

Special Olympics Northern California

Track & Field



2026 Rules & Guidelines

Developmental, Wheelchair, Traditional and Pentathlon Events
(There are No Rule Changes for Track & Field)



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SPECIAL OLYMPICS NORTHERN CALIFORNIA

MISSION STATEMENT

To provide athletic opportunities to children and adults with intellectual disabilities which instill the confidence needed to succeed in life.

Preparing for life through sports

SO NORCAL PLAYS BY THE RULES.....

All Special Olympics competitions will be conducted in accordance with the Official Special Olympics Sports Rules and the National Governing Body Rules for each sport offered in our program. These rules are designed to protect the athletes, provide equitable conditions of competition and promote uniformity so that no competitor shall obtain an unfair advantage over another.

The International Olympics Committee (IOC) has granted its official recognition to Special Olympics International, Inc., and its accredited programs.

SPECIAL OLYMPICS NORTHERN CALIFORNIA

COACHES CODE OF CONDUCT

SPECIAL OLYMPICS NORTHERN CALIFORNIA (SONorCal) volunteer coaches are models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. In addition, it is the position of SONorCal that each volunteer coach shall agree to:

HAVE RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, other coaches and volunteers, SONorCal staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries/heats and finals in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR HIS/HER ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will dress and act in an appropriate manner at all times.
- I will display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONorCal staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not use any alcohol or tobacco products, vaping products, or cannabis products while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards, or inappropriate contact or relationship with, athletes, other coaches and volunteers, SONorCal staff members, family members, or spectators in Special Olympics, including verbal, physical or emotional abuse.
- I will be alert to any form of abuse from other sources directed toward athletes or others in my care.
- I will abide by the Special Olympics policy that prohibits coaches/volunteers from dating athletes.

PROVIDE QUALITY SERVICE TO THE ATHLETES

- I will seek continued improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program.
- I will keep copies of the registration, training, and competition records for each athlete I coach.
- I will follow the Special Olympics and National Governing Body rules for my sport(s) coached, as well as all SONorCal policies and procedures as amended.

ENSURE THE HEALTH AND SAFETY OF THE ATHLETES

- I will ensure that the equipment and facilities for my sport(s) coached are safe to use.
- I will ensure that the equipment, rules, training and the environment are appropriate for the age and ability of the athletes.
- I will review each athlete's registration form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes, coaches and volunteers to seek medical advice when needed.
- I will report any emergencies to the appropriate authorities after first taking immediate action to ensure the safety and well-being of those involved.
- I will maintain the same interest and support towards sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.

Should the behaviors and/or abilities of any volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONorCal policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONorCal in its sole discretion:

1. The coach may be notified by official warning of the undesirable behavior and be requested to remedy the situation immediately in order to continue his or her participation in Special Olympics;
2. The coach may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics event or competition;
3. The coach or sponsoring school/organization may be suspended from participating in any or all Special Olympics activities or events for a specified period of time; and/or
4. The coach or sponsoring school/organization may be permanently prohibited from participating in any or all Special Olympics activities or events.

ATHLETES CODE OF CONDUCT

Special Olympics Northern California (SO NorCal) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SO NorCal Athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the official and ask questions when I do not understand
- I will always try my best during training, divisioning, and competitions.
- I will not “hold back” in preliminary competition just to get into an easier finals competition division.
- I will follow the International Federation and the National Federation/Governing Body rules for my sport(s).

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not use any alcohol or tobacco products, vaping products, or cannabis products while representing Special Olympics at training sessions, competition, or during Games.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules.

Special Olympics

Northern California

PARENT AND SPECTATOR CODE OF CONDUCT

Special Olympics Northern California (SO NorCal) is committed to the highest ideals of sport and expects all parents and spectators to honor sport and Special Olympics. All Special Olympics parents and spectators should observe the following code:

- Remember athletes are participating for their enjoyment. Encourage participation, but do not force it.
- Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance, regardless of the event's or game's outcome.
- Focus on the athletes' effort and performance, rather than whether they win or lose.
- Encourage athletes to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at participants for making a mistake or losing the competition.
- Remember that athletes learn best by example. Appreciate good performance and skillful plays by all participants.
- Respect the decisions of officials, Games Management Team and Staff, and teach athletes to do the same.
- Show appreciation for event volunteers, coaches, and officials and staff. (Remember, without them there would be no opportunities for athletes).
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team's or individual's opponents. Without them, there would be no event or game.
- Encourage athletes and coaches to follow the rules and the officials' decisions.
- Swearing and/or inappropriate language will not be tolerated at SONC events
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Abide by all posted and written policies, including SONC's Animal Policy for Practices, Competitions and Events.

By attending an event, parents and spectators have agreed to abide by this Parent and Spectator Code of Conduct. SO NorCal reserves the right to dismiss parents and/or spectators from any SO NorCal event for violation of this Parent and Spectator Code of Conduct.

SO NORCAL TRACK & FIELD RULES AND REGULATIONS

The Official Special Olympic Sports Rules shall govern all Special Olympics Track & Field competitions. As an International Sports Program, Special Olympics have created these rules based upon International Amateur Athletic Federation (IAAF), USA Track & Field (USATF) and National Governing Body (NGB) rules for Track & Field. USATF or National Governing Body rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

SECTION A - GENERAL RULES

1. Each Special Olympics athlete is required to have a current Application for Participation on file in order to participate. This is in accordance with Special Olympics General Rules.
2. Each athlete must qualify by participating in a SO NorCal Regional Competition prior to the participation in the Program Championship (Summer Games).
3. SONorCal has a strict Animal Policy for Practices, Competitions and Events, which must be followed by all athletes, volunteers, parents and spectators at all times. Please visit sonc.org/resources/coach-athletes-resources/ for the full policy.

SECTION B - OFFICIAL EVENTS

1. One-Day Competitions: SO NorCal Regionals
 - a. Athletes may only register to compete in one level.
 - i. Level 1 Developmental Events: Developmental events provide meaningful competition for athletes with lower ability levels. Athletes in Level 1 may register for a maximum of three (3) individual events. Athletes in Level 1 are not eligible to enter in a relay.
 - ii. Level 2 Wheelchair Events: Wheelchair events provide meaningful competition for athletes in wheelchairs. Athletes in Level 2 may register for a maximum of three (3) individual events. Athletes in Level 2 are not eligible to enter in a relay.
 - iii. Level 3 Traditional Events: Athletes in Level 3 may register for a maximum of two (2) individual events and one (1) relay event, or three (3) individual events.
 - iv. Level 4 Pentathlon: Athletes in Level 4 may register for a maximum of the five (5) pentathlon events and one (1) relay event.
 - b. If a Level 1 athlete wishes to register for one (1) Level 3 Traditional Individual event, or a Level 3 athlete wishes to register for one (1) Level 1 Developmental Event, a "SO NorCal Petition" form must accompany your "Track & Field Entry Form for One-Day Competitions". All petitions are subject to review for approval by the Sports Management Team. Athletes in Level 1 events who petition to compete in a Level 3 event are not eligible to enter in a relay. If an Athlete in level 3 wishes to petition to compete in a level 1 event, the athlete would need to have a medical condition and have no other options in level 3.
 - i. In order for a petition to be considered for a competition, coaches must submit, by the mid-point of the training season (half of the scheduled practices), the "SO NorCal Petition" form to their local SO NorCal Staff contact. Petitions not submitted, or submitted after this deadline, will not be considered. SO NorCal Staff will provide approvals/denials on submitted petitions within one week of the form being received.
2. Two-Day Competitions: SO NorCal Summer Games
 - a. Athletes may only register to compete in one level.
 - i. Level 1 Developmental Events: Developmental events provide meaningful competition for athletes with lower ability levels. Athletes in Level 1 may register for a maximum of four (4) individual events. Athletes in Level 1 are not eligible to enter in a relay.
 - ii. Level 2 Wheelchair Events: Wheelchair events provide meaningful competition for athletes in wheelchairs. Athletes in Level 2 may register for a maximum of four (4) individual events. Athletes in Level 2 are not eligible to enter in a relay.
 - iii. Level 3 Traditional Events: Athletes in Level 3 may register for a maximum of four (4) individual events and one (1) relay event, or two (2) individual events and two (2) relay events.
 - iv. Level 4 Pentathlon: Athletes in Level 4 may register for a maximum of the five (5) pentathlon events and two (2) relay events.
 - b. If a Level 1 athlete wishes to register for one (1) Level 3 Traditional Individual event, or a Level 3 athlete wishes to register for one (1) Level 1 Developmental Event, a "SO NorCal Petition" form must accompany your "Track & Field Entry Form for Two-Day Competitions". All petitions are subject to review for approval by the Sports Management

Team. Athletes in Level 1 events who petition to compete in a Level 3 event are not eligible to enter in a relay. If an Athlete in level 3 wishes to petition to compete in a Level 1 event, the athlete would need to have a medical condition and have no other options in Level 3.

- i. In order for a petition to be considered for a competition, coaches must submit, by the mid-point of the training season (half of the scheduled practices), the “SO NorCal Petition” form to their local SO NorCal Staff contact. Petitions not submitted, or submitted after this deadline, will not be considered. SO NorCal Staff will provide approvals/denials on submitted petitions within one week of the form being received.
- c. For SO NorCal Summer Games, athletes must register for the same events they participated in at the Regional competition, and Regional scores will be used. If an athlete wishes to add one or two events ~~an event~~ for Summer Games (optional), the additional event(s) must be the same level as their other events and an accurate score must be obtained and submitted. Only petitions that were accepted at the Regional competition will be considered for SO NorCal Summer Games and petitions for added events are not allowed.
3. All scoring for running/walking/wheelchair race events must be measured in (Minutes:Seconds.Tenths).
4. All scoring for field events must be measured in (Meters.Centimeters).

Level 1 Developmental Events

1. 10 Meter Assisted Walk
2. 25 Meter Assisted Walk
3. 50 Meter Assisted Walk
4. 25 Meter Walk
5. 50 Meter Walk
6. 100 Meter Walk
7. 25 Meter Run
8. 50 Meter Run
9. Standing Long Jump
10. Softball Throw (Max. Distance: 20 Meters)*
11. Tennis Ball Throw (Max. Distance: 20 Meters)**

*If an athlete throws the softball more than 20 meters, the athlete is no longer considered to be at the developmental level.

**If an athlete throws the tennis ball more than 20 meters, the athlete should participate in the Softball Throw.

Level 2 Wheelchair (W/C) Events

1. 10 Meter W/C Race
2. 25 Meter W/C Race
3. 30 Meter W/C Slalom
4. 100 Meter W/C Race
5. 200 Meter W/C Race
6. 400 Meter W/C Race
7. 25 Meter Motorized W/C Obstacle Race
8. 30 Meter Motorized W/C Slalom
9. 50 Meter Motorized W/C Slalom
10. W/C Turbo Jav Throw (400 grams)
11. W/C Softball Throw
12. W/C Tennis Ball Throw
13. W/C Men’s Shot Put (1.8kg/4lbs)
14. W/C Women’s Shot Put (1.36kg/3lbs)

Level 3 Traditional Events

1. 100 Meter Run
2. 200 Meter Run
3. 400 Meter Run
4. 800 Meter Run
5. 1500 Meter Run
6. 400 Meter Walk (Max. Time: 5 Minutes)
7. 800 Meter Walk (Max. Time: 9 Minutes)
8. 1500 Meter Walk (Max. Time: 17 Minutes)
9. High Jump (Min. Height: 1 Meter)
10. Running Long Jump (Min. Distance: 1 Meter)
11. Turbo Jav Throw (400 grams)
12. Men’s Shot Put
 - a. Age 8-11 (2.72kg/6lbs)
 - b. Age 12+ (4kg/8.8lbs)
13. Women’s Shot Put
 - a. Age 8-11 (1.8kg/4lbs)
 - b. Age 12+ (2.72kg/6lbs)

Level 4 Pentathlon Events

1. 100 Meter Run
2. 400 Meter Run
3. Running Long Jump (Min. Distance : 1 Meter)
4. Shot Put
5. High Jump (Min. Height: 1 Meter)

Level 3 & 4 Relay Events

1. 4x100 Meter Relay
2. 4x400 Meter Relay

SECTION C - UNIFORMS

1. Athletes must be properly attired in athletic uniforms for competition. This includes the following:
 - a. Shorts, singlets, t-shirts, warm-ups and athletic shoes.
 - i. Running spikes are acceptable to wear, but the spikes must be ¼” and below. No pin point spikes are allowed and spikes cannot be used in the shot put ring.
 - b. Jeans, jean shorts, or khaki shorts are not allowed.
 - c. It is recommended that all teams wear matching uniforms if possible.
 - d. No jewelry may be worn (with the exception of an athletic watch).
 - e. An athlete may wear a hat for medical or sun allergy reasons. It is recommended that the hat either have a Special Olympics logo, or no logo.

SECTION D - COACHES AND THEIR RESPONSIBILITIES

1. Coaches are responsible for knowing and understanding the rules of the sport, not only the modified rules in this manual, but also the International Rules of the game. The National Governing Body of rules for Special Olympics Track & Field is USA Track & Field (USATF). To acquire your own USATF Rules Book, follow the link below:

<http://www.usatf.org/About/Competition-Rules.aspx>

SECTION E - RULES OF COMPETITION

1. All Events
 - a. Event officials, in cooperation with the Track & Field Rules Committee, shall have the following:
 - i. Authority to enforce all rules and decisions of the Official Special Olympics Rule book and USATF rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise covered by these rules.
 - ii. Authority to adjust these rules on a case-by-case basis for the safety and well-being of an athlete.
 - iii. Authority to intervene in the competition at any stage to ensure that the appropriate regulations are observed, and shall adjudicate all protests related to the competition in progress.
 - iv. Discretion to allow for certain modifications/interpretations of the current technical rules based on a physical disability characteristic, as long no advantage is given over another athlete. Event interpretations will be concerned with the action a limb(s) is performing. The judge shall be concerned with what action the arm or leg action constitutes.
 - v. Coaches must declare physical issues for any athletes prior to the meet for any event(s) in which the athlete is participating, either via the official entry/registration forms and/or a report submitted to meet officials.
 - vi. Full control and authority over all officials, including approving their assignments and instructing them regarding all Special Olympics features or regulations related to the competition.
2. Track Events
 - a. Use of blocks and starting race:
 - i. In races up to, and including, 400 meters, the athletes have the option of using or not using blocks.
 - ii. In competition, regardless of whether the athletes are using blocks in races 400 meters or below, the commands of the Starter in his own language shall be “on your marks”, “set”, and when all competitors are set, the gun shall be fired.
 - iii. In races 800 meters or longer, the commands shall be “on your marks” and, when all competitors are steady, the gun shall be fired. A competitor shall not touch the ground with his/her hand(s).
 - iv. Starting races longer than 400 meters:
 1. 800 meters distance: Runner will run in the lanes through the first turn and break toward lane one at the break-line marked after the first turn.
 2. 1500 meter distance: A waterfall start shall be used.
 3. 800 meters distance and greater: A lap counter is recommended to keep track of athlete’s laps.
 4. 800 meters distance and greater: A bell is recommended to signal the athlete’s last lap.
 - v. Starting Relays

1. 4 x 100 meters: Any runner waiting for an incoming team member (with a baton) is not permitted to begin running outside his/her exchange zone, and shall start anywhere within the zone. Baton exchanges must occur within the exchange zone (30 meters), regardless of where the receiving runner sets up.
 - a. See Fig. 1 and Fig. 2 on Page 16 for relay exchange zones.
 - i. Fig. 1 reflects markings for 2019 USATF Rule Change.
 - ii. Fig. 2 reflects markings prior to 2019 USATF Rule Change.
 2. 4 x 400 meters: A three-turn stagger will be used for the start. The first leg will be run entirely in lanes. The second leg runner will start in his/her lane and break toward lane one at a break line marked after the first turn. In the 4 x 400 meters relay where not more than four teams are competing, it is recommended that only the first bend of the first lap should be run in lanes. In a given competition, however, all races of 4 x 400 meters relay shall be run only in one of the above mentioned formats. Baton exchanges must occur within the exchange zone (20 meters), regardless of where the receiving runner sets up within the zone.
 - vi. The starter shall give each competitor a chance to do his/her best by:
 1. Giving the competitors ample time to settle down after taking their marks.
 2. Starting the sequence over if any runner is off-balance.
 3. Not holding the runners too long after the set command.
 - b. False starts:
 - i. 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.
 - c. Lane violations:
 - i. In all races run in lanes, each competitor shall keep within his/her allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.
 - ii. An athlete will not be disqualified if the athlete either:
 1. Is pushed or forced by another person to run outside his/her lane, and no material advantage is being gained.
 2. Runs outside his/her lane in the straight and no other runner is obstructed.
 3. Runs outside the outer line of his/her lane on the bend, with no material advantage being gained, and no other runner is obstructed.
 - d. Race Walking
 - i. Athlete must have one foot in touch with the ground at all times.
 - ii. In all race walking events, an athlete does not have to have a straight support leg while competing.
 - iii. In race walking events up to, and including, 400 meters, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, an advantage has been gained.
3. Relay Events
- a. General Relay Rules (For One and Two-Day Competitions)
 - i. There shall be four runners on each relay team.
 - ii. Each runner shall run one-fourth the distance (one leg) of the total relay. No runner shall run more than one leg of any one relay.
 - b. Relay Divisions (For One and Two-Day Competitions)
 - i. Divisions will be determined by Gender and Age categories.
 1. Gender Categories:
 - a. Male Division (all four runners are male)
 - b. Female Division (all four runners are female)
 - c. Co-ed Division (at least one runner is of different gender than the other runners)
 2. Age Categories
 - a. Junior Division – 21 & Under (all four runners on the team must be 21 years of age and under)
 - b. Senior Division – 22 & Older (any one of the four runners is 22 years of age or older)
 - c. Day-of Event “Track and Field Relay Card” (Available at the competition for One and Two-Day Competitions)
 - i. “Track and Field Relay Cards” will be due to the Games Director at the given deadline on the day of the event.
 - ii. For each relay team you wish to enter, complete a “Track and Field Relay Card” as follows:
 1. Section 1 – Team Information – list the Delegation, Relay Team Name and Coach Name.
 2. Section 2 – Relay Event – indicate the relay event in which the team is entering.

3. Section 3 – Athlete Order and Information – list the Names of the athletes (using the list of eligible athletes from your “Track and Field Relay Entry Form for One-Day Competitions”) in the order they will run and indicate their Bib Number, Gender and Age. Lastly, list each runner’s Individual Leg Time using the minutes:sec.tenths format, as well as the Total Time for the relay. If the four athletes listed have practiced together, please enter the time you have recorded.
 4. Sections 4&5 – For Divisioning and Awards – GMT use only – please do not complete.
 5. Incomplete relay cards will result in the relay team being eligible for participation only (no placement).
- d. One Day Competitions (SO NorCal Regionals)
- i. Qualifying and Registration Instructions
 1. Relay teams may be comprised of any four track and field athletes who have qualified by running an individual event equivalent to or further than the distance of one relay leg. Walking events do not qualify athletes for a relay. Athletes in developmental events who petition to compete in traditional events are not eligible to enter in a relay.
 2. Relay team members must come from within the same delegation (Team for Regionals/County for Summer Games).
 - a. Athletes for One-Day Program Championship Events (SONV Summer Games) relay teams may be different than those who ran on the relay team at a Regional Event.
 3. Athletes must be registered on the following:
 - a. “Track and Field Entry Form for One-Day Competitions” AND
 - b. “Track and Field Relay Entry Form for One-Day Competitions”
 4. Completing the Track and Field Entry Forms
 - a. “Track and Field Entry Form for One-Day Competitions”
 - i. Utilize the drop-down menu under “Event/**Relay” column.
 - b. Select “Relay” as the event.
 - c. Do not enter a time for the Relay event.
 5. “Track and Field Relay Entry Form for One-Day Competitions”
 - a. Section 1 – Relay Teams Registered – enter the total number of relay teams you are registering for the competition (this number may not be exceeded the day of the competition).
 - b. Section 2 – Athlete Personal Information – list the athletes who have registered for a relay, along with their gender, date of birth and age.
 - c. Section 3 – Distance Eligibility – indicate the distance(s) the athlete is eligible to run.
 - Example 1: Joe is registered on the “Track and Field Entry Form for One-Day Competitions” for the 1500 Meter Run, the Shot Put, and a relay, so you would place an “X” under the 4X100 and 4X400 columns. Therefore, he is eligible to run in a 4X100, OR 4X400 Relay.
 - Example 2: Sally is registered on the “Track and Field Entry Form for One-Day Competitions” for the 100 Meter Run, the 400 Meter Walk, and one relay, so you would place an “X” under the 4X100 column only. Therefore, she is only eligible to run in the 4X100 Relay.
 - Example 3: Tom is only registered on the “Track and Field Entry Form for One-Day Competitions” for the 1500 Meter Run, the 400 Meter Run and 100 Meter Run. Therefore, he is not eligible to be listed on the “Track and Field Relay Entry Form for One-Day Competitions” and may not run in a relay at the competition.
 - d. Section 4 – Registered Relay Number – indicate the number of relays the athlete has registered for (from the “Track and Field Entry Form for One-Day Competitions”).
 - Example 1: Joe is registered to be in one relay, so you would place an “X” under the Number “1”.
 - Example 2: Sally is registered to be in one relay, so you would place an “X” under the Number “1”.
 - Example 3: Tom is not registered to be in a relay, so he would not be listed on the “Track and Field Relay Entry Form for One-Day Competitions”.
 - e. Section 5 – for GMT Use Only – please do not complete.
 - f. Section 6 – Relay Event Summary – indicate the number of teams you anticipate entering for each relay event. Relay events may be changed the day of competition. However, the total number of relay teams cannot exceed the registered amount in Section 1.
 - i. Athletes may register for one relay based on the Official Events guidelines (Refer to Section B – Official Events, on Pages 6 & 7).

- e. Relay Events – Two-Day Competitions (SO NorCal Summer Games)
 - i. Qualifying and Registration Instructions
 - 1. Relay teams may be comprised of any four track and field athletes who have qualified by running an individual event equivalent to or further than the distance of one relay leg. Walking events do not qualify athletes for a relay. Athletes in developmental events who petition to compete in traditional events are not eligible to enter in a relay.
 - 2. Relay team members must come from within the same delegation (County).
 - a. Delegations (Counties) with less than four relay-eligible runners may combine for a relay.
 - b. Athletes for Two-Day Program Championship Events (SO NorCal Summer Games) relay teams may be different than those who ran on the relay team at a Regional Event.
 - 3. Athletes must be registered on the following:
 - a. “Track and Field Entry Form for Two-Day Competitions” AND
 - b. “Track and Field Relay Entry Form for Two-Day Competitions”
 - 4. Completing the Track and Field Entry Forms
 - a. “Track and Field Entry Form for Two-Day Competitions”
 - i. Utilize the drop-down menu under “Event/**Relay” and/or “**Relay” column(s).
 - b. Select “Relay” as the event(s).
 - c. Do not enter a time for Relay event(s).
 - 5. “Track and Field Relay Entry Form for Two-Day Competitions”
 - a. Section 1 – Relay Teams Registered – enter the total number of relay teams you are registering for the competition (this number may not be exceeded the day of the competition).
 - b. Section 2 – Athlete Personal Information – list the athletes who have registered for a relay, along with their gender, date of birth and age.
 - c. Section 3 – Distance Eligibility – indicate the distance(s) the athlete is eligible to run.
 - i. Example 1: Josh is registered on the “Track and Field Entry Form for Two-Day Competitions” for the 1500 Meter Run, the Shot Put and two relays, so you would place an “X” under the 4X100 and 4X400 columns. Therefore, he is eligible to run in both the 4X100, and 4X400 Relays.
 - ii. Example 2: Sadie is registered on the “Track and Field Entry Form for Two-Day Competitions” for the 100 Meter Run, the 400 Meter Walk, the 800 Meter Walk, and a relay, so you would place an “X” under the 4X100 column only. Therefore, she is only eligible to run in the 4X100 Relay.
 - iii. Example 3: Bill is only registered on the “Track and Field Entry Form for Two-Day Competitions” for the 1500 Meter Run, the 400 Meter Run and 100 Meter Run. Therefore, he is not eligible to be listed on the “Track and Field Relay Entry Form for Two-Day Competitions” and may not run in a relay at the competition.
 - d. Section 4 – Registered Relay Number – indicate the number of relays the athlete has registered for (from the “Track and Field Entry Form for One-Day Competitions”).
 - i. Example 1: Joe is registered to be in two relays, so you would place an “X” under the Number “1” and the Number “2”.
 - ii. Example 2: Sally is registered to be in one relay, so you would place an “X” under the Number “1”.
 - iii. Example 3: Tom is not registered to be in a relay, so he would not be listed on the “Track and Field Relay Entry Form for Two-Day Competitions”.
 - e. Section 5 – for GMT Use Only – please do not complete.
 - f. Section 6 – Relay Event Summary – indicate the number of teams you anticipate entering for each relay event. Relay events may be changed the day of competition. However, the total number of relay teams cannot exceed the registered amount in Section 1.
 - i. Athletes may register for one relay based on the Official Events guidelines (Refer to Section B – Official Events, on Pages 6 & 7).
 - f. Preliminary and Final Races
 - i. Preliminary races will be used to determine Final relay divisions and Final races.
 - ii. Should a relay team be disqualified in a Preliminary race, it may still run in the Final race, but is only eligible for participation.

3. Field Events

a. Measurements

- i. In the running long jump, high jump and shot put events, each athlete shall be allowed three non-consecutive attempts. For standing long jump, softball throw, turbo jav, and tennis ball throw, each athlete shall be allowed three consecutive attempts. The longest measurement of the three attempts shall be used for scoring.

b. Running Long Jump

- i. In the running long jump, an athlete must be able to jump at least one (1) meter, which is the minimum distance between the toe board to the sand pit (safety considerations allow for the board to be placed up to 0.75 meters (75cm) from the edge of the pit; however the athlete must jump one meter to have their jump deemed legal). If all three (3) jump attempts are less than one (1) meter, the athlete will be disqualified.
- ii. All three jumps shall be measured and recorded for the purpose of breaking ties.
- iii. In jumping events, prior to competition, athletes may have assistance from an official/coach to mark their take-off mark.

c. Standing Long Jump

- i. Competitors shall start with both feet behind a designated take-off line and on the ground.
- ii. When starting, competitor's toes shall be behind the take-off line.
- iii. 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 clear off the ground.
- iv. Distance will be measured from the closest impression on the landing area made by any part of the body including clothing, to the take-off line.
- v. If using sand-filled jumping pits, the take-off line should be 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.

d. High Jump

- i. The competitor shall take off from one foot.
- ii. The minimum opening height for all high jump competitions shall be one meter.
- iii. Competitors shall not dive forward over the bar or take off from a two-footed take off.
- iv. When there is a tie in the high jump even after the count back of failures, the athletes tying shall be awarded the same place in the competition. Even if it concerns first place, award more than one gold medal as opposed to running a jump-off until the tie is resolved.
- v. In jumping events, prior to competition, athletes may have assistance from an official/coach to mark their take-off mark.

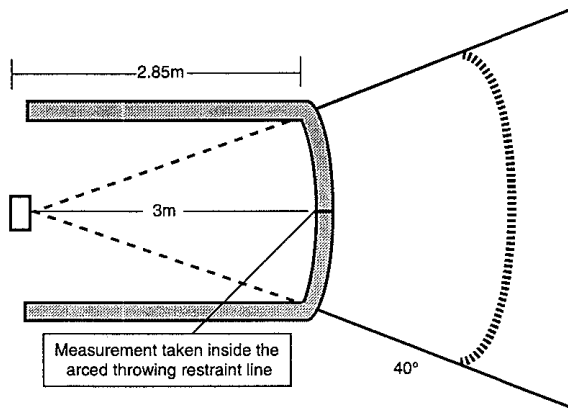
e. Shot Put

- i. The shot may be steel, brass, or a synthetic-covered implement.
- ii. 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.
- iii. 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.
- iv. The use of any mechanical aid shall not be allowed. For protective purposes only the wrist may be taped.
- v. 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.
- vi. The put shall be declared a foul and shall not be measured if, after entering the circle and starting the put, the competitor commits any of the following:
 1. Uses any method contrary to the definition of a legal put
 2. Causes the shot to fall on or outside the lines marking the landing sector
- vii. Each athlete is allowed three non-consecutive puts. Each fair put must be measured and the longest measurement of the three puts will be used for scoring.

f. Throwing Events (Tennis Ball Throw, Softball Throw, Turbo Jav Throw)

- i. For all Throwing Events, the following set-up shall be used:
 1. Mark off two parallel lines which are 2.85 meters in length, with each of the ends being 2 meters apart.
 2. At the back end of the throwing area, place a mark 0.10 in length directly in the middle of the two end lines (this is your pull through point for measurement).

3. From this mark, extend an imaginary parallel line out 3 meters, mark this point, and draw an arc connecting both sidelines which intersect this point.
4. Extend two lines out which intersect both points where the arc meets the sidelines. This provides the 40-degree throwing area for all Throwing Events.
5. See diagram below.



ii. Tennis Ball Throw

1. A standard tennis ball shall be used.
2. Competitors may use any type of throw, but cannot throw for more than 20 meters.
3. Any one of the 3 throws (attempts) that is over 20 meters will not be counted as a legal throw. However, any throw under 20 meters and inside the throwing area will be counted and measured as a legal throw. If all 3 throws are either over 20 meters or outside the throwing area, the athlete will be disqualified.
4. During the approach, the athlete may not step on or over the sidelines or foul line.
5. Each thrower is allowed three consecutive throws.
6. Each fair throw must be measured and the longest measurement of the three throws will be used for scoring.

iii. Softball Throw

1. A 30 centimeter (12") in circumference softball shall be used. The Worth Hot Dot Slow Pitch – 12" is recommended.
2. Competitors may use any type of throw, but cannot throw for more than 20 meters.
3. Any one of the 3 throws (attempts) that is over 20 meters will not be counted as a legal throw. However, any throw under 20 meters and inside the throwing area will be counted and measured as a legal throw. If all 3 throws are either over 20 meters or outside the throwing area, the athlete will be disqualified.
4. During the approach, the athlete may not step on or over the sidelines or foul line.
5. Each thrower is allowed three consecutive throws.
6. Each fair throw must be measured and the longest measurement of the three throws will be used for scoring.

iv. Turbo Jav Throw

1. The turbo jav competition should be conducted as any other javelin competition. This event can be viewed as similar to the softball throw competition as it utilizes the same throwing areas and measuring method. Sidelines can be extended up to 26' if athletes need a longer approach.
2. A 400 gram turbo jav shall be used.
3. Only one thrower shall be on the approach area at a time.
4. The turbo jav must be held by the grip with the point facing forward.
5. The turbo jav must be thrown using an over-arm, over the shoulder throwing motion of the throwing arm.
6. The thrower may not use a 360 degree turn of their body during their approach.
7. Each thrower is allowed three consecutive throws. Each fair throw must be measured and the longest measurement of the three throws will be used for scoring.
8. The thrower is allowed one minute to initiate a trial after their name is called.
9. The thrower may throw the turbo jav so that any part of the implement may land first.
10. If the turbo jav lands outside the 40-degree sector lines, the throw will be called a "foul" and thus will not be measured.

11. During the approach, the athlete may not step on or over the sidelines or foul line.
12. After the throw, the athlete must wait for the turbo jav to land and the official to announce “mark” or “foul”, before exiting to the rear of the approach.

4. Pentathlon

- a. The five events comprising the pentathlon shall be the following: 100 meter run, running long jump, shot put, high jump, and 400 meter run.
- b. The Special Olympics Pentathlon scoring tables may be obtained from your local Special Olympics Sports Staff.
- c. It is recommended that the Pentathlon be a two-day format with events one, two and three the first day and events four and five the second day.
- d. An athlete who receives a score of zero in any one event within the pentathlon, does not automatically get a participation ribbon for the whole pentathlon event. A score of zero could come from a variety of reasons, such as: a “no height” in the high jump, three fouls in the long jump or shot put, or false starts in the races. The score of zero for any one of these events would simply be a score noted for that part of the whole pentathlon event. The zero would be added in with the other scores for the remaining events and a total derived from the scores for all five pentathlon events.

5. Wheelchair Events

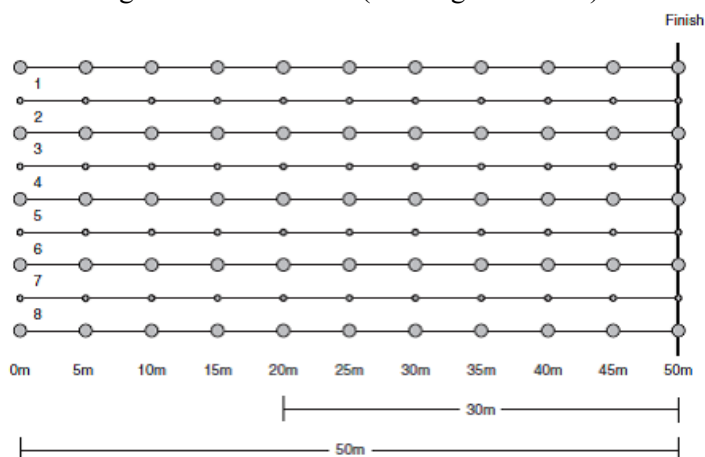
- a. Athletes entering in wheelchair events may only participate in Level 2 events.
- b. Wheelchair shot put.
 - i. It is acceptable to include wheelchair athletes in the regular divisions of the shot put, but the weight of shot must be the same for all competitors.
- c. Main Principles for Wheelchair Races
 - i. Athletes shall start with all wheels behind the start line (or one wheel for wheelchairs with only one wheel in front — professional version).
 - ii. Athlete is timed from the smoke of the starter’s gun to when all front wheels (two or one) of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.
 - iii. Motorized wheelchairs shall not be allowed in regular wheelchair races.
 - iv. Only athletes who ambulate by use of a wheelchair may participate in the events.
 - v. Athletes shall not be pushed, pulled or otherwise assisted during these events.
 - vi. The lanes for the wheelchair events shall be made two track-lanes wide.
- d. 10 Meter, 25 Meter, 100 Meter, 200 Meter and 400 Meter Wheelchair Races
 - i. Each competitor must keep in his/her lane from start to finish and may not interfere, obstruct or impede the progress of another competitor. Infractions, at the discretion of the judges, may result in disqualification.
- e. 30 Meter Wheelchair Slalom
 - i. Beginning at the start line, place one traffic cone (slalom flagpoles minimum of 1.22 meter) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
 - ii. Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course.
 - iii. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed.

6. Motorized Wheelchair Events

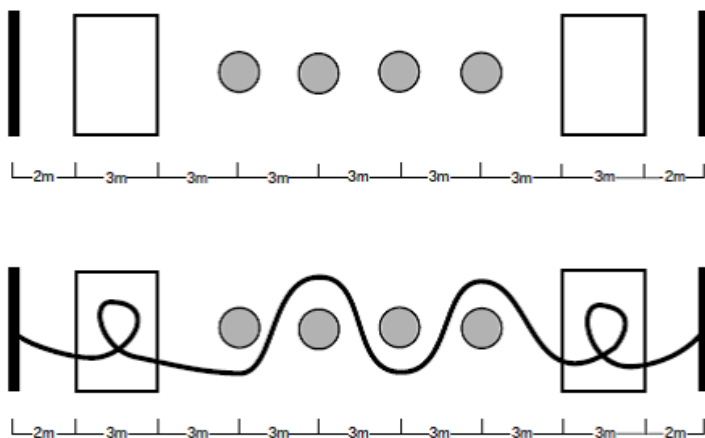
- a. Main Principles for Motorized Wheelchair Races
 - i. These events are restricted to motorized wheelchairs only.
 - ii. The first two wheels on each competitor’s wheelchair will be regarded as the starting and finishing points of all races.
 - iii. If a competitor varies from a sequence of obstacles, he/she must, without notice from any official, resume progress at the point prior to the incorrectly passed obstacle before entering the next obstacle and complete the course in its entirety, or be disqualified. In essence, failure to complete the course as designed will result in disqualification.
 - iv. A competitor will be disqualified if that individual’s coach (or assistants) enters the course boundaries during the running of the obstacle course. Coaches may instruct from outside the marked boundaries of the course. Judges and officials will not give directional cues.
 - v. When submitting entry times for motorized wheelchair events, the entry form should state whether the time was achieved with a “high-speed” or a “low-speed” setting.
 - vi. Athlete is timed from the smoke of the starter’s gun to when front wheels of the wheelchair reach the perpendicular plane of the nearer edge of the finish line.

b. Motorized Wheelchair Slalom

- i. Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for wheelchairs.
- ii. Place the cones on the start and finish lines 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes (see diagram below).



- iii. Beginning at the start line, place one traffic cone (9" cone is recommended, if available) in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
 - iv. Athlete maneuvers his/her chair through the course, going to the right of the first obstacle and across the finish line without impeding another athlete on the course. Knocking down a cone constitutes a violation, and a three-second penalty will be assessed.
 - v. No penalty will be incurred as a result of touching a cone.
- c. 25 Meter Motorized Wheelchair Obstacle Course
- i. Mark one box 2 meters from the start line and one box 2 meters from the finish line. Each box should be 3 meters in diameter.
 - ii. Place four cones between the boxes, each 3 meters apart (see diagram below).



iii. Rules for the event:

1. Athlete starts facing the course.
2. The athlete completes a 360 degree circle between the starting line and the first cone. Upon completion, the athlete weaves in and out of four cones set 3 meters apart, and then completes a second 360 degree circle between the fourth cone and the finish line.
3. The box (3 meters x 3 meters) is used only as an indicator for the athlete to complete the 360-degree circle. No points and/or time shall be deducted for touching or going over the lines. The box can be outlined with tape.
4. Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers are subject to disqualification at the discretion of the official.
5. No more than three athletes per race.

7. Assisted Walk Events
 - a. Athletes must provide his/her own assisted devices. The word “assisted” in these events refers to the athlete’s use of an assistive device such as: canes, crutches, or a walker—not a person who lends assistance.
 - b. Set-Up:
 - i. Each athlete will use two lanes as his/her lane, sufficiently wide enough to allow for assistive devices.
 - ii. Place cones on the start and finish lines, 2.44 meters apart (two track-lanes width) to create four start and four finish gates and four lanes.
 - iii. Beginning at the start line, place one cone in each lane at 5-meter intervals. Cones should be placed in the middle of the lanes.
 - c. Rules for the events:
 - i. Athlete starts behind the start line with his/her assisted device.
 - ii. Athlete walks using his/her assisted device.
 - iii. Athlete starts in his/her designated lane.
 - iv. Athlete may not receive assistance from coaches, officials or volunteers.
 - v. Athlete is timed from the smoke of the starter’s gun to when his/her torso reached the perpendicular plane of the nearer edge of the finish line.
8. Blind & Deaf Athletes
 - a. A rope or sighted guide runner may be provided to assist athletes who are visually impaired.
 - b. A sighted guide runner may not be ahead of the athlete in any manner. At no time may the guide runner pull the athlete or propel the athlete forward by pushing.
 - c. A tap start will be used for an athlete who is both deaf and blind.
 - d. Guide runners must wear a distinctive running vest so that they are clearly distinguished from competitors. These vests will be provided by the Venue Director.
 - e. Guide runners may use auditory cues to guide the runner/walker.

4 x 100 Relay Exchange Zones (may vary based on track markings)

Fig. 1 - Reflects markings for 2019 USATF Rule Change (few tracks are likely to be marked this way)

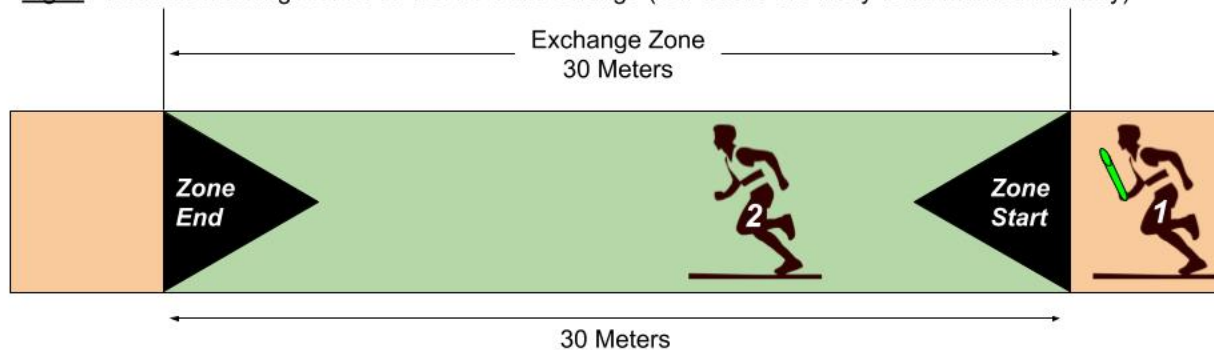
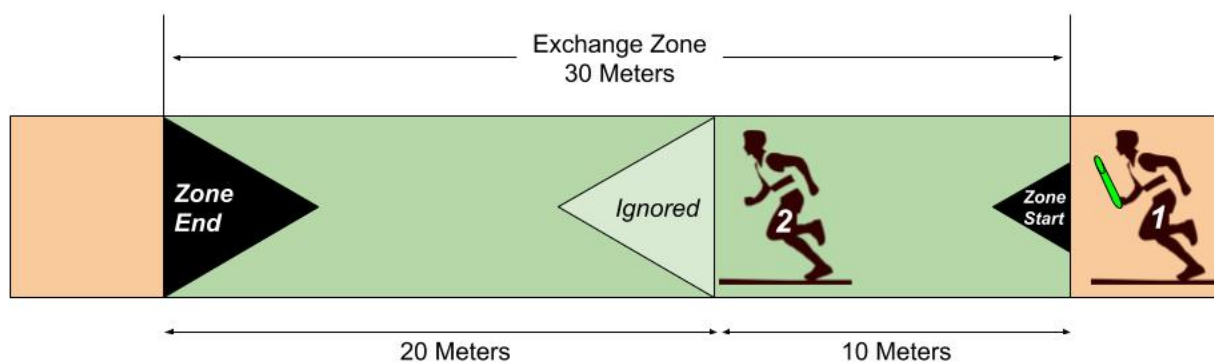
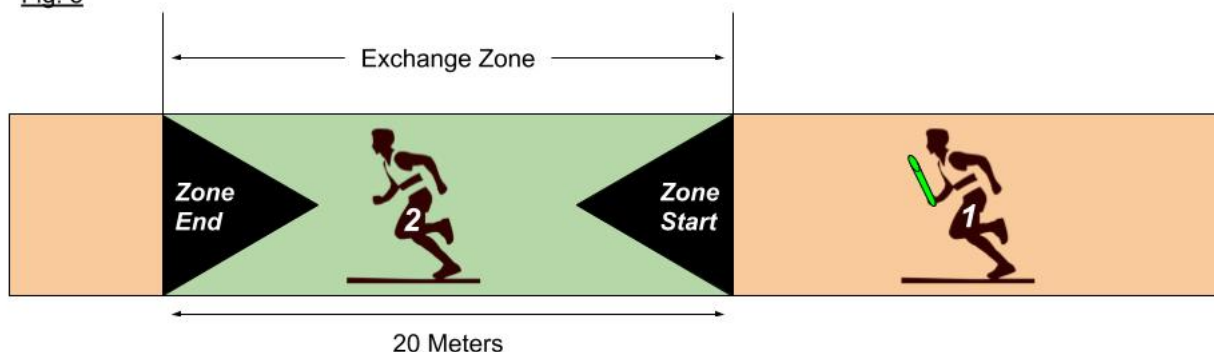


Fig. 2 - Reflects markings prior to 2019 USATF Rule Change (most tracks are still marked this way)



4 x 400 Relay Exchange Zones

Fig. 3



SECTION F – SPRING COMPETITIONS AND SUMMER GAMES

1. Athletes may train in as many Spring sports as desired and allowed by practice schedules, given the athlete is only training with one team for a given sport.
2. Athletes cannot compete in more than one Spring sport at the Same Regional competition (i.e., Spring Games) or in two different competitions on the same day. Athletes may compete in more than one Spring sport at the Regional level, given the competition for each sport takes place on a different day and location.
 - a. For Example: A program is attending a Spring Games where Swimming, Tennis and Track & Field are all offered on the same day at the same location and the following day there is a Bocce competition. Athletes **MUST** pick ONE sport to participate in for the Spring Games and may also compete in Bocce.
3. Athletes who train and compete in more than one Spring sport in the same year and who are on the roster of a four- or five-person Bocce team that is selected to advance to Summer Games **MUST** be registered for Bocce for Summer Games. **NO** members of the four- or five-person Bocce team may forfeit their spot on the selected Bocce team to register for any other sport for Summer Games. Athletes may only registered for ONE sport for Summer Games.

SECTION G - 2026 RULE CHANGES

1. There are no rule changes for TRACK & FIELD in 2026.