

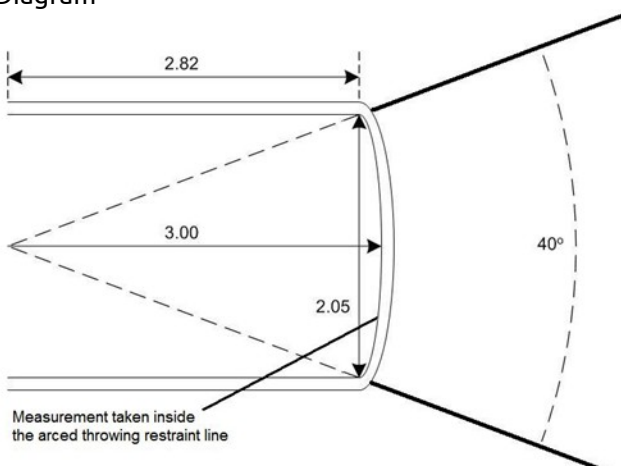


ATHLETICS SOSC RULES SUMMARY

MAXIMUM EFFORT - PERFORMANCE DISCREPANCY

- Athlete and their coach will receive warnings at Area, Regional and Chapter competitions if an athlete exceeds 15%. Since GMS is not used on-site, emails will be sent to LPCs/head coaches within one week of event.

2018 RULE CHANGE SUMMARY

Change From	Change To
Old Formatting	See also date change at footer to reflect June 2018
<p>3. RULES AND MODIFICATIONS</p> <p>3.1.8 Race Walking</p> <p>3.2.7 Softball Throw and Tennis Ball Throw</p>	<p>ADDED: 3.1.8.1 Athletes are not allowed to enter walking events and running events. They must select one method of movement for all their track events.</p> <p>ADDED: 3.2.7.4 Softball and Tennis Ball Throw Area Diagram</p>  <p>3.2.7.5 The measurement of each throw shall be made from where the ball first touched the ground to the inside edge of the arc.</p> <p>3.2.7.6 It is counted as a foul if the competitor:</p> <p>3.2.7.6.1 Does not throw the softball/tennis ball so that it initially lands completely within the inner edges of the landing sector lines.</p> <p>3.2.7.6.2 Where the competitor touches with any part of the body the arc as marked, or any ground beyond the arc or throwing box.</p>

OFFICIAL SOSC ATHLETICS RULES CAN BE FOUND [HERE](#).

THE 2019 SUMMER GAMES EVENTS WILL BE:

ATHLETICS			
Race Walking Events	Gender	Notes:	
50M Race Walk	Male & Female	Athletes entered in the race walking events may not be registered in any of the assisted walking or running events. No walking devices can be used (crutches, walkers, etc.)	
100M Race Walk	Male & Female		
400M Race Walk	Male & Female		
800M Race Walk	Male & Female		
Running Events	Gender	Notes:	
25M Race	Male & Female	Athletes entered in running events may not be registered in any of the assisted or race walking events	
50M Race	Male & Female		
100M Race	Male & Female		
200M Race	Male & Female		
400M Race	Male & Female		
800M Race	Male & Female		
1500M Race	Male & Female		
5000M Race	Male & Female		
Relay Events	Gender		
4X100M Relay	Male & Female		
Field Events	Gender	Notes:	
Shot Put	Male/Female	Softball Throw - maximum throwing distance is 30M. Athletes throwing farther than 30M need to be moved to another event.	
Softball Throw	Male/Female		
Long Jump	Male/Female		
ATHLETICS			
Lower Ability & WCH Events	Gender	Notes:	
10M Assisted Walk	Male & Female	These events are for lower ability athletes, athletes that use walkers or wheelchairs. Athletes may be entered in a maximum of 3 individual events.	
10M Wheelchair Race	Male & Female		
25M Assisted Walk	Male & Female		
25M Motorized Wheelchair Race	Male & Female		
25M Wheelchair Race	Male & Female		
30M Motorized WC Slalom	Male & Female		
30M Wheelchair Slalom	Male & Female		
50M Motorized WC Slalom	Male & Female		
50M Assisted Walk	Male & Female		
Tennis Ball Throw	Male & Female		
Standing Long Jump	Male & Female		
Shot Put - Wheelchair	Male & Female		