

**Special  
Olympics**  
Bharat



Delhi

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Bharat



# ATHLETICS SPORT RULES





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- Tennis Ball Throw
- Softball Throw
- Shotput
- Standing Long Jump
- Running Long Jump
- Mini Javelin





# SPECIAL OLYMPICS BHARAT



Special Olympics Bharat is a National Sports Federation also registered under the Indian Trust Act 1882 in 2001 and is accredited by Special Olympics International to conduct Special Olympics Programs in India. It is recognized by the Ministry of Youth Affairs & Sports, Government of India as a National Sports Federation in the Priority Category, for development of Sports for Persons with Intellectual Disabilities, and is a designated Nodal Agency for all disabilities on account of its national presence and experience, especially in rural areas which account for nearly 75 per cent of the disabled population in India.

## Our Work

Building athletes, changing attitudes

### Special Olympics Bharat strives to:

- Focus on holistic development and training that goes beyond the classrooms into the playing fields, cultural and community centres, to motivate children with disabilities to join and remain in school.
- Create role models who will inspire the children and also motivate parents into sending their children to school and to participate in sports and other extra-curricular activities.
- Train teachers to sensitise them to needs of special children, and create a cadre of physical education teachers from among the disabled who can work with schools and community centres.
- Ensure maximum involvement of community for greater public understanding and acceptance of people with intellectual disabilities; most of our activities are run by local volunteers.
- Ensure all Special Olympics Bharat activities local, state, national and international reflect the Olympic movement values, standards, ceremonies and events.



# SPECIAL OLYMPICS OATH & MISSION

**We aim to reach out to over 100,000 people with intellectual disabilities in India every year.**

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The Special Olympics Bharat sports programme is supported by seven special initiatives designed for a holistic development of the athlete, exposing him or her to myriad programs in health, education and leadership.

**“Let me win. But if I cannot win, let me be brave in the attempt.”**  
**-The Special Olympics Athlete oath**

## **Mission**

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The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.



# ATHLETICS SPORT RULES

## 1. GOVERNING RULES

The Official Special Olympics Sports Rules for Athletics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based World Athletics rules for athletics 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 or Article I. In such cases, the Official Special Olympics Sports Rules for Athletics shall apply.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability may not participate in the pentathlon and high jump events.



## 2. OFFERED EVENTS

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.

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

### Race Walking Events

- 25 Meter Walk

### Track Events

- 50 Meter
- 100 Meters
- 4X 100 Meters

### Field Events

- Tennis Ball Throw
- Softball Throw
- Shotput
- Running Long Jump
- Standing Long Jump
- Mini Javelin

## RACE WALKING EVENTS 25 METER WALK

### Rules:

- Athlete starts behind the start line with a walking aid.
- Athlete walks using a walking aid.
- Athlete stays in his/her designated lane.
- Athlete may not receive physical assistance from coaches, officials, etc.
- Athlete is timed from the smoke of the starter's gun to when his/her torso reaches the perpendicular plane of the nearer edge of the finish line.
- Athletes are not allowed to enter walking events and running events. They must select one method of movement for all their track events.
- Athletes must have one foot in touch with the ground at all times.
- In all race walking events, an athlete does not have to have straight support leg while competing.
- In race walking events up to, and including, the 400m, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, an advantage has been gained.
- Athletes who require use of a mobility device (i.e. crutches, walkers, etc.) in order to walk may utilize the device while competing as long as an advantage is not gained by use of the device.





# TRACK EVENTS 50 & 100 METER RUN

## General Rules for Track Events

- Lane Starting Race, athlete May use blockes
- In running events: 50, Meter, 100 Meter, 4x100 Meter Relay, the athletes have the option of using or not using blocks.

### Starting Race/Commands

- In these events the commands of the starter shall be "on your marks", "set", and when all competitors are steady, the gun shall be fired.
- In all other running events, all walking events and all wheelchair races the commands shall be "on your marks" and when all the competitors are steady, the gun shall be fired.
- The starter may give the commands in English or his/her own language.

### The starter shall give each competitor a chance to give his/her best effort by:

- Giving the competitors ample time to settle down after taking their marks;
- Starting the sequence over if any runner is off-balance; and
- Not holding the runners too long after the set command.

### False Starts

Only one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.

### Lane Violations

- In all races 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.





# TRACK EVENTS 4X100 METER RELAY

## OVERVIEW: RELAYS

Though the concept can be traced to Ancient Greece, where a 'message stick' was delivered via a series of couriers, modern relays emulate the charity races organised by the New York fire service in the 1880s, in which red pennants were handed over every 300 yards.

Four sprinters, in the same designated lane, each run 100m to complete a lap of the track.

During their individual legs they have to carry a baton that must be passed to the next runner within a 20-metre changeover box that's situated 10 metre before and 10 metres after the start of each subsequent leg.

The outgoing runner runs at full speed (or close to full speed) with their arm outstretched behind in order to receive the baton. The incoming athlete will typically make a verbal sign to the outgoing runner when approaching the changeover box as a signal they are close to handover.

The quality of baton exchanges is typically critical to the outcome of the race and slick baton changes can compensate for a lack of basic speed. Failure to adhere to the baton-changing rules results in a team's disqualification. Baton mishaps are a regular occurrence.

The first team across the finish line, baton in hand, wins.

**ADVANCED EXCHANGES:** The baton receiver does not switch the baton from onehand to the other. The runners exchange as follows:

Leg	Athlete Role
Lead-off Leg	carries baton in right hand
Second Leg	receives in left hand, carries in left hand and passes with left hand, stands closer to right in lane
Third Leg	receives in right hand, carries in right hand and passes with right hand, stands closer to left in lane
Fourth Leg or "Anchor" Leg	receives in left hand, carries in left hand, stands closer to right in lane





# FIELD EVENTS

## TENNIS BALL

&

## SOFTBALL

## THROW



### The Implement

- Softball Throw: 30 centimeters (11 3/4 in) in circumference softball shall be used.
- Ball Throw: a tennis ball shall be used.
- Competitors may use any type of throw.

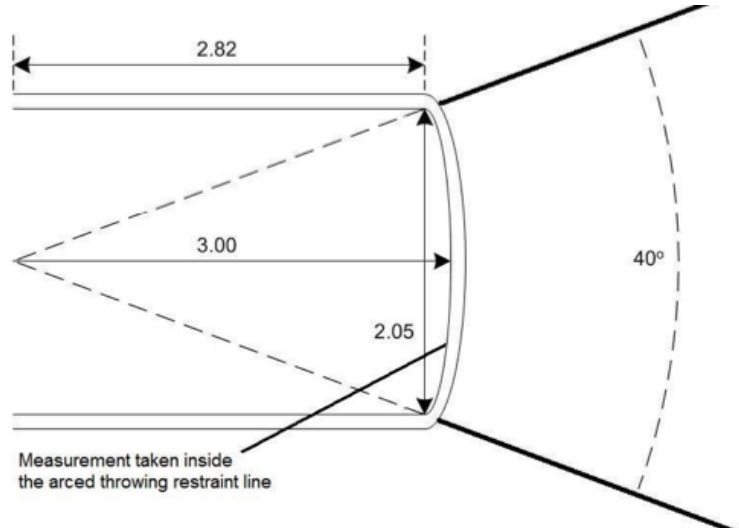
### The throwing area should be set up as follows:

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°





## Softball and Tennis Ball Throw Area Diagram



- 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/tennis ball 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.





# FIELD EVENTS

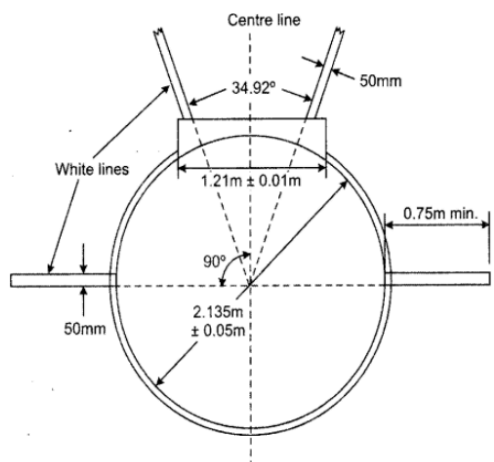
## Shot Put

**For Male : 4kg**  
**For Female 2kg**



- The shot may be steel, brass, or a synthetic-covered implement.
- It is acceptable to include wheelchair athlete in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
- A legal put shall be made from within the circle. In the course of an attempt, the athlete, or his/her wheelchair, may not touch the top edge of the stop-board, the top of the iron ring or any surface outside of the circle. It is legal to touch the inside of the stop-board or the iron band.
- The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
- The shot shall be put from the shoulder with one hand only. When the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
- The put shall be declared foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following: Uses any method contrary to the definition of legal put or Causes the shot to fall on or outside the lines marking the landing sector.

## Shot Put Area Diagram





# FIELD EVENTS

## RUNNING LONG JUMP & STANDING LONG JUMP



## General Rules for Field Events

### Time Requirements to Initiate an Attempt and Measurements

- In the long jump, standing long jump and throwing events (shot put, softball throw, and tennis ball throw) each athlete shall be allowed three non-consecutive attempts. All three attempts shall be measured and recorded for breaking ties. The longest measurement of the three attempts shall be used for scoring. Athletes' second best, and then third best, attempts shall be used to break ties. All measurements shall be made in metric units.
- For individual field event competitions (Long Jump, Standing Long Jump, and throws) and combined events, a competitor shall be charged with a foul if the competitor does not initiate an attempt within one minute after the competitor's name has been called, in addition to a visual indication made by the event judge. For the High Jump, where there are three or more athletes remaining in the competition the time shall be one minute. Where there are two or three athletes remaining in the competition the time shall be one and a half minutes. Where there is one remaining athlete in the competition the time shall be two minutes.

### Use of Wind Gauge

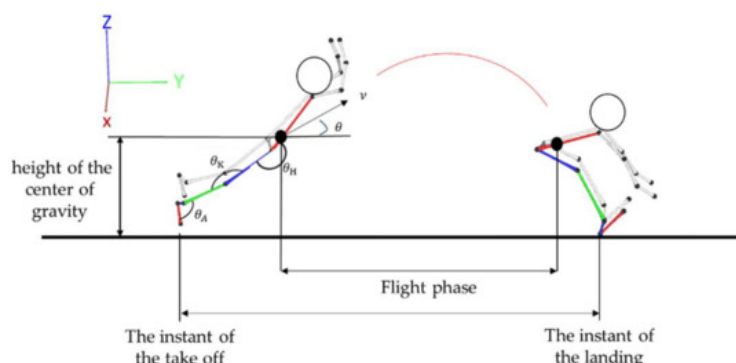
For all competitions the use of the wind gauge and the recording of wind readings are not required.

## Running Long Jump

- In the long jump, an athlete must be able to jump at least 1 meter, which is the maximum distance between the takeoff board and the sandpit. The takeoff board may be set anywhere from the front edge of the sandpit up to 1 meter in front of it.
- All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing. Prior to competition, an athlete may receive assistance from an official to mark their runway starting point.

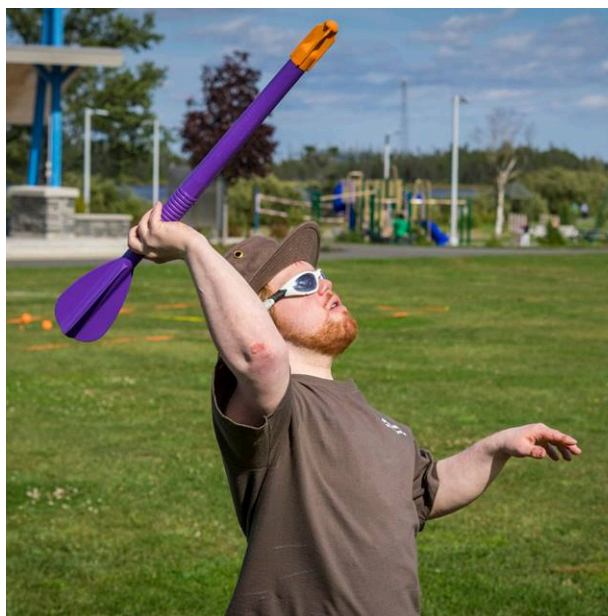
## Standing Long Jump

- Competitors shall start with both feet behind a designated foul line. The takeoff board shall be the same as that specified for the long jump takeoff board. The athlete may initiate their attempt on the takeoff board.
- The athlete shall initiate all attempts from behind the designated foul line.
- A competitor shall use both feet on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, but he/she may not lift either foot completely off the ground.
- All distances will be measured along a perpendicular line from the foul line to the closest impression on the landing area made by any part of the athlete's body or clothing.
- When possible, it is strongly suggested that the standing long jump event be conducted in sand-filled jumping pits. The foul line shall be placed at the end of the running long jump runway. If a mat is used, it should be long enough to include both take-off and landing areas, and the mat must be secured safely to the surface to prevent slipping.





# FIELD EVENTS MINI JAVELIN



## What is a Turbo Jav?

the Turbo Jav is a throwing implement designed to Develop correct throwing technique. the Turbo Jav teaches the basic fundamentals and Mechanics Associated with any Throwing event. the turbo jav was originally designed to teach beginner Javelin throwers the same throwing fundamentals in a safe and fun Environment. it is also ideal for the more advanced athlete to use as a training implement to improve their accuracy and technique. it has soft nose, which enhances the safety feature and allows it to be thrown indoors.



## How to Throw a Turbo Jav

1. The Turbo Jav should always be held with the point facing forward and the tail section behind you. Place both feet squarely on the ground about shoulder width apart with your toes facing inward. Your entire body should be facing forward. The Turbo Jav should be held at head height and parallel to the ground. It should be directly beside your eye. Your non throwing arm should be pointing in the direction of the throw.
2. Keeping the Turbo Jav level and the point facing forward, the throwing arm is extended back. The opposite arm is pointed in the direction of the throw. The non throwing arm starts to pull into the rib cage which initiates the right shoulder to rotate and start the throw.
3. In a smooth, continuous motion, the Turbo Jav is pulled forward and thrown over the shoulder....This is very important! If you do not throw over your shoulder, but instead throw in a rotational arc around your shoulder and body you will experience bad flights and short distances. Try to get the Turbo Jav to glide like a paper airplane and take easy throws at first to get the feel for throwing with the shoulder.
4. after the throw... the follow through is the most important factor for success in throwing with good mechanics. Stopping your motion short at the throw without continuing your momentum over your blocking leg will make it hard to achieve good flight and distance. Like a swing of the bat or golf club, acceleration must continue forward beyond the throw for at least a step or two.

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