



Special Olympics Maryland

513 Progress Drive / Suite P / Linthicum, MD 21090-2256
Ph: 410-789-6677 / 800-541-7544 (in MD) / Fx: 410-789-5955
www.somd.org



Created by the
Joseph P. Kennedy, Jr. Foundation
Authorized and accredited by
Special Olympics Inc.
for the benefit of persons
with intellectual disabilities

KAYAK INFORMATION

The Official Special Olympics Sports Rules, (available at www.specialolympics.org), shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Canoe Federation (ICF) Flatwater Rules for kayaking found at www.canoeicf.com. ICF or The National Governing Body (NGB) rules shall be employed at these Games except when they are in conflict with Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

Training, Qualification and Divisioning

- 1) Qualification Requirements – At present time, no qualifiers are required.
- 2) Training – All Athletes and Unified® Partners are to train for a minimum of 8 weeks.
Note: Individuals may only serve in one capacity at the State Competition. Therefore, coaches will NOT be allowed to participate in Unified events. Unified events are only offered to athletes and Unified Partners. A Unified Partner may assist with some coaching responsibilities, but may not serve in an official capacity as a coach.
- 3) Divisioning
Athlete will be placed in preliminary divisioning races based on the previous year's final times. New athletes should be placed based on estimated times which can be obtained by comparing new athletes with returning athletes. Delegations that are new to the event should place athletes groups based on times obtained during practice sessions.
 - a. 500 meter race
 - i. Female athletes with times less than 4:15.00 will be in Group A, times between 4:15.00 and 4:55.00 Group B, and times greater than 4:55 Group C.
 - ii. Male athletes with times less than 4:15.00 will be in Group A, times between 4:15.00 and 4:55.00 Group B, and times greater than 4:55 will be in Group C
 - b. 100 and 200 meter races – the 100 meter final results will be used for determining preliminary races. –
 - i. Female athletes with times less than :56.00 will be in Group A, times between :56.01 and 1:15 Group B, and times greater than 1:15.01 Group C.
 - ii. Male athletes with times less than 1 minute will be Group A, times between 1:00.01 and 1:12.00 Group B, and greater than 1:12.00 Group C.

Note: Coaches who are aware of marked changes in an athlete's performance from last year (either noticeably faster or slower) should place the athlete in the appropriate Group.

Official Events

Athletes may register for any two of the following events with the exception that one may not enter in both the 100M Straight and the 500M Traditional races, as there is a disparity in the skill level required for these events. Unified Partners may register for one event only.

- 1) 100 meter straight¹
- 2) 100 meter Unified (lower level athletes³)
- 3) 200 meter straight¹
- 4) 500 meter²
- 5) 500 meter Unified (higher level athletes³)

¹ – Divisioning for the 100 and 200 meter straight races will be determined by qualifying times in a 100 meter qualifier.

² – The 500 meter will have qualifying races for each event.

³ – These terms are subjective. For clarification please contact the Kayaking Venue Director.

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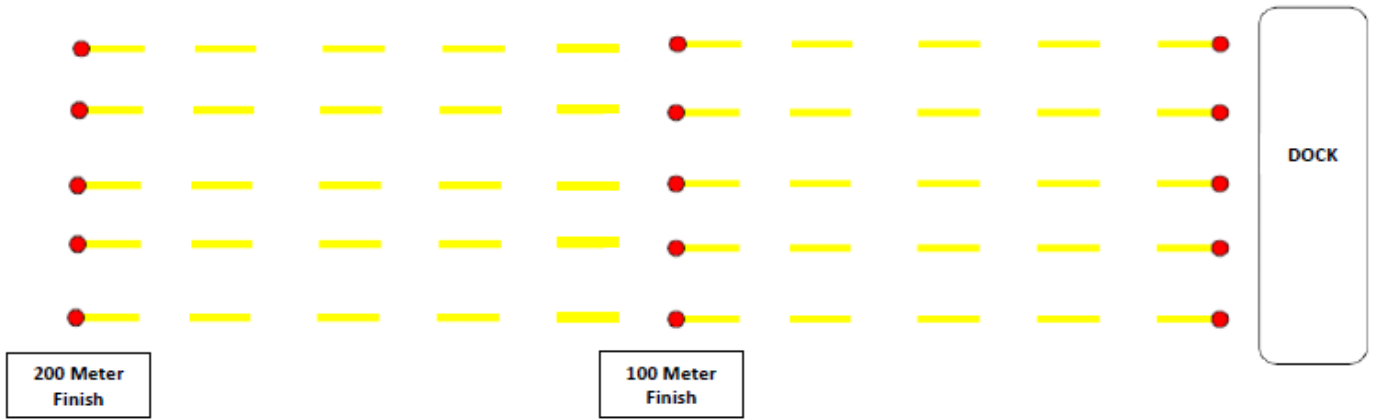


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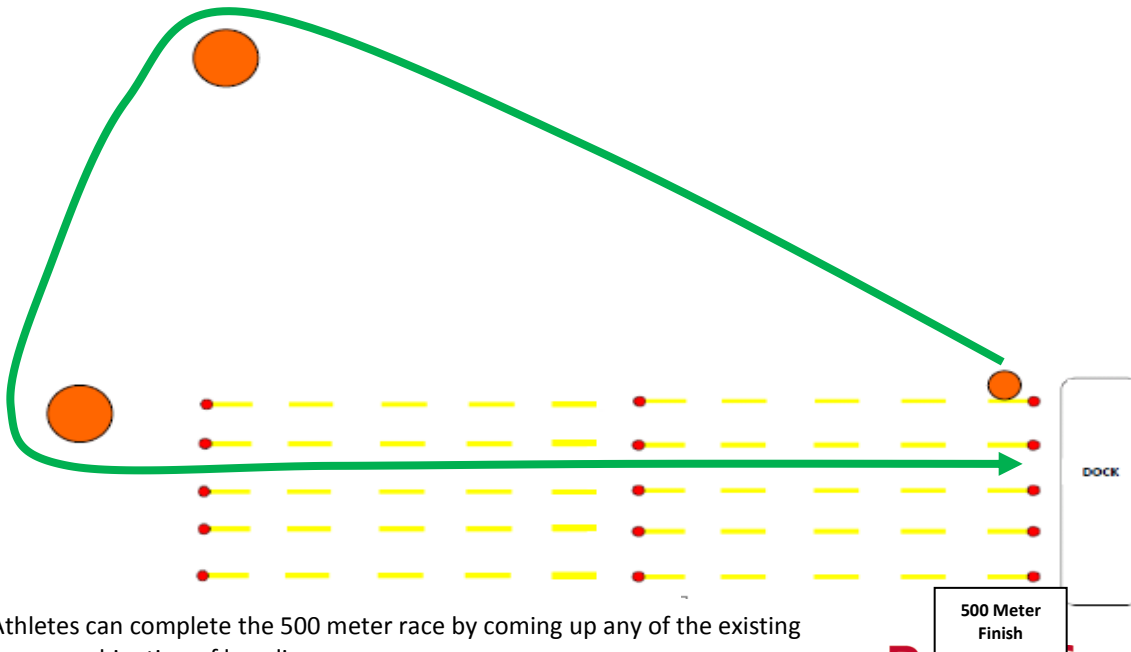
The Venue

- 1) There will be four lanes, each extendable to 200 meters.
- 2) Each lane is to be approximately 8 – 9 meters (30 feet) wide with floating lines with yellow markers designating each lane. Red buoys will mark the end and start of each lane lane.
- 3) The 500 meter course will be marked with large floating balls and will set in a triangular shape, with athletes paddling in a counter-clockwise direction around the outside of the marks.

100M, 200M Race Venue Set-up



500M Race Set-up



Note: Athletes can complete the 500 meter race by coming up any of the existing lane lines or combination of lane lines.

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Kayaks and Paddles

- 1) All kayaks are required to have floatation (e.g. inflated beach ball) in the stern and/or bow. **THIS WILL BE CHECK PRIOR TO ALL RACES.**
- 2) All kayaks should be marked with their appropriate size and make (ie. 9' Necky).
- 3) Each athlete must qualify AND compete in a boat of similar size and make (boat length must be within 6")
- 4) Each athlete must qualify AND compete using the same style and size paddle.

Safety Equipment

- 1) Personal Floatation Devices (PFD) are required to be worn by all athletes and Unified Partners while in the water on the dock. PFD's should be TYPE III. For safety reasons, a whistle should be attached to the PFD.
- 2) Helmets are optional.
- 3) Water shoes are recommended.
- 4) Polarized sunglasses are recommended.
- 5) Jellyfish repellent is available. Pantyhose also help prevent jellyfish stings.

Uniforms for Players

- 1) Uniforms are not required.
- 2) Participants will be given numbers which should be pinned onto the PFD so as to be visible to the starters.

On Water Safety

- 1) Chase Boats and Jet Skis safety boats will be on the water during competitions. Any delegations wishing to have athletes on the water prior to competition must provide their own on-water safety.
- 2) Kayak Line Up Assistance – every effort will be made to assist athletes and Unified Partners in lining up kayaks at the start line, but all athletes should be trained to be able to maneuver their boat at the start line. Coaches are not allowed on the water – unless previously designated as a safety boat or line up helper
- 3) Horseplay on the water may lead to the athlete being removed from competition or a similar penalty.
- 4) Athletes must remain in the kayak at all times while on the water. Legs must be in the kayak at all times.

Rules – for ALL events

- 1) The start of all races will begin with one sound from an air-horn. For hearing impaired individuals – the starter will drop a white flag as to indicate the start of the race, along with the air-horn.
- 2) A red flag raised either at the start line or finish area will indicate an infraction in that lane.
- 3) No coaching is permitted from the shoreline from coaches, assistant coaches, family members, spectators or other delegation members. Specific paddling instructions should not be called to athletes.
- 4) If an athlete falls out of their kayak during a race they will be given the opportunity to re-enter their kayak and resume the race. Safety boats will assist athletes who do not wish to try to continue.

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Rules (specific to event)

100/ 200 Straight (traditional and Unified)

- 1) If an athlete fully travels outside of their lane during any of the competitions (without impeding the other athlete) a 5-second penalty will be enforced. An athlete must be attempting to return to the proper lane and must complete the race in the assigned lane. If they are fully outside their lane at the finish it will be considered a disqualification.
- 2) If an athlete crosses the lane barrier and impedes another athlete, this means for a disqualification through the protest procedure, and the athlete that was impeded has the option of starting the race at a later time for a proper score.

Rules (specific to event) 500 meter (traditional and Unified)

- 1) In the 500M race, the kayak that is in the lead has the right-of-way at all times. The kayak that is behind must yield to the leading kayak.

Protest Procedures

Only certified credentialed Head Coaches and Heads of Delegation may file protests. Protest procedures are governed by the rules of competition. The role of the competition management team is to enforce the rules. As coach, your duty to your athletes is to protest any action or events while your athlete is competing that you think violated Official Rules. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome of an event. Making a protest is a serious matter. Protests must be filed within 30 minutes of the end of the particular race being protested.

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