RULE BOOKS
AS OF 12/31/2012

IPC Athletics Rules and Regulations for all National, International Competitions and IPC Approved events (based off of the IAAF Rule Book)
To locate an IPC rules book:
http://ipc-athletics.paralympic.org/Rules

USA Rules for under 14 competition
Wheelchair and Ambulatory Sports-USA
To locate an WTFUSA rules book:
http://www.wasusa.org
CLASSIFICATION- WHAT IS IT?

- Classification allows Paralympic athletes to compete in competition with athletes with “like” disabilities.
- Classification is done by certified classifiers who determine the athletes class.
- Classification is two steps - medical review and watching the athlete compete.

Think of the class system as you might age group or weight classes in sport.
WHAT ARE THE CLASSES?

**Visually Impaired**
- Class 11 – Blind – Needs guide
- Class 12 – Limited vision – may have guide
- Class 13 – Limited vision – no guide

**Intellectually Disabled**
- Class 20 – Has learning disability

**Cerebral Palsy, Stroke and Traumatic Brain Injury**
- Class 32-34 – Wheelchair athletes
- Class 35-38 – Ambulatory Athletes
CLASSIFICATION

Amputees and Les Autres
• Class 40- Dwarf
• Class 42-44- Leg Amputees
• Class 45-46- Arm Amputees

Spinal Cord Injuries, Spina Bifida
• Class 51-54- Wheelchair Track
• Class 51-58- Seated Throwers
AGE GROUPS WITHIN PARALYMPICS

U11- WTFUSA
U14- WTFUSA
U16- WTFUSA - U.S. Paralympics
U18- WTFUSA - U.S. Paralympics
U20- WTFUSA - U.S. Paralympics
U23- WTFUSA - U.S. Paralympics
OPEN/Adults - WTFUSA - U.S. Paralympics
Masters 40+, 50+, 60+ - WTFUSA-U.S. Paralympics

You will see athletes listed as T# or F#-- that refers to (T)rack or (F)ield-- i.e. T20, F53, T34, F40
PARALYMPIC TRACK EVENTS
VISUALLY IMPAIRED - 11, 12, & 13

VI CLASSES MUST USE BLOCKS & 4 POINT STANCE

CLASS 11
• Athlete must wear opaque glasses or eye mask
• Guide and athlete are given two lanes (Lane 1 = 1 & 2, Lane 3 = 3 & 4, Lane 5 = 5 & 6, Lane 7 = 7 & 8).
• Athlete and guide must be within .50m, except for the last 10m.
• Athlete must finish ahead of guide
• Guide can not push, pull or propel athlete to gain an advantage
• In the 800 meters and up, two guides may be used.

CLASS 12
• Not required to use opaque glasses or eye mask
• If a guide is used, the above guide rules apply
• Athletes are allowed two lanes, even without a guide

CLASS 13
Follows the traditional IAAF/IPC rules. No guide is allowed.
VISUALLY IMPAIRED

RELAYS
4 x 100 meter
- International mark and takeover zones are the same as traditional.
- 2 lanes given per team.
- 2 lanes are assigned. Lanes 1, 3, 5 and 7 – tape the exchange zone out using these lanes
- Baton may be passed by guide or athlete (still within .50 meters)
- Outgoing athlete and guide must be in exchange zone when baton is exchanged
- Relay is composed of one 11 and one 12 and no more than one 13.
- Another guide can help a 12 athlete set their marks.
Internationally, the 20 class compete only in the Long Jump, Shot put and 1500M. Nationally, there may be additional events.

20’s may need some assistance in setting up equipment or blocks. If assistance is needed a form will be provided from the Call Room.

Look to the athlete for understanding of verbal instruction.
This class grouping is a mixture of Wheelchair athletes T32-34 and Ambulatory athletes T35-38.

- Balance is an issue for these classes. Do not try to hold them in the blocks too long.

- Some of the athletes, particularly the T36 class may be deaf, so the assistant starter may need to drop a flag at the firing of the starter’s pistol. Alternately, a strobe light connected to the starter’s pistol can be used to assist the athlete.
ARM AMPUTEES

ATHLETES NOT REQUIRED TO USE BLOCKS:
Can: Crouch, Stand or 3 Point Stance W/ Without Blocks.

- Arm amputees or those with short arms may use pads to rest their stump on at the start.
- The blocks or pads must be of similar color to the track or a neutral color.
- The pad must be completely behind the starting line and not interfere with any other athlete.
DWARF AND AMPUTEES- 40’S

ATHLETES NOT REQUIRED TO USE BLOCKS: Can: Crouch, Stand or 3 Point Stance W/Without Blocks.

Amputee Athletes:
• Must use their leg prosthesis.
• Athletes are not allowed to hop.

Athletes will be single below the knee, double below the knee, single above the knee, double above the knee and arm amputees.

RELAYS
• Exchanges are done by touch to any part of the body of the outgoing athlete, due to the arm amputee class.
• Touch must take place in exchange zone.
• Three wheels with maximum height of 70 cm in rear and 50 cm in front
• No Gears, mirrors or fairings are allowed.
• No part of the wheelchair can protrude behind the vertical plane of the back tires– to check it should be pushed against the wall to make sure only the wheels touch the wall and nothing else.
• Chairs to be measured and inspected in the call room
• Hip numbers should go on the helmet side facing the camera and on the racing chair– Bibs go on the back of the racing chair and athlete.

<table>
<thead>
<tr>
<th>HELMETS</th>
<th>Event</th>
<th>IPC</th>
<th>USA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Relays, 800M &amp; Above, Road</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td></td>
<td>100M, 200M, 400M (as of 12/31/12)</td>
<td>No</td>
<td>Juniors Only</td>
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</table>
WHEELCHAIR START

- Commands remain the same as traditional
- “On your mark”- An athlete shall be:
  - In their lane, and
  - May approach or be behind the start line (behind).
- “Set”- An athlete shall:
  - take final position retaining the contact of the front wheel with the ground behind the line.
  - No movement is allowed at set.
WHEELCHAIR RACE
OVERTAKE AND RECALL

- **Overtake** –
  - Athlete coming from behind in an attempt to overtake carries the responsibility of ensuring clearance before cutting in.
  - The overtaken athlete can not obstruct or impede the incoming athlete when front wheels are in sight.

- **Race Recall** -
  - in a race 800 or longer if a crash occurs within the first 50m the starter may recall the race.
  - USA: If a crash occurs, the role of the official should ONLY be to direct incoming wheelchairs around the crash by being 30m ahead of the crash.
WHEELCHAIR FINISH

Finish time is determined when the front axle crosses the finish line.

800M race
2008 Beijing
WHEELCHAIR RELAYS

EVENTS – International & USA: 4X400M
- USA Juniors: 4X100M & 4XMedley (100/100/200/400M).

RELAY RULES:
- No baton is used, the transfer is made by tag.
- The touch must be on the body within the takeover (exchange) zone.
- The first touch must be within the take-over zone.
- The incoming athlete must not push the outgoing athlete.
- 2 lanes are used for each team. The lanes are 1, 3, 5, 7 tape should be used to extend the lanes.
PARALYMPIC FIELD EVENTS
FIELD EVENTS - VISUALLY IMPAIRED

The Role of the Guide

Class 11 may have:
- Two guides for jumping events, but
- One guide for throwing events.

Class 12 may have:
- One guide to accompany the athlete onto the field of play.

The Guide:
- Will orient the athlete on the runway ring.
- Will use sound to direct the athlete using voice/ clapping or both.
- May be on the runway or between the sector lines in the field, unless the official feels it is dangerous. However, this is how the athlete/guide train.
- Will escort the athlete away from the area after the judge determines if the attempt was valid. **Note: Athlete must exit ring or pit before guide can assist.**
LONG JUMP (LJ) & TRIPLE JUMP (TJ) - FOR THE VISUALLY IMPAIRED - 11 & 12

Setting up the Jumps
- Chalk, flour or a light sand may be used for the powder in the 1 meter take off area (from the pit edge of the takeoff board back down the runway- 1m)
- Measure the jump from the takeoff foot that leaves an impression in the powder.
- **LJ takeoff board** between 1 m and 3 m from the runway side of the pit
- **TJ takeoff board**- minimum of 9 m and for the 12 & 13 class- 11m
- For Junior athletes board distance (setup) from the pit is determined by the officials after reviewing the athletes entry marks.

Class 13 does not use powder- it is a traditional LJ and TJ takeoff
FIELD EVENTS- AMPUTEES

Traditional Competition Rules (IAAF/IPC) in all field events.

Prosthetic Wear

• Prosthetics are required in running events, **but not in field events**

• The athlete can adjust their leg during the run-up, but they must finish the attempt in the allowed time (60 sec)

• If they lose their prosthesis while jumping, and if the leg produces the closest mark to the takeoff board, you use that mark to measure from.

• If the prosthesis lands outside the landing area closer than the first official mark the attempt is a foul.
FRAMES

- The Entire Frame must be within the circle.
- The Seat height shall not exceed 75 cm tall, including the cushion.
- Footplates are a part of the chair and only for stability. If the footplates is on the ground it may only be 1 cm high.
- No Springs – the side and back must be non-moveable.
- **Holding bar must be rigid and can not bend or move**
- Back of chair must be at a 90 degrees angle with the seat.
SEATED THROWS - TIE DOWNS

• All parts of the frame (footplates, holding bar, etc.) must be inside the vertical plane of the rim of the circle.

• Tie-downs - Ratchet straps or chains are used to secure the athlete inside the ring.
SEATED THROWS- CHAIRS

TWO TYPES OF THROWERS:

• Seated with a foot on the ground or on a thin plate on the ground (less than 1 cm)
• Fully seated with feet elevated above ground. (may be supported by or tied to chair or supports)
SEATED THROWS- RULES

• No tape on hands, except for F51, F52, F53 class who may tape their non-throwing hand to the holding bar (the hand maybe gloved).
• All straps (if used) must be non-elastic.
• Loose clothing is prohibited during competition as it impacts the official ability to see a “lift”.

142x455
SEATED THROWS - LIFTING

LIFTING RULE

1. Athletes can use their leg or legs during the throwing action providing they maintain a sitting position (one buttocks in contact with the seat.
2. They may stand provided they are seated until the first forward movement which results in the release of the implement.
3. Must maintain foot in contact with ground or ground foot plate until after the implement has been released.

KEYS for Lifting rule-
Seated:
1. Is one cheek in contact – even during throw preparation?
2. Has the implement moved?

Foot on The Ground:
1. Is the foot on the ground?
SEATED THROWS- LIFTS

- Athlete cheek is touching.
- Athlete is in the action of throwing

Athlete is off the seat prior to the implements first forward movement.
SEATED THROWS - MEASURING

NUMBER OF ATTEMPTS
• Paralympics & World Games: Athletes have three trials and then the top 8 get three additional throws.
• All other Meets: Athletes may use above or get six straight throws this is determined by meet director.

JAVELIN
• Javelin must land tip first for All athletes 14 and above.
• Javelin- USA Junior rule U11 & U14 Mark whatever hits first.
  • Tip - mark Tip,
  • Flat - mark back of grip
  • Tail - mark tail- which ever hits first.

GENERAL
✓ Check implement weight, as most classes are different.
✓ Implement touching the sector line on landing is a foul
✓ Zero end of tape in field (Tapes Vary 0 point),
✓ Pull through the center and read measurement at the inside side of the ring.
There is no charge to take the course or the test.

In order to be certified as a Para Track and Field Official-- You will need to be a USA Track and Field Certified Official and pass the Para Track and Field Test.

http://www.cvent.com/d/5cqq0h
THANK YOU

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  • Chris Cohen, Great Britain
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CHANGE CONTROL

REV 1: 5/30/2012 – ORIGINAL
REV 2: 1/4/2013 – CHANGES PER TESTING