

AO PARA SUMMIT – OFFICIALS TRAINING SESSION, OCTOBER 3RD

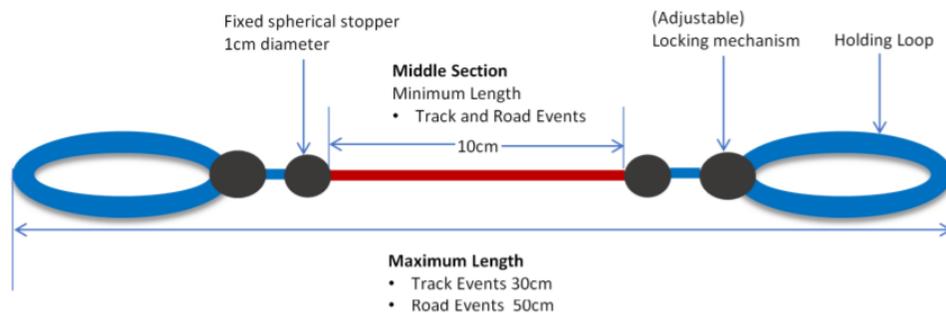
Information taken from WPA Rules & Regulations 2020-2021: <https://www.paralympic.org/sites/default/files/2021-02/World%20Para%20Athletics%20Rules%20and%20Regulations%202020-2021.pdf>

Para athletes compete under the rules and regulations of World Para Athletics (WPA); if a rule or regulation is not specifically outlined in the WPA rulebook, you revert to the IAAF rule

TRACK EVENTS - AMBULATORY

Visually Impaired Athletes (T11-13)

- T11 – only VI class that requires eye cavities to be completely covered by gauze (or equivalent material) and approved eye mask/opaque glasses
- All visually impaired athletes and their guide runners must use blocks in 400m or less
- T11 must use a guide, T12 has the option to use a guide – however if they have a guide they **MUST** use a tether; T13 is not allowed a guide
- Athletes using a guide are given two lanes, the guide can't push, pull or propel the athlete and the athlete must cross the finish line ahead of the guide
 - o The guide has to cross the finish line still attached to the athlete by the tether before the athlete can let go
- Tether Specifications
 - o Must be made from non-elastic material & can't offer a performance gain to an athlete
 - o Must have two holding loops and a middle section with two fixed spherical stoppers at each end
 - o Can have a locking mechanism to adjust the size of the loops but can't shorten the middle section



Intellectually Impaired Athletes (T20)

- Must use blocks in races of 400m or less
- May need assistance setting up equipment or blocks; if an assistant is needed a form is usually provided in the call room
- Starters should look to the athlete to make sure they are understanding verbal instructions

CP, Stroke & TBI (T35-38)

- Athletes are **NOT** required to use starting blocks; they can crouch, stand, or do a three-point stance with or without blocks (this is due to balance issues)
- Because of balance issues:
 - o Try not to hold athletes in the blocks
 - o May deem any minor movement was not to gain an advantage and can restart the entire field without a DQ

Upper Limb Amputee/Limb Difference (T42-47)

- Athletes are **NOT** required to use starting blocks; they can crouch, stand, or do a three-point stance with or without blocks
- Arm amputees or those with one arm shorter than the other can use a pad/block to rest their stump on at the start line
- The pad/block must be completely behind the starting line and not interfere with any other athlete

Lower Limb Amputee (T61-64)

- Athletes are **NOT** required to use starting blocks; they can crouch, stand, or do a three-point stance with or without blocks
- In track/road events, they must compete with a prosthesis (and finish with it). If a prosthesis comes off, they can pick it up and then finish the event by hopping

TRACK EVENTS – WHEELCHAIR RACING (T33-34, 51-54)

- **Racing Chair**
 - o Steering and braking systems are required (ask the athlete to show you that they are working) and no part of the wheelchair can stick out past the back tires (easiest way to check this if you aren't sure is to just place the back of the chair against a wall and if the frame touches first, then it's not legal)
 - o Speedometers are a legal device on the chair as it does not transmit information
- **General Competition Info**
 - o Hip numbers are placed on the helmet, bib numbers go on the back of the racing chair
 - o Athletes must wear a helmet in all events and anytime they are on the track (warming up and competing)
 - o Commands are the same as traditional races
 - Ensure athletes have stopped approaching the start line, have both hands on the push rim, and have stopped moving before "Set" command is called – best to watch the hands to see when they've gotten to their mark
 - Similar to CP ambulatory athletes, some CP wheelchair racers (33/34) may have issues holding the set position due to spasticity
 - o Athletes should be allowed at least one full lap to set their compensator prior to each race
 - o In the 800m, athletes can start cutting in once both rear axels are past the cut in line
 - o Overtaking an athlete in distance races
 - Athlete coming from behind in an attempt to overtake is responsible for ensuring clearance before they cut in
 - The overtaken athlete cannot obstruct or impede the passing athlete when the front wheels are in sight

TRACK EVENTS – UNIVERSAL RELAY

- Universal relay composition consists of two male and two female athletes and runs in the following order:
 - o First leg – Visually impaired athlete (T11-13)
 - o Second leg – Amputation/similar impairment (T42-47, T61-64)
 - o Third leg – CP/stroke/TBI athlete (T35-38)
 - o Fourth leg – Wheelchair racer (T33-34, T51-54)
- A maximum of two athletes may be selected from the following classes: T13, T46/47, T38, and T54
- Each team is allocated two adjacent lanes and can position themselves anywhere within these two lanes
- Each take-over zone is 30m long, of which the scratch line is 20m from the start of the zone except for the third take-over zone with the wheelchair racer, it is 40m long with a scratch line 30m from the start of the zone
- Take-over is done by a touch on any part of the body of either the incoming or outgoing athlete; pushing the outgoing athlete during the take over results in a DQ.
- The helmet worn by the wheelchair athlete is considered part of the body

FIELD EVENTS – AMBULATORY THROWS

Visually Impaired Athletes (F11-13)

- F11 & F12 are allowed one guide; F13 – no guide
- Guides can orientate the athlete from the field of play (on the runway or in the circle) either by sound or physically moving them. If physically moving them the guide must leave the area prior to the athlete starting their attempt. Timing of the event starts once the official believes the orientation of the athlete is complete.
- Once the attempt is completed, the athlete must exit the circle legally on their own before the guide can re-enter and physically assist them. Verbal assistance in exiting is okay.

Remaining Ambulatory Classes (F20, F35-38, F40-41, F42-46, & F61-64)

- No difference in running of event compared to IAAF Rules
- Only major difference is weight of implement thrown is based on their classification (see chart at end)

FIELD EVENTS – SEATED THROWS (F31-34, F51-57)

Throws Chair Specifications

	Description
Chair Dimensions	<ul style="list-style-type: none">• Max height (with cushion) = 75cm• Minimum side lengths = 30cm long• Seat of chair must be square or rectangular; it can be level or inclined backwards (ie. the front of the chair can be higher than the back chair, but not the other way around)• Footplates can be used as long as they are used for stability or support
Backrest	<ul style="list-style-type: none">• Can have side, front or back rest for stability and safety• Has to be rigid part of chair frame or made of non-elastic fabric• If backrest has cushioning, cannot be more than 5cm thick• Backrest cannot block the view of the official in judging a “lifting” fault
Pole	<ul style="list-style-type: none">• Must be rigid, one piece, vertical bar that’s circular or square in nature (not oval or rectangular); bar may have a brace built into the chair for support• Can have layers of tape (or something similar) to assist with grip• Pole cannot flex to the naked eye during an attempt; spirit of this rule is to prevent an unfair advantage by helping propel the body forward while the athlete pulls on the bar• Rules state that most materials will flex/distort to some degree; a fault will be called if it’s clearly flexing and is going against the spirit of the rule• No part of the throwing frame (including the pole) can move during the throwing action (except for incidental movement that can’t be reasonably eliminated)
Strapping	<ul style="list-style-type: none">• All strapping used to secure the athlete to the throwing frame must be made of non-elastic fabric. Weight lifting belts and snowboard binding are most commonly use

- **General Competition Info**
 - Sector measurements are the same for all seated throws events (34.92 degrees)
 - Portable platforms can be used in competition; however the platform must have the same front arc as a throws circle designed into it
 - Different weights are thrown for different classifications so ensure you are offering the correct weight to the athlete (see chart at end of document)
 - Club throw is a unique event to para throws for F31/32 & F51 athletes; athletes can throw it in any manner (forward, sideways, or backwards) and distance is measured from the first point of contact
- **Assistance**
 - F31-33 & F51-53 may use a glove or tape their hand to the pole
 - F31-33 & F51-54 are allowed one assistant to help them with transfers, strap them to the chair, tape their hands to the pole, etc
 - Officials are not responsible for transferring athletes into the throwing frame; athletes must do this themselves (or with the help of their assistant if allowed one based on their classification)
 - Officials cannot assist with strapping the athlete to the chair or pole.
- **Chair placement & warm up**
 - No part of the chair can extend over the vertical plane of the rim of the circle (ex. footplates, holding bars, etc); however, part of the body may (ie. the feet can stick over the footplate and that’s fine)
 - The athlete or assistant is responsible for directing the officials/volunteers as to where to place their chair in the circle and how to position it. The chair is then tied down using ratchet straps.
 - Once the chair is secured and presented to the athlete, the official starts the timer based on the athlete’s classification. This time is how long the athlete has to transfer into their chair, strap themselves in, and complete as many warm-up throws as they can/want to do
 - 4 minutes for F32-F34 and F54-F57 athletes
 - 5 minutes for F31 and F51-53 athletes

- In most competitions, seated throws athletes will complete all six attempts consecutively
- Athletes are given 1 minute to throw each attempt; timer is started once the athlete has been handed the implement and the official has cleared the throwing area; between attempt 3 and 4, athletes are given an extra minute
- It's considered a fault if an athlete touches any strapping outside the vertical plane of the throwing circle. As a seated throws athlete cannot step outside the circle when they want to fault their throw like an ambulatory athlete, make sure you watch/listen for them calling a fault or tapping on the tie-down strap continuously
- **Lifting**
 - o Purpose of rule is to minimize the contributions of the legs to the athlete's performance.
 - o The athlete must remain seated from the time they are handed the implement until the implement has landed; this means that both legs must remain in contact with the seat from the back of the knee to the back of the buttocks
 - o The athlete can sit in a "traditional" seating position or have their legs straddled so each leg is touching against a different side of the chair. If straddled, any part of the knee can remain in contact with the chair and be considered
 - o When looking for a lift, ensure you are looking at the IT bone – this bony area cannot leave the seat. The fleshy part of the buttocks rolling back against the seat and coming up during the throwing motion is not considered a lift – always watch from the area of the IT bone

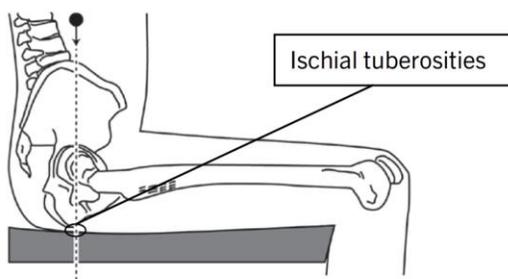


Figure 17 Ischial tuberosities

FIELD EVENTS – LONG JUMP

Visually Impaired Athletes (T11-13)

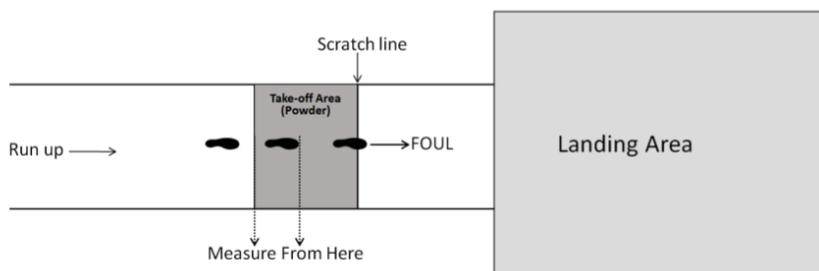
- For T11/12 athletes, powder is placed in the take-off area (measure 1m from the pit edge of the takeoff board back down the runway); use chalk or flour as a powder, just make sure you use enough to be able to see the mark of the footprint in it

The measurement of the distance of a jump for Class T11 and T12

Chalk powder may be used for the powder in the 1.00m x 1.22m ± 0.01m take-off area.

Measuring the jump is made from the nearest impression left by the take-off foot (within the chalk powder), if within the area. If the take-off is made before the take-off area, the measurement is made from the edge of the take-off area furthest to the landing area (see below figure 12).

Horizontal Jump T11-12



- Remove all equipment from around the pit and once competition is complete, dump some sand from the pit onto the powder and sweep it all into the pit
- T11 & T12 are allowed one guide; T13 – no guide
- Guides can orientate the athlete on the runway; once orientated the guide can stand on the runway (not in the powder) and use sound to direct the athlete towards the pit
- Once the attempt is completed, the athlete must exit the pit on their own before the guide can assist them

Lower Limb Amputee (T61-64)

- If prosthesis comes off during the run-up, the athlete must adjust their leg and finish the attempt within the attempt timeframe
- If prosthesis comes off post takeoff and lands outside the landing area, it's considered a fault; if it lands in the pit and makes a mark closest to the takeoff board, that is the mark that is used

IMPLEMENT WEIGHTS BY CLASSIFICATION

Sport Classes F11-13

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open	F11-13	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F11-13	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/17	F11-13	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg

Sport Class F20

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open	F20	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/17	F20	1.50kg	1.00kg	700gr	500gr	5.00kg	3.00kg

Sports Classes F31-38

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
Open And U/20	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	1.00kg	1.00kg	NE	NE	2.00kg	2.00kg	397gr
	F33	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F34	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F35	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F36	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F37	1.00kg	1.00kg	600gr	600gr	5.00kg	3.00kg	NE
	F38	1.50kg	1.00kg	800gr	600gr	5.00kg	3.00kg	NE
U/17	F31	NE	NE	NE	NE	NE	NE	397gr
	F32	750gr	750gr	NE	NE	1.00kg	1.00kg	397gr
	F33	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F34	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F35	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F36	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F37	750gr	750gr	500gr	500gr	4.00kg	2.00kg	NE
	F38	1.00kg	750gr	600gr	500gr	4.00kg	2.00kg	NE

Sport Classes F40-46

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open and U/20	F40,F41	1.00kg	750gr	600gr	400gr	4.00kg	3.00kg
	F42	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F43,F44	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F45,F46	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/17	F40,F41	1.00kg	750gr	500gr	400gr	3.00kg	2.00kg
	F42	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F43, F44	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F45,F46	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg

Sport Classes F51- 57

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male & Female
Open and U/20	F51	1.00kg	1.00kg	NE	NE	NE	NE	397gr
	F52	1.00kg	1.00kg	600gr	600gr	2.00kg	2.00kg	NE
	F53	1.00kg	1.00kg	600gr	600gr	3.00kg	3.00kg	NE
	F54	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F55	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F56	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
	F57	1.00kg	1.00kg	600gr	600gr	4.00kg	3.00kg	NE
U/17	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F53	750gr	750gr	500gr	500gr	2.00kg	2.00kg	NE
	F54	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F55	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F56	750gr	750gr	500gr	500gr	3.00kg	2.00kg	NE
	F57	1.00kg	750gr	500gr	500gr	3.00kg	2.00kg	NE

Sport Classes F61- 64

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female
Open and U/20	F61,F63	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
	F62,F64	1.50kg	1.00kg	800gr	600gr	6.00kg	4.00kg
U/17	F61,F63	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg
	F62, F64	1.00kg	1.00kg	700gr	500gr	5.00kg	3.00kg