

## ARTICLE VIII - SNOWSHOEING

Special Olympics, Inc. is the International Governing Body for Snowshoeing. The Official Special Olympics Sports rules shall be followed for all Special Olympics snowshoeing competitions.

Section A: Official Events

VIII.1

Section B: Facilities

VIII.1

Section C: Equipment

VIII.1-VIII.2

Section D: Personnel

VIII.2

Section E: Rules of Competition

VIII.2-VIII.3





### SNOWSHOEING

#### SECTION A – OFFICIAL EVENTS

1. 100 Meter Race
2. 200 Meter Race
3. 400 Meter Race
4. 800 Meter Race
5. 1600 Meter Race
6. 5K Race
7. 10K Race
8. 4 x 100M Special Olympics Relay Race
9. 4 x 400M Special Olympics Relay Race
10. 4 x 100M Unified Sports™ Relay Race
11. 4 x 400M Unified Sports™ Relay Race

These events provide meaningful competition for those athletes not yet able to compete in the other events/distances offered.

12. 25 Meter Race
13. 50 Meter Race

#### SECTION B – FACILITIES

1. The minimum size of the-course should be approximately 400 meters in length and seven (7) meters in width. The course should be a continuous loop over varied 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 400M course.
  - c. 400 Meter Race. Run one lap of the entire 400M course.
  - d. 800 Meter Race. Run two laps on the 400M course or a 800M loop over varied terrain.
  - e. 1600 Meter Race. Run four laps on the 400M course or a 1600M loop over varied terrain.
  - f. 5K and 10k Races. Run on varied terrain on a trail.
  - g. 4 x 100 Meter Relays. Run over the 400M course with each of the four competitors running 100 meters.
  - h. 4 x 400 Meter Relays. Run over the 400M course with each of the four competitors running one lap of 400 meters.

#### SECTION C – EQUIPMENT

1. The snowshoe frame itself shall not be smaller than 20.5cm x 64cm (8inches x 25inches).
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.



### SNOWSHOEING

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.

#### 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.
- b. All supports, such as blocks or holes, which give an athlete an advantage at the start, are prohibited.
- c. In every event, each division shall be a mass start. There will be no timed interval starts.
- d. Competitors may leave the start area after the start command "Racers ready – Go."
- e. A false start requires a restart of the race.

##### 4. The Race

- a. Only the officials and athletes competing in the race are allowed on the course.



### SNOWSHOEING

- b. The 25, 50 and 100 Meter Races shall be conducted in a straight line.
- c. 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. A competitor who fails to adhere to the two-minute limit or receive assistance of any kind shall be disqualified. Timing of the two minutes is the responsibility of the closest field judge.
- d. 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 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.

#### 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.
  - 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.

#### 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.