



# Unified Track & Field Rulebook



## Unified Track & Field

### Teams and Uniforms

A Unified Track & Field team consists of the following:

- A Unified Athlete - a student athlete with an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.
- A Unified Partner - a student athlete without an intellectual disability; typically, someone who is interested in sport participation, is competitive, and enjoys playing on a team.

All teams must supply their own uniforms (matching preferred) and be registered with their own bib numbers.

There is no maximum number of teams that schools can enter into their Zone competition. Check with your Zone Meet Manager for Divisional and City competition dates.

### The Events

The athlete and partner compete together in three different events:

The **Long Jump, Turbo Javelin and a 400m Dash**, to which their individual placements are scored and combined as an average.

- **Long Jump:**
- Both the athlete and partner will have 3 attempts to achieve their longest jump behind the white line.
- Partners should complete their long jump without any modifications. Crossing the white line will result in a fault.
- Athletes will complete the event to the best of their ability. Athletes are encouraged to jump behind the white line, but measurements will be taken from their last step into the pit.
- In the long jump event, refrain from having the athlete and partner jump on separate pits. Allow the team to take turns jumping on the same pit.

- **Turbo Javelin:**

- Turbo Javelin is a field event where athletes try to throw the 500g javelin as far as they can. Both athletes and partners will have 3 attempts to achieve their longest throw.
- Similar to long jump, If a partner touches the white line prior to their jump, it will result in a fault, whereas an athlete may have some flexibility in faulting. Measurements are still taken from white line to where the turbo javelin lands.

- **400 Meter Dash:**

- The 400 meter dash is a race done by completing one full lap around the track. A maximum of 8 people are allowed to run on the track per race.
- Due to the scoring system athletes run in their own heat, and partners run in their own heat. If support is needed, exceptions may be made upon decision of the meet manager.
- Participants do not have to use starting blocks but are encouraged to stay in their lane throughout the entire race.

## **Scoring**

Scoring is determined as follows:

- All events are scored by combing the average of both the athlete and partner's time/distance in each event.
- In long jump and turbo javelin event, the average is determined using the best score recorded by the athlete and partner from their three attempts.
- Once all times and distances are determined, points will be awarded to all teams.
- The scoring system follows the *Alberta Athletics Under 14 Combined Event Scoring System*. Please use the following link to view: [Click Me!](#)

