RULE BOOKS
AS OF 1/1/2014

International Paralympic Committee (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 for all Disability Groups, Wheelchair Track & Field USA Rules (WTFUSA)
To locate the WTFUSA rules book:
http://www.wasusa.org/athleticstrackfield.html
CLASSIFICATION
WHAT IS IT?

• Classification allows Paralympic athletes to compete with athletes with similar functional limitations.

• Classification is done by certified classifiers who determine the athlete’s 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.
CLASSIFICATION BY CLASS?

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

- **Intellectually Impaired**
  - Class 20 – Intellectually Impaired. (IQ of 75 or less)

- **Cerebral Palsy, Stroke and Traumatic Brain Injury**
  - Class 31-34 - Wheelchair Athletes
  - Class 35-38 - Ambulatory Athletes

Cerebral Palsy, Stroke and Traumatic Brain Injury
CLASSIFICATION BY CLASS

- Class 40 (shorter) - 41 (taller) Dwarfs
- Class 42-44 - Leg Amputees
- Class 45-47 - Arm Amputees
- Class 51-54 - Wheelchair Track
- Class 51-57 - Seated Throwers

Amputees and Les Autres

Spinal Cord Injuries, Spina Bifida
## AGE GROUP DIVISIONS

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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
AMBULATORY & WHEELCHAIR
TRACK EVENTS
VISUALLY IMPAIRED RULES
CLASSES T11, T12, & T13

VI CLASSES: ATHLETE & GUIDE 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).
• For events 800M or longer: **the guide must be no more than one full stride ahead of the athlete, except for the last 10m.**
• **Athlete must finish ahead of guide** (the guide must finish).
• Guide cannot push, pull or propel athlete to gain an advantage.
• In the 5000 meters and up: **two guides** may be used.
  (Must be declared before race)

CLASS 12
• The use of opaque glasses nor eye mask is **Not required.**
• If a guide is used, the above guide rules apply.
• **Athletes are allowed two lanes, even without a guide.**
• In the 5000 meters and up, **two guides** may be used.

CLASS 13
• Follows the traditional **IAAF/IPC rules.**
• No guide is allowed.

USA – U14 Juniors may opt not to use Blocks & 4 point Stance.
RELAYS
4 x 100 meter
• Acceleration mark and exchange zones are the same as traditional.
• 2 lanes given per team, lanes 1, 3, 5 and 7. Extend with tape exchange zones for these odd lanes across the pair. See wheelchair relay slide for drawing.
• Baton - MUST BE USED and may be passed by guide or athlete.
• Outgoing athlete and guide must be in exchange zone when baton is exchanged.
• Relay is composed of a minimum of one class11 and no more than one class13.
• Another guide can help a class12 athlete set their marks.
Internationally, the 20 class athletes compete only in the Long Jump, Shot Put 400M and 1500M. Nationally, there may be additional events.

Class 20 athletes must use starting block for races less than or equal to the 400M.

**Athletes U14 may opt not to use blocks.**

Class 20 athletes 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.
CLASS T32-T38: NOT REQUIRED TO USE BLOCKS: CAN: CROUCH, STAND or 3 POINT STANCE W/WITHOUT BLOCKS.

This class grouping is a mixture of: Wheelchair T32-34 & Ambulatory T35-38.

STARTERS:
• Due to Balance issues, do not try to hold these athletes in the blocks too long.
• False Start: Due to balance issues the Starter may deem movement was not to gain an advantage and may restart the entire field without a disqualification.
• Some of the athletes, particularly 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 shot. Alternately, a strobe light connected to the starter’s pistol can be used to assist the athlete.
TRACK EVENTS
DWARF AND AMPUTEE RULES
CLASSES T40 – T47

CLASSES: ARE NOT REQUIRED TO USE BLOCKS
T40-T47 CAN CROUCH, STAND OR 3 POINT STANCE W/WITHOUT BLOCKS.

Lower Limb Athletes:
• Must use their leg prosthesis on the track.
• Athletes are not allowed to hop.

Athletes: dwarf’s, single below the knee, double below the knee, single above the knee, double above the knee and arm amputees.

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)
• Touch must take place in exchange zone.
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.

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

- Three wheels with max. height of 70 cm/rear & 50 cm/front
- No Gears, mirrors or fairings are allowed.
- No part of the wheelchair can protrude behind the vertical plane of the back tires
  - check by placing back of chair against the wall - make sure only the wheels touch the wall.
- Chairs should 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.

WHEELCHAIR HELMET RULE:

Wearing helmets is compulsory in all individual/team track & road races.
The helmet shall be a hard protective shell that meets a recognized international safety standard e.g.: Snell b-84/90/95, BSI 6863, EN 1078.
TRACK EVENTS
WHEELCHAIR START
CLASSES T32-34 & T51-54

- Commands remain the same as traditional
- “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 line.
  - Once athlete attains his/her set position, No movement is allowed until the gun is fired.

Note: ATHLETE HELMETS ARE MISSING
• **Overtake** –
  - Athlete coming from behind in an attempt to overtake carries the responsibility of ensuring clearance before cutting in.
  - The overtaken athlete cannot obstruct nor 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 prior to the crash location.
TRACK EVENTS
WHEELCHAIR FINISH
CLASSES T32-34 & T51-54

Finish place & time is determined when center of the front axle crosses the finish line.

800M race 2008 Beijing
TRACK EVENTS
WHEELCHAIR RELAYS
CLASSES T32-34 & T51-54

EVENTS – International & USA: 4X100M & 4X400M
- USA Juniors: 4X100M; 4X400M; 800M Medley (100/100/200/400M).

RELAY RULES:
• 2 lanes are used for each team. The lanes are 1,3,5,7 tape should be used to extend the lanes.
• No baton is used, the transfer is made by tag.
• The first touch must be on the body within the exchange zone. (The body not the chair must be in the zone).
• The incoming athlete must not push the outgoing athlete.
PARALYMPIC FIELD EVENTS
AMBULATORY & SECURED THROWS
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 or 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 circle or pit before guide can assist.
FIELD EVENTS
LONG JUMP (LJ) & TRIPLE JUMP (TJ) - VISUALLY IMPAIRED - T11 & T12

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** – 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 takeoff area furthest from the landing area. (see drawing to left)
- **LJ takeoff board** - between 1 m and 3 m from the near end of the landing area.
- **TJ takeoff board** - Class 11 - 9 m and class 12 & 13 minimum of - 11m
- **For Junior Athletes** – The 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
AMPUTEE PROSTHETIC RULES - CLASSES F43-F47

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

Rules governing Prosthetics:
• Prosthetics are required in running events, but Prosthetics are not in field events.
• The athlete can adjust his/her leg during the run-up, but must finish the attempt in the allowed time (60 sec).
• If the athlete loses his/her prosthesis while jumping, and if the leg produces the closest mark to the takeoff board, use that mark to measure from.
• If the prosthesis lands outside the landing area nearer to the takeoff board than the closest mark in the landing area, the jump is a foul.
SECURED THROWING EVENTS
FRAMES/SEAT, FOOTPLATE - CLASSES F31-F34 & F51-F57

Rule 35

SEAT:
• The frame must have a seat which is square or rectangular ONLY in shape with each side at least 30 cm (12 inches).
• The seat must be level or the back lower than the front. (Incline backwards).
• The seat height shall not exceed 75 cm including the cushion.

FOOTPLATES:
• Footplates are a part of the chair and only for stability.
SECURED THROWING EVENTS
FRAMES / BACKREST HOLDING BAR - CLASSES F31-F34 & F51-F57

RESTS:
• The seat may incorporate side and back rests for the purposes of safety and stability. They can 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 nor moveable joints nor any feature that could assist with propulsion of the throwing implement

HOLDING BAR:
• The frame may have a round or square (not oval nor rectangular) Rigid Holding Bar. The holding bar must be a single, straight piece of material without curves or bends.
• It cannot incorporate springs nor movable joints nor any feature that could assist with propulsion of the throwing implement.

• THE ATHLETE, HOWEVER, MAY HOLD ON TO ANY OTHER PART OF THE FRAME DURING THE THROW.
SECURED THROWING EVENTS
CHECK IN & POSITIONING - CLASSES F31-F34 & F51-F57

• Throwing chairs will be measured and inspected in the Call Room or Competition Area prior to the commencement of the event.
• **DAILY WHEELCHAIR:** that satisfies the criteria is acceptable.
• The chair may not be taken from the venue before the start of the event.
• It is the responsibility of the athlete to insure that his/her throwing frame conforms to all requirements.
• Chair Positioning Guidelines (not absolutes):
  A reasonable time to position the frame in the circle:
  • 2 minutes – Classes F32-34 & F54-57
  • 3 minutes – Classes F31 & F51-53
SECURED THROWING EVENTS
POSITIONING IN RING-
CLASSES F31-F34 & F51-F57

• 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.
• The athlete may not touch a tie down outside the vertical plane of the ring during the throw.
Athletes shall throw from a frame & must do so from a “true seated” position.
The intention of this rule is to minimize contributions of the legs to the athletes performance.

- **Seated with both legs in contact with seat from the back of the knee to the back of the buttocks.**

- Any movement from the “true” seated position, after the athlete takes the implement, and before the throw has been marked will be considered a foul.
Athletes MUST maintain a “true seated” position throughout the throwing action until the throw has been marked by an official.

This means sitting so that both legs are always in contact with the seat surface from the back of the knee to the most posterior part of the buttock that would remain in contact with the seat should the athlete lean all the way forward onto his/her knees.

This point of contact with the seat is just behind the ischial tuberosities and cannot be elevated above the seat or it shall be deemed a foul.

Note: elevation of parts of the fleshy buttocks more posterior than the point of contact (as described in #2) during any phase of the throw does NOT constitute a foul.

See next slide for a visual explanation of above
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 defines the point that CANNOT come off of the seat during the throw or it would be considered “lifting”.

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**SECURED THROWING EVENTS**

**LIFTING -**

**SPORT CLASSES F31-34 & F51-F57**

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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 defines the point that CANNOT come off of the seat during the throw or it would be considered “lifting”.

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**Approximate contact point of buttock with seat when leaning forward on knees**

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**Fleshy buttock behind Ischial tuberosity**

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**Lower Spine**

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**Sacrum (Tail Bone)**

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**Hip**

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**Top of Pelvis**

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**Knee**

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**Ischial Tuberosity**
SECURED THROWING EVENTS
JUDGING -
CLASSES F31-F34 & F51-F57

• No tape on hands, **except for F51, F52, or F53 classes**, who may tape their **non-throwing hand** to the holding bar (the hand may be gloved).
• All straps (if used) must be non-elastic.
• The athlete may not touch a chair tie down outside the ring while in the act of throwing.
• Loose clothing is prohibited during competition as it impacts the official’s ability to see a “lift”. (Official may ask athlete to tuck in clothing)
• If a holding device should break or fail:
  • If the athlete does not fail, the athlete should be given the choice to accept the mark or make a replacement attempt.
  • If the athlete fails then the trial should not count and the athlete should be allowed to retake the affected trial.
SECURED THROWING EVENTS
MEASURING -
CLASSES F31-F34 & F51-F57

NUMBER OF ATTEMPTS
• Paralympics & World Games: Athletes have three trials and then the top 8 get three additional throws.
• All other Meets: may use above or get six consecutive throws. This is determined by meet director. (Best practice if measuring after all throws are complete: mark flags 1 through 6 and use and record by throw number on flag.)
• Warm up: Number of warm ups is up to Meet Director/Field Referee. Typically the number of warm ups are 2 or sometime 1).

JAVELIN
• Javelin must land tip first for all athletes 14 years of age or older.
• Javelin- USA Junior rule U11 & U14, mark whatever hits first.
  • Tip - mark Tip, Flat - mark back of grip, Tail - mark tail.
General Tips:
• **Check implement weight for each athlete** prior to his/her first throw, as you may have multiple classes or age groups in your pit.
• Implement touching the sector line on landing is a foul. *The Line is OUT.*
• Examine your Measuring Tape: **The 0 point varies.**
• **Pull the tape through the center of the circle and read measurement at the inside edge 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 Association, National, or Master Official and pass the Para Track and Field Test with a minimum score of 80.

http://www.cvent.com/d/n4qldw
THANK YOU

- Thanks to the following for assistance in this project:
- Chris Cohen, Great Britain
- Debbie Armento
- Pam Carey
- Jerry Clayton
- Phil Galli
- Paul Johnson
- Dick Moss
- Cathy Sellers
- Thomas Southall
- John Stephens
- Jack Todd
- Melinda Wheatley
- Eric Zemper
CHANGE CONTROL

REV 1: 5/30/2012 – ORIGINAL
REV 2: 1/4/2013 – CHANGES PER TESTING
REV 3 – 12/02/2013 – 2014 FIELD CHANGES & CLEANUP
REV 4 – 12/7/2013 UPDATES AFTER COURSE TRAINING AT USATF CONFERENCE.