



**Setting Track & Field Rules, Standards and Records  
for the U14 and the Master Age Groups  
in the USA**

**2021  
Competition Rules for Track, Field & Road Racing  
R1.0 2/11/2021**

National Records Updated 1/1/2021  
Record Forms Updated 1/1/2021  
Standards Updated 1/1/2021

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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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## 2021 TRACK AND FIELD CHANGES:

- A. The U14 Junior False Start rule has been amended to allow 1 false start for each athlete. Any athlete who false starts for the 2<sup>nd</sup> time will be disqualified. This replaces the 2020 rule which allowed 1 false start on the field and anyone committing the 2<sup>nd</sup> false start be disqualified.
- B. The Shot Max Diameters have changed in this Rule book to agree with the 2020 WA Rules.

		Nominal	size					
UNITS		7.26kg	6 kg	5 kg	4 kg	3 kg	2 kg	1kg
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.	130mm	125mm	120mm	110mm	110mm	100mm	100mm

- A. Relays at Junior Nationals:
- Relays do not have to qualify at a regional event.
  - All athletes in the event must have an “A” or “B” standard in the distance they are racing.
  - Athletes can race in a maximum of 2 relays.
  - At Junior Nationals, an athlete may only race in 1 of a type of relay (IE: 4X100 Male, including all point choices).**  
This change is necessary to allow the championship to move along effectively and not cause last minute heating and seeding changes. (types: 4X100, 4x400, 4X800 medley, universal relays).
  - 3 of the members must be from the same team or region. 1 member may be from a different team or region. All points however are awarded to the team and not split.
- B. Amputee High Jump (25.7):
- If the prosthetic device(s) is lost during the run-up then the athlete canNOT continue without the prosthesis. The athlete shall fix/adjust the prosthetic device(s) and recommence the trial provided he /she is within the time allowed for the trial.**
  - If the prosthetic device(s) is lost during the process of jumping and the prosthetic device(s) does not clear the bar it shall be counted as a failure and recorded as such.
- C. Amputee horizontal Jumps (27.14):
- For athletes competing in horizontal jumping events in sport classes T61-T64 the use of prosthetic device(s) is optional.
  - If the prosthetic device(s) is lost during the run-up then the athlete canNOT continue without the prosthesis. The athlete shall fix/adjust the prosthetic device(s) and recommence the trial provided he /she is within the time allowed for the trial.**
  - If the prosthetic is lost after the take off and the prosthetic lands out of pit the trial is a foul.
  - If the prosthetic is lost after the take off and the prosthetic lands in the pit closer than the closest athlete mark the trial is legal, measure the closest mark of the prosthetic.
- D. World Record:
- NEW FOR 2021: Events which attain a World Record MUST have arrange for doping to be conducted at the event (in competition testing) before the start of the event.**
  - It is not a requirement that the athlete that has broken the record be tested.
- E. Call Room:
- The Call room shall approve Foot ware, MASH, Tethers, Wheelchair Racing Chairs. FrameRunners, Throwing Frames (when not checked at the ring) and Eye Patches/Eye Masks.
- F. Field Chair (35.1(e)):
- There is no min or max length required for the vertical bar. The bar must be vertical however some deviation from “exactly perpendicular to the ground” may be permitted. Such deviation should not usually exceed 5 degrees from the vertical.
  - A brace can be used to mitigate against potential flexing of the vertical bar.**

## IMPLEMENTS REQUIRED FOR 2021 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 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 weight
- Kick Ball 10" diameter; 2lb.

### Rules that ATFUSA Wishes to Emphasize or Clarify:

#### 1. ATFUSA USA EXCEPTIONS TO WPA RULES

- U11 or U14 False Start:**  
Each athlete may false start once without disqualification.
- 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, (Although we encourage coaches to use blocks as soon as possible to improve performance).
- U11, and U14 Javelin:**  
A trial that lands; flat or tail first will not be a foul;
  - Flat** - marked at the rear of the grip or at the point where the
  - Tail** - marked at the point the tail hit
  - Tip** – mark at the point the tip hits.
- 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 throw.
- Anchoring the Field Chair:**  
For a USA ATFUSA seated throw competitions: Aids are allowed to help set the chair in the pit to speed up the event (BUT!!!! not coach).
- 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 an athlete form) to speed up the event.  
(We encourage coaches to train F55-F57 athletes to transfer to the throwing frame as soon as possible to enable the U17 and older transfer rules).  
**U17 & older Field Athlete Assistance:**  
U17 and older licensed and non-licensed F55-F57 athletes will require a Form or permission from the head pit official to have an Aid.  
**NOTE: While in the venue assisting the athlete, NO COACHING IS PERMITTED.**
- 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.
  - There shall be no drafting out of class or gender closer than 5 meters for more than 400m.
- ATFUSA T35a Class:**  
ATFUSA has a T35a class just for U7/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 must decide to compete in a wheelchair as a T34 or run without aids as a T35.
- Junior Discus Throw Rule:**  
Although not in the WPA or WA rules: 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:

- 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, Open and Master: all athletes will follow the class combinations 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 and never permitted at an WPA sanctioned or Level III meet. (If numbers do not allow separate Male and Female heats the 5000m (WPA) and the 3000m (ATUSA) events may combine Male and Females).

## 5. JUNIORS OR MASTER ATHLETES 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 as an OPEN in the under 23 (U23) group.
- At a Regional in the U23 or Open/Adult Group.

Note: Open athletes 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

Once the Field chair has been tied down and positioned in the ring the chair will available to the Athlete. The maximum time allowed for all age group athletes (U11 through M60) to transfer to the chair, secure themselves in the field chair and take as many warm-up throws as time permits is:

- F32-34 and F54-57: 4 minutes.
- F31 and F51-F53: 5 minutes.

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

*Note 2:* For National meets, 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 ASSITANCE 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, WPA 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 WPA Passport/License must complete the WPA exception request form on the WPA website and can not use this USA only exception.*

**9. WPA or ATFUSA USA FIELD RECORDS:**

a. WPA

Rule 51.19 – records must be measured either by **three** Field Judges with a Ref present, 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 WPA 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. **(NOTE: To set a WPA World record the Meet MUST have arranged on site doping prior to the event).**

b. ATFUSA

National records will be accepted at Level 3 type meets with **two** Field Judges signatures, measuring with a calibrated steel tape measurement or electronic device and the Field Referees signature post event.

For ATFUSA/Move United 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. Video from other sources is allowed to be reviewed.

**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 WPA 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 BREAK LINE INFRINGEMENT – 800M WHEELCHAIR:**

For wheelchair and FrameRunner 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 (WA 180) PERFORMANCE MARKERS AND WIND SOCKS – FIELD EVENTS:**

One or more wind sock(s) should be placed in an appropriate position in all:

- Jump 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 at Junior Nationals if they meet the "B" standard.

*Note 1: For 2020 the B standard shall be set at 95% of the "A" Standard.*

*Note2: The "B" Standard applies to Track or Field but not Track and Field. Ex: Make an "A" standard in Track the athlete can do other Track events if they met the "B" Standard but 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, but 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 WA approved at a reasonable cost.**
- g. A Certified Officials database so Meet Directors can reach out to officials in your area who are USOPC and/or ATFUSA, Para Certified.
- h. The Level 1 Para Officials Course and test to become a USATF/USOPC Para certified Official.

18. **USAGE OF COMMON LANGUAGE:**

World Para Athletics (WPA) and ATFUSA want 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 WPA and WA:

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 not drop the tether for the entire race.**

20. **FrameRunners:**

**T31 & T32 events are now FrameRunner only events.**

- a. **TRR1 class is now T31**
- b. **TRR2 class is now T32.**
- c. **All existing TRR1 and TRR2 records became T31 and T32 records and any existing T31 & T32 wheelchair records were grandfathered.**
- d. **TRR3 & TRR4 records were grandfathered.**

21. **Relays**

a. **UNIVERSAL RELAY-**

**A universal relay (4 x 100) is made up of:**

- i. **Two men and two women**
- ii. **With a running order of:**

- **1<sup>st</sup> leg - ..... T11-13,**
- **2<sup>nd</sup> leg - .....T42-44, 61-64,**
- **3<sup>rd</sup> leg - ..... T35-38**
- **4<sup>th</sup> leg - .....T33-34, 51-54.**

- iii. Only 2 of the athletes can be selected from the T13, 46/47, 38, 54 classes.
- iv. The remaining athletes can be from any sport class listed in the description of each leg.
- v. Two lanes will be assigned each team.
- vi. No baton, the exchange is a touch.
- vii. At WPA Paralympics, World or Regional events the universal relay will be the only relay run.
- viii. At ATFUSA meets, Wheelchair and Ambulatory only relays maybe contested.

b. **JUNIOR NATIONAL ATFUSA QUALIFING RULES - GENERAL**

- i. **Relays teams shall qualify by participating team**
- ii. **The team does NOT have to run the relay at a Regional successfully prior to Junior Nationals. However, each athlete in the relay must have an “A” or “B” Standard in the event they are running in the relay.**
- iii. **At a minimum, three out of the four relay team members must be from the same registered Team or Region. One out of the four relay team members may be from another registered team or be an independent athlete. (all team points, if available, go to the 3 person team)**



- iv. An Athlete may run in only 1 or 2 relays at Junior Nationals.
- v. An Athlete at Junior Nationals may only run in 1 Relay type event (Example 4X100 Wheelchair Male – no matter what point value).
- vi. Registered Team relays will count towards team points at Junior Nationals.
- vii. Independent Relays (assembled by Region, East, Central, West) will run for exposition.
- viii. (NEW FOR 2020) ATHLETES MAY ENTER ONLY 1 RELAY OF EACH TYPE. 4 X100, 4 X 400, 4 X 800 MEDLEY, UNIVERSAL, NO MATTER THE RACE POINTS.

**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.

**22. RELAY EXCHANGE ZONES:**

The exchange zones start at the former acceleration mark and extend to the end of the original exchange zone (There is no longer an acceleration zone). This zone is:

- a. 30m (Ambulatory)
- b. 40m (Wheelchair) – an additional 10m.

**23. HELMET COVERS/SOCKS - WHEELCHAIR RELAYS:**

The Meet LOC should provide each team with unique 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 1.5m high flags 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. CLUB & DISCUS - CAGE OPTIONS FOR SEATED FIELD -:** (see ATFUSA WEB site for whitepaper)

Cages **MUST** be provided for wheelchair Club and Discus competitions.

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

- 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 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 5 pieces of 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. 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 and cell phones.**

**27. CLASS 32 SHOTPUT:**

For class F32 Shot Put lateral movement of the shot away from the chin or neck during putting action is allowed. Taking the shot outside or behind the shoulder is still not permitted.