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**Unified Sports® Track and Field Rules of**

**Competition 2021**

MIAA/Special Olympics



**Unified Sports were created and developed to give individuals with and without intellectual disabilities the opportunity to train and compete in sports activities together on a team. All MIAA modifications will be followed for 2021 season.**

**I. Team Rosters and Eligibility**

1. Teams are co-ed and consist of a 50% ratio combination of students with intellectual disabilities and students without intellectual disabilities. The team ratio will be reviewed to ensure equity in competition.
2. Athletes are considered team members with an intellectual disability. Partners are considered team members without an intellectual disability.
3. All participants need to have the appropriate paperwork required by the school system.
4. Coaches must meet the standards delineated by the MIAA as well as Special Olympics Massachusetts.

**Important Dates**

4/7 MIAA survey and application due

4/26 Spring Sports Season Opens

5/19 Intent to Enter for Sectional participation

5/19 Rosters Due

5/28 Results Entries Due – best performance of season in 1 field event, 1 running event

6/7-12 Sectionals week

**II. Official Events and Entry Requirements**

1. Following are the official events offered at all Unified Track and Field competitions in the order in which they should be conducted:

**Track Events** **Field Events**

100 meters Shot Put

400 meters Running Long Jump

800 meters Turbo Javelin

4 x 100 meter relay

4 x 400 meter relay

1. For the League Meets, participants may enter two individual track events and two individual field events. They may also be selected to participate on one relay team. For the sectional meet, students may enter 1 individual field event, 1 individual track event based upon team ratio to provide equity in competition. Post season competition structure TBD. Each school may have 1 relay team for each relay event.
2. Relay teams must consist of two runners with intellectual disabilities and two partners without disabilities. Coaches can place their runners in any order.

**III. Official Rules**

1. All track and field events will follow National Federation of State High School Associations rules, except where there are rules modifications set forth in the Official Special Olympics rules for athletics. These rules can be found on the Special Olympics web site at [www.specialolympics.org](http://www.specialolympics.org). The following exception will apply: verbal coaching will be allowed (physical prompting or assistance is not allowed). ‘Silent Fouls’ will be in effect – In the case of a foul, Athletes will be allowed to finish an event but will not receive a score or team points.
2. Highlighted track event rules appearing in the Special Olympics rules book include the following:
   * A runner who is charged with two false starts in the same race will be disqualified from that race.
   * All runners should run within their lanes. However, if a runner either runs outside his/her lane in the straight or runs outside the outer lane on the bend, with no material advantage being gained, and if no other runner is obstructed, then the competitor should not be disqualified. See MIAA Unified Track modifications regarding lane use for all events.
   * Racing with a Wheelchair:

* A competitor using a wheelchair finishes his/her race when all front wheels (one or two) of the wheelchair reach the finish line.
* The lanes used by wheelchair athletes should be made two track lanes wide.
* Students that cannot self-propel can be entered in an exhibition race.

*At Sectionals - exhibition competition provided with medals, no points toward overall team score.*

*At States - exhibition competition provided with medals, no points toward overall team score.*

1. Highlighted field event rules appearing in the Special Olympics rules book:
   * Field Events - are to be measured **in feet and inches**. The correct format is 13’5.75” . Enter the feet( ‘ )then inches (decimal) quarter inches (“)
   * Running Events – are to be recorded as follows 1:05.3 (for 65.3 seconds).
   * All Relays are Unified: 2 athletes and 2 partners.
   * In the shot put, javelin, and running long jump, each athlete shall be allowed three 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 must sanitize before and after each event. Shared implements must be cleaned/disinfected between participant’s use.
   * Running Long Jump: A competitor must be able to jump at least 1 ½ inch, which is usually the minimum distance between the take-off board and sand pit, in order to participate in this event. Tape is marked at the edge of the pit.
   * Shot Put: All competitors will use a 6 lb. shot put.
   * Javelin:
     + All competitors will throw a Training javelin with a weight of 600g – as provided by Special Olympics.
     + The Training Javelin must be held by the grip by one hand only and must be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
     + It is counted as a foul if a competitor (a) does not use the proper throwing technique; (b) does not throw the Training Javelin so the point (tip) lands before any other part of the implement; (c) does not throw the Training Javelin so the point (tip) falls completely within the inner edges of the sector lines.
     + The throw is measured to the nearest edge of the first point of contact made by the javelin. If it lands flat, it is measured to the grip.  It is not a foul to land flat.
2. Athletes must wear team uniform when competing; no sweat shirts or pants; an undershirt may be worn if it is “uniformed” color for your team. Mandatory facial coverings for all participants, coaches, school personnel, and officials.
3. Team Ratio – recommendation for managing team participation.

Athlete: Partner Ratio = 1:1

Athletes participate in 2 Field events and 2 Track events

Partners participate in 2 Field events and 2 Track events

Athlete: Partner Ratio = 1:2

Athletes participate in 2 Field events and 2 Track events

Partners participate in 1 Field event and 1 Track event

Athlete: Partner Ratio = 1:3

Athletes participate in 2 Field events and 2 Track events

Partners participate in 1 Field event OR 1 Track event

**IV. Pre and Post-Meet Registration Process**

**Before regular season meet:**

* Communication with opposing team on logistics and designated team area.
* May 19th, your team roster must be entered into Google Docs spreadsheet.
* On a weekly basis, make sure all athletes competing in the weekly meet are input into the Google Docs with their correct events and scores by 10am the day before the meet date.
* If you need assistance with creating the heat sheets, please notify Kathleen at least 2 days prior to meet. We will put samples on the resource page.
* If you would like a SOMA rep to attend your meet, please notify Kathleen at least a week in advance, and we’ll do the best we can to get it covered.

**After regular season meet:**

* Host school will scan/email all results back to participating schools within 2 days of meet.
* Coaches must record all event/race results into Google Docs. Please record field scores in feet and inches ( 5 feet 9 inches and ¾ - should be entered 5’9.75”) .

**V. MIAA modifications**

This document is to be utilized in compliance with all EEA, DESE and DPH guidelines in place.

MIAA modifications for Unified Track & Field

[**http://miaa.net/gen/miaa\_generated\_bin/documents/basic\_module/Unified\_Track\_Modifications\_Spring\_2021.pdf**](http://miaa.net/gen/miaa_generated_bin/documents/basic_module/Unified_Track_Modifications_Spring_2021.pdf)

MIAA Town Hall presentation Unified Track and Field

[**http://miaa.net/gen/miaa\_generated\_bin/documents/basic\_module/Unified\_Track\_and\_Field\_Town\_Hall\_Meeting.pptx**](http://miaa.net/gen/miaa_generated_bin/documents/basic_module/Unified_Track_and_Field_Town_Hall_Meeting.pptx)

**VI. Post season**

Guidelines will be forthcoming.

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**Heat #\_\_\_\_\_\_\_ Lane #\_\_\_\_\_\_\_**

**Running Events**

\_\_\_\_\_ Impeding or interfering with other runners

\_\_\_\_\_ Lane violation or gained advantage

\_\_\_\_\_ Left the track

\_\_\_\_\_ Pacing from an outside source

**Relay Events**

\_\_\_\_\_ Improper merge

\_\_\_\_\_ Improper return to lane

\_\_\_\_\_ Exchange took place outside of exchange zone

\_\_\_\_\_ Impeding or interfering with other runners

\_\_\_\_\_ Lane violation or gained advantage

\_\_\_\_\_Improper exchange or tossed baton

**Track Disqualification**

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**Heat #\_\_\_\_\_\_\_ Lane #\_\_\_\_\_\_\_**

**Running Events**

\_\_\_\_\_ Impeding or interfering with other runners

\_\_\_\_\_ Lane violation or gained advantage

\_\_\_\_\_ Left the track

\_\_\_\_\_ Pacing from an outside source

**Relay Events**

\_\_\_\_\_ Improper merge

\_\_\_\_\_ Improper return to lane

\_\_\_\_\_ Exchange took place outside of exchange zone

\_\_\_\_\_ Impeding or interfering with other runners

\_\_\_\_\_ Lane violation or gained advantage

\_\_\_\_\_Improper exchange or tossed baton

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**Heat #\_\_\_\_\_\_\_ Athlete Name\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Turbo Jav**

\_\_\_\_\_ Jav**-**Underhand or hurled throw

\_\_\_\_\_ Stepped out of throwing area

\_\_\_\_\_ Jav landed on or outside of vector line

\_\_\_\_\_ Jav thrown with two hands

\_\_\_\_\_ Used improper form

\_\_\_\_\_ Other

**Shot Put**

\_\_\_\_\_ Used improper form

­­­­\_\_\_\_\_ Stepped on circle line

\_\_\_\_\_ Stepped on or over toe board

­­­­\_\_\_\_\_ Exited circle from the front

\_\_\_\_\_ Shot thrown with two hands

\_\_\_\_\_ Shot landed on or outside the vector line

\_\_\_\_\_ Other

**Running Long Jump**

\_\_\_\_\_ Stepped on or over the foul line

\_\_\_\_\_ Other

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\_\_\_\_\_ Shot thrown with two hands

\_\_\_\_\_ Shot landed on or outside the vector line

\_\_\_\_\_ Other

**Running Long Jump**

\_\_\_\_\_ Stepped on or over the foul line

\_\_\_\_\_ Other