



TRACK & FIELD

ATHLETICS events, known as track and field events in the U.S., have been a part of the Paralympic program since the first Paralympic Games in Rome, Italy, in 1960.

BASIC RULES

The rules of Paralympic track and field are almost identical to Olympic track and field allowing for adaptations for athletes with disabilities. Certain allowances are made to accommodate certain impairments. For example, the blind and more severely visually impaired runners compete with guide runners, who are often attached by the wrist with a tether to the runner.

EQUIPMENT

Track and field requires a track and field for competition. Many events require specific sports equipment such as javelin, shot put, discus, club, racing wheelchair or a prosthesis for competition.

GETTING STARTED

We encourage you to get started by connecting with a local adaptive sports organization for track and field or to get involved in your local high school or community program. To find a list of clubs in your area, please visit <https://USPara.us/findaclub>.

CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek classification at an approved competition.

START COMPETING

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COLLEGIATE RESOURCES

Many Para athletes are engaging in collegiate programs for track and field both within track and field programs housed in athletic departments and in collegiate adaptive sport programs. For more information on these schools, please visit <https://USPara.us/ParaCollegiatePrograms>.

For more information on U.S. Paralympics Track & Field, please visit www.TeamUSA.org/USParaTrackandField.

PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference
- Short Stature
- Visual Impairment
- Intellectual Impairment

PARALYMPIC EVENTS

- **Track events: sprint** (100m, 200m, 400m), **middle distance** (800m, 1500m), **long distance** (5000m, 10,000m) and the **universal relay**
- **Marathon**
- **Jumping events** (high jump and long jump)
- **Throwing events** (discus, shot put, javelin and club)

HIGH SCHOOL RESOURCES

A number of states now have inclusion rules which will allow athletes with a physical disability to participate and for their team at high school regional and state finals/championships.

For more information, please contact the individual state's high school sports association. Examples of inclusion can be found by visiting the **Coaches Education page**.