

2022 DIAA UNIFIED TRACK & FIELD COACHES CLINIC

Nate Threatts

**Unified Track & Field Rules Interpreter
Certified USATF Mid-Atlantic Track Official**

Important Dates

- **February 28th** - Practices can start
- **March 21st** - First Competition Date for Spring Sports
- **April 27th** - SODE Unified Invitational @ Middletown HS
- **May 1st** - Deadline to submit entries to the DIAA Unified Track & Field Team Championship (changes can be made to entries until May 4th)
- **May 7th** - 2022 DIAA Unified Track & Field Championship @ Caesar Rodney HS
- **May 16th** - Last Competition Date
- **May 20/21** - 2022 DIAA Unified Track & Field Individual Championship @ Dover HS

Schools Currently Registered

- **Appoquinimink**
- **Brandywine**
- **Caesar Rodney**
- **Cape Henlopen**
- **Delcastle**
- **Dover**
- **Indian River**
- **Laurel**
- **McKean**
- **Middletown**
- **Mount Pleasant**
- **Smyrna**
- **William Penn**
- **Woodbridge**

Penn Relays Opportunity

- **Penn Relays will be offering several Special Olympics Events on Thursday, April 28th**
 - **Events Offered and Minimum Entry Requirements**
 - 100 Meters (F) : 12 - 18 seconds
 - 100 Meters (M): 11 - 16 seconds
 - Unified 4 x 100 Meter Relay (Coed): 65 seconds or faster
 - Special Olympics 4 x 100 Meter Relay (Coed): 75 seconds or faster
- **If you have any student-athletes or relay teams that meet the requirements and you would like to be considered for this meet please email nate.threatts@sode.org by Wednesday, March 23rd.**
- **Accepted teams and athletes will be notified the week of April 4th.**

2022 SODE Unified Invitational

- **The 2022 SODE Unified Invitational will be Wednesday, April 27th at Middletown High School.**
 - We have created a custom medal for the event this year
 - 50-meter dash automatic wheelchair will be offered at this event.
- **Teams interested in participating need to email Nate Threatts by Wednesday, April 21st.**

2022 DIAA UNIFIED TEAM CHAMPIONSHIP

- **The 2022 DIAA UNIFIED TEAM CHAMPIONSHIP will be Saturday, May 7th at Caesar Rodney High School.**
 - 50 meter dash automatic wheelchair will be offered at this event but will not count towards team points.
 - All athlete event entries must be emailed to Nate Threatts at nate.threatts@sode.org by entry deadline of Sunday, May 1st at Noon.
 - There will be no additional entries allowed after May 1, but changes to your entry scores may be made until Wednesday, May 4th at 10:00pm.
 - A school may enter as many contestants as possible per individual event but must designate on registration form a maximum of three qualified contestants per individual event that are eligible for team scoring.
 - Qualifiers for the Individual State Championship (5/20/22 - 5/21/22) at Dover High School will be announced at the end of the Special Olympics Delaware (SODE) Invitational (5/7/22) at Caesar Rodney High School.

2022 DIAA UNIFIED TEAM CHAMPIONSHIP

- **The Individual State Championship will take place (5/20/22 - 5/21/22) at Dover High School.**
 - **Teams will have until Monday, May 16 at 3:00 PM to email Nate Threatts at nate.threatts@sode.org to confirm your qualifiers or relay teams who will be participating in the Individual State Championship (5/20/22 - 5/21/22) at Dover High School.**

New This Season

- **We are adding the 200-meter dash and the 2 x 200-meter relay**
- **The Team Championship will be May 7th at Caesar Rodney HS**
 - Top 8 in each event will move on to the Individual Championship at Dover HS
 - School can enter entire team in Team Championship but must designate 3 scoring athletes in registration
 - Registration for Team Championship will go through Nate Threatts. If you have any questions, please email nate.threatts@sode.org
- **The Individual Championship**
 - Participation in Team State Championship is required in order to qualify to advance to the Individual State Championship (5/20/22 - 5/21/22) at Dover High School.
 - The top 8 (eight) athletes in the Official DIAA Unified Events (listed on next page) will advance to the Individual State Championship.
 - One relay team per school can advance to the Individual State Championship.
 - Teams will have until Monday, May 16 at 3:00 PM to email Nate Threatts at nate.threatts@sode.org to confirm your qualifiers or relay teams who will be participating in the Individual State Championship (5/20/22 - 5/21/22) at Dover High School.

Points of Emphasis

- Coaches need to make sure their student athletes are being taught the proper way to compete in events
- All NFHS Track & Field Regulations will be followed at the SODE Unified Invitational, DIAA Unified Team Championship and the DIAA Unified Individual Championship
- All fouls and violations will be called

100, 200 & 400 Meter Dash

- When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with or impede another runner. A competitor shall be considered to be out of the lane when:
 - Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet.
 - While running on a straightaway, runs in an adjacent lane and interferes with or impedes another competitor.
 - While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.
 - He/she does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
 - He/she takes one or more steps inside the assigned lane line at the break line.

PENALTY: Disqualification from the event

4 x 100 & 4 x 200 Meter Relay

- The acceleration zone is now incorporated into the exchange zone, thus creating a 30-meter exchange zone. Existing acceleration zone markings (triangles, squares) or colored tape placed at that location, may be used to denote the beginning of the exchange zones on a track.
- In sprint relays such as the 4x100 meter and 4x200 meter, and other relays with legs of 200 meters or less, the outgoing runner, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone.
- A relay team shall pass the baton in accordance with the rules. The track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.
- The baton shall not be thrown following the finishing of any relay.

PENALTY: Disqualification from the event

Shot Put

- Warmups or practice throws are not allowed at the field event venues unless supervised by an adult coach or official. Penalties: first occurrence: warning; second occurrence: disqualification from the event; third occurrence: disqualification from the meet. At the end of competition, field event venues are closed and no practice is allowed.
- Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.
- A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. No harness or mechanical device attached to the hand or arm shall be used. The put shall be made from inside the circle.
- It is a foul if the competitor:
 - Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event (trial) within one minute after the competitor's name is called.
 - After stepping into circle, fails to pause before starting the put.
 - After starting the attempt, touches any surface outside the circle during a put.
 - Allows the shot to drop behind or below the shoulder during the put attempt.
 - Touches the top or end of the stopboard before the put is marked.
 - Puts the shot so it does not fall within the sector lines.
 - Leaves the circle before the implement has landed.
 - Does not exit the back half of the circle.
 - Uses the "cartwheel" technique of shot putting.

PENALTY: The put is not measured but counts as a trial.

Long Jump

- Warmups or practice jumps or throws are not allowed at the field event venues unless supervised by an adult coach or official . Penalties: first occurrence: warning; second occurrence: disqualification from the event; third occurrence: disqualification from the meet. At the end of competition, field event venues are closed and no practice is allowed.
- The order in which competitors take their initial trials is determined by lot or the Games Committee. The head official may change the order of competition to accommodate those excused to participate in other events. In this case, competitors may be allowed to take more than one trial in succession in preliminaries and finals.
- The time limit for competitors excused to compete in another event is determined by the Games Committee. Always record the time when competitors leave to compete in another event and when they return.
- The time at which the preliminaries in the event shall terminate is set by the Games Committee. Any competitor who does not complete all preliminary attempts within the time specified forfeits any remaining preliminary trials.
- If there are preliminaries and finals, the order of competition in the finals is the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
- Markers may be placed alongside the runway, but not on it.
- A foul jump is one which is counted as a trial but which is not measured.
- It is a foul if the competitor:
 - Allows his/her shoe to extend over the scratch line or make a mark in front of it on the takeoff.
 - Runs across the scratch line, or the scratch line extended.
 - Does not keep his/her head in the superior position, i.e., no somersault.
 - In the process of landing or leaving the pit, touches the ground outside the landing nearer the scratch line than the nearest mark made in the landing pit.
 - Fails to initiate a trial that is carried to completion within 1 minute after being called for a trial, unless excused by the event officials to participate in some other event.

PENALTY: An unsuccessful trial is charged but not measured.

Measuring

- Shot Put
 - The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest such mark, measured along the extended radius of the circle.
 - Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
 - In the event of ties, places are determined as follows:
 - First tiebreaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
 - Second tiebreaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third best performance is better than the third-best performance of any tied competitor, etc.

Measuring

- Long Jump
 - Each legal jump shall be measured perpendicularly to the foul line its extension and from that point in the pit touched by the person or apparel of the jumper which is nearest the foul line or its extension.
 - The judges shall hold the tape in such a way that the readings will be at the takeoff board.
 - Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements may be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Other scientific measuring devices may be used if approved by the games committee.
 - In the event of ties, places are determined as follows:
 - First tiebreaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
 - Second tiebreaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third best performance is better than the third-best performance of any tied competitor, etc.

Important Reminders

- **Mandatory running order for Unified Relays:**
Unified Partner, Athlete, Unified Partner, and Athlete.
- The DIAA Unified Team and Individual Track & Field Championships are long meets, coaches should bring activities, tents, snacks and/or drinks to help pass the time in-between events.

ANY QUESTIONS

Contact Nate Threatts at
nate.threatts.sode.org