

Snowshoeing Rules

Valid through 2027

Special Olympics
New Hampshire



Special Olympics New Hampshire has created this set of rules based on the rules outlined by Special Olympics, Inc. Special Olympics, Inc. is the International Governing Body for Snowshoeing.

These rules shall be used to govern all Special Olympics New Hampshire Snowshoeing competition through the end of 2027 when we next review these rules.

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.
- It is recommended that the snowshoe frame itself shall not be smaller than 17.78 cm x 50.8 cm (7 inches x 20 inches). This measurement shall be taken at the longest point of the snowshoe and at the widest point of the snowshoe. The frame measurement will not

be taken along a curved line. This means that snowshoes shall have frames with at least two points that are a minimum of 17.78 cm apart (width) and at least two points that are a minimum of 50.8 cm apart (length).

- 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.
- Competitors are encouraged to wear the same style, brand, type, size (or pair) of snowshoes and type of clothing for divisioning and finals competition of a particular event.

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, as venue conditions allow.
- 400-meter course will be a relatively flat loop. The direction of competition shall be left-hand inside (counterclockwise).
- A long-distance course shall offer a variety of terrain.
- The start and finish lines for each course will be marked in the snow with either a red or a blue line
- Only race officials and competitors are allowed on the course.

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, which is identified, in the snow with either a blue or a red line.
- Competitor has finished the race when his/her torso reaches the vertical plane of the finish line. The torso is distinguished from the head, neck, arms, legs, hands, and feet.
- A competitor may not progress forward more than three meters unless they have both snowshoes attached to their feet. 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 touch the outgoing racer with a hand in 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 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.
- Leaving the designated course area
- Making 2 false starts:
 - Any competitor starting before the start signal is given will be charged with a false start.
 - 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 competitor that is charged with a false start.
 - Any competitor making two false starts in the same race will be disqualified from that race.
- Making an improper exchange outside of the designated relay exchange zone for relay events.
- Crossing the finish line without both snowshoes on his/her feet.