

# **Special Olympics**

## **Northern California and Nevada**

### **Cross-Country Skiing**



### **2008**

### **Guidelines**

### **&**

### **Rules**



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# **SPECIAL OLYMPICS**

## **MISSION STATEMENT**

**The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics Athletes and the community.**

## ***Training For Life***

### **SONC / SONV 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 of 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 and Nevada

## COACHES' CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC/SONV) volunteer coaches are models whose behavior serves as a positive example for Special Olympics athletes. The coach's behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals in Special Olympics. 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 SONC/SONV 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, SONC/SONV staff members, and friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, race, color, religion, ancestry, national origin, disability, medical condition, marital status or sexual orientation.
- I will be a positive role model for the athletes.

### 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 that each athlete competes in events that challenge the 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 display control, respect, dignity and professionalism to all involved in Special Olympics, including to the athletes, other coaches and volunteers, opponents, officials, administrators, SONC/SONV staff members, parents, spectators and the media.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions or during competitions.
- I will not engage in any form of personal abuse towards athletes, other coaches and volunteers, SONC/SONV staff members, or friends and spectators in Special Olympics, including inappropriate or unwanted sexual advances on others, 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 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 SONC/SONV 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 to seek medical advice when needed.
- 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.

SONC/SONV may take any or all of the following actions in its sole discretion should the behaviors and/or abilities of a coach, other volunteer, or other representative or faction of a school/organization, violate: a) any of the principles stated above; b) any other SONC/SONV policies and/or procedures, as amended; and/or c) the philosophy of the Special Olympics movement:

1. The coach or other volunteer 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 or other volunteer may be requested to withdraw personally or with his/her team from the remainder of any Special Olympics training, competition, activity or event;
3. The coach, other volunteer, or sponsoring school/organization may be suspended from participating in any Special Olympics training, competition, activity or event for a specified period of time; and/or
4. The coach, other volunteer, or sponsoring school/organization may be permanently prohibited from participating in any Special Olympics training, competition, activity or event.

**I have read and understand the foregoing SONC/SONV Coach Code of Conduct, and agree to abide by its terms.**

By: \_\_\_\_\_  
*(Signature of Volunteer Coach)*

Print Full Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Special Olympics Northern California and Nevada

## ATHLETE'S CODE OF CONDUCT

Special Olympics Northern California and Nevada (SONC / SONV) is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All SONC / SONV 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.

### RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics venues
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and the National Federation/Governing Body rules for my sport(s).

I agree to obey this code and I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by SONC / SONV program up to and including not being allowed to participate.

# SONC / SONV CROSS-COUNTRY SKIING RULES AND REGULATIONS

The Official Special Olympics Sports Rules shall govern all Special Olympics Cross-Country Skiing competitions. As an international sports program Special Olympics has developed these rules based upon Federation Internationale de Ski (FIS) rules for Cross-Country Skiing. FIS 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 AN **APPLICATION FOR PARTICIPATION AND A RELEASE FORM** FILLED OUT AND SIGNED BY A CERTIFIED PHYSICIAN IN ORDER TO PARTICIPATE. ALSO, EACH UNIFIED PARTNER MUST FILL OUT A **UNIFIED® PARTNER RELEASE FORM** IN ORDER TO PARTICIPATE. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.
2. EACH ATHLETE IS REQUIRED TO COMPETE IN THE REGIONAL EVENT (COMPETITION) PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP.
3. The competition uniform should reflect logos appropriate to the Special Olympics team or area affiliation.

## SECTION B - OFFICIAL EVENTS

Level Four	Level Three	Level Two	Level One
50 meter – Classical	100 meter - Classical	500 meter - Free	1 km - Free
100 meter - Classical	500 meter - Free	1 km – Free	3 km – Free
	1 km - Free	3km – Free	5 km – Free
	4 x 1km relay – Free	4 x 1km relay – Free	4 x 1km – Free

Free - Free Technique

Classical – Classical Technique – In tracks

**Each Athlete will compete in one of the three (3) levels of events (Level three, two or one).**

**Level 4 is for Training only**

**\*At Program Championships: The Athletes will be able to compete in three events and a relay.**

**\*At Regional Events all the levels of Competition will vary based on the venue site. Athletes will compete in a minimum of two (2) events and a relay or three (3) events within the same level.**

**In order to advance athletes must meet the minimum requirements.**

**\*Athletes may not participate in two different events on different levels. (i.e.: 500 meter and the 5Km)**

## SECTION C - EQUIPMENT

Properly fitted cross-country skis, boots and poles.

## SECTION D - UNIFORMS

**Jeans are prohibited.**

Ski parka or shell, wind wear jacket, sweater. Ski Hat, Ski Gloves.

Cross-Country skiers must supply all of their own equipment

## SECTION E - RULES OF COMPETITION

### 1. General Rules and Modifications

- a. Events ranging from the 500 Meter Race through the 3 Kilometer Race should be conducted utilizing the interval start format described in section 351.1 of the FIS rules for Cross-Country Skiing. That is, one or two racers, from fastest to slowest, should start on intervals every 30 seconds.
- b. The start command for Cross-Country Skiing events ranging from the 500 meter race through the 3 kilometer race shall be as follows: "Racer ... 15 seconds...10 seconds...5.4.3.2.1. GO!" For individual events of distances 100 meters and less, there shall be no preliminary warning. The start command shall be "Racers...Ready...BANG (i.e. pistol shot)." The start command for relay events shall be the same as for individual events of distances 100 meters and less except that there will be a 10 second warning: "10 seconds.. Racers..Ready..BANG (i.e. pistol shot). When racers arrive at the relay point, they shall not interfere with the start of other racers.
- c. Events ranging from the 500 Meter Race through the 3 Kilometer Race should be conducted on courses which include uphill, downhill, flat sections, and sections with turns. It is prescribed that when possible the courses should include one-third uphill, one-third downhill, and one-third flat sections. The degree of slope of the uphill and downhill sections should be dictated by ability levels of the athletes entered in the events. Thus, the courses for 500 Meter events should have less severe terrain than courses for 3 Kilometer events.
- d. Events ranging from the 500 Meter Race through the 3 Kilometer Race should be conducted on courses which are of a loop configuration. In long distance events, multiple loop courses are permissible. The start and finish areas should be as nearly adjoined as possible.

### 2. Event Specific Rules and Modifications

#### a. 100 Meter Cross-Country Skiing Race

#### **50 Meter Cross Country Skiing Race – Training Level only**

- 1) The 100 Meter event should be conducted in accordance with FIS rules for starting relay races with the following modifications to FIS rule in ICR, Book II Section 372.1:
  - a) The start line is a straight line. There must be 8 lanes with tracks set in the center of each lane. These lanes must be a minimum of 2 meters wide.

- b) Sections 372.2, 371.8, and 378.1 do not apply to Special Olympics.
- 2) The course for the 100 Meter event should be as flat as possible. In no event should a course slope more than 5%. In the event that the course is set on slopes, the start of the race shall be such that the competitors will ski uphill to finish the race.
- b. Cross-Country Skiing Relay Races
  - 1) Divisions for Cross-Country Skiing Relay races shall be established by computing Team Qualifying Times. A Team Qualifying Time is computed by combining the times of the members of timed preliminaries from the individual event of similar distance to one “leg” of the relay event (e.g. Times from the 1 Kilometer Cross-Country Skiing Relay). Team members not entered in the individual event of similar distance to one “leg” of the relay event must enter and complete the preliminary event for that individual event.
  - 2) Race officials may start a relay division once every minute.
  - 3) When a 4 X 1 Kilometer Cross-Country Skiing Relay race has more than ten teams, race organizers should consider splitting the field and conducting two separate races in order to reduce/control start area exchange zone and course congestion.
  - 4) In the event a team does not execute a proper exchange, an exchange zone referee shall notify the skiers involved in the exchange immediately. It is then the skier’s responsibility to decide whether or not to re-execute an exchange.

## **SECTION F - DISQUALIFICATIONS**

- 1. A competitor may be disqualified by the jury if he/she:
  - a. Does not follow the marked course or does not pass all the control check points or takes a short cut.
  - b. Receives unauthorized assistance.
  - c. Fails to give way to an overtaking competitor when so requested or prevents another racer from passing.
  - d. Violates technique ruling regarding skating in classical races.
  - e. Does not finish with skis on his/her feet
- 2. Procedures
  - a. A protest shall be considered by the SONC / SONV selected Protest Committee if:
    - 1) The protest has been submitted in writing within the time limit of 30 minutes following the posting of the unofficial results.

- 2) The protest is submitted in writing to the Venue Director.
  - 3) Protests concerning Time Keeping must be delivered in writing to the Venue Director within one hour after the publication of the unofficial results.
- b. The Protest Committee must decide:
- 1) Whether a competition shall be postponed, interrupted or canceled shall be determined by the following procedure: If the temperature is below - 20 degrees C, measured at the coldest point of the course, a competition will be postponed or canceled by the jury. With difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the jury may, in consultation with the team captains of the participating teams and medical personnel responsible for the competition, postpone or cancel the competition.
  - 2) If “force majeure” is a reason for a racers late arrival at the start. Example: Transportation provided by the Race Organizers breaks down forcing the competitor to be late.
  - 3) Any issues not covered by the SONC / SOI / or FIS rulings.
  - 4) Whether protests shall be accepted and possible disqualifications occurring.