

To: 2019 Summer Games Coaches
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Directors of State Championships



Subject: Things to Remember

We're excited to have you and your athletes on hand to compete in the 2019 Special Olympics Summer Games. We would like you to remind you of some important information. Athletes in all sports need to wear the appropriate competition attire as required by that sport. Proper competition attire for each sport can be found in the rule interpretations, which are located in the Special Olympics Illinois Policies and Procedures Manual. Some basics to remember:

Rules Regarding Disqualification

General

For these situations, athletes will not be allowed to compete until items are changed or removed: (Divisions **will not** be delayed to accommodate changes.)

- Wearing jeans or jean shorts
- Wearing street shoes or boots
- Wearing jewelry
- Wearing medals
- Personal Items (fanny packs, radios, cell phones, hats, stickers, etc.)

Track Events

Dashes (50M, 100M, 200M, 400M)

Disqualified

- Not finishing in the same lane they started in (whether they impede or not)

All Races

Disqualified

- Impeding or interfering with another runner
- Going off the track
- Gaining an advantage on the curves
- A second false start by an athlete
- Being paced by a coach or volunteer
- If an athlete stops and does not progress further or does not make any movement forward for two minutes.
- Receive physical assistance during the race

Relays

Disqualified

- Not exchanging the baton in the exchange zone
- Not finishing in the same lane they started in

Walk Races

Disqualified

- Running or any gait other than a walk
- If a competitor does not have part of one foot touching the ground at all times

Pentathlon

Participation Ribbon

- If an athlete receives a "zero" score in any of the 5 events.

Field Events

Standing Long Jump

Scratched Jump

- Step over the line prior to the jump
- Use as stutter or step jump

Running Long Jump

Disqualified and not allowed to compete

- Athlete cannot jump the minimum of 1M or 3.3 ft.

Scratched Jump

- Does not exit pit from the front
- Steps over the toe line

Softball Throw/Tennis Ball Throw/Mini-Javelin

Scratched Throw

- Enter and exit from the box through the sides or front
- Steps over the front line during throw
- Throw outside the vector lines

Tennis Ball Throw Max Distance: A maximum throw of 7.0 meters will be limited for athletes competing in the Tennis Ball Throw.

- Athletes that throw more than this limit at a competition will receive a participation ribbon.

Shot Put

Disqualified and not allowed to compete

- Does not demonstrate proper technique during screening

Scratched Put

- Enter or exit through sides or front
- Stepping on or over the toe of kick board
- Initiating the throw from below the plan of the shoulder
- Bringing the hand outside the plane of the shoulder
- Using two hands
- Put outside of the vector lines

High Jump

Disqualified and not allowed to compete

- Athlete cannot clear the minimum of .90M or 3 ft.
- Use a dive roll
- Uses a two-footed take off

Aquatics/Swimming

Disqualified and not allowed to compete

- Impeding or interfering with another swimmer
- Stroke violation determined by race official
- Not turning or finishing breaststroke or butterfly by hitting wall with both hands simultaneously
- Leaving the wall in a relay before the teammate hits the wall
- Propelling self forward by pushing forward off floor or pulling self on lane line
- No forward movement in lane for 2 minutes
- 1 False start

Artistic/Rhythmic Gymnastics

- All-Around athletes receiving a 0.0 in any of their events will be disqualified from All-Around competition