



**Setting Track & Field Rules, Standards and Records
for the U11, U14, Community Open, and the Master Age Groups
in the USA**

**2026
Competition Rules for Track, Field & Road Racing
V1.0 1/10/2026**

National Records Updated 2/1/2026
Record Forms Updated by 2/1/2026
Standards Updated by 2/1/2026

Contact address:
Adaptive Track & Field USA
9 Boulder Lane
Orleans, MA 02653
Phone: (908) 240-7641
Website: **www.ATFUSA.org**
E-mail: philg1234@comcast.net

An official publication of Adaptive Track & Field, U.S.A. (ATFUSA)
a Texas 501C3

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 (WPA) Rulebook supersedes all ATFUSA rules except for Junior age groups U11 & U14, Master 35, Master 50, Master 60 and the USA road racing drafting rule & additional verbiage for road racing.
4. These rules may change at any time where WPA or ATFUSA otherwise considers it necessary to do so.

TABLE OF CONTENTS

	ADAPTIVE TRACK AND FIELD USA BOARD OF DIRECTORS	4
	PREAMBLE	5
	2025 NEW & SIGNIFICANT TRACK AND FIELD RULES OR CHANGES:	6
	IMPLEMENTS REQUIRED FOR 2025 COMPETITIONS:	7
	RULES THAT ATFUSA WISHES TO EMPHASIZE OR CLARIFY:	8
	ATHLETICS FUNCTIONAL CLASSIFICATION SYSTEM	14
	DIVISION ONE	15
1.0	WPA IMPLEMENT WEIGHTS FOR OPEN FIELD EVENTS	15
1.1	WPA OPEN JUMPING EVENTS (WPA Appendix One/Two)	15
3.0	WPA OPEN INDIVIDUAL TRACK AND ROAD EVENTS (WPA Appendix One/Two)	16
5.0	WPA OPEN ROAD RACE EVENTS	16
6.0	ATFUSA OPEN PENTATHLON NOTE: the WPA has deleted the combined events from their rules.	16
10.0	COMPETITION AREAS	17
11.0	ADVERTISING WITHIN THE ARENA	17
12.0	TECHNICAL EQUIPMENT ADVERTISING MARKS	17
13.0	FIELD RING – CONSTRUCTION	18
14.0	THE THROWING SECTORS (WPA 30) (WA 187)	18
15.0	JAVELIN RUNWAY AND LANDING SECTOR (WPA 30.10) (WA 187)	19
16.0	HOLDDOWN DEVICE FOR TIES	19
17.0	THROWING CAGES (WA 190)	19
	DIVISION TWO: THE COMPETITION GENERAL	21
20.0	INTERNATIONAL GAMES	21
21.0	NATIONAL AND REGIONAL GAMES	21
22.0	SIMULTANEOUS ENTRIES	22
23.0	PLACE OF COMPETITION	22
24.0	CHECK-MARKS	22
25.0	SMOKING & DRUGS	22
26.0	VALID PERFORMANCE	22
27.0	DOPING	22
28.0	GIVING ASSISTANCE, ADVICE, OR INFORMATION	22
29.0	TEAMS SPONSORED BY COMMERCIAL FIRMS	23
30.0	COMPETITORS' RACE NUMBERS	23
31.0	CLOTHING / SHOES	24
32.0	FAILURE TO PARTICIPATE (WPA 4)	24
33.0	DISQUALIFICATIONS	24
34.0	STRAPPING	24
35.0	PROTESTS	24
36.0	JURY OF APPEAL	25
37.0	HYGIENE	25
40.0	TIMEKEEPERS	25
41.0	TIMING	26
42.0	RECORDS	27
43.0	CONDITIONS FOR ALL RECORDS:	28
50.0	WHEELCHAIR FRAME REQUIREMENTS	29
51.0	FRAMERUNNER FRAME REQUIREMENTS	30
52.0	ROUNDS AND HEATS	31
54.0	MINIMUM TIMES BETWEEN HEATS	31
55.0	TRACK EVENT TIME LIMITS	32
56.0	THE START	32
57.0	PROPELLING THE RACING CHAIR / FRAMERUNNER	33
58.0	FINISH	34
60.0	SPECIFIC RULES FOR RELAY RACES	34
70.0	SPECIFIC RULES FOR ROAD RACING	36
71.0	ASSISTANCE TO COMPETITORS	37
72.0	DRAFTING	37
	DIVISION FOUR: THROWING EVENTS	39
80.0	USE OF COMPETITOR'S OWN IMPLEMENTS	39
81.0	DISCUS	39

82.0**	DESCRIPTION OF THE JAVELIN	40
82.8	DESCRIPTION OF TURBO JAVELIN	42
83.0	CLUB	43
84.0	SHOT (WPA 31, WA 188)	45
85.0	SOFTBALL	45
86.0	BEAN BAG, MEDICINE BALL AND KICK BALL	45
86.1	BEAN BAG DESCRIPTION AND SPECIFICATIONS	45
86.2	MEDICINE BALL SPECIFICATIONS	45
86.3	KICK BALL SPECIFICATIONS	45
87.0	RULES GOVERNING FIELD THROWING FRAMES	45
88.0	COMPETITION RULES FOR FIELD EVENTS	46
89.0	THE NUMBER OF TRIALS	47
90.0	REQUIREMENTS FOR A VALID THROW	47
91.0	DEVICES FOR THE HANDS (187)	48
92.0	RETURNING THE IMPLEMENT	49
93.0	FIELD TRIAL MEASUREMENT	49
94.0	CREDITING THE BEST THROW/PUT	49
95.0	DECIDING A TIE	49
96.0	THROW ACTION	49
96.1	SHOT PUT ACTION	49
96.2	JAVELIN ACTION	50
96.3	COMPETITION RULES FOR CP FIELD EVENTS	51
98.0	LIFTING AND FOULING (WPA Rule 35/36)	53
99.0	HOLDING DEVICE BREAKING	53
100.0	PENTATHLON	53
101	HORIZONTAL JUMPS (WPA Long Jump 27-28, High Jump 25-26)	54
	DIVISION SIX: JUNIOR DIVISION	56
110	CLASSIFICATIONS:	56
111	AGE GROUPS	56
112	REGIONAL & JUNIOR NATIONALS EVENTS	56
113	HELMETS	56
114	EVENT TIME LIMITS	56
115	FALSE STARTS	56
116	PENTATHLON:	56
117 **	RELAYS - GENERAL	58
118	EVENTS CONTESTED WITH MULTI-CLASSES	60
119	JUNIOR NATIONAL RECORDS	60
120	JUNIOR EVENTS AND QUALIFYING STANDARDS	61
121	JUNIOR DISCUS MOTION EXCEPTION:	61
122	JAVELIN THROW MEASUREMENT	61
123	STARTING BLOCK EXCEPTIONS U11, U14	61
124	1500 MULTICLASS VS SINGLE CLASS EVENT	61
125	T40 AND T41 JUNIOR EVENTS	61
126	T20 JUNIOR EVENTS	61
	DIVISION SEVEN: ATFUSA FORMS	63
	DIVISION EIGHT: JUNIOR, OPEN, MASTER STANDARDS	64

**ADAPTIVE TRACK AND FIELD USA
BOARD OF DIRECTORS
1/1/2026-12/31/2026**

<p>Phil Galli Chairman (2028) Massachusetts philg1234@comcast.net</p> <p>Pam Carey MAL & High School Inclusion (2029) Louisiana carey33452@aol.com</p> <p>Steven Kessler Treasurer (2027) Illinois spk3ss13r@gmail.com</p> <p>Jessica Cloy, Secretary (2026) Georgia cloy.jessica@gmail.com</p> <p>Brian Seamann Athlete Rep & Track Chair (2027) Illinois bsiemann@gmail.com</p> <p>Frank Anzaldi Jr. MAL II Athlete Focus (2026) New York frankanzaldijr@yahoo.com</p>	<p>Jerry Clayton Vice Chair & WPA Rules (2029) Colorado jerry.clayton@comcast.net</p> <p>Randy Chiavaroli MAL & Field Chair (2028) Florida randolphchiavaroli@gmail.com</p> <p>Jim Strunk MAL & Records Chair (2028) New Jersey jfstrunkjr@gmail.com</p> <p>Pam Navarra MAL & USATF Liason (2026) Florida bayonetpointengine@gmail.com</p> <p>Teresa Skinner MAL HS Inclusion & Coaching (2027) Washington tskinner@usa.com</p> <p>Denise Hutchins MAL & Classification Chair (2026) Oklahoma dhutchins76@yahoo.com</p>
--	---

PREAMBLE

Adaptive Track and Field, USA (ATFUSA) is a USA 501C3 organization, which:

- establishes the national rules for U7, U11, U14, and Master Athletes in the USA,
- Sanctions and run Para T&F meets
- Sanctions Wheelchair & ambulatory Para Rule Road Races
- *** Set the National Para T&F; Junior, **Community Open** and Master Standards,
- Record meet results
- Document the National Records of USA Para Athletes in track and field for all Classes.

This document:

- Overviews of the rules and regulations that govern ATFUSA and World Para Athletics competitions.
- Is designated by ATFUSA to be compatible with the rules and regulations of World Athletics (WA) modified where applicable by World Para Athletics.

The alignment of this document with the 2023-2024 WA and World Para Athletics Competition Rules does not confer any responsibility onto the WA and /or World Para Athletics for the ATFUSA Athletics Rules & Regulations. For ATFUSA Athletics purposes, any references in the 2023-2024 WA and World Para Athletics Competition Rules to the:

- “General Secretary of the WA” and “Sports Manager of World Para Athletics” should be amended to “Chairman of ATFUSA.”
- “WA”, “Council of the WA”, “World Para Athletics” or “World Para Athletics Governing Board” should be amended to “ATFUSA” or “ATFUSA Governing Board.”
- Competitions organized under (WA) Rule 1.1 or “World Para Athletics Recognized Competitions” to “ATFUSA Recognized Competitions.”

A key feature of this document is the clarification of the exceptions to the Technical Rules of the 2022-2023 WA and World Para Athletics Competition Rules. These exceptions apply to all events for athletes with a disability incorporated in ATFUSA and World Para Athletics Recognized Competitions.

Other documents that are integral to the implementations of the ATFUSA Rules & Regulations include the following:

- World Para Athletics Handbook
- IPC Anti-Doping Code
- World Para Athletics Classification Rules and Regulations
- World Para Athletics Classification Code
- Move United Code of Ethics (if the meet is World Para Athletics Sanctioned: Move United & World Para Athletics Code of Ethics).
- All current Move United Health and Safety policies and procedures.

This edition of the ATFUSA Rules and Regulations will be current from the date of release until the publication of the next edition.

Philip C. Galli, Jr.

Chairman Adaptive Track and Field, USA

January 2026

2026 NEW &/Or SIGNIFICANT TRACK AND FIELD RULES OR CHANGES:

A. NEW: Aero 250g Javelin is replacing the 300g Turbo Javelin for all U11 Athletes.

- a. Here are the 250g javelin specs; all dimensions in mm
 - i. Overall length: 1350-1480
 - ii. Length of head: The maximum diameter of the head shall not exceed the nominal shaft diameter by more than 10mm 140-160
 - iii. Distance Tip to Center of Gravity: (The grip is not required to cover the CG) 570-600
 - iv. Diameter of shaft: 24-26
 - v. The maximum grip diameter: Shall not exceed nominal shaft dia. by more than 8mm 80-110
 - vi. Location of front of grip from tip: 570-610
 - vii. Length of tail: 105-120
- b. Suppliers (comes with plastic or corded grip, either is acceptable, corded is a best practice)
 - i. <https://finnflier.com/shop/firstfliertm-mini-aerojav-250-grams/>
 - ii. <https://spearwerx.com/>

B. 700 JAVELIN Specifications changed for 2025 season:

- a. World Athletics has changed the Specifications for the 700g javelin after Paris.
- b. Teams must purchase new 700 Javelins for 2025 competition.
- c. If the new Jav is not available for your competition, the old one may be used for qualifying but **WILL NOT BE HONORED FOR RECORDS.**
- d. All existing Age Group/Class records throwing the 700g Javelin are being retired. New records will be set using the new Javelin.

C. ATFUSA Nationals/ Hartford Nationals :

- a. **3000m / 5000m**
Athletes may enter either the 3000m or the 5000m only not both,
- b. **Relays:**
 - i. Relays do not have to qualify at a regional event.
 - ii. A relay qualifies if all athletes in the event have achieved an “A” or “B” standard in the distance they are racing.
 - iii. An athlete can race in a maximum of 2 relays.
 - iv. **An athlete may only race in 1 of a type of relay (IE: 4X100 Male, this includes all point choices).**
 - v. 3 of the relay team members must be from the same team or region.
1 member may be from a different team or region.
All team points, however, are awarded to the team with the 3 members and not split.

D. Stepping on the inside lane line in a curve in an in-lane wheelchair or ambulatory event (200m, 400m, 800m <first turn>, or Relay):

- a. An athlete WILL NOT be disqualified if they TOUCH THE INSIDE LINE OF A CURVE **ONCE** (not over the line).
Note: “once” applies to all rounds of a race and/or to all athletes in a relay.
- b. “Once on the line” is defined as:
 - i. Wheelchair - 2 Pushes
 - ii. FrameRunner - 2 Steps
 - iii. Ambulatory - 1 Step

E. The U11/U14 Junior False Start rule:

- a. **1 false start for each athlete. Any athlete who false starts for the 2nd time will be disqualified.**
- b. **All other Age Groups: The athlete is disqualified if they false start for the first time unless the starter deems the action not to give the athlete an advantage**

F. WPA World and/or WPA Regional record:

- a. **Only events who have arranged for in-competition doping maybe considered for a record.**
- b. It is not a requirement that the athlete that has broken the record be tested.

G. Call Room:

- a. The Call room shall approve Footwear, MASH, Tethers, Wheelchair Racing Chairs. FrameRunners, Throwing Frames (when not checked at the ring) and Eye Patches/Eye Masks.

H. FrameRunner

Due to the different widths of tracks in the USA the following lane programing guidelines are suggested:

- a. **<=42" - Program all FrameRunner athletes with 2 lanes (1(1-2), 3(3-4), 5(5-6), 7(7-8))**
- b. **48" / 1.22m - Program all FrameRunner athletes with 1 lane**

IMPLEMENTS REQUIRED FOR 2025 COMPETITIONS:

- | | | |
|--------------------------------|------------------------|---|
| • Shot put | | 1K, 2K, 3K, 4K, 5K, 6K and 7.26K |
| • Discus | | .75K, 1K, 1.5K, 1.75K and 2K |
| • Javelin | | 250g Aero, 400g, 500g, 600g, 700g, and 800g |
| • Club | | 397g |
| • Softball | Leather, Circumference | 11" 5.875 to 6.125 oz or 12" 6.25 to 7.0 oz |
| • Bean Bag | Canvas or nylon | 5" x 5"; 5.0 to 6.0 oz |
| • Medicine Ball Specifications | | 8" diameter; 3K weight |
| • Kick Ball | | 10" diameter; 2lb. |

RULES THAT ATFUSA WISHES TO EMPHASIZE OR CLARIFY:

1. ATFUSA EXCEPTIONS TO WPA RULES

a. Starting Blocks:

- **U17, U20, Open T11-13 & T20 athletes:** Must use Starting blocks (including Guides)
- **U11&U14 & Master T11:-13 & T20 class athletes:** Optional
(Although we encourage coaches to use blocks as soon as possible to improve performance and prepare for U17, U20, & Open competition).

b. U11 & U14 Javelin (all Classes) :

- **A trial that lands; flat or tail first will not be a foul;**
 - i. **Flat** - marked at the rear of the grip.
 - ii. **Tail** - marked at the point the tail hit.
 - iii. **Tip** - mark at the point the tip hits.

c. USA ATFUSA Seated Throws:

- **U11 & U14**
 - i. An aid is permitted to assist any Class U11 or U14 athlete get into the throwing frame and strap (without an athlete form) to speed up the event. (a.k.a. including F55-57)
(We encourage coaches to train F55-F57 athletes to transfer to the throwing frame and strap unassisted as soon as possible to enable the U17 and older transfer rules).
- **U17, U20, Open & Master Field Athlete Assistance:**
 - i. All U17 and older **licensed and non-licensed (including non-licensed F55-F57)** athletes may have an aid with out an assistance form.
 - ii. Licensed F55-57 athletes require an assistance form to have an aid.
 - iii. **NOTE: While in the venue assisting the athlete, NO COACHING IS PERMITTED.**
- **Where can Seated Throws be conducted ATFUSA Rule 13.1:**
 - i. Seated throws may be contested on a flat grassy area without a formal ring and does not require a toe board.
 - 1. A cage of some type must be used for the discus and club throw.
 - 2. A platform or piece of plywood is highly recommended to ensure a steady placement of the Field chair.
- **Anchoring the Field Chair:**
 - i. For a USA, ATFUSA seated throw competition:
Aids are allowed to assist the setup of the chair in the ring (For all Classes and Age Groups) to speed up the event
NOTE: While in the venue assisting the athlete, NO COACHING IS PERMITTED.

d. Drafting Rule for Road Racing:

- There shall be no drafting behind support vehicles and no coaching or cheering from cyclists or other individuals assisting with the race.
- There shall be no drafting out of class or gender closer than 5 meters for more than 400m.

e. ATFUSA T35a Class:

- ATFUSA has a T35a class for the U11 age group.
A T35a athlete is a standing athlete who uses an aid to run (walker, crutch, Etc.).
NOTE: This only exists for the U11 Age Group. Athletes 11 and older must decide to compete in a wheelchair as a T34 or run without aids classed as a T35-T38.
- **The T35a Class is not a ATFUSA/Hartford National Event Class.**

f. Junior Discus Throw Rule:

Although not in the WPA or WA rules: A Frisbee or overhead throwing motion is not allowed for Discus.
(This is to force the training of a proper motion).

2. ATFUSA AGE GROUPS FOR COMPETITION

- Junior – U7 (Future – Only at Local/ Regional Competitions), U11, U14, U17, U20
NOTE: THE U23 Age Group was eliminated in 2023.
Age as of 12/31 of the year of competition.
- Open (Adult) – The minimum age 14.
Age as of 12/31 of the year of competition.

- Master - M35, M50, M60 -
Age as of the first day of competition.

3. TRACK – 1500M Records MULTI-CLASS EVENT:

- U11 and U14 athletes shall run the 1500M in class with no combining of classes for medals and/or records.
- For age divisions U17, U20, Open and Master: all athletes will follow the class combinations defined at the open WPA event level for medals and place. These class combinations will be: T12-T13; T45-T46; T51-T52; and T53-T54.
- National records may be set, however, for each class and age group T12-13, T45-46, T51-52, and T53-54.

4. TRACK - DRAFTING (Multi-Class events where athletes are competing in separate events)

Drafting out of class is not allowed for any athlete in a non-lane race (800m and above) in which athletes are competing in non-combined classes. Races in which classes ARE combined for one (1) set of medals or results drafting will be allowed.

Note: The Starter assistant is encouraged to mark the back of the racing chair or athlete to denote the athlete's class/age group to other competitors and to officials. The starter is encouraged to instruct the athletes of this rule.

Clarification: It is ATFUSA's position that for athletes who are in races with other classes, drafting out of class could result in records and/or order of finish results that could not be achieved if competing in their individual class event. Events should be scheduled to avoid these situations, but ATFUSA understands that due to the number of classes and events to be run in a session this may not be possible without combining classes in a single heat. When heating and seeding, however, mixing genders in a heat should be avoided at all cost and never permitted at an WPA sanctioned or Level III meet. (Male and female athletes maybe combined in the 5000m or 3000m if the number of male or female athletes do not allow separate heats).

5. JUNIORS OR MASTER ATHLETES COMPETING OUT OF AGE GROUP AS AN OPEN/ADULT

- Any Athlete 14 years of age or older (This includes M35/M50/M60) may compete as an OPEN.
- The athlete must declare this, prior to or at registration.
- The athlete may not compete as an Open for Track and Age Group for Field or vice Versa. .

Note: Open athletes may set Age Group records in In-Lane races and they may set Field records if the implement weights are the same or greater than Age Group implement weights.

6. WPA RULE 35.5: SEATED THROWS STRAPPING AND WARM UP

Once the Field chair has been tied down and positioned in the ring the chair will available to the Athlete.

The maximum time allowed for all age group athletes (U11 through M60) to transfer to the chair, secure themselves in the field chair and take as many warm-up throws as time permits is:

- F32-34 and F54-57: 4 minutes.
- F31 and F51-F53: 5 minutes.

Note 1: Timing shall begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position,

Note 2: For National meets, U11 and U14 age groups athletes of any class may have an aid to help them enter the frame and strap, without a form, to speed up the meet.

U17, U20, Open, M35, M50, M60, F55-57 athletes (licensed or not Licenced) must submit a REQUEST FOR ASSISTANCE Form, (National Level meets) or ask the Lead Pit Official at Regional meets for permission to use an aid.

This move is to prepare our athletes for WPA events where F55-F57 athletes are required to get into the frame and strap by themselves.

Note 3: ATFUSA EXCEPTION: For U11 and U14 athletes, if the time expires before the athlete takes a warm-up the athlete will be offered 1 warm up post the time limit without penalty.

7. WPA RULE 4.8 GENDER

Mixed Competitions in Track Events are permitted for the 5000m and longer events but shall only be conducted where there are insufficient athletes of one or both sexes competing to justify the conduct of separate races. Women and men may run together as long as drafting out of class /sex rules are observed.

NOTE: ATFUSA Exception: The mixed gender Competition WPA Rule 4.8 is extended to the 3000m event.

8. SEATED THROWS Anatomical Limitation – USA -NON, WPA LICENCED ATHLETE EXCEPTION FORM

Athlete who have an anatomical limitation that prohibits them from keeping their legs (from the Ischial Tuberosity to the back of the knee) in contact with their field chair should request an exception from classifiers. Classifiers will note the exception on the classification file and should give the athlete a card to show to the Seated Throws Field Official.

Note 1: Athletes that have an WPA Passport/License must complete the WPA exception request form on the WPA website and can not use this USA only exception.

9. WPA or ATFUSA USA FIELD RECORDS:

a. WPA

Rule 51.19 – records must be measured either by **three** Field Judges with a Ref present, using a calibrated and certified steel tape or bar OR by an approved scientific measuring apparatus, the accuracy of which has been confirmed (total Station Yes, Disto NO)

Impounding Implements – For WPA record throws, the implement used shall have been checked prior to the competition in accordance with Rule 2.11. If the Field official becomes aware during an event that a record has been equaled or bettered, the official shall immediately impound the implement used and undertake a check to ascertain whether it still complies with the Rules or if there has been any change in characteristics. Normally, such implement shall be checked again after the event in accordance with Rule 2.11.

(NOTE: To set a WPA World record the Meet MUST have arranged IN COMPETITION doping prior to the event).

b. ATFUSA

National records (For Juniors, Open or Master) will be accepted at Level 3 type meets with **two** Field Judges signatures, measuring with a calibrated steel tape measurement or electronic device and the Field Referees signature post event. For ATFUSA records, the implements shall be checked prior to the competition in accordance with WPA Rule 2.11, but may stay in competition and be checked after the event in accordance with WPA Rule 2.11.

10. WPA RULE 12 VIDEO RECORDING:

At all IPC Paralympic, World and Regional Games, video recording of all events is required. ATFUSA strongly recommends that a video recording of all track and field events be taken by an assigned video official at our National level meets, and ATFUSA urges all Level III meets video record their competitions. The intent of this video recording is to give the track/field referee valuable information if an infraction of the rules occur. Video from other sources is allowed to be reviewed.

11. WPA RULE 16.1 STARTING BLOCKS:

- a. Athletes in classes T11-T13 and class T20 **MUST** use starting blocks in all events up to and including 400m.
- b. Athletes in classes T71-T72 FrameRunner, T35-T38, T40-T47 & T61-T64 **may use** starting blocks in all events up to and including 400m.
- c. For athletes in the T35-38 and T40-44 /61-64 classes, the following note has been added to WPA Rule 16.2:
Note: It is NOT a requirement for athletes in Sport Classes T35-38, T42-44 and T61-64 to use both foot plates when using a starting block.
- d. ATFUSA Exception: U11 and U14 T11-T13 & T20 athletes may opt not to use Starting blocks and a 4 point stance.

12. WPA RULE 18.7 - BREAK LINE INFRINGEMENT – 800M WHEELCHAIR:

For wheelchair and FrameRunner 800m races, the athlete may leave their respective lanes when the center of the hub of the REAR wheel (or the bottom of the wheel which is touching the ground) has gone past the edge of the break line nearer to the start.

13. WPA RULE 7.6 - ASSISTANCE AND WPA RULE 18.8 LANE INFRINGEMENT – SPORT CLASS T12:

The T12 class has the option to use or not use a guide. Regardless of whether a guide is used, in track events run entirely or partly in lanes, each competitor shall be allocated 2 lanes. The start lines in a staggered start will be lanes 1, 3, 5 or 7.

14. WPA RULE 24.4 (WA 180) PERFORMANCE MARKERS AND WIND SOCKS – FIELD EVENTS:

One or more wind sock(s) should be placed in an appropriate position in all:

- Jump events, Discus and Javelin Throws, to show the athletes the approximate direction and strength of the wind.

15. B STANDARD:

If an athlete makes the "A" Standard in a Track or a Field event the athlete may enter other Track or Field Events at Nationals if they meet the "B" standard.

Note 1: The B standard shall be set at 95% of the "A" Standard for Field and 105% for Track.

Note 2: The "B" Standard applies to Track or Field but not Track and Field. Ex: Make an "A" standard in Track the athlete can do other Track events if they met the "B" Standard but Not Field events. The same is true if an "A" Standard is made in Field the athlete may do other Field events if they attained the "B" Standard. In field events, but not Track events.

16. **WEBSITE FOR ATFUSA:** WWW.ATFUSA.ORG .

The website provides a 1 stop place for everything in adaptive athletics:

- a. Rules and updates
- b. Current and past Meet results with athlete performance graphing.
- c. Standards
- d. Records.
- e. Help and tips,
- f. **A store for you to purchase field implements which are WA approved at a reasonable cost.**
- g. A Certified Officials database so Meet Directors can reach out to officials in your area who are USOPC/ATFUSA, Para Certified.
- h. The Level 1 Para Officials Course and test to become a USATF/USOPC Para certified Official.
- i. Information and rules to be nominated to become a WPA USA NTO.
- j. Athlete, Coaching and Officials tips and technics

17. ***** USAGE OF COMMON LANGUAGE:**

World Para Athletics (WPA) and ATFUSA want all meets to use of Common Terms on all official forms and results. The following standard abbreviations should be used in the preparation of start lists and results where applicable to align with the WPA and WA:

Did not start –	DNS	Qualified by standard in field events–	Q
Did not finish –	DNF	Qualified without standard in field events –	q
No valid trial recorded –	NM	Advanced to next round by Referee –	qR
Disqualified –	DQ	Advanced to next round by Jury of Appeal –	qJ
Valid trial in High Jump –	“O”	Yellow Card –	YC
Failed trial in Field Events –	“X”	Second Yellow Card –	YRC
Passed trial in Field Events –	“_”	Red Card –	RC
Retired from competition –	r	Lane infringement–	L
Qualified by place in track events –	Q	(Rules 18.6.(c) and 18.6.(d)	
Qualified by time in track events –	q		

18. **T11-T12 with guides**

- a. The guide and Athlete must be attached via a Tether. The tether is 30cm for track and maybe 50cm for road races.
- b. The guide may not drop the tether for the entire race.
- c. If the tether breaks during competition the athlete is disqualified.
- d. The athlete must finish before the guide.
- e. The Guide may not push or pull the athlete.
- f. T11 athletes must wear gauze eye patch AND a mask/cover.

NOTE: The gauze may not be removed while in the Venue. The mask may be removed between trials in Field Events only.

19. **FrameRunner:**

T71 & T72 events are now FrameRunner only events.

- a. TRR1 class is now T71
- b. TRR2 class is now T72.
- c. TRR3 & TRR4 records were grandfathered.
- d. T31 or T32 events are Racing Wheelchair events
- e. Athletes must declare if they are T31/T32 or T71/T72.

20. Relays

a. UNIVERSAL RELAY-

A universal relay (4 x 100) is made up of:

- i. Two men and two women
- 1st leg - T11-13,
- 2nd leg - T42-44, 61-64,
- 3rd leg - T35-38
- 4th leg - T33-34, 51-54.
- ii. Only 2 of the athletes can be selected from the T13, 46/47, 38, 54 classes.
- iii. The remaining athletes can be from any sport class listed in the description of each leg.
- iv. Two lanes will be assigned each team.
- v. No baton, the exchange is a touch.
- vi. At WPA Paralympics, World or Regional events the universal relay will be the only relay run.
- vii. At ATFUSA meets, Wheelchair and Ambulatory only relays maybe contested.

b. ATFUSA RELAY QUALIFYING RULES For ATFUSA NATIONALS -

GENERAL

- i. Relays teams shall qualify by participating team
- ii. The team does NOT have to run the relay at a Regional successfully prior to Junior Nationals. However, each athlete in the relay must have an "A" or "B" Standard in the event they are running in the relay.
- iii. At a minimum, three out of the four relay team members must be from the same registered Team or Region. One out of the four relay team members may be from another registered team or be an independent athlete. (all team points, if available, go to the 3 person team)
- iv. An Athlete may run in only 1 or 2 relays at Junior Nationals.
- v. An Athlete at Junior Nationals may only run in 1 Relay type event (Example 4X100 Wheelchair Male – no matter what point value).
- vi. Registered Team relays will count towards team points at Junior Nationals.
- vii. Independent Relays (assembled by Region, East, Central, West) will run for exposition.
- viii. ATHLETES MAY ENTER ONLY 1 RELAY OF EACH TYPE. 4 X100, 4 X 400, 4 X 800 MEDLEY, UNIVERSAL, NO MATTER THE RACE POINTS.

TEAM ENTRIES:

- i. Scoring Teams must be built from registered teams.
- ii. Independent Teams must be built with athletes from the same region: East, Central, or West.

21. RELAY EXCHANGE ZONES:

- a. 30m (Ambulatory)
- b. 40m (Wheelchair) – an additional 10m.

22. HELMET COVERS/SOCKS - WHEELCHAIR RELAYS:

Best Practice:

- a. The Meet LOC should provide each team with unique color-coded Helmet Socks/Covers to better the officials view of tags and transitions.
- b. It is recommended that the LOC purchase at least 8 of each of 4 colors so multiple heats of relays can be run more efficiently.
- c. We found on-line packages of 12 covers in the following colors: yellow, orange, gold, red and blue. They come in a package of 12.

23. 800 METER Break Line –

- a. There shall be 2, 1.5m high flags on either side of the track marking the end of the in-lane portion of the race
- b. For Ambulatory there shall be small cones between lanes
- c. For Wheelchairs there shall be horizontal marks on the track (**not small cones**) of a notable different color marking the lanes.

24. CLUB & DISCUS - CAGE OPTIONS FOR SEATED FIELD -: (see ATFUSA WEB site for whitepaper)

Cages MUST be provided for ambulatory & wheelchair Club and Discus competitions.

These Cages can be Made, Purchased or Borrowed for the competition.

- a. Run all competitions from the existing Discus Cage at the venue.
- b. Made – Place PVC poles in the ground (drive 4 ft. metal fence posts into ground and put at least 8' PVC posts over the metal posts) as shown on the ATFUSA WEB site with plastic or cotton mesh.
- c. Purchased - from athletics supply companies. 6 Aluminum poles and cotton mesh screen (Gil or Other).
- d. Borrowed – 6ft X 8/10ft construction fence sections. 3 pieces with base pieces (1 behind and 2 on the sides) Minimum.

Construction companies seem to be willing to loan the fence for the meet.

Although the 3 pieces of construction fence is not as high as an “official” cage it does provide protection if spectators and official are behind them. 5 pieces for each cage would extend the fence out further into the throwing area but it is not clear this would protect the area better since the height of the sections are 6 feet.

Note: Best Practice - 6 pieces of the fence vertically so the fence is 8 or 10feet tall.

- e. Soccer/Lacrosse Nets. 3 10X10 foot sections per kit placed on either side of the pit (back of Pit open)

25. COMMUNICATION DEVICES IN THE VENUE:

Athletes may not be in the venue with electronic devices which can communicate with others outside the venue. This includes speed/pace monitoring devices with GPS components and cell phones.

26. CLASS 32 SHOTPUT, Rule 31 Note iii Exception:

For Sport Class F32, lateral movement of the shot away from the chin or neck during the putting action is allowed and the requirement for putting the shot in a straight, continuous putting action is waived provided that no other element of this rule is contravened.

ATHLETICS FUNCTIONAL CLASSIFICATION SYSTEM

ELIGIBLE IMPAIRMENTS:

There are 10 eligible impairments for Paralympic sports. In order to compete a person must be affected by at least one of the impairments listed below:

1. Impaired muscle power (spinal cord injury, spina bifida, polio, etc.)
2. Impaired passive range of motion (arthrogryposis, joint fusion, etc.)
3. Limb deficiency (amputee, congenital malformation, etc.)
4. Leg length difference
5. Short stature (achondroplasia, etc.)
6. Hypertonia (cerebral palsy, stroke, traumatic brain injury)
7. Ataxia (cerebral palsy, stroke, traumatic brain injury)
8. Athetosis (cerebral palsy, stroke, traumatic brain injury)
9. Visual Impairment
10. Intellectual Impairment

Note: Information supplied by the International Paralympic Committee.

SPORT CLASSES 11-13 – Visually Impairment (Ambulatory)

The impairment must be diagnosed by an ophthalmologist and sufficient medical documentation in support of the diagnosis must be presented. T11 class must use a Guide. T12 class may use a Guide.

- The guide and Athlete must be attached via a Tether. The tether is 30cm for track and maybe 50cm for road races.
- T11 athletes must wear gauze eye patch AND a mask/cover.

NOTE: The gauze may not be removed while in the Venue. The mask may be removed between trials in Field Events only.

SPORT CLASS 20 – Intellectual Impairment (AMBULATORY)

Athletes with activity limitations that result from an intellectual impairment.

SPORT CLASSES 31-38 – Hypertonia, Ataxia, and/or Athetosis

Athletes with abnormal tone involvement.

- SPORT CLASSES T/F31-34 (WHEELCHAIR)
- SPORT CLASSES T/F35-38 (AMBULATORY)

USA ONLY SPORT CLASS T35a – For Age Groups U11 and U14 ONLY. (Ambulatory)

Athletes with abnormal tone involvement who compete standing with an aid (ex: walker/crutch)

Note 1: Athletes are assigned 2 Lanes.

Note 2: Regional Competitions only. Not a USATF/Hartford Nationals Event Class.

SPORT CLASSES 40-41 –Short Stature (AMBULATORY)

Athletes with short stature (40-41)

SPORT CLASSES 42-47 **– (AMBULATORY)

Impaired Passive Range of Motion, Limb Deficiency, Leg Length Difference

Athletes with disabilities which appear to meet movement limitations (42-47) but do not use a prosthesis (42-44).

SPORT CLASSES 51-57 (T51-54, F51-57) – (WHEELCHAIR)

Impaired muscle power, Impaired Passive Range of Motion, and/or Limb Deficiency

Athletes compete seated or in a wheelchair.

SPORT CLASSES 61-64 **– (AMBULATORY)

Impaired Passive Range of Motion, Limb Deficiency, Leg Length Difference

Athletes with amputations which meet movement limitations of amputations and use a prosthesis.

SPORT CLASSES T71- T72 **– (FRAMERUNNER - AMBULATORY)

- T71 - more involved athletes with muscular dystrophy, power wheelchair users
- T72 - lower functioning athletes, stronger than T31 athletes with muscular dystrophy, and poor arthrogryposis

DIVISION ONE

1.0 WPA IMPLEMENT WEIGHTS FOR OPEN FIELD EVENTS

Class	Shot Put		Discus		Javelin		Club	
	Male	Female	Male	Female	Male	Female	Male	Female
F11-13	7.26K	4K	2K	1K	800g	600g		
F20	7.26K	4K	2K	1K	800g	600g		
F31	NA	NA	NA	NA	NA	NA	397g	397g
F32	2K	2K	1K	1K	NA	NA	397g	397g
F33	3K	3K	1K	1K	600g	600g		
F34	4K	3K	1K	1K	600g	600g		
F35	4K	3K	1K	1K	600g	600g		
F36	4K	3K	1K	1K	600g	600g		
F37	5K	3K	1K	1K	600g	600g		
F38	5K	3K	1.5K	1K	800g	600g		
F40-41	4K	3K	1K	0.75K	600g	400g		
F42-F44	6K	4K	1.5K	1K	800g	600g		
F45-F46	6K	4K	1.5K	1K	800g	600g		
F51	NA	NA	1K	1K	NA	NA	397g	397g
F52	2K	2K	1K	1K	600g	600g		
F53	3K	3K	1K	1K	600g	600g		
F54-F57	4K	3K	1K	1K	600g	600g		
F61-F64	6K	4K	1.5K	1K	800g	600g		

1.1 WPA OPEN JUMPING EVENTS (WPA Appendix One/Two)

World Championships and Paralympic Games

Class	Event		
	Long Jump	High Jump	Triple Jump
T11-T13			
T20			
T31-34			
T35-T38			
T40-T41			
T42			
T43			
T44			
T45-T47			
T61			
T62			
T63			
T64			

T43			
T44			
T45-T47			
T61			
T62			
T63			
T64			

Regional Championships and Regional Games

Class	Event		
	Long J.	High J.	Triple J
T11-T13			
T20			
T35- T37			
T38			
T40-T41			
T42			



3.0 WPA OPEN INDIVIDUAL TRACK AND ROAD EVENTS (WPA Appendix One/Two)

Paralympic Games, World Championships, Regional Championships, & Regional Games

Class	Event							
	100m	200m	400m	800m	1500m	5000m	10000m	Marathon
T11-T13								
T20								
T31-T32								
T33-T34								
T35-T38								
T40-T41								
T42-T46								
T47								
T51-T54								
T61-64								

5.0 WPA OPEN ROAD RACE EVENTS

T11-13	10km, ½ Marathon, Marathon, other distances as approved
T46	10km, ½ Marathon, Marathon, other distances as approved
T32 - T38	5km, 10km, 15km, 20km, ½ Marathon, Marathon, other distances as approved
T51 - T54	5km, 10km, 15km, 20km, ½ Marathon, Marathon, other distances as approved

6.0 ATFUSA OPEN PENTATHLON

NOTE: the WPA has deleted the combined events from their rules.

Class	Gender	Event 1	Event 2	Event 3	Event 4	Event 5
P11-13	Male	Long jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P33-34	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
P35-38	Male	Long Jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P42/P61/P63P43/62	Male	Long Jump	Shot put	100m	Discus	200m
	Female	Long Jump	Shot put	100m	Discus	200m
P44/P64	Male	Long Jump	Shot put	100m	Discus	400m
	Female	Long Jump	Shot put	100m	Discus	400m
P46	Male	Long Jump	Shot put	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P51	Male	100m	Club	400m	Discus	800m
	Female	100m	Club	400m	Discus	800m
P52-53	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
P54-57	Male	Shot put	Javelin	200m	Discus	1500m
	Female	Shot put	Javelin	200m	Discus	1500m



10.0 COMPETITION AREAS

FIELD

(WPA 25) The maximum allowance for the inclination in the throwing direction of the area shall not exceed 1:1000.
(WA 181)

10.1 TRACK LAYOUT

(WPA 15 WA160) The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal. The inside of the track shall be bordered by a kerb of suitable material that should be colored white, with a height of 50mm to 65mm and a width of 50mm to 250mm. The kerb on the two straights may be omitted and a white line 50mm wide substituted. If a section of the kerb on a bend has to be temporarily removed for field events, its place shall be marked with a white line 50mm in width and by cones or flags, minimum height 0.15m, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m. (Flags shall be placed at an angle of 60° with the ground away from the track). This shall also apply to the outer half of the track in the case of starts for distance races where the field is started in two groups under Rule 17.11 and optionally to the straights, in this latter case, at intervals not exceeding 10m.

Note: All points at which the track changes from a curve to a straight or a straight to a curve shall be marked, in a distinctive color 50mm x 50mm on the white line by the surveyor and a cone placed at such points during a race.

11.0 ADVERTISING WITHIN THE ARENA

11.1 INTERNATIONAL COMPETITIONS

(WPA 1.5) At International Games, advertising within the area enclosed by the running track or elsewhere where competition is taking place is not permitted. Manufacturers' labels or trademarks on equipment used within the competition arena must be limited to one mark on each piece of equipment and the height of the characters must not exceed 25mm.
(WA 8)

At meets within the above categories, however, where manufacturers have supplied electronic equipment for measuring or time-keeping, or for conveying information to the public, at the discretion of the Organizing Committee, the manufacturer's name may appear in the arena on signs which do not exceed 200cm x 40cm.

11.2 REGIONAL AND NATIONAL COMPETITIONS

At Regional or National Championships, advertising within the area enclosed by the running track is permitted. Limits in size, type, and number will be determined by ATFUSA and/or Move United in conjunction with the Local Organizing Committee.

(WPA 1.5) There is no objection to advertising material outside the stadium or within the stadium but outside of the competition area. Advertisements may also appear in programs and on notices or posters of the meet. Meet Organizers may also acknowledge the sponsors of meets by official announcements made at the commencement of the meet and immediately after the last event. At competitions sanctioned under IPC and or WA, the rules on advertising of IPC and/or WA must be used.

12.0 TECHNICAL EQUIPMENT ADVERTISING MARKS

(WPA 1.5) Manufacturers' names, labels, or trademarks on equipment used within the competition arena must be limited to one mark on each piece of equipment and the height of the characters or trademark must not exceed 30mm. Such equipment shall include: lap-bells, throwing implements, etc. Only manufacturers who produce the equipment may place their labels or trademarks on this equipment.
(WA 8)



13.0 FIELD RING – CONSTRUCTION

- (WPA 30.7) The Ring shall be made of iron, steel, or other suitable material, the top of which shall be flush with the ground outside. The interior of the circle may be constructed of concrete, asphalt, or some other firm, but not slippery, material. The surface of this interior shall be level and 20mm \pm 6mm lower than the upper edge of the rim of the circle.
- (WA 187) Measurements - **The inside diameter of the Shot Put circle shall be 2.135m \pm 5mm and 2.5m \pm 5mm in discus throw.**
- The rim of the circle shall be at least 6mm in thickness and shall be painted white.**

ATFUSA EXCEPTION

13.1*

SPORT CLASS F31-34, F51-57

- Seated Field maybe contested on grass.
- A stop board is unnecessary for all seated throw athletes.
- **Club and Discus should be competed from a cage.**
 - If a caged circle is not available proper safety shall be in place to ensure implements do not hit athletes, officials or spectators.
 - Cages for field held on grass can be made, purchased or borrowed.
 - Made – Place PVC poles in the ground as shown on the ATFUSA WEB site with plastic or cotton mesh.
 - Purchased - from athletics supply companies. 6 Aluminum poles and cotton mesh screen.
 - Borrowed – 6ft X 8/10ft construction fence. 5 pieces horizontally oriented or 6 pieces vertically oriented with base pieces.
Construction companies seem to be willing to loan the fence for the meet.
 - Soccer/Lacrosse Nets. 3 10X10 foot sections per kit placed on either side of the pit (back of Pit open)

14.0 THE THROWING SECTORS (WPA 30) (WA 187)

14.1

For a valid trial, the implement must fall so that the first point of impact is within the inner edge of lines 0.05m wide, marking a sector of 34.92 degrees (+/- 1 degree) for adults and all juniors set out on the ground so that the radii lines cross at the center of the circle. The ends of the line making the sector should be marked with sector flags.

NOTE 1: The sector flag should be rectangular in shape, measure approximately 0.2m x 0.4m, and be not less than 0.6m in length, above the ground. The standard should be approximately 8mm in diameter.

NOTE 2: The 34.92 degree sector for adults and all juniors age divisions may be laid out accurately and conveniently by making the distance between the two points on the sector lines 20m from the center of the circle exactly 12 m apart.

The throwing sector shall be within the inner edges. A distinctive flag or marker may be provided to mark the best throw of each competitor, in which case, it shall be placed along and outside, the sector lines. A distinctive flag or marker shall also be provided to mark the existing World Record and, when appropriate, the existing Americas or National Record.

One or more wind sock(s) should be placed in an appropriate position in all jumping events, Discus Throw and Javelin Throw, to show the athletes the approximate direction and strength of the wind.

14.2

STOPBOARD

- (WPA 31.2) Construction: The board shall be painted white and be made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle, and also be so made that it
- (WA 188)



can be firmly fixed to the ground.

NOTE 1: A stopboard must be used for Standing competition.

NOTE 2: A stopboard is not necessary for Sitting competition.

14.3

(WPA 31.3)
(WA 188)

STOPBOARD MEASUREMENTS

The board shall measure 11.2cm to 30cm wide, 1.21m \pm 0.01 to 1.23m long on the inside and 10cm \pm 0.2cm high in relation to the level of the inside of the circle

NOTE: Stop boards to the 1983/84 rules remain acceptable.

15.0 JAVELIN RUNWAY AND LANDING SECTOR (WPA 30.10) (WA 187)

15.1

The runway should be no more than 36.5m, but not less than 30m long (except WPA competitions where the minimum shall be 33.5m). Where conditions permit the minimum shall be 36.5m. It shall be marked by two parallel white lines 50mm in width and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8 meters. The arc shall consist of **at least 70mm wide strip** painted or made of wood or a suitable non-corrodible material like plastic. It shall be painted white and shall be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be 0.75 meters in length and 70mm in width. The maximum allowance for lateral inclination of the runway shall be 1:100 and the last 20m of the runway the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

15.2

MARKERS

(WPA 24 WA 180) A competitor may place alongside the runway a marker (supplied or approved by the Organizing Committee) to assist him in his run-up and take-off. If such markers are not supplied, he may use adhesive tape but not chalk or similar substance.

16.0 HOLDDOWN DEVICE FOR TIES

The holding device may consist of a ring of metal pegs (or a metal bar held by weights) in the ground approximately 1m from the front half of the throwing circle; a strap or wire should be attached between the pegs (or bar) and the chair to be held. A device that will tighten the strap should be used to place such tension upon the chair that it becomes stable during the action of the throw or put. Pegs may also be used at the rear of the circle, but for concrete circles, it is advisable to use a length of angle-iron, pipe, or other strong bar fixed or weighted firmly across the center line of the circle to allow strapping of the chair from the rear. Also the chair has to be equipped with the appropriate possibilities to fix the chair to the ground.

17.0 THROWING CAGES (WA 190)

(WPA 32.3)

All discus and Club throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes.

The cage specified in this Rule is intended for use when the event takes place in the arena with other events taking place at the same time or when the event takes place outside the arena with spectators present. Where this does not apply, and especially in training areas, a much simpler construction may be satisfactory. Advice is available, on request, through national organizations or from the WPA Office.

For ATFUSA SEATED National Competitions held in an open field the cages may be constructed from 3 or 5 sections of 6' X 8' construction fencing, or other suitable pole and netting. See the www.ATFUSA.org website for options. Although these configurations do not extend out from the circle as far as described below they will protect spectators and officials/volunteers when coupled with the proper positioning of Spectators galleries and event personal. Where possible conduct the competition from within an official concrete circle and cage.

The cage should be designed, manufactured and maintained so as to be capable of stopping a 2kg



discus moving at a speed of up to 25 meters per second. The arrangement should be such that there is no danger of ricocheting or rebounding back towards the athlete or over the top of the cage. Provided that it satisfies all the requirements of this Rule, any form of cage design and construction can be used.

5. The cage should be U-shaped in plan as shown in Figure 15. The width of the mouth should be 6m, positioned 7m in front of the centre of the throwing circle. The end points of the 6m wide mouth shall be the inner edge of the cage netting. The height of the netting panels or draped netting at their lowest point should be at least 4m and it should be 6m for the 3m nearest the front of the cage on each side [from 1 January 2020]. Provision should be made in the design and construction of the cage to prevent a discus forcing its way through any joints in the cage or the netting or underneath the netting panels or draped netting. Note (i): The arrangement of the rear panels/netting is not important provided the netting is a minimum of 3.00m away from the centre of the circle. Note (ii): Innovative designs that provide the same degree of protection and do not increase the danger zone compared with conventional designs may be WA certified.

Rule 32: Discus Throw- The cage
See WPA Page 198 -



DIVISION TWO: THE COMPETITION GENERAL

20.0 INTERNATIONAL GAMES

20.1

At the following international meets, the rules and regulations of the WPA must apply:

- a) Paralympic, World Championships, and International Games open to all WPA athletes
- b) Regional and Continental (PAN/AM, FESPIC, EUROPEAN, etc.)
- c) Meets between two (2) or more national teams

21.0 NATIONAL AND REGIONAL GAMES

At ATFUSA National Championships and sanctioned Regional competitions ATFUSA and/or WPA rules shall apply

21.1**

GENERAL INFORMATION

- a) ATFUSA National Championships shall be held in Track and Field, Long Distance Racing and Combined Events. These Championships shall be open to any Athlete who meets the following criteria:

There shall be championships for the Open, Junior, and Master Divisions.

- 1) Junior's - Be under 20 (U20) by 12/31..
- 2) Open - Be a minimum of 14 by 12/31..
- 3) Master – **age as of the day of competition** for Master M35, M50 or M60
- 4) Equal or surpass in an approved performance standard established by ATFUSA for the National Championship.

The time period for qualification shall be from August 1 of the year prior to the championship registration deadline.

Qualifying meets include those sanctioned by ATFUSA, WPA, USA Track and Field, NCAA, or High School athletic associations. (All Move United multi-sport sanctioned meets are ATFUSA sanctioned.)

- 5) Meet classification criteria outlined by IPC Classification documents.
- b) For reasons appearing good and sufficient, ATFUSA Board of Directors may waive the “approved performance standard” above upon petition by the competitor.
- c) The site and dates for the ATFUSA National Championships for Open and Masters in Athletics shall be determined by the ATFUSA Board of Directors. The Hartford Move United National dates shall be approved by Move United. Typically the Hartford Nationals are the ATFUSA Championships.

21.2

TRACK AND FIELD CHAMPIONSHIPS

- a) The ATFUSA National Championships in Track and Field shall consist of a Classed Division for track and field events. Competitors shall be assigned a classification and, in the Classed Division, shall compete only against others with the same classification or classification groups.
- b) The standard ATFUSA National Championship Track and Field events for the Classed Division: follow section 3.0 WPA OPEN & U14 INDIVIDUAL TRACK EVENTS in this rulebook for Youth Nationals and the Master 35,50,60 differences for a Master championship.
- c) The Chairperson of ATFUSA or his/her representative(s) shall be Track Referee and Head Field Judge of the Track and Field Championships. Unless otherwise noted.

21.3

LONG DISTANCE RACING CHAMPIONSHIPS

The ATFUSA National Championships in Long Distance Racing recommends for men and women in the Para, Quad, Junior and Masters Divisions to be offered Championships at 5k, 10k, ½ Marathon, Marathon, and other distances as approved.

The Chairperson of the Long Distance Racing Committee or his/her representative(s) shall be Referee(s) of Long Distance Racing Championships unless otherwise noted.

21.4

COMBINED EVENT CHAMPIONSHIPS

The ATFUSA may conduct National Championship competition in the Pentathlon.



22.0 SIMULTANEOUS ENTRIES

(WA 142) If an athlete is entered in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, the appropriate Referee may, for one round of trials at a time, or for each trial in the High Jump, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed

23.0 PLACE OF COMPETITION

(WA 180) The referee shall have the power to change the time and place of a competition, if in his opinion, the conditions justify it.

23.1 Team coaches should remain outside the competition area unless called for by the official in charge of the event.

24.0 CHECK-MARKS

(WA 170) Except in the case of relay races run in lanes, competitors may not make check marks or place objects on or alongside the track for their assistance.

25.0 SMOKING & DRUGS

The intake of tobacco or other substances shall not be allowed inside the venue.

26.0 VALID PERFORMANCE

No performance accomplished by an athlete will be valid unless it has been accomplished during an official competition, the athletes using only equipment authorized by the rules of ATFUSA, WPA or WA.

27.0 DOPING

All competitors shall abide by the rules relating to doping as set by the policy of WADA, WPA, US Paralympics and USA Anti-Doping.

27.1 If drug testing is performed USA Anti-Doping and WPA rules and procedures shall apply.

28.0 GIVING ASSISTANCE, ADVICE, OR INFORMATION

(WA 144)

28.1 INDICATION OF INTERMEDIATE TIMES

Intermediate times and preliminary winning times may be officially announced and/or displayed.

28.2 Except as provided in the following rules, no competitor shall receive assistance during the progress of an event. Assistance is direct help conveyed by any means and includes pacing in races by persons not participating in the race, by competitors lapped or about to be lapped. A race is defined as those athletes in the same classification, age division, and gender excluding open competition who are competing directly against each other for awards. Competitors may receive technical advice from cycle computer type devices installed on their own wheelchairs.

28.3 At competitions organized under Rule 21(A), (B), and (C), the use by athletes of media players, ear buds, radios, cell phones or similar devices in the competition area shall not be permitted.

28.4 ASSISTANCE IN FIELD EVENTS

Any athlete receiving advice or assistance by an aid while in the circle during a Field Event must be cautioned by the Referee and warned that for any repetition, he will be debarred from further participation in that event. Any performance accomplished up to that time shall stand. For seated athletes, advice or assistance may be offered while the athlete is in the circle between throws from the coaching area. Coaching is allowed for junior athletes between each throw for the length of time it



takes the implement to be returned to the official and handed back to the athlete. This coaching for junior athletes must not delay the progression of the competition.

28.5 PACERS

Any competitor lapped or about to be lapped by the leading competitors in a race shall not be allowed to act as a pacemaker and/or be drafted by competitors that have previously passed or are about to pass him/her.

28.6

For the purposes of this rule, the following shall NOT be considered as unfair aid or assistance:

- a) A hands-on medical examination during the progress of an event by medical personnel designated by the Local Organizing Committee.
- b) Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area.
- c) Assistance given to any competitor on the track or road provided that said assistance does not result in forward progress.

28.*

PROSTHESES IN TRACK HORIZONTAL & VERTICAL JUMPS

- a) Athletes in classes T61-64 shall use leg prosthesis in horizontal jump events.
If the prosthetic device(s) is lost during the run-up of a horizontal jump event then the athlete canNOT continue without the prosthesis. The athlete shall fix/adjust the prosthetic device(s) and recommence the trial provided he /she is within the time allowed for the trial.
- b) Athletes in classes T61-64 shall use leg prosthesis in running events. If the Prosthetic is lost during the run the athlete may put the prosthetic back on or they may carry the prosthetic hopping through the finish.
- c) In all vertical jump or throw events for classes **F61-64**, the wearing of prosthesis is optional.
If the prosthetic device(s) is lost during the run-up then the athlete canNOT continue without the prosthesis. The athlete shall fix/adjust the prosthetic device(s) and recommence the trial provided he /she is within the time allowed for the trial. If the prosthetic device(s) is lost during the process of jumping and the prosthetic device(s) does not clear the bar it shall be counted as a failure and recorded as such.
- d) Arm prostheses are optional in all classes T/F45-47 and events. Competition prostheses are not considered as appliances which can give the wearer an advantage (reference WPA classification handbook Athletic Functional Classification System).

29.0 TEAMS SPONSORED BY COMMERCIAL FIRMS

29.1

NATIONAL AND REGIONAL COMPETITIONS

For National Championships, a commercially sponsored team must be registered with ATFUSA in the name of the sponsor. The name of more than one sponsor may be added to, or incorporated within, an existing established team name.

For regional competition, advertising corporate logos are permissible as long as the application is deemed non-objectionable by the meet referee.

29.2

The name of the sponsor may appear on the front or back of the singlet and/or tracksuit with a maximum height of 8cm. The name of the team and the sponsor must be the same size.

No competition organizer or sponsor shall require an athlete or team to remove or reduce the size of any permitted sponsor identification without the approval of ATFUSA.

30.0 COMPETITORS' RACE NUMBERS

30.1

Follow WPA rule 6.7



31.0 CLOTHING / SHOES

(WPA 6, WA 143)

31.1 Follow WPA rule 6.2 - 6.7

32.0 FAILURE TO PARTICIPATE

(WPA 4)

At WPA Games and WPA Competitions (see Part B - 3.1.2 (a) and (b)), an athlete shall be excluded from participation in all further events (including other events in which he is simultaneously participating) in the competition, including relays, in cases where:

a) A final confirmation was given that the athlete would start in an event but then failed to participate;

Note: A fixed time for the final confirmation of participation shall be published in advance.

b) An athlete qualified in a qualifying round of an event for further participation in that event but then failed to participate further;

c) An athlete and/or the accompanying guide-runner failed to compete honestly with bona fide effort. The relevant Referee will decide on this and the corresponding reference must be made in the official results.

NOTE: However a medical certificate, provided by and based on an examination of the athlete by the Medical Delegate appointed under WPA Rule 2.2 or if no Medical Delegate has been so appointed, by the Medical Officer of the LOC, may be accepted as sufficient evidence that the athlete and/or the accompanying guide-runner became unable to compete due to illness or injury, even if he is able to compete in further events on a subsequent day of the competition. Other justifiable reasons (e.g., factors independent of the athlete's own actions, such as problems with the official transport system) may also be accepted by the Technical Delegate(s).

NOTE: A fixed time for the final confirmation of starters should be published in advance.

33.0 DISQUALIFICATIONS

(WA 145)

If an athlete is disqualified in a competition, reference should be made in the official results.

34.0 STRAPPING

If used, strapping must be allowed and of a non-elastic material.

35.0 PROTESTS

(WPA 50, WA 146)

35.1 PROTESTS CONCERNING THE STATUS OF AN ATHLETE TO PARTICIPATE

Protests concerning the status of an athlete to participate in a meet must be made prior to the commencement of such meet to the Organizing Committee, if no Protest Committee has been appointed to the Referee. If the matter cannot be settled satisfactorily prior to the meet, the athlete shall be allowed to compete "under protest" and the matter be referred to the Board of ATFUSA and the WPA Representative if an WPA sanctioned event.

35.2 PROTESTS CONCERNING MATTERS DURING COMPETITION

Protests relating to matters, which develop during the carrying through the program should be made at once and not later than within 30 minutes after the result has been officially announced or published and made available. The organizers of the meet shall be responsible for ensuring that results are published and made available in a timely manner.

35.3 REPORTING A PROTEST TO THE REFEREE

Any protest shall in the first instance be made orally to the Referee by the athlete himself or by someone acting on his behalf. To arrive at a fair decision, the Referee should consider any available evidence, which he thinks necessary, including a film or picture produced by a video tape recorder. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee decides, there shall be a right of appeal to the Jury.

35.4 APPLICATION TO THE JURY OF APPEAL

1. An application to the Jury of Appeal must be in writing signed by a responsible official on behalf of the Athlete.



2. The protest must cite the WPA Rule in dispute.
3. The protest form must be accompanied by a deposit as set by the organizers before the appeal is heard.
4. The deposit will be forfeited if the protest is considered frivolous.
5. To arrive at a fair decision, the Jury of Appeal shall consult all other available evidence (including video from spectators) and interview all those whom they consider necessary.

35.5

GUIDELINES FOR PROTEST PROCEDURE FOR TRACK AND FIELD

1. Verbally - tell the Referee Official in charge of the event.
 - a. If they agree - will tell competitor.
 - b. If disagrees - will tell protestor.
 - c. If either competitor or protestor disagrees with official's decision - call the Head Referee.
2. If 1c, the Official will call the Head Referee.
 - a. Referee agrees - Official will tell competitor.
 - b. If disagrees - Official will tell protestor.
 - c. If either competitor or protestor disagree with Referee's decision.
3. If 2c, competitor or protestor will.
 - a. State disagreement to Referee.
 - b. State intention to protest in writing.
 - c. State that the competitor competes under protest.
4. If 3b.
 - a. Protest must be in writing (must state the WPA or ATFUSA rule the protestor is in disagreement with. If no rule is quoted the protest is not valid) and given to the Referee or the Technical Information Desk (TIC) of the event within 30 minutes after the result has been officially announced, with a fee announced for that meet.
 - b. Referee calls a meeting of the Jury of Appeal.
 - c. The Jury of Appeal makes a decision and informs all concerned.
 - d. (WPA Rule 50) The Referee and/or the Jury of Appeal may reconsider a decision if new conclusive evidence is presented, provided the new decision is still applicable. Normally such reconsideration may be undertaken only prior to the Victory Ceremony for the applicable event, unless the relevant governing body determines that circumstances justify otherwise.
 - e. The Jury of Appeal decides on the retention or repayment of the fee.

36.0 JURY OF APPEAL

(IPC 50) In National Championships, a jury of appeal shall be appointed by the Organizing Committee and notice
(WA 146) circulated prior to the start of the competition. The Jury should consist of not less than three or more than five persons, of which at least one must represent ATFUSA.

36.1 The primary function of the jury shall be to deal with all protests, and with any other matters arising during the meet which are referred to them for decision. Their decision shall be final.

36.2 While in general the jury should not intervene during a meet, if they observe any matter which, in their opinion, requires correction, they should discuss such matter with the responsible official and offer advice as to what should be done.

37.0 HYGIENE

Athletes must ensure that urine is not allowed to drain from storage devices such as leg bags onto the competition or warm-up areas. Failure to do so may result in disqualification.

40.0 TIMEKEEPERS

(WPA 20, WA 165)

- 40.1**
- a. At National Championships and Level III meets: fully automatic electrical timing and hand timing with a certified watch.
 - b. At regional and local meets (Level I and Level II): hand timing, with a certified watch, alone is acceptable.



NOTE: National Records may not be set at hand timed meets in events below 1500 Meters. Qualifying standards however, can be attained at hand timed events.

40.2 HAND TIMING

Hand times shall be taken by timekeepers using either stopwatches or manually operated electronic timers with digital readouts. All such timing devices are included in the word "watches" throughout this rule.

40.3 The Timekeepers shall be in line with the finish. Wherever possible they should be placed at least five meters from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.

40.4 Three official timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional timekeepers should time the winner of every event. The times recorded by the additional Timekeepers' shall not be considered unless one or more of the official Timekeepers' watches fails to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as had been decided previously, so that in all the races, three watches should have recorded the official winning time.

40.5 Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported time.

40.6 The Chief Timekeeper shall then decide the official time for each competitor, applying as necessary the provisions of this rule and provide the result for publication.

40.7 The Chief Photo-finish Judge shall be responsible for the functioning of the timing device. In conjunction with his two assistants, he shall determine the places of the competitors and their respective times. In the absence of photo-finish, officials should be assigned to picking places of finishers.

41.0 TIMING

(WPA 20, WA 165)

FULLY AUTOMATIC ELECTRICAL TIMING

41.1 Fully automatic timing equipment shall be used at all meets which are awarded National Championship, WPA Sanctioned, and/or ATFUSA/Move United Regional Level III meets.

41.2 Fully automatic electrical timing must utilize equipment which is started automatically by the Starter's gun or similar apparatus and which records the finish time automatically. All other timing devices and procedures shall be considered hand timing.

41.3 Fully automatic timing equipment must be approved by ATFUSA and records must be reported by photo finish systems in compliance with WA/WPA Records rules.

41.4 Fully automatic electric times shall be regarded as official unless for any reason the Chief Photo-Finish Judge decides that they obviously must be inaccurate. If such is the case, the times of the back-up timekeepers shall be official.

41.5 At National Championships and Level III regional events for all races up to and including 10,000 meters,



The time shall be read from the photo-finish picture in 1/100th second and shall be recorded to the 1/100th second. If there is a tie at the 1/100th second the event place can be determined to the 1/1000th time with the published time being 1/100th second.

- 41.6** A timing device which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither hand nor fully automatic times and shall not therefore be used to obtain official time.

HAND TIMING

- 41.7** For all hand timed races on track, times shall be read to the next longer 1/10th of a second. If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted. If a 1/100th second watch, or an electronic manually operated digital timer, is used, all times not ending in zero in the second decimal shall be rounded to the next longer 1/10th second; ie. 10.11 shall be read as 10.2.

- 41.8** The time shall be taken from the flash/smoke of the pistol or approved starting apparatus to the moment at which the axle of the leading wheel of the competitor's chair or an ambulatory athlete's chest reaches the nearest edge of the finish line.

If two of the three watches agree and the third disagrees, the time shown by the two shall be the official time. If all three watches disagree, the middle time shall be official. Should only two times be available, and, if they disagree, the longer time shall be official.

42.0 RECORDS

There shall be records maintained for men and women in all classes and age groups.

42.1 GENERAL RECORDS INFORMATION

- a) Host organizations of National Championships and Regional Competitions are required to meet all conditions and requirements for the application for records (e.g., approved wind gauge, course measurement, application procedure, Fully Automatic Timing, weights & measures etc.
- b) Applications for ATFUSA records shall be considered only when appropriately reported as official results from an approved competition, or when submitted on an official record application form for the year in which the competition was held and when the application contains all information and signatures verifying the accuracy of this information. ATFUSA official Record Application Forms are available from the ATFUSA Web Site: www.ATFUSA.org, and WPA record forms are available at the WP WEB Site. Record applications must be submitted to the ATFUSA Records Committee within two (2) months of the competition where the performance was recorded. PA records must be completed and submitted within 30 days of the competition or per the instructions on the IPC Form.
- c) No record will be accepted for which any reasonable doubt exists to the validity or accuracy of the information presented in the application.
- d) For all athletic meets from which record applications will be submitted, there shall be included in the list of officials a records clerk, whose sole duty shall be to see that records conditions are met, and that records are properly applied for. Whenever possible, the records clerk should be a member of the Records Committee.

42.2 NATIONAL RECORDS

ATFUSA National Record shall be held only by a nationally or internationally classified USA citizen. The deadline to have an official class in place is November 30 of the competition year for which the record has been set. The performance must have occurred:

- 1) during a sanctioned ATFUSA/WPA competition and proper application for recognition of the record must have been submitted in accordance with these rules, or
- 2) during an IWAS, U.S. Paralympics, or WPA recognized competition whose results have been officially reported to ATFUSA, or made publicly available (e.g. via official web site reporting).

42.1 WORLD OR AMERICAS RECORDS



- a) Records shall only be ratified when accomplished at a competition sanctioned by the WPA and must be signed by the Technical Delegate appointed by WPA or by the meet referee, if the meet was sanctioned by USATF and has received an WP approved status.
- b) Events which attain a World Record MUST arrange for doping to be conducted at the event before the start of the event. (Do not need on site doping but just must be planned).
- c) It is not a requirement that the athlete that has broken the record be tested.
- d) See the WPA Rulebook for details.

43.0 CONDITIONS FOR ALL RECORDS:

The following conditions must be met in order for a record to be considered.

- a) The record must be made out of doors and must conform to WPA track rule 15.
- b) The record must be made in a bona fide competition which has been duly fixed, advertised, and authorized before the day by the host or meet director and Move United, ATFUSA, USATF, or WPA.
- c) The record must be better or equal to the result in the latest national record list, in the event in question.
- d) Records made in heats or qualifying rounds, in deciding ties, and in individual events in the Pentathlon Competition may be submitted for ratification.
- e) An adult athlete who sets a national record at a regional competition must have a national classification or have his/her classification ratified by 2 national classifiers by November 30 of that calendar year.

43.1 TRACK SPECIFICATIONS

Outdoor track records may be made only on a track that is not banked and will be recognized only as specified in the following rule (WPA rule 15 supersedes any issue with the statements below):

- a) The length of the running track should be not less than 400 meters.
- b) The track should be not less than 7.32 meters in width.
- c) Track records for races less than 1500M must be electronically timed and be submitted with timed finish photo and proof of a zero gun test.
- d) Races 1500M or great may be electronically or watch timed. Manual watch times must be timed by official timekeepers whose watches have been exhibited to the Chief Timer for confirmation of the time recorded and follow WA/WPA or WA/USATF procedures.
- e) For any record at any distance greater than or equal to 200 meters to be recognized, the track on which it was made must be oval and not exceed 400 meters. The race must have started on the officially defined scratch mark.
- f) For all races up to and including 200 meters, information as to wind conditions must be provided. If the average velocity of the wind, measured in the direction of the race, either directly or in a slanting direction, exceeds 2 meters per second (4.47 miles per hour), the record will not be accepted. The length of time the wind shall be averaged for each event is as follows:
 - 60m and 100m - 10 seconds beginning with the start.
 - 200m - 10 seconds beginning as the lead racer enters the straightaway
- g) For in lane races, no record will be accepted where the competitor has violated current WPA rules for the curve.
- h) No application for a 60 meter or 100 meter event will be accepted unless the course is measured with a steel or fiberglass tape measure. Verification of distances longer than 100 meters must be accomplished by measurement with a steel or fiberglass tape measure, by a scientific apparatus (such as a datum line measurer), or by a surveyor's certification of the distances,

43.2 FIELD EVENTS

- a) No record for a field event shall be accepted unless it has been made with an implement and from a chair, if applicable, which comply with the specifications herein at a Level III sanctioned or higher event.
- b) Measurement of WPA Americas, or World Record performances in field events shall be made at an WPA approved or sanctioned event, by a steel calibrated tape or Electronic Measuring device, and by 3 officials. Results shall be reported in meters and centimeters in accordance with the WPA Record Form.



- c) ATFUSA, National, Junior or Master records shall be measured as in (b) with the exception that 2 official's verses 3 validate the measurement in accordance with the ATFUSA Record Form and verified after the session with the signature of the Meet or Field Ref.
- d) Implements used to achieve the record shall:
 - (a) All implements shall be approved by the Weights and Measure Official prior to the Competition per WPA rule 2.11.
 - (b) For a WPA World or Americas record the implement shall be confiscated and verified it conforms in accordance with WPA Rule 2.11. Following this validation, the implement may return to competition.
 - (c) For ATFUSA/Move United National, Junior or Master events the implements shall be checked prior to the competition in accordance with WPA Rule 2.11. If a record has been equaled or exceeded the Implements may stay in competition and be checked after the event in accordance with WPA Rule 2.11.

43.3***

RECORD DOCUMENTATION AND REPORTING

- a) An athlete may hold records in both Open and Master Divisions or Junior and Open Divisions. However, an athlete may only be the record holder of his competing class. For example, if an athlete held a F52 record and was reclassified to a F53 class competitor his name and record would be removed as the F52 National Record holder. This will allow opportunity for remaining athletes in that class to earn the then vacated record. This will be done by submission for record or after review of current competitive period.
EXCEPTION: If an athlete is classed down his/her records at the higher class may be valid and would remain. This Exception does not hold for classes 35 through ~~37~~ 38 due to the disabilities of each class not being the same as they are for the 38, 50 -57, & 11-13 classes.
- b) If an athlete is changed back to his original class and his prior record has not been broken, the athlete's record would be reinstated into the current records.
- c) A file will be kept of the names of those athletes being removed from a record because of a classification change,
- d) If a class record is stated to be "OPEN" all competitors are allowed to compete for that record; also, if the record to be dropped is more than the current petitions for record, then the record book will show "OPEN" until the next ATFUSA section book printing. However, the current record can be seen under records on www.atfusa.org.

43.4

NATIONAL RECORDS

- i. Youth (U11, U14, U17, U20), Open. And Master age group national records maybe set at Level III Regional meets and other WPA sanctioned & ATFUSA approved events.
- ii. ATFUSA will maintain National Meet records for Junior, Open and master athletes in addition to Junior National records.
The rule to be a USA citizen does not apply for Junior National Meet Records.

DIVISION THREE: SPECIFIC RULES FOR TRACK EVENTS

50.0 WHEELCHAIR FRAME REQUIREMENTS

(WPA 14) Rules governing wheelchairs for track and road racing events.

50.1 The wheelchair shall have at least two large wheels and one small wheel.

50.2 No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels.

50.3 The maximum diameter of the large wheel including the inflated tire shall not exceed 70cm.
The maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.

50.4 Only one plain, round, push-rim is allowed for each large wheel.



Note(i): This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their IPC Athletics Classification Form or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.

Note(ii): For T33/51/52/ athletes with limited ability to stabilize the wrist during pushing, this rule may be waived and a modification allowed so that a push-rim and wheel disk may be fused together and incorporated into the racing wheel. No other modification that would defeat the general intent of Rule 14.4 is allowed.

Note(iii): No part of the athlete's body shall be strapped to the push-rim or to the wheel.

- 50.5** No mechanical gears or levers shall be allowed that may be used to propel the chair.
- 50.6** Only hand operated mechanical steering devices will be allowed.
- 50.7** No part of the chair may protrude behind the vertical plane of the back edge of the rear wheels.
- 50.8** Athletes must ensure that no part of their lower limbs can fall to the ground or track during an event. If it happens during the race the athlete could be disqualified.
- 50.9** It will be the responsibility of the competitor that the wheelchair conforms to all the above rules and no event shall be delayed while the competitor makes adjustments to the chair.
- 50.10** Chairs will be measured in the marshaling area and may not leave that area before the start of any event. Chairs which have been examined may be liable to re-examination before or after the event by the official in charge of the event.
- 50.11** It shall be the responsibility in the first instance of the official conducting the event to rule on the safety of the chair.
- 50.12** The wearing of approved helmets in all, in lane and out of lane, races is required by all athletes for all track and road events. Approved helmets are those that have ANSI, CEN (Europe), CPSC, ASTM, Australian, Canadian, or SNELL Certifications. Certified Helmets will have labels attached inside or outside the helmet.
- 50.13.** Devices attached to the wheelchair or athlete shall comply with WPA Rule 7.4d (assistance) and shall not have the capability to communicate except to the athlete.
Note: Unless approved by WPA and the Technical Delegate, no devices with transmission function for the purpose of event presentation or broadcasting shall be permitted at WPA recognized competitions.

51.0 FRAMERUNNER FRAME REQUIREMENTS

Race running is an athletic discipline where the athletes are running on their feet, while using a three-wheeled running frame for support of their body.

51.1 EQUIPMENT SPECIFICATIONS

The frame has two rear wheels and one front wheel.
Maximum length 200 cm, maximum width 95cm
All wheels Max height size up to 72cm.
Saddle may have other shapes than the traditional type of racing cycle saddles.
The body support plate may be individually shaped to provide optimal stability.
The body may be strapped to the plate with a belt or orthopedic brace.
The handlebars should ensure that the athlete is able to race and maneuver safely.
A compensator system controlling the front wheel is highly recommended.
No mechanical gears or engine are allowed.



If the athlete is able to use a brake it should be installed



51.2 The athlete's hands may be strapped to the handlebars.

51.3 Due to the different lane widths of tracks in the USA the following Event program guidelines are suggested:

- a. $\leq 42''$ - Program all FrameRunner athletes with 2 lanes (1(1-2), 3(3-4), 5(5-6), 7(7-8))
- b. $48'' / 1.22\text{m}$ - Program all FrameRunner athletes with 1 lane

52.0 ROUNDS AND HEATS

(WPA 21) Preliminary rounds (heats) shall be held in track events in which the number of competitors is too large (WA 166) to allow the competition to be conducted satisfactorily in a single round (final).

52.1 Where preliminary rounds are held, all competitors must compete in, and qualify through, all such rounds.

52.2 Heats, rounds and seeding are determined by WPA Rule 21 using the tables and rules with in.

52.3 Athletes from the same team/country should be placed in different preliminary heats. Subsequently, athletes may be moved to other round heats only if they can be swapped with athletes have similar times.

52.4 Draw for Lanes:

(WPA21.4)

- A. For all 100m to 800m inclusive, and relays up to and including 4X400m where there are several successive rounds of a
 - race, lines will be drawn as follows
 - 1. In the first round and any preliminary qualification round as per WPA Rule 21.2 the lane order shall be drawn by lot.
 - 2. For the Following round, athletes shall be ranked after each round in accordance with the procedures in WPA Rule 21.3.
 - Then there will be 3 draws made
 - (i) One for the four highest ranked athletes or teams to determine placing in lanes 3,4,5,6;
 - (ii) Another for the 5th and 6th ranked athletes to determine placing in lanes 7,8;
 - (iii) Another for the two lowest ranked athletes to determine placings in lanes 1,2.
 - 3. For all events with only a final, lane assignments shall be drawn as per 52.4.2 above.
 - B. For events longer than 800m, relays longer than the 4x400m and any event where only a single round (final) is required, lanes / starting positions shall be drawn by lot.

54.0 MINIMUM TIMES BETWEEN HEATS

(WPA21.10) The following minimum times should be allowed when possible, between the last heat of any round and the first heat of a subsequent round or final.

Up to 200 meters

45 minutes



Over 200 meters to 1000 meters
Over 1000 meters

90 minutes
Not on the same day

55.0 TRACK EVENT TIME LIMITS

In events of 1500m or longer, officials may conclude the event and clear the track after the agreed time limit has expired. Any competitor who has not completed the set distance when an event is concluded shall be shown in the official results as DNF - 'did not finish'.

56.0 THE START

(WPA 17) All races shall normally be started by the report of the Starter's gun fired upwards after he has ascertained that athletes are

steady and in the correct starting position.

56.1 At all meets, the words of the Starter shall

a. in a race up to and including 400 meters be **'on your marks', 'set', and when all competitors are 'set', the pistol shall be fired.**

b. In races longer than 400 meters, the words shall be **'on your marks' and when all competitors are steady, the pistol shall be fired.**

56.2 If for any reason the Starter must speak to any competitor after the competitors are on their marks, he shall order all competitors to stand/sit up and the Starter's assistants shall place them on the start line again. A competitor must not touch either the start line or the ground in front of it with his front wheel, foot, or hand when on his mark.

56.3 On the command 'on your marks' or 'set' as the case may be, all competitors shall at once and without any delay assume their full and final set positions.
Failure to comply with this command after a reasonable time shall constitute a false start.

56.4 If a competitor crosses the starting line after the words 'on your marks' or 'set' as the case may be, and before the pistol is fired, it shall be considered a false start.

56.5 Any competitor committing a false start (due to forward motion) shall be disqualified with the exception of juniors; U11, and U14 who may false start once without penalty (a U11 or U14 athlete false starting for the second time in a heat will be disqualified).
Pentathlon: one false start on the field next false start on athlete(s) will be disqualified.

56.6 The Starter or any Recall Starter who is of the opinion that the start was not a fair one, shall recall the competitors by firing a pistol.

NOTE 1: In practice when one or more competitors make a false start, others are inclined to follow, and strictly speaking, any competitor who does so follow has also made a false start. The Starter should disqualify only such competitor or competitors who, in his opinion, were responsible for the false start. This may result in more than one competitor being disqualified. If the unfair start is not due to any competitor, no disqualification shall be given.

NOTE 2: As per Rule 17.6, in races of 800M or longer the starter has the authority to recall a race for a restart if a collision involving athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the referee to take appropriate action on reports received from umpires during this portion of the race.

NOTE 3: A false start may not be called if the starter deems the movement was not intended to move the athlete forward. If the athlete is standing (verses in a crouched position) at the start and due to the athlete moving due to a loss of balance the racer may not be disqualified if the starter believes there was no intent to move forward. See
WPA 17.7.

56.7 STARTING BLOCKS

(WPA 16) When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.



- (WA 161) For classes T11 – T13 and T20 – Starting blocks are required for races up to and including 400m (including the first leg of the 4x100m and 4x400m) but shall not be used for any other race. For classes T31-32 race running, T35-T38, T42 –T47, T61-T64 – Starting blocks may be used for all races up to and including 400m (including the first leg of the 4x100m and 4x400m) but shall not be used for any other race.
- NOTE 1:** For classes T35-T38, T42 –T47, T61-T64 – A crouch start is not required, and a standing start is acceptable.
- NOTE 2:** It is acceptable for arm amputee athletes to use pads on which to rest stumps at the start. Pads must be completely behind the start line and not interfere with any other athlete. The pads should be a similar color to the track or of a neutral color.
- NOTE 3:** It is not a requirement for athletes in Sport Classes 35-38 and 42-44/61-64 to use both foot plates when using a starting block.

56.8 FRAMERUNNER CLASS T71-72

- In the USA if the Lane width is 42” or less, athletes are assigned two lanes (1-2, 3-4, 5-6, 7-8).
- For 1.22m lane width tracks the FrameRunner athletes are assigned 1 lane.
- Use of starting blocks is allowed.

57.0 PROPELLING THE RACING CHAIR / FRAMERUNNER

Racing Chair: Progression by any method except the competitor pushing on the wheels or hand rims will result in disqualification.

FrameRunner: Progression by any method forward or backward by the competitors’ legs will result in Disqualification.

57.1 RUNNING IN LANES

- (WPA 18) In all races run in lanes (100m, 200m, 400m, and 4 x 100m Relay), each competitor shall keep his allotted lane from start to finish. This shall also apply to any portion of a race run in lanes. Straying momentarily from one's lane will not be grounds for disqualification unless, if by so doing, the athlete impedes the progress of another athlete or gains material advantage.

- 57.2 (WPA 18.6)** An athlete or the athlete’s guide-runner shall not be disqualified for running out of his lane if he:
- is pushed or forced by another person to step, run or wheel run outside his lane or on or inside the kerb or line marking the applicable border, or;
 - steps, runs or wheels runs outside his lane in the straight or outside the outer line of his lane on the bend, with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede his progress. If material advantage is gained, the athlete shall be disqualified.
- Note: Material advantage includes improving his position by any means, including removing himself from a “boxed” position in the race by having stepped or run inside the inside edge of the track
- COMMENT: This Note specifically outlaws the practice of an athlete seeking to improve his position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee now has the power to disqualify in his discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage

57.3 CHECK-MARKS

- (WA 170) Except as stated in Rule 23.3 (all or the first leg of a relay run in lane), athletes may not make check-marks or place objects on or alongside the running track for their assistance. The Judges shall direct the relevant athlete to adapt or remove any marks or objects not complying with this Rule. If he does not, the Judges shall remove them. Note: Serious cases may further be dealt with under WPA Rule 2.13.5 and Rule 8.2.

57.4 (WPA 18) LEAVING THE TRACK OR COURSE



- (WA 163) Except as indicated below, a competitor, after voluntarily leaving the track or course, shall not be allowed to continue in the race.
In road races, a competitor may leave the road or track with the permission and under the supervision of a judge, provided that by going off course he does not lessen the distance to be covered.

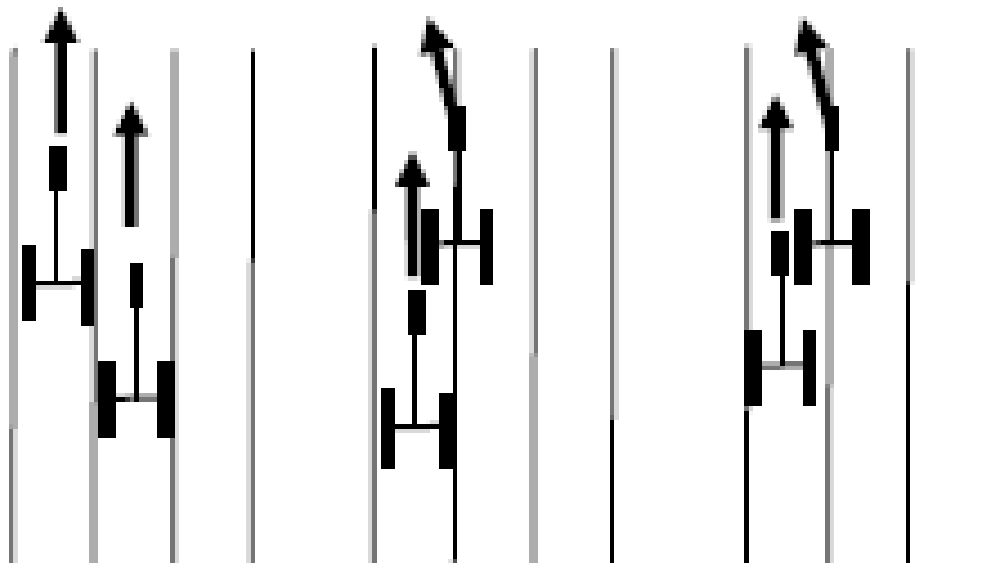
57.5 OBSTRUCTION ON THE TRACK

- (WA 163) Any competitor who jostles or obstructs another competitor so as to impede his progress shall be liable to disqualification from that event. If in any race a competitor is disqualified for any of these reasons, the Referee shall have the authority to order the race to be rerun excluding the disqualified competitor or, in the case of a heat, to permit any competitor(s) affected by the act resulting in disqualification (other than the disqualified competitor), to compete in a subsequent round of the race. It is recommended that the referee has the right to review any video evidence available and use such evidence in making a decision.

57.7 PASSING ON THE TRACK

Any athlete coming up from behind in an attempt to overtake another athlete carries the responsibility of ensuring that he/she has full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete as soon as this one is in sight. Any athlete wishing to change lanes during a race must be responsible that he/she has full clearance before doing so.

Correct passing: Only if an athlete has passed the full chair of the other competitor does he has the right to change the lane or his direction.



Correct start to pass

Correct Passing

Incorrect Passing

58.0 FINISH

- (WPA 19, WA 164) Order of finish and timing is determined.
- Wheelchair / FrameRunner: When the axle of the lead wheel reaches the vertical plane of the nearer edge of the finish line.
(T31-34, T51-54)
 - Ambulatory: When the torso of the runner crosses the finish line.
 - Time and wind recorded in tenths. (13.46 = 13.5 time, 2.03 = 2.1mps)

60.0 SPECIFIC RULES FOR RELAY RACES

60.1 LANES

Each team shall be allocated two adjacent lanes, T11, T12, Wheelchair, & FrameRunner



60.2 The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distance of the stages and to denote the scratch.

60.3 Where it is required for the Wheelchair or Universal relay to be run in lanes, the competitors may wheel/run in either of their two allocated lanes.

60.4(WA 170) The tag zone shall be 30 m in length for ambulatory runners and 40m for wheelchairs. For wheelchair/T11-12, FrameRunner the lane is taped from the inner lanes (1,3,5,7) across through Lane 2, 4, 6, or 8 at both the beginning and end of the tag zone.

In 4 x 400m relay races, the first lap, as well as that part of the second lap up to the exit from the first bend, will be run entirely in lanes.

The competitors are free to take-over any position on the track at the entrance to the following straight, which shall be marked with a flag set on a post at least 1.5 meters high on each side of the track and with a line 50 millimeters wide across the track

60.6 The position of the teams at the start of the race shall be drawn, and shall be retained at each take-over provided this can be done without fouling.

60.7 THE TAKE-OVER

(WPA23) (T32-34, T42-46, T61-64, T51-52 & T53-54 and the Universal Relay)

The take-over shall be by a touch on any part of the body of the out-going competitor within the take-over zone.

For Ambulatory relays, it is the position of the Baton (T11-13, T20, & T35-38) or tag (T40-41, T42-47, T51-T54, T61-64) within the tag zone and not the athlete's position that matters. If there was no first touch out of the tag zone the athlete(s) may return to the zone to tag/pass the baton).

(T11-13) Baton Exchange for Relays:

- a) Either the athlete or the guide-runner can carry the baton (or tag for the Universal relay);
- b) The baton exchange may take place between either guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met;
- c) A fair exchange is established when the baton carrier passes the baton to the baton receiver within the take-over zone;
- d) Once the outgoing athletes and/or guide-runner leaves the take-over zone they can reenter the take-over zone to receive the baton (i.e., if they go too early);
- e) One (1) assistant per take-over zone will be allowed on the track to help with the positioning of any T12 athlete competing without a guide-runner. The assistant must leave the competition area prior to the start of the event and must remain in a position designated by the technical officials which does not interfere with the conduct of the race. In violation of this rule, the athlete shall be warned or disqualified subject to Rule 7.2.

60.8 After the touch, competitors should remain in their lanes or zones until the course is clear, to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of the stage, he is liable to cause the disqualification of his own team.
(WA 170)

60.9 THE RELAY TEAM

(WA 170) Once a relay team has started in a competition, only two (2) additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions may be made from the list of athletes already entered for the meet whether for that event or any other event. The exact composition of the teams and the order of the teams for the relay must be officially declared before the start of each round of the competition.



Once an athlete who has started in a previous round has been replaced by a substitute, he or she may not return to the team. Any athlete may form part of a relay team at National Competition provided s/he has qualified in either the 100m for the 4 x 100m, the 400m for the 4 x 400m, or the 200m for the 4 X 800 Medley.

60.10

60.16 All members of a relay team must wear the same colors for competition and in wheelchair relays each athlete should wear (WPA Rule 23.11) helmet covers of the same color:

Sports Class/es Relay Team Composition Requirements

T11-13 Must include a minimum of one (1) Sports Class T11 athlete and can only include a maximum of one (1) Sports Class T13 athlete.

T33-34 Must include at least one (1) Sports Class T33 athlete

T35-38 Can only include a maximum of two (2) Sports Class T38 athletes

T42-47 / T61/T64 Can only include a maximum of two (2) Sports Class T46/47 athletes

T51-52 Must include at least one (1) Sports Class T51 athlete

T53-54 Must include at least one (1) Sports Class T53 athlete

60.18

UNIVERSAL RELAY- A universal relay (4 x 100) of two men and two women with a running order of 1st leg- 11-13, 2nd leg- 42-44, 61-64, 3rd leg- 35-38 and the 4th leg of 33-34, 51-54. Only up to 2 athletes can be selected from the following classes (13,46/47,38, 54). The remaining athletes can be from any sport class listed in the description of the legs. Two lanes will be assigned. No baton, the exchange is a touch.

70.0 SPECIFIC RULES FOR ROAD RACING

(WPA 49, WA 240)

70.1 The equipment specified in ATFUSA Rule 50.0 applies to road racing for wheelchair athletes.

70.2 THE COURSE

The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle-path or footpath alongside the road, but not on soft ground such as grass. The start and finish may be within an athletic arena.

NOTE: It is desirable to have a course with a single turning point, or alternatively, a single circuit.

70.3 MEASUREMENT

In events on roads, the course shall be measured along the shortest possible route that a competitor could follow within the section of the road permitted for use in the race. The length of the course must not be less than the official distance for the event. In National Championships, the length of the course should have been certified in advance by a WA approved course measurer.

NOTE 1: For measurement, the 'Calibrated Bicycle Method' is recommended.

NOTE 2: To prevent a course from being found to be short on a future re-measurement, it is recommended that a 'short course prevention factor' is built in when laying out the course. For bicycle measurements, this factor should be 0.1% which means that each kilometer on the course will have a 'measured length' of 1001 meters.

NOTE 3: If it is intended that part of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc., their positioning must be decided not later than the time of measurement and the documentation of such decisions must be included in the measurement report.

70.4 WITHDRAWAL FROM COMPETITION

A competitor must withdraw at once from the race if ordered to do so by a member of the medical staff officially appointed and clearly identified by an armband.



70.5 DISTANCE MARKERS

The distance in kilometers or miles on the route shall be displayed to all competitors.

70.6 SPONGING/DRINKING AND REFRESHMENT STATION

A. Sponging/Drinking Stations - For all events of 10km or more, sponging/drinking water stations may be provided at suitable intervals.

B. Refreshment Stations - For all events longer than 20km, refreshment stations shall be provided at approximately 5km and, thereafter, at approximately every 5km.

In addition, sponging/drinking stations, where water only shall be supplied, shall be placed midway between the refreshment stations. Refreshments which may be provided either by the Organizer or athletes shall be made available at the stations nominated by the competitors. They shall be placed so that they are easily accessible to, or may be put into the hands of the competitors.

Competitors may carry their own refreshments which may be replenished at any of the Refreshment Stations provided by the Organizers.

70.7 SAFETY

The Organizers of Road Races must ensure the safety of competitors. At National Championships, organizers should, where possible, ensure that the roads will be closed in both directions; i.e., not open to motorized traffic. The Organizers must enforce the wearing of approved helmets for safety reasons. Approved helmets are those that have ANSI, CEN (Europe), CPSC, ASTM, Australian, Canadian, or SNELL Certifications. Some other country standards exist(ed) and should be grandfathered in this group. Certified helmets will have labels attached inside or outside the helmet.

70.8 Wave starts should be used for all road races in which different groups of athletes compete - male paraplegics, male quadriplegics, female paraplegics, female quadriplegics, juniors, male & female, and masters. The recommended order of start should be: para men, para women, masters, quads, juniors. Minimum time between starts should be 2 minutes.

71.0 ASSISTANCE TO COMPETITORS

During a road race, mechanical or other assistance to repair the wheelchair or wheels shall be allowed under the following conditions.

71.1 Assistance shall be given by anyone provided that said assistance does not result in forward progress of the competitor.

71.2 Only parts broken or damaged during the event in progress can be repaired or replaced. Replacement parts shall be the same size as the original part.

71.3 All assistance given shall be recorded by the Officials and all broken or replaced parts shall be made available for inspection at the conclusion of the event by the Referee.

71.4 Any competitor receiving assistance of any type not approved under these rules shall be disqualified and shall be listed in the results as disqualified.

72.0 DRAFTING

(WA 240.11) (T32-34, T51-54)

(WPA 50) In Recognized Competitions under WPA Part B - 3.1.2, for Road Race Events where Sport Classes T33-34, T51-54 compete

together, drafting behind an athlete from another Sports Class or gender is prohibited. Athletes are also prohibited from drafting behind motorized vehicles or bicycles. In violation of this Rule, the athlete concerned shall be disqualified.

NOTE 1: Drafting is defined as seeking a performance advantage by following another athlete within a distance of less than



5m for one minute.

NOTE 2: In Road races, Sport Class T53 and T54 are considered as one class. The Rule 49.15 does not apply.

NOTE 3: USA >An athlete cannot be disqualified for drafting behind the lead vehicle if it is deemed by the race officials that the lead vehicle was not going fast enough to maintain a safe distance from the lead wheelchair.

NOTE 4: The Race director shall instruct the lead vehicle to stay a safe distance from the lead athlete so as not to provide a draft which would unfairly give the lead athlete an advantage over other competitors.

NOTE 5: The race Director shall instruct support cyclists that they are there to support athletes and are not to coach or cheer.

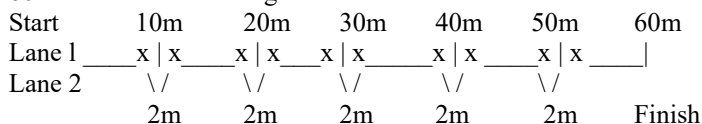
73.0

60M WEAVE

(Power Wheelchair)

- This race will be run with each competitor using two adjoining lanes in regulation width. One empty lane should separate competitors (making 2 weave courses on a 6 lane track; 3 weave courses on an 8 lane track).
- A pair of slalom markers shall be placed along the center line between the lanes at 10 meter intervals along each competitor's course, creating five(5) "lane-change gates" on each competitor's course.
- The slalom markers at each gate should be placed 2 meters apart, creating a 2 meter long gate. (See diagram.)
- Competitors may start in either lane** of their assigned course but must change lanes at each of the five gates along the course. This means that a competitor who starts in the right lane will finish in the left lane. If an athlete leaves their assigned lanes, yet does not impede others, he/she will not necessarily be disqualified, if no advantage was gained.
- Knocking down or moving markers constitutes a violation and a **3 second penalty** will be assessed. Competitors who do not make an obvious attempt to go between each pair of markers is subject to disqualification at the discretion of the referee.

60m Weave Course Diagram





DIVISION FOUR: THROWING EVENTS

80.0 USE OF COMPETITOR'S OWN IMPLEMENTS

(WA 187)

At all meets competitor's may use their own implements, provided these are checked and marked as approved by the Organizers before the competition and made available to all competitors throughout the event.

NOTE: It shall be the responsibility of the Organizers to provide sufficient implements for all events.

THROWING IMPLEMENT SPECIFICATIONS

81.0 DISCUS

(WPA 32, WA 189)

81.1 CONSTRUCTION

The body of the Discus shall be made of wood, or other suitable material with a metal rim, the edge of which shall be circular. The cross section of the edge shall be rounded in a true circle having a radius of approximately 6mm. There may be circular plates set flush into the center of the sides. Alternatively, the Discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications. Each side of the Discus shall be identical and shall be made without indentations, projections, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius 25mm (min), 28.5mm (max) from the center of the Discus.

81.2 SPECIFICATIONS

DISCUS	.75KG	1KG	1.5KG	1.75KG	2.0KG
WEIGHT					
Minimum for Acceptance of record	0.7500kg	1.000kg	1.500kg	1.750kg	2.000kg
Range for issue of Equipment for competition	0.7550kg 0.7750kg	1.005kg 1.025kg	1.505kg 1.525kg	1.755kg 1.775kg	2.005kg 2.025kg
Outside diameter Min. of metal rim Max.	166mm 172mm	180mm 182mm	200mm 202mm	210mm 212mm	219mm 221mm
Diameter of metal plate or flat Min. center area Max.	50mm 57mm	50mm 57mm	50mm 57mm	50mm 57mm	50mm 57mm
Thickness over flat center area Min. or metal plates Max.	33mm 38mm	37mm 39mm	38mm 40mm	41mm 43mm	44mm 46mm
Thickness of rim (6mm from edge) Min. Max	10mm 13mm	12mm 13mm	12mm 13mm	12mm 13mm	12mm 13mm



82.0** DESCRIPTION OF THE JAVELIN (WPA 33, WA 193)

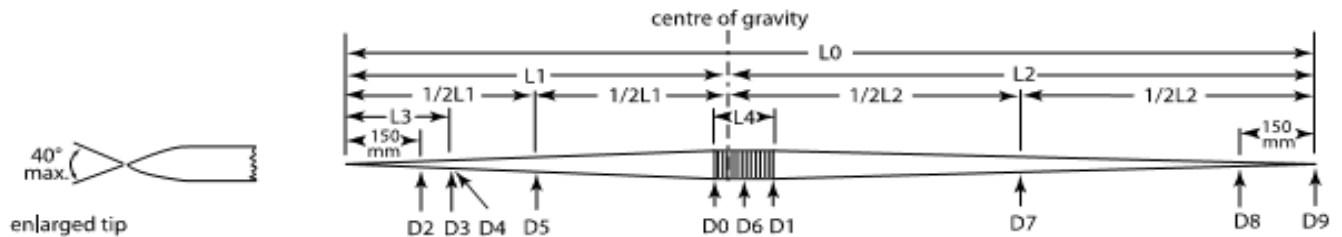


Figure 25 – International Javelin

Lengths (all dimensions mm)						Diameters (all dimensions mm)					
		Men		Women				Men		Women	
Serial	Detail	Max	Min	Max	Min	Serial	Detail	Max	Min	Max	Min
L.O	Overall	2700	2600	2300	2200	D0	In front of grip	30	25	25	20
L.1	Tip to C of G	1060	900	920	800	D1	At rear of grip	–	DO-0.25	–	DO-0.25
1/2L.1	Half L.1	530	450	460	400	D2	150mm from tip	0.8 DO	–	0.8 DO	–
L.2	Tail to C of G	1800	1540	1500	1280	D3	At rear of head	–	–	–	–
1/2L.2	Half L.2	900	770	750	640	D4	Immediately behind head	–	D3-2.5	–	D3-2.5
L.3	Head	330	250	330	250	D5	Half way tip to C of G	0.9 DO	–	0.9 DO	–
L.4	Grip	160	150	150	140	D6	Over grip	DO + 8	–	DO + 8	–
						D7	Half way tail to C of G	–	0.9 DO	–	0.9 DO
						D8	150mm from tail	–	0.4 DO	–	0.4 DO
						D9	At tail	–	3.5	–	3.5

82.1

CONSTRUCTION

The javelin shall consist of three parts: a head, a shaft, and a cord grip. The shaft may be constructed of metal and shall have fixed to it a metal head terminating in a sharp point.

The grip, which shall be about the center of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches or indentations of any kind. The grip shall be of uniform thickness.

The cross-section shall be regularly circular throughout. The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical.

From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex, and there must be no abrupt alteration in the diameter, except at the front and rear of the grip, throughout the length of the javelin.

NOTE: While the cross-section should be circular, a maximum difference between the largest and the smallest diameter of 2 percent is permitted. The mean value of these two diameters must correspond to the specification given for a circular Javelin.

82.2

The javelin shall have no mobile parts or other apparatus which during the throw could change its center of gravity or throwing characteristics.



82.3**

SPECIFICATIONS

The javelin shall conform to the following specifications: For the Junior U14 age division 400gm and Junior U11 age division turbo javelins.

JAVELIN		400 gm	500 gm	600 gm	700 gm	800 gm
Weight (inclusive of cord grip) – minimum for acceptance of record		400 gm	500 gm	600 gm	700 gm	800 gm
Range of supply of equipment for competition		405gm	505gm	605gm	705gm	805gm
		425gm	525gm	625gm	725gm	825gm
Overall length	Min.	1850mm	2000mm	2200mm	2400mm	2600mm
	Max.	1950mm	2100mm	2300mm	2500mm	2700mm
Length of metal head	Min.	200mm	220mm	250mm	250mm	250mm
	Max.	250mm	270mm	330mm	330mm	330mm
Distance from tip of metal head to center of gravity	Min.	750mm	780mm	800mm	850mm	900mm
	Max.	800mm	880mm	920mm	990mm	1060mm
Distance from tail to center of gravity	Min.	1050mm	1120mm	1280mm	1410mm	1540mm
	Max.	1200mm	1320mm	1500mm	1650mm	1800mm
Diameter of shaft at thickest point	Min.	20mm	20mm	20mm	23mm	25mm
	Max.	23mm	24mm	25mm	28mm	30mm
Width of cord grip	Min.	130mm	135mm	140mm	150mm	150mm
	Max.	140mm	145mm	150mm	160mm	160mm

82.6

The tapering of the javelin to the tip of the metal head shall be such that the angle of the point shall be not more than 40 degrees. The diameter, at the point 150mm from the tip, shall not exceed 80% of the maximum diameter of the shaft. At the midpoint between the center of gravity and the tip of the metal head, the diameter shall not exceed 90% of the maximum diameter of the shaft.

The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint between the center of gravity and the tail, shall be not less than 90% for the 800gm javelin and 70% for the 600gm javelin of the maximum diameter of the shaft. At a point 150mm from the tail, the diameter shall not be less than 40% for the 800gm javelin and 30% for the 600gm javelin of the maximum diameter of the shaft. The diameter of the shaft at the end of the tail shall not be less than 3.5mm.



82.8 DESCRIPTION OF 250g AERO JAV

The nose and tail are made of Thermo-Propylene and are both replaceable if damaged.

AERO JAVELIN (Minimum weight for record - 250 gm)

Aero 250g Javelin is replacing the 300g Turbo Javelin for U11 Athletes.

- a. Here are the 250g javelin specs; all dimensions in mm
 - i. Overall length: 1350-1480
 - ii. Length of head: The maximum diameter of the head shall not exceed the nominal shaft diameter by more than 10mm 140-160
 - iii. Distance Tip to Center of Gravity: (The grip is not required to cover the CG) 570-600
 - iv. Diameter of shaft: 24-26
 - v. The maximum grip diameter: Shall not exceed nominal shaft dia. by more than 8mm 80-110
 - vi. Location of front of grip from tip: 570-610
 - vii. Length of tail: 105-120
- b. Suppliers (comes with plastic or corded grip, either is acceptable, corded is a best practice)
 - i. <https://finnflier.com/shop/firstfliertm-mini-aerojav-250-grams/>
 - ii. <https://spearwerx.com/>



83.0 CLUB (WPA 37)

83.1 COMPETITION

The club shall be thrown from a cage and held at its neck and/or head with one hand only. It may be thrown either from a position facing the landing sector or from a position facing backward and throwing overhead.

83.2 CONSTRUCTION

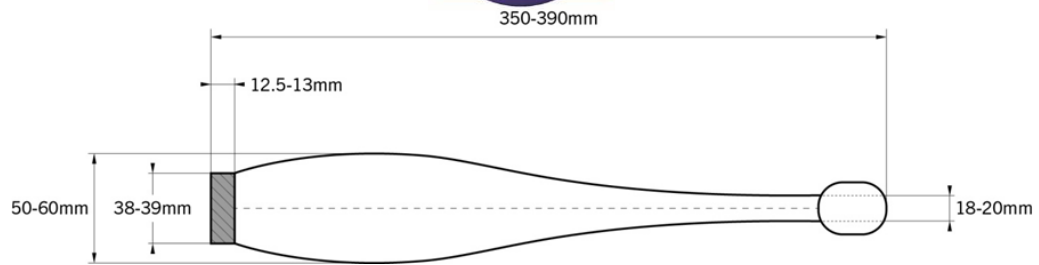
The Club shall consist of four main parts: a head, a neck, a body and an end. The head, neck and body shall be solid and made of wood so as to constitute a fixed and integrated whole. The body shall have fixed it to a cylindrical end constructed of metal without indentations, projections or sharp edges.

The surface of the head, neck and body shall be smooth and have no dimples or pimples, grooves or ridges, holes or roughness.

The head shall be spherical or cylindrical in shape and immediately taper towards the neck. The diameter of the widest part of the body shall not exceed 60mm, and may be cylindrical. The club shall taper regularly towards the neck and slightly towards the metal end.

83.3 SPECIFICATIONS

Overall length (including metal end)	Min.	350mm
	Max.	390mm
Diameter of widest part	Min.	50mm
	Max.	60mm
Diameter of neck	Min.	18mm
	Max.	20mm
Weight- Competition & Records	Min.	397g
Range for Manufacturers	Min.	402g
	Max.	422g
Thickness of metal end – Thickness	Min.	125mm
	Max.	130mm
Diameter of medal end	Min.	38mm
	Max.	39mm





84.0 SHOT (WPA 31, WA 188)

84.1 CONSTRUCTION

The shot shall be of solid iron, brass, or any metal not softer than brass, or a shell of such metal filled with

lead or other material. It must be spherical in shape and the surface must be smooth.

		Nominal	size					
UNITS		7.26kg	6 kg	5 kg	4 kg	3 kg	2 kg	1kg
Min. Record		7.260	6.00	5.000	4.000	3.000	2.000	1.00
Range for manufacturer:	Min.	7.265	6.005	5.005	4.005	3.005	2.005	1.005
	Max.	7.285	6.025	5.025	4.025	3.025	2.025	1.025
Diameter	Min.	110mm	105mm	100mm	95mm	85mm	80mm	
	Max.	130mm	125mm	120mm	110mm	110mm	100mm	100mm

85.0 SOFTBALL

85.1 DESCRIPTION

An 11" or 12" softball with a leather cover with stitches along the seams and approved by the ASA (American Softball Association).

85.2 SPECIFICATIONS

Competitions may use either Softball below:

Circumference and Weight: Female – 11±0.125 inches; 5.875 to 6.125 ounces
Male – 12±0.; 6.25 to 7.0 ounces

Cover: Leather

Stitches: Not less than 88 stitches

86.0 BEAN BAG, MEDICINE BALL AND KICK BALL

86.1 BEAN BAG DESCRIPTION AND SPECIFICATIONS

Canvas or nylon covered bean bag filled with dried peas, corn, or plastic pellets (preferred).

Size: 5" x 5"

Cover: Canvas or nylon

Weight: 5-6 ounces

86.2 MEDICINE BALL SPECIFICATIONS

Size: 8" diameter

Cover: Smooth leather, synthetic, rubber or suede

Weight: 3kg

86.3 KICK BALL SPECIFICATIONS

Size: 10" diameter

Cover: Rubber

Weight: 2 pounds

87.0 RULES GOVERNING FIELD THROWING FRAMES

(WPA 35)

87.1 height.

Any part of the throwing frame including the cushion, used as the seat must not exceed 75cms in

The frame may have a holder bar, without any articulation (joint) and may not bend or flex during the throwing action. All parts of the chair must be fixed (assistance to the athlete by flexible parts is not allowed). The seat in a throwing chair must be square or rectangular seat, with a minimum 30CM (~12") on a side The chair seat shall be flat or tilt back. The chair may have a straight rigid holding bar with no bends or joints. If the athlete touches any holding strap outside the vertical plane of the rim of the throwing circle during the trial it shall be marked as a foul.



- 8/1/2014; 35.1.F; The corner(s) of, or notches in, the seat surface may be cut to accommodate side and/or back rests or a holding bar into the main throwing frame. The size of these cuts shall not be appreciably more than the space needed to insert the rests or the holding bar in them. The seat must remain square or rectangle
- If an athlete can not conform to have their legs in contact to the chair from the Ischial Tuberosities to the back of the knee an exemption is valuable from IPC (for Passport/Licensed athletes or from ATFUSA for non-licensed athletes). See Application for Exception due to Anatomical Limitation Making an Application for Exception due to Anatomical Limitation.
- 8/1/2014 CHANGE - The holding bar may have layers of tape and/or any other suitable material to provide a better grip. The thickness of the tape or other alternative material must not result in any unfair advantage exceeding athlete's physical prowess.

Note: The chair must be measured without the athlete sitting in it.

- 87.2** For classes F31-34 & F51-F57 no part of the chair (including footrest) may be outside the circumference of the circle.
- 87.3** It will be the responsibility of the competitor that the frame conforms to all the above rules and no event shall be delayed while a competitor makes adjustments to the chair. Also if a holding bar breaks during the throw it shall be marked as a foul.
- 87.4** Frames will be measured before the competitor enters the throwing circle. Frames which have been examined may be liable to re-examination before or after the event by the official in charge of the event.
NOTE: The competition area for Junior Nationals and Regional events is considered to be all pit areas.
- 87.5** It shall be the responsibility in the first instance, of the official conducting the event to rule on the safety of the chair.
- 87.6** A day chair that satisfies these criteria is acceptable.
- 87.7** Placing Frame in the circle should not normally exceed two minutes for classes F32-34 and F54-57 or three minutes for classes F31 and F51-53 to position. These are Official guidelines not absolutes.
- 87.8** In the event of a holding device (the tie downs not the holding bar) failure during the act of a trial the athlete may; retake the trial or accept the trial if the athlete did not foul in the attempt.
- 87.9** Time to secure oneself to chair and warm-up:
The maximum time allowed for athletes to secure themselves to their field chair and have as many warm-up throws as time permits is:
c. F32-34 and F54-57: Athletes will be allowed up to 4 minutes to transfer to their field chair, strap, and warm-up.
d. F31 and F51-F53: Athletes will be allowed up to 5 minutes to transfer to their field chair, strap, and warm-up.
Note: Timing shall begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.

EXCEPTION FOR ALL SEATED THROWS U11 AND U14 ATHLETES:

the rules above now hold for all athletes including U11 and U14, except that a minimum of one (1) warm-up will be offered if the 4 or 5 minute time expires

88.0 COMPETITION RULES FOR FIELD EVENTS

88.1 AMBULATORY PRACTICE

(WA24) At the competition area and before the beginning of the event, each athlete may have practice trials. In the case of throwing



events, the practice trials will be in draw order and always under the supervision of the Judges.

COMMENT: Whilst in the past the Rules specified that there should be two practice trials for each athlete in throwing events, there is currently no such specification. Rule 24.1 should be interpreted as allowing whatever number of practice trials that may be included in the warm-up time available. Whilst for major events, two remains a standard practice, this is regarded as a minimum and should time be available and some or all of the athletes request additional practice trials, this can be permitted.

88.2 THE ORDER OF THE TRIALS

(WA 182/186) The order in which Wheelchair & Ambulatory competitors take their trials shall be drawn by lot. Also see WPA Rule 24.

NOTE: Once called, athletes are allowed to move away from the throwing area in order to continue warm-up. Should an athlete not answer a call to the throwing area, he may be debarred from any subsequent trials.

89.0 THE NUMBER OF TRIALS

(WA 181.2) Where there are more than eight competitors, each competitor shall be allowed three trials, and the eight

competitors with the best performance shall be allowed three additional trials. In the event of a tie for eighth place, this shall not be decided and any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials. At the competition ground, each competitor may, *if possible*, have two practice trials but no more. Once their first trial has begun, competitors are not permitted to use the circle or ground within the sector for practice trials. When the first round of the competition is split in two groups the 8 finalists are throwing in reverse order. For classes F51-F57 When the number of athletes is 8 or less, it is up to the Technical Delegate to decide if the six throws will be consecutively.

90.0 REQUIREMENTS FOR A VALID THROW

(WA 182.5) In competition, a competitor is allowed to touch the inside of the iron band and of the stopboard. It shall be a foul throw and not allowed to count if the competitor, after he has entered the circle or begun to make a throw, touches with any part of his body to the ground outside or any part of the holding device outside the vertical plane of the rim of the circle or improperly releases the implement in making any attempt.

NOTE: A stopboard is required for standing class(es) shot put only.

90.1 For a valid trial, the implement must fall completely within the inner edges of lines 50mm wide, marking

(WA 182.7) a sector as described in Rule 3.

90.2 DELAYING THE THROW OR PUT

(WPA24.17) A competitor in a field event who unreasonably delays making a trial renders himself liable to have that trial disallowed and recorded as a fault. It is a matter for the Referee to decide having regard to all circumstances, what is an unreasonable

delay. The Official responsible shall indicate to the competitor that all is ready for the trial to begin, and the period allowed for his trial shall commence from that moment. If the time allowed elapses once the competitor has started his trial, that trial should not be disallowed.

NOTE: The following WPA times should not normally be exceeded for each trial;

Number of athletes	High Jump	Other 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.	1min.

90.3

(WA 182.6)

INTERRUPTING A TRIAL

Provided that, in the course of a trial the foregoing rules have not been infringed, a competitor may lay his implement down inside the circle, and may leave the circle (when leaving the circle he must do so as required in rule 90.4) before returning to a stationary position and beginning a fresh trial.

NOTE: All the moves permitted by this paragraph shall be included in the maximum time for a trial.

90.4

(WA 182.6)

LEAVING THE CIRCLE

The competitor must not leave the circle until the implement has touched the ground. When leaving the circle, the first contact with the top of the iron band or the ground outside the circle must be completely behind the white line which is drawn outside the circle running theoretically through the center of the circle.

NOTE: This rule shall be waived for sitting competitors using the approved holding device.

90.5

(186.5g)

IMPLEMENTS OR EQUIPMENT BREAKING

If any implement breaks or one of the tie down straps for seated frames at any time during the course of the throw, it shall not count as a trial, provided the throw was made in accordance with the rules (a wheelchair competitor has the choice to use the throw).

90.5

(WPA24.8)

COMPLETION OF TRIALS

The Judge shall not raise a white flag to indicate a valid trial until a trial is completed. The judge may reconsider a decision if he believes he raised the incorrect flag. The completion of a valid trial shall be determined as follows:

- In the case of Vertical Jumps, once the Judge has determined that there is no failure according to these Rules;
- In the case of Horizontal Jumps, once the athlete leaves the landing area in accordance with these Rules;
- In the case of throwing events for ambulant athletes, once the athlete leaves the circle or runway in accordance with these Rules;
- In the case of seated throwing events, once the implement has landed within the permitted zone.

91.0

91.1

DEVICES FOR THE HANDS (187)

No device of any kind – i.e., the taping of two or more fingers together - which in any way assists a competitor when making a throw shall be allowed. Taping on hands or back of hands or connections to wrists is now considered legal as long as the fingers move independently, i.e. no two fingers taped together. An athlete shall not use any device of any kind - e.g. the taping of two or more fingers together or using weights attached to the body - which in any way provides assistance when making a trial. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

91.2

ASSISTANCE HAND TAPING & GLOVES FOR QUADRIPLLEGICS

(Sport Classes F31-F33& F51- F53)

Athletes in Sport classes F31-F33 and F51-53 (i.e. more involved athletes) may use strapping or a glove on their non- throwing hand and can anchor/attach that hand to the throwing frame or throwing pole.



NOTE: Athletes in Classes F32-34, F54-57 must not use gloves. Tape on the holding bar is acceptable if it is deemed not to be an advantage to the athlete.

91.3 In order to obtain a better grip, an athlete may use a suitable substance on their hands only. Shot putters may use such substances on their neck. **In addition, in the Shot Put and Discus Throw, athletes may place chalk or a similar substance on the implement.**

91.4 In order to protect the spine from injury, a competitor may wear a belt of leather or some suitable material.

92.0 RETURNING THE IMPLEMENT

(WA 181.15) After a put/throw has been completed, the implement must be carried back to the circle and never thrown back.

93.0 FIELD TRIAL MEASUREMENT

(WA 145.1)

93.1 All measurements must be made using a calibrated and certified steel or fiberglass metric tape or bar or by an approved scientific measuring apparatus to the next Centimeter. (4.60m = 4.60m, 4.61m = 4.62m). The accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organization accredited by a national measurement authority, such that all measurements can be traced back to national and international measurement standards. All implements must be weighed on a governmentally approved balance.

93.2 Each valid throw shall be marked and measured after the prescribed number of throws from the nearest mark made by the fall of the implement, to the inside of the circumference of the circle, along a line from the mark made by the implement to the center of the circle. All measurements will be to the nearest centimeter.

93.3 THE MEASUREMENT JUDGE (ELECTRONICS)

A measurement Judge shall be appointed when electronic distance measurement is to be used. Before the start of the meet, he will meet the technical staff involved and familiarize himself with the equipment. Before the event, he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff. During the competition, he will remain in overall charge of the operation. He will report to the Field Event Referee to certify that all the measurements are correct.

NOTE: GIVING ASSISTANCE, ADVICE, OR INFORMATION – See Rule 28 for specific Rules.

94.0 CREDITING THE BEST THROW/PUT

(WA 181.3) Each competitor shall be credited with the best of all his puts/throws including their others achieved in deciding a tie for first place.

95.0 DECIDING A TIE

(WA 147.3) In those field events where the result is determined by distance, the second best performance of the competitors tying shall decide a tie. If the tie still remains, the third best throw is used and so on (WPA24.22).

96.0 THROW ACTION

96.1 SHOT PUT ACTION

(WPA 31.1) The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note (i): Cartwheeling techniques are not permitted.

Note (ii): For Sport Classes F33-34, F52-57 from start to finish, the movement of the shot shall be a straight, continuous putting action.

Note (iii): For Sport Class F32, lateral movement of the shot away from the chin or neck during putting



action is allowed.

COMMENT: Of importance is that the shot shall be “put” not “thrown”. Taking the shot behind the line of the shoulders is how it looks when someone throws it rather than putting it. For the F32 class, lateral movement is allowed and the requirement for putting the shot in a straight, continuous putting action is waived. 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.”

96.2

(WPA 33.1)

JAVELIN ACTION

Requirements for a valid throw:

- a) The javelin shall be held at the grip with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Nonorthodox styles are not permitted;
- b) A throw shall be valid only if the metal head strikes the ground before any other part of the javelin; This applies to Open, Masters and the U17, and U20 Junior Age Groups.
 - a) For juniors U11 and U14, the measurement of the throw shall be made from the nearest edge of the first point of contact made by the javelin in the sector to the inside circumference of the circle (F52-57 athletes) or arc/foul line (standing athletes) measured along a line from the contact point of the tip, tail, or grip to the center of the circle or arc. Tip, Tail or back of grip for a flat.
- c) Until the javelin has been thrown, an athlete shall not at any time turn completely around, so that his back is towards the throwing arc.

COMMENT: Previous references in the Rules to the “tip” of the javelin have been removed and are replaced by a generic reference to the head. This acknowledges that the shape of the head varies greatly, making it harder to separately define the tip. It means that Judges in determining whether the javelin has landed correctly in terms of WPA Rule 30.16 and

WPA Rule 33.1 (b) and the reference point for measurement in terms of WPA Rule 30.20 (b) now have a bigger area with which to assess. But the principles remain as before and there must be some angle on landing, however small, for the throw to be valid. Flat or “tail-first” landings are still to be red flagged.

96.3

DISCUS ACTION

- a. Open or Master: There is no rule on how an Open or Master athlete throws the discus in the WPA Rules (other than the rules which apply to the ambulatory ring or seated frame).
- b. ATFUSA junior rule: The discus shall be released in a throwing motion coming from a direction which approximates the horizontal plane of the body. IT SHALL NOT BE RELEASED from an overhand throw or from a position which begins at or near the midline of the body (ie: Frisbee throw).



96.3

COMPETITION RULES FOR CP FIELD EVENTS

Event	Technical	Notes
DISTANCE THROW	34.92 degree sector	No Lifting
	6 Consecutive Throws	Mark where implement first hits
		Field chair or lower
		Measure in meters

HIGH TOSS ACTION

Requirements for a valid throw:

- For this competition the relevant part of WA rules 171 (High Jump) can apply. Where possible it is advisable to use pole vault stands. A competitor may throw the implement from any position in front of the bar.
- The bar shall be raised in consultation with the referee of the field events.
- If competitors are tied with the maximum height being reached, further attempts will be taken at increment distances from the vertical plane of the bar.

Event	Technical	Notes
HIGH TOSS	Minimum 1 meter	No Lifting
	Raise by 15 cm after each	Field Chair or lower
	Event is over after 3 successive misses.	
	There is no distance from throw line to bar. The distance is up to the athlete.	

MEDICINE BALL THRUST ACTION

The foot should remain in contact with the medicine ball throughout the movement prior to release. Kicking is not permitted.

NOTE: The foot pedals on the chair may be removed. The wheels of the chair must be behind the start line. A competitor's foot may touch the ground within the kicking area providing that the contact is made with the seat of the chair during the thrust.

Event	Technical	Notes
MEDICINE BALL THRUST	3kg Medicine Ball	No Lifting
	34.92 Degree Sector	Field Chair or lower
	6 Thrusts	Measure where ball stops or goes out of bounds.
	1 minute to thrust	
	Sector must be flat	

DISTANCE KICK ACTION

Requirements for a valid kick:

- The ball should be placed by the coach behind the start line but should not be held. The ball may be repositioned prior to the attempt. The kick shall be considered valid once it has gone over the start line.
- Sand may be used to stabilize the ball, but not to raise the ball as a kicking tee.
- The ball must be stationary at the time of kicking.

Event	Technical	Notes
DISTANCE KICK	10" kickball	No lifting
	34.92 Degree Sector	Field chair or lower
	6 kicks	Measure where ball stops or goes out of bounds.
	1 minute to kick	
	Sector must be flat	



NOTES: The foot pedals on the chair may be removed. The wheels of the chair must be behind the start line. A competitor's foot may touch the ground within the kicking area providing that the contact is made with the seat of the chair during the kick.



98.0 LIFTING AND FOULING (WPA Rule 35/36)

Classes F31-34, F51-57: All athletes competing in a seated throw event MUST:

- Sit in a throwing chair with a minimum 30 centimeter (~12") square or rectangular seat (a regular wheelchair may be used if it conforms to these dimensions),
- Have both legs off the ground and be in contact with the seat from the Ischial Tuberosities to the back of the knee.
- Not lift from the time the athlete takes the implement into the starting position of the trial until the implement has landed.
- The chair may have a straight rigid holding bar with no bends or joints (may have a brace to avoid the bar from bending).
- If the athlete touches any holding strap outside the vertical plane of the rim of the throwing circle during the trial it shall be marked as a foul.

99.0 HOLDING DEVICE BREAKING

If a holding device provided to tie the chair to the ground or platform should break during the execution of a throw, it shall not count as a trial providing it was made in accordance with the rules. If the competitor thereby loses his balance and commits a foul, it shall not be counted against him. The competitor shall be able to count the trial if he/she chooses.

100.0 PENTATHLON

Competition Classes: Pentathlon will be an event for athletes in U17 and U20 age groups with separate awards for each gender, age division and classification group as is written below: P11-13 and P42-46; P33-34; P35-38; P51; P52-53 and P54-57.

100.1 EVENTS CONTESTED

The Pentathlon consists of five events which shall be held on one day in the following order:

Class	Gender	Event 1	Event 2	Event 3	Event 4	Event 5
P11-13	Male	Long jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P33-34	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
P35-38	Male	Long Jump	Javelin	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P42	Male	Long Jump	Shot put	100m	Discus	200m
	Female	Long Jump	Shot put	100m	Discus	200m
P44	Male	Long Jump	Shot put	100m	Discus	400m
	Female	Long Jump	Shot put	100m	Discus	400m
P46	Male	Long Jump	Shot put	100m	Discus	1500m
	Female	Long Jump	Shot put	100m	Discus	800m
P51	Male	100m	Club	400m	Discus	800m
	Female	100m	Club	400m	Discus	800m
P52-53	Male	Shot put	Javelin	100m	Discus	800m
	Female	Shot put	Javelin	100m	Discus	800m
P54-57	Male	Shot put	Javelin	200m	Discus	1500m
	Female	Shot put	Javelin	200m	Discus	1500m

100.2 FAILING TO START AN EVENT

(WA195.10)

Any athlete failing to start or make a trial in one of the five events of the Pentathlon shall not be allowed to take part in the following event but shall be considered to have abandoned the competition. He shall not therefore figure in the final result placing.

100.3 INTERVAL BETWEEN EVENTS

(WA 195.4)

At the discretion of the Referee, there shall be, whenever possible, an interval of at least 30 minutes between the time one event ends and the next event begins, for any individual athlete.



100.4 VARIATIONS TO THE RULES

(WA 195.6) The ATFUSA rules for each event constituting the competition will apply with the following exceptions:

- a) In each of the jumping and throwing events, each competitor shall be allowed three trials only.
- b) In track events, a competitor shall be disqualified in any event in which he has made the 2nd false start.

100.5 SCORING POINTS

The times and distances in the separate events will be related to the points on the pentathlon scoring table.

100.6 DECIDING THE WINNER

(WA 195.8) The winner shall be the competitor who has obtained the highest number of points in the five events, as the case may be, awarded on the basis of the Stoke Mandeville Scoring Table.

Deciding a Tie

(WA 195.9) In the event of a tie, the winner shall be the competitor who in the greater number of events has received more points than the other competitor/competitors tying. If this does not resolve the tie, the winner shall be the competitor who has the highest number of points in any such events. This shall apply to ties for any place in the competition.

DIVISION FIVE: JUMPING EVENTS

101 HORIZONTAL JUMPS (WPA Long Jump 27-28, High Jump 25-26)

101.1 CLASSES T61-T64 For Long Jump or Triple Jump (WPA 27)

- a. For athletes competing in horizontal Jumping Events in sport classes T61-64, the use of prosthetic device(s) is optional. The relevant Official shall ensure that Rule 6.12(b) is observed.
- b. If the prosthetic device(s) is lost during the run-up then the athlete cannot continue without the prosthetic device(s). The athlete shall fix/adjust the prosthetic devices and recommence the trial provided he is within the time allowed for the trial;
- c. If the prosthetic devices are lost during the process of jumping and the mark where the prosthetic device(s) lands is the closest mark to the take-off board in the landing area, then that is the mark that the trial will be measured from;
- d. If the prosthetic device(s) lands outside the landing area, it shall be counted as a failure and recorded as such.

101.2 CLASS T11-T12 Long Jump (WPA 27.6)

- a. For athletes in Sport Classes T11 and T12, the take-off area shall consist of a rectangle of 1.00m x 1.22m \pm 0.01m which must be prepared in such a way (by use of chalk, talcum powder, light sand, etc.) that the athlete leaves an impression on the area with his take-off foot. The edge of the take-off area which is nearer to the landing area shall be the scratch line.

Note: T13 athletes have no exceptions to the standard Ambulatory rules.

101.3 CLASS T45-47 Long Jump

For international meetings it is recommended that the take-off line shall be set at 9m for women and 11m for men from the nearer end of the landing area. For any other competition, this distance shall be appropriate for



the level of
competition.

101.4

CLASS T61-T64 For High Jump

- a. For athletes competing in vertical jump events in sport classes T61-T64 the use of prosthetic device(s) is optional.
- b. **If the prosthetic device(s) is lost during the run-up then the athlete canNOT continue without the prosthesis.**
The athlete shall fix/adjust the prosthetic device(s) and recommence the trial provided he /she is within the time allowed for the trial.
- c. If the prosthetic device(s) is lost during the process of jumping and the prosthetic device(s) does not clear the bar it shall be counted as a failure and recorded as such.



DIVISION SIX: JUNIOR DIVISION

110 CLASSIFICATIONS:

Junior competitors will be classified using the WPA functional classification system.

111 AGE GROUPS

A. Age group competitors will be assigned to age divisions based upon the athlete's age in the competition year (age as of 12/31 of competition year) in accordance with the following:

Futures (6 and under)	displayed U7
under 11 (7, 8, 9, 10)	displayed U11
under 14 (11,12,13)	displayed U14
under 17 (14, 15, 16)	displayed U17
under 20 (17, 18, 19)	displayed U20

B. FUTURES:

1. Futures will be able to compete at competitions up to and including regional events.
2. There is no U7 division at Nationals
3. A Futures Division athlete can choose to compete in the U11 age division at Nationals, qualifying in the appropriate class and U11 standards.

C. COMPETING AS AN OPEN/ADULT:

1. Any Athlete 14 years of age or older (Junior or Master) may compete as an OPEN (Adult).
2. The athlete must declare this prior to or at registration.
3. An athlete may not, however, split events in which they will compete as an OPEN. Either the athlete competes in their age group or as an OPEN. This applies for Athletics, (both Track and Field).
4. At Nationals if a Junior age athlete declares they will compete as an open they will be placed and race with the 20+ age group Open athletes. At Regional events the Athlete will compete either with the Open athletes.

112 REGIONAL & JUNIOR NATIONALS EVENTS

All of the following events must be offered at a Level 3 meet to satisfy recognition at a sanctioned Regional L3 Meet:

20M, 40M, 60M, 60M weave, 100M, 200M, 400M, 800M, 1500M, 3000M, 5000M, shot put, discus, club, javelin, long jump, high jump, and triple jump.

113 HELMETS

When in the venue, helmets must be worn in all wheelchair events. Helmets must be certified by a national or international safety organization to be approved for use. Helmets without a certification label if checked must be exchanged for a certified one per ATFUSA & WPA rules.

114 EVENT TIME LIMITS

To ensure efficiency of running of a meet in the 1500, 3000 and or 5000M all athletes still on the track after the standard time has elapsed may be asked to leave the track and will be given a "Did Not Finish" (DNF) for the race.

115 FALSE STARTS

U7, U11 and U14 athletes shall be allowed 1 false start per heat. An athlete false starting for the second time will be disqualified.

Athletes in the U17, or older categories shall follow the WPA Open rule. Any movement following the set command, in events up to the 800m and the Take Your Marks command for races 800 or greater shall be deemed a false start if that movement is deemed as a forward movement.

NOTE: In combined events such as the pentathlon, the first athlete responsible for a false start shall be warned. Following this warning, any athlete to false start will be disqualified.

116 PENTATHLON:

Pentathlon will be an event for athletes in U17, and U20 athletes with separate awards for each gender, age division / classification as is written below: P11-13, & P42-46; P20; P33-34; P35-38; P51; P52-53 and P54-57."



116.1

EVENTS

Class	Event 1		Event 2		Event 3		Event 4		Event 5	
	M	F	M	F	M	F	M	F	M	F
P11-13	Long jump	Long Jump	Javelin	Shot put	100m	100m	Discus	Discus	1500m	800m
P20	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	200m	200m
P33-34	Shot put	Shot put	Javelin	Javelin	100m	100m	Discus	Discus	800m	800m
P35-38	Long Jump	Long Jump	Javelin	Shot put	100m	100m	Discus	Discus	1500m	800m
P40-41	Long Jump	Long Jump	Shot Put	Shot Put	100m	100m	Discus	Discus	200m	200m
P42	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	200m	200m
P44	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	400m	400m
P46	Long Jump	Long Jump	Shot put	Shot put	100m	100m	Discus	Discus	1500m	800m
P51	100m	100m	Club	Club	400m	400m	Discus	Discus	800m	800m
P52-53	Shot put	Shot put	Javelin	Javelin	100m	100m	Discus	Discus	800m	800m
P54-57	Shot put	Shot put	Javelin	Javelin	200m	200m	Discus	Discus	1500m	1500m

116.2

PENTATHLON QUALIFICATION

If a qualifying meet does not offer the pentathlon the junior athlete must compete in all 5 events as individual events at a sanctioned meet. **Qualification for the Junior Nationals will be determined by scoring each of the five individual events according to ATFUSA pentathlon tables.** Qualifying standards are as follows:

	Quad	Para	CP	Amputee	VI	F40-41
Male	1200	1900	1900	No Standard	No Standard	No Standard
Female	1000	1200	1200	No Standard	No Standard	No Standard

All other ATFUSA rules 100.2-100.7 apply.

NOTE: Move United junior CP tables will be used for Regional and Junior Nationals. Results published to IPC will use the IPC table.

NOTE2: Qualifying is by points not by sex/age group/class standards for an event.



117 **

RELAYS - GENERAL

Athletes can enter 1 or 2 relays per meet.

There will be three (3) different; Ambulatory or Wheelchair relays for each relay type: all male, all female, or mixed.

Teams are formed in either the Wheelchair, Ambulatory or Universal categories by grouping 4 athletes by points or type.

There are 4 types of relays a 4 x 100M, 4 x 400M, 4 x 800M Medley, or Universal.

ATHLETES CAN ONLY ENTER IN ONE (1) RELAY OF A TYPE NO MATTER

THE POINTS.

A team competes in a relay if the 4 athletes point total is less than or equal to the points for that relay.

117.1**

For Relays, Ambulatory and Wheelchair relay handoffs from athlete to athlete are by tagging (Junior rule: even in all blind or T20 relays)

(Due to ability for any disability class to be in an single ambulatory relay, batons are not used, including the

T11-T13 or T20 classes).

TRACK POINT SYSTEM

Wheelchair

Age Category	Classification		
	T51/52	T53	T54
	33	T34	T90 (MU90)
U11	1	2	3
U14	2	4	6
U17	3	6	9
U20, & Open	4	8	12
Master 35,50,60	3	6	9

4 x 100M:

10 - 20 - 30 - 40 - 50 point teams

800m Medley (100M/100M/200M/400M):

30 - 40 - 50 point teams

4 x 400M:

30 - 40 - 50 point teams

Ambulatory

Age Category	Classification			
				T11
				T12/13
				T20
	T35	T36	T37/38	
	T40-41	T42	T43/44	T45-47
	T71-72		T61-64	
			T91 (MU91)	
U11	1	2	3	4
U14	2	4	6	8
U17	3	6	9	12
U20, Open,	4	8	12	16
Master	3	6	9	12

4 x 100M:

10 - 20 - 30 - 40 - 50 point teams

800m Medley (100M/100M/200M/400M):

30 - 40 - 50 point teams

4 X 400M:

30 - 40 - 50 point teams





117.2

UNIVERSAL RELAY-

A universal relay (4 x 100) of two men and two women with a running order of :

1st leg- 11-13, 2nd leg- 42-44, 61-64, 3rd leg- 35-38, 4th leg of 33-34, 51-54.

Only up to 2 athletes can be selected from the following classes (13,46/47,38, 54).

The remaining athletes can be from any sport class listed in the description of the legs.

The event is an Open.

No points are required for different Age Groups with in classes competing.

Two lanes will be assigned to each team.

No baton, the exchange is a touch.

NOTE: At WPA Paralympics, World or Regional events the universal relay will be the only relay run in the current quad.

117.3

RELAY QUALIFYING RULES -

GENERAL:

- i. Relays teams shall enter by Team.
- ii. The team does NOT have to run together at a Regional to compete at Junior Nationals.
- iii. Each athlete must have qualified (reached an "A" or "B" age group/class standard) in the event they are running in the relay.
- iv. An Athlete may run in 1 or 2 relays at Junior Nationals.
They must be different relay races (4X100, 4X400M or 4 X 800M medley, Universal relays) regardless of points.
- v. Registered Team relays will count towards team points at Junior Nationals.
- vi. Independent Relays will run for exposition.
- vii. At a minimum, three out of the four relay team members must be from the same registered Team or Region. At maximum, one out of the four relay team members may be from another registered team or be an independent athlete.
 - i. All points, if any, go to the team with the 3 members.

TEAM ENTRIES:

- i. Scoring Teams must be built from registered teams.
- ii. All team points go to the entered team even if the team is composed of a member not on their team.
- iii. Independent Teams must be built with athletes from the same region: East, Central, or West.

118

EVENTS CONTESTED WITH MULTI-CLASSES

- i. Individual junior track events may be heated with several different classes including adults for convenience purposes. If it is determined an athlete has gained an unfair advantage from an athlete outside his/her classification, age division, or gender from drafting they may be disqualified from that event. See rule 28.2
For out of lane races, athletes must be instructed that multiple classes are in the event and those differences must be easily identified to the athlete (I.E. colored markings on the back of chairs or helmets or by verbal instructions for smaller numbers in a heat).
- ii. WPA restricts mixing sexes in an event. This should be avoided at all regional competitions. If necessary for meet timing a mixed sex event can be run at ATFUSA Level I and Level II meets, but should not be done at Level III meets.
- iii. A meet director may offer additional events at his/her discretion.

119

JUNIOR NATIONAL RECORDS

Junior national records can only be broken at Junior Nationals and any Move United /ATFUSA Level III Regional or other WPA Sanctioned event. Results to be submitted to ATFUSA via formal application form.



- 120 JUNIOR EVENTS AND QUALIFYING STANDARDS**
- a) See list of junior events for each classification, age, and gender with associated implements and qualifying standards on the ATFUSA.org Website
 - b) In order to compete in a track and field event at Junior Nationals, a Junior competitor must equal or exceed the appropriate standard at an Move United and/or ATFUSA sanctioned L2 or L3 regional competition, at an WPA or USATF, NCAA or High School Athletic Association sanctioned meet for each event in accordance with the standards.
 - c) Athletes competing at a non-Move United/ATFUSA meet must submit a POP (proof of performance) for the event signed by the meet Ref or other official and submit an official time or distance.
- 121 JUNIOR DISCUS MOTION EXCEPTION:**
- The discus shall be released in a throwing motion coming from a direction which approximates the horizontal plane of the body. IT SHALL NOT BE RELEASED from an overhand throw or from a position which begins at or near the midline of the body (ie: Frisbee throw).
- 122 JAVELIN THROW MEASUREMENT**
- 122.1 FUTURES THROUGH U14 EXCEPTION:**
- The measurement of the javelin throw shall be made from the nearest edge of the first point of contact made by the javelin in the sector to the inside circumference of the circle (wheelchair athletes) or arc/foul line (ambulatory athletes) measured along a line from the first contact point of the tip, tail, or grip (back of the grip) if the throw is deemed flat, to the center of the circle or arc.
- 122.2 U17 THROUGH U20**
- The measurement of the javelin throw will follow the WPA Open tip-first rule.
- 123 STARTING BLOCK EXCEPTIONS U11, U14**
- For athletes in the T11-13 & T20 Classes and in the U11 and U14 divisions, the general rules regarding the use of starting blocks and stance are waived. The use of starting blocks and stance is within the discretion of the competitor.
- NOTE:** Blocks are required for the T11-13 & T20 class for Age Groups U17 and above. Blocks are not required for other Classes.
- 124 1500 MULTICLASS VS SINGLE CLASS EVENT**
- U11 and U14 athletes shall run the 1500M in class with no combining of classes for medals and records.
- U17,& U20 Juniors will follow the class combinations defined at the open WPA event level for classes;
- T12 and T13, T45-T46; T51-T52; and T53-T54.
- 125 T40 AND T41 JUNIOR EVENTS**
- U11 – 20m, 40m, 60m,
U14 – 60m, 100m, 200m
U17+ – 60m, 100m, 200m, 400m
Shot Put
Discus
Javelin
- 126 T20 JUNIOR EVENTS**
- U11 – 60m, 100m, 200m, 400m, 3000m, 5000m**
U14 – 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m**
U17+ – 60m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m
** The 3000m & 5000m are Open junior Events anyone could theoretically qualify and run it.
Shot Put
Discus



Javelin

127

SEATED FIELD WARMUP U11 – U14 EXCEPTION:

The rules require (depending on class) for an athlete to have either 4 or 5 minutes to strap themselves into

their field chairs and take as many warmups as they desire.

The U11 and & U14 Junior age group rule has been amended to state:

throw will be If the strap and warmup time has been exceeded and the athlete has not taken any warmups, 1 warm up
allowed before trials are thrown.



DIVISION SEVEN: ATFUSA FORMS

WPA Regional and World Record Applications:

WPA Track or Field forms shall be used to apply for an WPA Region or World record. The current Forms can be found on the WPA website. Completed forms shall be submitted to both ATFUSA and to WPA.

Incomplete forms will not be accepted.

Send completed forms to both the WPA & ATFUSA.

Send copies of IPC forms to:

Adaptive Track and Field USA

Re: Per name and address on the form.

NOTE:

1. **WPA requires forms to be sent directly in a set timeframe. Please review current form instructions to ensure form acceptance by WPA.**
2. **A World or WPA Regional record can only be set at a meet where there is onsite doping control. The Record holder does not have to be tested.**

ATFUSA National Records:

WPA or ATFUSA Track or Field USA Record forms may be used to apply for a USA ATFUSA National Record. The current ATFUSA Record Forms can be found on the Adaptive Track and Field USA website www.ATFUSA.org.

Completed forms must be sent to:

Adaptive Track and Field USA

Re: Per the name and address on the form.

Proof of Performance (POP):

To submit a qualifying time or distance for acceptance to compete at Junior Nationals, the ATFUSA Proof of Performance form must be completed and submitted with the proper signatures.

Completed forms must be sent to:

ATFUSA

Re: Per the name and address on the form.

The current ATFUSA POP can be found on the Adaptive Track and Field USA website www.ATFUSA.org.





DIVISION EIGHT: JUNIOR, OPEN, MASTER STANDARDS

Other instances of the Standards documents and Meet Results Database tabs contain the AgeGroup Standards. These can be located at www.ATFUSA.org or <http://www.atfusa.org/STANDARDS/STANDARD.htm>

Class	Imple- ment	U11		U14		U17		U20		OPEN	
		M	F	M	F	M	F	M	F	M	F
F11- 13, F20	Javelin	300g	300g	400g	400g	700g	500g	800g	600g	800g	600g
	Discus	.75k	.75k	.75k	.75k	1.5k	1k	1.75k	1k	2k	1k
	Shot	2k	2k	3k	3k	5k	3k	6k	4k	7.26k	4k
F31	Club	397g	397g	397g	397g	397g	397g	397g	397g	397g	397g
F32	Club	397g	397g	397g	397g	397g	397g	397g	397g	397g	397g
	Discus	.75k	.75k	.75k	.75k	.75k	.75k	1k	1k	1k	1k
	Shot	1k	1k	1k	1k	1k	1k	2k	2k	2k	2k
F33	Javelin	300g	300g	400g	400g	500g	500g	600g	600g	600g	600g
	Discus	.75k	.75k	.75k	.75k	.75k	.75k	1k	1k	1k	1k
	Shot	1k	1k	2k	2k	2k	2k	3k	3k	3k	3k



<div>  <div>JUNIOR/OPEN IMPLEMENTS</div>  </div>											
Class	Implement	U11		U14		U17		U20		OPEN	
		M	F	M	F	M	F	M	F	M	F
F34	Javelin	300g	300g	400g	400g	500g	500g	600g	600g	600g	600g
	Discus	.75k	.75k	.75k	.75k	.75k	.75k	1k	1k	1k	1k
	Shot	2k	2k	2k	2k	3k	2k	4k	3k	4k	3k
F35a	Javelin	300g	300g								
	Discus	.75k	.75k								
	Shot	1k	1k								
F35-36	Javelin	300g	300g	400g	400g	500g	500g	600g	600g	600g	600g
	Discus	.75k	.75k	.75k	.75k	.75k	.75k	1k	1k	1k	1k
	Shot	1k	1k	2k	2k	3k	2k	4k	3k	4k	3k



<div>  <div>JUNIOR/OPEN IMPLEMENTS</div>  </div>											
Class	Imple- ment	U11		U14		U17		U20		OPEN	
		M	F	M	F	M	F	M	F	M	F
F37	Javelin	300 g	300 g	400g	400 g	500 g	500 g	600 g	600 G	600 g	600 g
	Discus	.75k	.75k	.75k	.75 k	.75k	.75 k	1k	1k	1k	1k
	Shot	2k	2k	3k	2k	4k	2k	5k	3k	5k	3k
F38	Javelin	300 g	300 g	400g	400 g	600 g	500 g	800 g	600 G	800 g	600 g
	Discus	.75k	.75k	.75k	.75 k	1k	.75 k	1.5k	1k	1.5k	1k
	Shot	2k	2k	3k	2k	4k	2k	5k	3k	5k	3k
F40-41	Javelin	300 g	300 g	400g	400 g	500 g	400 g	600 g	400 G	600 g	400 g
	Discus	.75k	.75k	.75k	.75 k	1k	.75 k	1k	.75 K	1k	.75 k
	Shot	2k	2k	2k-F40 3K-F41	2k	3k	2k	4k	3k	4k	3k





JUNIOR/OPEN IMPLEMENTS



Class	Imple- ment	U11		U14		U17		U20		OPEN	
		M	F	M	F	M	F	M	F	M	F
F42-46	Javelin	300g	300g	400g	400g	700g	500g	800g	600g	800g	600g
	Discus	.75k	.75k	.75k	.75k	1k	1k	1.5k	1k	1.5k	1k
	Shot	2k	2k	3k	2k	5k	3k	6k	4k	6k	4k
F61-64	Javelin	300g	300g	400g	400g	700g	500g	800g	600g	800g	600g
	Discus	.75k	.75k	.75k	.75k	1k	1k	1.5k	1k	1.5k	1k
	Shot	2k	2k	3k	2k	5k	3k	6k	4k	6k	4k



<div>  <div>OR/OPEN IMPLEMENTS</div>  </div>											
Class	Implement	U11		U14		U17		U20		OPEN	
		M	F	M	F	M	F	M	F	M	F
F51	Club	397g	397g	397g	397g	397g	397g	397g	397g	397g	397g
	Discus	.75k	.75k	.75k	.75k	.75k	.75k	1k	1k	1k	1k
	Softball	Y	Y	Y	Y						
F52- F53	Javelin	300g	300g	400g	400g	500g	500g	600g	600g	600g	600g
	Discus	.75k	.75k	.75k	.75k	.75k	.75k	1k	1k	1k	1k
	Shot	2k	2k	2k	2k	2k	2k	2k- F52 3k- F53	2k- F52 3k- F53	2k- F52 3k- F53	2k- F52 3k- F53
F54- 57	Javelin	300g	300g	400g	400g	500g	500g	600g	600g	600g	600g
	Discus	.75k	.75k	.75k	.75k	1k	.75k	1k	1k	1k	1k
	Shot	2k	2k	2k	2k	3k	2k	4k	3k	4k	3k





OPEN / MASTER IMPLEMENTS



Class	Implement	Open		M35		M50		U60	
		M	F	M	F	M	F	M	F
F11-13, F20	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Discus	2k	1k	1.75k- F11-13 2K-F20	1k	1.5k	.75k	1 k	.75k
	Shot	7.26k	4k	6k	4k	5k	3k	4k	2k
F31	Club	397g	397g	397g	397g	397g	397g	397g	397g
F32	Club	397g	397g	397g	397g	397g	397g	397g	397g
	Discus	1k	1k	1k	1k	.75k	.75k	.75k	.75k
	Shot	2k	2k	2k	2k	1k	1k	1k	1k
F33	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Discus	1k	1k	1k	1k	.75k	.75k	.75k	.75k
	Shot	3k	3k	3k	3k	2k	2k	1k	1k



<div>  <div>OPEN / MASTER IMPLEMENTS</div>  </div>									
Class	Implement	Open		M35		M50		M60	
		M	F	M	F	M	F	M	F
F34-36	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Discus	1k	1k	1k	1k	.75k	.75k	.75k	.75k
	Shot	4k	3k	4k	3k	2k	2k	2k	1k
F37	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Discus	1k	1k	1k	1k	.75k	.75k	.75k	.75k
	Shot	5k	3k	5k	3k	4k	2k	3k	1k
F38	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Discus	1.5k	1k	1.5k	1k	1k	.75k	.75k	.75k
	Shot	5k	3k	5k	3k	4k	2k	3k	1k



OPEN / MASTER IMPLEMENTS



Class	Implement	Open		M35		M50		M60	
		M	F	M	F	M	F	M	F
F40-41	Javelin	600g	400g	600g	400g	500g	400g	400g	400g
	Discus	1k	.75k	1k	.75k	.75k	.75k	.75k	.75k
	Shot	4k	3k	4k	3k	3k	2k	2k	1k
F42-46	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Discus	1.5k	1k	1.5	.75k	1k	1k	.75k	1k
	Shot	6k	4k	3k	2k	5k	3k	6k	4k
F61-64	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Discus	1.5k	1k	1.5k	1k	1k	.75k	.75k	.75k
	Shot	6k	4k	6k	4k	5k	3k	4k	2k



OPEN / MASTER IMPLEMENTS



Class	Implement	Open		M35		M50		M60	
		M	F	M	F	M	F	M	F
F51	Club	397g	397g	397g	397g	397g	397g	397g	397g
	Discus	1k	1k	1k	1k	.75k	.75k	.75k	.75k
F52-F53	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Discus	1k	1k	.75k	.75k	.75k	.75k	1k	1k
	Shot	2k-F52 3k-F53	2k-F52 3k-F53	2k-F52 3k-F53	2k-F52 3k-F53	1k-F52 2k-F53	1k-F52 2k-F53	1k-F52 1k-F53	1k-F52 1k-F53
F54-57	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Discus	1k	1k	1k	1k	.75k	.75k	.75k	.75k
	Shot	4k	3k	4k	3k	3k	2k	2k	1k



Version Control:

R1.0 : 01/01/2024
R2.0 : 02/04/2025

Initial Release.
Add standards Tables