

Special Olympics

Northern California and Nevada



Long Distance Running/Walking

2007

Guidelines

and

Rules



Special Olympics
Northern California & Nevada

June 2007

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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 should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympics athlete in each training or competition. The coach has the unique opportunity to influence the development and personal growth of many individuals. 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, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

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 each athlete competes in events that challenge that 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 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.

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.

Should the behaviors and/or abilities of any volunteer coach or other faction of a school/organization violate either the principles stated above (including the SONC/SONV policies and procedures as amended) or the philosophy of the Special Olympics movement, then any of the following actions may be taken by SONC/SONV in its sole discretion:

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

I have read and understand the foregoing SONC/SONV Coaches' 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.

SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA

LONG DISTANCE RUNNING/WALKING SPORT MANAGEMENT TEAM

SONC / SONV would like to recognize the following individuals for serving on the LDR / LDW SMT. Team members will be busy throughout the LDR / LDW season, as they will be evaluating events during SONC / SONV LDR / LDW events and assisting in the future development of SONC / SONV LDR / LDW Program. Please feel free to call any member of the Team if you should have any questions or comments.

Chairman Long Distance Running/Walking SMT:

Venue Directors:

Pat Diskin
650-802-5478
patd@sonc.org

Matt Cohen
408-392-0170 x205
mattc@sonc.org

SONC / SONV LONG DISTANCE RUNNING/WALKING RULES AND REGULATIONS

SECTION A – GENERAL RULES

1. The Official Special Olympic Sports Rules shall govern all Special Olympics Athletics competitions. As an international Sports Program, Special Olympics have created these rules based upon International Amateur Athletic Federation (IAAF) and National Governing Body (NGB) rules for athletics (USA Track & Field). IAAF or USATF 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.
2. 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. THIS IS IN ACCORDANCE WITH SPECIAL OLYMPICS GENERAL RULES.**
3. Athletes must be properly attired in athletic uniforms for competition. This includes shorts, singlet, t-shirts, warm-ups, and athletic shoes. No jeans, jean shorts, khaki shorts, hats, jewelry, etc.

SECTION B – OFFICIAL EVENTS

RUNNING:

1. 3K
2. 5K*
3. 10K

WALKING:

1. 1500 meters
2. 3000 meters*
3. 5000 meters

*Note: There will be a team component to the 5K run and 3000-meter walk at the 2006 LDR/LDW Championships. Refer to section D-5.

SECTION C – RULES OF COMPETITION

1. General Rules and Modifications

a. Running

- 1) The 3K, 5K, and 10K shall take place on a cross country-type course (not a track). The terrain can vary and should (but does not have to) include gradual rolling hills, grass, dirt and pavement.
- 2) The course must be clearly marked with both signs and course monitors.
- 3) Water stops will be made available as deemed appropriate.

b. Walking

- 1) The 1500M, 3000M, and 5000M shall take place on a cross country-type course. The terrain can vary (asphalt, gravel and hard packed dirt) and, although mostly flat, may include a few short uphill grades.
- 2) Athlete must have one foot in touch with the ground at all times.
- 3) In all race walking events, an athlete does not have to have a straight support leg while competing.
- 4) In race walking events, the competitor shall be disqualified with no prior warning when, in the opinion of two or more officials, an advantage has been gained.

2. Coaching During Races

- 1) While enthusiastic support is welcome, there is no coaching allowed during the races.
- 2) Coaches may cheer on the athletes but coaches **MAY NOT** run along side the athletes. This is considered illegal pacing. Coaches should also remind parents and other team supporters of this rule.
- 3) If there is an athlete who requires additional support during the race for safety reasons (visually impaired, etc), please let competition management know about the situation **BEFORE** the race.

SECTION D – 2007 LDR/LDW Championships

1. Events for 2007 LDR/LDW Championships

- a. 1500 meter walk
- 5000 meter walk
- 3000 meter walk
- 3K run
- 5K run
- 10K run

2. Qualifying

a. Running

- 1) Athletes must run a qualifying race at a designated road race qualifier (see listing).
- 2) If an athlete wishes to use a time from a road race not listed they must contact LDR/W competition directors Matt Cohen or Pat Diskin BEFORE the race for approval.
- 3) Times from time trials and/or practice DO NOT count as qualifying marks.
- 4) Athletes can use a 10K time to also qualify for the 5K.
- 5) Athletes can use a 5K time to also qualify for the 3K.
- 6) However, times in the 3K **will not** qualify for the 5K and times from the 5K **will not** qualify for the 10K.
- 7) If you have any questions about the qualifying requirements, please call and ask.

b. Walking

- 1) Athletes must compete at the Napa regional to be eligible to get a qualifying time for Championships in the 1500 or 3000.
- 2) To qualify for the 5000 meter walk, athletes may attend one of the road races and race walk for the 5K.
- 3) Times from time trials and/or practice DO NOT count as qualifying marks.
- 3) Athletes can use a 5000-meter time to also qualify for the 3000 and/or 1500 meters.
- 4) Athletes can use a 3000-meter time to also qualify for the 1500 meters.
- 5) However, 1500-meter times **will not** be extrapolated for qualification in the 3000 or 5000 meters.

EVENT	QUALIFYING REQUIREMENT
<u>RUNNING:</u>	
3K	3K time from Napa Qualifier or 5K time from approved road race qualifier
5K	5K from Napa Qualifier or a 5K OR a 10K time from approved road race qualifier
10K	10K from Napa Qualifier or a 10K time from approved road race qualifier
<u>WALKING:</u>	
1500 meters	1500 or 3000-meter time from Napa
3000 meters	3000 meter time from Napa
5000 meters	5000 meter time from Napa or one of the approved road race qualifiers

3. Event Requirements/Restriction

a. Number of events

As long as they have the appropriate qualifying marks:

- Each WALKER may participate in **one** walking events.
- Each RUNNER may participate in **one** running event.

4. Unified Sports® Events

- a. We **WILL NOT** be offering competition in Unified Sports® this season for LDR/W.

5. General Rules for the Team competition at SONC Championships only

- a. 5K Run
 - 1) The team competition will be awarded separately from the usual individual awards and divisioning. Athletes in the team competition are still eligible for individual awards.
 - 2) The competition will have divisioning TBD by factors such as: the number of entries, gender make-up of the teams, and age considerations. The final divisions will be announced at the Head Coaches Meeting.
 - 3) A team will consist of 3-5 runners from the same Area. The top 3 finishers from a team will count towards the team score. All team members (3-5) will be awarded.
 - 4) Areas with less than 3 runners are not eligible for the team competition (but their athletes will still compete for individual awards).
 - 5) Areas must designate their teams when submitting their registration. An Area may enter more than one team but an athlete can only be on one team.
- b. 3000 Meter Walk
 - 1) The rules will be the same as for the 5K-team competition.