

## SNOWSHOEING RULE INTERPRETATIONS

### SECTION A - GENERAL RULES

- A-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. Rules can be downloaded at [www.specialolympics.org](http://www.specialolympics.org).
- A-2. For visually impaired athletes Special Olympics Colorado will use a guide rope for all events up to and including 100 Meter Race. For events 200 Meters and up athletes will be allowed to provide their own "guide runner".
- A-3. Athletes will not be allowed to wear jewelry or awards during competition. Jeans will not be allowed to be worn for athletes competing in Snowshoe events.
- A-4. The Games Rules Committee will make all final decisions.
- A-5. No advertising or sponsorship is allowed to be worn on competition uniforms warm-ups.
- A-6. At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate/honest scores of their athlete's ability. The Honest Effort policy will apply to all medal round races. If an athlete has a 30% or more deviation from their time trial score, they will be disqualified and awarded a participation ribbon.
- A-7. Athletes must compete in and have a qualifying time at a Regional event to attend the State Winter Games.

### SECTION B - FACILITIES

- B-1. The 200M, 400M, 800M, and relay course will be a loop over varied terrain and 7 meters in width. The 50M and 100M races will be held on a straight away. The width of the lanes will be 1.22 meters. The 4x100 relay is run over a 400M course with 3 exchange zones. Each zone will be 20M in length with the midpoint of the zone at 100M intervals and clearly marked. The start of the zone shall be the nearest to the starting line.
- B-2. Events offered:
 

a. 25 Meter Race	f. 800 Meter Race	k. 10 Kilometer Unified Race
b. 50 Meter Race	g. 1600 Meter Race	l. 4 x 100 relay Race
c. 100 Meter Race	h. 5 Kilometer Race	m. 4 x 400 relay Race
d. 200 Meter Race	i. 10 Kilometer Race	n. 4 x 100 Unified Race
e. 400 Meter Race	j. 5 Kilometer Unified Race	o. 4 x 400 Unified Race
- B-3. Athletes can participate in a maximum of 3 events, comprised either of 2 individual events and 1 relay or 3 individual events.

### SECTION C - EQUIPMENT

- C-1. The snowshoe frame itself shall not be smaller than 17.78 cm x 50.8 (7 inches x 20 inches). This measurement shall be taken from the longest point of the snowshoe and at the widest point of the snowshoe.
- C-2. The snowshoe shall consist of a frame and webbing or solid decking material, which covers at least 75% of the floatation area.
- C-3. Factory installed toe and heel traction claws are acceptable. The attachment of any Additional "spikes" is not permitted.
- C-4. 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.

- C-5. Footwear recommendations may be as simple as athletic footwear or lightweight hiking boots.
- C-6. The use of poles is optional.

#### SECTION D - RULES OF COMPETITION

- D-1. All snowshoes will be measured and checked by the head referee prior to each event. All athletes in illegal snowshoes will not be allowed to compete.
- D-2. Competitors must wear their assigned number in a position visible to the officials at all times.
- D-3. The start:
  - a. At the start of the race, snowshoe racers 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. There will be no timed interval starts.
  - d. All State events will be started by a gun following the proper verbal commands. The proper verbal command is "Racers Ready" then firing of the starting pistol or an additional visual indicator may be used to assist athletes with a hearing impairment. At Regional events, racers will start with "Racers Ready...GO!" and the lowering of the arm.
  - e. A false start requires a re-start of the race. An athlete will be disqualified on their 2<sup>nd</sup> false start.
- D-4. The race:
  - a. Only the officials are allowed on the course.
  - b. The 25M, 50M and 100M races shall be conducted in a straight line. The lane lines will be marked for district and state competition.
  - c. In the 200M, 400M, 800M, 1600M, 5K and 10K races, athletes will start in the assigned lane and then at a designated point, may merge to the inside of the track.
  - d. If during a race the competitor falls; has difficulties with a snowshoe or binding; he/she has two minutes to correct the problem. A competitor who fails to adhere to the two-minute limit or receives assistance of any kind will be disqualified. In any race a competitor must progress at least 10 meters towards the finish line every two minutes. Timing of the two minutes is the responsibility of the closest field judge.
  - e. A competitor may not progress forward more than 3 meters unless they have both snowshoes attached to their feet.
- D-6. The finish:
  - a. A snowshoe racer 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 racer must have both snowshoes on his/her feet when crossing the finish line.
- D-7. For safety consideration, Special Olympics Colorado will continue to use the tag/touch

exchange. A proper exchange (tag/touch) shall consist of the incoming competitor touching any part of the body of the outgoing competitor with his/her hand. Clothing covering the hand or body will be considered part of that hand or body. Snowshoes are not considered part of the body. Both athletes and their snowshoes must be within the exchange zone when the tag/touch is made, and the tag/touch must occur within the vertical planes of the exchange zone.

D-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) crossing the course or leaving the course to gain an unfair advantage
  - 3) making two false starts
  - 4) improper relay exchange in the relay exchange zone
  - 5) cross the finish line without both shoes on his/her feet
  - 6) Preventing another competitor from passing during a race
- b. A competitor will NOT be disqualified if they leave their lane and do not impede another competitor or gain an advantage.