
Total Points										