



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

**2019  
Competition Rules for Track, Field & Road Racing  
V4: 05/15/2019**

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.

**2019 TRACK AND FIELD CHANGES:**

**A. 3\_2019 Change**

**5 WPA Rule changes took effect in March of 2019**

**WPA rules: 23.10, 23.20, 24.6, 24.17, Rule 52**

**Most of these deal with Relays, however WPA 24.17 (ATFUSA 90.2) changes the time between field Trials from 30 sec. to 1 Min.**

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

**B. 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. & U18 records will be retired.**
- k. **U16 standards will become U17 Standards**
- l. **U17 implement weights should be the same as U16 but check table to be sure.**

**C. 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

**D. 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.**

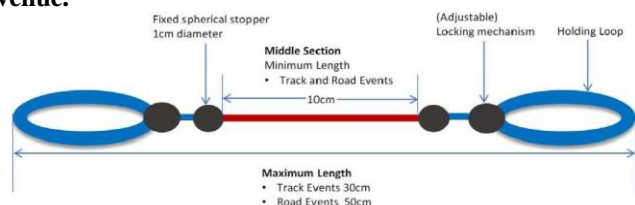
**We understand this is not possible for all athletes. REQUEST FOR ASSISTANCE forms will be available to request an aid at major competitions and a simple verbal request to the Head Field pit official will be required at regional events. The form will be available on the ATFUSA.org or WPA Web Sites if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

**E. 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.

#### F. T11-T12 –

- a. The  $\leq 100\text{cm}$  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.



#### G. 750g Discus max diameter increased from 169mm to 172mm.

- #### H. Amputee Track rules have been clarified. All Amputee Track athletes must use their Prosthetic.
- The old rule stated the athlete must finish with the prosthetic on and the athlete can not hop. The new rule eliminates the terms “no hopping” and allows the athlete to finish carrying the prosthetic if it falls off or breaks during the race.

#### 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<br>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:

- F32-34 and F54-57: Athletes will be allowed up to 4 minutes to transfer to their field chair, strap, and warm-up.
- 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 2.1.

**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. **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.**

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

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

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

20. **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.

- i. At WPA Paralympics, World or Regional events the universal relay will be the only relay run.
- ii. ATFUSA will continue to offer the Wheelchair and Ambulatory only relays at its regional and national level competitions by the point structure detailed in the rule book.
- iii. ATFUSA will add the universal relay to the competition schedule.

b. **ATFUSA RELAY JUNIOR NATIONAL 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. Registered Team relays will count towards team points at Junior Nationals.
- viii. Independent Relays will run for exposition.

**TEAM ENTRIES:**

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

21. **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).

22. **WHEELCHAIR RELAYS: ALL TEAMS SHOULD WEAR 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.

23. **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.**
24. **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.
25. **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)**
26. **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.”
27. **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).**
28. **F32 Shot Put motion: Lateral movement of the shot away from the chin or neck during putting action is allowed.**
29. **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 |  |



