



SNOWSHOEING

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The Official Special Olympics Rules shall govern all Special Olympics Snowshoeing competitions. Special Olympics, Inc. is the International Governing Body for Snowshoeing.

SECTION A – OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. 25 Meter Race
2. 50 Meter Race
3. 100 Meter Race
4. 200 Meter Race
5. 400 Meter Race
6. 800 Meter Race
7. 1600 Meter Race
8. 5K Race
9. 10K Race
10. 4 x 100 Meter Special Olympics Relay Race
11. 4 x 400 Meter Special Olympics Relay Race
12. 4 x 100 Meter Unified Sports® Relay Race
13. 4 x 400 Meter Unified Sports Relay Race

SECTION B – FACILITIES

1. The track course is a 400 meter continuous loop with a course width of at least 1 meter for each competitor in a race. The 400 meter loop should be relatively flat. A long distance course shall offer a variety of terrain.
2. Event specific layout should include the following.
 - a. 25, 50 and 100 Meter Races. Run on a straight area of the course or on a separate course to allow for events to run concurrently.
 - b. 200 Meter Race. Run over a portion of the 400 meter course.
 - c. 400 Meter Race. Run one lap of the entire 400 meter course.
 - d. 800 Meter Race. Run two laps on the 400 meter course.
 - e. 1600 Meter Race. Run over varied terrain and may use the 400 meter loop as a start and finish.
 - f. 5K and 10K Races. Run on varied terrain on a trail.
 - g. 4 x 100 Meter Relays. Run over the 400 meter course.
 - h. 4 x 400 Meter Relays. Run over the 400 meter course



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SECTION C – EQUIPMENT

1. The snowshoe frame itself shall not be smaller than 20.5 cm x 64 cm (8 inches x 25 inches). This measurement shall be taken from the longest point of the snowshoe and at the widest point of the snowshoe.
2. Factory installed toe and heel traction claws are acceptable. The attachment of any additional "spikes" is not permitted.
3. The snowshoe shall consist of a frame and webbing or solid decking material.
4. The foot must be secured through a direct mount binding system to the snowshoe.
5. Competition footwear may include, but not limited to running shoes, hiking boots or snow boots.
6. The use of poles is optional.

SECTION D – PERSONNEL

1. Officials
 - a. Chief of Course
 - b. Chief of Race
 - c. Starting Line Judge
 - d. Assistant Starting Line Judge
 - e. Finish Line Judge
 - f. Field Judge
2. Official Duties
 - a. The chief of course is responsible for maintaining proper track dimensions and conditions. Additionally, he/she will oversee the divisioning of all competitors.
 - b. The chief of race oversees the competition and ensures that the equipment is legal and the race specifications are in agreement with the official rules.
 - c. The starting line judge gives the start signal, "Racers ready – Go," and the firing of a start gun or drop of a flag once the competitors have lined up. The starting line judge decides whether a start is good or false.
 - d. The assistant starting line judge stands ten (10) meters from the starting line and stops the athletes from continuing the race if a false start is declared.
 - e. The finish line judge registers the times and race number of the competitors as they cross the finish line.
 - f. Field judges assigned to positions along the course to oversee the progression of the race and monitor compliance with rule on progress in SECTION E.4.d.

SECTION E – RULES OF COMPETITION

1. All snowshoes will be measured and checked by the chief of race prior to each event.
2. Competitors must wear their assigned number in a position visible to the officials at all times.
3. The Start
 - a. At the start of the race, snowshoers must have both tips of his/her snowshoes behind the starting line, which is identified, in the snow with either color or some form of marking. No part of the snowshoers body or clothing can in contact with the starting line or the snow ahead before the start.
 - b. Making two false starts will result in disqualification.



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- c. All supports, such as blocks or holes, which give an athlete an advantage at the start, are prohibited.
- d. In every event, each division shall be a mass start. There will be no timed interval starts.
- e. Competitors may leave the start area after the start command "Racers ready – Go."
- f. Any competitor starting before the start signal is given will be charged with a false start. The competitor shall be notified and the race will be restarted.
- g. Starting command will be as follows: 1. Verbal "Racers Ready" (competitor is expected to hold position) 2. Verbal "Go" or firing of a starting pistol. An additional visual start indicator (flag) may be used to assist athletes with a hearing impairment.

4. The Race

- a. Only the officials and athletes competing in the race are allowed on the course.
- b. The 25, 50 and 100 meter Races shall be conducted in a straight line.
- c. When using a curved course, Race Director must insure that all athletes must cover the same distance, either by a waterfall start or other means dictated by the shape of the course.
- d. If during a race a competitor falls, has difficulty with a snowshoe or binding, or leaves the track, he/she has two minutes to correct the problem. In any race 100 meters or longer a competitor must progress at least 20 meters toward the finish line every two minutes. A competitor who fails to adhere to the two-minute limit or receive assistance of any kind shall be disqualified. The closest field judge will be responsible for providing a one-minute warning and timing of the violation.
- e. A competitor may not progress forward more than three (3) meters unless they have both snowshoes attached to their feet.

5. The Finish

- a. A snowshoer 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.
- b. To be official, a snowshoer must have both snowshoes on his/her feet when crossing the finish line.

6. Relay Races

- a. A relay competitor must touch his/her teammate within the exchange area, which will be 20 meters in length. Both competitors must be in the zone at the time of the exchange.
- b. A proper exchange shall consist of the incoming snowshoer touching any part of the body of the outgoing snowshoer with his/her hand. Clothing covering the hand or body will be considered part of that hand or body. Snowshoes are not considered part of the body.
- c. Unified Sports™ relay teams shall be made up of two Special Olympics athletes and two Unified Sports partners. The competitor order in the relay is up to the decision of the coach.
- d. A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.
- e. Each competitor must complete one-fourth of the distance of the total relay. No competitor may complete more than one leg of any one relay.

7. Disqualification

- a. A competitor or relay team will be disqualified for the following.
 - 1) Improperly overtaking or impeding another competitor, or in any other way interfering with another competitor.
 - 2) Preventing another competitor from passing.
 - 3) Leaving the designated the course.
 - 4) Making two false starts.
 - 5) Making an improper exchange on the relay exchange area.

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- 6) Failing to adhere to the two-minute limit.
- 7) Progressing more than three (3) meters without both snowshoes attached to his/her feet.
- 8) Crossing the finish line without both snowshoes on his/her feet.
- 9) Receiving physical assistance at any time after he/she crosses the start line to begin the race or before he/she crosses the finish line.

8. Protest Procedures

- a. Only the registered head coach may file a protest.
- b. All protests must be submitted in writing on the appropriate form to the chief referee within 30 minutes of the posting of the unofficial results.
- c. Protests involving the judgment of an official will not be given consideration.