

Athletics Information Sheet



Introduction;

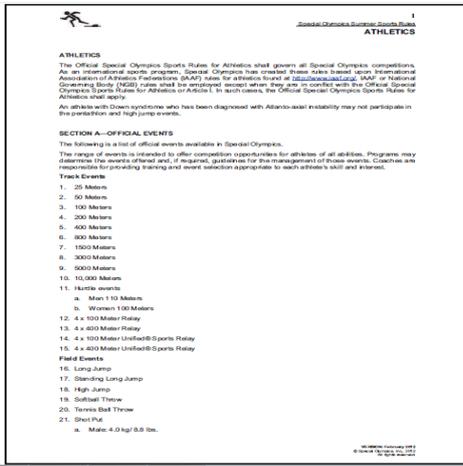
Athletics encourages athletes of all abilities and ages to compete at their optimum level. Through the track-and-field-based athletics training program, participants can develop total fitness to compete in any sport. As with all Special Olympics sports, athletics offers athletes the opportunity to learn through skill development and competitive settings and to be involved in large social settings. Athletics is the most popular sport in Special Olympics Leinster.

To help prepare your athlete to compete to the best of their ability, the Head Coach/ Athletics Coordinator within your Special Olympics Club should make themselves familiar with the information outlined in this document.

Please also refer to the “Regulations Governing Special Olympics Ireland Sport” for more information and the “Official Special Olympics Sports Rules for Athletics”;



[\(Please click here\)](#)



[\(Please click here\)](#)

Track Events

The range of events and categories is intended to offer competition opportunities for athletes of all abilities. Athletes must be entered in one "Category" only;

	Events Offered			
Category 1	10m Wchair	25m Wchair,	30Wslalom	100m Wchair
	200m Wchair	400m Wchair	10m Ass Walk	25m Ass Walk
	50 Ass Walk	Wchair Shot	Softball Throw	Tennis Ball Throw
	Mini-Javelin			
Category 2	25m Walk	25m Run	50m Walk	50m Run
	100m Walk	Soft Ball Throw	Standing Long Jump	Mini-Javelin
	Men Shot 4kg	Men Shot 3kg	Women Shot 3kg	Women Shot 2kg
Category 3	100m Run	200m Run	400m Run	4x100 Relay
	4x400 Relay	High-Jump	Long Jump	Mini Javelin
	Men Shot 4kg	Men Shot 3kg	Women Shot 3kg	Women Shot 2kg
Category 4	400m Run	800m Run	1500m Run	3000m run
	400m Walk	800m Walk	1500m Walk	5000m run
	High-Jump	Long Jump	Mini Javelin	4x400 Relay
	Men Shot 4kg	Women Shot 3kg	Women Shot 2kg	Men Shot 3kg
Category 5	Pentathlon	4x100 Relay	4x400 Relay	

- For events up to 400 metres athletes are required to stay in their lanes for the entire race
- If a competitor runs or is forced outside his/her lane, and if no material advantaged is gained, the competitor should not be disqualified.
- In the 800 metres, athletes run in lane for the first bend and then break. A staggered start point is also used for this event.
- An athlete finishes the race when their torso crosses the finishing line.

Crossing lanes in track events

- If an athlete crosses lanes and runs /walks a shorter distance by crossing lane they should be disqualified.
- If an athlete crosses lanes and obstructs another athlete he/she should be disqualified.

Honest effort

- If an athlete improves their performance by more than 15% in their final they will be disqualified. (Increased to 20% in developmental events e.g. Category 1&2).

Relays

- The baton must be passed within the change-over zone (yellow markers on the track)

Vision and Hearing Impairments

- A rope or sighted guide runner may be provided by the affiliated group to assist athletes who are visually impaired.
- A sighted guide runner may not be ahead of the athlete in any manner.
- At no time may the guide runner pull the athlete or propel the athlete forward by pushing.

Field Events

- In all field events athletes have three attempts. The longest distance recorded is the winning score.
- In the case of ties, second best scores will determine the winner, and so on.

“Jump Events”



Standing Long jump

- There is no minimum distance in the standing long jump.
- Competitors shall start with both feet behind a designated take-off line and on the ground.
- When starting, competitors' toes shall be behind the take-off line.
- A competitor shall use both feet on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, but he/she may not lift either foot completely off the ground.
- Distance will be measured from the closest impression on the landing area, made by any part of the body, to the take-off line for all jumps.



**Special
Olympics**
Leinster

Long Jump

- Athlete must be able to jump a minimum distance of 1.00 metres
- Athletes must take off on or before the take-off board. If any part of their foot crosses the take-off board this jump is a foul jump. 3 foul jumps could lead to disqualification.
- In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.

High Jump

- The competitor shall take off from one foot.
- The minimum opening height for all high jump competitions shall be 1.00 metre.
- Competitors shall not dive forward over the bar or take off from a two-footed take-off.
- When there is a tie in the high jump event after the count back of failures, the athletes tying shall be awarded the same place in the competition – there is no jump-off to break the tie.
- In jumping events, prior to competition, athletes may have assistance from an official to mark their take-off mark.

“Throw Events”

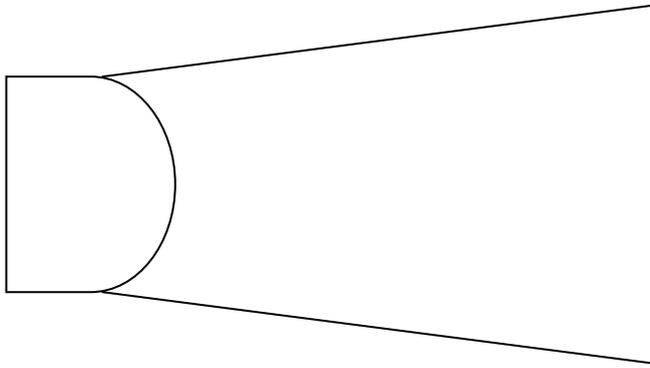


Softball/ Tennis Ball Throw

- *Softball Throw:* The regulation softball to be used should measure 30cm (11 3/4 inches) in circumference.
- *Tennis Ball Throw:* a tennis ball shall be used.
- The softball and tennis ball can be thrown in any manner of the athletes choosing from the hand(s) as long as the athlete throws from within the throwing zone, and the softball/tennis ball lands within the prescribed sector.
- The throwing area should be set up as follows:



**Special
Olympics**
Leinster



- The runway shall be marked by two parallel lines made from a line cones
- Each competitor shall be allowed three non-consecutive attempts.
- All three attempts shall be measured and recorded for breaking ties.
- The mini-javelin must be held by the shoulder or upper part of the throwing arm and may not be slung or hurled
- At no time mat the competitor turn completely around so that his/her back is towards the throwing area.
- The measurement of each throw shall be made from where the tip first struck the ground to the inside of the arc.

Shot Putt

- Shot Putt Weights (please ensure that athletes train with the correct weightshot);
 - Male: 4.0 kg / 8-11 years: 3.0 kg
 - Female: 3.0 kg / 8-11 years: 2.0 kg
 - Wheelchair: 1.81 kg
- The distance is measured from the edge of the circle to where the shot first hits the ground.
- Each athlete shall be allowed three non-consecutive attempts.
- All three attempts shall be measured and recorded for breaking ties.
- The longest measurement of the three attempts shall be used for scoring.
- A legal putt shall be made from within the circle. In the course of an attempt, the athlete, or his/her wheelchair, may not touch the 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.
- The shot shall be putt from the shoulder with one hand only. When the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting.

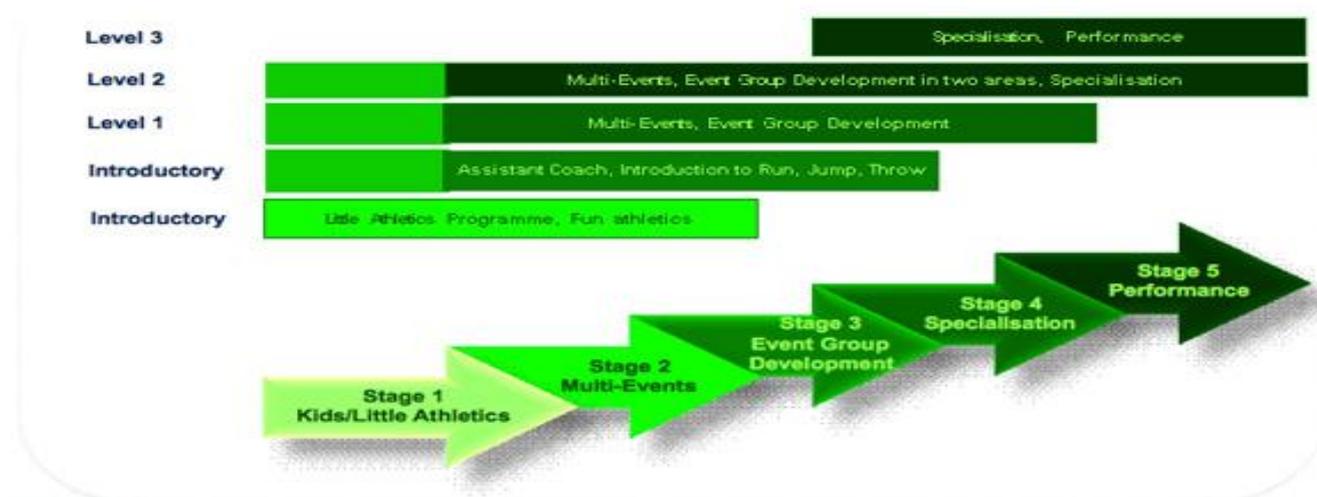


**Special
Olympics**
Leinster

Coach Education

Athletics Ireland is the National Governing Body for Track and Field in Ireland. To ensure that our Special Olympics Athletes receive quality coaching from knowledgeable coaches, we strongly advise volunteers to complete courses on Athletics Ireland's Coach Education Pathway, as shown in the below table.

Athletics Ireland and IAAF Coach Education Pathway



Upcoming Courses

For more information on Coaching Courses being run in your locality, please click on the below link;



[\(Please click here\)](#)

For Additional Information, please contact:

*Regional Development Officer-Sport
Special Olympics Leinster
4th Floor, Park House
North Circular Road, Dublin 7
Regional Office: 01 629 6999*