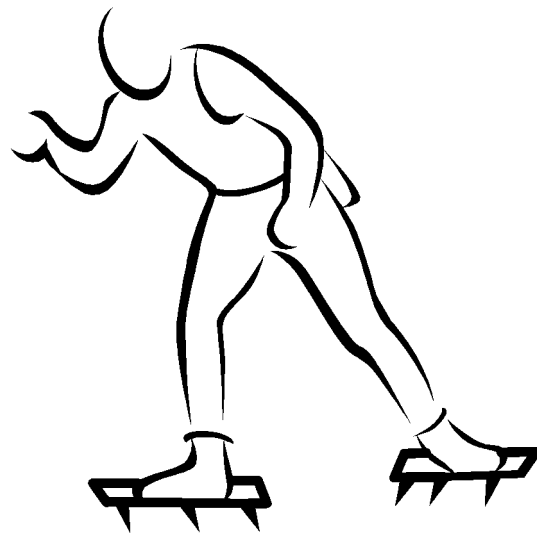


# **Special Olympics**

## **Northern California and Nevada**

### **Snowshoeing**



### **2008**

### **Guidelines**

### **&**

### **Rules**



November 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 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 SHOWSHOEING RULES AND REGULATIONS

## SECTION A – GENERAL RULES

1. Special Olympics, Inc. is the International Governing Body for Snowshoeing; and the Official Special Olympics Sports rules shall be followed for all Special Olympics snowshoeing competitions.
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. 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.
3. EACH ATHLETE IS REQUIRED TO PARTICIPATE IN THE REGIONAL EVENT (COMPETITION) PRIOR TO PARTICIPATION IN THE PROGRAM CHAMPIONSHIP.
4. 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
	100 meter	400 meter	1600 meter
	200 meter	800 meter	5k race
	400 meter	1600 meter	10k race
	4 x 100 meter	4 x 400 meter	4 x 400 meter

**Each Athlete will compete in one of the three (3) levels of competition.**

**At Program Championships: Athlete will 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.**

**In order to advance athletes must meet the minimum requirements. Please refer to the Advancement Criteria sheet for 2005 Winter Games program.**

## SECTION C – FACILITIES

1. The minimum size of the course must be 400 meters in length and 7 meters in width. The course should be a continuous loop over varied terrain.
2. Event specific layout should include:
  - a. 400 meter race – run over the entire 400 m course.
  - b. 800 meter race – two laps on the 400 m course.
  - c. 1600 meter race – four laps on the 400 m course.
  - d. 5k and 10k races – run on varied terrain on a trail.
  - e. 4 x 400 meter relays – run over the 400m course with each of the four competitors running 1 lap (400 meters).

## SECTION D – EQUIPMENT

1. The snowshoe frame itself shall not be smaller than 20.5 cm x 56.3 cm (8 inches x 22 inches). **For youth less than 80 lbs. they will be able to use the youth size snowshoe of 20 inches.**
2. The snowshoe shall consist of a frame and webbing or solid decking material, which covers at least 75% of the flotation area.
3. The foot must be secured through a direct mount or commercially available binding system to the pivot rod/cord of the snowshoe and the heel of the competitor's footwear cannot be secured to the snowshoe.
4. Footwear recommendations may be as simple as athletic footwear or lightweight hiking boots.
5. The use of poles is optional.

## SECTION E - PERSONNEL

### 1. Officials

- a. Competition Director
- b. Head Referee
- c. Starting Line Judge
- d. Assistant Starting Line Judge
- e. Finish Line Judge
- f. Field Judges

### 2. Official Duties

- a. The competition director is responsible for maintaining proper track dimensions and conditions. Additionally, the competition director will oversee the divisioning of all competitors.
- b. The head referee 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 – Set-Go) and the wave of a flag, or by firing a starting gun) 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 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 F – RULES OF COMPETITION

1. It is recommended that competitors enter at least two (2) official events.
2. All snowshoes will be measured and checked by the head referee prior to each event.
3. Competitors must wear their assigned number in a position visible to the officials at all times.
4. 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 gives an athlete an advantage at the start,) are prohibited.
  - c. In every event, each division shall be a mass start. There will be no timing interval starts.
  - d. Competitors may leave the start area after the start command “Racers ready – Set – Go”.
  - e. A false start requires a re-start of the race.
5. The race:
  - a. Only the officials are allowed on the course.
  - b. If during a race the competitor falls; has difficulties with a snowshoe or binding; or leaves the track; he/she has two (2) minutes to correct the problem. A competitor who fails to adhere to the two-minute

limit or receives assistance of any kind shall be disqualified. Timing of the two (2) minutes is the responsibility of the closest field judge.

- c. A competitor may not progress forward more than 3 meters unless they have snowshoes attached to both feet.

6. 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.

7. Relay races:

- a. A relay competitor must pass/take the baton 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. The baton is to be placed in the hand of the receiver, passed from hand to hand, not tossed. Dropped batons must be picked up by competitor(s) before continuing.
- c. The last competitor of the relay must have the baton in hand when crossing the finish line.

8. Disqualifications:

- 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) improperly crossing the course
  - 4) making two false starts
  - 5) making an improper baton exchange
  - 6) finishing a relay race without the baton

9. 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 head referee within 30 minutes of the alleged infraction.
- c. Protests involving the judgment of an official will not be given consideration.