

Para Athletics Official's Certification Level 1 Training

2021-2024

Revision : 5/3/2021 R-1.6

This course is a product of the
Para Officials Committee led by
Adaptive Track & Field USA (ATFUSA)
It is endorsed by:
US Para Track and Field, USA,
ATFUSA and
USATF



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 test to become a certified USATF Level 1 PARA Official.
- To be a USATF Level 1 certified Para Official you must;
 - Pass the certification test,
 - Be at least an Association* level official,
 - Be current with USATF membership, Safe Sport, and Background check.

* If you are at the Apprentice Level your results will be recorded and you will be certified when you reach the Association Level.

- If you pass the test but are not a USATF official you will be listed in the database as a volunteer.
- If you fail, you will be sent a Make-up test.



National Governing Body for Track & Field
of
Adaptive Sports USA

2018
Competition Rules for Track, Field & Road Racing
V1: 01/20/2018

National Records Updated 1/30/2018
Record Forms Updated 1/30/2018
Standards Updated 1/30/2018

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NOTES:

1. * Denotes rule change or the addition of a new rule.
2. Rules do not follow numerical order - missing numbers have been reserved for future use.
3. The World Para Athletics Rulebook supersedes all ATFUSA rules except for Junior age groups U11 and U14, Master 35, Master 50, Master 60 and the USA road racing deadline rule & additional verbiage for road racing.
4. These rules may change at any time where World Para Athletics or ATFUSA otherwise considers it necessary to do so.

RULES 2020-2021

World Para Athletics Rules and Regulations for all national and international competitions.

- **World Para Athletics rule book:**
<https://www.paralympic.org/athletics/rules>
- **ATFUSA rule book:**
 - USA rules & exceptions for 14 and under (U14) & Masters M35, M50, M60 athletes
 - Adaptive Track & Field USA (ATFUSA)
www.atfusa.org .
 - ATFUSA rule book: [ATFUSA Rules](#)
- **[Official's Meet Management By Role](#)**
- There is also a summary of World Para Athletics rules and exceptions included at the back of the USATF rule book.

- All Para Athletes are classified to have a fair competitions. Athletes are divided into classes according to their functional limitation in a given sport
- Classification is determined by certified classifiers.
 - US Paralympics on a National level
 - World Para Athletics on an International level.
- Classification is a two-step process:
 - Medical review & Observation of the athlete in competition.
 - World Para Athletics Classification Rules and Regulations are available at:
<https://www.paralympic.org/athletics/classification>
- CLASSIFICATION NUMBERING T/F-Type-Description (Ex. T, 1, 1 = T11)
 - “T” identifies a Track event class and “F” identifies a Field event class.
 - The first number indicates Impairment Types; Visual (1), Intellectual (2), Co-ordination (3), Upper Limb Lower Limb Deficiencies (4), Impaired Muscle Power or Range of Movement (5), Limb Deficiencies W/ the use of a prosthetic (6).
 - The second number (1-8) indicates the description of the impairment as a function of the impairment type.

Visually Impaired (Classes T/F 11-13) - Ambulatory

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) - Ambulatory

Impairments in intellectual function and adaptive behaviors

Athetosis, Ataxia, and or Hypertonia

Commonly Referred To As Cerebral Palsy (CP) (Classes T/F 31-38)

Class T/F 31-32: FrameRunner in track,
seated throws for field.

Class T/F 33-34: Racing Wheelchair athletes

Class T/F 35-38: Ambulatory athletes

Note: T35 athletes may perform in field seated as a F34 if ambulatory stability is an issue.



Short Stature (Classes T/F 40-41) - Ambulatory

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



Lower limb classes

Lower limb deficiency without amputation (Classes T/F 42-44) - Ambulatory

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) – Ambulatory

Athletes with lower limb impairment who compete using 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

Note: Some ambulatory classes may perform field seated due to stability issues:

- Class 42 or 61, 63 - > F57
- Class 43 or 62 - > F57
- Class 44 or 64 - > F57



CLASSIFICATION

Upper limb deficiency with/without *amputation* (Classes T/F 45-47) - Ambulatory

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.



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.

- **Wheelchair/FrameRunner/Seated Athletes**
 - **Track** – Classes T31, T32, T33, T34, T51, T52, T53, T54
 - **Throwing** – Classes F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57
- **Ambulant/Standing Athletes**
 - **Track /Jumps** – Classes T11, T12, T13, T20, T35, T36, T37, T38, T40, T41, T42, T43, T44, T45, T46, T47, *T61, T62, T63, T64*
 - **Throwing** – Classes F11, F12, F13, F20, F35, F36, F37, F38, F40, F41, F42, F43, F44, F45, F46, F47, *F61, F62, F63, F64*
- **Note:**

Some ambulatory classes may compete in field seated:

 - Class 35 - > F34.
 - Classes 42-44, 61-64 - > F57.

AGE GROUP - DIVISIONS

AGE GROUPS

| <u>AGE GROUP</u> | <u>GOVERNING BODY</u> |
|------------------|--|
| U17 | U.S. PARALYMPICS; World Para Athletics |
| U20 | U.S. PARALYMPICS; World Para Athletics |
| Open | U.S. PARALYMPICS; World Para Athletics |
| Master – 35 | U.S. PARALYMPICS; World Para Athletics |

COMPETITION AGE:

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

AGE GROUPS

| <u>AGE GROUP</u> | <u>GOVERNING BODY</u> |
|------------------------|-----------------------|
| U11 | ATFUSA |
| U14 | ATFUSA |
| U23 | ATFUSA |
| Master – M35, M50, M60 | ATFUSA |

COMPETITION AGE:

- For Masters age groups competition age is - as of the day of the meet.
- For all other age groups competition age is - by 12/31 of the year of competition.

PARALYMPIC TRACK & FIELD



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, expanded exchange zones will be used.

- 30M for ambulatory relays,
- 40M for Wheelchair relays.

Details later in the course. **Rule 23.2**

LANE VIOLATIONS

- Touching the inner lane line one or more times while in the bend constitutes a lane violation in wheelchair, FrameRunner 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, 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**

Maximum Allowable Standing Height (MASH) Rule 6.13

- Double amputees (T61-T62) can not be taller than they would be with legs.
- The MASH height is assigned to athletes 14 yrs. or older during classification.
- The Call Room is given the MASH # by the classification team or can be looked up on the World Para Athletics classification database for licensed athletes or the US Paralympic Classification database for national only athletes.
- Measurement is made upon each entry into the competition area for every event the athlete enters. This is done by the Clerk/Assistant, two judges, one who acts as the measurer and recorder and the other to assist the athlete in maintaining balance.
- The Clerk shall record the measured height on the MASH Measurement Form <http://atfusa.org/FORMS/MASH%20Call%20Room%20Form.pdf>

RELAY

- Exchange
 - Baton: Ambulatory only relays (T11-13, T20, T35-38)
 - By touch: Wheelchair only relays (T33-34, T51-52, T53-54), Amputee (T42-47 & T61-64), 4x100 universal relays.
- 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 may come from any sport class. **Rule 23.11**
- The first 2 Ambulatory leg exchange zones are 30m. The 3rd takeoff zone for the Wheelchair leg is 40m. **Rule 23.2**
- Visually Impaired, Wheelchair and Universal relays use an expanded start line of 2 lanes; 1 (1-2), 3 (3-4), 5 (5-6), 7 (7-8). **Rule 23.17**
- The exchange location of the touch or passing of the baton must be in the zone; **not the location of the athletes/guides** — determines a good pass.
- The incoming Athlete may not push the outgoing athlete **Rule 7.3f /23.6**
- For VI relays the athlete or guide may make the exchange. **Rule 23.8**

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, WPA Regional Championships and WPA 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)

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.
- The part of each spike which projects from the sole or the heel shall not exceed 9mm except in the High Jump and Javelin Throw, where it shall not exceed 12mm.
- 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.

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 one on lateral side of the frame runner and racing chair toward the finish line camera.

Prostheses

- T/F 61-64 athletes
 - Track & Jumps (if prosthetic is used) - must complete and finish the event with their prosthetic.
 - Field - The use of prosthetics are optional.
- T/F 45-47 upper limb impairment
 - Track & Field -the use of a prosthetic is optional; but, if a prosthetic is used, they must complete the event with the device.
- T/F 61-62 The prosthetic must not let the athlete exceed their Maximum Allowable Standing Height (MASH).

Orthoses

- T/F 42-44 athletes with lower limb impairments may use orthotic devices (optional).

Rule 6- Eye mask & Helmets

Eye Mask Rule 6.14

- T/F11 athletes 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, 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.
Exception: the athlete may remove the eye mask/opaque glasses between field trials.

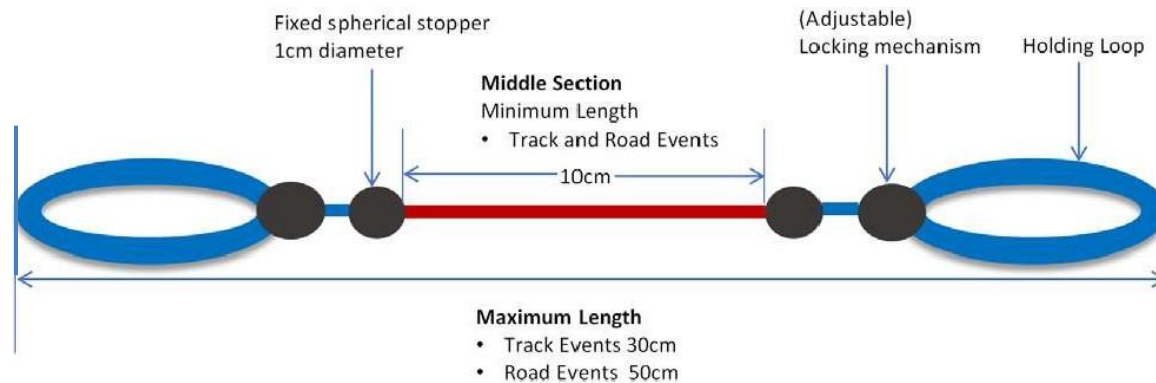
Helmets Rule 6.17

- 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.

Rule 6.15 - Tether

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.
- For Track the maximum length between the two furthest points of the holding loops at the full extension of the tether shall **not exceed 30cm**.
- For Road the maximum length between the two furthest points of the holding loops at the full extension of the tether shall **not exceed 50cm**.
- Athlete & Guide **must hold the tether with the holding loops**.



Assistance Rule 7

- Only official medical staff, appointed by the LOC (or the team medical staff approved by LOC/TD), can 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. **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 could communicate (to anyone other than the competing athlete; I.E. speed measuring devices are allowed) either by audio or video is prohibited. GPS is not allowed. **Rule 7.3**
- An aid in a track or field event who coaches while performing aid duties.

Assistance Rule 7

Not considered assistance:

- Communication between the athletes and coaches (not 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.
Such treatment shall not delay the competition and can only be performed by event medical staff. **Rule 7-4b**

- Viewing images of previous trial(s) by athletes competing in field events recorded on their behalf by persons not placed in the competition area.

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

TRACK

ALL VI CLASSES

(T11-13)

- Athletes and their guide runners must both use blocks and a crouch stance. (Rule 17.1)
- Exception: ATFUSA T11-13 U14 athletes may opt to not use blocks.

CLASSES 11 & 12

- T11 athletes require their eye cavities to be completely covered by an eye bandage (gauze) and an approved eye mask/opaque glasses, which completely covers the eyes.
- T11-T12 (Rule 7.7)
 - T11 Must use a guide & run in 2 lanes.
 - T12 May use a guide, but always run in 2 lanes.
 - If using a guide the pair must run with a tether.
 - Athlete/guide pairs run in 2 adjacent lanes which are considered as one extra wide lane for the pair.
- i.e. lane 1=1&2, lane 3=3&4, lane 5= 5&6, lane 7= 7&8

CLASS T13

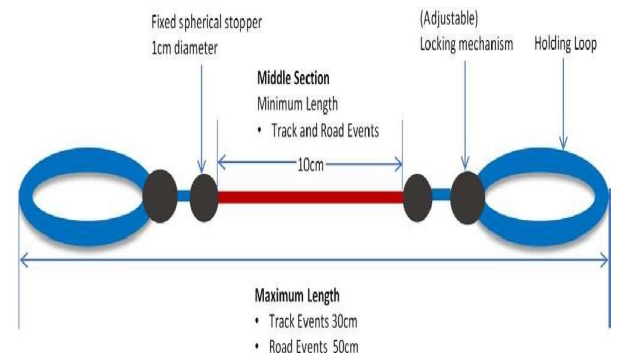
- Follows traditional World Athletics rules. No guide is allowed.

[T11 100m Video](#)

[Note: Old Tether is used](#)



Tether



VISUALLY IMPAIRED

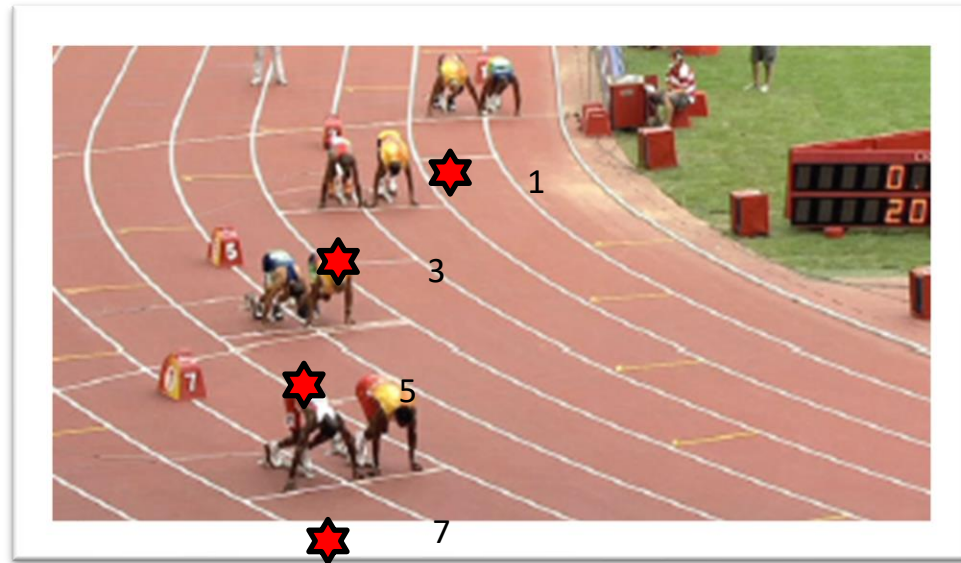
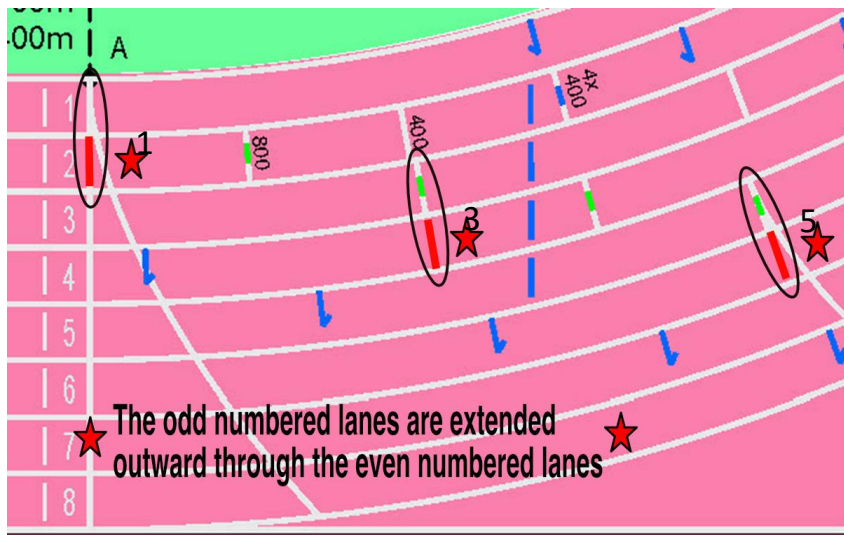
(T11-12)

Athletes shall provide their own guide runner(s).

- T11 and T12- in all races, athlete/guide are given two lanes, documentation will always list them referenced to the odd lane; i.e. lane 1=1&2, lane 3=3&4, lane 5=5&6, lane 7= 7&8. **Rules 23.17 & 18.8**
- The athlete/guide pair may orient themselves in their assigned pair of lanes any way they wish; i.e. athlete could be left in lane 1 or right in lane 2, etc., **however, the pair must start at the point where the odd # lane start line is extended outward across the adjacent even numbered lane (see next slide).**
- The athlete is connected to the guide with a tether (30cm track / 50cm road)
- If the tether breaks the athlete shall be disqualified. **Rule 6.19 Note (iii)**
- Guide **cannot** push, pull or propel the athlete.
- The guide **must** cross the finish line still attached to the athlete by the tether before the athlete may be released by the guide.
- Athlete must finish ahead of guide.
- In the 5,000m and longer events: Two guides may be used (The athlete must declare before race that he/she will use 2 guides. If declared and not used, the athlete is disqualified).

VISUALLY IMPAIRED (T11-12)

Start setup for T11/12 events with guides *OR* wheelchair relays



For T11 & T12 visually impaired track events starting officials must extend the start line of the assigned, odd number lane, towards the outer lanes.

(i.e. the start line for lane 1 will be extended outward from that point across lane 2 such that it is one continuous line)

Note: Start lines are referenced in start list as the odd numbered lanes which effectively means lane 1=1&2, lane 3=3&4, lane 5= 5&6, lane 7= 7&8

VISUALLY IMPAIRED - RELAYS

(T11-13)

TRACK

4x100M RELAYS

- 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.
- May be passed/received by the guide or the athlete.
- Position determines a good pass, NOT the position of the athletes/guides.
(An athlete or guide may re-enter the takeover/exchange zone to make the pass)

RELAY TEAM COMPOSITION

- For a VI only relay:
 - a minimum of one class T11.
 - no more than one class T13.
- T12 athletes, not using a guide, may have one assistant for orientation at each takeover/exchange zone, must leave the area before the race (Rule 23.8e).


INTELLECTUALLY IMPAIRED (T20)

TRACK

- T20 athletes must use blocks and a crouch stance in races of 400m or less. A baton will be used if a relay is run. **Rule 17.1**
- 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 12/2020).
- Nationally, there may be additional events.
- **Class 20 athletes may ask for assistance setting up equipment or blocks.** If assistance is needed, a Request For Assistance form will be provided in the Call Room and sent out to the start team. **(Rule 7.13i)**

STARTERS

Look to the athlete for understanding of verbal instruction.


**IPC ATHLETICS**

**REQUEST FOR
ASSISTANCE IN
COMPETITION**


| | | | |
|---------|-------------|---------------|------------|
| 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:

.....

.....

ATHETOSOS, ATAXIA, &/or HYPERTONIA (T31-T38)

TRACK

This class grouping is a mix of FrameRunner T31-32, Wheelchair T33-34 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 - By Baton or Touch

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

STARTERS

- Due to balance issues:
 - Should not hold athletes in the blocks for extended periods.
 - 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.



UPPER/LOWER LIMB & AMPUTEES (T42-T44 & T61-64)

TRACK

Note: Not required to use blocks.

Athletes can crouch, stand or use a three-point stance with or without blocks.

CLASSES T61-64

- In track, horizontal jumps and road events the athlete must compete with, and finish with, their prosthesis.
(note: if lost, athlete may pick it up and carry it to the finish event by hopping)
(Rule 6.12a)

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.

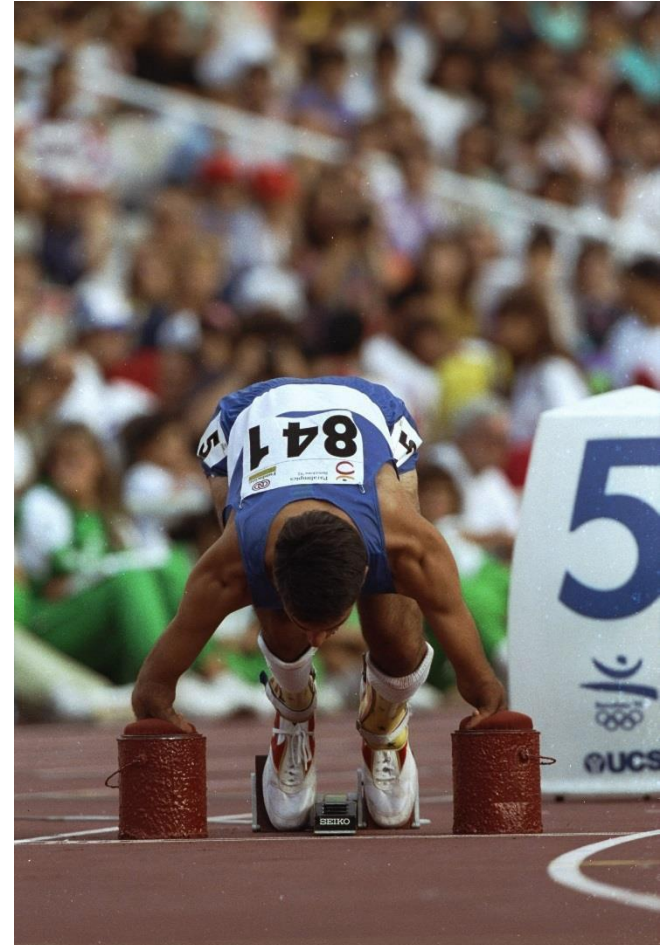


ARM AMPUTEES (T45-T47)

TRACK

- 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



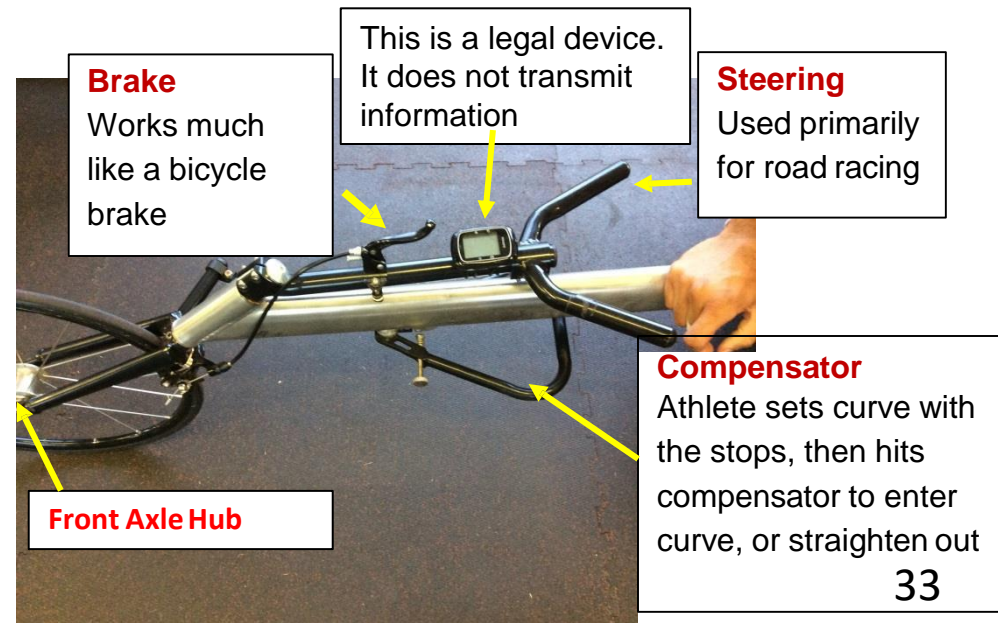
WHEELCHAIR

(T33-34, T51-54)

WHEELCHAIR SPECIFICATION **Rule 14**

- 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.

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



WHEELCHAIR, FRAMERUNNER (T33-34, T51-54, T31-32)

TRACK

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 can wear gloves in a variety of styles, both soft and hard gloves.

HIP NUMBERS:

Should go on the helmet. Bibs go on the back of the racing chair and camera side of the frame or as designated by meet management.

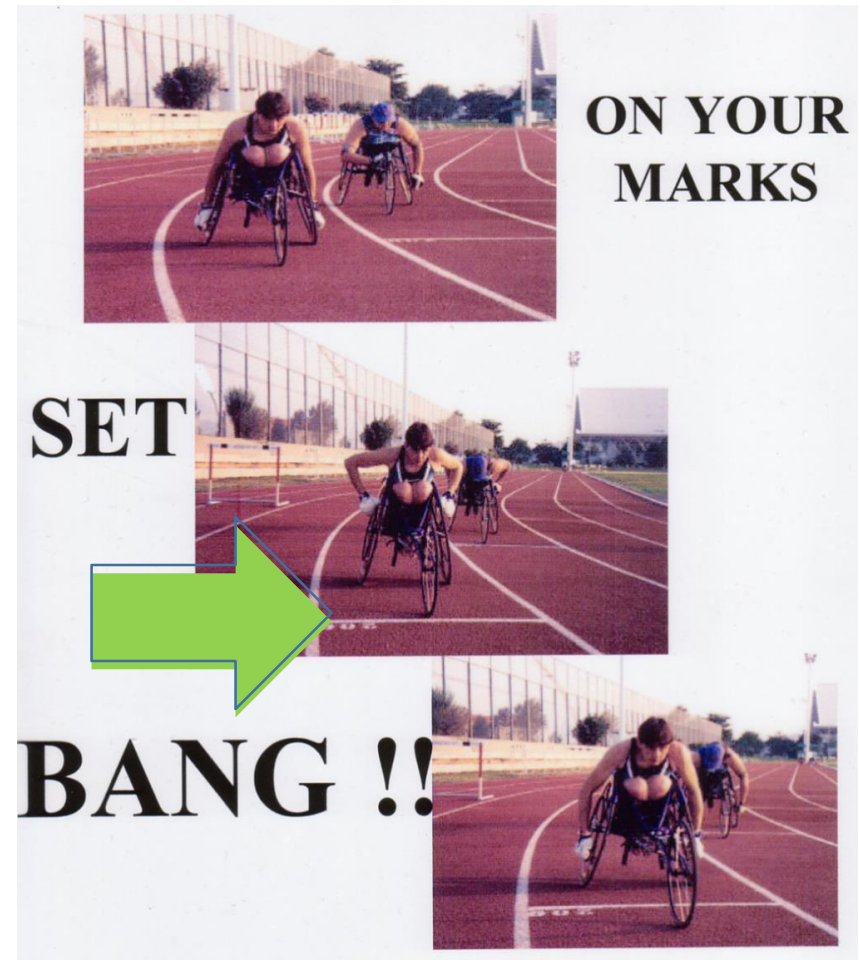


WHEELCHAIR, FRAMERUNNER (T33-34, T51-54, T31-32)

TRACK

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, FRAMERUNNER (T33-34, T51-54, T31-32)

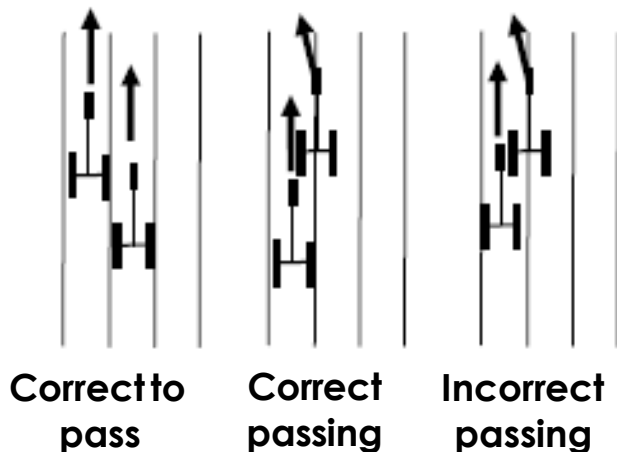
TRACK

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.



800m & 4X400m Relay Break Line

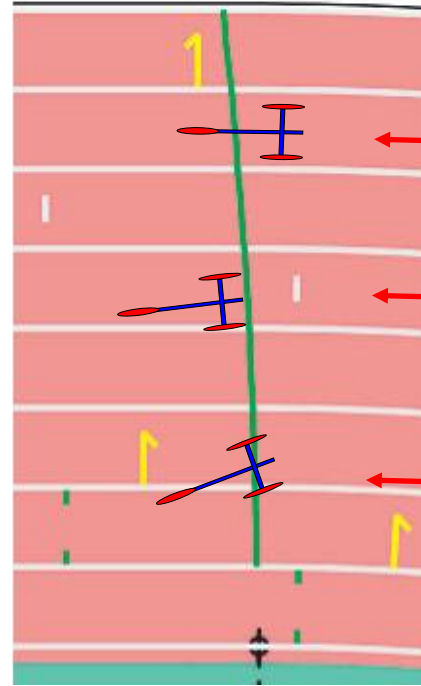
TRACK

WHEELCHAIR, FRAMERUNNER, (T33-34, T51-54, T31-32)

BREAK LINE IN 800 (Rule 18.7 Note iii)

Cones that divide the lanes **shall not** be used in wheelchair races, particularly on the lane lines of the break line.

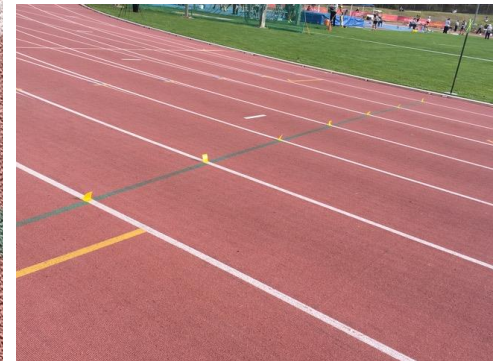
- A flag 1.5m in height on either end of the break line. Additionally, flat markers (i.e., tape of distinctive color) may be placed immediately before the intersection of the lane lines and the break line for each lane for more visibility.
- The athlete must stay in their lane until the **bottom of both rear wheels** that are touching the track surface (i.e., directly below the rear wheel hub center) cross the break line.



Must keep going in-lane until the bottom of both rear wheels are past the break line to be Good,!

Good, Bottom of both rear wheels are past the break line, **may cut in!**

Bad, bottom of the left wheel still behind break line; CANNOT cut in!

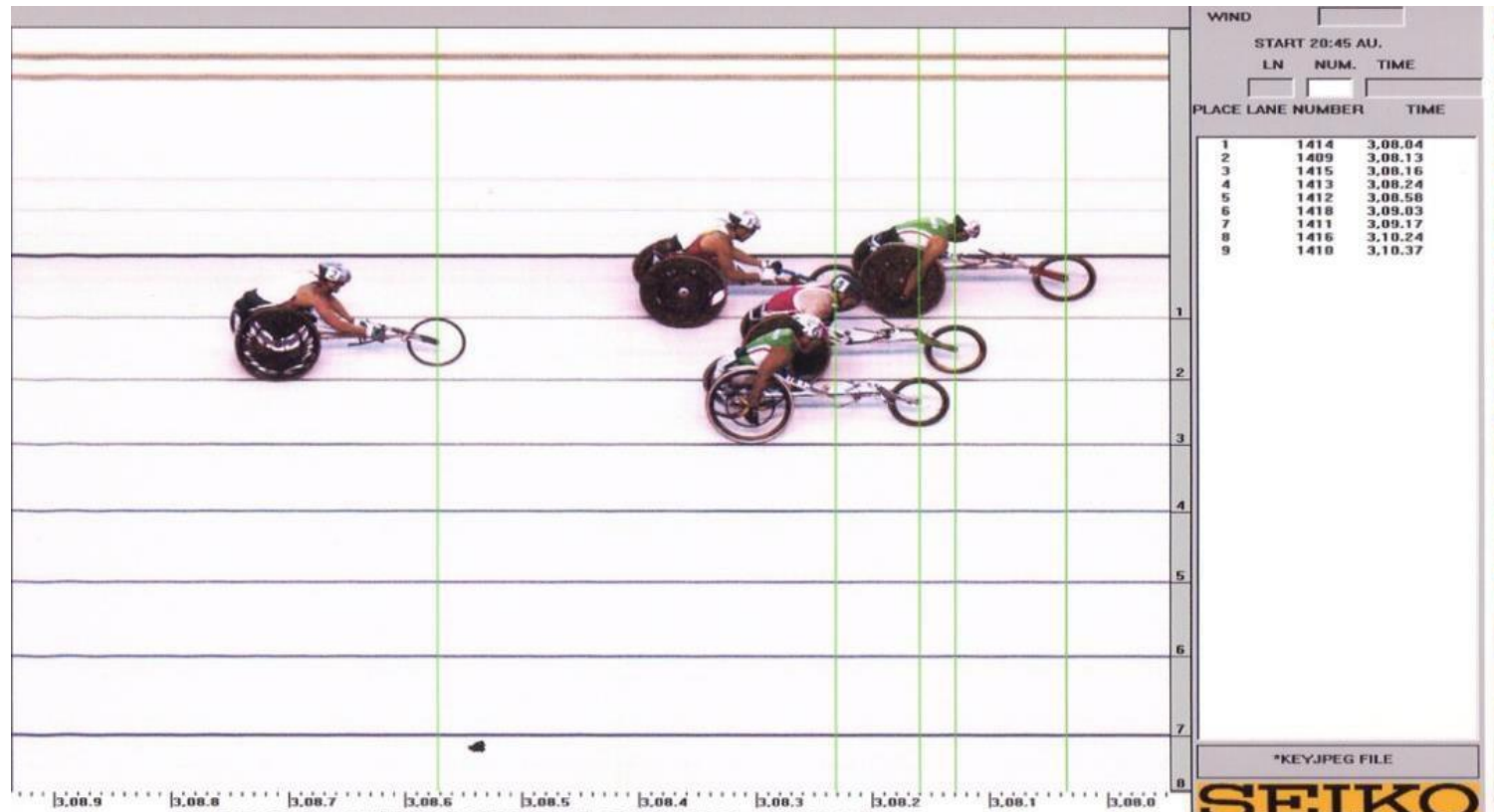


WHEELCHAIR, FRAMERUNNER (T33-34, T51-54, T31-32)

TRACK

FINISH (Rule 19.3)

Finish place and time are determined when center of the front axle crosses the finish line.



WHEELCHAIR, FRAMERUNNER (T33-34, T51-54, T31-32)

TRACK

EVENTS

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

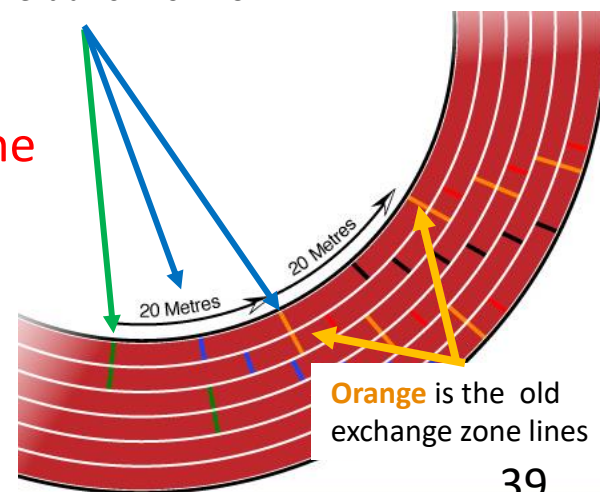
RELAY RULES Rule 23

- Two lanes are used for each team. The lanes are 1 (1-2), 3 (3-4), 5 (5-6), 7 (7-8). Tape should be used to extend the odd numbered lanes/acceleration zones.
- **No baton**, the exchange is made by touch.
- The body, **not** the chair, must be in the zone.
- The first touch, on the body, must be within the 40m Wheelchair exchange zone.
- **Outgoing athlete MUST start within the exchange zone**
- The incoming athlete must not push the outgoing athlete.
- Helmet socks with different colors for each team is recommended to 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

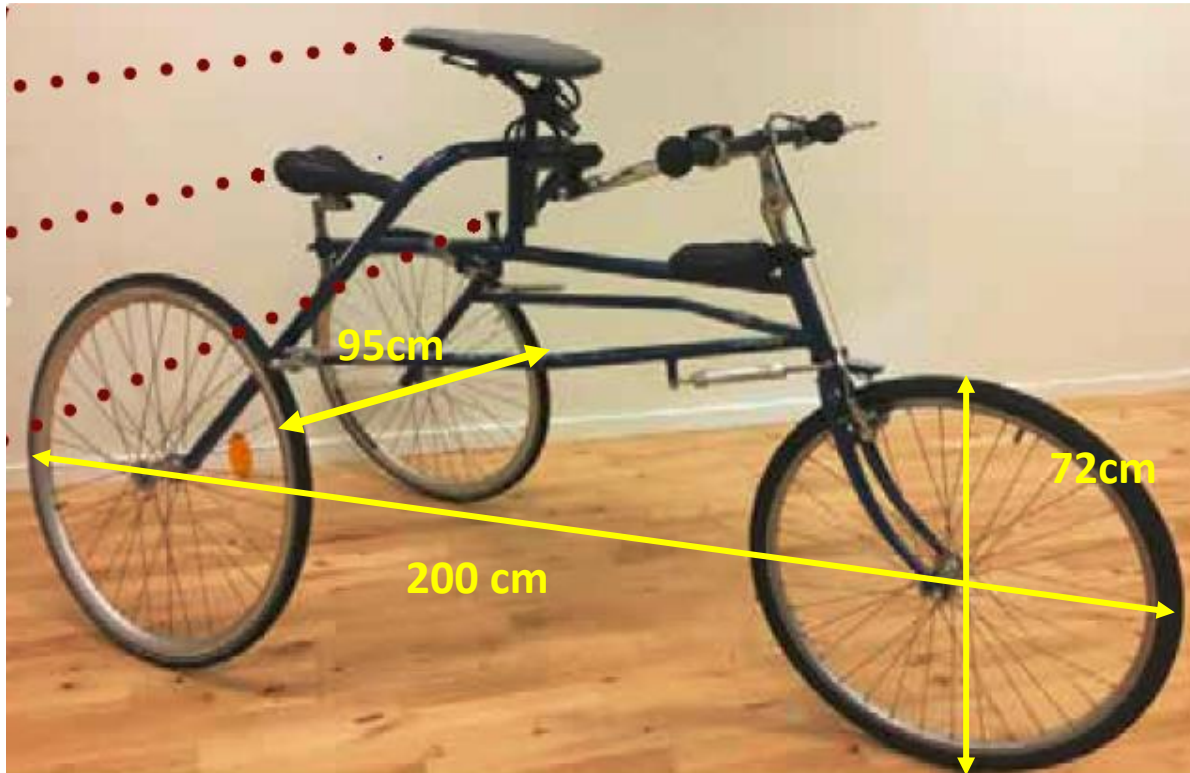
Blue is to the former acceleration mark + green for extra 10m for WC



FRAMERUNNER (T31-32)

TRACK

DIMENSIONS OF FRAMERUNNER **Rule 14.8-10**



- 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.

- T31-T32 athlete will use the FrameRunner to compete. **Rule 14.10, 14.12**
- All wheelchair racing rules apply to use of the Frame Runner – helmets, finish, overtaking, etc.
- Each FrameRunner is allocated 2 lanes for an in-lane event.

PARALYMPIC FIELD
AMBULATORY AND SECURED



TIME ALLOCATION

FIELD

| Number of athletes Remaining in the Competition. | High Jump | Other Ambulatory Events | Seated Throws |
|--|-----------|-------------------------|---------------|
| More than 3 | 1 min. | 1 min. | 1 min. |
| 2 or 3 | 1.5 min. | 1 min. | 1 min. |
| 1 | 3 min. | - | - |
| Consecutive trials | 2 min. | 2 min. | 1 min. |

- SEATED THROW REST (When 6 throws are thrown at once):
 - The TD at their discretion may decide to give the athlete the option to have an extra minute between the third and fourth throw. This is always the case at all USA regional meets.

Additional time requirements - see seated throws and (Rule 35.5)

High jump - The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. (Rule 24.17)

ASSISTANTS FOR CLASSES T11-13

FIELD

NOTE: Assistants may NOT coach

CLASS T11

- Two for jumping events.
- One for throwing events.

CLASS T12

- One guide for jumps or throws.

CLASS T13:

- None for jumps or throws.

Assistants may:

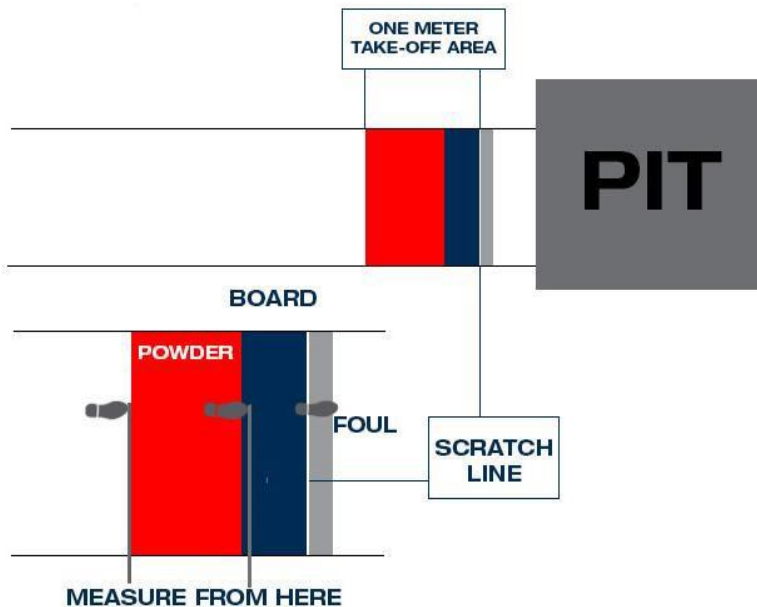
- Orient the athlete on the runway or ring.
- Use sound (voice, clapping or both) to direct the athlete.
- May be positioned on or beside the Long or Triple Jump runway or behind the landing area. The assistant(s) may be in front of or behind the take-off area but shall not stand in the take-off area (powdered area) or landing area.
- May be positioned between the sector lines in the field throw events.

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



LONG AND TRIPLE JUMP - EXCEPTION (T11-12)

FIELD



(Rule 27.11 Fig. 10)

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

SETTING UP THE JUMPS

Chalk powder may be used for the powder in the 1.00m x 1.22m \pm 0.01m take-off area (Use sufficient powder for a footprint to make a mark. Use additional powder between jumps).

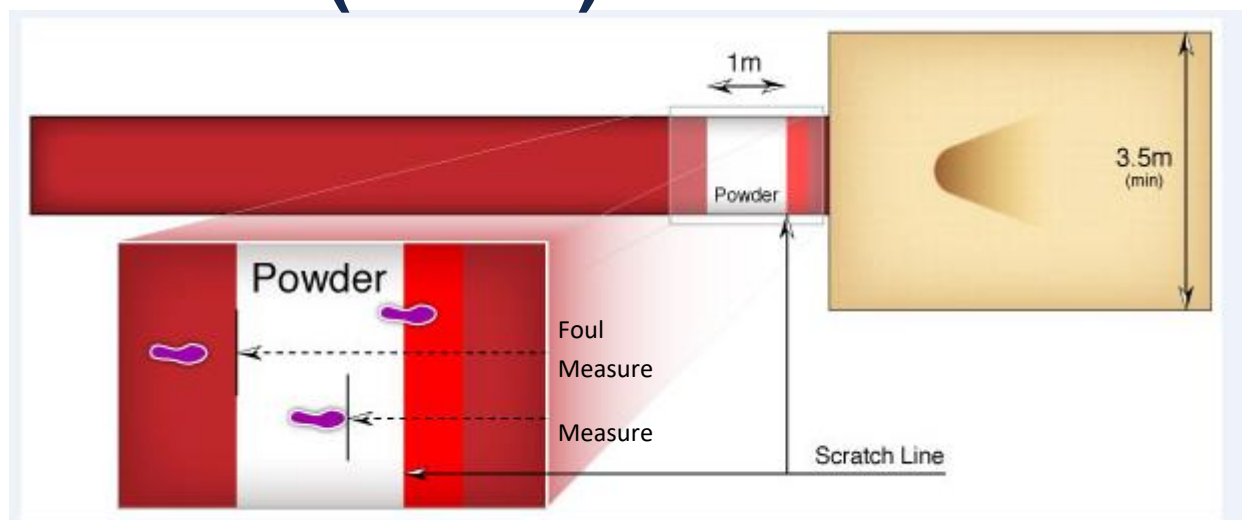
REMOVING THE POWDER

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

SAFETY ISSUES - Best Practices

- 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.

LONG AND TRIPLE JUMP - EXCEPTION (T11-12)



- Landing Area: Min. width 2.75m/ Max width 3m. Recommended T11-T12 - 3.5m.
- Measuring: Is made from the nearest impression left by the take-off foot (within the chalk powder), if within the area. If the take-off is made before the take-off area, the measurement is made from the edge of the take-off area furthest to the landing area (figure above).
- 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 (T61-64)

FIELD

Traditional World Athletics competition rules in all field events apply.

RULES GOVERNING AMPUTEES - LONG JUMP

- Prosthetics are not required in field events, **but the decision must be indicated to the relevant official prior to event start. The athlete cannot change their decision during the event.**
- 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.
(Rule 27.14 a)
- 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 b, c)



AMPUTEES (F61-64)

FIELD

RULES GOVERNING AMPUTEES - HIGH JUMP **Rule 25.7**

F61-64 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 **canNOT** continue without the prosthesis. *The athlete must adjust his/her leg and finish the attempt in the allowed time.*
- If wearing a prosthesis at the Jump takeoff: Both the athlete and the prosthesis must go over the bar (whether the prosthesis is on the athlete or it is off).

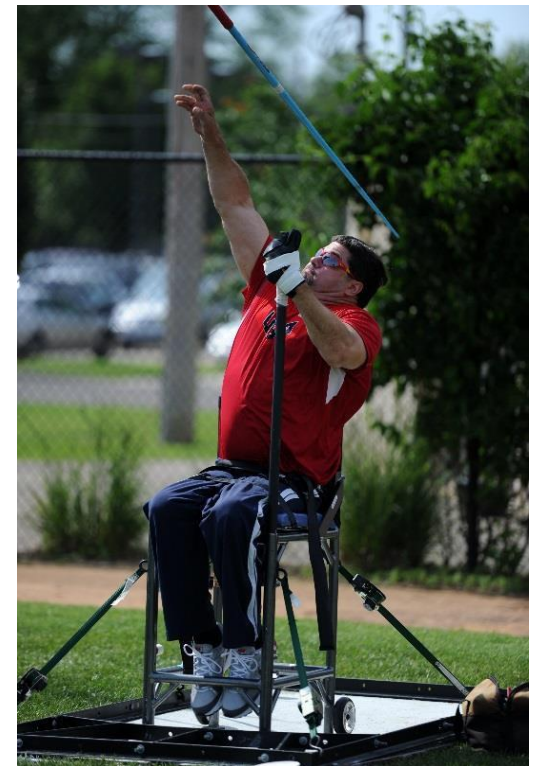


SECURED THROWS - JUDGING

(F31-F34, F51-F57)

JUDGING SECURED THROWS

- Throwing frame certification (meets specifications)
- Positioning the frame legally in the ring
- Athlete mounting and strapping (differs by class)
- Throwing
 - Action (rules for each implement are met)
 - Vertical bar moving too much
 - Lifting (or loss of contact with the seat)
 - Judging the throw in the sector (landing point in/out, measuring)

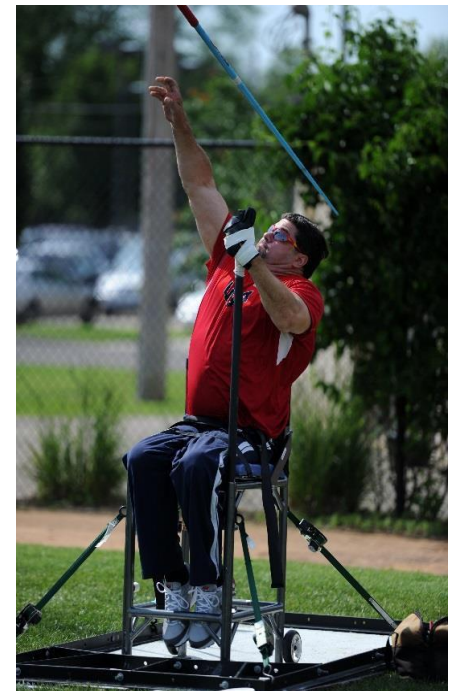


SECURED THROWS - FRAME (F31-F34, F51-F55)

FIELD

Frame/seat:

- Shall not exceed 75cm in height, 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 - FRAME

(F31-F34, F51-F57)

FIELD



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 verticle 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 (2").
Cushioning does not include the frame element.
- The backrest should not contain springs or moveable joints, nor any feature that could assist with throwing the implement.

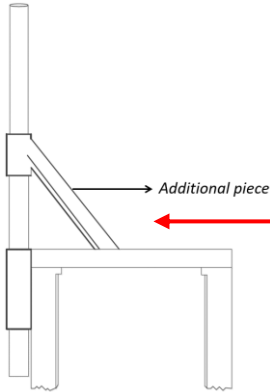
SECURED THROWS - FRAME (F31-F34, F51-F57)

FIELD

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).



Taping the hand or glove to the bar is allowed.



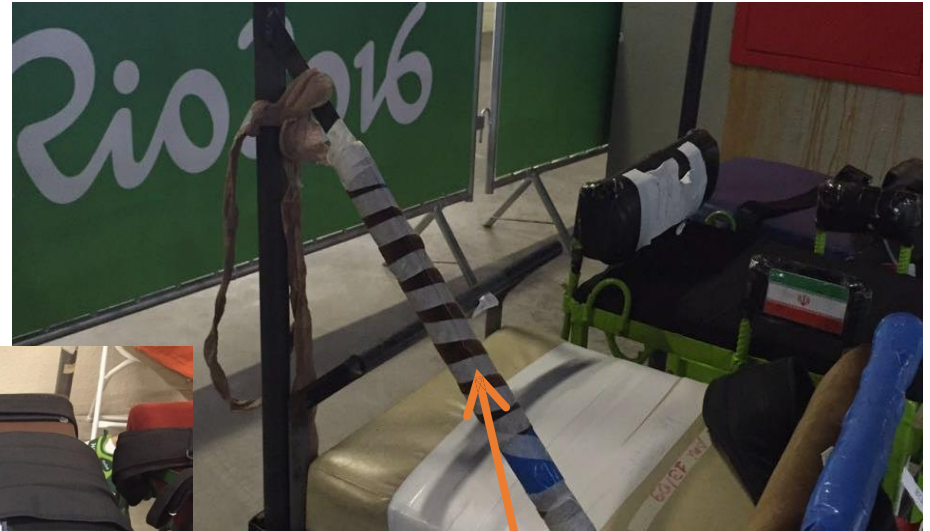
Rule 34.5c and 34.6

SECURED THROWS- FRAME (F31-F34, F51-F57)

FIELD



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 – STRAP/MOUNT

(F31-F34, F51-F57)

FIELD

ATHLETE 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.
- Strapping: Strapping is used to secure the athlete to the throwing frame to prevent lifting and must be made of a non-elastic material.

MOUNTING INTO THE FRAME

- Classes F32-34 and F51-54 athletes may have an aid assist them onto the frame and help secure them to the frame and strap without any paperwork/form.
- Classes F55-57 athletes must get onto the frame and strap without assistance.
 - If the athlete has an issue they must fill in a Request For Assistance Form.
 - For USA Regional meets the form is not necessary but the athletes must try to meet the spirit of the rule.

| IPC ATHLETICS | | REQUEST FOR ASSISTANCE IN COMPETITION | |
|---------------|-------------|---------------------------------------|------------|
| COUNTRY | CODE | ATHLETE NAME | BIB NUMBER |
| | | | |
| EVENT | CLASS | MALE / FEMALE | |
| | | | |
| DATE | TIME | | |
| | a.m. / p.m. | | |

The athlete named above requests assistance in being placed in throwing frame from chair.

This form must be accompanied by a medical certificate if it is for an athlete in classes 54-58 (not for 32-34, 51-53).

This form must be given in at TIC in the stadium, by at the latest 18.00hrs (6.00pm) on the day before competition.

Official's signature: _____ Name: _____

Notes: _____

SECURED THROWS - POSITIONING (F31-F34, F51-F57)

FIELD

CHAIR POSITIONING 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 (Tie-downs) outside the vertical plane of the throwing circle, during the throw, it is considered a foul.

Rule 34.9b



SECURED THROWS - TIMING

(F31-F34, F51-F57)

FIELD

PREPARING TO THROW - TIME ALLOCATIONS

(TO GET ONTO THE CHAIR, STRAP AND DO ALL WARM UP THROWS)

For seated throws, the process is as follows. The official starts timing the process when the chair is tied down and made available to the athlete. The athlete is given:

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

(Rule 35.5)

COMPETITION

- The athlete is then given 1 minute from the time the athlete is given the implement to throw each of 6 throws,
- If throwing three-and-three rather than six straight throws the athlete has the same time to mount onto the chair and strap in as stated above for the first 3 throws.

For the second three throws the athlete is given:

- Two minutes for classes F32-F34 and F54-F57.
- Three minutes for classes F31 and F51-F53.

To mount and strap with no warmups.

ATFUSA exceptions:

- U7, U11 and U14 age groups - one warmup is offered if the mount/strap time has expired and no warmup throws were taken.
- At USA Regional meets, all athletes including F55-57 (Open, Junior or Masters) may have assistant(s) help without additional paperwork (to speed the meet).

SECURED THROWS - LIFTING

(F31-F34, F51-F57)

FIELD

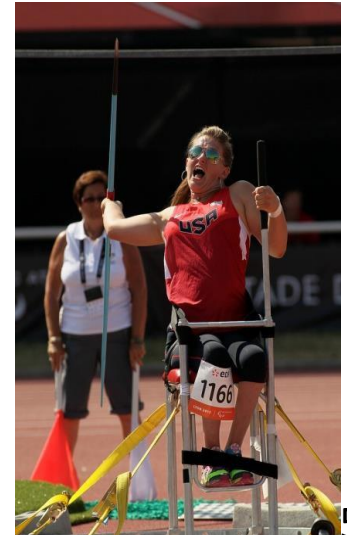
LIFTING

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: The back of both knees must remain in contact with the edge of seat during all phases of the throw)

- The Athlete's legs may be entirely on one side or straddling any or both corners of the seat.



SECURED THROWS - LIFTING

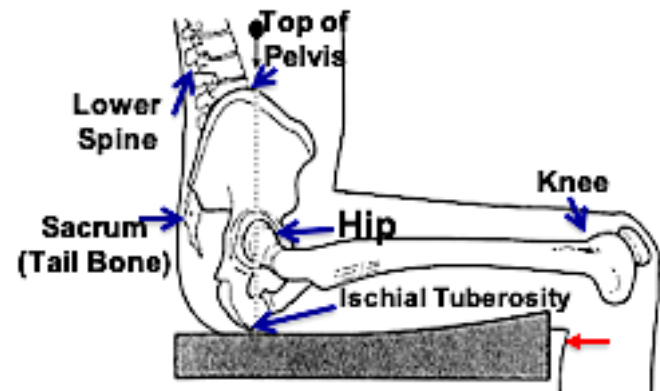
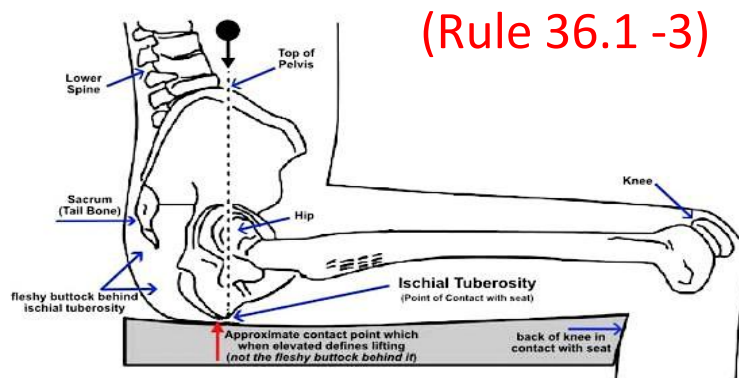
(F31-F34, F51-F57)

FIELD

LIFTING

- 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 and the back of both knees. 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.

SECURED THROWS - JUDGING (F31-F34, F51-F57)

FIELD

KNEES MOVING AWAY FROM THE CHAIR; FOUL (click on [Knee Fault Video](#))

(Thanks to Jerry Clayton and David Weicker, World Para Athletics & Athletics Canada for some of the following slides).



Note that the left knee has moved away from the front of the seat during the preparatory phase of the throw.

THEN, the right knee moves forward away from the seat during the throw. (see video)

This is a foul and is very commonly seen!

Caused by Bad strapping.

[Knee Fault Video](#)



SECURED THROWS - JUDGING (F31-F34, F51-F57)

FIELD

AMPUTEE (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)

- The remaining portion of an amputee's lower limb must also remain on the seat during throw!
- If athlete has knee it must remain in contact with the front of the seat



| Standing | | Seated/wheelchair |
|---------------------|---|-------------------|
| F35 (CP) | → | F34 |
| F42 or F61/63 (Amp) | → | F57 |
| F43 or F62 (Amp) | → | F57 |
| F44 or F64 (Amp) | → | F57 |

- Lower functioning CP athletes and lower limb amputees may chose to throw seated

SECURED THROWS - JUDGING

(F31-F34, F51-F57)

FIELD

CLASSES F31-32, F51 CLUB THROW (1 of 3) Rule 37.5

(Thanks to Jerry Clayton and David Weicker, & Athletics Canada)

- The club is a wood and metal implement.
- The Club has 4 main parts: the head, neck, body made of wood, and the end made of metal; it must weigh a minimum of 397g, and to qualify for records it must measure between 350-390mm in total length. The club may be thrown in any manner but it must be held by the neck of the implement.
- Athletes may throw facing forward or sideways towards the sector or they may throw backwards propelling the implement over their head or they may throw it in any manner.
- The athlete's legs must have at least minimal contact between the back of the knee and the seat.
 - Sliding along the seat without loss of contact is ok



CLUB

SECURED THROWS - JUDGING

(F31-F34, F51-F57)

FIELD

CLUB THROW (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)



[Valid Side Throw Video](#)



[Backward Throw W/Lifting Video](#)

Throwing forward
and backward.

Rule 37

LJFT



SECURED THROWS - JUDGING

(F31-F34, F51-F57)

FIELD

CLASS 32 SHOTPUT RULE EXCEPTION

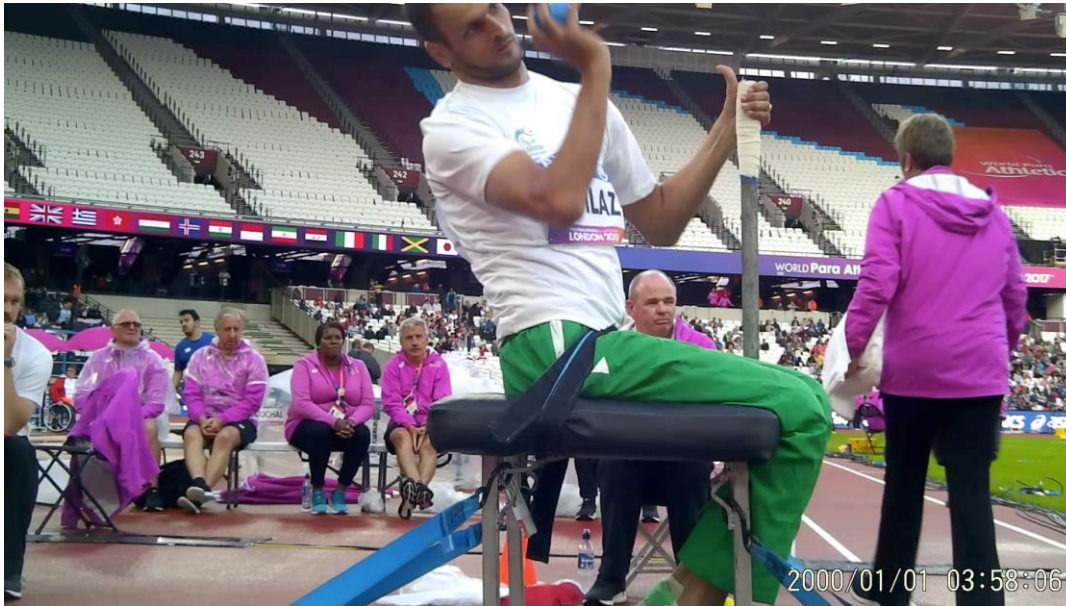
(Thanks to Jerry Clayton and David Weicker, & Athletics Canada)

- Due to identified limitations in functional movements for this class of athlete it was decided to modify the rules for shotput only for this class.
 - This allows these athletes to keep a similar number of events available to them that other classes have. Fits with WPA's desire to maximize participation for athletes from classes with more severe functional limitations.
- For Sport Class F32, lateral movement of the shot away from the chin or neck during putting action is allowed. (Rule 31.1: Shot Put, Note (iii))
- There is no requirement for a "straight continuous movement of the shot", i.e. a "put". (Rule 31: Shot Put Note (ii))
- The other elements of the putting action however remain the same, that is the hand cannot drop below the chin nor can the shot be taken behind the line of the shoulders."

SECURED THROWS - JUDGING (F31-F34, F51-F57)

FIELD

CLASS 32 SHOTPUT (2 of 4) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)



[Shotput Foul Video](#)



Behind the shoulder is still not allowed.

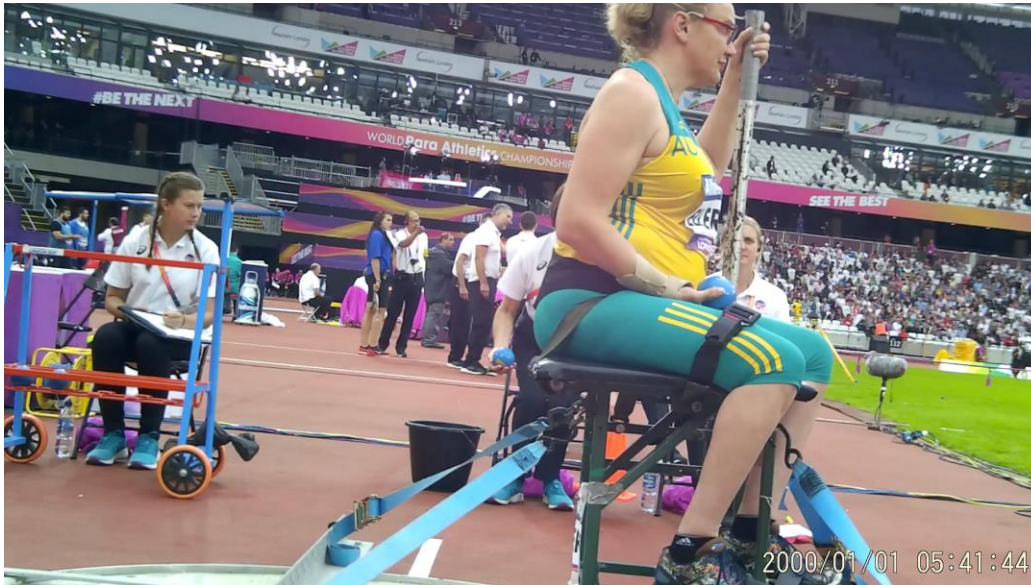
(Rule 31.1)

Shot Put,The shot shall not be taken behind the line of the shoulders.....

SECURED THROWS - JUDGING (F31-F34, F51-F57)

FIELD

CLASS 32 SHOTPUT (3 of 4) (Thanks to Jerry Clayton and David Weicker, & Athletics Canada)



Valid Shotput Motion Video

Shotput is NOT drawn behind the shoulder
(even though the shotput is away from chin) therefore is a valid throw.

Rule 31.1 Shot Put, “.....The shot shall not be taken behind the line of the shoulders.....”

Rule 31.1 Shot Put. Note (iii)lateral movement of shot away from chin is allowed....

SECURED THROWS – JUDGING ISSUES

(F31-F34, F51-F57)

FIELD

DEVICE DISRUPTION

Chair tie-down devices (not the athlete's strapping) break or fail:

- If the athlete's attempt does not fail; The athlete is given the choice to accept the mark or a replacement.
- The athlete's attempt fails; The attempt should not count and the athlete should be allowed to retake the affected attempt.

THE ATHLETE:

- 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).
- Personal strapping breakage: if the athlete's strapping that secures the athlete to the throwing frame breaks or malfunctions it is the athlete's responsibility, and the result will be judged normally. **No rethrows.**

SUBSTANCES USED ON FIELD IMPLEMENTS

- Must be easily removed with wet cloth and leave no residue.

(Rule 30.6b)

SECURED THROWS - ATTEMPTS

(F31-F34, F51-F57)

FIELD

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.

SECURED THROWS – BEST PRACTICES

(F31-F34, F51-F57)

FIELD

- **Check Implement Weight is Correct.**
Pits may have multiple classes/age groups With athletes using different weight implements OR implements of different weights maybe of the same color / diameter!
- **Record the Implement Number** on the flight sheet.
- If at a meet where the implement weights are not listed, they can be found:
 - World Para Athletics rule book Appendix One (see slide 3),
 - ATFUSA Field Standard File or Meet Results Database (www.ATFUSA.org),
 - ATFUSA -[Officials Quick Para Athletics Reference Guide](#) (pages 53-61)
 - Appendices of the USATF rule book.
- If the implement is touching the sector line, 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 THROWS – RECORDS

(F31-F34, F51-F57)

FIELD

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, after the competition.
- The implement number must be captured on the pit sheet for each throw to ensure proper weight for recording and record purposes.

Recording the mark:

- A steel tape **or** appropriate calibrated electronic laser measuring system must be used.
- If a digital laser is used the electronic laser system **MUST** be calibrated with the standardized steel tape and documented on the [Record of Scientific Distance Measurement](#) form prior to and after the competition.

TEST

- There is no charge to take the course or the certification test.
- In order to be a USATF 2021-2024 Certified Para Track & Field Official you will need to:
 - Be a current Member of USA Track & Field (USATF).
 - Be a USATF Association, National, or Master level official.
 - Be current with Safe Sport and have a current Background check.
 - Pass the Para Track & Field test with a minimum score of 80.
 - If you are an Apprentice, Volunteer or Non-USATF official (High School, NCAA, other) you may also take the test and pass. We will record your score and list you as a volunteer on the Find an Official app.
- The test is a review of the rules and is open book.

TEST - https://usoc.az1.qualtrics.com/jfe/form/SV_87y9IJvmdJ85kUt

TEST AID: [Course/Test link](#)

THANK YOU

Thanks to the Official Committee's assistance in this project:

Jerry Clayton

Carroll DeWeese

Duke Fuller

Alec Hewett

Paul Johnson

Cathy Sellers

Melinda Wheatley

Jessica Cloy

Sherrice Fox

Phil Galli

Faith Hogan

Robert Norwood

Jack Todd

Eric Zemper

All photos are courtesy of Joe Kusumoto, Loren Worthington and WPA ,
unless otherwise noted.

All Videos are provided by World Para Athletics.

CHANGE CONTROL – 2021-2024

| | |
|---------|---|
| Rev 1: | 2/11/2021 – Original |
| Rev 1.1 | 2/13/2021 – Clear up issue with Blind / guide starting point . Added Rule no. 23.17 & 18.8 and the statement “however, the pair always start at the extended odd lane line (1, 3, 5, or 7).” |
| Rev 1.2 | 2/17/2021 – further worked Slides 25-27 to make lane extensions clearer. Added new slide 28 which depicts the T11-T12 setup. (slide from J. Clayton NTO Set.) |
| Rev 1.3 | 3/18/2021 - Page 29. T20 Assistance. Rule # stated 17 and should be 7. |
| Rev 1.4 | 3/31/2021 - The WPA Assistance Rule 6 was amended by WPA in March. This affected the numbering of Tether 6.15, Eye Mask 6.14, and Helmet 6.17 references in the course. |
| Rev 1.5 | 4/28/2021 - Picture change to Wheelchair and 4X400 Break line slide to include real pics of Flat markers . Also added WPA acknowledgements for Pics and Seated throw Videos. |
| Rev 1.6 | 5/3/2021 - Added link to Course_Test Reference on Test Page |

Official's Course