

Allowed Assistance:

- 1) Assistants for athletes in Sport Classes **F31-33 and F51-54** will be *permitted on the field of play, without request to the TD (one assistant per athlete per event)*, to assist the athlete under the control and supervision of the Officials. No coaching by the assistant is allowed!

- 2) Some athletes in Sports Classes **T12, T20, T31-32 (RaceRunning), T35-38, T42-47 and T61-64** *may require their starting blocks to be set for them by the Starter's Assistant. The request form diagramming the request is found in the call room.*

- 3) Some athletes in Sports Classes **T/F20, T/F35-38 and T/F42-47 and T61-64** *may require their runway markers to be at a pre-set distance from the take-off board. In this case, prior to the competition, the markers shall be set with assistance from a Field Judge. This would also apply in the javelin.*

- 4) **All other classes** **MUST** make a request in writing to the TD for permission to have an assistant present in the competition area. Approved requests must be presented in the call room and provided to the chief judge/referee.

- 5) NOTE: *The above refers to "assistants" which are NOT the guides for visually impaired athletes which operate under different rules. Assistants typically provide physical help such as getting onto the field chair or other similar types of support. Assistants may NOT coach or provide other forms of support that would provide advantage to the athlete.*

6) Athletes in Sport Classes **F31-33 and F51-53** (i.e., quadriplegic athletes) may use strapping or a glove on their non-throwing hand and anchor/attach that hand to any part of the throwing frame within the vertical plane of the throwing circle.

Timing for seated throws:

The maximum time allowed for athletes to secure themselves to the chair (not tying the chair down because that is the task of the judges & volunteers) and have as many warm-up throws as time permits is:

- a) **4 minutes** for Sports Classes **F32-34** and **F54-57**, or
- b) **5 minutes** for classes **F31** and **F51-53** (*these more impaired classes receive more time*).

Note ii: If the event is held in two or more pools, the time allowed for securing to the chair for the last three rounds of throws will be (no warm-up throws!):

- ***2 minutes (F32-34 & 54-57)***
- ***3 minutes (F31 & F 51-53)***