



## SPECIAL OLYMPICS DELAWARE *Unified Track & Field Rules*

DIAA regulations govern all Unified Sports. All general rules are intact under DIAA regulations. All track and field events will follow NFHS and USATF rules (see USATF Competition Rules page 227).

### TEAM ROSTERS & ELIGIBILITY

- 1) Each team shall have a coach responsible for the management and training of the Unified Sports program and they must meet the standards delineated by the DIAA.
- 2) DIAA Eligibility Rosters are due the **first day of Unified Track competition**.

### SEASON FORMAT

- 1) Unified Track & Field athletes compete in dual and tri-meets alongside the varsity teams throughout the season.
  - a. Unified Track & Field events should be scored in their own separate heats. Unified Heats will not count towards scoring for the overall varsity team but should be scored for an overall Unified division team total.
  - b. Results must be posted in order to qualify for the State Championship.
- 2) The Team State Championship is being held in conjunction with the Special Olympics Delaware (SODE) Invitational (5/6/23) at Caesar Rodney High School.
- 3) Participation in Team State Championship is required in order to qualify to advance to the Individual State Championship (5/19/23 - 5/20/23) at Dover High School.
  - a. The top 8 (eight) athletes in the Official DIAA Unified Events (listed on next page) will advance to the Individual State Championship.
  - b. One relay team per school can advance to the Individual State Championship.

### TEAM AND INDIVIDUAL STATE CHAMPIONSHIPS

- 1) All Unified Track & Field participants may compete at the Team State Championship being held in conjunction with the Special Olympics Delaware (SODE) Invitational (5/6/23) at Caesar Rodney High School.
- 2) **All athlete event entries must be emailed to Nate Threatts at [nate.threatts@sode.org](mailto:nate.threatts@sode.org) by entry deadline of Monday, May 1<sup>st</sup> at Noon. There will be no additional entries allowed after May 1.**
- 3) Only Performances from the 2023 Outdoor Season will be accepted.
- 4) Per NFHS Rule 4-2, a competitor shall not compete in more than four events, including relays.
- 5) 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.
- 6) A school may enter one team per relay race. All team time entries in the 4 x 100 meter relay and the 4 x 200 meter relay will be accepted, there is no minimum time requirement.
- 7) Relay teams should be entered listing all relay personnel and possible alternates. Coaches should enter up to eight (8) athletes per relay. The actual participants will be listed on the card handed in at the time of the event. An athlete must be on the team's submitted roster to participate in a relay. If an athlete is not on the team's roster submitted online, the relay team will be disqualified.
- 8) Eight (8) places will be scored in each individual and relay event and the following points will be awarded: 10-8-6-5-4-3-2-1.
- 9) Qualifiers for the Individual State Championship (5/19/23 - 5/20/23) at Dover High School will be announced at the end of the Special Olympics Delaware (SODE) Invitational (5/6/23) at Caesar Rodney High School.
- 10) Teams will have until Monday, May 15 at 3:00 PM to email Nate Threatts at [nate.threatts@sode.org](mailto:nate.threatts@sode.org) to confirm your qualifiers or relay teams who will be participating in the Individual State Championship (5/19/23 - 5/20/23) at Dover High School.



11) The following awards will be presented:

- a. **Team:** Trophies will be awarded to the first and second-place teams at the Special Olympics Delaware (SODE) Invitational (5/6/23) at Caesar Rodney High School.
- b. **Individual:** Medals will be awarded by the Custodian of Awards to the first, second and third-place finishers in each track and field event at the Individual State Championship (5/19/23 - 5/20/23) at Dover High School.

**OFFICIAL DIAA EVENTS & AUTOMATIC QUALIFYING STANDARDS**

- 1) Any performances considered as qualifying performances must be listed under official results for the meet.
- 2) The following are the events offered at the **DIAA Individual State Championship (5/19/23 - 5/20/23):**

<u>Track Events</u>	<u>Boys</u>	<u>Girls</u>
100 meter	17.0 sec.	22.0 sec
200 meter		
400 meter	1:30	1:30
Shot Put (6 lb)	10 feet	10 feet
Running Long Jump	Min. 10 feet	Min. 3 feet
4x 100 meter relay*	Each School can enter 1 Co-Ed team	
4x 200 meter relay*	Each School can enter 1 Co-Ed team	

**\*Relay teams must consist of two runners with disabilities and two Unified Partners (without disabilities). Relay teams have no gender requirements. Running order must be (Unified Partner, Athlete, Unified Partner, Athlete).**