



**National Governing Body for Track & Field
of
Adaptive Sports USA**

**2018
Competition Rules for Track, Field & Road Racing
V1.3: 05/27/2018**

National Records Updated 2/28/2018
Record Forms Updated 1/30/2018
Standards Updated 2/28/2018

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NOTES:

1. * Denotes rule change or the addition of a new rule.
2. Rules do not follow numerical order - missing numbers have been reserved for future use.
3. The World Para Athletics (WPA) Rulebook supersedes all ATFUSA rules except for Junior age groups U11 and U14, Master 35, Master 50, Master 60 and the USA road racing drafting rule & additional verbiage for road racing.
4. These rules may change at any time where WPA or ATFUSA otherwise considers it necessary to do so.

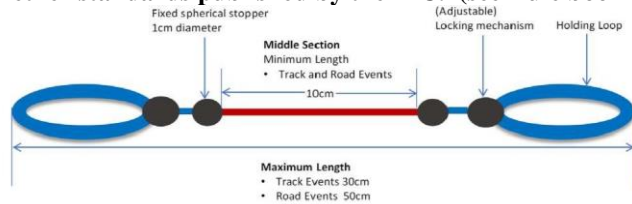
ATFUSA NOTABLE 2018 TRACK AND FIELD CHANGES:

A. WORLD PARA ATHLETICS HAS MADE SIGNIFICANT CHANGES TO THE CLASSIFICATION SYSTEM FOR ATHLETICS.

- a. All World Para Athletics LICENSED class 30 through 34 athletes must go through reclassification in 2018.
DOES NOT APPLY TO USA NATIONALLY CLASSIFIED ATHLETES IN 2018.
- b. All World Para Athletics LICENSED class 20 athletes must go through reclassification in 2018.
DOES NOT APPLY TO USA NATIONALLY CLASSIFIED ATHLETES IN 2018.
- c. All World Para Athletics licensed class 35 through 38 athletes must go through reclassification in 2019.
DOES NOT APPLY TO USA NATIONALLY CLASSIFIED ATHLETES IN 2018.
- d. Sport classes 42-44 will now be split adding new classes T61-64.
 - i. All athletes in classes T42-44 who compete with 2 anatomical limbs will remain in sport classes T42-44 (AKA: no prosthesis).
 - ii. Those athletes with bilateral above the knee deficiency running with a prosthesis (Previous T42) will now be classed as T61.
 - iii. Those athletes with a bilateral below the knee deficiency running with a prosthesis (Previous T43) will now be classed as T62.
 - iv. Those athletes with single above the knee deficiency running with a prosthesis (Previous T42) will now be classed as T63.
 - v. Those athletes with single below the knee deficiencies and leg length difference running with a prosthesis (Previous T44) will now be classed as T64.
- e. Those athletes competing in the new Track classes T61-64 will also be given new field classes F61-F64 for their Throws competitions.

B. T11-T12 –

- a. 1/1/2018 - T11 - REQUIRES THE EYE CAVITY TO BE COMPLETELY COVERED BY AN EYE BANDAGE (GAUZE) AND AN APPROVED EYE MASK/OPAQUE GLASSES, which completely covers the eyes. The eye mask/opaque glasses may be removed for field between throws but not the eye bandage (gauze).
- b. 10/1/2018 - The ≤ 100 cm Tether will be shortened to 30cm. This tether must conform to the new Tether standards published by the IPC. (see Rule book for Details).



- c. 1/1/2018 -The guide may no longer drop the tether within the final 10 meters of the race. With this change it is no longer a requirement to have cones on either side of the track at the 10 Meter mark which was causing issues with the blind athlete thinking they were at the finish line.

C. Race Runners now a WPA official Event

- a. **With the WPA making Race Running an official event the USA which has supported Race Running as an event for many years will come in line with the WPA approach. ATFUSA has made the following changes.**
- i. ATFUSA will eliminate the TRR3 through TRR5 classes.
 - ii. ATFUSA will adopt the T31 and T32 Race runner classes adopted by WPA Represented as TRR1 and TRR2.
 - iii. All existing TRR1-5 class athletes will have to be reclassified into either the T31 or T32 class.
 - iv. All existing records will be grandfathered.
 - v. T31 /T32 Race Runner Standards will be published.
 - Because it may not be possible to get to a classification session prior to Junior Nationals any Race Runner athlete classed as a T31 or T32 will qualify for Junior Nationals as a TRR1 or TRR2.
 - Present TRR3 through TRR5 athletes will have to move to a racing wheelchair to qualify for Junior Nationals,
 - Present TRR3-5 athletes will still be offered regional track events by their LOC's.

D. Relays

a. UNIVERSAL RELAY ADDED -

A universal relay (4 x 100) of two men and two women with a running order of 1st leg- 11-13, 2nd leg- 42-44, 61-64, 3rd leg- 35-38 and the 4th leg of 33-34, 51-54. Only up to 2 athletes can be selected from the following classes (13,46/47,38, 54). The remaining athletes can be from any sport class listed in the description of the legs. Two lanes will be assigned. No baton, the exchange is a touch.

- i. The WPA has decided that the universal relay will be the only relay run at the WPA World's / Paralympics or other Paralympic World Series level meets for the 2017-2020 quad.
- ii. ATFUSA will continue to offer the Wheelchair and Ambulatory only relays at its regional and national level competitions by the point structure detailed in the rule book. We will add the universal relay to the competition schedule.

b. ATFUSA RELAY QUALIFYING RULES CHANGE- GENERAL:

- i. Relays teams shall continue to qualify by Team
- ii. The team no longer, however, has to run successfully prior to Junior Nationals.
- iii. Each athlete, however, must have qualified in the event they are running in the relay.
- iv. At a minimum, three out of the four relay team members must be from the same registered Team or Region.
- v. At maximum, one out of the four relay team members may be from another registered team or be an independent athlete.
- vi. Any Athlete may only run in 1 or 2 relays.
- vii. Registered Team relays will continue to count towards team points.
- viii. Independent Relays will run for exposition.

TEAM ENTRIES:

- i. Scoring Teams must be built from registered teams.
- ii. Independent Teams must be built with athletes from the same region: East, Central, or West.

c. RELAY EXCHANGE ZONES HAVE BEEN MODIFIED:

The IAAF, WPA, USATF and ATFUSA have modified Exchanges zones for 2018

The exchange zone is now 30m (Ambulatory) or 40m(WC) starting with the former acceleration mark to the end of the original exchange zone. (Wheelchair 10 meters longer starting 10 meters earlier than ambulatory old acceleration marks)

(Note: High School and NCAA have not changed at this time).

E. 800 METER WHEELCHAIR Transition from in-lane to non-lane – There shall be 2 large cones on either side of the track marking the end of the in-lane portion of the race and horizontal marks on the track (not small cones) of a notable different color marking the lanes.

F. FIELD TIME LIMIT TO ACCEPT AND THROW THE IMPLEMENT HAS CHANGED:

The time limit to accept the implement and complete the attempt has changed from 1 Minute to 30 SECONDS.

G. CAGES FOR SEATED FIELD -CLUB & DISCUS:

Cages MUST be provided for wheelchair Club and Discus competitions held on grass.

These Cages can be Made, Purchased or Borrowed for the meet.

- a. **Made – Place PVC poles in the ground (drive metal fence posts into ground and put at least 8' PVC posts over the metal posts) as shown on the ATFUSA WEB site with plastic or cotton mesh.**
- b. **Purchased - from athletics supply companies. 6 Aluminum poles and cotton mesh screen (Gil or Other).**
- c. **Borrowed – 6ft X 8/10ft construction fence sections. 3 pieces with base pieces (1 behind and 2 on the sides) . Construction companies seem to be willing to loan the fence for the meet. Although the 3 pieces of construction fence is not as high as an “official” cage it does provide suitable protection if spectators and official are behind them. 5 pieces for each cage would extend the fence out further into the throwing area but it is not clear this would protect the area better since the height of the sections are 6 feet.**

H. T11-T12 FIELD JUMP EVENTS -2017 CHANGE CLEARLY DEFINES THE PLACEMENT OF THE ASSISTANT

Guides may position themselves on or beside the Long jump runway or behind the landing area. The assistant may be in front of or behind the takeoff area but **SHALL NOT STAND IN THE TAKE-OFF AREA (POWDERED AREA) OR LANDING AREA.**

I. IPC CHAPTER 4.2 PROTEST APPEALS:

1/1/2016 – IPC Chapter 4.2.3 – “The Jury of Appeal or the Referee may **reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable.** Normally such reconsideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.”

J. ANATOMICAL LEG LENGTH EXCEPTION FOR USA (NOT WPA LICENCED) FIELD ATHLETES:

We have worked with the classifiers to put in an athlete’s classification file an exemption for leg discrepancy. This will allow for only some part of 1 knee to be in contact with the chair verses both. Ask the classier to add this to the athlete file if you have this issue.

NOTE: Without this approved exception athletes will be held to the rule that some part of the back of both knees must be in contact with the throwing frame.

K. Athletes my not be in the venue with electronic devices which can communicate with others. This includes speed/pace monitoring devices with GPS components. Whether the GPS component can be turned off or not. (WPA Rule 7.3)

IMPLEMENTS REQUIRED FOR 2018 COMPETITIONS:

- Shot put 1K, 2K (min. 85cm diameter), 3K, 4K, 5K, 6K and 7.26K
- Discus .75K, 1K, 1.5K, 1.75K and 2K
- Javelin 300g Turbo, 400g, 500g, 600g, 700g, and 800g
- Club 397g
- Softball Leather, Circumference 11" 5.875 to 6.125 oz or the 12" 6.25 to 7.0 oz
- Bean Bag Canvas or nylon 5" x 5"; 5.0 to 6.0 oz
- Medicine Ball Specifications 8" diameter; 3K
- Kick Ball 10" diameter; 2 lbs

Existing Rules that ATFUSA Wishes to Emphasize or Clarify:

1. ATFUSA USA EXCEPTIONS TO IPC RULES

- a. Athletes in the T11-13 & T20 classes, age divisions U11 and U14: The starting blocks rule is waived. The use of starting blocks and stance is within the discretion of the competitor.
- b. Javelin for U11, and U14: A throw that lands flat or tail first will not be called for a foul, but marked at the rear of the grip (if flat) or at the point where the tail hits (if tail first).
- c. Seated Throws Field Competitions: Seated throws may be contested on a flat grassy area without a formal ring and do not require a toe board.
- d. For a USA seated throw competition an aid (for any class/age group) is permitted to assist an athlete get into the throwing frame and strap (without a form) to speed up the event.
NOTE: While in the venue assisting the athlete NO COACHING IS PERMITTED.
- e. Drafting Rule for Track: There shall be no drafting out of class in combined out of lane track events when individual class/age group records and awards are eligible to be earned.
- f. Drafting Rule for Road Racing: There shall be no drafting behind support vehicles and no coaching or cheering from cyclists or other individuals assisting with the race.
- g. ATFUSA has adopted a T35a class for U11 age group. A T35a is a standing athlete who uses an aid to run (walker, crutch, Etc.).
NOTE: This only exists for the U11 Age Group. Athletes 11 and older will be classed as T35's and follow those rules.
- h. In-lane races for U11, U14, M35, M50 & M60:
 1. Ambulatory – Must finish with at least one (1) foot in lane. An athlete may not impede another athlete.
 2. Visually Impaired and T35a Athletes allowed 2 lanes – Must finish with both legs within the 2 assigned lanes.
 3. Wheelchair/Race Runner – Must finish with the axle of the front wheel completely in assigned lane.

2. AGE FOR COMPETITION

- For age groups U11, U14, U16, U18, U20, U23 the age of competition is the age as of 12/31 of the year of competition.
- For Masters M35, M50, M60 - the age of competition is the age as of the first day of competition.
- NOTE: WPA has changed the youth Age Group's from U16, U18, U20 in 2017 to U17, U20 in 2018. ATFUSA will adapt this change for the 2019 competition year.

3. TRACK – 1500M MULTI-CLASS EVENT FOR U16 AND OLDER

- U11 and U14 athletes shall run the 1500M in class with no combining of classes for medals and/or records.
- For age divisions U16, U18, U20, and U23, all athletes will follow the class combination defined at the open WPA event level for their classes. These class combinations will be: T12 and T13; T45 and T46; T51 and T52; and T53 and T54.
- There will be one national record for each combined class and age group T13, T46, T52, and T54.

4. TRACK - DRAFTING

Drafting out of class is not allowed for any athlete in a non-lane race (800m and above) in which athletes are competing in non-combined classes. Races in which classes are combined for one (1) set of medals or results drafting will be allowed.

Note: The clerk of the course is encouraged to mark the back of the racing chair or athlete to denote the athlete's class/age group to other competitors and to officials. The starter is encouraged to instruct the athletes of this rule.

Clarification: It is ATFUSA's position that for athletes who are in races with other classes, drafting out of class could result in records and/or order of finish results that could not be achieved if competing in their individual class event. Events should be scheduled to avoid these situations but ATFUSA understands that due to the number of classes and events to be run in a session

this may not be possible without combining classes in a single heat. When heating and seeding, however, mixing genders in a heat should be avoided at all cost (except in the 3000m & 5000m) and never permitted at an WPA sanctioned or Level III meet.

5. COMPETING OUT OF AGE GROUP AS AN OPEN/ADULT

Any Athlete 14 years of age or older (This includes M35/M50/M60) may compete as an OPEN (Adult/ U23 at Junior Nationals). The athlete must declare this, prior to or at registration. An athlete may not, however, be Open for Track and Age Group for Field or vice Versa. At Junior Nationals and Regional meets if a junior athlete declares they will compete as an open (adult) they will be placed and in the under 23 (U23) group or with the Open/Adult athletes if no U23 group is offered.

6. WPA RULE 35.5: SEATED THROWS STRAPPING AND WARM UP

The maximum time allowed for all age group athletes (U11 through M60) to secure themselves to their field chair and have as many warm-up throws as time permits is:

- a. F32-34 and F54-57: Athletes will be allowed up to 4 minutes to transfer to their field chair, strap, and warm-up.
- b. F31 and F51-F53: Athletes will be allowed up to 5 minutes to transfer to their field chair, strap, and warm-up.

Note 1: Timing shall begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.

Note 2: For National meets an aid(s) is allowed to help strap an athlete of any class, without a form, to speed up the meet.

Note 3: ATFUSA EXCEPTION: For U11 and U14 athletes, if the time expires before the athlete takes a warm up the athlete will be offered 1 warm up post the time limit.

7. IPC RULE 3.2.5 GENDER

Mixed Competitions in Track Events are permitted for the 3000m or 5000m and longer events but shall only be conducted where there are insufficient athletes of one or both sexes competing to justify the conduct of separate races. Women and men may run together as long as drafting out of class /sex rules are observed.

8. SEATED THROWS – USA -NON, IPC LICENCED ATHLETE EXCEPTION FORM

Athlete who have an anatomical limitation that prohibits them from keeping their legs (from the Ischial Tuberosity to the back of the knee) in contact with their field chair should request an exception from classifiers. Classifiers will note the exception on the classification file and should give the athlete a card to show to the Seated Throws Field Official.

Note 1: Athletes that have an IPC Passport/License must complete the IPC exception request form on the IPC website and can not use this USA only exception.

9. IPC or ATFUSA USA FIELD RECORDS:

- a. IPC Chapter 5.20 – IPC records must be measured either by **three** Field Judges using a calibrated and certified steel tape or bar OR by an approved scientific measuring apparatus, the accuracy of which has been confirmed.

Impounding Implements – For IPC record throws, the implement used shall have been checked prior to the competition in accordance with Rule 2.11. If the Field official becomes aware during an event that a record has been equaled or bettered, the official shall immediately impound the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. Normally, such implement shall be checked again after the event in accordance with Rule 2.11.

- b. ATFUSA National records will be accepted for approval with **two** Field Judges signatures, measuring with a calibrated steel tape measurement or electronic device and the Field Referees signature post event.
For ATFUSA/Adaptive Sports USA records, the implements shall be checked prior to the competition in accordance with IPC Rule 2.11, may stay in competition, but must be checked after the event in accordance with IPC Rule 2.11.

11. IPC RULE 12 VIDEO RECORDING:

At all IPC Paralympic, World and Regional Games, video recording of all events is required. ATFUSA strongly recommends that a video recording of all track and field events be taken by an assigned video official at our National level meets, and ATFUSA urges all Level III meets video record their competitions. The intent of this video recording is to give the track/field referee valuable information if an infraction of the rules occur.

12. IPC RULE 16.1 STARTING BLOCKS:

Athletes in classes T11-T13 and class T20 must use starting blocks in all events up to and including 400m. Athletes in classes T31-T32 Race Runner, T35-T38 and classes T40-T47 & T61-T64 may use starting blocks in all events up to and including 400m. For athletes in the T35-38 and T40-44 /61-64 classes, the following note has been added to IPC Rule 16.2:
Note: It is not a requirement for athletes in Sport Classes T35-38, T42-44 and T61-64 to use both foot plates when using a

starting block.

13. IPC RULE 18.7 LANE INFRINGEMENT – 800M WHEELCHAIR:

For wheelchair 800m races, the athlete may leave their respective lanes when the centre of the hub of the rear wheel (or the bottom of the wheel which is touching the ground) has gone past the edge of the break line nearer to the start.

14. IPC RULE 7.6 ASSISTANCE AND IPC RULE 18.8 LANE INFRINGEMENT – SPORT CLASS T12:

The T12 class has the option to use or not use a guide. Regardless of whether a guide is used, in track events run entirely or partly in lanes, each competitor shall be allocated 2 lanes. The start lines in a staggered start will be lanes 1, 3, 5 or 7.

15. IPC RULE 24.4 PERFORMANCE MARKERS AND WIND SOCKS – FIELD EVENTS:

One or more wind sock(s) should be placed in an appropriate position in all jumping events, Discus Throw and Javelin Throw, to show the athletes the approximate direction and strength of the wind.

16. B STANDARD:

If an athlete makes the "A" Standard in a Track or a Field event the athlete may enter other Track or Field Events if they did not make the "A" standard but meet the "B" standard.

Note 1: For 2018 the B standard shall be set at 95% of the "A" Standard.

Note 2: The "B" Standard option apply to Track or Field not Track and Field. Ex: Make an "A" standard in Track the athlete can do other Track events if they met the "B" Standard Not Field events. The same is true if an "A" Standard is made in Field the athlete may do other Filed events if they attained the "B" Standard. In field events, Not Track events.

17. WEBSITE FOR ATFUSA: WWW.ATFUSA.ORG.

The website provides a 1 stop place for everything in adaptive athletics:

- a. Rules and updates
- b. Current and past Meet results
- c. Standards and records.
- d. Help and tips,
- e. A store for you to purchase field implements which are IAAF approved at a very reasonable amount
- f. A Certified Officials database so you can reach out to officials in your area who are Para Certified.

18. WHEELCHAIR RELAYS: ALL TEAMS MUST WARE HELMET COVERS/SOCKS OF THE SAME COLOR:

The Meet LOC must now provide each team color coded Helmet Socks/Covers to better the officials view of tags and transitions. Best Practice: It is recommended that the LOC purchase at least 8 of each of 4 colors so multiple heats of relays can be run more efficiently.

Note: We found on line packages of 12 covers in the following colors: yellow, orange, gold, red and blue. They range in price from \$38.22 - \$45.95 for a package of 12.

19. USAGE OF COMMON LANGUAGE:

The IPC and ATFUSA wants all meets to use of Common Terms on all official forms and results. The following standard abbreviations should be used in the preparation of start lists and results where applicable to align with the IPC and IAAF:

Did not start – DNS

Did not finish – DNF

No valid trial recorded – NM

Disqualified – DQ

Valid trial in High Jump – "O"

Failed trial in Field Events – "X"

Passed trial in Field Events – "-"

Retired from competition – r

Qualified by place in track events – Q

Qualified by time in track events – q

Qualified by standard in field events– Q

Qualified without standard in field events – q

Advanced to next round by Referee – qR

Advanced to next round by Jury of Appeal – qJ

Yellow Card – YC

Second Yellow Card – YRC

Red Card – R