



Athletics (Track & Field)

Special Olympics Iowa



SPORTS RULE CHANGE

- ▶ Softball throw –

- ▶ Effective for 2020 competitions, athletes throwing over the distance of 30 meters will need to compete in Mini Javelin or Shotput or choose another track and field event.
- ▶ Coaches should look at athletes who threw over 30 meters in Softball Throw at 2018 competitions and start transitioning them to Mini Javelin or Shotput for practices in 2019.
- ▶ See Page 10 for Softball Throw



Registration Entries

Entry forms are available online at www.soiowa.org

- ▶ Website: Competitions tab > click on Participation Forms > Scroll to Spring Games
- ▶ Entry score for the athlete should be their best effort time/distance. NOT average of scores.

Area Competition Entries

- ▶ emailed or mailed to your local Area Director.
 - ▶ Website: Area Competitions tab > click on your area
- ▶ Each area has a different deadline for registration so pay attention to that.

State Competition Entries

- ▶ Entries can be emailed to: registrations@soiowa.org
~OR~
- ▶ Mailed to Tanner Nissen at the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
- ▶ After your entries have been put into GMS you will be sent a Delegation Report.
 - ▶ Review the report and return to the State Office with any corrections.



Practices/Training

- ▶ 8-10 weeks of training for a total of at least 10 hours of training prior to each competition
 - ▶ The more an athlete can practice or participate, the better
 - ▶ Practice in the fall, do not wait for the spring
 - ▶ Challenge Athletes
 - ▶ 50 M Dash, SB Throw – Challenge athletes to compete in longer dashes and shot put
- ▶ ALL measurements must be recorded using the **metric system**
- ▶ Consecutive age groups can be combined to provide quality competition for the athletes
- ▶ Cleats or spikes may **NOT** be worn at any area or state athletics competition.
- ▶ Teaching Athletic Skills (Double click Icon)
 - ▶ Step-by-Step instruction of how to teach:
 - ▶ Standing & Running Long Jump
 - ▶ High Jump
 - ▶ Shot Put
 - ▶ Pentathlon
 - ▶ Race Walking & Wheelchair Racing
 - ▶ Softball Throw
 - ▶ Rules



Competition & General Guidelines

- ▶ Running events take precedence over field events
- ▶ If two of the athlete's events are scheduled at the same time or one is running late, report to one of the staging areas that the athlete will be late.
- ▶ If an athlete arrives after their division has competed and **reported** to the staging area, the athlete may compete and receive the appropriate award
- ▶ If an athlete arrives after their division has competed and they did **not report** to the staging area, the athlete **might** be able to participate for a **participation ribbon only**.
- ▶ Athletes who receive assistance from any person may be disqualified, excluding the 25M Walk with Me event. Assistance includes pacing by anyone not participating in the race or through any kind of technical device. This includes developmental events.
- ▶ In **all** the 50M, 100M, 200M, and 400M events each athlete must keep in their allotted lane from start to finish. If an athlete is judged to have run out of their lane and/or impedes another athlete, the athlete may be disqualified. Warnings may be given to athletes without disqualification.
- ▶ 200M and 400M run and walk – use a staggered start
- ▶ 800M – runner will run in the lanes through the first turn as far as the nearer edge of the break line where athletes may leave their respective lanes
- ▶ 1500M, 2K – use a waterfall start

Event Overview

- ▶ Athletes can participate in up to 2 events & 1 relay
- ▶ An athlete can participate in one throwing event and one jumping event
- ▶ Athletes cannot be in a lead up event & a regular event
 - ▶ Example: Standing or running long jumps, Mini-jav/Softball throw or shot put
- ▶ Walking Events
 - ▶ Athletes must walk
 - ▶ If any athlete can run, put them in a dash to be on the safe side
 - ▶ Athletes are divisioned by times anyway
- ▶ Relays
 - ▶ Relay Teams consist of 4 athletes.
 - ▶ **Coed** (2 male & 2 female), **Female** (4 female) **Male** (3 male & 1 female or 1 male & 3 female or 4 male) and **Unified** (2 athletes & 2 Unified Partners)
 - ▶ Junior (8 - 15) or Senior Team (16 +)
 - ▶ determined by the age of the oldest team member
 - ▶ Running and Walking relays are available (4 x 100 M)
 - ▶ If one athlete is unable to compete the day of competition:
 - ▶ he/she may be replaced with another athlete so long as the category does not change.
For example: Junior female relay must stay a Junior female relay
 - ▶ The substituted athlete must already be competing in the sport at the competition



Developmental Events

- Developmental events are open only to athletes with low motor ability and who are; therefore, unable to participate in traditional Special Olympics events
- 25M Walk with Me (lead up to 25M Walk, any athlete requiring a person to guide or balance for safety ONLY)
- 25M Walk (walk independently on own or with use of cane/walker)
 - for athletes who complete the distance in more than 12 seconds
 - If less than 12 seconds, athletes should be in the 50 M dash

Wheelchair Events

Athletes cannot be pushed or assisted

Slalom- cones are placed every 5 meters. Athlete will be given a 3 second penalty for knocking over a cone. Athletes that varies from the cones must go back to missed cone then resume.

- 25M Manual Race
- 30M Manual Slalom
- 30M Motorized Slalom
- 30M Motorized Straight
- 4 x 25M Wheelchair Shuttle Relay
- Tennis Ball Throw
 - for athletes who throw less than 10 meters
 - If more than 10 meters, athletes should be in the softball throw
- Delegation should take into consideration the state schedule to avoid event conflicts.



Walking Events

- ▶ Athletes maintain unbroken contact with the ground – one foot must touch ground at all times.
 - ▶ Additional warnings may result in disqualification
- ▶ Arm movements can be very beneficial
- ▶ 50M Walk
- ▶ 100M Walk
- ▶ 400M Race Walk
- ▶ 800M Race Walk
- ▶ 2K Race Walk
- ▶ 4 x 100M Race Walk Relay
- ▶ 4 x 100M Unified Race Walk Relay



Dashes

- 50M Dash
- 100 M Dash
- 100M Manual Wheelchair Straight
- 100M Motorized Wheelchair Straight
- 200M Dash
- 400M Dash
- 4 x 100M Relay
- 4 x 100M Unified Relay
- 800M Run
- 1500M Run



Field Events

- ▶ Stranding Long Jump- lead up for running long jump
- ▶ Running Long Jump - One (1) meter minimum jump requirement
- ▶ High Jump (12 & older)- One (1) meter minimum jump requirement
- ▶ Pentathlon (14 & older)- Five Events (RLJ, SP, HJ, 100M, 400M)
 - ▶ Athletes can participate in a relay as well
 - ▶ Excellent event for very fit athlete or someone who enjoys a challenge

Throwing Events

- ▶ 3 non-consecutive puts or throws
- ▶ Distance measured from middle of start line to where the object landed
- ▶ Athlete must choose between Softball Throw and Mini Javelin
- ▶ Softball Throw – lead up for shot put, **if an athlete is able to throw the softball more than 30M, they need to try the shot put or mini javelin**
 - ▶ Step and throw to help increase the distance of the ball.
 - ▶ Step with opposite leg of throwing arm
 - ▶ Athletes can throw the ball overhand or underhand
- ▶ Mini Javelin- lead up for shot put
- ▶ Shot Put



Standing & Running Long Jumps

- ▶ 3 non-consecutive jumps
- ▶ Distance measured – from takeoff line to the closest impression made by any part of the body
 - ▶ This is usually the closest hand or foot
- ▶ Standing Long Jump
 - ▶ 1.) Toes close to the starting line
 - ▶ 2.) Assume a crouching position with arms down & back as far as possible
 - ▶ 3.) Swing arms forward as hard as possible & extend legs
 - ▶ 4.) Bend forward at the waist while jumping to further elevate legs
- ▶ Athletes must take off with BOTH feet
- ▶ [VIDEO](#)
- ▶ Running Long Jump
 - ▶ Athletes must take off with only ONE foot
 - ▶ Athlete must jump at least 1 M (distance from take-off board to sand pit)
 - ▶ [VIDEO](#)



High Jump

- ▶ Athlete must be at least 12 years old
- ▶ Athlete must jump off ONE foot
- ▶ Minimum opening height is 1 M
- ▶ Athletes cannot dive forward over the bar
- ▶ Videos:
 - ▶ [Establishing the Approach](#)
 - ▶ [Drills to Establish the Takeoff](#)
 - ▶ [Proper Takeoff Technique](#)

Mini Javelin

- ▶ 400g for all Male athletes ages 16+
- ▶ 300g for all Females; males ages 8-15
- ▶ Must land on nose, not side or fins to avoid disqualification

▶ Proper Throwing Technique

▶ [Video](#)

Proper Grip

- Place middle finger, ring finger & pinkie @ mini jav
- Rest thumb & forefinger above the grip on the raised "V"
- Lower thumb & forefinger @ grip

Proper Stance

- Feet facing forward about a shoulder apart

Carry Position

- mini jav is at eye level, just above ear
- mini jav is parallel to the ground w/ tip aimed levelly forward
- Non-throwing arm is pointing straight to the direction of the throw

Carry Position from the Standing Position

- Elbow points forward & never bent outward
- Both arms are above the shoulders
- Bring the mini jav straight backward
- Do not twist body, use wrist, throw away from body or lower the shoulder of the no-throwing arm
- Stand tall
- Point forward
- Use the shoulder to throw, not the arm
- Throw like a dart
- Do not stand flat footed (stand on the ball (front) of the feet)
- Pull from the chest
- Have a good follow-threw

Carry Position from the One-Step Throw

- If right handed, move the right foot straight back one step
- If left handed, move the left foot straight back one step
- Follow steps listed in the "Standing Position" instructions
- Bring the mini jav back & throw straight forward
- The right or left foot then comes forward when the throw is made



Shot Put

- ▶ Men 4.0kg/ 8.8lbs
 - ▶ Women 3.0kg/6.6lbs
 - ▶ Athletes & wheelchairs may not touch 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.
 - ▶ Proper Throwing Technique:
 - 1.) Hold shot put at the base of the fingers (not the palm)
 - 2.) Shot is put from the shoulder (in front of the ear) with 1 hand only
 - 3.) Shot shall touch or be in close proximity to the chin
 - 4.) Elbow is held high, just below the shoulder
 - 5.) The hand cannot drop below this position during the act of putting
 - 6.) The shot at release does not drop behind or below the shoulder
 - 7.) The lead arm is straight and held relaxed in front of the body
 - 8.) The shot leads the elbow
- Click here to watch a video:
- ▶ [How to throw the Shotput](#)



QUIZ

Click the link to take
the quiz:

➤ [Athletics Quiz](#)