



## SOKS Rules Modification - Athletics

Athletes must compete in the same event in which they competed at regional.

There is no relay allotment per organization.

Relay alternates (max of 2 per relay team) must keep the original relay team in the same division as they were originally registered. A female may substitute for a male in a male relay division, but a male may not substitute for a female in a female division.

Athletes can only compete in Running or Standing Long Jump - not both.

Athletes must be able to jump 1 meter to enter the running long jump. Running Long Jump, take off board/line is .5 meters from the landing pit.

### SUMMER GAMES ATHLETICS EVENTS

#### ATHLETICS

50m Race	25m Manual Wheelchair Race
100m Race	25m Motorized Wheelchair Race
200m Race	100m Manual Wheelchair Race
400m Race	100m Motorized Wheelchair Race
800m Race	30m Manual Wheelchair Slalom
1500M Race	30m Motorized Wheelchair Slalom
100m Race Walk	25m Manual Wheelchair Obstacle
200m Race Walk	25m Motorized Wheelchair Obstacle Race
400m Race Walk	50m Manual Wheelchair Slalom
	50m Motorized Wheelchair Slalom
	4 x 25m Manual Wheelchair Shuttle Relay
	4 x 25m Motorized Wheelchair Shuttle Relay

Standing Long Jump (cannot compete in running long jump)

Running Long Jump (cannot compete in standing long jump)

#### **Shot Put Sizes**

- 8-11 male - 6 lbs
- 8-11 female - 4 lbs
- 12+ male - 8 lbs
- 12+ female - 6 lbs

Wheelchair male - 4 lbs

Wheelchair female - 3 lbs

#### **For additional info please contact:**

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Created by Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities.



Softball Throw

**Turbo-Javelin Sizes**

8-15 male/female - 300 grams

16+ male/female - 500 grams

4 x 100m Relay

\*10m Race Walk

\*10m Assisted Race Walk

\*25m Run

\*25m Race Walk

\*50m Walk

\*25m Assisted Race Walk

\*10m Manual Wheelchair Event

\*10m Motorized Wheelchair Event

\*Ball Throw for Distance (Tennis Ball) -Athletes with entry scores longer than 15 meters

will be placed in the softball throw.

\*Events for lower functioning athletes. Athletes cannot cross over between low motor and non-low motor RUNNING/RACING events. Athletes can only compete in RUNNING/RACING events that have a star by them or events that do not have a star beside them. Wheelchair athletes and athletes participating in the Tennis Ball Throw are exempt from this policy. Please contact your Regional Director if you have any questions.

**For additional Info please contact:**

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