

# Snowshoeing Rules

2023

**Special Olympics**  
New Hampshire



The Official Special Olympics Sports Rules for Snowshoeing shall govern all Special Olympics competitions. As an international sports program, Special Olympics New Hampshire has created these rules based on Special Olympics, Inc., the International Governing Body for Snowshoeing found at [https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Snowshoeing-Rules-2020.pdf?\\_ga=2.28225148.1582016580.1660814026-898989341.1611200015](https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Snowshoeing-Rules-2020.pdf?_ga=2.28225148.1582016580.1660814026-898989341.1611200015).

These rules shall be employed except when they are in conflict with the rules listed in this document. In such cases, rules in this document shall apply.

## 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 Sports 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

- Athlete may only compete in one category above.
- Athlete may compete in up to four events (not including time trial) including relays.
  - 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 athletes 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 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
- 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