



Officials Quick Para Athletics Reference Guide (QPARG)

R4 04/08/2024
3/10/2024 update



OWNER'S INFORMATION

- Name: _____
- Association: _____
- Contact Number: _____



PURPOSE



- The QPARG is designed to assist officials as a handy reference on major rules and officiating mechanics for use when working PARA athletics meets. This guide is designed to address events conducted under World Para Athletics (WPA) & Adaptive Track & Field USA (ATFUSA) www.atfusa.org rules.
- The QPARG is not meant to replace the WA, WPA or ATFUSA Rule Books or Best Practices.

ACKNOWLEDGEMENTS

- Thanks to the USATF QRG & ATFUSA QPARG Committee members who contributed to the design of this booklet.



OVERVIEW



- Athletes competing in PARA Athletic Competitions are classified by Functional Class, Gender (Male, Female), & Age Group (U11, U14, U17, U20, Open, M35, M50, M60)
- Athletes competing in Track Events, a “T” will precede the functional classification, Field Events by an “F”.
- Generally, the lower the number within a class, the less functional ability.
- Wearing helmets is compulsory in all Wheelchair & FrameRunner track races while in the Venue. International helmet standards: e.g., Snell b-84/90/95, BSI 6863, EN 1078.



CLASSIFICATION



PARA CLASSES	DESCRIPTION
11-13	Visual Impairment – T11 has a guide, a Tether & runs in 2 lanes, T12's may have a guide/Tether & run in 2 lanes, T13 no guide run in 1 lane
20	Intellectual Impairment
31 - 34	Cerebral Palsy, Stroke, Brain Injury (competing in wheelchair or seated)
35—38	Cerebral Palsy, Stroke, Brain Injury (competing ambulant)
40—41	Short Stature
42—47	Limb impairment, competing without prosthetics (42-44 leg / 45-47 arm)
51—57	Wheelchair – Track Events T51-54 & Field Events F51-57
61—64	Leg Amputee competing with prosthetic
71-72	Cerebral Palsy, Stroke, Brain Injury (competing in FrameRunner)



CLERK OF COURSE (1)



Clerk of Course, Clerking Team & Starter Assisant

(If Clerks are not used, This is the responsibility of the Chief Starter):

- Clerk of Course Supervises and assigns responsibilities to the clerking team.
- Verify athletes' names, bib numbers, and events.
- Notify athletes of report time and location for each event entered.
- Confirm athletes are wearing correct bib/hip numbers in the correct location and corresponding to start list. (WC– hip numbers worn on Helmet camera side)
- Ensure athletes - clothing, helmet, shoes and spike length according to WPA rules.
- Ensure T11's have Gauze, & Mask to cover their eyes, and T11 & T12 (if using guide) check correctness of the 30cm Tether.
- **14 & older T/F61-62 (double amputee) shall not exceed their Maximum Allowable Standing Height (MASH) (given by Classifiers or from Classification file on Web). Validated in Call room. (Form <http://atfusa.org/FORMS/MASH%20Call%20Room%20Form.pdf>)**



CLERK OF COURSE (2)



Verify wheelchairs comply with WPA rules.

- Wheelchair shall have two (2) large rear wheels and one (1) small front wheel.
(Note at Community & Regional meets, 4 wheel wheelchairs may be used.)
- All racing chairs must have a functional braking system for safety purposes.
- No mechanical gears or levers are allowed to propel the wheelchair.
- The use of mirrors is not permitted in wheelchair track or road races.
- In all races the athlete must be able to mechanically turn the front wheel(s) manually left and right for steering purposes.
- The use of fairings or similar devices to improve performance is not permitted.
- No element of the wheelchair or its attachments or accessories may incorporate energy storing capacity (e.g. elasticity) for the purpose of enhancing performance.



CLERK OF COURSE (3)



Verify wheelchairs comply with WPA rules.

- Devices attached to the wheelchair or athlete shall comply with Rule 7.4d (assistance) and shall not have the capability to communicate except to the athlete.
- No part of the frame of the wheelchair, any attachments to it, **or any body part**, shall extend forward beyond the hub of the front wheel, backwards beyond the rearmost vertical plane of the rear wheels (including tires), or outside of the pushrims .
- The width of the frame, and any of its attachments, shall not be wider than the length between the insides of the rear wheel
- The max. height from the ground to the bottom of the wheelchair frame - 50 cm.
- The frame structure must be made of a material which provides sufficient stability and stiffness for safety purposes.
- Only one plain, round, push-rim is allowed for each large wheel.



CLERK OF COURSE (4)



Verify wheelchairs comply with WPA rules continued:

- For the purpose of seat positioning, the frame structure shall incorporate a seat. The use of Sideguards may be added to protect the athlete from the wheels, and shall be in compliance with Rule 14.2 (a).
- The max. Wheel dia. , including inflated tire \leq ; large - 70 cm, small - 50 cm.

Verify Seated Field Frame

- Max Height 75CM,
- Seat Square or Rectangular, min. 30cm per side.
- Round or Square Vertical Bar has no bends or joints



CLERK OF COURSE (5)



- Have white duct tape available to cover non-conformant advertising on chairs, prosthetics or start pads.
- Supervise transport between clerking area and competition area.
- Place each athlete in the correct race/heat/lane or position and inform the Starter, athletes ready.
- Assemble athletes behind start blocks or 1-3 meters behind the start line for races exceeding 400m
 - 400m or less— Classes T11-13 & T20 blocks are mandatory. All other Classes blocks are optional.
 - U14 & Master athletes have option to use or not use blocks. .
- Align outgoing relay runners in the proper order in the exchange zone.



START INFORMATION (1)



Chief Starter:

- Allocate and supervise duties of the start team.
- Inform Starter to initiate the start once everything is in order.
- Act as a liaison between the timing company staff and judges.
- Keep all paperwork produced during the start procedure.
- Oversee the “zero gun test” if using electronic timing, before each session (if the starting system was powered down).



START INFORMATION (2)



Starter:

- Shall have entire control of athletes on their marks (with Start Referee/Chief Starter) and judge whether any athlete has committed a false start.
- Ensure blocks are used by T11-13 & T20s. Other classes blocks are optional
 - U14 & Master T11-13 & T20 athletes blocks are optional
- Ensure Wheelchair Axle is behind the start line. Front of tire may be over.
- Note: Class T31-38 and T42-44 & 61-64 athletes may have issue staying still at start.

Recall Starter: if one or two are assigned.

- Recall a race if a false start or an unfair start is observed.



START INFORMATION (3)



Start Team: work with Line Clerks

- Ensure athletes start entirely within their lane.
- Ambulatory: If a crouch start, ensure hands, knees and feet are correct.
- Wheelchair: Ensure axle is behind the start line.
- Distribute relay batons (T11-13, T20, T35-38 ONLY RELAYS).
before the race and collect after the race (all other relays TAG).
- Ensure start blocks are on the correct start line and lane markers and electronic equipment is ready & working.
- Ensure start blocks and other equipment are removed from the track so they do not hinder finishers.



START INFORMATION (4)



The Start:

- Ensure Chief Timer/Photo Timer is ready.
- Start all races with a pistol or electronic start device.
- Races 400m or less, including 4x400 Relay: On Your Marks, Set, Start Device.
- Races greater than 400m: On Your Marks, Start Device.
- If the Starter is not satisfied that all competitors are ready to proceed once they are on their mark, cancel the start and order the competitors to Stand-up.
- Once the Starter has commanded “Set”, any movement resulting in loss of contact with the track and/or foot plate before receiving the report of the start device will be deemed a false start. Recall the race. Note: **T35 -38 (Ambulatory CP) & T61-64 (Double or single Leg Amps) may have difficulty holding.**
- Note: The Starter may allow movement if deemed no advantage was given .



START INFORMATION (5)



Starter Cards:

- Aborted Start/Unfair Start, No violation: Show GREEN card.
- Warning (first false start – Junior U11-U14): Show a YELLOW/BLACK card.
- Disqualification for a false start: Show a RED/BLACK card.
- Run under protest: Show a RED/WHITE card

See Flag Cards at the End of this Deck



WPA REFEREE / NTO



- Allocates duties and supervises:
Judges, Umpires, Lap Scorers and Wind Gauge Operators.
- Has authority to warn/disqualify for misconduct. (Yellow or Red Card)
- Certifies record performances.
- Has authority to declare a race void and to be held again later in the day or on a later date.
- Decides on matters not covered in the rules.
- Rules on protests.



UMPIRE (1)



Chief Umpire:

- Brief and supervise umpire crew on para rule variances.
- Position umpires in optimal positions.
- Secure detailed information of “incidents of concern” from umpires.

Umpires:

- Eyes and ears of the Referee (and Chief Umpire).
- Oversee conduct of all track races and relay exchanges.
- Write a report “incidents of concern” with details of the incident: document what happened, where it happened, who did it (BIB, Lane, Event #).
- Raise yellow flag for observed violations; keep raised until contacted by Chief Umpire or Referee.



UMPIRE (2)



What to report:

Running Violations

False Start	17.8	Use of non-compliant equip.	6.16
Inside lane line/curb	18.5	VI Guide/Athlete not tethered	7.9.3
Touches not over line/curb	18.6	Improper guiding	7.9 /7.10
Obstruction/impeding	18.2	VI 5000 - didn't use 2nd guide	7.12.2
W/C passing impeding	18.4	Exchange zone	23.6
Leaving the track before finish	18.9	Break line	18.7
Guide finished before Runner	19.4	<u>Miscellaneous</u>	
Finished without prosthetic	6.12.1	Failure to participate	5.4
Arm prosthetic	6.12.3a	Failure to report to call room	5.5
Broken tether	6.15.3	Illegal Assistance	7.2



LAP SCORER



Chief Lap Scorer (Finish Line):

- Change lap board when leading athlete enters the straight, calls laps to go to other athletes, and Ring the Bell as **EACH ATHLETE** enters the final lap.
Note: If deaf athletes are competing, a hand signal for the # of laps remaining is appropriate.
- Provide last minute scratches to the Lap Scorers.

Lap Scorers:

- Record laps for each athlete in races longer than 800m
- For Races >3000m also record lap time on scoring cards, give cards to Ref post race.
- Should not be responsible for more than 3 athletes (Best Practice).



HAND TIMING



Hand timing, digital readout only:

- Races held in the Stadium will be Rounded up: to the nearest 1/10th second;
e.g. 10.01 = 10.1, 10.13 = 10.2, 11.60 = 11.6
- Races held partly or entirely outside the stadium will be rounded up: to the next nearest full second;
e.g., 2 hours 12 minutes 25.35 seconds = 2:12.26
- The watch should be started with the flash of the gun and stopped when:
 - Ambulatory – Torso,
 - Wheelchair or Frame Runner – Front Axle, crosses the finish line.
- **Multiple timers:**
- Three timekeepers - two agree, use the two that agree.
- Three timekeepers - all disagree, use the middle time.
- Two timekeepers - both disagree, use the slower time.



FULLY AUTOMATIC TIMING (FAT)



Timing Device Operator:

- Have a plan to communicate with the start team and finish judge, confirm they are ready for every race.
- If FAT fails at the start of a race, contact start team immediately to recall the race (have a backup plan in place).
- Make sure the system is ready before each race.
- Make sure the Starter knows that the crew is ready for each race - get a signal. Finish Judge should work a plan (Flag/Radio) to communicate with the Start team.
- Monitor- start of every race/during the race for absentees, fallers, drop outs, lapping.
- Splits (required for Distance World Records) if needed, and make sure to capture all finishers. (Ensure timing person records the entire race)
- Check each other as you work.



FAT TIMING (2)



Reading Photo-finish Pictures:

- FAT has priority over manual timers and judges.
- Confirm - correct race, athletes and every athlete has a recorded time.
- Read athletes first to last. Ensure final result is in correct order. Work as a team.
- Verify with other cameras & use Judges/Timekeepers to crosscheck decisions to help with problems.
- Record performances must be certified by:
 - Referee & Chief Photo Finish Judge.
- Readout to nearest hundredth (.01)
- Breaking ties: report times in thousandths of a second.
- If possible, use two similar FAT systems.
- **Wheelchairs:** Finish place and time are determined when the **front wheel AXLE** crosses the finish line.



FAT TIMING (3)



Photo-finish Issues:

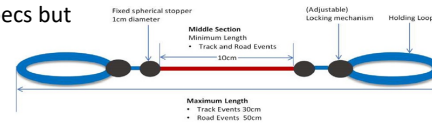
- Report every problem to the Chief Starter/Referee.
- If FAT fails, notify Referee and Chief Starter.
- FAT does not start – take a picture, it may be useful for placings.
- Disqualifications – only timekeepers should be told potential time.
- No picture/no file: may be hidden, saved in the wrong place or wrongly named.
- In case of a power outage, check temporary files for files.



PARA TRACK GENERAL (1)



- Visually Impaired (T11-13)
 - T11 / T12 (T12 with/without a guide) run in 2 lanes, LANES USED: 1(1-2), or 3(3-4), or 5(5-6), or 7(7-8)
 - T11's, wear gauze patch & mask over eyes. Must run with a guide & use a 30cm tether (road race tether is 50cm). (T12's w/guide use a tether) (Tether must meet WPA Specs but can be locally made)
The Call room or the Start team should verify)
 - T12's, may run without a guide and mask, but are given 2 Lanes.
 - T13's, no guide, no mask & run in one lane.
- T11-13, T20 classes use blocks. Note: U14 & Master Age Groups—Blocks are optional.
- T71-T72 race in a FrameRunner in 1 lane if lanes are 4' (1.22m) wide or 2 lanes (1-2, 3-4, 5-6, 7-8) if lanes in the USA are 3.5' (ATFUSA exception rule).





PARA TRACK GENERAL (2)



- Amputees:
 - Athletes with Arm Amputations may use block aid to balance at the start. (Completely behind the start line).
 - Athletes with Leg Amputees must run with prosthetics. If lost during the event, the prosthetic(s) may be put back on or carried through the finish.
- Relays: 4X100, 4X400, Medley; Ambulatory, WC, or Universal:
 - Universal: 2 men, 2 women; Order T11-T13, T61-64/T42-47, T35-38, T51-T54; only 2 athletes are allowed from Classes T13, T46-47, T38, T54.
 - WC Tag Zone - 40m, (T33-34, T51-52, T53-54),
 - Ambulatory Tag Zone - 30m, (T11-13, T20, T35-38, T42-47/T61-64)
 - Wheelchair, Universal and Visually Impaired relays are given 2 lanes; (1-2, 3-4, 5-6, 7-8).
 - T11-13, T20 & T35-38 relays use Baton. Others touch for a tag.
 - Only the tag or baton must happen with in the Tag Zone.



HEAD FIELD EVENT OFFICIALS (1)



Field Referee:

- Authorizes substitute trial if an athlete is hampered.
- Authorizes substitute trial or athlete accepts trial if Seated throws Field Chair hold down strap(s) or stake fails (not athlete personal straps).
- Decides on matters not addressed in the rule book.
- Checks and verifies all results and signs the event sheets & record Forms.
- Rules on oral protests.
- Has authority to change time and/or location if extreme conditions warrant, but only after the completion of a round.
- Has authority to warn or disqualify a competitor for misconduct. (Yellow or Red Card)



HEAD FIELD EVENT OFFICIALS (2)



Lead Field Officials

- Talk to Meet Referee, Head Field Judge or Games Committee about meet particulars for your event.
- Pick up event sheets and get specifics about the event (HJ start height & increments, flights & finals, open pit or # trials, how to record and submit records).
- Check the venue;
 - Make sure it is safe (make stakes visible),
 - Set up properly/compliant, and
 - Required equipment is available (clocks, flags, measuring devices, performance boards). Reposition equipment if necessary.
- Brief the crew and assign officiating duties for each competition, & ensure crew is in correct positions.



HEAD FIELD EVENT OFFICIALS (3)



Lead Field Officials Cont.:

- **Due to multiple classes and age groups ensure Athletes throw their proper weight Implement.**
- Ensure the Implement # (for each trial) has been recorded on the Flight Sheet, for possible record verification. .
- Supervise warm-ups, competition and record attempts.
- Brief athletes on how the competition will be conducted.
- Verify all event sheets are accurate (including electronic recording devices), sign and return to Meet Referee, Head Field Judge or Games Committee.
- Ensure seated throw flags are numbered and proper distance is associated with each trial number.
- Instruct Officials not to pull flag(s) in seated throws until instructed. In case athlete disagrees with call and wants to compete under protest.



FIELD EVENTS—GENERAL (1)



- Athletes competing in Field Events will have an “F” precede their classification.
- Generally, the lower the number within a class, the less functional ability.
- Implement weights vary depending on the gender, age group and classification.
Ensure Proper Implement Is Used.
- The pit crew or volunteers position the chair and tie the chair down under the direction of the athlete or coach.

Exception: At ATFUSA Local, Regional & National events parents/coaches can help position and tie down the chair to move the meet along.

Note: parent/coach tying down chairs are AIDES – NO COACHING while in the venue.



FIELD EVENTS—GENERAL (2)



- Seated throws; The chair is the athlete.
 - The entire chair must be set within the ring. (feet may overhang)
 - The chair max height: 75cm to the top of the cushion (without the athlete).
 - The seat - square or rectangular (at least 30cm X 30cm (~12" X ~12")), may have sides and a back.
 - The back must be non-elastic and may have cushioning up to 5cm (2").
 - The chair may have a vertical holding bar.
 - It must be rigid, round or square (not rectangular or oval).
Note: Should not deflect more than its width during the throw.
 - The bar shall be a single, straight piece of material without curves or bends (The bar may have a support bar for rigidity).
 - The holding bar may have some tape for gripping (typically 1 or 2 layers), but not so much as to create an advantage for the athlete.
 - F31-33 and F51-F53 may tape their non-throwing hand to any part of the holding bar or frame.



FIELD EVENTS—GENERAL (3)



- Seated throws;
When the chair is secured in the ring, the athlete is allowed the following time to:
Get into the chair, Strap in, and Do as many warm-ups as time permits:
 - F32-34 & F54-57: 4 minutes.
 - F31 & F51-53: 5 minutes.
 - Timing begins – When chair is secured to platform/ground.
 - WPA requires that U17, U20, & Open age groups, classes F55-57 must get on the chair & strap without assistance (exception form is available). Athlete's may request assistance from Pit officials or fill out an assistance form, depending on the meet rules to help with strapping. Others may have assistance.
 - Athlete straps may not be elastic.
 - **Junior exception:** U11 and U14 athletes, if they exceed the time to strap without a warmup, may get 1 warm up before starting.



FIELD EVENTS—GENERAL (3)



- All Athletes are given 1 min. per trial. Time starts when the athlete is given/ offered the implement.
- Seated Athletes usually throw all 6 throws at once and are given the option of a 1 min. rest between throw 3-4.
- Seated throw Positioning and Lifting (Rule 36):
 - The athlete may sit along the front or across 2 sides of the chair.
 - The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock (Ischial tuberosity). For athletes with lower limb, above and through knee amputation, the residual length of the leg(s) must be in contact with the seat surface through the back of the buttock (Ischial tuberosity).
 - This sitting position must be maintained throughout the throwing



FIELD EVENTS—GENERAL (4)



- Athletes will compete in order listed on event sheets. Exceptions:
 - The Referee may award new trial (within a round only); athletes excused for another event.
 - Best Practice - For Seated Throws, reorder to allow all athletes sharing a field chair to throw together. Keep the chair in the ring (measure under the chair if pulling tape).
- Once the competition has begun, athletes cannot use the runway/circles for practice or warm-up, with or without implements.
- If an implement breaks during a trial, a substitute trial will be awarded.
- Seated Throws: If a hold down strap breaks during a trial the Athlete may elect to use the throw or rethrow.



FIELD EVENTS—GENERAL (5)



- Markers: Athletes may place 2 markers on the HJ runway or 2 markers alongside the LJ, TJ and javelin runways. Runway markers cannot be placed beyond the takeoff line or in throwing sector. **Sports Classes T/F20, T/F35-38, T/F42-47 and T/F61-64 may require their runway markers set for them.**
- All measurements, to the nearest lower full centimeter. Ex: 10.345m = 10.34m
- Throws Rule 24.6:
 - Ambulatory; throw 6 throws unless there are more than 8; then all throw 3 and the top 8 throw 3 more.
 - Seated; throw all 6 trials at once UNLESS the TD indicates that the first 3 rounds need to be held in two or more pools. Then everyone gets 3 trials and the top 8 get 3 more. (Note: there is no warmup for final 3). (Best practice: If 1 pit of 9-12 throwers allow all to throw 6—it is faster)
- All Discus and Club throws (ambulatory or seated) must be thrown from a cage.



TIME CHART FOR FIELD EVENTS



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.	1 min.

Winner attempting a World Record or other Record directly relevant to the competition, add 1 minute.



VERTICAL JUMPS: GENERAL



- Crossbar will be measured at;
 - Every new height, for a broken crossbar, or when standards slip.
 - The lowest point on the upper side of the bar, perpendicular to the take-off surface.
- If the bar is displaced by a force not associated with the athlete after the athlete has cleared the bar, the trial will be successful; under any other circumstances a new trial will be awarded.
- The crossbar shall be marked so that it is replaced with the same surface upward and forward for every trial.
- In windy conditions, judges may hold the bar until the athlete is about to clear it



HIGH JUMP



A competitor fails if:

- The takeoff is from two feet.
- The bar does not remain on the supports because of the action of the competitor.
- They touch the ground (including the landing area) beyond the vertical plane of the near side of the crossbar, either between or outside of the uprights. Touching the area beyond the plane of the crossbar while completing a jump should not be ruled a failure if no advantage was gained.
- They touch the crossbar or vertical section of the uprights without jumping or deliberately steadies/replaces the crossbar.
- Athlete **loses** their prosthetic after the takeoff and **it does not go over the bar**.
- It is not a failed attempt if:
 - Class T11 – touches the bar as an aid before commencing the run up.
 - Class T11 - The athlete may dislodge the bar when touching it.
 - Class T12 - T13 athletes place an appropriate visual aid on the bar.
 - All Classes – May jump in any manner- flop, straddle or diving forward.



HIGH JUMP



Name	1.50m			1.60m			1.65m			1.70m			Best	Place
A	X	X	0	X	-	-	X	X					1.50	5=
B	X	-	-	X	-	-	X						NM	NM
C	-	-	-	0			X	0		X	X	X	1.65	2
D	0			X	X	-	X						1.50	4
E	0			X	0		0			X	X	X	1.65	1
F	X	X	0	X	X	X							1.50	5=
G	0			0			X	-	-	X	X		1.60	3
H													DNC	DNC

"0"=Mark, "X"=MISS, "-"=PASS, "="=TIE, "NM"=NO MARK, "DNC"=DID NOT COMPETE
- Para High Jump is measured in Meters/CM.



RESOLVING TIES IN FIELD EVENTS



Vertical Jumps:

- Athlete with the fewest trials at the tied height, awarded higher place.
- If tie remains, athlete with the lowest number of failures throughout the competition including the tied height, awarded the higher place.
- If a tie, other than first place, all that are tied are awarded the same place.
- If a tie concerns first place, a jump off will take place unless meet directives preclude the jump off or athletes decide not to jump.
- Athletes must take a trial at every height until a decision is reached. Only one trial will be allowed at each height.
- The jump off will start at the next scheduled height after the tying height. If no decision is reached, the bar will be raised or lowered 2cm until a decision is reached.
- Athletes who do not jump (if another chooses to jump) forfeit a claim to a higher place.



RESOLVING TIES IN FIELD EVENTS



Horizontal Jumps and Throws:

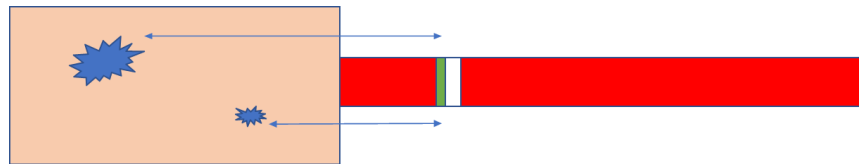
- In the event of a tie, the second best performance of the tied athletes shall determine the result. If the tie remains, the third best performance will be decisive, and so on. If a tie still remains, including first place, the tie shall remain.



HORIZONTAL JUMPS - (1)



- Takeoff board should be level with the runway and landing surface.
- Zero end of the tape always goes into the pit, attached to the spike.
- Make sure you know where zero is located on your measuring tape.
- Measurement is taken from the nearest break in the landing area made by any part of the body, or anything attached to the body at the time it makes the mark.
- Measurement is taken at a right angle from the takeoff line.

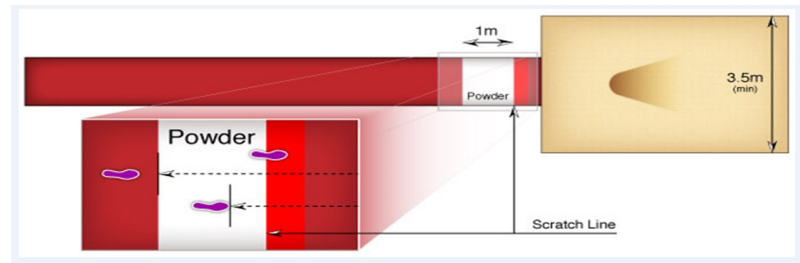




HORIZONTAL JUMPS - (2)



- T11 VI athletes may have 2 guides to position and call. One, positions the athlete on the runway and one calls the athlete (positioned left or right of the runway, not in the pit). T12 VI athletes may have one guide.
- All VI athletes must exit the pit unassisted.
- T11 & T12 athletes have an extended jump area = to 1m (including the takeoff board) covered with powder. The jump is measured from the closest foot mark to the pit, or the farthest edge of the powder if the takeoff occurs before the powder.





HORIZONTAL JUMPS - (3)



Failures:

- Touches the ground beyond the take-off line.
- Takes off outside the board, whether beyond or before takeoff line.
- Employs any form of somersaulting while running up or jumping.
- After taking off, but before first contact with landing area, touches the runway or the ground outside the runway or outside landing area.
- Touches the border of or the ground outside the landing area closer to the takeoff line than the nearest break made in the sand.



HORIZONTAL JUMPS - (4)



Failures Cont.:

- Leaving the landing area, the athlete's first contact by foot with its border or ground is closer than the nearest break in the sand.
- Amputee must use their prosthetic and:
 - Jumps without it,
 - They lose their prosthetic after the takeoff foot is planted and the prosthetic lands outside the pit.
 - Note: If the prosthetic is lost after the takeoff and lands in the pit closer to the jump board, than the athlete, the jump is legal.
Measure from the prosthetic.
- It is not a foul if the sleeping leg touches the ground.



IMPLEMENT INSPECTOR



- **Head Implement Inspector:**
 - Answers to the Referee in all matters relating to Weights & Measures.
 - Briefs and supervises implement inspection crew.
 - Assigns inspection team tasks.
 - Ensures W&M venue is properly equipped with WPA Specs (Specs may differ in some cases from IAAF and USATF).
- **Implement Inspection Crew:**
 - Check in, inspect and mark all athlete-owned implements.
 - Inspect, number and mark all provided implements.
 - **Impound, re-inspect and recertify implements Immediately** when a WPA WORLD OR REGIONAL record is broken.
 - **Re-inspect and recert. after the competition of the session** for an ATFUSA NATIONAL record.

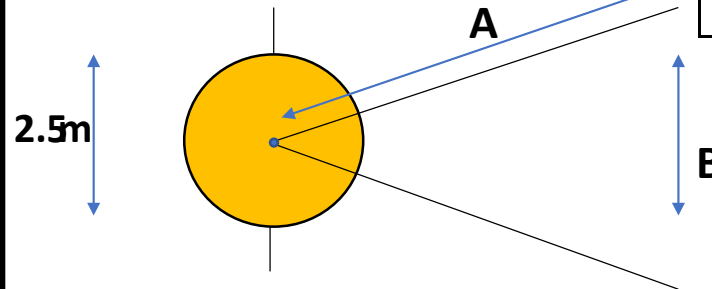


SHOT DISCUS CLUB SECTORS



- Always use a cage for discus.
- Ring Diameter: Shot 2.135m / Discus 2.5m
- The shot, and discus, throw sectors are 34.92°
- Multiply A times .6 to get B (B is 60% of A).
- Create two sector lines using a tape measure or string the length of "A" that start at the center of the circle. Connect the sector lines with distance "B"

A	B
20M	12M
40M	24M
60M	36M
80M	48M





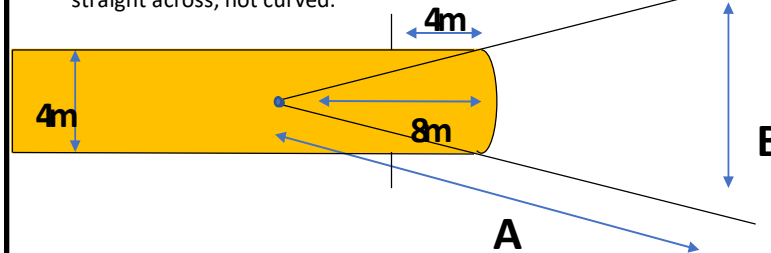
JAVELIN SECTOR



Javelin sector: Foul Arc Center Point is 8M behind the inside of the foul arc.

- The Javelin sector is 28.96°
- Multiply A times .5 to get B (B is 50% of A).
- Create two sector lines using a tape measure or string the length of "A" that start at the center of the circle 8 meters behind the arc. Connect the sector lines with distance "B" straight across, not curved.

A	B
20M	10M
30M	15M
60M	30M
90M	45M

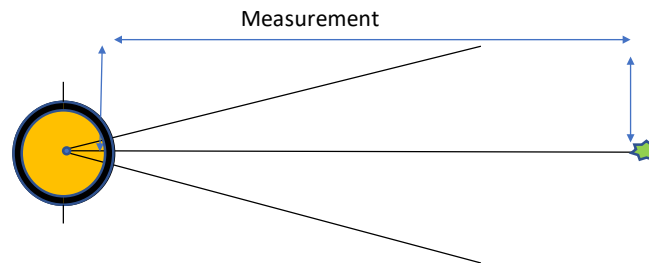




THROWS MEASUREMENTS



- Zero end of tape always goes out into the field attached to a measuring stick.
- Measurement is made from the nearest point of the implement impact of the shot, and discus to the inside edge of the rim/circle/stop board through the center of the circle and the tip of the javelin where it first strikes the ground to the inside edge of the arc along a line to the center of the circle.
- Measurement is made to the nearest lesser centimeter, e.g., 76.987m = 76.98m
- Ensure distance is repeated back to recorder/measurer for confirmation.

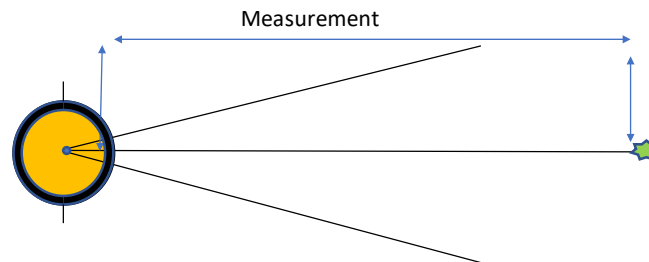




THROWS MEASUREMENTS



- Competitions using Disto Laser or a Total Station:
 - Conformity Form must be completed for the Laser prior to and post competition.
 - Measurement card or reflector must be held vertical to the measurement point





SEATED THROWS



- Best Practice: At Large Seated Competitions, to reduce the time to run the pool through the event. (With 1 pit estimate 15 minutes per athlete. Using 2 pit method estimate 10-12 minutes per athlete).
 - Set up 2 pits for each pool of athletes. One pit is throwing and the other is moving athletes in/out of the ring.
 - Separate Pits by at least 20M.
 - If room allows do not allow vectors to intersect, so warm up can take place (safely) while the throwing pit is competing.
 - Use 1 Officials crew.
 - Allow On-deck athlete to; set chair, strap and if timer is available allow the athlete do their warmups while the current athlete is throwing.



THROWS AMBULATORY



FAILURE:

- Does not start from a stationary position within the circle.
- Athlete touches the top of the iron band or stop-board, including the top inside edge of each. **Touching the rim/edge of the circle in the back half of the circle during initial rotation is not a foul as long as no propulsive force was gained.**
- During the attempt athlete touches, with any part of the body, the surface outside the circle.
- Javelin: Not thrown with one hand; not held with the little finger nearest the point; not in contact with the grip at release; not thrown over the shoulder; have back completely facing the throwing area until the javelin is released; must not touch any line defining the runway. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin
Exception: Junior U11 and U14 – Measure whatever hits first.
Tip - Measure Tip, Tail—Measure Tail or Flat—Measured at back of grip.



THROWS AMBULATORY



FAILURE:

- Shot: The shot is not put from shoulder with one hand near the neck or chin in a smooth continuous motion; cartwheel is illegal.
Note: **Class 32 may put the shot with arm not near the neck/chin if not throwing.**
- Leaves the circle or runway improperly
 - Shot/Discus - Before the implement has landed.
 - Shot/Discus - Not from the back half of circle;
 - Javelin - First contact by foot over the arc or not behind hash marks at 4 meters.
- Implements not landing totally inside the sector lines (not including the tail of the javelin falling outside sector line after the head strikes the ground).

Note: An athlete may stop and begin again provided no rules are broken and time permits.



JUNIOR/OPEN IMPLEMENTS



Class	Implement	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



JUNIOR/OPEN IMPLEMENTS



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



JUNIOR/OPEN IMPLEMENTS



Class	Implement	U11		U14		U17		U20		OPEN	
		M	F	M	F	M	F	M	F	M	F
F37	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	3k	2k	4k	2k	5k	3k	5k	3k
F38	Javelin	300g	300g	400g	400g	600g	500g	800g	600g	800g	600g
	Discus	.75k	.75k	.75k	.75k	1k	.75k	1.5k	1k	1.5k	1k
	Shot	2k	2k	3k	2k	4k	2k	5k	3k	5k	3k
F40-41	Javelin	300g	300g	400g	400g	500g	400g	600g	400g	600g	400g
	Discus	.75k	.75k	.75k	.75k	1k	.75k	1k	.75k	1k	.75k
	Shot	2k	2k	2k-F40 3k-F41	2k	3k	2k	4k	3k	4k	3k



JUNIOR/OPEN IMPLEMENTS



Class	Implement	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



JUNIOR/OPEN IMPLEMENTS



Classes	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



Classes	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



OPEN / MASTER IMPLEMENTS



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



WIND GAUGE



Set up	Height 1.22m/4', <u>Location</u> : within 2m of the track or runway.
Running Event Location	50m from the finish line.
20m, 60m, 100m	Record 10 seconds from the start of the gun.
200m	Record 10 seconds from the lead runner entering the straightaway.
Field Event locations	20m from the takeoff line. Multiple boards, place 20m from the furthest board from the pit.
Long Jump	Record 5 seconds from athlete passing 40m from takeoff or start of run up.
Triple Jump	Record 5 seconds from athlete passing 35m from takeoff or start of run up.
Wind speed readings	Meters/Second: Always round up: e.g. -0.13 becomes -0.1 (Neg. Wind), +1.76 becomes +1.8



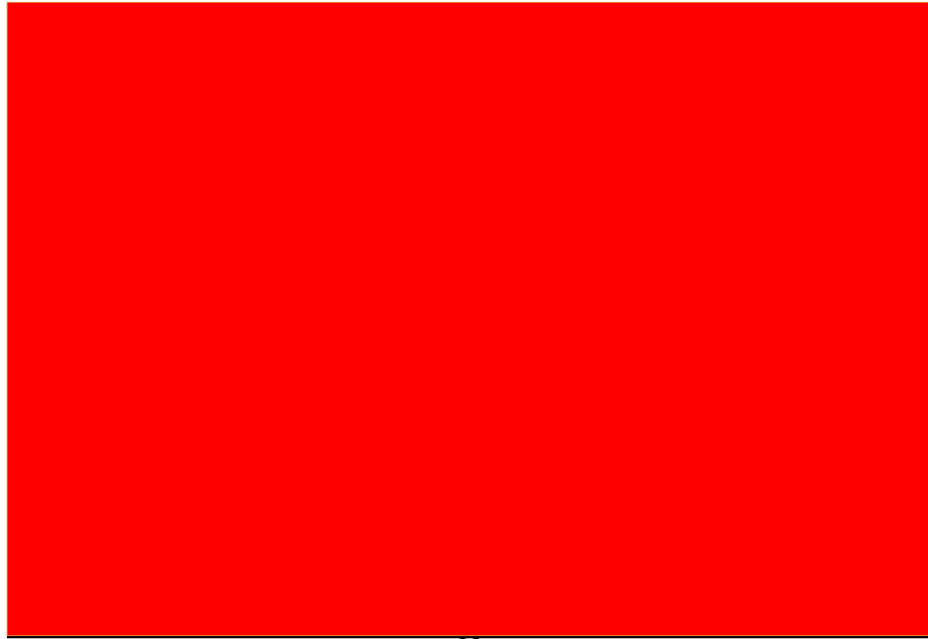
FLAG INDEX:

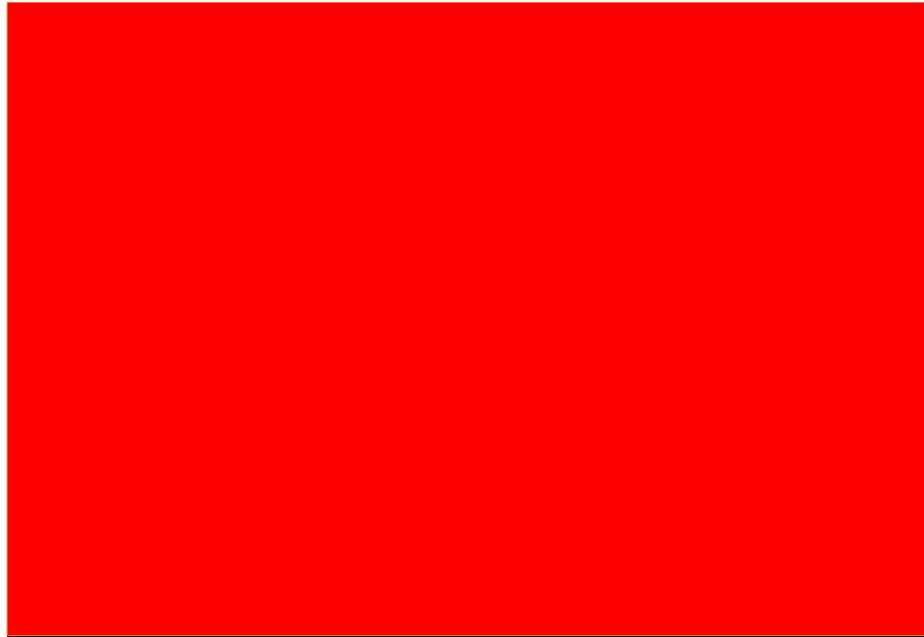
- No violation: GREEN card.
- Disqualification: RED or RED/BLACK (starter) card.
- Warning: YELLOW card
- Warning 1st. False Start Jr.: YELLOW/BLACK (starter) card.
- Run under protest: RED/WHITE card (USA Only: ATFUSA & USATF)

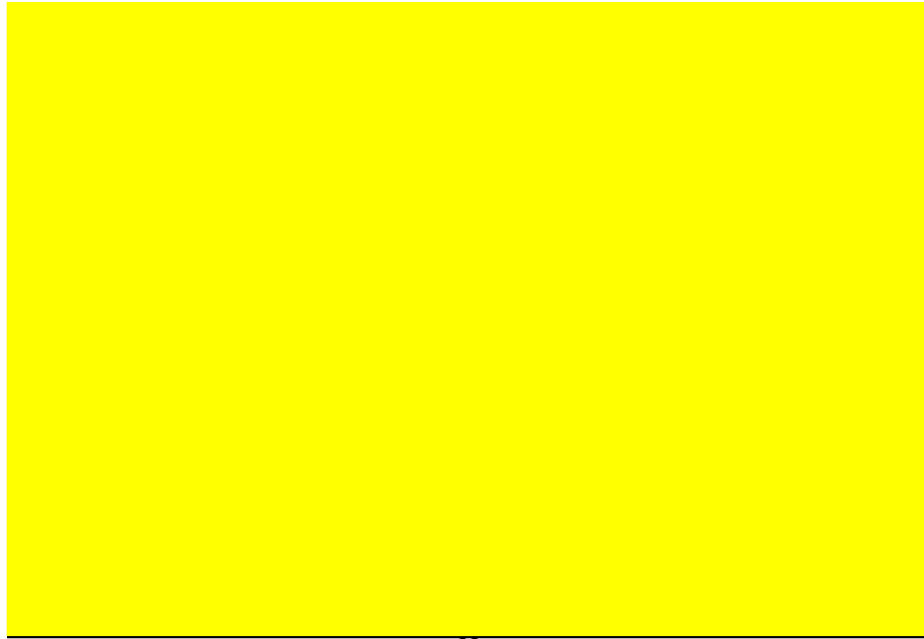
- The red card (referee) should be shown (generally) in conjunction with an athlete's second yellow before showing the red card.

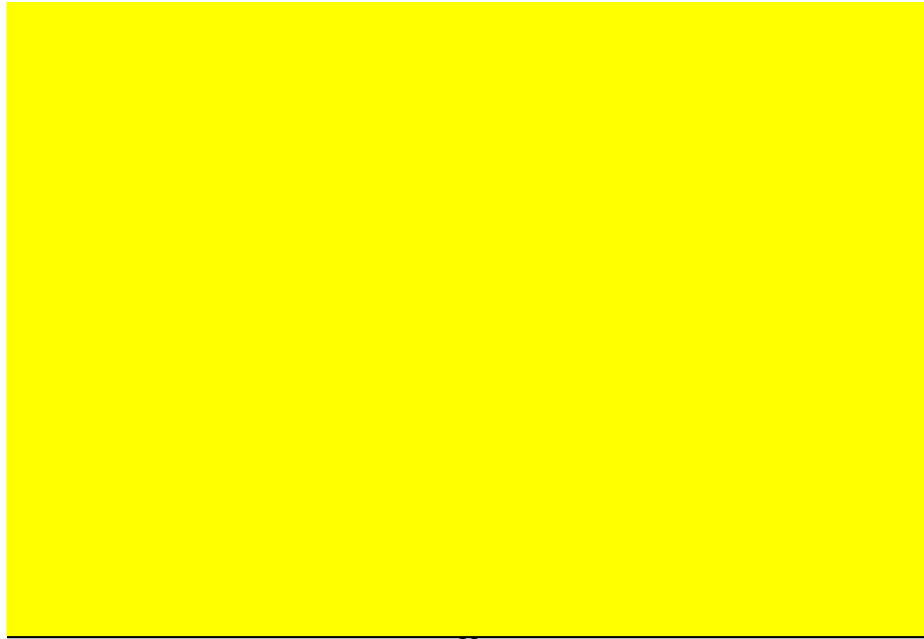








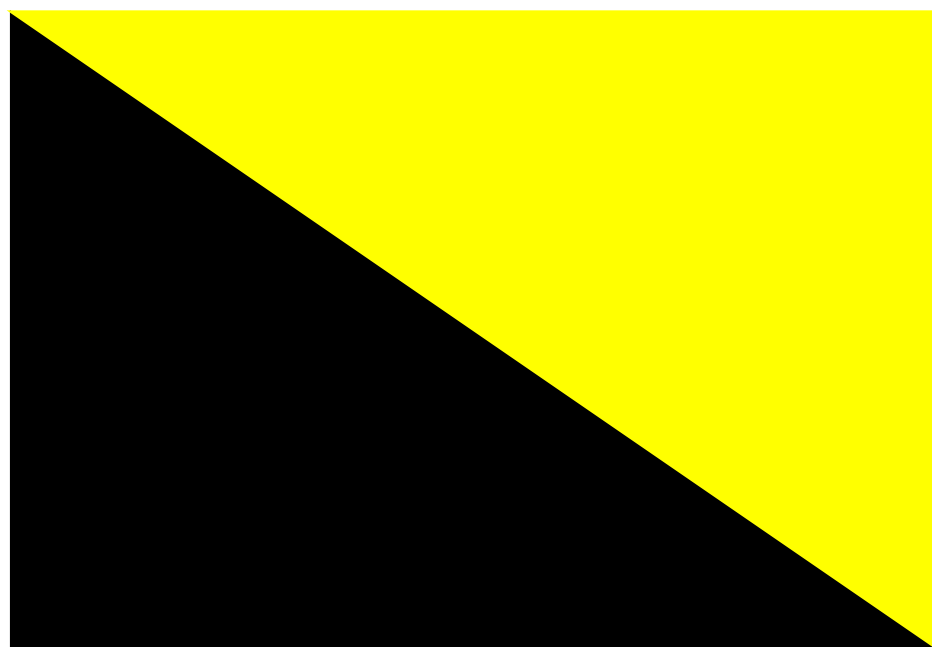


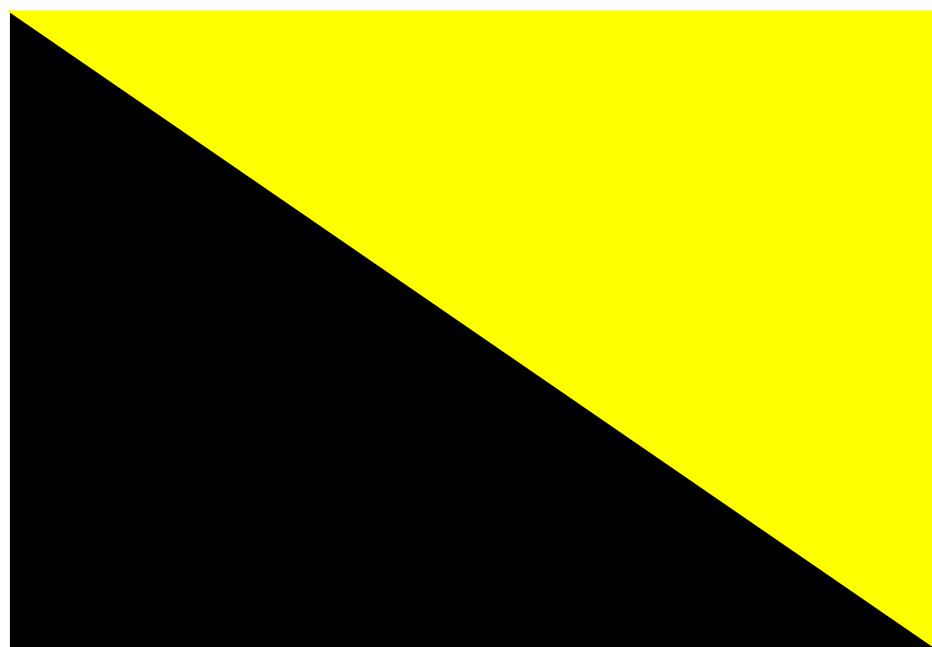




70









74



75



R4 04/08/2024

3/10/2024 Changes

Thanks to:

Randy Chiavaroli	Jerry Clayton	Duke Fuller
Carroll DeWeese	Philip Galli	Faith Hogan
Denise Hutchins	Paul Johnson	Bob Norwood
Cathy Sellers	Jack Todd	Jessica Cloy
Melinda Wheatley	Eric Zemper	Stephen Kessler
Trisha Yurochko	James Strunk	

The team would like to thank the USATF Officials team who created the original Able-bodied version of this document in 2018.