2020 TRACK & FIELD SEASON OVERVIEW

Sport Offerings
- Unified (team concept)
- Traditional (individual)

Registration
- Programs **must** abide by registration deadlines. **Programs that do not meet registration deadlines will not be eligible to compete**
- In order to attend any event or practice all participants must have up to date forms and/or certifications on file with Special Olympics Massachusetts by published deadline
- See deadlines on page 5

Track & Field Quota
- Summer Games
  - 850 (Traditional)
  - 200 (Unified Team Model)
- Relay’s **will not** count towards an athlete’s advancement to Summer Games
- SOMA will follow guidelines outlined in Special Olympics Rules Article 1 on advancement

Waivers
- In order to advance to a State level season ending tournament (summer games) all participants must compete at and qualify through a regional qualifier. No team waivers will be granted.
- An athlete who is sick or injured may be granted a waiver if Special Olympics MA is notified in advance or immediately after tournament if quota has not been reached by those who have attended a qualifier
- Waivers will not be giving out for behavioral issues or athlete doesn't feel like attending that day

Sport Resources
A variety of coaching resources are available for download at the Special Olympics sport resource page (https://resources.specialolympics.org/sports-essentials). These include
- Sport Essentials
  - Article One / Coaching S.O. Athlete / Sport Rules / Coaching Guides / Athlete & Coach Development Models
- Unified Sports
  - Online Certification Course / Unified Sport Models / Team Assessment Tools / Principles of Meaningful Involvement / Tutorial Videos / Unified Guidelines

Rosters Composition Unified Track & Field
- Roster size for all teams must fall within the Minimum and Maximum player limits.
  - Minimum roster size – 12 participants
  - Maximum roster size – 20 participants
- All participants on roster **must** be of similar age. Guidelines are as follows
  - 8-15 years old
  - 16+ years old
- Unified Rosters MUST have a minimum of 6 Unified Partners and may not exceed a 50:50 ratio
Uniform Guidelines for Track & Field (*Participants & Coaches*)

- **Players**
  - Jersey - All uniform tops **must match** *(Same color)* that properly includes Special Olympics MA logo.
  - Undershirt - If players wear undershirts everyone on team **must wear same color undershirt** and match uniform.
  - Shorts – all players must wear shorts that are identical in color & trim jersey.
    - SOMA will allow a different sold color, like black provided that all participants are in the same color shorts.
    - SOMA will allow Athletic pants, sweatpants or yoga pants that meet guidelines above.

- **Coaches**
  - Special Olympics Massachusetts branded Gear or dress shirt
  - Khaki Pants or shorts or black sweat pants. No ripped jeans or jean shorts.

**Website / Event Info**

- All Events are posted to the calendar page Special Olympics MA website.
- Event pages will include:
  - Programs assigned to event
  - Event timelines
  - Event contact Information and On site leaders
  - Event Schedule with participation #’s by event
  - Weather policy
- **Spring Season Resource Page**
  - Links to events
  - Sport rules
  - Registration form

**Levels of Competition**

- **Qualifying Tournament**
  - In order to advance on to State Summer Games athletes must participate in a qualifying tournament.
  - Medals and ribbons will be awarded based on placement with in their division.
  - Gold medal winners automatically advance. Silver – 6th place will advance by place until quota is full.

- **Season Ending State Tournaments**
  - **Summer Games**
    - Criteria to attend: must have competed at a Qualifying tournament and received a pre-determined award. No waivers will be granted.
    - Have attended all assigned competition events
    - Medals and ribbons will be awarded based on individual’s placement.
TRACK & FIELD SEASON CALENDAR

• Registration Deadlines
  o Qualifying Tournaments –
    ▪ Springfield & Brockton April 15, 2020
    ▪ Barnstable & Milton April 29, 2020
  o Season Ending Tournaments – May 20, 2020

• Coach Trainings
  o Brandies University, Waltham April 4, 2020

• Qualifying Tournaments
  o Springfield College – May 2, 2020
  o Brockton High School – May 2, 2020
  o Barnstable High School, May 16, 2020
  o Milton Academy – May 17, 2020

• Season Ending State Tournaments
  o Summer Games June 12-14, 2020
TRACK & FIELD REGISTRATION

- Traditional
  - Athletes must register for one of the following categories and may participate in up to three events with in that category. **May not** cross categories
    - Categories have been reduced to be more reflective of athlete’s abilities and are based off USA & World Games track categories.
  - Wheelchair athletes are **not restricted** to Category 1 - Developmental events. If a wheelchair athlete can do the distance then they can register for events in other categories
  - **HIGHLY RECOMMENDED** that an athlete register for one field, one track and a relay. This will eliminate the risk of event overlapping and an athlete being called for two events at the same time.

- **Category 1 – Developmental Track & Field Categories**
  - Wheel Chair Events: 10M, 25M, 25M Obstacle, 30M Slalom
  - Assisted Walks: 10M, 25M, and 50M.
    - Assisted Walks – Athlete needs aid of a device (cane, walker, crutches etc)
  - Walks - 50M Walk,
  - Runs - 50M Dash,
  - Field Events - Standing Long Jump, Tennis Ball Throw

- **Category 2 – Dashes**
  - Walks - 100M Walk, 100M Guided Walk
  - Runs - 100M Dash, 100M Guided Dash, 400M Dash, 4x100M Relay
    - Wheelchair athletes at these distances
  - Field Events – Softball Throw, Javelin, Running Long Jump, High Jump, Shot Put
  - Pentathlon

- **Category 3 – Long Walks**
  - Walks – 400M Walk, 800M Walk, 1500M Walk, 3000M Walk
  - Field Events – Softball Throw, Javelin, Running Long Jump, High Jump, Shot Put

- **Category 4 – Distance Runs**
  - Run- 400M Run, 800M Run, 1500M Run, 3000M Run, Relays
  - Field Events – Javelin, Running Long Jump, High Jump, Shot Put

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• Unified
  o Each athlete and partner may participate in up to 3 events from the following list.
  o Each team can submit up to two (2) relay teams in each of the relays listed.
  o Unified Track & Field Events Offered
    ▪ 50 meters (Jrs only)  Softball Throw (Jrs only)
    ▪ 100 meters  Shot Put
    ▪ 200 meters  Standing Long Jump
    ▪ 400 meters  Javelin
    ▪ 800 meters
    ▪ 4 x 100 meter relay  4 x 400 meter relay

TRACK & FIELD RULES

• Unified Track & Field Scoring
  o For all Unified Track and Field meets (dual, triangle, or championship) the following scoring format will be employed: Team Scoring – 10 points for 1st, 8 pts, for 2nd, 6 pts, for 3rd, 4 pts, for 4th, 2 pts, for 5th, 1 pt., for 6th
  o For the SOMA State Championship meet ribbons will be awarded to each individual in every heat.
  o Gold, Silver, and Bronze medals will be awarded to the top three point scoring teams. Lanyards will be awarded to fourth through 8th place teams.

• Equipment
  o Javelin
    ▪ Ages 15 under – 400g Mini Javelin
    ▪ Ages 16+ - 600g Training Javelin
  o Shot put sizes
    ▪ Male
      • Ages 12 & over 4.0kg/8.8lbs
      • Ages 8-11 3.0kg/6.8lbs
    ▪ Female
      • Ages 12 & over 3.0kg/6.8lbs
      • Ages 8-11 2.0kg/4.4lbs
TRACK & FIELD KEY RULES

- According to Special Olympics International Guideline Athletes in the 50M dash with a score/time faster than 10 seconds have mastered this event and should be pushed to achieve success in a new event.
- All field events (shot put, softball throw, tennis ball throw, javelin) must be measured in meters.
- Athletes competing in the softball throw with a score of greater than 30 meters need to pick a new field event.

Common DQ's

- Throwing Events (Softball Throw, Tennis Ball Throw, Shot Put & Javelin)
  - Stepping over toe line or on top of toe board
  - Throw landing outside the vector
  - Using improper throwing motion
  - Leaving throwing vector in front of marks

- Jumping Events (Long Jump & Standing Long Jump)
  - Jumping from wrong board
  - Standing long jump take off from one foot

- Walking events
  - Using improper form
  - Running
  - Being paced

- Running Events
  - Impeding or interfering with other runners
  - Not staying in lanes on certain races or until certain merge points
  - Leaving the track
  - Being paced

- Relays
  - Not staying in proper lane or improper merge
  - Dropped baton-improper return to lane
  - Exchanges taking place outside exchange zones
  - Impeding or interfering with other runners

See USA T&F Rules for a full listing of rules and regulations for each race/event.
Coach Education Criteria

Below is the most current version of the United States Coaches Education system that is required of all Special Olympics coaches as outlined by Special Olympics North America. This progression chart was approved by the Special Olympics United States Leadership Committee in Fall of 2018.

Sport Assistant Coach
- Valid Class A Form
- Special Olympics MA General Orientation
- Concussion Certification
- Protective Behaviors

Level 1 - Certified Coach (*core coach knowledge*)
Traditional Special Olympics Coach
- All Sport Assistant Coach Requirements
- Coaching Special Olympics Athlete
  - Online course via Human Kinetics Coach Education
  - Or in person training conducted by a Chapter approved trainer

Unified Sports
- All Sport Assistant Coach Requirements
- Coaching Unified Sports
  - online [Unified Sports](#) course via NFHS
  - Or in person training conducted by a Chapter approved trainer

Level 2 - Certified Coach (*Sports Specific Knowledge*)
Traditional Special Olympics and Unified Sports
- All Level 1 requirements
- Sports Specific Course
  - Online for those sports where online courses have been developed
  - Or in person sport specific training

**NOTE- Level required of Head Coaches attending a USA Games in specific sport being coached**

Level 3 - Certified Coach (*Advanced Coaching Knowledge*)
- All Level 2 requirements
- Principles of Coaching
  - or in person training conducted by a Chapter approved trainer

**NOTE- Level required of Head Coaches attending a World Games in specific sport being coached**

If you have any questions about your certification status or certification status of the coaches in your program please contact your Business Operations contact.

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Smoking, Drinking, Illegal Substances

- Special Olympics Massachusetts has established that all competition venues, housing facilities, ceremonies venues, and Olympic Towns will be alcohol, tobacco, cannabis (of any form), non-control substances & vaping free. Any coach, chaperone, volunteer, family member or athlete in violation of the Policy will face disciplinary action from SOMA, which could result in the violating individual(s) being sent home and suspended from future participation. SOMA Coaches, Chaperones, Volunteers, Family Members or Athletes must agree to abstain from the consumption of alcoholic beverages, tobacco, cannabis, and vaping during the entire course of all Special Olympics Massachusetts competition events.

- No concealed weapons, firearms are allowed at any Special Olympics Massachusetts event!

Best Practices of a Safe Coach

The following bullets are simple best practices of a safe coach and reminders for all Special Olympic Massachusetts coach

- Limit 1 to 1 interaction with athletes
  - always be with in the sight line or ear shot of others
- Always submit an incident report after an injury
- Follow injury and concussion return to play policy
- Never distribute any medication that is not in its original container
- Mandated reporter
  - SOMA coaches are not mandated reporters,
  - you know your athletes and if you suspect that they are subject to any abuse or in immediate danger do not hesitate to notify the police and Special Olympics staff
- Before any trip, event or overnight
  - review code of conduct
  - clearly explain rules and behavior expectations for all (athletes, chaperones, partners)
- Create a session long training plan that sets goals that focus on athlete development and skill improvement