Overview

• The course will present the World Para Athletics (WPA) rules and Adaptive Track & Field USA (ATFUSA) exceptions to the World Athletics (WA) rules for Track & Field.

• Following the course you will have the opportunity to take the certification test to become a USA PARA Official.

• To be a USATF certified Para Official you must pass the certification test and be at least an Association level official. If you are at the Apprentice Level your results will be recorded and you will be certified when you reach the Association Level.
RULE BOOKS 2020-2021

World Para Athletics Rules and Regulations for all national and international competitions, and World Para Athletics approved events (based on the WA rule book).

To locate the World Para Athletics rule book: https://www.paralympic.org/athletics/rules

USA rules for 14 and under (U14) competition for all disability groups and for Masters M35, M50, M60 are located on the Adaptive Track & Field USA (ATFUSA) website. To locate the ATFUSA rule book: ATFUSA Rules

There is also a summary of World Para Athletics rule exceptions included at the back of the USATF rule book.
In order to have a fair competition for all, athletes are divided into classes according to their functional limitation in a given sport (not necessarily by their type of disability).

Classification is done by US Paralympics or World Para Athletics certified classifiers who determine the athlete’s class.

Classification is a two-step process: Medical review and observation of the athlete in competition.

Think of the classification system as you might age groups or weight classes in other sports.

The World Para Athletics Classification Rules and Regulations are available at https://www.paralympic.org/athletics/classification
CLASSIFICATION GROUPINGS
Visually Impaired, Intellectually Impaired, Cerebral Palsy, Stroke and/or Brain Injury

**Visually Impaired (Classes T/F 11-13)**
- Class T/F 11: Totally blind, needs a guide
- Class T/F 12: Very limited vision, uses a guide or not
- Class T/F 13: Moderately impaired vision, NO GUIDE

**Intellectually Impaired (Class T/F 20)**
- Impairments in intellectual function and adaptive behaviors

**Cerebral Palsy, Stroke and/or Brain Injury (Classes T/F 31-38)**
- Class T/F 31-32: Race Runner in track, seated throws for field.
- Class T/F 33-34: Racing Wheelchair athletes
- Class T/F 35-38: Ambulatory athletes

PART B – WORLD PARA ATHLETICS REGULATION CHAPTER 4
CLASSIFICATION GROUPINGS

Dwarf

Short Stature (Classes T/F 40-41)

Standing height and limb length reduced

Class T/F 40: shorter height and limb length impairment
Class T/F 41: taller height and limb length impairment
CLASSIFICATION GROUPINGS
Lower limb classes

Lower limb deficiency **without amputation** (Classes T/F 42-44)
Athletes with *lower limb impairment* who run/jump *using two anatomical limbs*

*Class 42*- comparable to single/double through or above knee *amputation*
*Class 43*- comparable to double below knee *amputation*
*Class 44*- comparable to single below knee *amputation*

Lower limb deficiency **with amputation** (classes T/F 61-64)
Athletes with *lower limb impairment* who *compete using equipment/prosthetic devices*

*Class 61*- Bilateral above knee limb deficiency with prosthesis
*Class 62*- Bilateral below knee limb deficiency with prosthesis
*Class 63*- Single above knee limb deficiency with prosthesis
*Class 64*- Single below knee limb deficiency with prosthesis
Upper limb deficiency with or without *amputation* (Classes T/F 45-47)

Athletes with *upper limb impairment* who compete *with or without upper limb prosthesis*.

**Class 45** - comparable to bilateral above or through elbow amputation. For throws, impairment should impact both arms in gripping/throwing.

**Class 46** - comparable to single above or through elbow amputation OR double through or above wrist (i.e., below the elbow).

**Class 47** - comparable to single through wrist/below elbow amputation.
CLASSIFICATION GROUPINGS
Wheelchair and Secured Throws

Class profiles for athletes who are affected by limb deficiency, impaired passive range of motion (PROM), impaired muscle power or leg length difference (e.g., spinal cord injury, spina bifida). *(Classes T/F 51-57)*

**Wheelchair Track**

*Class T51-54:* impairments ranging from significant muscle power deficits in legs, trunk, arms and hands (most impaired class) to activity limitation resulting in normal upper limb function and partial to normal trunk muscle (least impaired class).

**Seated Throws**

*Class F51-57:* impairments ranging from significant muscle power deficits in legs, trunk, arms and hands to those athletes with only ankle function affected in one or both legs.
CLASSIFICATION GROUPINGS

1. Wheelchair/Seated Athletes
   a) Track – Classes T31, T32, T33, T34, T51, T52, T53, T54
   b) Throwing – Classes F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57

2. Ambulant/Standing Athletes
   a) Track /Jumps – Classes T11/T12/T13/T20/T35, T36, T37, T38, T40, T41, T42, T43, T44, T61, T62, T63, T64, T45, T46, T47
   b) Throwing – Classes F35, F36, F37, F38, F40, F41, F42, F43, F44, F45, F46, F47, F61, F62, F63, F64

PART B – WORLD PARA ATHLETICS REGULATION CHAPTER 4
NOTE: Athletes for international competition must be 14 by December 31 in the year of competition; i.e., an athlete is 13 at a June competition and turns 14 in September -- the athlete would be eligible for international competition.

REGULATION 4.2.1.5
AGE GROUP DIVISIONS

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>GOVERNING BODY</th>
</tr>
</thead>
<tbody>
<tr>
<td>U11</td>
<td>ATFUSA</td>
</tr>
<tr>
<td>U14</td>
<td>ATFUSA</td>
</tr>
<tr>
<td>U23</td>
<td>ATFUSA</td>
</tr>
<tr>
<td>Master – M35, M50, M60</td>
<td>ATFUSA</td>
</tr>
</tbody>
</table>

- For Masters age groups it is the age as of the day of the meet.
- For all other age groups it is the age as of December 31st of the year of competition.
GENERAL

PROTEST

If additional evidence (e.g., spectator video) is available after a protest decision has been given, the protest may be re-evaluated by the referee and/or Jury of Appeal. **Rule 2.13.6**

RELAYS

For all relays, the new IAAF expanded exchange zones will be used. 30M for ambulatory relays, 40M for Wheelchairs. Details later in the course. **Rule 23.2**
GENERAL

LANE VIOLATIONS

- Touching the inner lane line one or more times while in the bend constitutes a lane violation in wheelchair and ambulatory races. Rule 18.5

- When an umpire observes that an athlete has run in a different lane from his own, or a relay takeover has taken place outside the zone, he should immediately mark on the track with suitable material the place the infringement occurred or make a similar notation on paper or by electronic means. Rule 2.15.4

MASH

For leg amputees, the Maximum Allowable Standing Height (MASH) must not be exceeded with prosthetics.

The MASH height is measured in the Call Room where the cutoff calculations are provided by the classification team or the World Para Athletics classification database. Measurements must be made upon each entry into the competition area. This is done in the Call Room by the Clerk or their assistant. Rule 6.14
GENERAL

RELAYS

• Batons are used in all T11-13, T20, T35-38 relay races. For Wheelchair (T33-34, T51-52, T53-54), amputee (T42-47 & T61-64) and 4x100 universal relays the exchange is by touch.

• A Universal Relay (4 x 100) must include two men and two women. The running order is: 1st leg - T11-13, 2nd leg - T42-47, T61-64, 3rd leg - T35-38 and the 4th leg of T33-34, T51-54. A maximum of 2 athletes can be selected from the following classes (T13, T46/47, T38, T54). The remaining from any sport class listed in the description of the legs. Two lanes will be assigned. No baton; the exchange is by touch.

• Visually Impaired (T11-13), and Wheelchair (T33-34, T51-52, T53-54) relay teams will use 2 adjacent lanes starting with lane 1-2, 3-4, 5-6, 7-8

• The exchange location (of the touch or passing of the baton) — not the location of the athletes/guides — determines a good pass.

• An athlete or guide may re-enter the exchange zone to make the exchange.

• Exchanges zones were modified in 2018. The exchange zone is now 30m (Ambulatory) or 40m(WC) starting with the former acceleration mark to the end of the exchange zone for the 30m.
GENERAL
Mixed Competition Rule 4.8

- Mixed Events between male and female participants shall not normally be permitted.

- In field events and races 3,000 meters (USA) or 5000 meters or greater, males and females may compete together. Exceptions: In Paralympic Games, World Championships, WPS Regional Championships and WPS Regional Games this is not allowed.

- For Mixed Field Events, produce separate results for each gender. Rule 4.8 note (i)

- Mixed Track Competitions shall only be conducted where there are insufficient athletes of one or both genders competing. Rule 4.8. note (ii)

- Mixed Track Competitions shall not in any case be conducted so as to allow athletes of one gender to be paced/drafted or assisted by the other gender. Rule 4.8. note (iii)
GENERAL Rule 6 Clothing & Shoes

Clothing

• Athletes and guides must wear clothing that is clean, and designed and worn, so as not objectionable.

• In seated throwing events clothing must be close fitting, and not loose, so the view of the judges is not impeded.

Shoes (should be inspected in Call Room, may be inspected on field of play)

• May compete barefoot or with footwear on one or both feet.

• No technology that gives the wearer an unfair advantage.

• Adapting a shoe to suit a particular athlete’s foot is permitted.

• Number of spikes shall not exceed 11.

• In high jump and long jump, maximum thickness of the sole is 13mm, and the heel in the high jump shall have a maximum thickness of 19mm.

• All other events the sole and or heel can be any thickness.
GENERAL  Rule 6- Athlete Bibs, Prosthetics and Orthotics

Bib numbers

- Ambulatory athletes shall be provided with bibs that shall be visible, worn on chest and back.
- Wheelchair athletes - one bib shall be displayed on the back of the racing chair or throwing frame, and on lateral side of the Race Runner and racing chair.

Prostheses

- T/F61-64 athletes must complete the event with their prosthetics in running events and horizontal jumps. The use of prosthetics are optional in all field events.
- T45-47 and F45-47 upper limb impairment - the use of a prosthetic is optional; but, if a prosthetic is used, they must complete the event with the device.
- T/F61-62 shall not exceed their Maximum Allowable Standing Height (MASH).

Orthoses

- T/F42-44 athletes with lower limb impairments may use orthotic devices (optional).
GENERAL  Rule 6- Eye mask & Helmets

Eye Mask

• T/F11 must have their eyes/eye cavities completely covered by eye patches or an equivalent material (gauze patches), and in addition must wear approved eye masks/opaque glasses (or an appropriate substitute) during all track and/or field events.

• Eye patches must completely cover the eyes of the competitor and must be checked and approved by the responsible technical official and must, in their opinion, be effective in blocking out all light.

• Eye patches and eye masks/opaque glasses must be worn from the time the athlete leaves the Call Room until the end of the event, except the athlete may remove the eye mask/opaque glasses between trials in the event.

Helmets

• The wearing of helmets is compulsory in all track and road wheelchair races. The helmet shall be a hard protective shell that has a recognized international safety standard; e.g., Snell b-84/90/95, BSI 6863, EN 1078.

• Helmets should be worn any time the wheelchair athlete is on the track, even during warmups.
Tether

- Tether shall be made from non-elastic material and shall not store energy and/or offer a performance gain to an athlete. It shall consist of two closed holding loops and a middle section with two fixed spherical stoppers at each end.

- Maximum length between the two furthest points of the holding loops at the full extension of the tether shall not exceed 30cm.

- For road events, the maximum length between the two furthest points of the holding loops at the full extension of the tether shall not exceed 50cm.
• Only official medical staff, appointed by the LOC (or the team medical staff approved by LOC/TD), are allowed to treat a competitor in the competition area, and such treatment must not delay the competition.

The following are considered assistance, and are therefore not allowed:
• Possession or use of video recorders, radios, CD, radio transmitters, mobile phones, GPS or similar devices in the competition area that have the capacity to communicate turned on. Rule 7-3b
• Provision of advice or other support by any official not related to their role in the competition is not allowed. Rule 7-3d
• Ambulatory athletes who are competing from a standing position are not allowed to use a wheelchair to access the field of play. Rule 7-3e
• Any device on a racing wheelchair that has the ability to communicate (to anyone other than the competing athlete) either by audio or video is prohibited. GPS is not allowed. Rule 7.3
Not considered assistance:

- Communication between the athletes and coaches not placed in the competition area. A place in the stands, close to the immediate site of each field event, should be reserved for the athletes’ coaches for this purpose. **Rule 7-4a**

- Medical examination/treatment and/or physiotherapy necessary to enable an athlete to participate or continue participation (but such treatment shall not delay the competition and can only be performed by event medical staff). **Rule 7-4b**

- Viewing by athletes competing in field events of images of previous trial(s), recorded on their behalf by persons not placed in the competition area (see **Rule 7.1 Note**). The viewing device or images taken from it must not be taken into the competition area. **Rule 7-4-e**
PARALYMPIC TRACK
AMBULATORY AND WHEELCHAIR
VISUALLY IMPAIRED
(T11-13)

ALL VI CLASSES
• Athletes and their guide runners must both use blocks and four-point stance.
• ATFUSA T11-13: U14 athletes may opt to not use blocks.

CLASSES 11 & 12
• T11 - only class that requires the eye cavity to be completely covered by an eye bandage (gauze) and approved eye mask/opaque glasses, which completely covers the eyes.
• T11-T12 - Guide, must use a tether.

CLASS T13
• Follows the traditional IAAF rules.
• No guide is allowed.
VISUALLY IMPAIRED
(T11-13)

Athletes shall provide their own guide runner(s).

- T11 and T12 – in all races, athlete and guide are given two lanes; i.e., lane 1 (1-2), lane 3 (3-4), lane 5 (5-6), lane 7 (7-8).
- Guide cannot push, pull or propel the athlete.
- Athlete must finish ahead of guide (the guide must cross the finish line still attached to the athlete by the tether before the athlete may be released by the guide).
- In the 5,000m and up: Two guides may be used (must be declared before race; if declared and not used, the athlete is disqualified).
VISUALLY IMPAIRED RELAYS (T11-13)

4x100M RELAYS
- Use the 2018 modified exchange zones.
- Two lanes are given for each athlete/guide pair. Each pair of lanes are referenced to the odd numbered lanes (1, 3, 5 and 7). Extend the exchange zones for these odd numbered lanes across the pair with tape in the same width and color as the lanes.

BATON
- Must be used for VI classes and may be passed/received by guide or athlete.
- The baton positon — not the position of the athletes/guides — determines a good pass.
- An athlete or guide may re-enter the takeover/exchange zone to make the pass.

RELAY TEAM COMPOSITION
- A minimum of one class T11 and no more than one class T13.
- T12 athletes not using a guide may have one assistant for orientation at each takeover/exchange zone, who must leave the area before the race (Rule 23.8E).
INTELLECTUALLY IMPAIRED (T20)

- Must use blocks and four point stance in races of 400m or less. A baton will be used if a relay is run.
- ATFUSA T20 exception: U14 athletes may opt to not use blocks.
- World Para Athletics: The 20 class athletes compete only in the long jump, shot put, 400m and 1500m (as of 1/2018).
- Nationally, there may be additional events.
- Class 20 athletes may need assistance setting up equipment or blocks. If assistance is needed, a form will be provided in the Call Room and sent out to the start team.

STARTERS
Look to the athlete for understanding of verbal instruction.
CP, STROKE AND TBI (T31-T38)

This class grouping is a mix of RaceRunner/Wheelchair T31-34 and Ambulatory T35-38. T35-T38 is **not** required to use blocks. Athletes can crouch, stand or do a three-point stance with or without blocks.

**RELAY CLASSES**

- 35-38 (**ambulatory**) use a baton.
- 31-34 (**Race Runner/wheelchair**) use touch.

**STARTERS**

- Due to balance issues:
  - Should not hold athletes in the blocks.
  - May deem any minor movement was not to gain an advantage and can restart the entire field without a disqualification.
- Some athletes, particularly in the T36 class, may be deaf. The assistant starter may need to drop a flag or tap the athlete on the back when the starter pistol is fired. Alternately, a strobe light connected to the starter’s pistol can be used to assist the athlete.
AMPUTEES

Not required to use blocks. Athletes can crouch, stand or use a three-point stance with or without blocks.

CLASSES T61-64

- In track and road events must compete with, and finish with, their prosthesis. (note: if lost, athlete may pick it up and finish event by hopping)
- In field, use is optional but decision must be indicated to the relevant official prior to event start. Cannot change decision during event once decided.

RELAYS

All exchanges are done by touch to any part of the body of the outgoing athlete, due to the arm amputee class. Baton is not an option.
ARM AMPUTEE (T45-47)

• Arm amputees or those with short arms may use pads to rest their stump on at the start.

• The blocks or pads should be of similar color to the track, or a neutral color (Best Practice: Have neutral color tape in the call room if not in compliance).

• The pad must be completely behind the starting line and not interfere with any other athlete.

Rule 17.5
WHEELCHAIR SPECIFICATION

• Three wheels with maximum height of 70cm/2 rear and 50cm/1 front. *
• No gears, mirrors or fairings are allowed. Steering and braking systems are required.
• No part of the wheelchair can protrude behind the vertical plane of the back tires.
  • Check by placing back of chair against a wall - make sure only the wheels touch the wall.
• Chairs should be measured and inspected in the Call Room.

Best Practice: Hip numbers should go on the helmet. Bibs go on the back of the racing chair and side of the frame or as designated by meet management.

Rule 14

* Note: Four wheel daily chairs are acceptable in local (i.e., non-WPA sanctioned) competitions.
WHEELCHAIR
(T33-34, T51-54)

WHEELCHAIR HELMET RULE
Wearing a helmet is compulsory in all road races, track and relay events. Helmets must be worn anytime an athlete is on the track, whether it is competition or warmup.

The helmet should meet a recognized international safety standard (e.g., Snell b-84/90/95, BSI 6863, EN 1078).

GLOVES
Wheelchair athletes are allowed to wear gloves in a variety of styles, both soft and hard gloves.
WHEELCHAIR
(T33-34, T51-54)

STARTS

• 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.

• Classes 33-34 may have an issue holding the start position.
**WHEELCHAIR**
(T33-34, T51-54)

**OVERTAKE**  Rule 18.4

- Athlete coming from behind in an attempt to overtake carries the responsibility of ensuring clearance before cutting in.
- The overtaken athlete cannot obstruct or impede the passing athlete when front wheels are in sight.

**RACE RECALL**  Rule 17.6

- In a race 800m 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 approaching wheelchairs around the crash by being 30m or more prior to the crash location.
WHEELCHAIR / RACE RUNNER
T31-34, T51-54

BREAK LINE IN 800  Rule 18.7
Cones that divide the lanes shall not be used in wheelchair races, particularly on the lane lines of the break line.

- A flag 1.5m in height on either end of the break line. Additionally, flat markers (i.e., tape of distinctive color) may be placed immediately before the intersection of the lane lines and the break line for each lane for more visibility.

- The athlete must stay in their lane until the bottom of both rear wheels that are touching the track surface (i.e., directly below the rear wheel hub center) cross the break line.
FINISH  Rule 19.3

Finish place and time are determined when center of the front axle crosses the finish line.
WHEELCHAIR RELAYS (T33-34, T51-54)

EVENTS
- WPA: Universal Relay.
- ATFUSA: 4x100m, 4x400m, 800M Medley (100m/100m/200m/400m).

RELAY RULES
- Two lanes are used for each team. The lanes are 1, 3, 5, 7. Tape should be used to extend the lanes and acceleration zones.
- No baton is used. The exchange is made by touch.
- The first touch on the body must be within the exchange zone (40m WC athletes).
- Outgoing athlete MUST start within the exchange zone
- The body, not the chair, must be in the zone.
- The incoming athlete must not push the outgoing athlete.
- Helmet socks with different colors for each team may be used during WC relays (Regional, World, and Paralympic Games).

New take over zone:
- old exchange zone +
- old acceleration zone +
- extra 10m for WC = 40m

Blue is to the former acceleration mark + green for extra 10m for WC

Orange is the old exchange zone lines

20 Metres
DIMENSIONS OF RACERUNNER T31-T32

- Maximum overall length = 200cm (front tire to back tire).
- Maximum width = 95cm from outside the rear wheels.
- Maximum height of all wheels = 72cm including the inflated tires.

All wheelchair racing rules apply to use of the RaceRunner – helmets, finish, overtaking, etc.
PARALYMPIC FIELD
AMBULATORY AND SECURED
# TIME ALLOCATION

<table>
<thead>
<tr>
<th>Number of athletes</th>
<th>High Jump</th>
<th>Other Events</th>
<th>Seated Throws</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 3</td>
<td>1 min.</td>
<td>1 min.</td>
<td>1 min.</td>
</tr>
<tr>
<td>2 or 3</td>
<td>1.5 min.</td>
<td>1 min.</td>
<td>1 min.</td>
</tr>
<tr>
<td>1</td>
<td>3 min.</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Consecutive trials</td>
<td>2 min.</td>
<td>2 min.</td>
<td>1 min.</td>
</tr>
</tbody>
</table>

The TD at their discretion may decide to add an extra minute between the third and fourth throw (When 6 throws are thrown at once for WC).

Additional time requirements - see seated throws and Rule 35.

High jump - time starts once the bar is raised.

**Rule 24.17**
GUIDES FOR CLASSES T11-13

NOTE: Guides may NOT coach

CLASS T11
- Two guides for jumping events.
- One guide for throwing events.

CLASS T12
- One guide for jumps or throws.

CLASS T13:
- No guide.

Guides may:
- Orient the athlete on the runway or ring.
- Use sound (voice, clapping or both) to direct the athlete.
- Be on the runway (as long as they are not in the powder), or between the sector lines in the field.

NOTE: Athlete must exit circle (from the back) or pit, before guide can physically assist. Verbal assistance in exiting is okay.

Rule 7.17-17.22
LONG AND TRIPLE JUMP
VISUALLY IMPAIRED (T11-12)

SETTING UP THE JUMPS

Chalk or flour may be used for the powder in the one meter take-off area (from the pit edge of the takeoff board back down the runway – one meter). Use sufficient powder for a footprint to make a mark. Have additional powder to smooth the surface between jumps.

REMOVING THE POWDER

Place sand from the pit on the top of the powder and sweep the sand/powder into the pit.

SAFETY ISSUES - Best Practices

It is highly recommended that the Long Jump pit be 3.50m wide for safety.

Remove all equipment from around the pit. Officials should be aware of the athlete’s location at all times and be ready to move.

Encourage the use of tape as markers to avoid the athlete hitting stand-up markers.

Note: Class 13 does not use powder - it is a traditional long jump and triple jump takeoff.

Rule 27 fig 9
LONG AND TRIPLE JUMP
VISUALLY IMPAIRED (T11-12)

• Landing Area: Min. width 2.75m/ Max width 3m. Recommended T11-T12 - 3.5m.
• Measuring the jump: Measure from the nearest impression left by the take-off foot. Where an athlete does not take off from the take-off area, but before it, measurement will be made to the edge of the one-meter take-off area furthest from the landing area.
• Long jump takeoff board: Between 1m and 3m from the near end of the landing area.
• For junior athletes: The board distance (setup) from the pit is determined by the officials after reviewing the athletes' entry marks.
• Triple jump board:
  • Class 11 – minimum 9m
  • - Class 12 & 13 – minimum 11m
AMPUTEES WITH PROSTHETICS (T61-64)

Traditional World Athletics competition rules in all field events apply.

RULES GOVERNING PROSTHETICS in the LONG JUMP

- Prosthetics are not required in field events.
- If the prosthetic device(s) is used and is lost during the run-up then the athlete **cannot** continue without the prosthesis. *The athlete must adjust his/her leg and finish the attempt in the allowed time.*
- If the athlete loses his/her prosthesis post takeoff, and the prosthesis:
  - Lands in the pit and produces the closest mark to the takeoff board, use that mark.
  - Lands outside the landing area the jump is a foul.
- **Rule 27.14**
AMPUTEES WITH PROSTHETICS (F 61-64)

HIGH JUMP  Rule 25.7

F 61-64 athletes competing in the high jump can jump with/without prosthetics.

• If using the prosthetic and the prosthetic device(s) is lost during the run-up then the athlete can NOT continue without the prosthesis. The athlete shall fix/adjust the prosthetic device(s) and recommence the trial.

• If wearing a prosthesis at the takeoff: Both the athlete and the prosthesis must go over the bar (whether the prosthesis is on the athlete or it is off).
SECURED THROWS (F31-F34, F51-F57)

The height of the frame/seat:

• Shall not exceed 75cm, including the cushion, and is measured without the athlete in the chair prior to the competition but may be measured on the field of play.
• It is the athlete’s responsibility for the chair to comply with the rules.
• A daily wheelchair that satisfies the criteria is acceptable.
• If the daily chair is placed upon a throwing frame to elevate it, the maximum height of the seat is still 75cm without the athlete in the chair.
• The frame may not be taken from the venue before the start of the event (with the exception of the daily wheelchair).

RULE 35
SECURED THROWS (F31-F34, F51-F57)

SEAT

The frame must have a seat with the following characteristics:

• Square or rectangular only.
• Each side at least 30cm (~12 inches).
• It must be level or incline backwards (the back lower than the front according to the athlete’s body).
• Holes may be in the seat to accommodate strapping.
• Corners may be cut out to accommodate sides or the holding bar.

BACK OR SIDE REST

The seat may incorporate front, side and back rests for the purposes of safety and stability.

• The back must be made of non-elastic fabric or be a rigid construction that does not move (rigid steel or aluminum).
• The backrest may incorporate cushioning not exceeding 5cm thick.
• The backrest should not contain springs or moveable joints, nor any feature that could assist with throwing the implement.
SECURED THROWS (F31-F34, F51-F57)

HOLDING BAR

The frame may have a **round** or **square** (not oval or rectangular) rigid vertical holding bar. The holding bar must be a single, straight piece of material without curves or bends.

- Holding bar cannot incorporate springs or movable joints, nor any feature that could assist with propulsion of the throwing implement.
- Holding bar may not bend during the throw. It must not be flexible to the naked eye.
- **Bar may have a brace for support.**
- Holding bar may have some tape on the bar to ensure grip, but not enough to be an advantage.
- The athlete, however, may hold on to any other part of the frame during the throw.
- Classes F31-33 and F51-F53 may tape their non-throwing hand to any part of the throwing frame (the hand may be gloved).

Rule 34.5c and 34.6
SECURED THROWS (F31-F34, F51-F57)

TAPING AND STRAPPING
• **Taping:** Taping should be shown to the chief judge before the event.
  • If used on the hands and fingers, *no two or more fingers* are taped together in such a way that the fingers cannot move individually.
  • Classes F51, F52, or F53 may tape their non-throwing hand to the holding bar (the hand may be gloved).
• **Strapping:** If used, strapping is used to secure the athlete to the throwing frame to prevent lifting and must be made of a non-elastic material.

REQUEST FOR ASSISTANCE - Request for assistance form must be completed by F55-57 athletes
• not necessary for F32-34 and F51-54 (i.e. the more significantly functionally impaired athletes).
SECURED THROWS (F31-F34, F51-F57)

CHAIR POSITION in the Ring

• No part of the chair can extend over the vertical plane of interior rim of the ring (e.g. footplates, holding bar, etc.) however, parts of the body may (e.g. feet extending out beyond the footplates).
• Tie-downs: Ratchet straps or chains are used to secure the frame inside the ring.
• If the athlete touches any holding straps outside the vertical plane of the throwing circle, it is considered a foul. 
  
  Rule 34.9b
SECURED THROWS  
(F31-F34, F51-F57)

PREPARING TO THROW (TIME ALLOCATIONS)
For seated throws, the process to get into the chair, be strapped and do warmup throws is as follows. The official starts timing the process when the chair is tied down and made available to the athlete:

• 4 minutes for classes F32-F34 and F54-F57.
• 5 minutes for classes F31, F51-F53.

Get into the field chair and strap in.
Do as many warmup throws as they wish to do. (Rule 35.5)
F31-33 / F51-54 may have an assistant transfer and strap the athlete into their field chair without additional paperwork. No coaching is allowed.

• Time allowance in competition for throwing three-and-three rather than six straight throws has the same time to get into the chair and strap in for initial throws as stated above. For the second three throws it is:
  • Two minutes for classes F32-F34 and F54-F57.
  • Three minutes for classes F31 and F51-F53.
  • There will be no warmups before the second set of three throws.

ATFUSA exceptions:
• U7, U11 and U14 age groups - one warmup is offered if the strap time has expired and no warmup throws were taken.
• At USA Regional meets, all athletes (Open, Junior or Masters) may have assistant(s) help them without additional paperwork (to speed the meet).
SECURED THROWS
(F31-F34, F51-F57)

LIFTING
Athletes shall throw from a “true seated” position. Non-compliance is called “lifting”.

Intention: To minimize contributions of the legs to the athlete's performance. The athlete must remain seated with both legs in contact with seat from the back of the knee to the back of the buttocks. (note: back of knee must remain in contact with front edge of seat during all phases of the throw)

- The athlete’s legs may be either on one side or straddle the corner of the seat.
- Lifting is a foul and is described as any movement from the “true” seated position, from the time the athlete takes the implement into the starting position for the throw until the implement has landed.
- The critical points of contact with the seat are the bony ischial tuberosities of the pelvis (see the picture on the next side). The ischial tuberosities cannot be elevated above the seat during the throw or it shall be deemed a foul.

Note: Elevation of parts of the fleshy buttocks more posterior than the ischial tuberosities during any phase of the throw does not constitute a foul.
As the trunk leans forward to lie on the knees, the fleshy buttock becomes stretched tight across the sacrum and ischial tuberosity such that “the most posterior part” of the buttock touching the seat is just behind the ischial tuberosity. This provides a visual reference for the point that cannot come off of the seat during the throw or it would be considered “lifting”.
SECURED THROWS (F31-F34, F51-F57)

DEVICE DISRUPTION

Chair tie-down device (not the athlete’s strapping) breaks or fails and:

• The athlete’s attempt does not fail; the athlete should be given the choice to accept the mark or make a replacement attempt.
• The athlete’s attempt fails; the attempt should not count and the athlete should be allowed to retake the affected attempt.

LOOSE CLOTHING

• Is prohibited during competition, as it impacts the official’s ability to see a “lift” (official should ask athlete to tuck in or tape clothing).

SUBSTANCES USED ON FIELD IMPLEMENTS

• Must be easily removed with wet cloth and leave no residue.
  (Rule 30.6B)
SECURED THROWS-ELIMINATE (F31-F34, F51-F57)

Added tape on holding bar for F51-53 is allowed so that hand can be tied to holding bar. Holding bars must be vertical.

This type of support structure for the holding bar is allowed so as to limit any flexing.
- Bending Holding Bar - Shot Put
- Bending Holding Bar - Javelin

This type slot in the seat for running straps through is allowed.
SECURED THROWS
(F31-F34, F51-F57)

MEASURING

Number of attempts - Seated:

- Paralympics and World level competitions: Athletes have three attempts, then the top eight get three additional throws. If first 3 rounds are conducted in 2 or more pools the second 3 shall be in reverse order.
- All other meets: May use method described above or use six consecutive throws. This is determined by the meet director.
- Best practice if measuring after all throws are complete: Mark in order of throws, flags one through six. Record by throw number on flag (i.e., by order of throws).

JAVELIN

- Javelin must land tip first for Age groups U17 and older.
- ATFUSA Junior rule: U11 and U14, mark whatever hits first:
  - Tip - mark tip;
  - flat - mark back of grip;
  - tail - mark tail.
Check that implement weight is correct for each athlete. You may have multiple classes or age groups in a pit with different weight implements.

- If at a meet where the implement weights are not listed, they can be found either in the World Para Athletics rule book Appendix One (hyperlink to rule book is on slide 3), in the ATFUSA Field Standard File or Meet Results Database (www.ATFUSA.org), or in the appendices of the USATF rule book.

- Record the implement number used by the athlete on the flight sheet.

- If the implement is touching the sector line upon landing, then it is a foul. The line is out.

- Examine your measuring tape: The zero point varies in different tapes.

- Pull the tape through the center of the circle and read measurement at the inside edge of the ring. The tape must be straight and not “bent” around parts of the chair.
SECURED THROWING EVENTS
MEASURING RECORDS

World Para Athletics Americas/World Records:
• Use the World Para Athletics record form: Three judges must sign.
• Impound the implement immediately – must be reweighed.

ATFUSA records:
• Use the ATFUSA record form: Minimum of two judges must sign.
• The referee must sign later.
• Implement must be reweighed, but may be done after the competition.

In all cases:
• A steel tape or appropriate calibrated electronic laser measuring system must be used.
• The implement number must be captured on the pit sheet for each throw to ensure proper weight for recording and record purposes.
There is no charge to take the course or the certification test.

In order to be a 2017-2020 certified Para Track & Field official you will need to:

- Be a USA Track & Field Association, National, or Master official.
- Pass the Para Track & Field test with a minimum score of 80.

The test is open book.

TEST

https://usoc.az1.qualtrics.com/jfe/form/SV_818dfy8HkbvYZaR
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Rev 1: 11/15/2016 – original
Rev 2: 11/17/2016 – corrections from Clinic
Rev 4: 12/01/2016 – per USATF delivery of the Course
Rev 5: Test Link Added
Rev 6: 01/01/2018 - 2018 Rule Changes plus edits
Rev 6.6: 05/16/2018 – Change Track 31-32 to race Runner Only Track 33-34 Racing Wheelchair Only
Rev 7: 04/15/2019 – Changes for 2018 tether and other minor changes.
Rev 7.1: 05/14/2019 – Changes in Amputee Track (remove hop, define finish with prosthetic).
Rev 8.0 02/19/2020 – 2020 rule changes High Jump and Long Jump rule for AMPS that state if using prosthetics they must jump with them. This is a change. Old if lost they could continue without it. Change IAAF to World Athletics (WA).
Rev 8.1 02/04/2020 – Word smith slides for clarity.

2017-2020 Official's course
Change control