

- STARTER-

*Adaptations for Para Sport to allow
competition for Para Athletes*

R1.7



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Para Starter Webinar

Date: Nov. 10th 2021

Time: 7 p.m. (ET)

Our presenters will be:

David Weicker,

Steven Kessler,

Duke Fuller,

Phil Galli,

Jerry Clayton



Objective: The presenters will review specific rule adaptations for Para Starters



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Learning Objectives

- ❖ Rules
- ❖ Classification - Who are the Para Track Athletes
- ❖ General Conditions
- ❖ Starting Adaptations By Para Class
- ❖ Track Lane assignments: VI & FrameRunner Athletes;
Universal & Wheelchair Relays
- ❖ ATFUSA Youth and Master Exceptions
- ❖ WPA Lanes, Staggers, Blocks, Start Lines
- ❖ This is not a discussion on general Starter best practices.



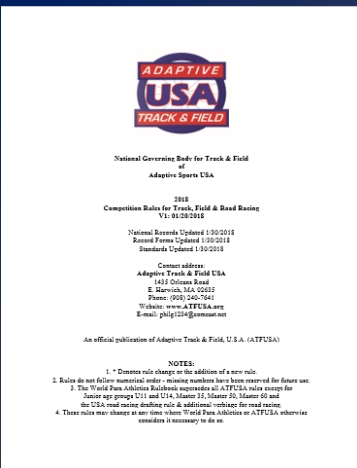
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Rules

- **World Para Athletics (WPA) rule book:**
<https://www.paralympic.org/athletics/rules>
- **Adaptive Track & Field USA (ATFUSA) rule book:**
 - USA rule Exceptions for U14 & Master Athletes
www.atfusa.org



- **Official's Meet Management By Role Guide**
<http://atfusa.org/OFFICIALS/Officials.htm>
- **Summary of World Para Athletics rules and exceptions included at the back of the USATF rule book.**



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Classification Basics

- The Purpose of Classification is to provide a competitive structure for individuals with functional impairments caused by health conditions so that the impact of impairment type and extent on the outcome of competition is minimized.
- To be eligible for Para athletics,
 - Must have an eligible impairment type
 - The impairment must be judged to be severe enough to impact the sport of athletics.
- The system places athletes into Sport Classes where the athletes in each class have impairments that cause approximately the same amount of functional limitation in key athletic disciplines (running, wheelchair racing, jumps & throws).
- There are 10 eligible impairment types:
 - 8 physical impairments, vision impairment (VI), and intellectual impairment (II).
- The numerical figure in Para athletics classification represents the level of impairment; the lower the number, typically the more severe the impairment. (Ex: T(rack) 51-57)



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Sport Class Allocations by Impairment Type for TRACK

**lower numbered members of these sport classes have potential to be unstable (T31-32, T35-36, T61-62) or highly distractable (T20) at the start. Holding them too long at the set command can make it difficult for them.*

	<u>Impairment Type</u>	<u>Example Disability</u>	<u>FrameRunner</u>	<u>Wheelchair</u>	<u>Ambulatory</u>
NON-PHYSICAL	visually impaired (VI)	Blindness (trauma or disease)			T11-13
	intellectually impaired (II)	Restriction of intellectual function & adaptive behavior			T20*
PHYSICAL	Co-ordination Impairments (hypertonia, ataxia, athetosis)	Cerebral Palsy	T31- 32	T33-34	T35-38*
	Short Stature	Dwarfism			T40-41
	Lower Limb Deficiency (<u>without</u> amputation/prosthesis)	Absence of bones/joints due to trauma, illness or congenital cause. Affects lower limbs without loss of limb			T42-44
	Upper limb Deficiency (with or without prosthesis)	Absence of bones/joints affecting upper limbs with/without amputation			T45-47
	Limb deficiency, leg length difference, impaired muscle power or impaired range of movement	Spinal Cord Injury, Spina Bifida		T51-54	
	Lower Limb Deficiency (<u>with</u> amputation/prosthesis)	Loss of lower limb due to trauma, illness or congenital cause			T61-64*

General Conditions

- Age Groups:
 - ATFUSA: U7, U11, U14, U23, Master 35/50/60;
 - WPA: Junior U17 & U20, and Open (14 or older)
- Events by Gender below 3000m
 - Male/Females must race in separate events.
- Bibs / Lane #'s:
 - Ambulatory: Bib on chest / Lane # on hip (both sides preferable)
 - Lane numbers (both sides preferable)
 - Wheelchair (WC)/ FrameRunner (FR):
 - WC: Bib back of the chair FR: Bib back of Athlete
 - WC / FR: On the lower frame facing the primary finish camera
 - WC / FR: Lane numbers on Helmet (both sides preferable)

General Conditions

- Wheelchair / FrameRunner :
 - Athletes must wear helmets while in the venue.
 - 800m chair event:
 - Run on a 1 turn stagger.
 - If a crash occurs in the first 50 meters the Starter may recall the race.
 - Chairs can leave their starting lane after the bottom of both Rear wheels cross the 800m Break Line.
 - Chair Event Finish:
 - The center of the Axle of the Front wheel crossing the finish line constitutes the finish.
 - Best Practice - Athletes should be instructed to take the curve after the finish.
 - As in Able-body Track; the Starter has the ability not to DQ an Athlete if he/she feels no advantage was gained in a false start.
 - Which may be determined by an SIS which is designed to assist Starters.
 - The Wheelchair/FrameRunner is the athlete.
 - If the chair/wheels hit the inside line in the curve the athlete shall be disqualified.



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General Conditions

- **Ambulatory:**
 - **Blocks:**
 - Mandatory for
 - T11-13 (Visually Impaired – VI) (Both Athlete and Guide for VI 11 or 12)
 - T20 (Intellectually Impaired – II)
 - Optional for all other Classes (May use one or both foot plates but no SIS active)
 - Both the VI and II Athletes may have assistance setting blocks.
 - **VI:**
 - It is a best Practice to check the finish line photo before disqualifying a VI athlete with a guide for the guide finishing first.
 - The Athlete and Guide must finish holding the tether.
 - **Assistance**
 - For the deaf; although not a Para class the athlete may be aided at the start by tapping.
 - **False Start:**
 - As in World Athletics and USATF rules the Starter has the ability not to DQ an athlete if they feel no advantage was gained in a false start.
 - Which may be determined by an SIS which is designed to assist Starters.

General Conditions

Wheelchair/FrameRunner Start

Commands remain the same as in traditional races.

“On your marks”: An athlete shall be in his/her lane and may approach or be behind the start line.

“Set”: An athlete shall take final position, retaining the contact of the front wheel with the ground behind the start line. Once athlete attains his/her set position, no movement is allowed until the gun is fired.

Note: T33-34, ambulatory double leg Amps, and T35-38 may have issues keeping still.

Top Position Correct



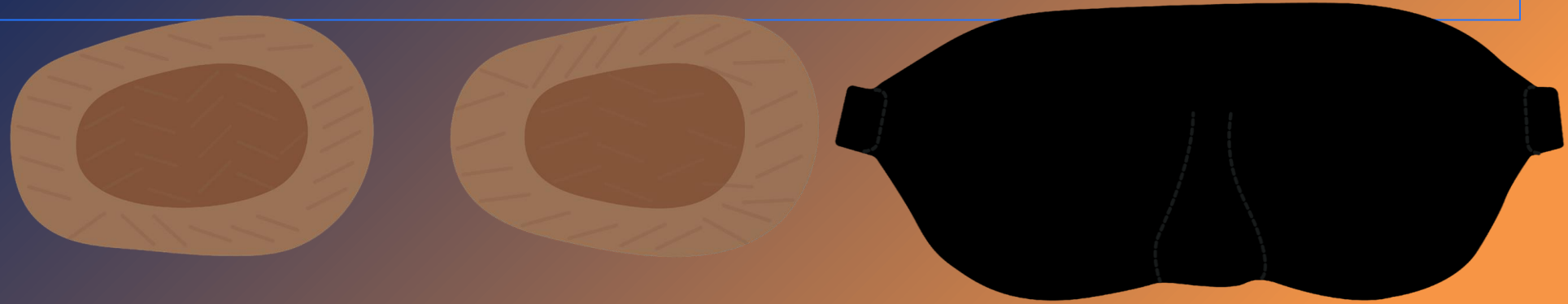
T 11

General Conditions VI:

- Must wear eye patches to cover eye cavities plus wear an eye mask or approved opaque glasses. NOTE: Athletes are responsible for providing their own.
 - Must wear eye patches until event is complete.
 - **Must run with a guide in 2 lanes** (1-2, 3-4, 5-6, 7-8).
 - Must use a 30cm tether, holding it by the end loops.
(Must not shorten the Tether).
 - Athlete must finish before the guide.
 - A guide may not pull or push the athlete.
 - Athlete & Guide must use Blocks to Start in the 100m, 200m, 400m.
 - May have 2 Guides in races over 1500m.
(If 2 guides are declared, both must be used).

T/F 11

- General Conditions:
 - Must wear eye patches to cover eye cavities plus wear an eye mask or approved opaque glasses.



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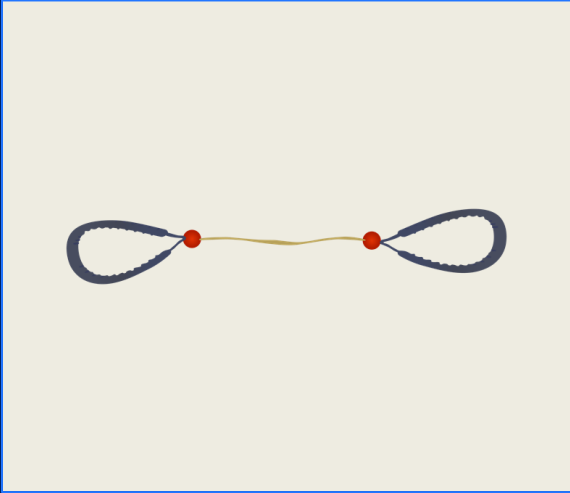


T/F 12

General Conditions:

- May run with a guide:
 - If they do, must use tether, properly and guide cannot finish before the athlete.
- Not required to wear a mask.
- **Must run with/without a guide in two lanes.**
- Must use Blocks to Start in the 100m, 200m, 400m.
- May have assistance positioning and setting their blocks (with a formal request / submitted Assistance form) and in a relay tag zone.

T/F 11 and 12 - Tether



Proper use of tether:

- Must use one similar to diagram.
- Must not shorten in any way (e.g., hold center (Red) part or stoppers).
- Must not hold arms or hands.
- Must not let go of tether during race through the finish (except for guide exchange).
- If the Tether breaks during the race the Athlete is DQ'd.
- Must be tethered until after the athlete & guide passes the vertical plane of the finish line.

Tethers available from:

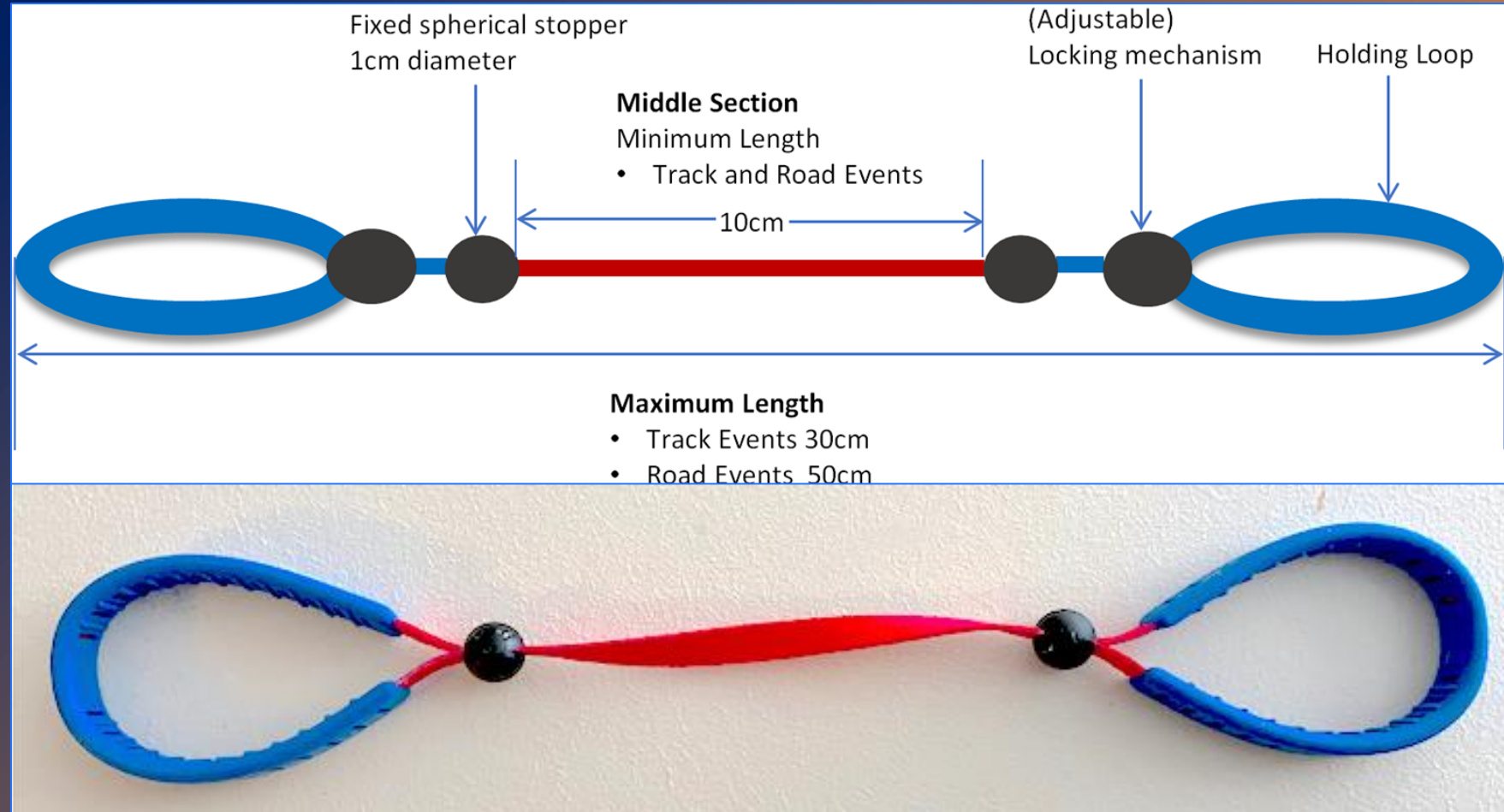
- Mr HU Zhengguan

Email address: 1092093019@qq.com

- In the USA, Lending Sight:

<https://www.lendingsight.com/>

T11 and T12 - Tether



T/F 13

General Conditions:

- Not allowed to run with a guide.
- Do not wear eye patches or masks.
- Must use Blocks to start.
- Run in 1 lane.

T/F 11, 12 and 13 Summary

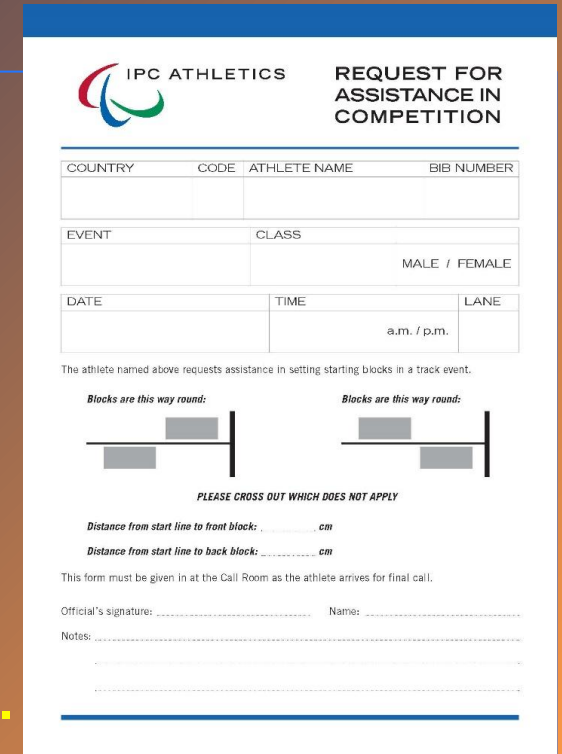
General Conditions:

- T11 must have eyes completely covered.
- T11 must have guide runner(s).
- T12 may have guide runner(s).
- T11-T12 must run in 2 lanes
- T11-13 must use starting blocks for:
 - 100m, 200m, 400m.
 - Relays (lead off runners).
- In VI-only relay, Batons are used.

T 20

General Conditions:

- Athletes are Ambulatory.
- Must use Blocks to Start in the 100m, 200m, 400m.
- May have assistance positioning and setting their blocks.
(with a formal request / submitted Assistance form).
 - Usually the Starter assistant (recall) provides the assistance.
 - At a regional meet permission may be given for a coach or parent to set the blocks (without coaching the athlete) without the form.



The form is titled "IPC ATHLETICS REQUEST FOR ASSISTANCE IN COMPETITION". It contains a header with the IPC Athletics logo and the title. Below the header is a table with fields for COUNTRY, CODE, ATHLETE NAME, and BIB NUMBER. There are also fields for EVENT, CLASS, and GENDER (MALE / FEMALE). A section for DATE, TIME, and LANE is also present. Below the table, there is a statement: "The athlete named above requests assistance in setting starting blocks in a track event." This is followed by two diagrams showing block placement. The first diagram is labeled "Blocks are this way round:" and shows a side view of a block with a horizontal line indicating the starting position. The second diagram is labeled "Blocks are this way round:" and shows a top-down view of a block with a horizontal line indicating the starting position. Below the diagrams, there is a section titled "PLEASE CROSS OUT WHICH DOES NOT APPLY" with two lines for "Distance from start line to front block: cm" and "Distance from start line to back block: cm". At the bottom, there are fields for "Official's signature:" and "Name:", and a "Notes:" section with a large area for text.

COUNTRY	CODE	ATHLETE NAME	BIB NUMBER

EVENT	CLASS	MALE / FEMALE

DATE	TIME	LANE
	a.m. / p.m.	

The athlete named above requests assistance in setting starting blocks in a track event.

Blocks are this way round:

Blocks are this way round:

PLEASE CROSS OUT WHICH DOES NOT APPLY

Distance from start line to front block: cm

Distance from start line to back block: cm

This form must be given in at the Call Room as the athlete arrives for final call.

Official's signature: Name:

Notes:

T 31-32

General Conditions:

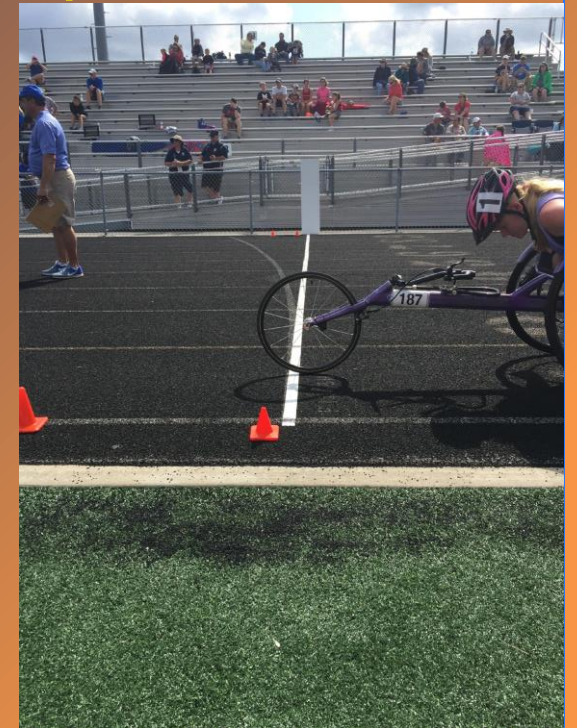
- Athletes use FrameRunner to compete.
- Blocks are optional at the start.
- Athlete's movement at the start may not be to gain an advantage.
- Starter should start as soon as possible, athletes may spasm.
- In the USA Best Practice:
 - Athletes are assigned 2 lanes.
 - One may be used, if lanes are 48" wide.



T 33-34, T 51-54

General Conditions:

- Athletes must use a racing wheelchair to compete.
 - At Local/Regional events athlete may use a regular wheelchair.
- Athletes are given 1 lane to compete.
- At the start, the bottom of the front wheel (i.e., the center of the axle) must be behind the start line, on Set.
- Athletes tag by touch (hand) in relays
- Center of the axle of the Front wheel defines the finish.



T 35 - 38

General Conditions:

- Athletes are Ambulatory.
- Athletes are given 1 lane to compete.
- Athletes may opt to use blocks to start.
- Athletes may have issues controlling their bodies.
Starter should start the event as soon as possible.
 - Having them stand and reset may make the situation worse.
- Athletes use a baton to exchange in T35-38 only Relays.



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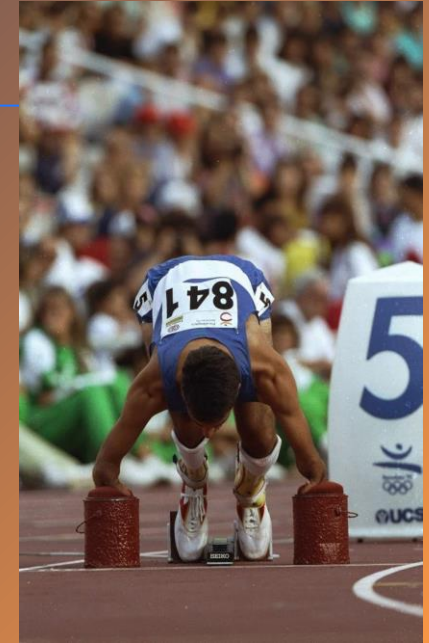
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T 40-41, 42-47

General Conditions:

- Athletes are Ambulatory.
- Athletes are given 1 lane to compete.
- Athletes will tag in a relay.
- Athletes may opt to use blocks to start.
- Athletes with arm impairment (i.e., T45-47) may use a support block at the start.
 - The support must be of a neutral color w/ no logos or other adornments.



T 61 - 64

General Conditions:

- Athletes are Ambulatory.
- Athletes must use their prosthetic to compete.
- If the athlete loses their prosthetic during the race, they must finish the race with their prosthetic (this means put it back on or carry it to the finish).
- Athletes are given 1 lane to compete.
- Athletes may opt to use blocks to start (1 or 2 foot plates).
- Athletes will exchange by touch in a relay, (universal relay, or other type).



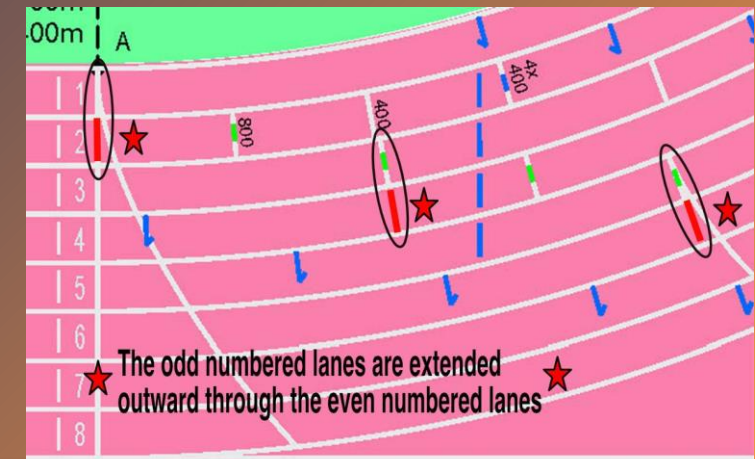
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Track set up for T11-12 Athlete Events, and the Universal & Wheelchair Only Relays

- Athletes in these Groups/Events use 2 Lanes.
 - Two lanes are given for each athlete or athlete/guide pair. (1, 3, 5, 7)
 - Each pair of lanes are referenced to the odd numbered lanes 1 (1-2), 3 (3-4), 5 (5-6) and 7 (7-8).
 - For Relays extend the exchange zones for these odd numbered lanes across the pair with tape in the same width and color as the lanes, same as the starting lines. (Wheelchair Exchange zone is 40m).



ATFUSA Exceptions

- **Age Groups :**
 - U7 (Futures –not a Junior National age group), U11, U14, U23, Master 35/50/60.
- **U14 athletes:**
 - VI & II Athletes; May opt not to use blocks.
 - False Start; Second False Start on an Athlete (same as USATF Youth Rule).
- **Non WPA (USA junior) Additional Events:**
 - 20m
 - 60m
 - 3000m
- **Non WPA USA Classes:**
 - T35a : An Ambulatory athlete using a stabilizing device (I.E. walker) U11 Only.
 - Power Wheelchair: 60M Weave (see ATFUSA rule book for setup).
- **ATFUSA Relays:**
 - 4X100m, 4X400m, 4X800m Medley relays,
 - WPA Universal relay.



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LANES, STAGGERS, START LINES, & BLOCKS

Event is	Class/Disability	Ambulatory / WC	Start is	# of Lanes	Race is Run	Starting Line is Typically	Starting Blocks	Comment
20m, 60m 100m, 200m, 400m	T11-T12	Ambulatory	In Lane	2	Entirely in Lane	White	Required for U17 and older / Optionable for U14	
	T13 & T20	Ambulatory	In Lane	1	Entirely in Lane	White	Required for U17 and older / Optionable for U14	
	T31-T32	FrameRunner	In Lane	1 (USA 2 lanes)	Entirely in Lane	White	Optionable	
	T33-34, T51-T54	WC	In Lane	1	Entirely in Lane	White	No	
	T41-T47, T61-T64	Ambulatory	In Lane	1	Entirely in Lane	White	Optionable	
800m	T11-T12	Ambulatory	In Lane	2	In Lane for 1 turn Break at Break Line	Green	Not Allowed	
	T13, T20, T35-38, T40-45, T61-64	Ambulatory	In Lane	1	In Lane for 1 turn Break at Break Line	Green	Not Allowed	
	T31-T32	Ambulatory	In Lane	1 (In USA 2 lanes if available)	In Lane for 1 turn Break at Break Line	Green	Not Allowed	
	T33-34, T51-T54	WC	In Lane	1	In Lane for 1 turn Break at Break Line	Green	Not Allowed	
1500m, 3000m, 5000m, 10,000m	All Classes	Ambulatory / WC	Waterfall	1		White Waterfall	Not Allowed	
Universal Relay	Leg 1 - VI , Leg 2 - CP, Leg 3 - Amp, Leg 4 - WC	Ambulatory / WC	In Lane	2	Entirely in Lane	White	Required	Tag by Touch Tag zones: Leg 2-3 30m / Leg 4 40m
4 X 100m Relay	Ambulatory	Ambulatory	In Lane	1	Entirely in Lane	White	Optional	Tag by Touch
	Wheelchair	WC	In Lane	2			Not Allowed	
4X400m Relay	Ambulatory	Ambulatory	In Lane	1	In Lane for 3 turn stagger, then break	Blue / White blue	Optional	Tag by Touch
	WC	WC	In Lane	2				
Medley Relay 100, 100 , 200, 400m	Ambulatory	Ambulatory	In Lane	1	Entirely in Lane	White	Optional	Tag by Touch
	WC	WC	In Lane	2		White	Not Allowed	Tag by Touch

Starter Summary

- Questions?



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Thank you!

- If you want to contact us:
- David Weicker: dweicker@shaw.ca
- Jerry Clayton : jerryclayton13@gmail.com
- Philip Galli : philg1234@comcast.net
- Steven Kessler: spk3ss13r@gmail.com
- Duke Fuller : dukekevinfuller@yahoo.com

We're happy to help with any World Para Athletics questions you may have...



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Revisions:

- R1 4/25/2021 Original Draft
- R1.1 4/27/2021 DW. Changes
- R1.2 4/28/21 JC Classification Changes
- R1.3 9/20/21 General & Lanes/Staggers/Start
- R1.4 9/29/21 Comment changes from Presenters.
- R1.5 9/30/21 Can/Logo & review corrections.
- R1.6 10/26/21 minor word & format changes.
- R1.7 11/3/21 additional minor word & format changes.



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