



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

**2019  
Competition Rules for Track, Field & Road Racing  
V1: 01/20/2019**

National Records Updated 1/1/2019  
Record Forms Updated 1/1/2019  
Standards Updated 1/1/2019

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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.

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1/1/2019-12/31/2019**

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## **PREAMBLE**

Adaptive Track and Field, USA (ATFUSA) is a USA 501C3 organization, which establishes the rules and documents the National Records of USA Para Athletes in track and field.

This document:

- Overviews the rules and regulations that govern ATFUSA and World Para Athletics competitions.
- Is designated by ATFUSA to be compatible with the rules and regulations of the International Association of Athletics Federation (IAAF) and the modifications made by World Para Athletics.

The alignment of this document with the 2018-2019 IAAF and World Para Athletics Competition Rules does not confer any responsibility onto the IAAF and /or World Para Athletics for the ATFUSA Athletics Rules & Regulations. For ATFUSA Athletics purposes, any references in the 2018-2019 IAAF and World Para Athletics Competition Rules to the:

- “General Secretary of the IAAF” and “Sports Manager of World Para Athletics” should be amended to “Chairman of ATFUSA”
- “IAAF”, “Council of the IAAF”, “World Para Athletics” or “World Para Athletics Governing Board” should be amended to “ATFUSA” or “ATFUSA Governing Board”
- Competitions organized under (IAAF) Rule 1.1 or “World Para Athletics Recognized Competitions” to “ATFUSA Recognized Competitions”

A key feature of this document is the clarification of the exceptions to the Technical Rules of the 2018-2019 IAAF and World Para Athletics Competition Rules. These exceptions apply to all events for athletes with a disability incorporated in ATFUSA and World Para Athletics Recognized Competitions.

Other documents that are integral to the implementations of the ATFUSA Rules & Regulations 2018 include the following:

- World Para Athletics Handbook
- IPC Anti-Doping Code
- World Para Athletics Classification Rules and Regulations
- World Para Athletics Classification Code
- Adaptive Sport USA Code of Ethics (if meet is World Para Athletics Sanctioned: Adaptive Sports USA & World Para Athletics Code of Ethics)

This edition of the ATFUSA Rules and Regulations will be current from the date of release until the publication of the next edition.

Philip C. Galli, Jr.

Chairman, Adaptive Track and Field, USA

January 2019

## **2019 TRACK AND FIELD CHANGES:**

### **A. ATFUSA will adopt the WPA Youth Age groups U17 & U20 in 2019.**

#### **ATFUSA competition age groups for 2019 will be:**

- a. U11 (Age as of 12/31/2019)
- b. U14 (Age as of 12/31/2019)
- c. **U17** (Age as of 12/31/2019)
- d. **U20** (Age as of 12/31/2019)
- e. U23 (Age as of 12/31/2019)
- f. On (adult - Must be 14 or older on the day of competition)
- g. M35 (on the day of competition)
- h. M50 (on the day of competition)
- i. M60 (on the day of competition)
- j. U16 records will become U17 records.**
- k. U16 standards will become U17 Standards**
- l. U18 records will be retired.**
- m. U17 implement weights should be the same as U16 but check table to be sure.**

### **B. ATFUSA has opened 800 meter events for additional U11 age groups.**

#### **The 800m is now offered for U11:**

- a. **T11, T12, T13**
- b. **T20**
- c. **T33, T34**
- d. **T43, T44, T45**
- e. **T53, T54**
- f. **T62, T64**

### **C. Our ATFUSA seated assistance rule is being amended in 2019. In the past we have allowed an Aid to assist any non-licensed athlete get into their field frame and strap.**

**WPA, however, requires Licensed U17 and older seated field athletes in the F55-F57 field classes to be able to get into their field chair and strap themselves without an aid.**

**In 2019 ATFUSA will officially implement this requirement for all athletes in the U17, U20, U23, Adult/Open and Master age groups in the F55-F57 classes licensed or not-licensed get into the chair and strap themselves.**

**Coaches and athletes should practice and provide strapping which will allow the athlete to accomplish this successfully.**

**As we move toward this goal we will provide best-in-class tips, as we see them, from coaches and athletes on our WEB SITE to help our whole community accomplish this successfully.**

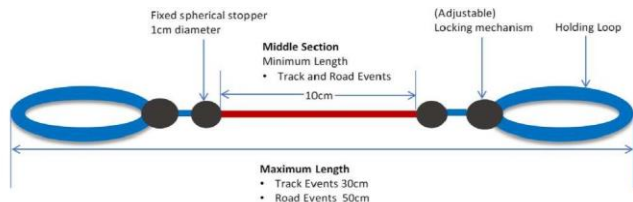
**We understand this is not possible for all athletes. REQUEST FOR ASSISTANCE forms will be available to request an aid at major competitions and a simple verbal request to the Head Field pit official will be required at regional events. The form will be available on the ATFUSA.org or WPA Web Sites if not available at a meet.**

**D. WORLD PARA ATHLETICS MADE SIGNIFICANT CHANGES TO THE CLASSIFICATION SYSTEM IN 2018.**

- a. All World Para Athletics LICENSED class 30 through 34 athletes must go through reclassification in 2018/9. DOES NOT APPLY TO USA NATIONALLY CLASSED ATHLETES IN 2019.
- b. All World Para Athletics LICENSED class 20 athletes must go through reclassification in 2018. DOES NOT APPLY TO USA NATIONALLY CLASSED ATHLETES IN 2019.
- c. All World Para Athletics licensed class 35 through 38 athletes must go through reclassification in 2019. DOES NOT APPLY TO USA NATIONALLY CLASSED ATHLETES IN 2019.
- d. Sport classes 42-44.
  - 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. USA Paralympics will make all present athlete's using prosthetics class 61 to 64 class( in the master database) by 3/1/2019
- f. Those athletes competing in the new Track classes T61-64 will also be given new field classes F61-F64 for their Throws competitions.

**E. T11-T12 –**

- a. The  $\leq 100$ cm Tether has be shortened to 30cm for track and 50cm for road races. This tether must conform to the new Tether standards published by the IPC. (see Rule book for Details).
- b. Remember all T11 athletes must now wear gauze eye patches in addition to a mask when in the competition venue.





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## IMPLEMENTS REQUIRED FOR 2019 COMPETITIONS:

- Shot put 1K, 2K, 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 WPA RULES

#### a. U7, U11 or U14 False Start:

The first false start in a heat will be charged to the field. Any athlete subsequently false starting will be disqualified. For the U17 and above age groups any athlete false starting will be disqualified.

#### b. U11 and U14 T11-13 & T20 class athlete Starting Blocks:

The starting blocks rule is waived. The use of starting blocks and stance is within the discretion of the competitor.

#### c. U11, and U14 Javelin:

A trial that lands flat or tail first will not be a foul, but marked at the rear of the grip (if flat) or at the point where the tail hits (if tail first).

#### d. 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.

NOTE: a cage of some type must be used for the Discus and club throws.

#### e. Anchoring the Field Chair:

For a USA seated throw competition aids are allowed to help set the chair in the pit to speed up the event.

#### f. U11 and U14 Field Athlete Assistance:

For a USA seated throw competition an aid is permitted to assist any class U11 or U14 athlete get into the throwing frame and strap (without a form) to speed up the event.

#### U17 & older Field Athlete Assistance:

**CHANGE:** In 2019 All U17 and older licensed and non-licensed F55-F57 athletes will require a Form or permission to have an Aid.

NOTE: While in the venue assisting the athlete NO COACHING IS PERMITTED.

#### g. 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.

#### h. 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.

#### i. ATFUSA T35a Class:

ATFUSA has created a T35a class for U11 age group. A T35a athlete 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 either as a T34 or T35 and follow those rules.

#### j. Discus Throw:

A Frisbee or overhead throwing motion is not allowed. (This is to force the training of a proper motion).

### 2. ATFUSA AGE GROUPS FOR COMPETITION

- Youth – U7 (Future – Only at Regional Competitions), U11, U14, U17, U20, U23.  
The age as of 12/31 of the year of competition.
- Open (Adult) – The minimum age 14. Date as of 12/31 of the year of competition.
- Master - M35, M50, M60 - the age as of the first day of competition.

### 3. TRACK – 1500M MULTI-CLASS EVENT FOR U17 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 U17, 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-T13; T45-T46; T51-T52; and T53-T54.
- There will be one national record for each combined class and age group T12-13, T45-46, T51-52, and T53-54.

#### 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.
- The athlete must declare this, prior to or at registration.
- The athlete may not compete as an Open for Track and Age Group for Field or vice Versa.
- At Junior Nationals they will compete in the under 23 (U23) group.
- At a Regional in the U23 or Open/Adult Group.

Note: Open athletes, however, may set Age Group records in In-Lane races and they may set Field records if the implement weights are the same or greater than Age Group implement weights.

#### 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: CHANGE FOR 2019:** For National meets, U11 and U14 age groups athletes of any class may have an aid to help them enter the frame and strap, without a form, to speed up the meet.

U17, U20, U23, Open, M35, M50, M60, F55-57 athletes (licensed or not Licenced) must submit a REQUEST FOR ASSISTANCE Form, (National Level meets) or ask the Lead Pit Official at Regional meets for permission to use an aid. This move is to prepare our athletes for WPA events where F55-F57 athletes are required to get into the frame and strap by themselves.

**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. WPA RULE 4.8 GENDER

Mixed Competitions in Track Events are permitted for the 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.

**NOTE: ATFUSA Exception: The mixed gender Competition WPA Rule 4.8 is extended to the 3000m event.**

#### 8. SEATED THROWS Anatomical Limitation – 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. WPA or ATFUSA USA FIELD RECORDS:

##### a. WPA

Chapter 51.19 – 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 WPA Rule 2.11, but may stay in competition and be checked after the event in accordance with WPA Rule 2.11.

**11. WPA 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. WPA 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.*

ATFUSA Exception: U11 and U14 T11-T13 & T20 athletes may opt not to use Starting blocks and a 4 point stance.

**13. WPA 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. WPA RULE 7.6 ASSISTANCE AND WPA 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. WPA RULE 24.4 (IAAF 180) 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 and Javelin Throws,
- 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 2019 the B standard shall be set at 95% of the "A" Standard.*

*Note2: The "B" Standard applies 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](http://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
- d. Records.
- e. Help and tips,
- f. A store for you to purchase field implements which are IAAF approved at a very reasonable cost.
- g. A Certified Officials database so you can reach out to officials in your area who are Para Certified.
- h. Officials Course and test to become a USATF Para certified Official.

18. **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	Qualified by time in track events – q
Did not finish – DNF	Qualified by standard in field events– Q
No valid trial recorded – NM	Qualified without standard in field events – q
Disqualified – DQ	Advanced to next round by Referee – qR
Valid trial in High Jump – “O”	Advanced to next round by Jury of Appeal – qJ
Failed trial in Field Events – “X”	Yellow Card – YC
Passed trial in Field Events – “–”	Second Yellow Card – YRC
Retired from competition – r	Red Card – R
Qualified by place in track events – Q	

19. **T11-T12 with guides -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.

20. **Race Runners are an official WPA Event**

With the WPA making Race Running an official event ATFUSA has made the following changes.

- T31 & T32 Wheelchair events were dropped in 2018.
- The TRR1 and TRR2 classes become T31 and T32.
- All existing TRR1 and TRR2 records become the T31 and T32 records and any existing T31 & T32 wheelchair records were grandfathered.

21. **Relays**

a. **UNIVERSAL RELAY-**

A universal relay (4 x 100) of two men and two women with a running order of 1<sup>st</sup> leg- 11-13, 2<sup>nd</sup> leg- 42-44, 61-64, 3<sup>rd</sup> leg- 35-38 and the 4<sup>th</sup> 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.

- At WPA Paralympics, World or Regional events the universal relay will be the only relay run.
- 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.
- ATFUSA will add the universal relay to the competition schedule.

b. **ATFUSA RELAY JUNIOR NATIONAL QUALIFYING RULES - GENERAL:**

- Relays teams shall qualify by Team
- The team does NOT have to run together at a Regional successfully prior to Junior Nationals.
- Each athlete must have qualified in the event they are running in the relay.
- At a minimum, three out of the four relay team members must be from the same registered Team or Region.
- At maximum, one out of the four relay team members may be from another registered team or be an independent athlete.
- An Athlete may run in 1 or 2 relays per meet.
- Registered Team relays will count towards team points at Junior Nationals.
- Independent Relays will run for exposition.

**TEAM ENTRIES:**

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

22. **RELAY EXCHANGE ZONES:**

The IAAF, WPA, USATF and ATFUSA modified Exchanges zones starting in 2018.

The exchange zone is now 30m (Ambulatory) starting with the former acceleration mark to the end of the original exchange zone or 40m(WC) (An extra 10m starting from the original acceleration start mark).

(Note: National High School Association and NCAA have not changed at this time, but they are discussing the change).

23. **WHEELCHAIR RELAYS: ALL TEAMS SHOULD WARE HELMET COVERS/SOCKS OF THE SAME COLOR:**

The Meet LOC should 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 come in a package of 12.

- 24. 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.**
- 25. FIELD TIME LIMIT TO ACCEPT AND THROW THE IMPLEMENT 30 seconds:**  
The time limit to accept the implement and complete the attempt changed in 2018 from 1 Minute to 30 SECONDS for both Standing and Seated competitions.
- 26. 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 4 ft. 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.  
**Note: some meets have oriented the fence vertically so the fence is 8 or 10feet tall.**
  - d. **Soccer/Lacrosse Nets. 3 10X10 foot sections per kit placed on either side of the pit (back of Pit open)**
- 27. 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.”
- 28. Athletes may not be in the venue with electronic devices which can communicate with others outside the venue. This includes speed/pace monitoring devices with GPS components. If the GPS component can be turned off it will be allowed. (WPA Rule 7.3).**
- 29. F32 Shot Put motion: Lateral movement of the shot away from the chin or neck during putting action is allowed.**

## **ATHLETICS FUNCTIONAL CLASSIFICATION SYSTEM**

U.S. Paralympics controls classification in the USA. For additional information, go to [www.usparalympics.org](http://www.usparalympics.org).

### **ELIGIBLE IMPAIRMENTS:**

There are 10 eligible impairments for Paralympic sports. In order to compete a person must be affected by at least one of the impairments listed below:

1. Impaired muscle power (spinal cord injury, spina bifida, polio, etc.)
2. Impaired passive range of motion (arthrogryposis, joint fusion, etc.)
3. Limb deficiency (amputee, congenital malformation, etc.)
4. Leg length difference
5. Short stature (achondroplasia, etc.)
6. Hypertonia (cerebral palsy, stroke, traumatic brain injury)
7. Ataxia (cerebral palsy, stroke, traumatic brain injury)
8. Athetosis (cerebral palsy, stroke, traumatic brain injury)
9. Visual Impairment
10. Intellectual Impairment

Note: Information supplied by the International Paralympic Committee.

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### **SPORT CLASSES 11-13 – VISUALLY IMPAIRMENT (AMBULATORY)**

The impairment must be diagnosed by an ophthalmologist and sufficient medical documentation in support of the diagnosis must be presented. T11 class must use a Guide. T12 class may use a Guide.

- The guide and Athlete must be attached via a Tether. The tether is up to 100cm until 10/1/2018 and then 30cm. (50cm- road race)
- T11 athletes must wear gauze eye patch AND a mask/cover (**NEW IN 2018**).

NOTE: The gauze may not be removed while in the Venue. The mask may be removed between trials in Field Events only.

### **SPORT CLASS 20 – Intellectual Impairment (AMBULATORY)**

Athletes with activity limitations that result from an intellectual impairment.

### **SPORT CLASSES 31-38 – Hypertonia, Ataxia, and/or Athetosis**

Athletes with abnormal tone involvement.

#### **SPORT CLASSES T31- T32 \*\*- (RACE RUNNER - AMBULATORY)**

- T31 - more involved athletes with muscular dystrophy, power wheelchair users
- T32 - lower functioning athletes, stronger than T31 athletes with muscular dystrophy, and poor arthrogryposis

#### **SPORT CLASSES T/F33-34 (WHEELCHAIR)**

#### **SPORT CLASSES T/F35-38 (AMBULATORY)**

### **USA ONLY SPORT CLASS T35a – For Age Groups U11 and U14 ONLY. (AMBULATORY)**

Athletes with abnormal tone involvement who compete standing with an aid (ex: walker/crutch)

*Note 1: Athletes are assigned 2 Lanes.*

### **SPORT CLASSES 40-41 –Short Stature (AMBULATORY)**

Athletes with short stature (40-41)

### **SPORT CLASSES 42-47 \*\*- (AMBULATORY)**

#### **Impaired Passive Range of Motion, Limb Deficiency, Leg Length Difference**

Athletes with disabilities which appear to meet movement limitations (42-47) but do not use a prosthesis (42-44).

### **SPORT CLASSES 51-57 (T51-54, F51-57) – (WHEELCHAIR)**

#### **Impaired muscle power, Impaired Passive Range of Motion, and/or Limb Deficiency**

Athletes compete seated or in a wheelchair.

### **SPORT CLASSES 61-64 \*\*- (AMBULATORY)**

#### **Impaired Passive Range of Motion, Limb Deficiency, Leg Length Difference**

Athletes with amputations which meet movement limitations of amputations and use a prosthesis.



**DIVISION ONE****1.0 WPA IMPLEMENT WEIGHTS FOR OPEN FIELD EVENTS**

Class	Shot Put		Discus		Javelin		Club	
	Male	Female	Male	Female	Male	Female	Male	Female
F11-13	7.26K	4K	2K	1K	800g	600g		
F20	7.26K	4K	2K	1K	800g	600g		
F31	NA	NA	NA	NA	NA	NA	397g	397g
F32	2K	2K	1K	1K	NA	NA	397g	397g
F33	3K	3K	1K	1K	600g	600g		
F34	4K	3K	1K	1K	600g	600g		
F35	4K	3K	1K	1K	600g	600g		
F36	4K	3K	1K	1K	600g	600g		
F37	5K	3K	1K	1K	600g	600g		
F38	5K	3K	1.5K	1K	800g	600g		
F40-41	4K	3K	1K	0.75K	600g	400g		
F42-F44	6K	4K	1.5K	1K	800g	600g		
F45-F46	6K	3K	1.5K	1K	800g	600g		
F51	NA	NA	1K	1K	NA	NA	397g	397g
F52	2K	2K	1K	1K	600g	600g		
F53	3K	3K	1K	1K	600g	600g		
F54-F57	4K	3K	1K	1K	600g	600g		
F61-F64	6K	4K	1.5K	1K	800g	600g		

**1.1 WPA OPEN JUMPING EVENTS (WPA Appendix One/Two)**

## World Championships and Paralympic Games

Class	Event		
	Long Jump	High Jump	Triple Jump
T11-T13			
T20			
T31-34			
T35-T38			
T40-T41			
T42			
T43			
T44			
T45-T47			
T61			
T62			
T63			
T64			

## Regional Championships and Regional Games

Class	Event		
	Long J.	High J.	Triple J
T11-T13			
T20			
T35- T37			
T38			
T40-T41			
T42			
T43			
T44			
T45-T47			
T61			
T62			
T63			
T64			

**3.0 WPA OPEN INDIVIDUAL TRACK AND ROAD EVENTS (WPA Appendix One/Two)**

Paralympic Games, World Championships, Regional Championships, &amp; Regional Games

Class	Event							
	100m	200m	400m	800m	1500m	5000m	10000m	Marathon
T11-T13								
T20								
T31-T32								
T33-T34								
T35-T38								
T40-T41								
T42-T46								
T47								
T51-T54								
T61-64								

**5.0 WPA OPEN ROAD RACE EVENTS**

T11-13	10km, ½ Marathon, Marathon, other distances as approved
T46	10km, ½ Marathon, Marathon, other distances as approved
T32 - T38	5km, 10km, 15km, 20km, ½ Marathon, Marathon, other distances as approved
T51 - T54	5km, 10km, 15km, 20km, ½ Marathon, Marathon, other distances as approved

**6.0 ATFUSA OPEN PENTATHLON****NOTE: the WPA has deleted the combined events from their rules.**

Class	Gender	Event 1	Event 2	Event 3	Event 4	Event 5
P11-13	Male	Long jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P33-34	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
P35-38	Male	Long Jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P42/P61/P63P43/62	Male	Long Jump	Shot put	100m	Discus	200m
	Female	Long Jump	Shot put	100m	Discus	200m
P44/P64	Male	Long Jump	Shot put	100m	Discus	400m
	Female	Long Jump	Shot put	100m	Discus	400m
P46	Male	Long Jump	Shot put	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P51	Male	100m	Club	400m	Discus	800m
	Female	100m	Club	400m	Discus	800m
P52-53	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
P54-57	Male	Shot put	Javelin	200m	Discus	1500m
	Female	Shot put	Javelin	200m	Discus	1500m



**10.0 COMPETITION AREAS****FIELD**

(IPC 25) The maximum allowance for the inclination in the throwing direction of the area shall not exceed 1:1000.  
(IAAF 181)

**10.1 TRACK LAYOUT**

(IPC 15) The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal. The inside of the track shall be bordered by a kerb of suitable material that should be coloured white, with a height of 50mm to 65mm and a width of 50mm to 250mm. The kerb on the two straights may be omitted and a white line 50mm wide substituted. If a section of the kerb on a bend has to be temporarily removed for field events, its place shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.2m, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m. (Flags shall be placed at an angle of 60° with the ground away from the track). This shall also apply to the outer half of the track in the case of starts for distance races where the field is started in two groups under WPA Rule 17.11 and optionally to the straights, in this latter case, at intervals not exceeding 10m.

Note: all points at which the track changes from a curve to a straight or a straight to a curve shall be marked, in a distinctive colour 50mm x 50mm on the white line by the surveyor and a cone placed at such points during a race

**11.0 ADVERTISING WITHIN THE ARENA****11.1 INTERNATIONAL COMPETITIONS**

(IPC 1.5) At International Games, advertising within the area enclosed by the running track or elsewhere where  
(IAAF 8) competition is taking place is not permitted. Manufacturers' labels or trademarks on equipment used within the competition arena must be limited to one mark on each piece of equipment and the height of the characters must not exceed 25mm.

At meets within the above categories, however, where manufacturers have supplied electronic equipment for measuring or time-keeping, or for conveying information to the public, at the discretion of the Organizing Committee, the manufacturer's name may appear in the arena on signs which do not exceed 200cm x 40cm.

**11.2 REGIONAL AND NATIONAL COMPETITIONS**

At Regional or National Championships, advertising within the area enclosed by the running track is permitted. Limits in size, type, and number will be determined by ATFUSA and/or Adaptive Sports USA in conjunction with the Local Organizing Committee.

(IPC 1.5) There is no objection to advertising material outside the stadium or within the stadium but outside of the competition area. Advertisements may also appear in programs and on notices or posters of the meet. Meet Organizers may also acknowledge the sponsors of meets by official announcements made at the commencement of the meet and immediately after the last event. At competitions sanctioned under IPC and or IAAF, the rules on advertising of IPC and/or IAAF must be used.

**12.0 TECHNICAL EQUIPMENT ADVERTISING MARKS**

(IPC 1.5) Manufacturers' names, labels, or trademarks on equipment used within the competition arena  
(IAAF 8) must be limited to one mark on each piece of equipment and the height of the characters or trademark must not exceed 30mm. Such equipment shall include: lap-bells, throwing implements, etc. Only manufacturers who produce the equipment may place their labels or trademarks on this equipment.

**13.0 CIRCLE – CONSTRUCTION**

(IPC 30.7) Circles shall be made of iron, steel, or other suitable material, the top of which shall be flush with the  
(IAAF 187) ground outside. The interior of the circle may be constructed of concrete, asphalt, or some other firm, but not slippery, material. The surface of this interior shall be level and 20mm ±6mm lower than the upper edge of the rim of the circle. Measurements - The inside diameter of the Shot Put circle shall be 2.135m ±5mm and 2.5m ±5mm in discus throw. The rim of the circle shall be at least 6mm in thickness and shall be painted white.

**ATFUSA EXCEPTION****13.1\* SPORT CLASS F31-34, F51-57**

- Seated Field maybe contested on grass.
- A stop board is unnecessary for all seated throw athletes.

- **Club and Discus should be competed from a cage if at all possible.** If a caged circle is not available proper safety shall be in place to ensure implements do not hit athletes, officials or spectators.
  - Cages for field held on grass can be made, purchased or borrowed.
    - Made – Place PVC poles in the ground as shown on the ATFUSA WEBSITE with plastic or cotton mesh.
    - Purchased - from athletics supply companies. 6 Aluminum poles and cotton mesh screen.
    - Borrowed – 6ft X 8/10ft construction fence. 3 pieces with base pieces. Construction companies seem to be willing to loan the fence for the meet.
    - Soccer/Lacrosse Nets. 3 10X10 foot sections per kit placed on either side of the pit (back of Pit open)

#### 14.0 THE THROWING SECTORS (WPA 30) (IAAF 187)

**14.1** For a valid trial, the implement must fall so that the first point of impact is within the inner edge of lines 0.05m wide, marking a sector of 34.92 degrees (+/- 1 degree) for adults and all juniors set out on the ground so that the radii lines cross at the center of the circle. The ends of the line making the sector should be marked with sector flags.

**NOTE 1:** The sector flag should be rectangular in shape, measure approximately 0.2m x 0.4m, and be not less than 0.6m in length, above the ground. The standard should be approximately 8mm in diameter.

**NOTE 2:** The 34.92 degree sector for adults and all juniors age divisions may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20m from the center of the circle exactly 12 m apart.

The throwing sector shall be within the inner edges. A distinctive flag or marker may be provided to mark the best throw of each competitor, in which case, it shall be placed along and outside, the sector lines. A distinctive flag or marker shall also be provided to mark the existing World Record and, when appropriate, the existing Americas or National Record.

**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.**

#### 14.2 STOPBOARD

(WPA 31.2)  
(IAAF 188) Construction: The board shall be painted white and be made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle, and also be so made that it can be firmly fixed to the ground.

**NOTE 1:** A stopboard must be used for Standing competition.

**NOTE 2:** A stopboard is not necessary for Sitting competition.

#### 14.3 STOPBOARD MEASUREMENTS

(WPA 31.3)  
(IAAF 188) The board shall measure 11.2cm to 30cm wide, 1.21m +/- 0.01 to 1.23m long on the inside and 10cm +/- 0.2cm high in relation to the level of the inside of the circle

**NOTE:** Stop boards to the 1983/84 rules remain acceptable.

#### 15.0 JAVELIN RUNWAY AND LANDING SECTOR (WPA 30.10) (IAAF 187)

**15.1** The runway should be no more than 36.5m, but not less than 30m long (except WPA competitions where the minimum shall be 33.5m). Where conditions permit the minimum shall be 36.5m. It shall be marked by two parallel white lines 50mm in width and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8 meters. The arc shall consist of **at least** 70mm wide strip painted or made of wood or a suitable non-corrodible material like plastic. It shall be painted white and shall be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be 0.75 meters in length and 70mm in width. The maximum allowance for lateral inclination of the runway shall be 1:100 and the last 20m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

#### 15.2 MARKERS

(IAAF 187) A competitor may place alongside the runway a marker (supplied or approved by the Organizing Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance.

**16.0 HOLDDOWN DEVICE FOR TIES**

The holding device may consist of a ring of metal pegs (or a metal bar held by weights) in the ground approximately 1m from the front half of the throwing circle; a strap or wire should be attached between the pegs (or bar) and the chair to be held. A device that will tighten the strap should be used to place such tension upon the chair that it becomes stable during the action of the throw or put. Pegs may also be used at the rear of the circle, but for concrete circles, it is advisable to use a length of angle-iron, pipe, or other strong bar fixed or weighted firmly across the center line of the circle to allow strapping of the chair from the rear. Also the chair has to be equipped with the appropriate possibilities to fix the chair to the ground.

**17.0 THROWING CAGES (IAAF 190)**

(WPA 32.3) All discus and Club throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes. The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available, on request, through national organizations or from the WPA Office.

**For ATFUSA SEATED National Competitions held in an open field the cages maybe constructed from 3 sections of 6' X 8' construction fencing, or other suitable pole and netting. See the [www.ATFUSA.org](http://www.ATFUSA.org) website for options. Although these configurations do not extend out from the circle as far as described below they will protect spectators and officials/volunteers when coupled with the proper positioning of Spectators galleries and event personal. Where possible conduct the competition from within an official concrete circle and cage.**

The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25 meters per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used. 5. The cage should be U-shaped in plan as shown in Figure 15. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m and it should be 6m for the 3m nearest the front of the cage on each side [from 1 January 2020]. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting. Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00m away from the centre of the circle. Note (ii): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be IAAF certified.

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Note (iii): The cage side particularly alongside the track may be lengthened and/or increased in height so as to provide greater protection to athletes competing on the adjoining track during a discus competition. COMMENT: The netting must be fixed in a way that the width of the mouth is the same at each height of the netting. 6. The netting for the cage can be made from suitable natural or synthetic fibre cord or, alternatively, from mild or high tensile steel wire. The maximum mesh size shall be 44mm for cord netting and 50mm for steel wire. Note: Further specifications for the netting and safety inspection procedures are set out in the IAAF Track and Field Facilities Manual. 7. The maximum danger sector for discus throws from this cage is approximately 69°, when used by both right and left handed throwers in the same competition (calculated by assuming that the discus is released from a circumscribed circle of 1.5m radius). The position and alignment of the cage in the Field of Play is, therefore, critical for its safe use. Note: the method used to determine the danger zone is illustrated in Figure 15.

**DIVISION TWO: THE COMPETITION GENERAL****20.0 INTERNATIONAL GAMES****20.1**

At the following international meets, the rules and regulations of the WPA must apply:

- a) Paralympic, World Championships, and International Games open to all WPA athletes
- b) Regional and Continental (PAN/AM, FESPIC, EUROPEAN, etc.)
- c) Meets between two (2) or more national teams

**21.0 NATIONAL AND REGIONAL GAMES**

At ATFUSA National Championships and sanctioned Regional Championships ATFUSA and/or WPA rules shall apply

**21.1\*****GENERAL INFORMATION**

- a) ATFUSA National Championships shall be held in Track and Field, Long Distance Racing and Combined Events. These Championships shall be open to any Adaptive Sports USA member who meets the following criteria:
  - 1) Be under 23 (U23) by 12/31 of the year in which the Championship is held for Juniors, Be a minimum of 14 by 12/31 for Open competitors and 35 or older **on the day of competition** for Master 35, 50 or older for M50 and 60 or older for M60.
  - 2) Equals or surpasses in an approved performance standard established by ATFUSA for the National Championship. The time period for qualification shall be from August 1 of the year prior to the championship registration deadline.  
Qualifying meets include those sanctioned by ATFUSA, WPA, USA Track and Field, NCAA, or High School athletic associations.  
(All Adaptive Sports USA multi-sport sanctioned meets are ATFUSA sanctioned.)
  - 3) Meet classification criteria outlined by IPC Classification documents
- b) For reasons appearing good and sufficient, ATFUSA Board of Directors may waive the second criteria above upon petition by the competitor.
- c) There shall be championships for the Open, Junior, and Master Divisions.
- d) The site and dates for the ATFUSA National Championships for Open and Masters in Athletics shall be determined by the ATFUSA Board of Directors. The Junior National's dates shall be approved by Adaptive Sports USA.

**21.2****TRACK AND FIELD CHAMPIONSHIPS**

- a) The ATFUSA National Championships in Track and Field shall consist of a Classed Division for track and field events. Competitors shall be assigned a classification and, in the Classed Division, shall compete only against others with the same classification.
- b) The standard ATFUSA National Championship Track and Field events for the Classed Division: follow section 3.0 WPA OPEN & U23 INDIVIDUAL TRACK EVENTS in this rulebook.
- c) The Chairperson of ATFUSA or his/her representative(s) shall be Track Referee and Head Field Judge of the Track and Field Championships. Unless otherwise noted.

**21.3****LONG DISTANCE RACING CHAMPIONSHIPS**

- The ATFUSA National Championships in Long Distance Racing recommends for men and women in the Para, Quad, Junior and Masters Divisions to be offered Championships at 5k, 10k, ½ Marathon, Marathon, and other distances as approved.
- The Chairperson of the Long Distance Racing Committee or his/her representative(s) shall be Referee(s) of Long Distance Racing Championships unless otherwise noted.

**21.4****COMBINED EVENT CHAMPIONSHIPS**

The ATFUSA may conduct National Championship competition in the Pentathlon.

**22.0 SIMULTANEOUS ENTRIES**

(IAAF 142)

If an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed

**23.0 PLACE OF COMPETITION**

(IAAF 180)

The referee shall have the power to change the time and place of a competition, if in his opinion, the conditions justify it.

**23.1** Team coaches should remain outside the competition area unless called for by the official in charge of the event.

**24.0 CHECK-MARKS**

(IAAF 170) Except in the case of relay races run in lanes, competitors may not make check marks or place objects on or alongside the track for their assistance.

**25.0 SMOKING**

The smoking of tobacco or other substances shall not be allowed inside the arena.

**26.0 VALID PERFORMANCE**

No performance accomplished by an athlete will be valid unless it has been accomplished during an official competition, the athletes using only equipment authorized by the rules of ATFUSA, WPA or IAAF.

**27.0 DOPING**

All competitors shall abide by the rules relating to doping as set by the policy of WPA and US Paralympics/USA Anti-Doping.

**27.1** If drug testing is performed USA Anti-Doping and WPA rules and procedures shall apply.

**28.0 GIVING ASSISTANCE, ADVICE, OR INFORMATION**

(IAAF 144)

**28.1 INDICATION OF INTERMEDIATE TIMES**

Intermediate times and preliminary winning times may be officially announced and/or displayed.

**28.2** Except as provided in the following rules, no competitor shall receive assistance during the progress of an event. Assistance is direct help conveyed by any means and includes pacing in races by persons not participating in the race, by competitors lapped or about to be lapped. A race is defined as those athletes in the same classification, age division, and gender excluding open competition who are competing directly against each other for awards. Competitors may receive technical advice from cycle computer type devices installed on their own wheelchairs.

**28.3** At competitions organized under Rule 20(A), (B), and (C), the use by athletes of media players, ear buds, radios, cell phones or similar devices in the competition area shall not be permitted.

**28.4 ASSISTANCE IN FIELD EVENTS**

Any athlete receiving advice or assistance by an aid while in the circle during a Field Event must be cautioned by the Referee and warned that for any repetition, he will be debarred from further participation in that event. Any performance accomplished up to that time shall stand. For seated athletes, advice or assistance may be offered while the athlete is in the circle between throws from the coaching area. Coaching is allowed for junior athletes between each throw for the length of time it takes the implement to be returned to the official and handed back to the athlete. This coaching for junior athletes must not delay the progression of the competition.

**28.5 PACERS**

Any competitor lapped or about to be lapped by the leading competitors in a race shall not be allowed to act as a pacemaker and/or be drafted by competitors that have previously passed or are about to pass him/her.

**28.6** For the purposes of this rule, the following shall NOT be considered as unfair aid or assistance:

- a) A hands-on medical examination during the progress of an event by medical personnel designated by the Local Organizing Committee.
- b) Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area.
- c) Assistance given to any competitor on the track or road provided that said assistance does not result in forward progress.

**28.7\* PROSTHESES**

Athletes in **classes T61-64** shall use leg prosthesis in running and horizontal jump events. Hopping in running events is not allowed. In all vertical jump or throw events for **classes F61-64**, the wearing of prosthesis is optional. Arm prostheses are optional in all classes T/F45-47 and events. Competition prostheses are not considered as appliances which can give the wearer an advantage (reference WPA classification handbook Athletic Functional Classification System).

## **29.0 TEAMS SPONSORED BY COMMERCIAL FIRMS**

### **29.1 NATIONAL AND REGIONAL COMPETITIONS**

For National Championships, a commercially sponsored team must be registered with ATFUSA in the name of the sponsor. The name of more than one sponsor may be added to, or incorporated within, an existing established team name.

For regional competition, advertising corporate logos are permissible as long as the application is deemed non-objectionable by the meet referee.

**29.2** The name of the sponsor may appear on the front or back of the singlet and/or tracksuit with a maximum height of 8cm. The name of the team and the sponsor must be the same size.

No competition organizer or sponsor shall require an athlete or team to remove or reduce the size of any permitted sponsor identification without the approval of ATFUSA.

## **30.0 COMPETITORS' RACE NUMBERS**

**30.1** The overall size of the race number shall be approximately 24cm (10 inches) x 20cm (8.33 inches) and the height of the numbers shall be a minimum of 12cm (5 inches).

**30.2** The name of a sponsor may appear on a competitor's race number either above or below the number. The height of the characters shall not exceed 4cm (1.6 inches).

The same style of number shall be issued to and worn by all competitors.

## **31.0 CLOTHING**

(WPA 6, IAAF 143)

**31.1** In all events, competitors must wear clothing which is clean, designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. The competitors must not wear clothing which would impede the decision of the judges.

**31.2** At Paralympic & World Championships, competitors shall participate in the uniform clothing officially approved by the National Federation. The Victory Ceremony is considered part of the competition for this purpose.

## **32.0 FAILURE TO PARTICIPATE**

(WPA 4)

At WPA Games and WPA Competitions (see Part B - 3.1.2 (a) and (b)), an athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:

a) A final confirmation was given that the athlete would start in an event but then failed to participate; Note: A fixed time for the final confirmation of participation shall be published in advance.

b) An athlete qualified in a qualifying round of an event for further participation in that event but then failed to participate further;

c) An athlete and/or the accompanying guide-runner failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

However a medical certificate, provided by and based on an examination of the athlete by the Medical Delegate appointed under WPA Rule 2.2 or if no Medical Delegate has been so appointed, by the Medical Officer of the LOC, may be accepted as sufficient evidence that the athlete and/or the accompanying guide-runner became unable to compete due to illness or injury, even if he is able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g., factors independent of the athlete's own actions, such as problems with the official transport system) may also be accepted by the Technical Delegate(s).

**NOTE:** A fixed time for the final confirmation of starters should be published in advance.

## **33.0 DISQUALIFICATIONS**

(IAAF 145) If an athlete is disqualified in a competition, reference should be made in the official results.

## **34.0 STRAPPING**

If used, strapping must be allowed and of a non-elastic material.



### **35.0 PROTESTS**

(WPA 50, IAAF 146)

#### **35.1 PROTESTS CONCERNING THE STATUS OF AN ATHLETE TO PARTICIPATE**

Protests concerning the status of an athlete to participate in a meet must be made prior to the commencement of such meet to the Organizing Committee, if no Protest Committee has been appointed to the Referee. If the matter cannot be settled satisfactorily prior to the meet, the athlete shall be allowed to compete "under protest" and the matter be referred to the Board of ATFUSA and the WPA Representative if an WPA sanctioned event.

#### **35.2 PROTESTS CONCERNING MATTERS DURING COMPETITION**

Protests relating to matters, which develop during the carrying through the program should be made at once and not later than within 30 minutes after the result has been officially announced or published and made available. The organizers of the meet shall be responsible for ensuring that results are published and made available in a timely manner.

#### **35.3 REPORTING A PROTEST TO THE REFEREE**

Any protest shall in the first instance be made orally to the Referee by the athlete himself or by someone acting on his behalf. To arrive at a fair decision, the Referee should consider any available evidence, which he thinks necessary, including a film or picture produced by a video tape recorder. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee decides, there shall be a right of appeal to the Jury.

#### **35.4 APPLICATION TO THE JURY OF APPEAL**

1. An application to the Jury of Appeal must be in writing signed by a responsible official on behalf of the Athlete.
2. The protest form must be accompanied by a deposit as set by the organizers before the appeal is heard.
3. The deposit will be forfeited if the protest is considered frivolous.
4. To arrive at a fair decision, the Jury of Appeal shall consult all other available evidence (including video from spectators) and interview all those whom they consider necessary.

#### **35.5 GUIDELINES FOR PROTEST PROCEDURE FOR TRACK AND FIELD**

1. Verbally - tell the Official in charge of the event.
  - a. If agrees - will tell competitor.
  - b. If disagrees - will tell protestor.
  - c. If either competitor or protestor disagrees with official's decision - call the Head Referee.
2. If 1c, the Official will call the Head Referee.
  - a. Referee agrees - Official will tell competitor.
  - b. If disagrees - Official will tell protestor.
  - c. If either competitor or protestor disagree with Referee's decision.
3. If 2c, competitor or protestor will.
  - a. State disagreement to Referee.
  - b. State intention to protest in writing.
  - c. State that the competitor competes under protest.
4. If 3b.
  - a. Protest must be in writing (must state the IPC or ATFUSA rule the protestor is in disagreement with. If no rule is quoted the protest is not valid) and given to the Referee of the event within 30 minutes after the result has been officially announced, with a fee announced for that meet.
  - b. Referee calls a meeting of the Jury of Appeal.
  - c. The Jury of Appeal makes a decision and informs all concerned.
  - d. (IPC Chapter 4.2.3) The Referee and/or the Jury of Appeal 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.
  - e. The Jury of Appeal decides on the retention or repayment of the fee.

### **36.0 JURY OF APPEAL**

(IPC 50)  
(IAAF 146) In National Championships, a jury of appeal shall be appointed by the Organizing Committee and notice circulated prior to the start of the competition. The Jury should consist of not less than three or more than five persons, of which at least one must represent ATFUSA.

**36.1** The primary function of the jury shall be to deal with all protests, and with any other matters arising during the meet which are referred to them for decision. Their decision shall be final.

- 36.2** While in general the jury should not intervene during a meet, if they observe any matter which, in their opinion, requires correction, they should discuss such matter with the responsible official and offer advice as to what should be done.

### **37.0 HYGIENE**

Competitors must ensure that no urine is allowed to drain on to competition or warm-up areas. Failure to comply with this rule will result in disqualification.

### **40.0 TIMEKEEPERS**

(WPA 20, IAAF 165)

- 40.1** At National Championships and Regional Level III meets: fully automatic electrical timing and hand timing with a certified watch.  
At regional and local meets (Level I and Level II): hand timing alone is acceptable.

**NOTE:** National Records may not be set at hand timed meets in events below 1500 Meters. Qualifying standards however, can be attained at hand timed events.

### **40.2 HAND TIMING**

Hand times shall be taken by timekeepers using either stopwatches or manually operated electronic timers with digital readouts. All such timing devices are included in the word "watches" throughout this rule.

- 40.3** The Timekeepers shall be in line with the finish. Wherever possible they should be placed at least five meters from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.

- 40.4** Three official timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional timekeepers should time the winner of every event. The times recorded by the additional Timekeepers' shall not be considered unless one or more of the official Timekeepers' watches fails to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as had been decided previously, so that in all the races, three watches should have recorded the official winning time.

- 40.5** Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported time.

- 40.6** The Chief Timekeeper shall then decide the official time for each competitor, applying as necessary the provisions of this rule and provide the result for publication.

- 40.7** The Chief Photo-finish Judge shall be responsible for the functioning of the timing device. In conjunction with his two assistants, he shall determine the places of the competitors and their respective times. In the absence of photo-finish, officials should be assigned to picking places of finishers.

### **41.0 TIMING**

(WPA 20, IAAF 165)

#### **FULLY AUTOMATIC ELECTRICAL TIMING**

- 41.1** Fully automatic timing equipment shall be used at all meets which are awarded National Championship, IPC Sanctioned, and/or ATFUSA/Adaptive sports USA Regional Level III meets.
- 41.2** Fully automatic electrical timing must utilize equipment which is started automatically by the Starter'gun or similar apparatus and which records the finish time automatically.  
All other timing devices and procedures shall be considered hand timing.
- 41.3** Fully automatic timing equipment must be approved by ATFUSA and records must be reported by photo finish systems in compliance with IAAF/IPC Records rules.
- 41.4** Fully automatic electric times shall be regarded as official unless for any reason the Chief Photo-Finish Judge decides that they obviously must be inaccurate. If such is the case, the times of the back-up timekeepers shall be official.



**41.5** At National Championships and Level III regional events for all races up to and including 10,000 meters, the time shall be read from the photo-finish picture in 1/100th second and shall be recorded to the 1/100th second.

**41.6** A timing device which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither hand nor fully automatic times and shall not therefore be used to obtain official time.

## **HAND TIMING**

**41.7** For all hand timed races on track, times shall be read to the next longer 1/10th of a second. If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted. If a 1/100th second watch, or an electronic manually operated digital timer, is used, all times not ending in zero in the second decimal shall be rounded to the next longer 1/10th second; ie. 10.11 shall be read as 10.2.

**41.8** The time shall be taken from the flash/smoke of the pistol or approved starting apparatus to the moment at which the axle of the leading wheel of the competitor's chair or an ambulatory athlete's chest reaches the nearest edge of the finish line.

- If two of the three watches agree and the third disagrees, the time shown by the two shall be the official time. If all three watches disagree, the middle time shall be official. Should only two times be available, and, if they disagree, the longer time shall be official.

## **42.0 RECORDS**

There shall be records maintained for men and women in all classes and age groups.

### **42.1 GENERAL RECORDS INFORMATION**

- a) Host organizations of National Championships and Regional Competitions are required to meet all conditions and requirements for the application for records (e.g., approved wind gauge, course measurement, application procedure, Fully Automatic Timing, weights & measures etc.
- b) Applications for ATFUSA records shall be considered only when appropriately reported as official results from an approved competition, or when submitted on an official record application form for the year in which the competition was held and when the application contains all information and signatures verifying the accuracy of this information. ATFUSA official Record Application Forms are available from the ATFUSA Web Site: [www.ATFUSA.org](http://www.ATFUSA.org), and WPA record forms are available at the WP WEB Site. Record applications must be submitted to the ATFUSA Records Committee within two (2) months of the competition where the performance was recorded. PA records must be completed and submitted within 30 days of the competition or per the instructions on the IPC Form.
- c) No record will be accepted for which any reasonable doubt exists to the validity or accuracy of the information presented in the application.
- d) For all athletic meets from which record applications will be submitted, there shall be included in the list of officials a records clerk, whose sole duty shall be to see that records conditions are met, and that records are properly applied for. Whenever possible, the records clerk should be a member of the Records Committee.

### **42.2 NATIONAL RECORDS**

ATFUSA National Record shall be held only by a nationally or internationally classified USA citizen. The deadline to have this in place is October 31 of the competition year for which the record has been set. The performance must have occurred: 1) during a sanctioned ATFUSA/WPA competition and proper application for recognition of the record must have been submitted in accordance with these rules, or 2) during an IWAS, U.S. Paralympics, or WPA recognized competition whose results have been officially reported to ATFUSA, or made publicly available (e.g. via official web site reporting).

### **42.1 WORLD OR AMERICAS RECORDS**

Records shall only be ratified when accomplished at a competition sanctioned by the WPA and must be signed by the Technical Delegate appointed by WPA or by the meet referee, if the meet was sanctioned by USATF and has received an WP approved status. See the WPA Rulebook for details.

## **43.0 CONDITIONS FOR ALL RECORDS:**

The following conditions must be met in order for a record to be considered.

- a) The record must be made out of doors and must conform to WPA rule 15.
- b) The record must be made in a bona fide competition which has been duly fixed, advertised, and authorized before the day by the host or meet director and Adaptive Sports USA, ATFUSA, USATF, or WPA.
- c) The record must be better or equal to the result in the latest national record list, in the event in question.
- d) Records made in heats or qualifying rounds, in deciding ties, and in individual events in the Pentathlon Competition may be submitted for ratification.

- e) An adult athlete who sets a national record at a regional competition must have a national classification or have his/her classification ratified by 2 national classifiers by November 30 of that calendar year.

**43.1****TRACK SPECIFICATIONS**

Outdoor track records may be made only on a track that is not banked and will be recognized only as specified in the following rule (WPA rule 15 supersedes any issue with the statements below):

- a) The length of the running track should be not less than 400 meters.
- b) The track should be not less than 7.32 meters in width.
- c) Track records for races less than 1500M must be electronically timed and be submitted with timed finish photo. Races 1500M or great may be electronically or watch timed. Manual watch times must be timed by official timekeepers whose watches have been exhibited to the Chief Timer for confirmation of the time recorded and follow IAAF/WPA or IAAF/USATF procedures.
- d) For any record at any distance greater than or equal to 200 meters to be recognized, the track on which it was made must be oval and not exceed 400 meters. The race must have started on the officially defined scratch mark.
- e) For all races up to and including 200 meters, information as to wind conditions must be provided. If the average velocity of the wind, measured in the direction of the race, either directly or in a slanting direction, exceeds 2 meters per second (4.47 miles per hour), the record will not be accepted. The length of time the wind shall be averaged for each event is as follows:
  - 60m and 100m - 10 seconds beginning with the start.
  - 200m - 10 seconds beginning as the lead racer enters the straightaway
- f) In a races run in lanes, no record will be accepted where the competitor has infringed inside on the curve or bend of his/her lane.
- g) No application for a 60 meter or 100 meter event will be accepted unless the course is measured with a steel or fiberglass tape measure. Verification of distances longer than 100 meters must be accomplished by measurement with a steel or fiberglass tape measure, by a scientific apparatus (such as a datum line measurer), or by a surveyor's certification of the distances, dated within one year of the performance.

**43.2 \*\*****FIELD EVENTS**

- a) No record for a field event shall be accepted unless it has been made with an implement and from a chair, if applicable, which comply with the specifications herein at a Level III sanctioned or higher event.
- b) Measurement of WPA Americas, or World record performances in field events shall be made at an WPA approved or sanctioned event, by a steel calibrated tape, and by 3 officials. Results shall be reported in meters and centimeters in accordance with the IPC Record Form.
- c) ATFUSA, National, Junior or Master records shall be measured as in (b) with the exception that 2 official's verses 3 validate the measurement in accordance with the ATFUSA Record Form.
- d) Implements used to achieve the record shall:
  - (a) All implements shall be approved by the Weights and Measure Official prior to the Competition per WPA rule 2.11.
  - (b) For a WPA World or Americas record the implement shall be confiscated and verified it conforms in accordance with WPA Rule 2.11. Following this validation, the implement may return to competition.
  - (c) For ATFUSA/Adaptive Sports USA National, Junior or Master events the implements shall be checked prior to the competition in accordance with WPA Rule 2.11. If a record has been equaled or exceeded the Implements may stay in competition and be checked after the event in accordance with WPA Rule 2.11.

**43.3****RECORD DOCUMENTATION AND REPORTING**

- a) An athlete may and can hold records in both Open and Master Divisions. However, an athlete may only be the record holder of his competing class. For example, if an athlete held a F52 record and was reclassified to a F53 class competitor his name and record would be removed as the F52 National Record holder. This will allow opportunity for remaining athletes in that class to earn the then vacated record. This will be done by submission for record or after review of current competitive period.  
EXCEPTION: If an athlete is classed down his/her records at the higher class are valid and will remain. This Exception does not hold for classes 35 through 38 due to the disabilities of each class not being the same s they are for the 50 -57, & 11-13 classes.
- b) If an athlete is changed back to his original class and his prior record has not been broken, the athlete's record would be reinstated into the current records.
- c) A file will be kept of the names of those athletes being removed from a record because of a classification change,
- d) If a class record is stated to be "OPEN" all competitors are allowed to compete for that record; also, if the record to be dropped is more than the current petitions for record, then the record book will show "OPEN" until the next Adaptive Sports USA, ATFUSA section book printing. However, the current record can be seen under records on [www.AdaptiveSportsUSA.org](http://www.AdaptiveSportsUSA.org).

#### 43.4 JUNIOR NATIONAL RECORDS

Beginning 1/1/2011 Junior National records may be set at Level III Regional meets and other WPA sanctioned events. Junior records from 1/1/1999 to 12/31/2010 could only be set and broken at the Junior Nationals.

ATFUSA will maintain Junior National meet records in addition to Junior National records. The rule to be a USA citizen does not apply for Junior National Meet Records

### DIVISION THREE: SPECIFIC RULES FOR TRACK EVENTS

#### 50.0 \*\* WHEELCHAIR FRAME REQUIREMENTS

(WPA 14) Rules governing wheelchairs for track and road racing events.

50.1 The wheelchair shall have at least two large wheels and one small wheel.

50.2 No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels.

50.3 The maximum diameter of the large wheel including the inflated tire shall not exceed 70cm.  
The maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.

50.4 Only one plain, round, push-rim is allowed for each large wheel.

*Note(i): This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their IPC Athletics Classification Form or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.*

***Note(ii): For T33/51/52/ athletes with limited ability to stabilize the wrist during pushing, this rule may be waived and a modification allowed so that a push-rim and wheel disk may be fused together and incorporated into the racing wheel. No other modification that would defeat the general intent of Rule 14.4 is allowed.***

***Note(iii): No part of the athlete's body shall be strapped to the push-rim or to the wheel.***

50.5 No mechanical gears or levers shall be allowed that may be used to propel the chair.

50.6 Only hand operated mechanical steering devices will be allowed.

50.7 No part of the chair may protrude behind the vertical plane of the back edge of the rear wheels.

50.8 Athletes must ensure that no part of their lower limbs can fall to the ground or track during an event. If it happens during the race the athlete could be disqualified.

50.9 It will be the responsibility of the competitor that the wheelchair conforms to all the above rules and no event shall be delayed while the competitor makes adjustments to the chair.

50.10 Chairs will be measured in the marshaling area and may not leave that area before the start of any event. Chairs which have been examined may be liable to re-examination before or after the event by the official in charge of the event.

50.11 It shall be the responsibility in the first instance of the official conducting the event to rule on the safety of the chair.

50.12 The wearing of approved helmets in all, in lane and out of lane, races is required by Junior, Open and Master athletes. Approved helmets are those that have ANSI, CEN (Europe), CPSC, ASTM, Australian, Canadian, or SNELL Certifications. Certified Helmets will have labels attached inside or outside the helmet.

50.13. Devices attached to the wheelchair or athlete shall comply with WPA Rule 7.4d (assistance) and shall not have the capability to communicate except to the athlete.

Note: Unless approved by WPA and the Technical Delegate, no devices with transmission function for the purpose of event presentation or broadcasting shall be permitted at WPA Recognised Competitions.

50.14 For classes T31-34, T51-T54 in races of 800 meters and longer, the referee has the authority to remove any athlete/s that is/are lapped.

**51.0\*\* RACE RUNNING FRAME REQUIREMENTS**

Race running is an athletic discipline where the athletes are running on their feet, while using a three-wheeled running frame for support of their body.

**51.1 EQUIPMENT SPECIFICATIONS**

The frame has two rear wheels and one front wheel.

Maximum length 200 cm, maximum width 95cm

All wheels Max height size up to 72cm.

Saddle may have other shapes than the traditional type of racing cycle saddles.

The body support plate may be individually shaped to provide optimal stability.

The body may be strapped to the plate with a belt or orthopedic brace.

The handle bars should ensure that the athlete is able to race and maneuver safely.

A compensator system controlling the front wheel is highly recommended.

No mechanical gears or engine are allowed.

If the athlete is able to use a brake it should be installed



51.2 The athlete's hands may be strapped to the handlebars.

**52.0 ROUNDS AND HEATS**

(WPA 21) Preliminary rounds (heats) shall be held in track events in which the number of competitors is too large (IAAF 166) to allow the competition to be conducted satisfactorily in a single round (final).

52.1 Where preliminary rounds are held, all competitors must compete in, and qualify through, all such rounds.

52.2 Heats, rounds and seeding are determined by IPC Rule 21 using the tables and rules with in.

52.3 Athletes from the same team/country should be placed in different preliminary heats. Subsequently, athletes may be moved to other round heats only if they can be swapped with athletes have similar times.

52.4 Draw for Lanes:

(WPA21.4) A. For all 100m to 800m inclusive, and relays up to and including 4X400m where there are several successive rounds of a race, lines will be drawn as follows

1. In the first round and any preliminary qualification round as per IPC Rule 21.2 the lane order shall be drawn by lot.
2. For the Following round, athletes shall be ranked after each round in accordance with the procedures in IPC Rule 21.3.  
Then there will be 3 draws made
  - (i) One for the four highest ranked athletes or teams to determine placing in lanes 3,4,5,6;
  - (ii) Another for the 5<sup>th</sup> and 6<sup>th</sup> ranked athletes to determine placing in lanes 7,8;
  - (iii) Another for the two lowest ranked athletes to determine placings in lanes 1,2.
3. For all events with only a final, lane assignments shall be drawn as per 52.4.2 above.

B. For events longer than 800m, relays longer than the 4x400m and any event where only a single round (final) is required, lanes / starting positions shall be drawn by lot.

**54.0 MINIMUM TIMES BETWEEN HEATS**

(WPA21.10) The following minimum times should be allowed when possible, between the last heat of any round and the first heat of a subsequent round or final.

Up to 200 meters	45 minutes
Over 200 meters to 1000 meters	90 minutes
Over 1000 meters	Not on the same day

**55.0 TRACK EVENT TIME LIMITS**

In events of 1500m or longer, officials may conclude the event and clear the track after the agreed time limit has expired. Any competitor who has not completed the set distance when an event is concluded shall be shown in the official results as DNF - 'did not finish'.

**56.0 THE START**

(WPA 17) All races shall normally be started by the report of the Starter's gun fired upwards after he has ascertained that athletes are steady and in the correct starting position.

**56.1** At all meets, the words of the Starter shall in a race up to and including 400 meters be '**on your marks**', '**set**', and **when all competitors are 'set', the pistol shall be fired**. In races longer than 400 meters, the words shall be '**on your marks**' and **when all competitors are steady, the pistol shall be fired**.

**56.2** If for any reason the Starter must speak to any competitor after the competitors are on their marks, he shall order all competitors to stand/sit up and the Starter's assistants shall place them on the start line again. A competitor must not touch either the start line or the ground in front of it with his front wheel, foot, or hand when on his mark.

**56.3** On the command 'on your marks' or 'set' as the case may be, all competitors shall at once and without any delay assume their full and final set positions. Failure to comply with this command after a reasonable time shall constitute a false start.

**56.4** If a competitor crosses the starting line after the words 'on your marks' or 'set' as the case may be, and before the pistol is fired, it shall be considered a false start.

**56.5** Any competitor committing a false start (due to forward motion) shall be disqualified with the exception of juniors; U11, and U14 who get one false start on the field then all subsequent false starts are disqualified. Pentathlon: one false start on the field next false start on athlete(s) will be disqualified.

**56.6** The Starter or any Recall Starter who is of the opinion that the start was not a fair one, shall recall the competitors by firing a pistol.

**NOTE 1:** In practice when one or more competitors make a false start, others are inclined to follow, and strictly speaking, any competitor who does so follow has also made a false start. The Starter should disqualify only such competitor or competitors who, in his opinion, were responsible for the false start. This may result in more than one competitor being disqualified. If the unfair start is not due to any competitor, no disqualification shall be given.

**NOTE 2:** As per Rule 129.7, in wheelchair races (T32-34, T51-54) of 800M or longer the starter has the authority to recall a race for a restart if a collision involving athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the referee to take appropriate action on reports received from umpires during this portion of the race.

**NOTE 3:** A false start may not be called if the starter deems the movement was not intended to move the athlete forward. If the athlete is standing (verses in a crouched position) at the start and due to the athlete moving due to a loss of balance the racer may not be disqualified if the starter believes there was no intent to move forward. See IPC 17.7 for further clarification (published in the spring of 2012) of IAAF and IPC positions on the False Start.

**56.7\*\* STARTING BLOCKS**

(WPA 16) When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.

(IAAF 161) For classes T11 – T13 and T20 – Starting blocks are required for races up to and including 400m (including the first leg of the 4x100m and 4x400m) but shall not be used for any other race.

For classes T31-32 race running, T35-T38, T42 –T47, T61-T64 – Starting blocks may be used for all races up to and including 400m (including the first leg of the 4x100m and 4x400m) but shall not be used for any other race.

**NOTE 1:** For classes T35-T38, T42 –T47, T61-T64 – A four point stance is not required and a standing start is acceptable.

**NOTE 2:** It is acceptable for arm amputee athletes to use pads on which to rest stumps at the start. Pads must be completely behind the start line and not interfere with any other athlete. The pads should be a similar color to the track or of a neutral color.



**NOTE 3:** It is not a requirement for athletes in Sport Classes 35-38 and 42-44/61-64 to use both foot plates when using a starting block.

**56.8 RACE RUNNING**

- a. Class T31-T32 athletes are allowed two lanes.
- b. Use of starting blocks are allowed.

**57.0 PROPELLING THE RACING CHAIR / RACE RUNNER**

Racing Chair: Progression by any method except the competitor pushing on the wheels or hand rims will result in disqualification.

Race Runner: Progression by any method forward or backward by the competitors legs will result in Disqualification.

**57.1 \*\* RUNNING IN LANES**

(WPA 18) In all races run in lanes (100m, 200m, 400m, and 4 x 100m Relay), each competitor shall keep his allotted lane from start to finish. This shall also apply to any portion of a race run in lanes. Straying momentarily from one's lane will not be grounds for disqualification unless, if by so doing, the athlete impedes the progress of another athlete or gains material advantage.

**57.2 (WPA 18.6)** An athlete or the athlete's guide-runner shall not be disqualified for running out of his lane if he:

- a) is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border, or;
- b) steps or runs outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress. If material advantage is gained, the athlete shall be disqualified.

Note: Material advantage includes improving his position by any means, including removing himself from a "boxed" position in the race by having stepped or run inside the inside edge of the track

COMMENT: This Note specifically outlaws the practice of an athlete seeking to improve his position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee now has the power to disqualify in his discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage.

**57.3 CHECK-MARKS**

(IAAF 170) Except in the case of relay races run in lanes, competitors may not make check-marks or place objects on or alongside the running track for their assistance.

**57.4 (IPC 18) LEAVING THE TRACK OR COURSE**

(IAAF 163) Except as indicated below, a competitor, after voluntarily leaving the track or course, shall not be allowed to continue in the race.

In road races, a competitor may leave the road or track with the permission and under the supervision of a judge, provided that by going off course he does not lessen the distance to be covered.

**57.5 OBSTRUCTION ON THE TRACK**

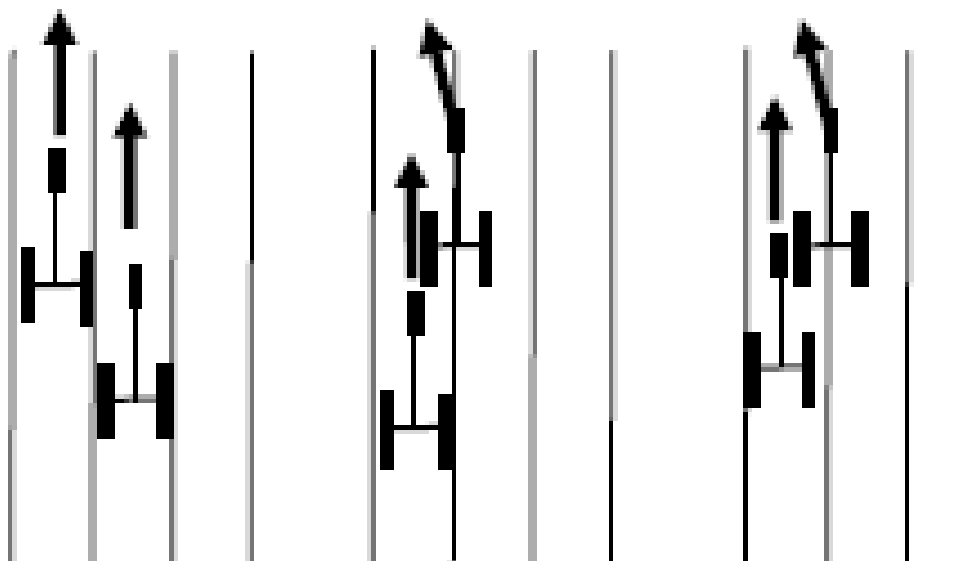
(IAAF 163) Any competitor who jostles or obstructs another competitor so as to impede his progress shall be liable to disqualification from that event. If in any race a competitor is disqualified for any of these reasons, the Referee shall have the authority to order the race to be rerun excluding the disqualified competitor or, in the case of a heat, to permit any competitor(s) affected by the act resulting in disqualification (other than the disqualified competitor), to compete in a subsequent round of the race. It is recommended that the referee has the right to review any video evidence available and use such evidence in making a decision.

**57.6** In Race Running the area between the rear wheels of the running device is solely reserved for the runner.

**57.7 PASSING ON THE TRACK**

Any athlete coming up from behind in an attempt to overtake another athlete carries the responsibility of ensuring that he/she has full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete as soon as this one is in sight. Any athlete wishing to change lanes during a race must be responsible that he/she has full clearance before doing so.

Correct passing: Only if an athlete has passed the full chair of the other competitor does he has the right to change the lane or his direction.



Correct start to pass

Correct Passing

Incorrect Passing

**58.0 FINISH**

(WPA 19, IAAF 164) Order of finish and timing is determined

- a. Wheelchair: When the axle of the lead wheel reaches the vertical plane of the nearer edge of the finish line. (T31-34, T51-54)
- b. Ambulatory: When the torso of the runner crosses the finish line.
- c. Time and wind recorded in tenths. (13.46 = 13.5 time, 2.03 =2.1mps)

**60.0 SPECIFIC RULES FOR CLASS 50's RELAY RACES**

**60.1 LANES**

Each team shall be allocated two adjacent lanes.

**60.2** The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distance of the stages and to denote the scratch.

**60.3** Where it is required for the relay to be run in lanes, the competitors may wheel in either of their two allocated lanes.

**60.4**(IAAF 170) The tag zone shall be 40 meters in length and taped from the inner lanes (1,3,5,7) across through Lane 2, 4, 6, or 8 at both the beginning and end of the tag zone.

In 4 x 400m relay races, the first lap, as well as that part of the second lap up to the exit from the first bend, will be run entirely in lanes.

The competitors are free to take-over any position on the track at the entrance to the following straight, which shall be marked with a flag set on a post at least 1.5 meters high on each side of the track and with a line 50 millimeters wide across the track

**60.5 CHECK MARKS**

(IAAF 170) When a relay race is being run in lanes, a competitor may place a check mark within his own lane using a material approved by the Organizers.

**60.6** The position of the teams at the start of the race shall be drawn, and shall be retained at each take-over provided this can be done without fouling.

**60.7 THE TAKE-OVER**

(WPA23) (T32-34, T42-46, T61-64, T51-52 & T53-54)

The take-over shall be by a touch on any part of the body of the out-going competitor within the take-over zone.

For Ambulatory relays, it is the position of the Baton (T11-13, T20, & T35-38) or tag (T40-41, T42-47, T61-64) within the tag zone and not the athlete's position that matters. If there was no first touch out of the tag zone the athlete(s) may return to the zone to tag/pass the baton).

(T11-13) Baton Exchange for Relays:

- a) Either the athlete or the guide-runner can carry the baton;
- b) The baton exchange may take place between either guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met;
- c) A fair exchange is established when the baton carrier passes the baton to the baton receiver within the take-over zone;
- d) Once the outgoing athletes and/or guide-runner leaves the take-over zone they can reenter the take-over zone to receive the baton (i.e., if they go too early);
- e) One (1) assistant per take-over zone will be allowed on the track to help with the positioning of any T12 athlete competing without a guide-runner. The assistant must leave the competition area prior to the start of the event and must remain in a position designated by the technical officials which does not interfere with the conduct of the race. In violation of this rule, the athlete shall be warned or disqualified subject to Rule 7.2.

**60.8** After the touch, competitors should remain in their lanes or zones until the course is clear, to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of the stage, he is liable to cause the disqualification of his own team.

**60.9 THE RELAY TEAM**

(IAAF 170) Once a relay team has started in a competition, only two (2) additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions may be made from the list of athletes already entered for the meet whether for that event or any other event. The exact composition of the teams and the order of the teams for the relay must be officially declared before the start of each round of the competition.

Once an athlete who has started in a previous round has been replaced by a substitute, he or she may not return to the team. Any athlete may form part of a relay team at National Competition provided s/he has qualified in either the 100m for the 4 x 100m or the 400m for the 4 x 400m.

**60.10**

**60.16 \*\*** All members of a relay team must wear the same colors for competition and in wheelchair relays each athlete must wear (WPA Rule 23.11) helmet covers of the same color:

Sports Class/es Relay Team Composition Requirements

T11-13 Must include a minimum of one (1) Sports Class T11 athlete and can only include a maximum of one (1) Sports Class T13 athlete.

T33-34 Must include at least one (1) Sports Class T33 athlete

T35-38 Can only include a maximum of two (2) Sports Class T38 athletes

T42-47 / T61/T64 Can only include a maximum of two (2) Sports Class T46/47 athletes

T51-52 Must include at least one (1) Sports Class T51 athlete

T53-54 Must include at least one (1) Sports Class T53 athlete

**60.17** An Open Relay (male or female) (T42-T47/T61-64 and T51-T54) may be offered where there are insufficient athletes of appropriate classes. The change would be by touch or baton as determined in the appropriate rules.



**60.18\*** UNIVERSAL RELAY- A universal relay (4 x 100) of two men and two women with a running order of 1<sup>st</sup> leg- 11-13, 2<sup>nd</sup> leg- 42-44, 61-64, 3<sup>rd</sup> leg- 35-38 and the 4<sup>th</sup> 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.

## **70.0 SPECIFIC RULES FOR ROAD RACING**

(WPA 50, IAAF 240)

**70.1** The equipment specified in 50.0 applies to road racing for wheelchair athletes.

### **70.2 THE COURSE**

The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle-path or footpath alongside the road, but not on soft ground such as grass. The start and finish may be within an athletic arena.

**NOTE:** It is desirable to have a course with a single turning point, or alternatively, a single circuit.

### **70.3 MEASUREMENT**

In events on roads, the course shall be measured along the shortest possible route that a competitor could follow within the section of the road permitted for use in the race. The length of the course must not be less than the official distance for the event. In National Championships, the length of the course should have been certified in advance by a TAC approved course measurer.

**NOTE 1:** For measurement, the 'Calibrated Bicycle Method' is recommended.

**NOTE 2:** To prevent a course from being found to be short on a future re-measurement, it is recommended that a 'short course prevention factor' is built in when laying out the course. For bicycle measurements, this factor should be 0.1% which means that each kilometer on the course will have a 'measured length' of 1001 meters.

**NOTE 3:** If it is intended that part of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc., their positioning must be decided not later than the time of measurement and the documentation of such decisions must be included in the measurement report.

### **70.4 WITHDRAWAL FROM COMPETITION**

A competitor must withdraw at once from the race if ordered to do so by a member of the medical staff officially appointed and clearly identified by an armband.

### **70.5 DISTANCE MARKERS**

The distance in kilometers or miles on the route shall be displayed to all competitors.

### **70.6 SPONGING/DRINKING AND REFRESHMENT STATION**

A. Sponging/Drinking Stations - For all events of 10km or more, sponging/drinking water stations may be provided at suitable intervals.

B. Refreshment Stations - For all events longer than 20km, refreshment stations shall be provided at approximately 5km and, thereafter, at approximately every 5km.

In addition, sponging/drinking stations, where water only shall be supplied, shall be placed midway between the refreshment stations. Refreshments which may be provided either by the Organizer or athletes shall be made available at the stations nominated by the competitors. They shall be placed so that they are easily accessible to, or may be put into the hands of the competitors.

Competitors may carry their own refreshments which may be replenished at any of the Refreshment Stations provided by the Organizers.

### **70.7 SAFETY**

The Organizers of Road Races must ensure the safety of competitors. At National Championships, organizers should, where possible, ensure that the roads will be closed in both directions; i.e., not open to motorized traffic. The Organizers must enforce the wearing of approved helmets for safety reasons. Approved helmets are those that have ANSI, CEN (Europe), CPSC, ASTM, Australian, Canadian, or SNELL Certifications. Some other country standards exist(ed) and should be grandfathered in this group. Certified helmets will have labels attached inside or outside the helmet.

**70.8** Wave starts should be used for all road races in which different groups of athletes compete - male paraplegics, male quadriplegics, female paraplegics, female quadriplegics, juniors, male & female, and masters. The recommended order of start should be: para men, para women, masters, quads, juniors. Minimum time between starts should be 2 minutes.

**71.0 ASSISTANCE TO COMPETITORS**

During a road race, mechanical or other assistance to repair the wheelchair or wheels shall be allowed under the following conditions.

**71.1** Assistance shall be given by anyone provided that said assistance does not result in forward progress of the competitor.

**71.2** Only parts broken or damaged during the event in progress can be repaired or replaced. Replacement parts shall be the same size as the original part.

**71.3** All assistance given shall be recorded by the Officials and all broken or replaced parts shall be made available for inspection at the conclusion of the event by the Referee.

**71.4** Any competitor receiving assistance of any type not approved under these rules shall be disqualified and shall be listed in the results as disqualified.

**72.0 DRAFTING**

(IAAF 240.11) (T32-34, T51-54)

(WPA 50) Drafting behind an athlete from another Sports Class or Gender, race vehicles and support cyclists is prohibited.

In the USA: ATFUSA amended the IPC rule to include “vehicles and support cyclists” and Notes 4 & 5.

**NOTE 1:** Drafting for road racing is defined as seeking a performance advantage by following another athlete within a distance of less than 5m for 400m or longer.

**NOTE 2:** The sport class portion of this rule does not apply to races over 800M, which are considered open classification races for T53 and T54 athletes.

**NOTE 3:** An athlete cannot be disqualified for drafting behind the lead vehicle if it is deemed by the race officials that the lead vehicle was not going fast enough to maintain a safe distance from the lead wheelchair.

**NOTE 4:** The Race director shall instruct the lead vehicle to stay a safe distance from the lead athlete so as not to provide a draft which would unfairly give the lead athlete an advantage over other competitors.

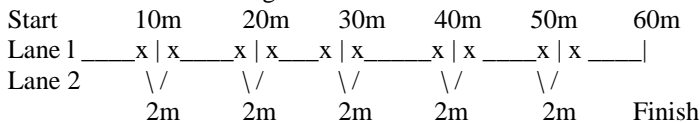
**NOTE 5:** The race Director shall instruct support cyclists that they are there to support athletes and are not to coach or cheer.

**73.0 60M WEAVE**

(Power Wheelchair)

- (a) This race will be run with each competitor using two adjoining lanes in regulation width. One empty lane should separate competitors (making 2 weave courses on a 6 lane track; 3 weave courses on an 8 lane track).
- (b) A pair of slalom markers shall be placed along the center line between the lanes at 10 meter intervals along each competitor's course, creating five(5) "lane-change gates" on each competitor's course.
- (c) The slalom markers at each gate should be placed 2 meters apart, creating a 2 meter long gate. (See diagram.)
- (d) Competitors may start in either lane of their assigned course, but must change lanes at each of the five gates along the course. This means that a competitor who starts in the right lane will finish in the left lane. If an athlete leaves their assigned lanes, yet does not impede others, he/she will not necessarily be disqualified, if no advantage was gained.
- (e) Knocking down or moving markers constitutes a violation and a **3 second penalty** will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers is subject to disqualification at the discretion of the referee.

60m Weave Course Diagram



**DIVISION FOUR: THROWING EVENTS**

**80.0 USE OF COMPETITOR’S OWN IMPLEMENTS**

(IAAF 187) At all meets competitor’s may use their own implements, provided these are checked and marked as approved by the Organizers before the competition and made available to all competitors throughout the event.

**NOTE:** It shall be the responsibility of the Organizers to provide sufficient implements for the conduct of all events.

**THROWING IMPLEMENT SPECIFICATIONS**

**81.0 DISCUS**

(IPC 32, IAAF 189)

**81.1 CONSTRUCTION**

The body of the Discus shall be made of wood, or other suitable material with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the center of the sides. Alternatively, the Discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications. Each side of the Discus shall be identical and shall be made without indentations, projections, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius 25mm (min), 28.5mm (max) from the center of the Discus.

**81.2 SPECIFICATIONS**

DISCUS	.75KG	1KG	1.5KG	1.75KG	2.0KG
<b>WEIGHT</b> <b>Minimum for</b> <b>Acceptance of record</b>	0.7500kg	1.000kg	1.500kg	1.750kg	2.000kg
Range for issue of Equipment for competition	0.7550kg 0.7750kg	1.005kg 1.025kg	1.505kg 1.525kg	1.755kg 1.775kg	2.005kg 2.025kg
Outside diameter Min. of metal rim Max.	166mm 169mm	180mm 182mm	200mm 202mm	210mm 212mm	219mm 221mm
Diameter of metal plate or flat Min. center area Max.	50mm 57mm	50mm 57mm	50mm 57mm	50mm 57mm	50mm 57mm
Thickness over flat center area Min. or metal plates Max.	33mm 38mm	37mm 39mm	38mm 40mm	41mm 43mm	44mm 46mm
Thickness of rim (6mm from edge) Min. Max	10mm 13mm	12mm 13mm	12mm 13mm	12mm 13mm	12mm 13mm

**82.0 DESCRIPTION OF THE JAVELIN**  
(IPC 33, IAAF 193)

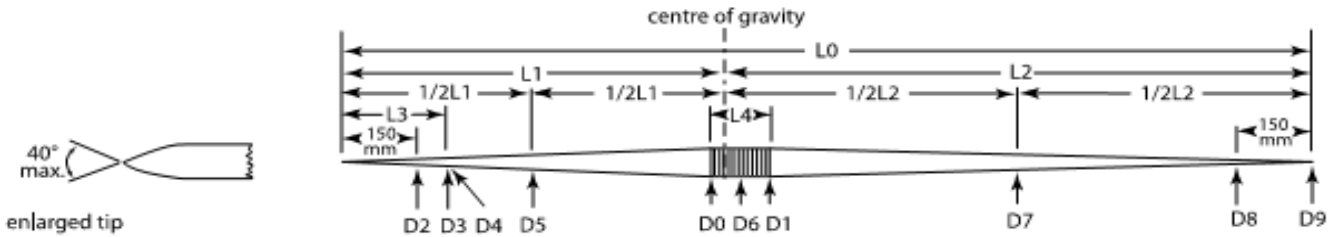


Figure 25 – International Javelin

Lengths (all dimensions mm)					Diameters (all dimensions mm)						
Serial	Detail	Men		Women		Serial	Detail	Men		Women	
		Max	Min	Max	Min			Max	Min	Max	Min
L0	Overall	2700	2600	2300	2200	D0	In front of grip	30	25	25	20
L1	Tip to C of G	1060	900	920	800	D1	At rear of grip	–	DO-0.25	–	DO-0.25
1/2L1	Half L1	530	450	460	400	D2	150mm from tip	0.8 DO	–	0.8 DO	–
L2	Tail to C of G	1800	1540	1500	1280	D3	At rear of head	–	–	–	–
1/2L2	Half L2	900	770	750	640	D4	Immediately behind head	–	D3-2.5	–	D3-2.5
L3	Head	330	250	330	250	D5	Half way tip to C of G	0.9 DO	–	0.9 DO	–
L4	Grip	160	150	150	140	D6	Over grip	DO + 8	–	DO + 8	–
						D7	Half way tail to C of G	–	0.9 DO	–	0.9 DO
						D8	150mm from tail	–	0.4 DO	–	0.4 DO
						D9	At tail	–	3.5	–	3.5

**82.1 CONSTRUCTION**

The javelin shall consist of three parts: a head, a shaft, and a cord grip. The shaft may be constructed of metal and shall have fixed to it a metal head terminating in a sharp point.

The grip, which shall be about the center of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.

The cross-section shall be regularly circular throughout. The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical.

From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex, and there must be no abrupt alteration in the diameter, except at the front and rear of the grip, throughout the length of the javelin.

**NOTE:** While the cross-section should be circular, a maximum difference between the largest and the smallest diameter of 2 percent is permitted. The mean value of these two diameters must correspond to the specification given for a circular Javelin.

**82.2** The javelin shall have no mobile parts or other apparatus which during the throw could change its center of gravity or throwing characteristics.

## 82.3

**SPECIFICATIONS**

The javelin shall conform to the following specifications: For the Junior U14 age division 400gm and Junior U11 age division turbo javelins.

JAVELIN		400 gm	500 gm	600 gm	700 gm	800 gm
Weight (inclusive of cord grip) – <b>minimum for acceptance of record</b>		400 gm	500 gm	600 gm	700 gm	800 gm
Range of supply of equipment for competition		405gm	505gm	605gm	705gm	805gm
		425gm	525gm	625gm	725gm	825gm
Overall length	Min.	1.85m	2.00m	2.20m	2.30m	2.60m
	Max.	1.95m	2.10m	2.30m	2.40m	2.70m
Length of metal head	Min.	200mm	220mm	250mm	250mm	250mm
	Max.	250mm	270mm	330mm	330mm	330mm
Distance from tip of metal head to center of gravity	Min.	0.75m	0.78m	0.80m	0.86m	0.90m
	Max.	0.80m	0.88m	0.92m	1.00m	1.06m
Distance from tail to center of gravity	Min.	1.050m	1.12m	1.28m	1.3m	1.54m
	Max.	1.2m	1.32m	1.5m	1.54m	1.8m
Diameter of shaft at thickest point	Min.	20mm	20mm	20mm	23mm	25mm
	Max.	23mm	24mm	25mm	28mm	30mm
Width of cord grip	Min.	130mm	135mm	140mm	150mm	150mm
	Max.	140mm	145mm	150mm	160mm	160mm

## 82.6

The tapering of the javelin to the tip of the metal head shall be such that the angle of the point shall be not more than 40 degrees. The diameter, at the point 150mm from the tip, shall not exceed 80% of the maximum diameter of the shaft. At the midpoint between the center of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.

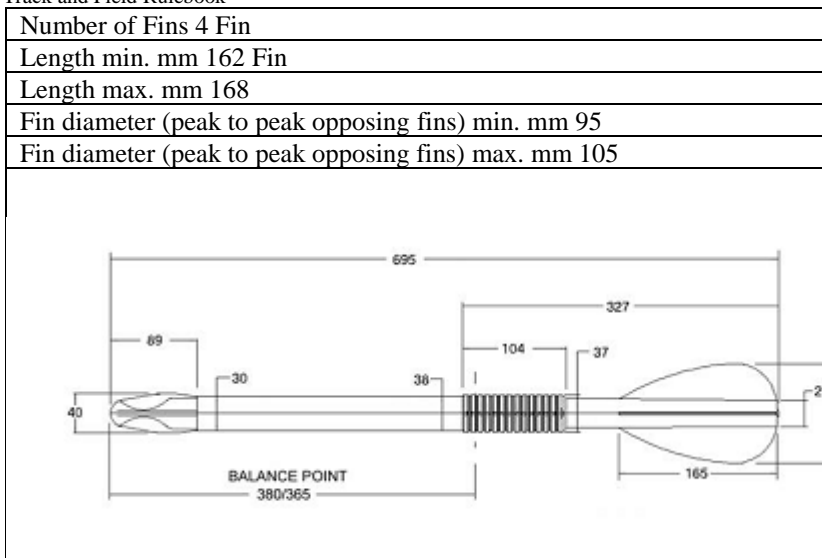
The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint between the center of gravity and the tail, shall be not less than 90% for the 800gm javelin and 70% for the 600gm javelin of the maximum diameter of the shaft. At a point 150mm from the tail, the diameter shall not be less than 40% for the 800gm javelin and 30% for the 600gm javelin of the maximum diameter of the shaft. The diameter of the shaft at the end of the tail shall not be less than 3.5mm.

82.8 **DESCRIPTION OF TURBO JAVELIN**

The shaft, grip and fins shall be made out of plastic. The tip shall be made of soft rubber with a blunt, rounded end. The fins will be flat and smooth i.e. no flutes or bends and shall be perpendicular to the surface of the javelin. All shall conform to the following specifications:

**TURBO JAVELIN (Minimum weight for record - 300 gm)**

Overall Length min. mm 685
Overall Length max. mm 705
Length of Head min. mm 84
Length of Head max. mm 94
Tip Diameter at largest point, min. mm 37
Tip Diameter at largest point, max. mm 43
Distance from tip to CG min. mm 365
Distance from tip to CG max. mm 380
Diameter of Shaft forward of grip min. mm 30
Diameter of Shaft forward of grip max. mm 38
Diameter of Shaft behind grip min. mm 24
Diameter of Shaft behind grip max. mm 30
Diameter of Shaft at grip min. mm 34
Diameter of Shaft at grip max. mm 40
Width of grip min. mm 99
Width of grip max. mm 109
Location of front of grip from tip of tail min. mm 322
Location of front of grip from tip of tail max. mm 332



**83.0 CLUB**

(IPC 37)

**83.1 CONSTRUCTION**

The Club shall be made of wood with a metal end.

**83.2 SPECIFICATIONS**

Overall length (including metal end)	Min.	35cm
	Max.	39cm
Diameter of widest part	Min.	5cm
	Max.	6cm
Diameter of neck	Min.	1.8cm
	Max.	2.0cm
Weight	Min.	397gm
	Max.	425gm
Description of metal end – Thickness	Min.	1.25cm
	Max.	1.30cm
Diameter	Min.	3.8cm
	Max.	3.9cm

**84.0 \*\* SHOT**

(IPC 31, IAAF 188)

**84.1 CONSTRUCTION**

The shot shall be of solid iron, brass, or any metal not softer than brass, or a shell of such metal filled with lead or other material. It must be spherical in shape and the surface must be smooth.

		Nominal	size					
UNITS		7.26kg	6 kg	5 kg	4 kg	3 kg	2 kg	1kg
Weight	Nom	7.26	6.00	5.00	4.00	3.00	2.00	1.00
Min. Record		7.260	6.00	5.000	4.000	3.000	2.000	1.00
Range for manufacturer:	Min.	7.265	6.005	5.005	4.005	3.005	2.005	1.005
	Max.	7.285	6.025	5.025	4.025	3.025	2.025	1.025
Diameter	Min.	110mm	105mm	100mm	95mm	85mm	80mm *	
	Max.	145mm *	140mm *	135mm *	130mm *	120mm *	110mm *	100mm

**NOTE: The 2K shot minimum diameter has changed to 85mm in2014. Make sure all implements comply.**

## 85.0 SOFTBALL

### 85.1 DESCRIPTION

An 11" or 12" softball with a leather cover with stitches along the seams and approved by the ASA (American Softball Association).

### 85.2 SPECIFICATIONS

Circumference and Weight: Female – 11±0.125 inches; 5.875 to 6.125 ounces  
Male – 12±0.; 6.25 to 7.0 ounces

Cover: Leather

Stitches: Not less than 88 stitches

## 86.0 BEAN BAG, MEDICINE BALL AND KICK BALL

### 86.1 BEAN BAG DESCRIPTION AND SPECIFICATIONS

Canvas or nylon covered bean bag filled with dried peas, corn, or plastic pellets (preferred).

Size: 5" x 5"

Cover: Canvas or nylon

Weight: 5-6 ounces

### 86.2 MEDICINE BALL SPECIFICATIONS

Size: 8" diameter

Cover: Smooth leather, synthetic, rubber or suede

Weight: 3kg

### 86.3 KICK BALL SPECIFICATIONS

Size: 10" diameter

Cover: Rubber

Weight: 2 pounds

## 87.0 RULES GOVERNING FIELD CHAIRS FRAMES

(IPC 35)

### 87.1

Any part of the throwing frame including the cushion, used as the seat must not exceed 75cms in height.

The frame may have a holder bar, without any articulation (joint) and may not bend or flex during the throwing action. All parts of the chair must be fixed (assistance to the athlete by flexible parts is not allowed). The seat in a throwing chair must be square or rectangular seat, with a minimum 30CM (~12") on a side The chair seat shall be flat or tilt back. The chair may have a straight rigid holding bar with no bends or joints. If the athlete touches any holding strap outside the vertical plane of the rim of the throwing circle during the trial it shall be marked as a foul.

- 8/1/2014; 35.1.F; The corner(s) of, or notches in, the seat surface may be cut to accommodate side and/or back rests or a holding bar into the main throwing frame. The size of these cuts shall not be appreciably more than the space needed to insert the rests or the holding bar in them. The seat must remain square or rectangle
- If an athlete can not conform to have their legs in contact to the chair from the Ischial Tuberosities to the back of the knee an exemption is valuable from IPC (for Passport/Licensed athletes or from ATFUSA for non-licensed athletes). See Application for Exception due to Anatomical Limitation Making an Application for Exception due to Anatomical Limitation.
- 8/1/2014 CHANGE - The holding bar may have layers of tape and/or any other suitable material to provide a better grip. The thickness of the tape or other alternative material must not result in any unfair advantage exceeding athlete's physical prowess.

**Note:** The chair must be measured without the athlete sitting in it.

### 87.2

For classes F31-34 & F51-F57 no part of the chair (including footrest) may be outside the circumference of the circle.

### 87.3

It will be the responsibility of the competitor that the frame conforms to all the above rules and no event shall be delayed while a competitor makes adjustments to the chair. Also if a holding bar breaks during the throw it shall be marked as a foul.



- 87.4** Frames will be measured before the competitor enters the throwing circle. Frames which have been examined may be liable to re-examination before or after the event by the official in charge of the event.  
NOTE: The competition area for Junior Nationals and Regional events is considered to be all pit areas.
- 87.5** It shall be the responsibility in the first instance, of the official conducting the event to rule on the safety of the chair.
- 87.6** A day chair that satisfies these criteria is acceptable.
- 87.7** Placing Frame in the circle should not normally exceed two minutes for classes F32-34 and F54-57 or three minutes for classes F31 and F51-53 to position. These are Official guidelines not absolutes.
- 87.8** In the event of a holding device (the tie downs not the holding bar) failure during the act of a trial the athlete may; retake the trial, or accept the trial if the athlete did not foul in the attempt.
- 87.9 \*** Time to secure oneself to chair and warm-up:  
The maximum time allowed for athletes to secure themselves to their field chair and have as many warm-up throws as time permits is:  
c. F32-34 and F54-57: Athletes will be allowed up to 4 minutes to transfer to their field chair, strap, and warm-up.  
d. F31 and F51-F53: Athletes will be allowed up to 5 minutes to transfer to their field chair, strap, and warm-up.  
*Note:* 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.
- \*\* EXCEPTION FOR ALL SEATED THROWS U11 AND U14 ATHLETES:**  
the rules above now hold for all athletes including U11 and U14, except that a minimum of one (1) warm-up will be offered if the 4 or 5 minute time expires

## **88.0 COMPETITION RULES FOR FIELD EVENTS**

### **88.1 THE ORDER OF THE TRIALS**

(IAAF 182/186) The order in which the competitors take their trials shall be drawn by lot. Also see IPC Rule 22.

**NOTE:** Once called, athletes are allowed to move away from the throwing area in order to continue warm-up. Should an athlete not answer a call to the throwing area, he may be debarred from any subsequent trials.

### **88.2 ATHLETES WHO STAND**

Each trial shall be taken in the order of the draw.

## **89.0 THE NUMBER OF TRIALS**

(IAAF 181.2) Where there are more than eight competitors, each competitor shall be allowed three trials, and the eight competitors with the best performance shall be allowed three additional trials. In the event of a tie for eighth place, this shall not be decided and any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials. At the competition ground, each competitor may, *if possible*, have two practice trials but no more. Once their first trial has begun, competitors are not permitted to use the circle or ground within the sector for practice trials. When the first round of the competition is split in two groups the 8 finalists are throwing in reverse order. For classes F51-F57 When the number of athletes is 8 or less, it is up to the Technical Delegate to decide if the six throws will be consecutively.

## **90.0 \*\* REQUIREMENTS FOR A VALID THROW**

(IAAF 182.5) In competition, a competitor is allowed to touch the inside of the iron band and of the stopboard. It shall be a foul throw and not allowed to count if the competitor, after he has entered the circle or begun to make a throw, touches with any part of his body to the ground outside or any part of the holding device outside the vertical plane of the rim of the circle or improperly releases the implement in making any attempt.

**NOTE:** A stopboard is required for standing class(es) shot put only.

**90.1** For a valid trial, the implement must fall completely within the inner edges of lines 50mm wide, marking a sector as described in Rule 3.  
(IAAF 182.7)

### **90.2 DELAYING THE THROW OR PUT**

(IAAF 142.4) A competitor in a field event who unreasonably delays making a trial renders himself liable to have that trial disallowed and recorded as a fault. It is a matter for the Referee to decide having regard to all circumstances, what is an unreasonable



delay. The Official responsible shall indicate to the competitor that all is ready for the trial to begin, and the period allowed for his trial shall commence from that moment. If the time allowed elapses once the competitor has started his trial, that trial should not be disallowed.

**NOTE:** The following WPA times should not normally be exceeded for each trial;

Number of athletes	High Jump	Other Events	Seated Throws
More than 3	30 sec.	30 sec.	30 sec.
2 or 3	1.5 min.	1 min.	30 sec.
1	3 min.	-	-
Consecutive trials	2 min.	2 min.	30 sec.

### 90.3 INTERRUPTING A TRIAL

(IAAF 182.6)

Provided that, in the course of a trial the foregoing rules have not been infringed, a competitor may lay his implement down inside the circle, and may leave the circle (when leaving the circle he must do so as required in rule 90.4) before returning to a stationary position and beginning a fresh trial.

**NOTE:** All the moves permitted by this paragraph shall be included in the maximum time for a trial.

### 90.4 LEAVING THE CIRCLE

(IAAF 182.6)

The competitor must not leave the circle until the implement has touched the ground. When leaving the circle, the first contact with the top of the iron band or the ground outside the circle must be completely behind the white line which is drawn outside the circle running theoretically through the center of the circle.

**NOTE:** This rule shall be waived for sitting competitors using the approved holding device.

### 90.5 Implements Breaking

(186.5g)

If any implement breaks at any time during the course of the throw, it shall not count as a trial, provided the throw was made in accordance with the rules.

## 91.0 DEVICES FOR THE HANDS (187)

91.1

No device of any kind – i.e., the taping of two or more fingers together - which in any way assists a competitor when making a throw shall be allowed. Taping on hands or back of hands or connections to wrists is now considered legal as long as the fingers move independently, i.e. no two fingers taped together. An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

### 91.2 \*\* ASSISTANCE HAND TAPING & GLOVES FOR QUADRIPLEGICS

(Sport Classes F31-F33& F51- F53)

Athletes in Sport classes F31-F33 and F51-53 (i.e. more involved athletes) may use strapping or a glove on their non-throwing hand and can anchor/attach that hand to the throwing frame or throwing pole.

**NOTE:** Athletes in Classes F32-34, F54-57 must not use gloves. Tape on the holding bar is acceptable if it is deemed not to be an advantage to the athlete.

91.3 In order to obtain a better grip, an athlete may use a suitable substance on their hands only. Shot putters may use such substances on their neck. **In addition, in the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement.**

91.4 In order to protect the spine from injury, a competitor may wear a belt of leather or some suitable material.

## **92.0 RETURNING THE IMPLEMENT**

(IAAF 181.15) After a put/throw has been completed, the implement must be carried back to the circle and never thrown back.

## **93.0 MEASUREMENT**

(IAAF 145.1)

### **93.1**

All measurements must be made using a calibrated and certified steel or fiberglass metric tape or bar or by an approved scientific measuring apparatus. The accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organization accredited by a national measurement authority, such that all measurements can be traced back to national and international measurement standards. All implements must be weighed on a governmentally approved balance.

### **93.2**

(IAAF 182.9)

Each valid throw shall be marked and measured after the prescribed number of throws from the nearest mark made by the fall of the implement, to the inside of the circumference of the circle, along a line from the mark made by the implement to the center of the circle. All measurements will be to the nearest centimeter.

### **93.3**

#### **THE MEASUREMENT JUDGE (ELECTRONICS)**

A measurement Judge shall be appointed when electronic distance measurement is to be used.

Before the start of the meet, he will meet the technical staff involved and familiarize himself with the equipment. Before the event, he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff. During the competition, he will remain in overall charge of the operation. He will report to the Field Event Referee to certify that all the measurements are correct.

**NOTE: GIVING ASSISTANCE, ADVICE, OR INFORMATION – See Rule 28 for specific Rules.**

## **94.0 CREDITING THE BEST THROW/PUT**

(IAAF 181.3)

Each competitor shall be credited with the best of all his puts/throws including their others achieved in deciding a tie for first place.

## **95.0 DECIDING A TIE**

(IAAF 147.3)

In those field events where the result is determined by distance, the second best performance of the competitors tying shall decide a tie. If the tie still remains, the third best throw is used and so on.

## **96.0 THROW ACTION**

### **96.1**

#### **SHOT PUT ACTION**

(WPA 31)

The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note (i): Cartwheeling techniques are not permitted.

Note (ii): For Sport Classes F33-34, F52-57 from start to finish, the movement of the shot shall be a straight, continuous putting action.

**Note (iii): For Sport Class F32, lateral movement of the shot away from the chin or neck during putting action is allowed.**

### **96.2**

#### **JAVELIN ACTION**

(IAAF 186.5)

Requirements for a valid throw:

- a) The javelin must be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled. Non-orthodox styles are not permitted.
- b) No throw shall be valid in which the tip of the metal band does not strike the ground before any other part of the javelin. This applies to Open, Masters and the U16, U18, U20, & U23 Junior Classes
- c) For juniors U11 and U14, the measurement of the throw shall be made from the nearest edge of the first point of contact made by the javelin in the sector to the inside circumference of the circle (F52-57 athletes) or arc/foul line (standing athletes) measured along a line from the contact point of the tip, tail, or grip to the center of the circle or arc. Tip, Tail or back of grip for a flat.

**96.3 COMPETITION RULES FOR CP FIELD EVENTS**

<b>Event</b>	<b>Technical</b>	<b>Notes</b>
DISTANCE THROW	34.92 degree sector	No Lifting
	6 Consecutive Throws	Mark where implement first hits
		Field chair or lower
		Measure in meters

**HIGH TOSS ACTION**

Requirements for a valid throw:

- For this competition the relevant part of IAAF rules 171 (High Jump) can apply. Where possible it is advisable to use pole vault stands. A competitor may throw the implement from any position in front of the bar.
- The bar shall be raised in consultation with the referee of the field events.
- If competitors are tied with the maximum height being reached, further attempts will be taken at increment distances from the vertical plane of the bar.

<b>Event</b>	<b>Technical</b>	<b>Notes</b>
HIGH TOSS	Minimum 1 meter	No Lifting
	Raise by 15 cm after each	Field Chair or lower
	Event is over after 3 successive misses.	
	There is no distance from throw line to bar. The distance is up to the athlete.	

**MEDICINE BALL THRUST ACTION**

The foot should remain in contact with the medicine ball throughout the movement prior to release. Kicking is not permitted.

**NOTE:** The foot pedals on the chair may be removed. The wheels of the chair must be behind the start line. A competitor's foot may touch the ground within the kicking area providing that the contact is made with the seat of the chair during the thrust.

<b>Event</b>	<b>Technical</b>	<b>Notes</b>
MEDICINE BALL THRUST	3kg Medicine Ball	No Lifting
	34.92 Degree Sector	Field Chair or lower
	6 Thrusts	Measure where ball stops or goes out of bounds.
	1 minute to thrust	
	Sector must be flat	

**DISTANCE KICK ACTION**

Requirements for a valid kick:

- The ball should be placed by the coach behind the start line but should not be held. The ball may be repositioned prior to the attempt. The kick shall be considered valid once it has gone over the start line.
- Sand may be used to stabilize the ball, but not to raise the ball as a kicking tee.
- The ball must be stationary at the time of kicking.

<b>Event</b>	<b>Technical</b>	<b>Notes</b>
DISTANCE KICK	10" kickball	No lifting
	34.92 Degree Sector	Field chair or lower
	6 kicks	Measure where ball stops or goes out of bounds.
	1 minute to kick	
	Sector must be flat	

**NOTES:** The foot pedals on the chair may be removed. The wheels of the chair must be behind the start line. A competitor's foot may touch the ground within the kicking area providing that the contact is made with the seat of the chair during the kick.

**98.0 LIFTING AND FOULING (WPA Rule 35/36)**

Classes F31-34, F51-57: All athletes competing in a seated throw event **MUST**:

- Sit in a throwing chair with a minimum 30 centimeter (~12") square or rectangular seat,
- Have both legs off the ground and be in contact with the seat from the Ischial Tuberosities to the back of the knee.
- Not lift from the time the athlete takes the implement into the starting position of the trial until the implement has landed.
- The chair may have a straight rigid holding bar with no bends or joints.
- If the athlete touches any holding strap outside the vertical plane of the rim of the throwing circle during the trial it shall be marked as a foul.

**99.0 HOLDING DEVICE BREAKING**

If a holding device provided to tie the chair to the ground or platform should break during the execution of a throw, it shall not count as a trial providing it was made in accordance with the rules. If the competitor thereby loses his balance and commits a foul, it shall not be counted against him. The competitor shall be able to count the trial if he/she chooses.

**100.0 PENTATHLON**

Competition Classes: Pentathlon will be an event for athletes in U16, U18, U20 and U23 with separate awards for each gender, age division and classification group as is written below: P11-13 and P42-46; P33-34; P35-38; P51; P52-53 and P54-57.

**100.1 EVENTS CONTESTED**

The Pentathlon consists of five events which shall be held on one day in the following order:

Class	Gender	Event 1	Event 2	Event 3	Event 4	Event 5
<b>P11-13</b>	Male	Long jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
<b>P33-34</b>	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
<b>P35-38</b>	Male	Long Jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
<b>P42</b>	Male	Long Jump	Shot put	100m	Discus	200m
	Female	Long Jump	Shot put	100m	Discus	200m
<b>P44</b>	Male	Long Jump	Shot put	100m	Discus	400m
	Female	Long Jump	Shot put	100m	Discus	400m
<b>P46</b>	Male	Long Jump	Shot put	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
<b>P51</b>	Male	100m	Club	400m	Discus	800m
	Female	100m	Club	400m	Discus	800m
<b>P52-53</b>	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
<b>P54-57</b>	Male	Shot put	Javelin	200m	Discus	1500m
	Female	Shot put	Javelin	200m	Discus	1500m

**100.2 FAILING TO START AN EVENT**

(IAAF195.10) Any athlete failing to start or make a trial in one of the five events of the Pentathlon shall not be allowed to take part in the following event but shall be considered to have abandoned the competition. He shall not therefore figure in the final result placing.

**100.3 INTERVAL BETWEEN EVENTS**

(IAAF 195.4) At the discretion of the Referee, there shall be, whenever possible, an interval of at least 30 minutes between the time one event ends and the next event begins, for any individual athlete.

**100.4 VARIATIONS TO THE RULES**

(IAAF 195.6) The ATFUSA rules for each event constituting the competition will apply with the following exceptions:

- In each of the jumping and throwing events, each competitor shall be allowed three trials only.
- In track events, a competitor shall be disqualified in any event in which he has made the 2<sup>nd</sup> false start.

**100.5 SCORING POINTS**

The times and distances in the separate events will be related to the points on the pentathlon scoring table.

**100.6 DECIDING THE WINNER**

(IAAF 195.8) The winner shall be the competitor who has obtained the highest number of points in the five events, as the case may be, awarded on the basis of the Stoke Mandeville Scoring Table.

- Deciding a Tie

(IAAF 195.9) In the event of a tie, the winner shall be the competitor who in the greater number of events has received more points than the other competitor/competitors tying. If this does not resolve the tie, the winner shall be the competitor who has the highest number of points in any such events. This shall apply to ties for any place in the competition.

## **DIVISION FIVE: JUMPING EVENTS**

### **101 JUMPING EVENTS FOR AMPUTEES**

#### **101.1 CLASSES T42-T44 / T61-T64**

Lower limb disability classes may use a running or hopping start in jumping events.

**101.2** If, in the process of long or triple jumping, an athlete loses prosthesis, the mark where the prosthesis lands, if it is the closest mark to the take-off board, shall be measured.

**101.3** If the prosthesis for LJ or TJ is lost during the run-up, the athlete can adjust it and continue within the allowed time, with or without the prosthesis.

**101.4a** If the prosthesis for LJ or TJ lands outside the landing area shorter than the official mark it shall be counted as a foul and recorded as such.

**101.4b** If the prosthesis for LJ or TJ lands outside the landing area longer than the official mark it shall be measured and counted and recorded as such.

#### **101.5 CLASS T45-47**

For international meetings it is recommended that the take-off line shall be set at 9m for women and 11m for men from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.

#### **102.1 CLASS T61-T64 For High Jump**

- If an athlete's prosthetic falls off on the approach and the athlete makes the jump the jump shall count.
- If an athlete's Prosthetic falls off during the jump phase both the athlete and the prosthetic must travel over the bar for the jump to be marked.

**DIVISION SIX: JUNIOR DIVISION****110 CLASSIFICATION**

Junior competitors will be classified using the functional classification system.

**111\* AGE GROUPS**

Age group competitors will be assigned to age divisions based upon the athlete's age in the competition year (age as of 12/31 of competition year) in accordance with the following:

Futures (6 and under)	
under 11 (7, 8, 9, 10)	will be displayed U11
under 14 (11,12,13)	will be displayed U14
under 17 (14, 15, 16)	will be displayed U17
under 20 (17, 18, 19)	will be displayed U20
under 23 (20, 21, 22)	will be displayed U23

**B. The Futures Division:**

Futures will be able to compete at competitions up to and including regional events but will not be allowed to compete at Junior Nationals. A Futures division athlete can choose to compete in the U11 age division at Nationals but must compete and qualify in the appropriate class reach U11 age division standards.

**C. COMPETING AS AN OPEN/ADULT:**

Any Athlete 14 years of age or older may compete as an OPEN (Adult). The athlete must declare this prior to or at registration. An athlete may not, however, split events in which they will compete as an OPEN. Either the athlete competes in their age group or as an OPEN. This applies for Athletics, both Track and Field. At Junior Nationals if an athlete declares they will compete as an open they will be placed and race with the under 23 (U23) group which uses Open implement weights. At Regional events the Athlete will compete either with the U23 or Open athletes.

**112 REGIONAL & JUNIOR NATIONALS EVENTS**

All of the following events must be offered at a Level 3 meet to satisfy recognition at a sanctioned Regional L3 Junior Meet: 20M, 40M, 60M, 60M weave, 100M, 200M, 400M, 800M, 1500M, 5000M, shot put, discus, club, javelin, and where applicable; long jump, high jump, and triple jump.

**113 HELMETS**

**When in the venue**, helmets must be worn in all wheelchair Junior racing events. Helmets must be certified by a national or international safety organization to be approved for use. Helmets without a certification label if checked must be exchanged for a certified one per ATFUSA & WPA rules.

**114 EVENT TIME LIMITS**

To ensure efficiency of running of a meet in the 3000 and or 5000M all athletes still on the track after the standard time has elapsed may be asked to leave the track and will be given a "Did Not Finish" (DNF) for the race.

**115 FALSE STARTS**

Futures, U11 and U14 athletes shall follow the rule that allows the first athlete responsible for a false start to be warned. Following this warning, any athlete to false start will be disqualified.

Athletes in the U17, or older categories shall follow WPA Open rule. Any movement following the set position/command shall be deemed a false start if that movement is deemed as a forward movement.

**NOTE:** In combined events such as the pentathlon, the first athlete responsible for a false start shall be warned. Following this warning, any athlete to false start will be disqualified.

**116 PENTATHLON**

Pentathlon will be an event for athletes in U17, U20 and U23 with separate awards for each gender, age division / classification as is written below: P11-13, & P42-46; P20; P33-34; P35-38; P51; P52-53 and P54-57."



**116.1****EVENTS**

Class	Event 1		Event 2		Event 3		Event 4		Event 5	
	M	F	M	F	M	F	M	F	M	F
<b>P11-13</b>	Long jump	Long Jump	Javelin	Shot put	100m	100m	Discus	Discus	1500m	800m
<b>P20</b>	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	200m	200m
<b>P33-34</b>	Shot put	Shot put	Javelin	Javelin	100m	100m	Discus	Discus	800m	800m
<b>P35-38</b>	Long Jump	Long Jump	Javelin	Shot put	100m	100m	Discus	Discus	1500m	800m
<b>P40-41</b>	Long Jump	Long Jump	Shot Put	Shot Put	100m	100m	Discus	Discus	200m	200m
<b>P42</b>	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	200m	200m
<b>P44</b>	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	400m	400m
<b>P46</b>	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	1500m	800m
<b>P51</b>	100m	100m	Club	Club	400m	400m	Discus	Discus	800m	800m
<b>P52-53</b>	Shot put	Shot put	Javelin	Javelin	100m	100m	Discus	Discus	800m	800m
<b>P54-57</b>	Shot put	Shot put	Javelin	Javelin	200m	200m	Discus	Discus	1500m	1500m

**116.2****PENTATHLON QUALIFICATION**

If a qualifying meet does not offer the pentathlon the junior athlete must compete in all 5 events as individual events at a sanctioned meet. **Qualification for the Junior Nationals will be determined by scoring each of the five individual events according to ATFUSA pentathlon tables.** Qualifying standards are as follows:

	Quad	Para	CP	Amputee	VI	F40-41
Male	1200	1900	1900	No Standard	No Standard	No Standard
Female	1000	1200	1200	No Standard	No Standard	No Standard

All other ATFUSA rules 100.2-100.7 apply.

**NOTE:** Adaptive Sports USA junior CP tables will be used for Regional and Junior Nationals. Results published to IPC will use the IPC table.

**NOTE2:** Qualifying is by points not by sex/age group/class standards for an event.

**117****RELAYS**

- There will be three (3) different Ambulatory or Wheelchair relay teams: all male, all female, or mixed.\
- Teams are formed in either the Wheelchair, Ambulatory or Universal categories by grouping 4 athletes by points or type.
- Any four athletes form a relay independent of disability classuniversal relay by different Classes.
- There are 3 types of relays a 4 x 100M, a 4 x 400M and an 800M Medley relay.
- A team competes in a relay if the 4 athletes point total is less than or equal to the points for that relay.

117.1

For Relays, Ambulatory and Wheelchair relay handoffs from athlete to athlete are by tagging (even in all blind or T20 relays) (Due to ability for any disability class to be in an single ambulatory relay, batons are not used, including the blind and II classes).

## TRACK POINT SYSTEM

## Wheelchair

Age Category	Classification		
	T51/52	T53	T54
	T32/33	T34	
U11	1	2	3
U14	2	4	6
U17	3	6	9
U20/U23	4	8	12

4 x 100M:

10 - 20 - 30 point teams

800m Medley (100M/100M/200M/400M):

30 - 40 point teams

4 x 400M:

30 - 40 point teams

## Ambulatory

Age Category	Classification				
				T11	T12/13
					T20
	T35	T36	T37/38		
			T40-T41	T42/44 T61-64	T45-47
U11	1	2	3	4	
U14	2	4	6	8	
U17	3	6	9	12	
U20/U23	4	8	12	16	

4 x 100M:

10 - 20 - 30 - 40 - 50 point teams

800m Medley (100M/100M/200M/400M):

30 - 40 - 50 point teams

4 X 400M:

30 - 40 - 50 point teams

117.2

## UNIVERSAL RELAY-

A universal relay (4 x 100) of two men and two women with a running order of 1<sup>st</sup> leg- 11-13, 2<sup>nd</sup> leg- 42-44, 61-64, 3<sup>rd</sup> leg- 35-38 and the 4<sup>th</sup> leg of 33-34, 51-54.

The event is an Open. No points are required for different Age Groups with in classes competing.

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.

NOTE: At WPA Paralympics, World or Regional events the universal relay will be the only relay run in the 2017-2020 quad.

**117.3\*\* RELAY QUALIFYING RULES -****GENERAL:**

- i. Relays teams shall qualify by Team
- ii. The team does NOT have to run together at a Regional successfully prior to Junior Nationals.
- iii. Each athlete 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. An Athlete may run in 1 or 2 relays per meet.
- vii. They must be different relay races (male, female, mixed, 4X100, 4X400M or 800M medley) or point value.
- viii. Registered Team relays will count towards team points at Junior Nationals.
- ix. Independent Relays will run for exposition.

**TEAM ENTRIES:**

- iii. Scoring Teams must be built from registered teams.

Independent Teams must be built with athletes from the same region: East, Central, or West.

**118 EVENTS CONTESTED WITH MULTI-CLASSES**

Individual junior track events may be heated with several different classes including adults for convenience purposes. If it is determined an athlete has gained an unfair advantage from an athlete outside his/her classification, age division, or gender from drafting they may be disqualified from that event. See rule 28.2

For out of lane races, athletes must be instructed that multiple classes are in the event and those differences must be easily identified to the athlete (I.E. colored markings on the back of chairs or helmets or by verbal instructions for smaller numbers in a heat).

IPC restricts mixing sexes in an event. This should be avoided at all regional competitions. If necessary for meet timing a mixed sex event can be run at ATFUSA Level I and Level II meets, but not at Level III meets.

A meet director may offer additional events at his/her discretion.

**119 JUNIOR NATIONAL RECORDS**

Junior Records can only be broken at Adaptive Sports USA Junior Nationals and any ATFUSA Level III Regional or other WPA Sanctioned event. Results to be submitted to ATFUSA via formal application form.

**120 JUNIOR EVENTS AND QUALIFYING STANDARDS**

- a) See list of junior events for each classification, age, and gender with associated implements and qualifying standards
- b) In order to compete in a track and field event at the Adaptive Sports USA Junior Nationals, a Junior competitor must equal or exceed the appropriate standard at an ADAPTIVE SPORTS USA and/or ATFUSA sanctioned L2 or L3 regional competition, at an WPA or USATF, NCAA or High School Athletic Association sanctioned meet for each event in accordance with the standards.
- c) See Rule 117 for relay qualifying standards.

**121 JUNIOR DISCUS MOTION**

The discus shall be released in a throwing motion coming from a direction which approximates the horizontal plane of the body. IT SHALL NOT BE RELEASED from an overhand throw or from a position which begins at or near the midline of the body (ie: Frisbee throw).

**122 JAVELIN MEASUREMENT****122.1 FUTURES THROUGH U14**

The measurement of the javelin throw shall be made from the nearest edge of the first point of contact made by the javelin in the sector to the inside circumference of the circle (wheelchair athletes) or arc/foul line (ambulatory athletes) measured along a line from the first contact point of the tip, tail, or grip (back of the grip) if the throw is deemed flat, to the center of the circle or arc.

**122.2 U17 THROUGH U23**

The measurement of the javelin throw will follow the PA Open tip-first rule.

**123 STARTING BLOCK EXCEPTIONS U11, U14**

For athletes in the T11-13 & T20 Classes and in the U11 and U14 divisions, the general rules regarding the use of starting

blocks and stance are waived. The use of starting blocks and stance is within the discretion of the competitor.

**NOTE:** Blocks are required for the T11-13 & T20 class for Age Groups U16 and above. Blocks are not required for other Classes.

**124 1500 MULTICLASS VS SINGLE CLASS EVENT**

U11 and U14 athletes shall run the 1500M in class with no combining of classes for medals and records. U16, U18, U20, U23 Juniors will follow the class combinations defined at the open IPC event level for classes T12 and T13, T45 and T46; T51 and T52; and T53 and T54.

**125 T40 AND T41 JUNIOR EVENTS**

U11 – 20m, 40m, 60m  
U14 – 60m, 100m, 200m  
U17+ – 60m, 100m, 200m, 400m  
Shot Put  
Discus  
Javelin

**126 T20 JUNIOR EVENTS**

U11 - 60m, 100m, 200m, 400m, 5000m\*\*  
U14 - 100m, 200m, 400m, 800m, 1500m, 5000m\*\*  
U17+ - 60m, 100m, 200m, 400m, 800m, 1500m, 5000m  
\*\* The 5000m is an Open junior Event anyone could theoretically qualify and run it.  
Shot Put  
Discus  
Javelin

**127 FIELD TIE DOWN AND WARMUP:**

The rules now require an athlete to have either 4 or 5 minutes (depending on class) to strap themselves into their field chairs and take as many warmups as they desire. The U11 and U14 rule has been amended to state: If the time is exceeded and the athlete has not taken any warmups, 1 warm up throw will be allowed before trials are thrown.

## **DIVISION SEVEN: ATFUSA FORMS**

### **WPA Regional and World Record Applications:**

WPA Track or Field forms shall be used to apply for an WPA Region or World record. The current Forms can be found on the WPA website. Completed forms shall be submitted to both ATFUSA and to WPA. Incomplete forms will not be accepted.

Send completed forms to both the WPA & ATFUSA.

Send copies of IPC forms to:

Adaptive Track and Field USA

Re: Per name and address on the form.

**NOTE: WPA requires forms to be sent directly in a set timeframe.**

**Please review current form instructions to ensure form acceptance by the IPC.**

### **ATFUSA National Records:**

WPA or ATFUSA Track or Field USA Record forms may be used to apply for a USA ATFUSA National Record. The current ATFUSA Record Forms can be found on the Adaptive Track and Field USA website [www.ATFUSA.org](http://www.ATFUSA.org).

Completed forms must be sent to:

Adaptive Track and Field USA

Re: Per the name and address on the form.

### **Proof of Performance (POP):**

To submit a qualifying time or distance for acceptance to compete at the Adaptive Sports USA Junior Nationals, the ATFUSA Proof of Performance form must be completed and submitted with the proper signatures.

Completed forms must be sent to:

ATFUSA

Re: Per the name and address on the form.

The current ATFUSA POP can be found on the Adaptive Track and Field USA website [www.ATFUSA.org](http://www.ATFUSA.org).

## **DIVISION EIGHT: JUNIOR, OPEN, MASTER STANDARDS**

See Standards documents and Meet Results Database tabs at [www.ATFUSA.org](http://www.ATFUSA.org)

