

# Fall Classic - Distance Run & Walk

Special Olympics Indiana ♦ Driven to Win



## TRADITIONAL EVENTS

3K Walk                      5K Walk  
3K Run                        5K Run  
Distance Medley Relay

## UNIFIED EVENTS

3K Unified Walk        5K Unified Walk  
3K Unified Run        5K Unified Run  
Unified Distance Medley Relay

The Official Special Olympics Sports Rules for Track & Field shall govern all Special Olympics competitions. Special Olympics has created these rules based upon USA Track & Field rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Track & Field.

## RULES OF COMPETITION

### UNIFORM SPECIFICATIONS

1. The following is the approved uniform/equipment list and is required for athletic competition:
  - a. Running shorts, basketball shorts, biker shorts, sweatpants, jogging pants, t-shirts, tank tops, sweatshirts, athletic shoes, tennis shoes, basketball shoes, running shoes, and cross-trainers.
2. The following uniform/equipment list will disqualify the individual from athletic competition if worn:
  - a. Denim, slacks or shorts, casual wear, dress slacks or shorts, tennis shorts, button-down casual shirts, golf shirts, shirts with collars, ads for alcohol or tobacco products, hard-sole shoes, sandals, and hiking boots.
3. Bib numbers will be used and will be provided by the Track & Field Sport Management Team. Bib numbers must be worn on the front and on the outer most layer of clothing.

### GENERAL RULES

1. Competitors may select either the 3K distance or the 5K distance, but not both. All competitors are welcome to participate on a Distance Medley Relay team.
2. The start commands for all events will be:
  - a. "On your marks";
  - b. Visual sign from the starters both arms up;
  - c. Gun fired.
3. Competitors will be disqualified for:
  - a. Impeding the progress of another competitor.
  - b. Interfering or making excessive contact with the running of another competitor.
  - c. Gaining an advantage during the race.
  - d. Two false starts in the same event.
4. For all events, a "curved waterfall" line will be used for the starting line if the event is started on a 400m track.
5. Walkers will line-up behind runners on the starting line.
6. A finish line tape will not be used for any event.
7. All runners must complete the full distance of a race entered, in order to qualify for an official place.
8. The competitors finishing shall be placed in the order in which any part of the torso (excludes head, arms, legs, hands) reaches the vertical plane of the nearest edge of the finish line.
9. All questions concerning the start shall be decided by the starter.
10. Pacing is not allowed for any running or walking event.
11. During all walk races, participants must have one foot in touch with the ground at all times.

### UNIFIED SPORTS® TEAM STANDARDS

1. Unified team members should wear matching uniforms.
2. In the Unified 5K walk and Unified 5K run, the team shall consist of one (1) athlete and one (1) partner.
3. The finishing time will be the time of the slower of two (2) teammates (NOT a combined time).
4. The first runner from a Unified team to cross the finish line may not return to the course to pace his/her teammate.

### DISTANCE MEDLEY RELAY RULES

1. Batons shall be provided by the Games Management Team.
2. For all traditional & Unified Sports® relay events, alternates must have the event listed on the *Fall Classic Individual Entry Form*, the same as the "starters".
3. The Distance Medley Relay team shall consist of 4 participants, who may either run or walk during the relay. Teams will be divisioned based upon qualifying score and not based on being runners or walkers.
4. The Distance Medley Relay shall consist of 4 legs with distances of 1600 meters, 800 meters, 1600 meters, and 1000 meters (in this order) for a total team distance of 5000 meters.
5. Unified relay teams shall consist of 2 athletes and 2 partners with at least one athlete running / walking a 1600-meter leg.