

WHAT YOU SHOULD KNOW TO BE A REF AT A PARA TRACK & FIELD MEET.

TRACK:

1. Starter must be responsible to ensuring T11-T13 and T20 athletes use blocks and start in proper stance. (all other classes Blocks are an option. An athlete may use 1 block in the block verses both.)
Note:
 - a. Records can not be verified if the Blocks are not used.
 - b. If the meet has a chief placement official working with the call room the starter is still responsible to ensure Starting blocks are used.
 - c. For meets where classes and age groups are mixed the heat sheet for the Starter should be highlighted when blocks are required.
2. 800m is run from a 1 turn stagger, not a waterfall, and all athletes may not cut in until they cross the 800 Break line. Seated athletes may not cut in until the rear hub of the rear wheel crosses the break line
3. There is a junior U11 & U14 exemption where those T11-T13 & T20 athletes may start without using blocks.
4. U11 and U14 have 1 false start on the field and the next False start is a DQ. U17 and older the rule is one and done... The starter may judge that an athlete did not gain a forward movement advantage and not DQ the Athlete.