



## 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 by your 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 State Championship 5/16/26 at TBD.
  - a. The athletes with the top 16 (sixteen) performances in the 2026 DIAA Unified Track & Field season will be accepted to the State Championship.
  - b. Schools are only permitted to enter one team in each Unified relay at the State Championship.

### STATE CHAMPIONSHIPS

- 1) All state meet entries must be done using [de.MileSplit.com](https://de.MileSplit.com) (and any Hand time performances) and the entry deadline is Monday, May 11, 2026 by 7:00 PM.
- 2) Only Performances from the 2026 Outdoor Season will be accepted.
- 3) Per NFHS Rule 4-2, a competitor shall not compete in more than four events, including relays.
- 4) A school may enter a maximum of 3 (three) contestants per individual event.
- 5) 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.
- 6) The Relay teams should be entered listing all relay personnel and possible alternates. Coaches should enter up to six athletes per relay (per NFHS Track and Field Rule Section 10, ART 2.) The actual participants will be listed on the card handed in at the time of the event. If an athlete is not on the team's roster submitted on [de.milesplit.com](https://de.milesplit.com), the relay team will be disqualified.
  - a. There will be no additional entries on meet day. An athlete must be on the team's submitted roster to participate in a relay.
- 7) 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.
- 8) The following awards will be presented:
  - a. **Team:** Trophies will be awarded to the first and second-place teams.
  - 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.



Special Olympics  
**Unified Sports**®



## 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 State Championship 5/16/26**:

<b><u>Track Events</u></b>	<b><u>Boys</u></b>	<b><u>Girls</u></b>
100 meter	14.4	22.0
200 meter	31.4	54.5
400 meter	1:16	1:49
Shot Put (6 lb)	26'2"	10'5"
Running Long Jump	10'6"	4'9"
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).**