



Snowshoe



SOMI-Specific Information

Sport season:

December-February

Culminating State Event:

State Winter Games

Events Offered:

25-meter

50-meter

100-meter

200-meter

400-meter

4x100 meter Relay

4x400 meter Relay

4x100 meter Unified Relay

4x400 meter Unified Relay

National Governing Body:

Special Olympics

1133 19th St NW, Washington, DC 20036

(202) 628-3630

www.specialolympics.org

Uniform Guidelines & Equipment

1. Athletes should wear appropriate winter sports attire. Warm gloves or mittens, hat, scarf, headband or ski mask, and sunglasses or goggles are recommended. Optional items include wrist guards and kneepads.
2. All clothing should be conducive to freedom of movement. All competitors are required to wear footwear.
3. All competitors must wear competition bibs for all time trials and finals races.
4. Jewelry and denim may not be worn during competition or practice. Headwear for religious or medical reasons are acceptable but must be brought to the attention of the Games Director prior to competition.
5. Snowshoes:
 - I. Participants must have their own equipment.
 - II. Snowshoes should measure at least 7 inches by 20 inches. This measurement shall be taken from the longest point of the snowshoe and at the widest point of the snowshoe.
 - III. SOMI recommends a Michigan or Alaskan-style snowshoe.
 - IV. It is not necessary for snowshoes to have a "tail" provided that the snowshoe meets these minimum size standards.
 - V. Snowshoes may not be altered in anyway.
 - VI. Athletes must use the same snowshoes during time trial and finals competition. If an athlete is found to be wearing different snowshoes during finals competition, the athlete will be disqualified and given a participation ribbon only.

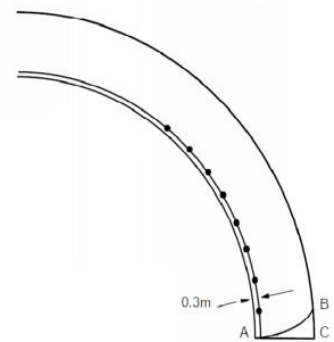
General Rules

1. Beginner athletes should enter the 25-meter and 50- meter events. Intermediate athletes should enter the 50-meter and 100-meter. Advanced athletes should enter the 200-meter, or the 400-meter.
2. Each athlete participating at the Games may only compete in one sport. Each athlete may participate in two events within the chosen sport category. Snowshoers are invited to enter the 25 and 50 Meter only. (Score 0-20) Intermediate (Level II) Snowshoers are invited to enter the 50 or 100 Meter. (Score 21-43) Advanced (Level III) Snowshoers are invited to enter the 100, 200, or the 400-Meter. (Score 44 +)
3. Athletes begin with feet behind the start line. All snowshoe races will use the starting command, "5-4- 3-2-1-Go!" At the same time as the verbal start command, a flag will be dropped to alert timers to the start and to accommodate hearing-impaired athletes.
4. In the 25-meter, 50-meter and 100-meter races athletes must keep in a straight line from start to finish.

5. Athletes continue on snowshoes until crossing the finish line.
6. Any competing athlete who jostles to obstruct another athlete, so as to impede his or her progress, shall be liable to disqualification from that event. This action must be judged to be intentional and beyond incidental to result in disqualification.
7. Athletes must complete the entire distance of this course with both snowshoes on. If one or both snowshoes come off, the athlete must stop, put the snowshoe back on (at the point where it came off), and then complete the course. Time is taken from the point that the competitor's torso crosses the finish line. The finish referee is responsible for all such decisions.
8. Any competitor starting before the start signal is given will be charged with a false start. Any competitor making two false starts in the same race will be disqualified from that race.
9. A sighted guide runner may be used by athletes who are blind. The 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. Guide runners must clearly identify so that they are clearly distinguished from competitors.

10. Waterfall Starts

1. Oval Waterfall (curved) starting lines are used for all races in Special Olympics Snowshoeing not run entirely on a straightaway (200 meters and up and the relays).
2. The waterfall starting line will ensure that each competitor runs the same equal distance going into the curve, from any starting position along this waterfall start line (i.e. snowshoer starting along the outer edge of the track covers the same distance as snowshoer starting along the inside edge of the track).
3. In the diagram below the curved line A to B is the waterfall starting line. An athlete starting at point B would cover the same distance on the track as a person starting at point A, when measured to the upper pin location, point D, ~25 meters into the curve.
4. The curved waterfall starting line may be established by driving a row of pins 3.05 meters (10 ft) apart, 0.3 meters (12 in) from the curb-- the first pin to be 0.3 meters (12 in) from the curb at the start. For a 9.75-meter (32 ft) track, 10 pins are sufficient.
5. Using a steel tape or rope 30.48 meters (100 ft) or longer, and with the pin furthest from the start as center, scribe an arc (the waterfall start line) from pole to outer curb of track.
6. The distance for spacing of the pins—3.05 meters—is an arbitrary and sufficiently accurate interval.
7. This will not be an arc of a circle as the radius will change as the tape loses contact with each successive pin.



Event-Specific Rules and Modifications

1. 25-100 Meter

- I. 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. Lanes should be marked and delineated on the track for the 25, 50 and 100-meter events. These lanes should be at least one meter wide each with wider lanes up to 1.7 meters wide being preferable.
- II. Racecourse Layout for 25 meter through 100-meter Racecourse area should be as flat as possible and at least 25-100 meters long. A start line should be marked 20 meters long.
- III. The finish line should be marked at 25 meters, 50 meters, and 100 meters from and parallel to the start line.
- IV. Six lanes should be designated, and each lane should be 2.5 meters wide.
- V. Two 5–10-meter areas should be used for staging: one area before the start line and one area after the finish line.

2. 200-400 Meter

- I. 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 track loop should be relatively flat. The course should be prepared so that conditions are similar for all parts of the track. The direction of competing shall be left-hand inside.
- II. 200 Meter Race is run over a portion of the 400-meter course.
- III. 400 Meter Race is one lap of the entire 400-meter course.
- IV. The minimum size of the course layout should be 400 meters in length and 7 meters in width. The course should be a continuous hoop over varied terrain.

3. Relay

- I. 4 x 100 Meter Relays. Run over 400-meter course with 3 exchange zones.
- II. Each zone will be 10m in length and clearly marked. The start of the zone shall be nearest to the starting line.

Disqualifications

1. A competitor may be disqualified if he/she:
 - I. Any competitor making two false starts in the same race will be disqualified from that race.
 - II. Does not follow the marked course or does not pass all the control checkpoints or takes a short cut.
 - III. Receives unauthorized assistance.
 - IV. Fails to give way to an overtaking competitor when so requested or prevents another racer from passing.
 - V. Does not finish with snowshoes on his/her feet.

Relay Races

1. General Rules
 - I. A relay team consists of four (4) competitors, any team with fewer than four (4) competitors must forfeit.
 - II. Each competitor must complete one-fourth of the distance of the total relay, or one leg. No competitor may complete more than one leg of any relay.
 - III. The designated exchange zone is the 10-meter-long space within the vertical planes extending up from two lines on the track 10 meters apart.
 - IV. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
 - V. A proper exchange of the baton must take place within the exchange zone between the incoming and outgoing runner.
 - VI. Competitors awaiting the baton will be positioned by officials on the track prior to the start of the race (for the 4 x 100 Meter Relay) or, as the leading runner passes the 200 meter to go point (for the 4 x 400 Meter Relay) in the same order (inside to out) as the order of their respective incoming team member.
 - VII. Competitors waiting for the baton can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another competitor so as to impede the other competitor's progress.
 - VIII. Competitors in the 4 x 100 Meter Relay about to receive the baton may commence running not more than 10 meters before the exchange zone. A line shall be marked on the track to denote this extended limit. If a competitor does not follow this rule, their team shall be disqualified.
 - IX. If dropped, the baton shall be recovered by the competitor who dropped it. He/she may leave their lane to retrieve the baton provided that, by doing so, they do not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the competitor who dropped it, after retrieving it, must return at least to the point where it was last in his hand,

before continuing in the race. Provided these procedures are adopted where applicable and no other competitor is impeded, dropping the baton shall not result in disqualification.

- i. If a competitor does not follow this rule, his/her team shall be disqualified.
 - X. The passing of the baton commences when it is first touched by the receiving competitor and is completed the moment it is in the hand of only the receiving competitor.
 - XI. In relation to the exchange zone, it is only the position of the baton which is decisive.
 - XII. Passing of the baton outside the exchange zone shall result in disqualification.
2. Baton
 - I. The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece.
 - II. Metal batons are acceptable, but caution must be used if handling them with bare skin in cold weather.
 - III. The baton length shall be 280 to 300 millimeters. The outside diameter shall be 40 millimeters and it shall not weigh less than 50 grams.
 - IV. It should be colored to be easily visible during the race.
 - V. The baton shall be carried by hand throughout the race.
 - VI. Competitors are not permitted to place substances on their hands in order to obtain a better grip of the baton.
3. Unified Sports relay team roster
 - I. The team shall be made up of two Special Olympics athletes and two Unified Sports[®] partners.
 - II. Athletes and Unified Partners may race in any order and competitor order is up to the decision of the coach.
4. Relay Disqualifications
 - I. Competitors, before receiving and/or after handing off the baton should keep in their general area or position relative to the inside edge track until the course is clear to avoid obstruction to other competitors. If a competitor impedes a member of another team by running out of position or lane, his or her team shall be disqualified.
 - II. Assistance between team members by pushing or by any other method shall result in disqualification of that team.
 - III. Competitors are not permitted to begin running outside the exchange zones and shall start within this zone. If a competitor does not follow this rule, their team shall be disqualified.