National Governing Body for Track & Field
of
Wheelchair and Ambulatory Sports, USA

2012-2013
Competition Rules for Track, Field & Road Racing

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NOTE:
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.

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1/1/2012-12/31/2012

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* PREAMBLE

Wheelchair Track and Field, USA (WTFUSA) is a USA 501C3 organization, which establishes the rules and documents the records of Wheelchair and Ambulatory Sports, USA (WASUSA) and WTFUSA track and field events.

This document:

- Overviews the Rules and Regulations that govern WTFUSA, WASUSA and International Paralympic Committee (IPC) Competitions.
- Is designated by WTFUSA to be compatible with the Rules and Regulations of the International Association of Athletics Federation (IAAF) and the modifications made by the IPC.

The alignment of this document with the 2011-2012 IAAF and IPC Competition Rules does not confer any responsibility onto the IAAF and IPC for the WTFUSA Athletics Rules & Regulations. For WTFUSA Athletics matters, any references in the 2011-2012 IAAF and IPC Competition Rules to the:

- "General Secretary of the IAAF" and "Sports Manager of IPC Athletics" should be amended to "Chairman of WTFUSA"
- "IAAF", "Council of the IAAF", "IPC" or "IPC Governing Board" should be amended to "WTFUSA" or "WTFUSA Governing Board"
- Competitions organized under (IAAF) Rule 1.1 or "IPC Athletics Recognized Competitions" to "WTFUSA Recognized Competitions"

A key feature of this document is the clarification of the exceptions to the Technical Rules of the 2011-2012 IAAF and IPC Competition Rules. These exceptions apply to all events for athletes with a disability incorporated in WTFUSA and IPC Recognized Competitions.

Other documents that are integral to the implementations of the WTFUSA Rules & Regulations 2011-2012 are the following:

- IPC Handbook
- IPC Anti-Doping Code
- IPC Athletics Classification Rules and Regulations
- IPC Classification Code
- WASUSA Code of Ethics (if meet is IPC Sanctioned: IPC Code of Ethics)

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

Philip C. Galli, Jr.

Chairman, Wheelchair Track and Field, USA January 2012

NOTABLE TRACK AND FIELD 2012 CHANGES

The new Rule Book Will be Published by 1/31/2012

A. **AGE GROUP CHANGES**:** These changes will affect athletes 14 years of age and older.
WTFUSA 2012 competition age groups change from: Future, U11, U14, U17, U20, U23 to:
Future, U11, U14, U16, U18, U20, U23
**Athletes age as of 12/31 of the year of competition.

B. **FIELD RECORDS GRANDFATHERED:** Due to this major change above,
field records affecting the following age groups will be grandfathered and new records will be established in 2012:
a. All present field records for U17 and U20
b. U14: F37 & F38 male shot put and male and female discus

C. **NO F51 SHOTPUT EVENT:** To clarify a 2011 issue, there is no shot put event for any F51 class athlete.

D. **SOFTBALL EVENT FOR F51:** The softball event has been reinstated for the F51 U11 and U14 classes (There will be no standard for this event in 2012).

E. **STANDARDS ESTABLISHED:** Junior Standards have been established for the 1K shot put and .75K discus.

F. T20 CLASS ADDED: The T20 Class has been added for Track and Field.
Note: at the IPC level there is only the 1500M for men and women. At the Junior Level WTFUSA will institute all T11-13 Track events and the Shot put Discus and Javelin for this Class.
No High Jump, Long Jump or Pentathlon.

G.. **F35 CLASS CHANGE:** The F35 class is an ambulatory class. Athletes in this classification must be able to compete in field standing **with or without an aid.**
If an athlete is unable to do so, s/he must be classified as a seated thrower.
Athletes that are **currently classed as a F35a** will need to be reclassified as an F33, F34, or F35.
On the track, there remains two classes of T35 athletes, the T35 (no assisted devises) and the WTFUSA Junior class T35a (uses Assisted Devises).

FIELD EQUIPMENT NEEDED FOR 2012: The following implements will be required to host a full multi-disability field competitions in 2012:

A. Shot put - 1K, 2K, 3K, 4K, 5K, 6K and 7.26K
B. Discus - .750K, 1K, 1.5K, 1.75K and 2K
C. Javelin - 300g Turbo, 400g, 500g, 600g, 700g, and 800g
D. Club - 397g
E. Softball - Leather 11 inch 6 ounce

EXISTING RULES THAT WTFUSA WISHES TO EMPHASIZE OR CLARIFY:

1. Junior age groups U11, U14, U16, U18, U20, U23, with age determined as of 12/31 of the year of competition.

2. Wheelchair athletes competing in chairs may contest field competitions on a flat grassy area without a pad or cage and do not require a toe board.

3. All Junior wheelchair track events require athletes to wear an approved (safety certification) helmet no matter the distance of the event when they are in the Venue.

4. USA INTERPRETATION OF THE FINISH RULE: There was some confusion in 2011 in the interpretation of the finish in lane rule and its exceptions. To clarify this rule for the USA, athletes competing in single lane, in-lane races that finish with at least 1 foot in lane or more than ½ of their wheelchair in lane will not be disqualified if they do not impede another athlete. Athletes allowed to use 2 lanes must finish in lane.

5. For all U11 and U14 class athletes competing in javelin, a throw that lands flat will not be called for a foul but marked at the rear of the grip.

ATHLETICS FUNCTIONAL CLASSIFICATION SYSTEM

US Paralympics controls classification in the US. For additional information go to www.usparalympics.org.

SPORT CLASSES 11-13

The impairment must be diagnosed by an ophthalmologist and sufficient medical documentation in support of the diagnosis must be presented

T/F11

Visual acuity is poorer than LogMar 2.60. All Athletes (with the exception of those with prosthesis in both eyes) shall be required to wear opaque goggles for each individual and relay event for the full duration of the event.

T/F12

Visual acuity ranges from LogMar 1.50 to 2.60 (inclusive), and/or the Athletes has a visual field that is constricted to a radius of less than 5 degrees.

T/F13

Visual acuity ranges from 1.40 to 1 (inclusive), and/or the Athlete has a visual field that is constricted to a radius of less than 20 degrees.

SPORT CLASS 20

T/F20

Athletes with Activity Limitations that result from an Intellectual Impairment and meet all standards below:

Significant impairment in intellectual functioning. This is defined as 2 standard deviations below the mean, that is, a Full Scale IQ score of 75 or lower.

Significant limitations in adaptive behavior as expressed in conceptual, social, and practical adaptive skills. This is defined as at least 2 standard deviations below the mean of, either a). One of the following 3 types of adaptive behavior: conceptual, social, or practical skills or b). An overall score on a standardized measure of conceptual, social and practical skills.

Intellectual disability must be evident before age 18

Refer to www.inas.org (technical section) for further guidelines for competition

SPORT CLASSES 31-38, 40-46, 51-58: Profiles for Athletes with Physical Impairments

Wheelchair Athletes
- Track – classes T32, T33, T34, T51, T52, T53, T54
- Field – classes F31, F32, F33, F34, F51, F52, F53, F54, F55, F56, F57, F58

Ambulatory Athletes
- Track – Classes T35, T36, T37, T38, T42, T43, T44, T45, T46
- Field – Classes F35, F36, F37, F38, F40, F42, F43, F44, F45, F46

SPORT CLASSES 31-38

(Athletes with abnormal tone involvement)

T/F31 (wheelchair)

FUNCTIONAL

Quadriplegic (Tetraplegic) - Severe involvement:. Spasticity Grade 4 to 3+, with or without athetosis or with poor functional range of movement and poor functional strength in all extremities and trunk OR the severe athetoid with or without spasticity with poor functional strength and control. Unable to functionally propel a wheelchair. Dependent on a power wheelchair or assistance for mobility. Lower extremities considered non-functional in relation to any sport due to limitation in range of movement strength and/or control. Minimal or involuntary movement would not change this person's class.

Trunk control-static and dynamic trunk control very poor or non-existent. Severe difficulty adjusting back to mid-line or upright position when performing sports movements. Upper extremities-severe limitation in functional range of movement or severe athetosis are the major factors in all sports and reduced throwing motion with poor follow through is evident. Opposition of thumb and one finger may be possible allowing athlete to grip.

FIELD CLASS F31

Determined clearly by the very poor hand function in handling club, shot or discus, in conjunction with throwing motion. A person could have adequate hand function statically but may have less function when throwing due to athetoid involvement or spasticity.

T/F32(wheelchair)

FUNCTIONAL

Quadriplegic (Tetraplegic)-Severe to moderate involvement. Spasticity Grade 3+ to 3 with or without athetosis. Severe athetoid or tetraplegic with more function in less affected side.. Poor functional strength in all extremities and trunk but able to propel a wheelchair.

Lower Extremities-A demonstrable degree of function in one or both lower limbs allowing propulsion of the wheelchair automatically qualifies individual as a Class 32 lower. If the classification team determines that the upper limb function is more appropriate for a higher class then the Athlete does not qualify as Class 32. Class 32 athletes (upper or lower) can sometimes ambulate but never run functionally.

Static trunk control is fair. Dynamic trunk control is poor as demonstrated by the obligatory use of upper extremities and/or head to assist in returning to the mid-line (upright position).

Upper extremities. Hand severe to moderate involvement. Spasticity Grade 3. If hand and arm function is as described in Class 31 then lower extremity will determine whether Class 32 is more appropriate.

A Class 32 Upper athlete often has a cylindrical or spherical grasp, and can demonstrate sufficient dexterity to manipulate and throw a ball, but will exhibit poor grasp and release.

THROWING MOTION

Throwing motions must be tested for effects on hand function. Wheelchair propulsion with upper extremities is also demonstrable. Active range of movement is moderately to severely impaired, thus hand function is the key. Upper extremity athletes with athetosis may demonstrate fair rotation during throwing with unreliable release. For Athletes with spasticity or athetosis the trunk makes a very limited contribution to propulsion of the implement.

T/F33(wheelchair)

FUNCTIONAL

Quadriplegic (Tetraplegic). Triplegic, severe hemiplegic – Moderate (asymmetric or symmetric) quadriplegic or severe hemiplegic in a wheelchair with almost full functional strength in dominant upper extremity. It is rare for an Athlete with athetosis to be included within this class unless he/she presents with a predominantly hemiplegic or triplegic profile with almost full function in the dominant upper limb. Can propel a wheelchair independently.

Lower extremities-spasticity Grade 4 to 3-some demonstrable function can be observed during transfer. May be able to ambulate with assistance or assistive devices but only for short distances.

Trunk control-fair trunk control is shown when pushing chair, but forward trunk movement is often limited to extensor tone during forceful pushing. Some trunk movement can be noted also in throwing for postural correction, but throwing motions are mostly from the arm. This is a major factor in nonambulatory capability – rotation is limited. Spasticity Grade 2+.

Upper extremities-moderate limitation spasticity Grade 2+ in dominant arm shown as limitation in extension and follow through. Hand function-dominant hand may demonstrate cylindrical and spherical grasp, with poor finger dexterity demonstrable in release of shot and discus.

T/F34(wheelchair)

FUNCTIONAL

Diplegic – Moderate to Severe involvement

Good functional strength with minimal limitation or control problems in upper limbs and trunk.

Lower Extremities-Moderate to severe involvement in both legs Spasticity Grade 4 to 3 usually rendering them nonfunctional for ambulation over long distances without the use of assistive devices. A wheelchair is usually the choice for sport.

Trunk-spasticity Grade 2 to 1.Minimal limitation of trunk movements for wheeling and throwing. Fatigue may increase spasticity. Poor standing balance is obvious even using assistive devices.

Upper extremities – the upper limbs often show normal functional strength. Minimal limitation of range of movement may be present but close to normal follow through and propulsion is observed when throwing or wheeling.

Hand function-normal cylindrical/spherical opposition and prehensive grasp is seen in all sports. Some involvement spasticity Grade 2+ to 1 may be seen particularly in functional (especially rapid) movements of the hands, arms and trunk.

TRACK MOTION

The athlete is able to perform long and forceful strokes, with rapid grasp and release, although fine movements of the hands may be affected

FIELD MOTION

In throwing events the trunk has to make a complicated, forceful and rapid movement. This movement is complicated because it requires co-ordination of rotation, forward and sideways bending (more complicated than required for propulsion). Because of the slight spasticity in trunk muscles and negative influence of the spastic legs, some disturbances may be seen when force and speed are required. Slight weakness in fine movements may present problems during the release of a discus and to a lesser extent a javelin. There is even less of a problem with shot.

T/F35 (ambulatory)

FUNCTIONAL

Diplegic – Moderate involvement. This individual may require the use of assistive devices in walking but not necessarily when standing or throwing. A shift of centre of gravity may lead to loss of balance. A Triplegic may appear in this Class.

Lower extremities spasticity Grade 3 to 2. Involvement of one or both legs which may require assistive devices for walking. A Class T35 athlete must have sufficient function to run. Athletes who can perform this task but with difficulty may also fit the Sports Class Profile for T34.

Upper extremities. This is an area where variation occurs. Some moderate to minimal limitation in upper extremities can often be seen particularly when throwing, but strength is within normal limits. Hand function – normal cylindrical/spherical, opposition and prehensive grasp and release in the dominant hand is seen in all sports.

FIELD MOTION

The major problem is dynamic balance and function when standing in sport with or without assistive devices. Class 35 athletes may use a run up in field events.

T/F36 (ambulatory)

FUNCTIONAL

Athetoid or Ataxic – Moderate involvement. The athlete ambulates without assistive devices. Athetosis is the most prevalent factor, although some ambulatory spastic quadriplegics (i.e. more arm involvement than in ambulatory diplegics), may fit this Class. Athetosis means unsteady (writhing), not having the capability to remain still. All four limbs will usually show functional involvement in sports movements. Class 36 Athletes have more control problems in upper limbs than Class 35 Athletes, although the Class 36 athletes usually have better function in lower limbs particularly when running.

Lower extremities. Function can vary considerably depending on the sports skill involved, from poor, laboured, slow walking to a running gait, which often shows better mechanics. There can be a marked contrast between the walking athetoid with uncoordinated gait and the smooth even paced coordinated running/cycling action. Cyclical movements however are much better performed like cycling, running and free-style swimming.

Balance. May have good dynamic balance compared with static balance. Spasticity is common in Class 36 Athletes and should not be a reason for placement in Class 35.

Upper extremities and hand control-grasp and release can be significantly affected when throwing in the moderate to severe athetoid Athlete. The more spasticity present the greater the limits on follow through and maintenance of balance after throwing.

TRACK MOTION

A consequence is that starting may present difficulties (e.g. false starts). Explosive movements also are difficult to perform. This is demonstrated in the long jump where an athlete may have good speed but the height from the board is poor and subsequently the distance covered is rather limited.

FIELD MOTION

Throwing events require explosive movement. For the same reason as in track, athetoid athletes have difficulty demonstrating explosive power. This is particularly obvious in shot-put. Athletes with ataxia may demonstrate these problems to a lesser extent as intention tremor is stabilized with the weight of the implement. A run up in the javelin is possible.

T35/F36 (Split class for track and field) (ambulatory)

FUNCTIONAL

Quadriplegic - athetoid or ataxic with spasticity. Moderate involvement.

Lower extremities - spasticity Grade 3 or 2. Involvement of both legs and with sufficient function to run on the track. Usually has good static balance but exhibits problems in dynamic balance activities.

Upper extremities - athetosis is the most prevalent factor and athlete demonstrates significantly more control problems than the T/F35 athlete. Hand control, grasp and release is affected when throwing.

NOTE: By splitting classes athletes who fit this profile are able to run with T35 track Athletes and throw with F36 Athletes

T/F37 (ambulatory)

FUNCTIONAL

Hemiplegic. This Class is for the true ambulatory hemiplegic Athlete. A Class 37 Athlete has Spasticity Grade 3 or 2 in one half of the body. They walk without assistive devices but often with a limp due to spasticity in the lower limb. Good functional ability in dominant side of body.

Lower extremities – hemiplegia spasticity Grade 3 to 2. Dominant side has better development and good follow through movement in walking and running. Athlete has difficulty walking on his heels and has significant difficulty with hopping on the impaired leg.

Upper extremities – arm and hand control is only affected in the non-dominant side. There is good functional control on the dominant side.

TRACK MOTION

In walking the Class 37 Athlete demonstrates a limp on the affected side. While running the limp may disappear almost totally. The reason is that in walking the leg support during stance phase begins with a heel strike. This is the most difficult action for persons with a spastic paresis. In running only the forefoot hits the ground, providing support and push off. The tight calf muscle in the Class 37 Athletes facilitates the push off, and heel strike is not needed. The Class 37 Athlete demonstrates a weakness in knee pick up in sprinting and asymmetrical stride length due to lack of full forward pelvic rotation and hamstring spasticity decelerating the lower leg too rapidly on the involved side.

FIELD MOTION

Field (F37). In throwing events the hemiplegic Athlete often demonstrates hip flexion on the affected side instead of hyperextension. Trunk rotation during a throwing action also indicates a loss of fluency. In javelin throwing the transfer from run up to throwing phase demonstrates these difficulties clearly.

T/F38 (ambulatory)

FUNCTIONAL

Minimal involvement. This class is for the minimally affected diplegic Spasticity Grade 1: hemiplegic Spasticity Grade 1: monoplegic, minimal athetoid/ataxi athlete.

An athlete must have an obvious Impairment of function evident. This Athlete may appear to have near normal function when running but the athlete must demonstrate a limitation in function based on evidence of spasticity (increased tone), ataxic, athetoid or dystonic movements while performing on the field of play or in training.

Clear evidence must include at least one major and one minor sign from the list below

Major: Clear uni or bilateral Babinski, Clear uni or bilateral clonus, Noticeably brisk reflexes or clear difference in reflexes left vs. right, Clear evidence of athetosis or ataxia

Minor: Stiffness or rigidity in one or more limbs, mild atrophy or shortening of a limb

SPORT CLASSES 40-46

(Athletes with achondroplasia(40), amputations or disabilities which appear to meet movement limitations consistent with amputations(41-46).

T/F40 (ambulatory)

FUNCTIONAL

The athletes must have either achondroplasia or a variation of it

The athlete must also be 18 years of age or older for international competition

There is a height restriction: for males the limit is 145cm and for females 140cm.

NOTE ON MEDICAL TERMS

Achondroplasia – is a failure of normal development of cartilage resulting in dwarfism.

Dwarfism – normally results from inherited genes, which leads to abnormal growth and development of bone and cartilage. The condition is not related to the pituitary gland.

The eligible athletes usually have normal spinal length with shortening of the limbs. Athletes with pituitary dwarfism have shortening of the spine and limbs, and would not be eligible.

T/F41 (ambulatory)

FUNCTIONAL

Double above knee amputees and Athletes with other Impairments that are equivalent to a double amputation that is above knee. This includes athletes from that sport class F58/ T54 that compete standing. This is not an international class, and will be used only in junior and regional adult competitions.

NOTE: After the 2012 London Paralympic Games, the Class 41 will become an additional class for athletes with dwarfism and will no longer be utilized as a class for athletes with amputations or similar function.

T/F42 (ambulatory)

FUNCTIONAL

Single above knee amputees and athletes with other impairments that are equivalent to an amputation that is above the knee. This class includes athletes from Sport Class F58/ T54 that compete standing.

T/F43 (ambulatory)

FUNCTIONAL

Double below knee amputees and other athletes with impairments that are equivalent to a double below knee amputation, with the amputation/impairment at or above level of the ankle. This class includes athletes from Sport Class F58/ T54 that compete standing.

T/F44 (ambulatory)

FUNCTIONAL

Single below knee amputees and other athletes with impairments that are equivalent to single below knee amputee, with the amputation/impairment at or above level of the ankle. This includes athletes from sport class F58/T54 that compete standing.

T/F45 (ambulatory)

FUNCTIONAL

Double arm amputation (either above or below the elbow) and athletes with other impairments that have an equivalent to double arm amputation, with the amputation/impairment at or above level of wrist

T/F46 (ambulatory)

FUNCTIONAL

Single arm amputation (either above or below the elbow) and athletes with impairments that are equivalent to a single arm amputation, with the amputation/impairment at or above the level of the wrist.

NOTE: After the 2012 London Paralympics, athletes with a single below elbow amputation/impairment will be eligible for track events 100m, 200m, and 400m only.

SPORT CLASSES 51-58

(Wheelchair use without abnormal tone)

NOTE: This system describes an athlete with a spinal cord injury. Athletes, whose disability is as a result of other causes, may show different movement and function than described here. However, the total *function* of the athlete in this specific event shall be similar to that of the spinal cord injury description

F51

FUNCTIONAL

Have no grip with non-throwing arm. (May use 'resin' or adhesive-like substance for grip.)

Discus. Have little control of the discus because finger movements are absent. Throw with a flat trajectory.

Club. Must throw forward. May throw overhand or may throw underhand.

Use either thumb and index finger, or index and middle finger, or middle and ring finger grip.

NEUROLOGICAL LEVEL: C6

ANATOMICAL CAPABILITY

Have functional elbow flexors and wrist extensors. May have elbow extensors (up to power 3) but usually do not have wrist flexors. May have shoulder weakness. Have no sitting balance or trunk control.

VETERAN'S GAMES CLASS

1A Complete

F52

FUNCTIONAL

Have difficulty gripping with non-throwing arm. Unable to spread fingers apart. These athletes may have slight function between the digits of the hand.

Shot. Unable to form a fist and therefore do not usually have finger contact with the shot at the release point.

Discus. Have no functional finger flexors; Have difficulty placing fingers over the edge of the discus, but may do so with the aid of contracture or spasticity.

Javelin. Usually grip the javelin between the index and middle fingers, but may use the gap between the thumb and index finger, or between the middle and ring fingers.

NEUROLOGICAL LEVEL: C7

ANATOMICAL CAPABILITY

Have functional elbow flexors and extensors, wrist extensors and flexors. Have good shoulder muscle function. May have some finger flexion and extension but not functional.

VETERAN'S GAMES CLASS

1B Complete - no sitting balance. Also 1A Incomplete with the ability to lift the trunk off the back of a chair and to perform backwards and forwards movement.

F53

FUNCTIONAL

Have nearly normal grip with non-throwing arm. Can spread and close the fingers but not with normal power.

Shot. Usually can make a good fist. Use some spreading of the fingers, and can "grasp" the shot put when throwing.

Discus. Have good finger function to hold discus. May be able to import spin on the discus.

Javelin. Usually grip javelin between the thumb and index finger.

Have ability to hold javelin because of presence of hand muscles that spread and close the fingers.

NEUROLOGICAL LEVEL: C8

ANATOMICAL CAPABILITY

Have full power at elbow and wrist joints. Have full or almost full power of finger flexion and extension.

Have functional but not normal intrinsic muscles of the hand (demonstrable wasting).

VETERAN'S GAMES CLASS

1C Complete (no sitting balance). Also 1B incomplete with forward and backward trunk movements.

F54

FUNCTIONAL

Shot, Discus, and Javelin. Normal/near normal arm and hand function. Have no sitting balance. Usually hold onto part of the chair while throwing.

NEUROLOGICAL LEVEL: T1 - T7

ANATOMICAL CAPABILITY

As above.

VETERAN'S GAMES CLASS

1C Incomplete; 2 Complete; Upper 3 Complete

F55

FUNCTIONAL

Three trunk movements may be seen in this class: 1) Off the back of a chair (in an upwards direction), 2) Movement in the backwards and forwards plane, and 3) Some trunk rotation.

They have fair to good sitting balance. They cannot have functional hip flexors, i.e. ability to lift the thigh upwards in the sitting position. They may have stiffness of the spine that improves balance but reduces the ability to rotate spine.

Shot and Javelin. Tend to use forwards and backwards movements, whereas the **Discus** predominantly uses rotatory movements.

NEUROLOGICAL LEVEL: T8 - L1

ANATOMICAL CAPABILITY

Normal upper limb function.

Have abdominal muscles and spinal extensors (upper or more commonly upper and lower).

May have non-functional hip flexors (grade 1). Have no adductor function.

Amputee: Bilateral hip disarticulation

VETERAN'S GAMES CLASS

Lower 3/ Upper 4

F56

FUNCTIONAL

Shot, Discus, and Javelin. Have very good balance and movements in the backwards and forwards plane. Have good trunk rotation. Can lift the thighs, i.e. off the chair (hip flexion). Can press the knees together (hip adduction). May have the ability to straighten the knees (knee extension). May have some ability to bend the knees (knee flexion).

NEUROLOGICAL LEVEL: L2 - L5

ANATOMICAL CAPABILITY: See above.

Amputee: Bilateral above knee amputations whose residual limb length is less than half of the distance from the olecranon process to the tip of the middle finger of the athlete

VETERAN'S GAMES CLASS

Lower 4/ Upper 5

F57

FUNCTIONAL

Shot, Discus, and Javelin. Have very good sitting balance and movements in the backwards and forwards plane. Usually have very good balance and movements towards one side (side to side movements) due to presence of one functional hip abductor, on the side that movement is towards. Usually can bend one hip backwards; i.e. push the thigh into the chair. Usually can bend one ankle downwards; i.e. push the foot onto the foot plate.

NEUROLOGICAL LEVEL: S1 - S2

ANATOMICAL CAPABILITY: See above.

Amputee: Bilateral above knee amputations whose residual limb length is greater than half of the distance from olecranon process to tip of middle finger of the athlete. Single hip disarticulation

VETERAN'S GAMES CLASS

Lower 5/ Class 6

F58

Shot, Discus, and Javelin. Have normal sitting balance and trunk movements in all planes. Usually are able to stand and possibly walk with braces or by locking knees straight. Not more than 70/80 points in the lower limbs, who chose to compete from a seated position.

NEUROLOGICAL LEVEL:

ANATOMICAL CAPABILITY: See above.

Amputee: Single above knee amputation, bilateral or single below knee amputations competing in a seated position.

NOTE: Athletes whose upper extremity function places them in class F51-53, but who have trunk movements similar to F55-58 will have the two classes averaged to determine their final class. (i.e. An athlete with upper extremity function of F52, but trunk function of F56 would be Class F54).

T51

FUNCTIONAL

May use elbow flexors to start by pulling on back of push rim (usually with back of wrist behind pushing rim). Hands stay in contact or close to the pushing rim, with the power coming from elbow flexion.

NEUROLOGICAL LEVEL: C6

ANATOMICAL CAPABILITY

Have functional elbow flexors and wrist extensors. Have no functional elbow extensors or wrist palmer flexors. May have shoulder weakness.

VETERAN'S GAMES CLASS

1A Complete.

T52

FUNCTIONAL

Usually use elbow flexors to start, but may use elbow extensors. Power from pushing comes from elbow extension, wrist extensors, and upper chest muscles. Additional power may be gained by using the elbow flexors when the hands are in contact with the back of the wheel. The head may be forced backwards (by the use of neck muscles), producing slight upper trunk movements. Athletes may also have active trunk movement.

NEUROLOGICAL LEVEL: C7/C8

ANATOMICAL CAPABILITY

Have functional pectoral muscles, elbow flexors and extensors, wrist extensors, and some to all wrist flexors. May have finger flexors or extensors. Do not have the ability to perform finger abduction and adduction (spread fingers and bring them together).

VETERAN'S GAMES CLASS

1B Complete, 1C Complete

T53

FUNCTIONAL

Have normal or nearly normal upper limb function. Have no active trunk movements. When pushing, the trunk may be lying on the legs or supported by components of chair. The trunk may rise with the pushing action against the rim. May use the shoulder to assist to steer around curves, but usually interrupt pushing movements to steer, and have difficulty resuming the pushing position. When braking quickly, the trunk stays close to the pushing position to avoid losing control of trunk.

NOTE:

Scoliosis (curvature of the spine) and longer spinal rods may interfere with abdominal and back muscle function, so that an athlete with anatomical level of T54 may fit classification as T53.

NEUROLOGICAL LEVEL: T1 - T7

ANATOMICAL CAPABILITY

Have normal or nearly normal upper limb function. Have no abdominal muscle function. May have weak upper spinal extension, although most upper back power arises from scapular musculature with arm function.

VETERAN'S GAMES CLASS

Incomplete 1C, 2, Upper 3

T54

FUNCTIONAL

Have backwards movement of the trunk. Usually have rotation movements of the trunk. May use trunk movements to steer around curves, so may not have to interrupt the pushing stroke rate around curves to adjust steering mechanism.

When stopping quickly, the trunk moves towards an upright position. Use abdominals for power particularly when starting but also when pushing.

NEUROLOGICAL LEVEL: T8 - S2

ANATOMICAL CAPABILITY

Have abdominal muscles as well as back extension which usually includes both upper and lower extensors.

VETERAN'S GAMES CLASS

Lower 3, ALL 4 - 5 – 6

For further details and Minimal Disability Criteria, please refer to the Classification section at:
http://ipc-athletics.paralympic.org

SPORT CLASSES TRR1-5: RACE RUNNERS

Race Running is a sport where the athlete is running with his/her feet while using a three wheeled running frame for support of his/her body. The athlete has support from a saddle and a body support plate while he/she steers the device with the handlebars. At first glance it appears to be a bicycle but it is a running frame as there are no pedals

TRR1 - T31 and more involved athletes with muscular dystrophy, power wheelchair users
TRR2 – T32, lower functioning T33, stronger athletes with muscular dystrophy, and poor arthrogryposis
TRR3 - Better T33, T34, and lower functioning T35
TRR4 - Better T35, lower functioning T36, and lower functioning ambulatory athletes with spina bifida and post polio
TRR5 - Better T36, T37, Better ambulatory athletes with spina bifida, polio, leg amputations, or other orthopedic disorders.

TRR1

FUNCTIONAL

Athletes have severe spastic quadriplegia; athetosis, hypotonia and/or spasticity.Despite good training they have practically no dynamic hand and arm control. They have spasticity in throat and chest muscles and cannot maintain steady midline positioning without strapping. They have great difficulties doing rapid dynamic and powerful strides. Basically they have no automatic running pattern. Usually you see the athlete frequently drop out of rhythm of legs and breathing.

START

Most of the athletes have serious problems releasing a reflex contraction/extension when they hear the shot. Accelerations: General they are unable to fluently accelerate from the start to steady speed as coordination and breathing is disrupted. At Top speed: As the technique is not really automatic they are not able to perform a real max acceleration and a sprint

RUNNING STYLES

The runner with spastic quadriplegia will run a very inefficient tip-toe spastic classic style or maybe singular gallop. Movements are dominated by flexion or extension reactions. One leg may be totally bended and the other also has problems stretching doing the stride. Arms are in flexion and grip very poor and unsteady. They may use gloves or extra hook handle. Breathing rhythm is very superficial.

The runner with athetosis may run a butterfly style keeping the legs together to stabilize them and avoiding them to cross over one another. They have great problems getting into a consistent running technique as the athetosis influences any attempt to get into an automatic running pattern. Strapping of arms and body are often needed. Tonic neck reflexes may be present. Breathing rhythm is seriously abrupt.

The runner with hypotonia may run a poor classic style with dragging feet and looks as he is extreme lazy and unmotivated or being unable to bend, lift, kick away with the legs, as well as lifting head and holding on to the steering handle. However it may be that it takes a long time to built and fire enough nerve stimuli to get the muscles to react.

TRR2

FUNCTIONAL

Athletes have quadraplegia with considerable spasticity, athetosis and/or ataxia. One side may be slightly less/ different affected than the other as well as upper or lower body may be less/ different affected. Some are able to walk with assistive devises with great difficulties. They have major difficulties coordinating or lack the ability to bend and/ lift joints in the legs. They may have difficulties with grasp and release of the steering handle and reduced control and/or power causing unsteady arm position so may use extra support of arms. They have reduced control of body and head and shoulders. Sometimes breathing is quite affected by the spasticity.

START

May have some problems to initiate their running style after the shot. Accelerations: May have some problems maintaining the running rhythm when transferring from the medium speed to max. speed due to drop out of rhythm by legs and breathing. Top speed: The technique is clearly affected by spasticity and coordination

problems – uneven running pattern or lack of bend, lift and kick away in the stride or inability to bend and lift the one leg while stretching and kicking away with the other leg.

RUNNING STYLES

The runner with spastic quadriplegic spastic quadriplegia is able to run a classic style with short strides, a gallop or a butterfly with a lot of trunk-pelvis mobility. Reflexes can be inhibited to a different extend, but they are able to establish an automatic running technique. Most runners will have enough hand and arm function to hold on and drag the lower body off the saddle over body support plate. Arms are reasonably steady. They may use extra handles. Breathing rhythm may be a little superficial.

The athlete with athetoid quadraplegia often has spasticity or ataxia as well and usually runs in an athetoid spastic classic style. The technique may seem power full but is inefficient. They have difficulties controlling their technique despite good strength. The foot has a very short stride and they can't bring the leg much forward. They are able to - but have difficulties to grasp and release the steering handle and have reduced control of the body. Breathing rhythm is obviously affected.

The athlete with hypotonic quadriplegia may run in a gallop style. Some will lift the hip section more than others because of different fitness level and affected arms and hands. Or they may run in a short stride classic style with drag of the legs.

TRR3

FUNCTIONAL

Athletes have severe hemiplegia, moderate diplegia spastic or hypotonic, athetoid quadriplegia. May be able to walk with major difficulties or with assistive devises. If the physical problems are considerable, the senses and sensory integration problems are less, however it can also be the other way around. Some runners with acquired impairments may be quadriplegic injured and may be more spastic but have a better sensory modulation, making them belong in this class.

START

Generally have a good start, though runners sensitive to sudden loud sounds may have to learn to control their reaction and have some difficulties doing rapid dynamic and powerful strides. Accelerations: Will have some problems maintaining rhythm transferring to a higher speed, such as drop out of rhythm by legs and breathing. At Top speed the technique is visibly affected by spasticity and coordination problems.

RUNNING STYLES

The runner with severe hemiplegia runs a slow single gallop and is severe spastic on the poor side and does also have some spasticity on the better side. Speed of movements on the better side is slowed down by the poor side. The runner will use their best arm to do most of the steering and may use extra support for the poor arm. They may have difficulty relaxing while running despite reasonable control of the body. Spasticity may affect breathing rhythm.

The runner with moderate spastic diplegia may run a gallop style with a spastic lower body, but may be hypotonic in the upper body. When attempting to run fast, spastic reactions may be seen in hip, knee and ankle muscles. These runners are not able to coordinate the usual bending pattern when running. Instead due to a reasonable good arm and upper body function they are able to hold on to the steering handle and lift the body away from the saddle and swings the legs forward almost parallel, let them fall into the ground and kick away by the help of the gluteus muscles. They may have slight difficulties changing speed. Breathing and ability to relax in trunk may be some affected. Sensory integration may be affected e.g. delayed focusing and finding the mid line.

The runner with spastic quadriplegia is equally affected in arms and legs and may run in the classic style with reduced strides. It seems as a good rhythm but lacks the force that gives speed.

TRR4

FUNCTIONAL

Athletes with spastic Hemiplegia or diplegia spastica, hypotonia and/or athetosis. Standing balance is visibly affected - even when using assistive devices. When running on the running bike they easily maintain a good rhythm, though the stride may be different one leg to the other. They have a well coordinated and near normal start. Fatigue may increase spasticity, but it can be diminished though proper positioning on the running bike and training.

Note: Athletes that may have other diseases and injuries that fit in this class can be athletes with double amputations e. g. at knee and elbow, dwarfism or other disabilities resulting in a similar functional potential.

RUNNING STYLES

The runner with spastic hemiplegia (one (almost) normal side and spasticity in the other side) runs dominantly singular gallop with good long strong strides. The Hemiplegic side has good control of slow movements but reduced control of fast movements. Body, arm and hand may be affected too, yet still helps steering and stability. This runner will usually run in a single gallop at max steady speed, but they may run classic run at the start and at low steady speed. The poor leg is more functioning as counter balance than gives power in itself.

The runner with diplegia, with more spasticity in the lower than the upper extremities, usually runs classic run or gallop. Arms may have a little spasticity at close examination of dynamic movements. The runner with diplegia, with good upper body will usually run a classic run with reduced bend of the knee and foot.

The runner with diplegia, with poor upper body, will usually run a classic run with good mobility of all the leg but due to lack of stability the rhythm may be slow or less aggressive. If the spasticity is dominantly in the upper body it may affect breathing and ability to relax in trunk and throat as well as ability to relax arms when running and holding on to the steering handle.

Other athletes may also run classic or gallop and have an injury with good control of almost all parts of the body, but have problems doing fine coordinated fast movements or a considerable lack strength in certain muscles or contractions/amputations of the leg and arm affecting the running pattern.

TRR5

FUNCTIONAL

Athletes with a disability related to either leg function or all of the body, at least equal to IPC´s general minimal disability criteria. Athletes may be CP6, 7 or have other disabilities general affecting their physical performance level e.g. scleroses with reduced vision or juvenile arthritis. International championships are not run in this class.

RUNNING STYLES

They typically run in the classic running style, though there may have a little ataxia or lack of strength, coordination or mobility of joints. It is often more visible at the start, when resting or transferring on and off the bike.

DIVISION ONE

1.0 EQUIPMENT

Open Field Class Events / Implement Weights 1/1/2012

Class/Age		Shot Put			Discus			Javelin			Club	
Class	***Age***	***Male***	***Female***		***Male***	***Female***		***Male***	***Female***		***Male***	***Female***
F11-13	Open	7.26K	4K		2K	1K		800g	600g			
F20	Open	7.26K	4K		2K	1K		800g	600g			
F32	Open	2K	2K		1K	1K		NA	NA		397g	397g
F33	Open	3K	3K		1K	1K		600g	600g			
F34	Open	4K	3K		1K	1K		600g	600g			
F35	Open	4K	3K		1K	1K		600g	600g			
F36	Open	4K	3K		1K	1K		600g	600g			
F37	Open	5K	3K		1K	1K		600g	600g			
F38	Open	5K	3K		1.50K	1K		800g	600g			
F40	Open	4K	3K		1K	.750K		600g	400g			
F41-F44	Open	6K	4K		1.5K	1K		800g	600g			
F45-F46	Open	6K	4K		1.5K	1K		800g	600g			
F51	Open	NA	NA		1K	1K		NA	NA		397g	397g
F52	Open	2K	2K		1K	1K		600g	600g			
F53	Open	3K	3K		1K	1K		600g	600g			
F54	Open	4K	3K		1K	1K		600g	600g			
F55	Open	4K	3K		1K	1K		600g	600g			
F56	Open	4K	3K		1K	1K		600g	600g			
F57	Open	4K	3K		1K	1K		600g	600g			
F58	Open	5K	4K		1K	1K		600g	600g			

2.0 OPEN JUMPING EVENTS

F11	Long jump, Triple jump
F12	High jump, Long jump, Triple jump
F13	High jump, Long jump, Triple jump
F20	Long jump
F42	High jump, Long jump
F44	High jump, Long jump
F46	High jump, Long jump, Triple jump

3.0 IPC OPEN INDIVIDUAL TRACK EVENTS

T11-13	100m, 200m, 400m, 800m, 1500m, 5000m
T20	1500m (only 2012 IPC Paralympic Event)
T32	100m, 200m, 400m
T33-38	100m, 200m, 400m, 800m, 1500m
T42	100m, 200m, 400m
T44	100m, 200m, 400m, 800m, 1500m
T46	100m, 200m, 400m, 800m, 1500m, 5,000m, 10,000m
T51 & T52	100m, 200m, 400m, 800m, 1500m, 5,000m
T53 & T54	100m, 200m, 400m, 800m, 1500m, 5,000m, 10,000m

4.0 OPEN TEAM TRACK EVENTS

Classes T11-13	4 x 100m circular relay
Classes T35-38	4 x 100m circular relay
Classes T42-46	4 x 100m circular relay and 4 x 400m circular relay

Classes T51 - T52 4 x 100m circular relay and 4 x 400m circular relay
Classes T53 – T54 4 x 100m circular relay and 4 x 400m circular relay

5.0 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 OPEN PENTATHLON

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
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
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
P54-58	Shot put	Shot put	Javelin	Javelin	200m	200m	Discus	Discus	1500m	1500m

10.0 COMPETITION AREAS

FIELD

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

10.1 TRACK LAYOUT

(IPC 15) The track shall be a 400 meter oval track with 2 parallel straight-aways of equal length, a single radius
(IAAF 160) turn, and recommended 8 lanes with each lane recommended minimally 42" (1.06 meters) with only the line on the right hand of each lane included in the measurement of the width of each lane. The track surface shall be level and should have no more than 1:100 inclination and is highly recommended to be a fast track surface "Mondo like" track. An inside rail is recommended but not required. The lane markings should be consistent with IAAF rule 160.

11.0 ADVERTISING WITHIN THE ARENA

11.1 INTERNATIONAL COMPETITIONS

(IPC 1.5) At International Games, advertising within the area enclosed by the running track or elsewhere where
(IAAF 8) 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.

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 WTFUSA in conjunction with the Local Organizing Committee.

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 under IAAF rules, the rules on advertising of the IAAF must be used.

12.0 TECHNICAL EQUIPMENT

(IPC 1.5)
(IAAF 8)

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.

13.0 CIRCLE - CONSTRUCTION

(IPC 30)
(IAAF 187)

Circles 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 ±6mm lower than the upper edge of the rim of the circle.
Measurements - The inside diameter of the circle shall be a minimum of 2.135m ±5mm and a maximum of 2.5m ±5mm.
The rim of the circle shall be at least 6mm in thickness and shall be painted white.

13.1 **SPORT CLASS F32-34, F51-58**

A stop board is unnecessary for all athletes competing from throwing frames.

WTFUSA sanctioned Field events: may be held on grass without a cage, if a caged circle is not available. Proper safety shall be in place to ensure implements do not hit athletes or spectators.

14.0 THE THROWING SECTORS

14.1
(IPC 30)
(IAAF 187)

For a valid trial, the implement must fall so that the 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.

14.2 **STOPBOARD**

(IPC 31.2)
(IAAF 188)

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 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 **STOPBOARD MEASUREMENTS**

(IPC 31.3)
(IAAF 188)

The board shall measure 11.2cm to 30cm wide, 1.21m +- 0.01 to 1.23m long on the inside and 10cm +- 0.2cm high in relation to the level of the inside of the circle
NOTE: Stopboards to the 1983/84 rules remain acceptable.

15.0 JAVELIN RUNWAY AND LANDING SECTOR

15.1
(IPC 30.9)
(IAAF 187)

The runway should be no more than 36.5m, but not less than 30m long. It shall be marked by two parallel lines 50mm in width and 4 meters 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 a strip painted or made of wood or metal 70mm in width. 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.

15.2 **MARKERS**

(IAAF 187) 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 HOLDING DEVICE

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

(IPC 32.3) It is advisable that discus and club be conducted from a cage as described below.

(IAAF 190)

a) All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials, and competitors. The cage specified in this rule is intended for use in a major stadium with spectators all the way around the outside of the arena and with other events beside discus throwing taking place in the arena. Where this does not apply and especially in training areas, a much simpler construction may be entirely satisfactory. Advice is available on request from National organizations or from the IAAF Bureau.

b) The cage must be designed, manufactured, and maintained so as to be capable of stopping a 2kg discus moving at a speed of up to 25m per second. The arrangement should be such that while stopping the discus, there is no danger of it ricocheting off fixed members of the cage, back towards the athlete or over the top of the net.

c) The cage should be U shaped in plan, consisting of a minimum of 6 panels of netting 3.17m wide. The width of the mouth shall be 6m, positioned 5m in front of the center of the throwing circle. The minimum height of the netting panels should be at least 4m. Provision must be made in the design of the cage to prevent a discus forcing its way through any joints in the cage or netting or underneath the netting panels.

d) The netting for the cage can be made from suitable natural or synthetic fiber cord or alternatively from mild or high tensile steel wire. The maximum mesh size shall be 50mm for wire and 40mm for cord netting. The minimum size of cord or wire depends critically on the construction of the cage, but the minimum breaking stress should be at least 40kg. In order to ensure the continued safety of the cage, the steel netting should be inspected after every 12 months of continuous service.

NOTE: Visual inspection is not sufficient for fiber cord. Instead, several 'Tell Tale' lengths of the standard cord should be worked into the netting by the manufacturers. One of these can be removed after every 12 months continuous service and tested to ensure the continued strength of netting.

e) The maximum danger sector for discus throws from this cage is approximately 98 degrees, including both right and left handed throwers. The position and alignment of the cage in the arena, is therefore, critical for its safe use.

DIVISION TWO: THE COMPETITION GENERAL

20.0 INTERNATIONAL GAMES

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

a) Paralympic, World Championships, and International Games open to all IPC 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 WTFUSA National Championships and sanctioned Regional Championships WTFUSA rules shall apply.

21.1 GENERAL INFORMATION

a) WTFUSA National Championships shall be held in Track and Field, Long Distance Racing and Combined Events. These Championships shall be open to any WASUSA member who meets the following criteria:
   1) Be under 23 (U23) by 12/31 of the year in which the Championship is held for Juniors, Under 40 by 12/31 for Adults and 40 or older by 12/31 of the year in which competition is held for Masters.
   2) Equals or surpasses in an approved qualifying meet the performance standard established by Wheelchair Track and Field, USA for the National Championship events entered. Junior athletes have from August 1 of the year prior to the National Junior Disability Championships (NJDC) to the NJDC registration deadline to meet the qualifying standards. Qualifying meets include those sanctioned by WTFUSA, USA Track and Field or high school athletic associations. (All WASUSA multi-sport sanctioned meets are WTFUSA sanctioned.)
   3) Meet WASUSA eligibility criteria of a permanent disability as presented in the WASUSA Constitution & Bylaws.

b) For reasons appearing good and sufficient, WTFUSA Board of Directors may waive the second criteria above upon petition by the competitor.
c) There shall be championships for the Adult, Junior, and Master Divisions.
d) The site and dates for the WTFUSA National Championships in Athletics shall be determined by the WTFUSA Board of Directors.

21.2 TRACK AND FIELD CHAMPIONSHIPS*

a) The WTFUSA 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.
b) The following are the standard WTFUSA National Championship Track and Field events for the Classed Division:

T11-13	100m, 200m, 400m, 800m, 1500m, 5000m
T20	100m, 200m, 400m, 800m, 1500m, 5000m
T32	100m, 200m, 400m
T33-38	100m, 200m, 400m, 800m, 1500m
T42	100m, 200m, 400m
T44	100m, 200m, 400m, 800m, 1500m
T46	100m, 200m, 400m, 800m, 1500m, 5,000m, 10,000m
T51 - T52	100m, 200m, 400m, 800m, 1500m, 5,000m
T53 - T54	100m, 200m, 400m, 800m, 1500m, 5,000m,

F11-13	discus, shot put, javelin
F20	discus, shot put, javelin
F31	club, discus
F32	discus, shot put, Club
F33-F38	discus, shot put, javelin
F40 –F46	discus, shot put, javelin
F51	club, discus
F52 – F58	discus, shot put, javelin

Relays – Men and Women Team Events

T51 - T52	4 x 100m circular relay
T53 - T54	4 x 100m and 4 x 400m circular relay

* WTFUSA will open the Championships up to all athletes with a physical disability.

c) The Chairperson of WTFUSA or his/her representative(s) shall be Track Referee and Head Field Judge of the Track and Field Championships.

21.3 **LONG DISTANCE RACING CHAMPIONSHIPS**

The WTFUSA 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.

21.4 **COMBINED EVENT CHAMPIONSHIPS**
The WTFUSA shall conduct National Championship competition in the Pentathlon.

22.0 SIMULTANEOUS ENTRIES
(IAAF 142) If a competitor is entered in both a track event and a field event, or in more than one field event taking place simultaneously, the judges may allow the competitor to take his trials in an order different from that decided upon prior to the start of the competition, provided that the athlete notifies the judge before the commencement of the competition.

23.0 PLACE OF COMPETITION
(IAAF 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
(IAAF 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
The smoking of tobacco or other substances shall not be allowed inside the arena.

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 WTFUSA and the IPC.

27.0 DOPING
All competitors shall abide by the rules relating to doping as set by the policy of IPC.

27.1 If drug testing is performed US Anti-Doping and IPC rules and procedures shall apply.

28.0 GIVING ASSISTANCE, ADVICE, OR INFORMATION
(IAAF 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 20(A), (B), and (C), the use by athletes of media players, ear buds, radios, or similar devices in the competition area shall not be permitted.

28.4 **ASSISTANCE IN FIELD EVENTS**

Any athlete receiving advice or assistance 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 only after the first 3 throws but before the fourth throw with the exception for junior athletes. 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.

28.7 **PROSTHESES**

Athletes in classes T42, T43 & T44 shall use leg prosthesis in running events. Hopping in running events is not allowed. In all competitions except running for classes F42, F43 and F44, the wearing of prosthesis is optional. Arm prostheses are optional in all classes and events. Competition prostheses are not considered as appliances which can give the wearer an advantage (reference IPC 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 WTFUSA 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 WTFUSA.

30.0 COMPETITORS' RACE NUMBERS

30.1 The overall size of the race number shall be approximately 24cm (10 inches) x 20cm (8.33 inches) and the height of the numbers shall be a minimum of 12cm (5 inches).

30.2 The name of a sponsor may appear on a competitor's race number either above or below the number. The height of the characters shall not exceed 4cm (1.6 inches).
The same style of number shall be issued to and worn by all competitors.

31.0 CLOTHING

(IPC 6, IAAF 143)

31.1 In all events, competitors must wear clothing which is clean, designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. The competitors must not wear clothing which would impede the decision of the judges.

31.2 At Paralympic & World Championships, competitors shall participate in the uniform clothing officially approved by the National Federation. The Victory Ceremony is considered part of the competition for this purpose.

32.0 FAILURE TO PARTICIPATE

At Regional or National Championships, it is recommended that a competitor be excluded from participation in future events, including relays, in cases where:

a) A final confirmation was given that the athlete would start in an event but then he or she failed to participate without giving a valid reason, so that it was not practicable to delete the name officially from the list of starters.
b) S/He qualified in preliminaries or heats for further participation in an event but then did not compete further without giving a valid reason. This rule need not apply for field events.
c) For events sanctioned by the IPC, IPC rules shall apply.

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

33.0 DISQUALIFICATIONS

(IAAF 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

(IPC Ch. 4, IAAF 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 WTFUSA and the IPC Representative if an IPC 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 makes a decision, there shall be a right of appeal to the Jury.

35.4 **APPLICATION TO THE JURY OF APPEAL**

An application to the Jury of Appeal must be in writing signed by a responsible official on behalf of the athlete and must be accompanied by such deposit as set by the organizers before the appeal is heard. The deposit will be forfeited if the protest is considered to be frivolous. To arrive at a fair decision, the Jury of Appeal shall consult all other available evidence and interview all those whom they consider necessary.

35.5 **GUIDELINES FOR PROTEST PROCEDURE FOR TRACK AND FIELD**

1. Verbally - tell the Official in charge of the event.
   a) If agrees - will tell competitor.
   b) If disagrees - will tell protestor.
   c) If either competitor or protestor disagrees with official's decision - call the Referee.
2. If 1c, the Official will call the 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 and given to the Referee of the event within 30 minutes after the result has been officially announced, with a minimum fee of $25.
   b) Referee calls a meeting of the Jury of Appeal.
   c) The Jury of Appeal makes a final decision and informs all concerned.
   d) The Jury of Appeal decides on the retention or repayment of the fee.

36.0 JURY OF APPEAL

(IPC 4.2)
(IAAF 146)

In National Championships, a jury of appeal shall be appointed by the Organizing Committee and notice 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 WTFUSA.

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

36.2 While in general the jury should not intervene in the course of 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

Competitors must ensure that no urine is allowed to drain on to competition or warm-up areas. Failure to comply with this rule will result in disqualification.

40.0 TIMEKEEPERS

(IPC 20, IAAF 165)

40.1 At National Championships and Regional Level III meets: fully automatic electrical timing and hand timing with a certified watch.
At regional and local meets: hand timing 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 1finish 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

(IPC 20, IAAF 165)

FULLY AUTOMATIC ELECTRICAL TIMING

41.1 * Fully automatic timing equipment shall be used at all meets which are awarded National Championship,

IPC Sanctioned, and/or Regional Level III status.

41.2 Fully automatic electrical timing must utilize equipment which is started automatically by the Starter'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 WTFUSA and records must be reported by photo finish systems in compliance with IAAF/IPC 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.

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 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.

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, etc.
b) Applications for WTFUSA 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. WTFUSA official Record Application Forms are available from the WASUSA National Office or online at: www.wasusa.org by January 1 of each year, IWAS Record Application forms are available online at: www.iwasf.com and IPC record forms are available at the IPC WEB Site. Record applications must be submitted to the WTFUSA Records Committee within two (2) months of the competition where the performance was recorded.
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**

A WTFUSA National Record shall be held only by a nationally or internationally classified US citizen. The deadline to have this in place is October 31 of the competition year for which the record has been set. The performance must have occurred: 1) during a sanctioned WTFUSA/IPC competition and proper application for recognition of the record must have been submitted in accordance with these rules, or 2)

during an IWAS, USP, or IPC recognized competition whose results have been officially reported to WASUSA, WTFUSA, or made publicly available (e.g. via official web site reporting).

42.1 WORLD OR AMERICAS RECORDS

Records shall only be ratified when accomplished at a competition sanctioned by the IPC and must be signed by the Technical Delegate appointed by IPC. See the IPC 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 not have been made on a wooden surface track.
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 WASUSA or WTFUSA or USAT&F or IPC.
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

Records may be made only on a track which is not banked and will be recognized only as specified in the following rule:

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. 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 IAAF/IPC or IAAF/USATF procedures.
d) 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.
e) 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
f) In a race run in lanes, no record will be accepted where the competitor has infringed inside on the curve or bend of his/her lane.
g) 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 following the conclusion of the event and the exact measurement is recorded on the record application form. 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, dated within one year of the performance.

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 National, Americas, or World record performances in field events shall be made by a field judge and the referee using a steel tape and shall be submitted in meters and centimeters.
c) At Junior Nationals, National records shall be measured as in (b) or by an adjacent field judge with a steel tape.

43.3 RECORD DOCUMENTATION AND REPORTING

a) An athlete may and can hold records in both Open and Master 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 are valid and will remain.

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) EXCEPTION: If an athlete has been classified as having a split class. This classification will allow for that athlete to hold the record in 2 classes at the same time.

d) A file will be kept of the names of those athletes being removed from a record because of a classification change,

e) 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 WASUSA, WTFUSA section book printing. HOWEVER, the current record can be seen under records on www.wasusa.org.

43.4 **JUNIOR NATIONAL RECORDS**

Beginning 1/1/2011 Junior National records may be set at Level III Regional meets and other IPC sanctioned events. Junior records from 1/1/1999 to 12/31/2010 could only be set and broken at the National Junior Disabled Championships.

WTFUSA will maintain NJDC meet records in addition to Junior National records.

DIVISION THREE: SPECIFIC RULES FOR TRACK EVENTS

50.0 WHEELCHAIR EQUIPMENT

(IPC 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 round hand rim is allowed for each large 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 races of 800 meters and longer (track & road) is mandatory for adults. All Juniors must wear helmets for all racing events and helmets are strongly recommended for all distances. 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.

50.13 For classes T32-34, T51-T54 in races of 800 meters and longer, the referee has the authority to remove any athlete/s that is/are lapped.

51.0 RACE RUNNING EQUIPMENT

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
Front wheel size: up to 63.5cm or 25 inches. Rear wheel size up to 68.5cm or 27 inches.
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 handle bars 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.

52.0 ROUNDS AND HEATS

(IPC 21) (IAAF 166) Preliminary rounds (heats) shall be held in track events in which the number of competitors is too large 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 The heats, quarter-finals and semi-finals shall be arranged by the Committee conducting the Meet with the appointed Technical Delegates where appropriate.

52.3 A competitor shall not be allowed to compete in a heat other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.

52.4 In all preliminary rounds, at least the first and second in each heat shall qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.
Any other competitor to qualify for the next round shall be decided either according to his or her placing or according to his or her time.
Where any competitors are to qualify by times, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

52.5 For events 100 to 800 meters inclusive, and relays up to 4x400 meters where there are several successive rounds of a race, lanes will be drawn as follows:

a) In the first round, lanes will be drawn for each competitor.
b) For the following rounds, two draws will be made:
- one for the athletes with the four best times to decide on placing in lanes 3, 4, 5, and 6.
- the other for athletes with the four slowest times, who will draw for lanes 1, 2, 7, and 8.

NOTE: Where there are less than 8 lanes, the above system with the necessary modifications should be followed.

53.0 SUGGESTED SYSTEM OF PROGRESSION ON A 6-LANE TRACK

(8-LANE IN BRACKETS)

100M - 800M

Number of Entries	**Rounds**	**Progression on Places and Times**
1-6 (1-8)	0 x heats 0 x semi-finals FINAL	At the programmed time
7-12 (9-16)	2 x heats	First 2(3) places in each heat plus the next 2(2) fastest times, progress to the FINAL
13-18 (17-24)	3 x heats 2 x semi-finals	First 3(4) places in each heat plus the next 3(4) fastest times, progress to the First 2(3) places in each semi-final plus the next 2(2) fastest times, progress to the FINAL
19-24 (25-32)	4 x heats 2 x semi-finals	First 2(3) places in each heat plus the next 4(4) fastest times, progress to the First 2(3) places in each semi-final plus the next 2(2) fastest times, progress to the FINAL
25-30 (33-40)	5 x heats 3 x 1/4 finals 2 x semi-finals	First 3(4) places in each heat plus the next 3(4) fastest times, progress to the First 3(4) places in each 1/4 final plus the next 3(4) fastest times, progress to the First 2(3) places in each semi-final plus the next 2(2) fastest times, progress to the FINAL
31-36 (41-48)	6 x heats 3 x 1/4 finals	First 2(3) places in each heat plus the next 6(6) fastest times, progress to the First 3(4) places in each 1/4 final plus the next 3(4) fastest times, progress to the

2 x semi-finals	First 2(3) places in each semi-final plus the next 2(2) fastest times, progress to the FINAL

NOTE: The first 3(4) places in qualifying rounds of competition shall be allocated the center lanes and the other qualifiers the remaining lanes.

1,500m (Recommended 10 max / event)

Number of Competition Entries	Rounds	Progression on Places and Times
1-10	0 x heats FINAL	 At the programmed time
11-20 (11-20)	2 x heats	First 3(3) places in each heat plus the next 4(4) fastest times, progress to the FINAL
21-30 (21-30)	3 x heats 2 x semi-finals	First 4(5) places in each heat plus the next 8(5) fastest times, progress to the First 3(3) places in each semi-final plus the next 4(4) fastest times, progress to the FINAL
31-40 (31-40)	4 x heats 2 x semi-finals	First 3(4) places in each heat plus the next 8(4) fastest times, progress to the First 3(3) places in each semi-final plus the next 4(4) fastest times, progress to the FINAL

*** 5,000 - 10,000m** (Recommended 10 per event)

1-12 (1-12)	0 x heats FINAL	 At the programmed time
12-24 (12-24)	2 x heats	First 4 in each heat plus the next 5 fastest times, progress to the FINAL
24-36 (24-36)	3 x heats 2 x semi-finals	First 6 places in each heat plus the next 8 fastest times, progress to the First 3(3) places in each semi-final plus the next 4(4) fastest times, progress to the FINAL

54.0 MINIMUM TIMES BETWEEN HEATS

(IAAF 158) 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	90 minutes
Over 1000 meters	Not to be contested on the same day

55.0 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

(IPC 17)
(IAAF 162) All races shall be started by the actual report of a pistol or any similar apparatus fired upwards into the air, but not before all the competitors are set on their marks.

56.1 At all meets, the words of the Starter shall 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. 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 has to 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 shall be disqualified with the exception of juniors; Futures, U11, and U14 get one false start on the field then all subsequent false starts are 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.

NOTE1: In practice when one or more competitors makes 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.

NOTE2: As per Rule 129.7, in wheelchair races (T32-34, T51-54) 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.

56.7 **STARTING BLOCKS**
(IPC 16)
(IAAF 161)
(For classes T42 –T46) Starting blocks may be used for all races up to and including 400m (including the first leg of the 4x100m and 4x400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.
Note: (For classes T35-T38 & T42 –T46) A four point stance is not required by athletes in any class, and a standing start is acceptable.
Note: 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: (For classes T51 –T54) Starting blocks are not required.

56.8 **RACE RUNNING**

a) Class TRR1 athletes are allowed two lanes.
b) Use of starting blocks are allowed for all RR classifications for the 100M and 200M.

57.0 **PROPELLING THE CHAIR/RACE RUNNER**
Progression by any method except the competitor pushing on the wheels or hand rims will result in disqualification.

57.1 **RUNNING IN LANES**
(IAAF 163)
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 If a competitor is pushed or forced by another person to wheel or run outside his lane and if no material advantage is gained the competitor should not be disqualified.
If an athlete either:

(i) Wheels or steps outside his lane in the straight, or
(ii) Wheels or steps outside the outer line of his lane on the bend or curve, with no material advantage thereby being gained, and no other competitor is obstructed, then he should likewise not be disqualified.

Apart from the above exceptions, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has wheeled or stepped outside his lane, he shall be disqualified.

57.3 **CHECK-MARKS**

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

57.4 **LEAVING THE TRACK OR COURSE**

(IAAF 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**

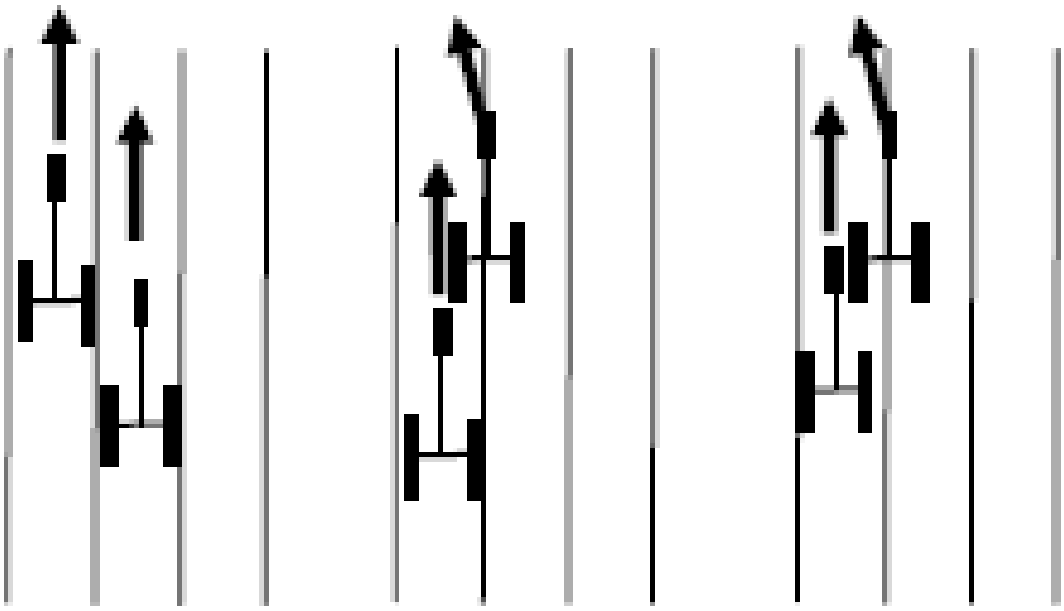
(IAAF 163) Any competitor who jostles or obstructs another competitor so as to impede his progress shall be liable to disqualification from that event. If in any race a competitor is disqualified for any of these reasons, the Referee shall have the authority to order the race to be reheld excluding the 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.

57.6 In Race Running the area between the rear wheels of the running device is solely reserved for the runner.

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

(IPC 19, IAAF 164)

58.1 Order of finish and timing is determined when the Axle of the Lead Wheel reaches the vertical plane of the nearer edge of the finish line. (T32-34, T51-54)

58.2 When the Torso of an Ambulatory runner Crosses the Finish Line.

60.0 SPECIFIC RULES FOR CLASS 50's RELAY RACES

60.1 **LANES**
(IPC 23) Each team shall be allocated two adjacent lanes.

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 relay to be run in lanes, the competitors may wheel in either of their two allocated lanes.

60.4 Lines also shall be drawn 10 meters before and after the scratch line to denote the take-over zone, within
(IAAF 170) which lines, the take-over shall take place. These lines are to be included in the zonal measurements. In races of 4 x 100 meters, members of a team other than the first competitor may commence wheeling not more than 20 meters outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit.

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.

Lines shall be drawn 20 meters before the take-over box to denote the acceleration zones.

60.5 **CHECK MARKS**
(IAAF 170) When a relay race is being run in lanes, a competitor may place a check mark within his own lane using a material approved by the Organizers.

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**
(IPC23) (T32-34, T42-46, T51-52 & T53-54)
The take-over shall be by a touch on any part of the body of the out-going competitor within the take-over zone. Both competitors' bodies must be in the zone for a tag.
(T11-13)
(a) Either the athlete or the Guide –runner can carry the baton.
(b) Baton exchange may take place between either Guide-runners or athletes without restriction.
(c) The Guide and Athlete must be in the tag zone at the time of the exchange.
(d) The outgoing runner cannot reenter the take-over zone to receive the baton (I.e. if they go too early)
(e) One (1) Guide per Exchange Zone will be allowed on the track to help with the positioning of any T12 athlete competing without a Guide-runner.

60.8 After the touch, competitors should remain in their lanes or zones until the course is clear, to avoid
(IAAF 170) 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.

60.9 **THE RELAY TEAM**
(IAAF 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 he has qualified in either the 100m for the 4 x 100 or the 400m for the 4 x 400.

60.10 In relay races, teams in theT33-34, T51-T52 and T53-T54 competition shall contain at least one member from the more disabled class.

60.11 All members of a relay team must wear the same colors for competition.

60.12 In 4x100m relays for classes 42, 43, 45, the composition of the team shall be: maximum 2 per team from class 45.

60.13 In 4x100m and 4x400m relays for classes 44, 46, the composition of the team shall be: maximum 2 per team from class 46. (Use baton).

60.14 In the medley relay (800m; 400; 200m; 200m) at least one runner shall be from class 44, or 43 or 42.

60.15 In relay races, teams in theT35-38, the competition shall contain a maximum of two (2)T38 athletes.

60.16 An Open Relay (male or female) (42-46 and 51-54) may be offered where there are insufficient athletes of appropriate classes. The change would be by touch or baton as determined in the appropriate rules.

70.0 SPECIFIC RULES FOR ROAD RACING

(IPC 50, IAAF 240)

70.1 The equipment specified in 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 TAC 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

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

(IPC 50) Drafting behind an athlete from another Sports Class or Gender is prohibited.

NOTE 1: Drafting for road racing is defined as seeking a performance advantage by following another athlete within a distance of less than 5m for 400m or longer.

NOTE 2: The sport class portion of this rule does not apply to races over 800M, which are considered open classification races for T53 and T54 athletes.

73.0 60M WEAVE

(Power Wheelchair)

(a) 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).

(b) 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.

(c) The slalom markers at each gate should be placed 2 meters apart, creating a 2 meter long gate. (See diagram.)

(d) 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.

(e) **Knocking down 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

```
Start        10m     20m     30m     40m     50m     60m
Lane l _____x | x___x | x___x | x___x | x ___x | x ____|
Lane 2         \ /     \ /     \ /     \ /     \ /
               2m      2m      2m      2m      2m      Finish
```

DIVISION FOUR: THROWING EVENTS

80.0 USE OF COMPETITOR'S OWN IMPLEMENTS

(IAAF 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 the conduct of all events.

THROWING IMPLEMENT SPECIFICATIONS

81.0 DISCUS

(IPC 32, IAAF 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 169mm	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 37mm	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
(IPC 33, IAAF 193)

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 B age division 400gm and Junior A 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.	1.85m	2.00m	2.20m	2.30m	2.60m
	Max.	1.95m	2.10m	2.30m	2.40m	2.70m
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.	0.75m	0.78m	0.80m	0.86m	0.90m
	Max.	0.80m	0.88m	0.92m	1.00m	1.06m
Diameter of shaft at thickets 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

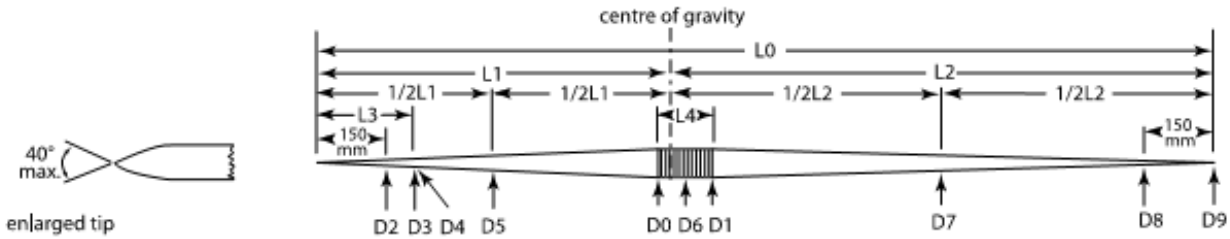


Figure 25 – International Javelin

Lengths (all dimensions mm)						Diameters (all dimensions mm)					
		Men		Women				Men		Women	
Serial	Detail	Max	Min	Max	Min	Serial	Detail	Max	Min	Max	Min
L0	Overall	2700	2600	2300	2200	D0	In front of grip	30	25	25	20
L1	Tip to C of G	1060	900	920	800	D1	At rear of grip	–	D0-0.25	-	D0-0.25
1/2L1	Half L1	530	450	460	400	D2	150mm from tip	0.8 D0	–	0.8 D0	–
L2	Tail to C of G	1800	1540	1500	1280	D3	At rear of head	–	–	–	–
1/2L2	Half L2	900	770	750	640	D4	Immediately behind head	–	D3-2.5	–	D3-2.5
L3	Head	330	250	330	250	D5	Half way tip to C of G	0.9 D0	–	0.9 D0	–
L4	Grip	160	150	150	140	D6	Over grip	D0 + 8	–	D0 + 8	–
						D7	Half way tail to C of G	–	0.9 D0	–	0.9 D0
						D8	150mm from tail	–	0.4 D0	–	0.4 D0
						D9	At tail	–	3.5	–	3.5

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.

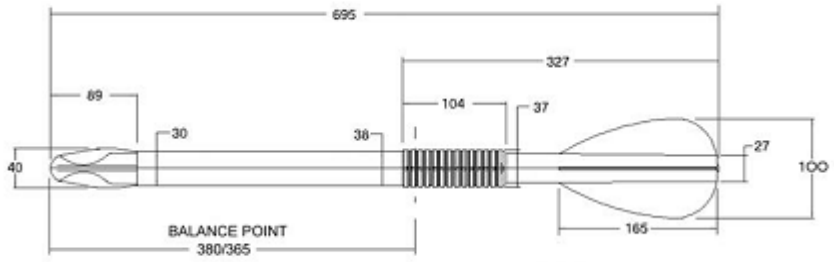
82.7 All Junior "B" age divisions which have the javelin as an event throw the 400gm Javelin. All Junior "A" age division which have the javelin as an event throw the 300 gm turbo javelin.

82.8 DESCRIPTION OF TURBO JAVELIN

The shaft, grip and fins shall be made out of plastic. The tip shall be made of soft rubber with a blunt, rounded end. The fins will be flat and smooth i.e. no flutes or bends and shall be perpendicular to the surface of the javelin. All shall conform to the following specifications:

TURBO JAVELIN (300 gm)

Overall Length min. mm 685
Overall Length max. mm 705
Length of Head min. mm 84
Length of Head max. mm 94
Tip Diameter at largest point, min. mm 37
Tip Diameter at largest point, max. mm 43
Distance from tip to CG min. mm 365
Distance from tip to CG max. mm 380
Diameter of Shaft forward of grip min. mm 30
Diameter of Shaft forward of grip max. mm 38
Diameter of Shaft behind grip min. mm 24
Diameter of Shaft behind grip max. mm 30
Diameter of Shaft at grip min. mm 34
Diameter of Shaft at grip max. mm 40
Width of grip min. mm 99
Width of grip max. mm 109
Location of front of grip from tip of tail min. mm 322
Location of front of grip from tip of tail max. mm 332
Number of Fins 4 Fin
Length min. mm 162 Fin
Length max. mm 168
Fin diameter (peak to peak opposing fins) min. mm 95
Fin diameter (peak to peak opposing fins) max. mm 105



83.0 CLUB
(IPC 37)

83.1 **CONSTRUCTION**

The Club shall be made of wood with a metal end.

83.2 **SPECIFICATIONS**

Overall length (including metal end)	Min. Max.	35cm 39cm
Diameter of widest part	Min. Max.	5cm 6cm
Diameter of neck	Min. Max.	1.8cm 2.0cm
Weight	Min. Max.	397gm 425gm
Description of metal end – Thickness	Min. Max.	1.25cm 1.30cm
Diameter	Min. Max.	3.8cm 3.9cm

84.0 SHOT
(IPC 31, IAAF 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
Weight	Nom	7.26	6.00	5.00	4.00	3.00	2.00	1.00
Min. Record		7.260	6.00	5.000	4.000	3.000	2.000	1.00
Range for supply:	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		
	Max.	130mm	125mm	120mm	110mm	110mm	110mm	110mm

85.0 SOFTBALL

85.1 **DESCRIPTION**

An11" softball with a leather cover with stitches along the seams and approved by the ASA (American Softball Association).

85.2 **SPECIFICATIONS**

Size: Circumference range from 10 7/8" to 11 1/8"
Cover: Leather
Weight: Weight range from 5 7/8 to 6 1/8 ounces or 165 – 175 grams.
Stitches: Not less than 88 stitches

86.0 RULES GOVERNING CHAIRS FOR FIELD EVENTS

(IPC 35)

86.1 Any part of the throwing frame including the cushion, used as the seat must not exceed 75cms in height. 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). If a back rest is used it must be 90 degrees to the seat and may not flex. (See IPC rule 5.20.1, 5.20.2).
Note: The chair must be measured without the athlete sitting in it.

86.2 For classes F31-34 & F51-F58 no part of the chair (including footrest) may be outside the circumference of the circle.

86.3 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.

86.4 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 NJDC and Regional events is considered to be all pit areas.

86.5 It shall be the responsibility in the first instance, of the official conducting the event to rule on the safety of the chair.

86.6 A day chair that satisfies these criteria is acceptable.

86.7 Placing Frame in the circle should not normally exceed two minutes for classes F32-34 and F54-58 or three minutes for classes F31 and F51-53 to position.

86.8 In the event of a holding device 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..

88.0 COMPETITION RULES FOR FIELD EVENTS

88.1 **THE ORDER OF THE TRIALS**

(IAAF 182/186) The order in which the competitors take their trials shall be drawn by lot. Also see Rule 22.
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.

88.2 **ATHLETES WHO STAND**

Each trial shall be taken in the order of the draw.

89.0 THE NUMBER OF TRIALS

(IAAF 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-F58 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

(IAAF 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 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. An athlete's foot may touch the ground, provided they remain inside the circle.
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
(IAAF 182.7) a sector as described in Rule 3.

90.2 **DELAYING THE THROW OR PUT**

(IAAF 142.4) 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 time should not normally be exceeded for each trial; in case of shot put, discus, javelin, or club, 1.0 minutes.

90.3 **INTERRUPTING A TRIAL**

(IAAF 182.6) 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 **LEAVING THE CIRCLE**

(IAAF 182.6) 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 Implements Breaking

(186.5g) If any implement breaks 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.

91.0 (187) **DEVICES FOR THE HANDS**

** 91.1* 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 QUADRIPLEGICS**

(Sport Classes F51- F53)

Athletes in Sport classes F51-53 (i.e. quadriplegic 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, F54-58 must not use gloves.

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

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

93.0 MEASUREMENT

(IAAF 145.1)

93.1 All measurements must be made with a certified steel or fiberglass metric tape or bar, and 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

(IAAF 182.9) 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

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

95.0 DECIDING A TIE

(IAAF 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.

96.0 SHOT PUT ACTION

(IAAF 181.5) The Shot shall be put from the shoulder with one hand only. At the time the competitor commences a put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting. The shot must not be brought behind the line of the shoulders. From start to finish, the movement must be a continuous putting action.

97.0 JAVELIN ACTION

(IAAF 186.5) Requirements for a valid throw:

a) The javelin must be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled. Non-orthodox styles are not permitted.
b) No throw shall be valid in which the tip of the metal band does not strike the ground before any other part of the javelin. This applies to adults and the U17, U20, & U23 Junior Classes
c) 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 (F52-58 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.

98.0 LIFTING AND FOULING

98.1 Classes F32-34, F51-58: A competitor shall commence a throw or put from a sitting position, and, if lifting takes place, must keep one foot in contact with the ground inside the circle until the implement is released. The commencement is regarded as the forward movement which ends with the release of the implement.

Athletes can use their leg or legs during the throwing action, provided they maintain a sitting position.
NOTE: The intended "sitting position" is for at least one buttock to be in contact with the seat of the frame whereby the athlete would be able to balance if they were asked to lift their feet off the ground.
Athletes also have the option of finishing the throw or put in an upright position provided they

a) Maintain a sitting position on their throwing frame until the first forward movement which results in the release of the implement (i.e. any preliminary swings or rocking movements must be done from a sitting position).
b) Maintain foot contact with the ground inside the circle until after the implement has been released.
   NOTE: The intended "foot contact with the ground" is for at least the ball of the foot to be in contact with the ground inside the circle. The contact foot can turn as per an "able-bodied" active foot action, but it cannot lift or step until the throw has been released.
c) The contact foot may be secured to the ground by strapping or a foot plate, but the thickness of the plate must be <1cm, so that it does not provide a height advantage to the athlete. Any foot-securing device must only be at ground level flat to the ground and must not increase the height of release of the implement (e.g. by throwing off raised footplates and the like).
d) The non-contact foot is free to move within the throwing area as defined by the rules of the event (i.e., the athlete may step into the throw with the non-contact foot);
   NOTE: If an athlete presents with an anatomical limitation that prevents them adhering to the above requirements (e.g. a bilateral amputee), then an assessment will need to be made by the

IPC Athletics Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available, that the athlete is throwing within the spirit of the rules.

99.0 HOLDING DEVICE BREAKING

If a holding device 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.

100.0 PENTATHLON

Competition Classes: There will be separate competitors in this event for each class and separate events for men and women in each class.

100.1 **EVENTS CONTESTED**

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

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
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
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
P54-58	Shot put	Shot put	Javelin	Javelin	200m	200m	Discus	Discus	1500m	1500m

100.2 **FAILING TO START AN EVENT**

(IAAF195.10) 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 placings.

100.3 **INTERVAL BETWEEN EVENTS**

(IAAF 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**

(IAAF 195.6) The WTFUSA 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 starts.

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**

(IAAF 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

(IAAF 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 JUMPING EVENTS FOR AMPUTEES

101.1 **CLASSES F42 –F44**
Lower limb disability classes may use a running or hopping start in jumping events.

101.2 If, in the process of jumping, an athlete loses prosthesis, the mark where the prosthesis lands, if it is the closest mark to the take-off board, shall be measured.

101.3 If the prosthesis is lost during the run-up, the athlete can adjust it and continue within the allowed time, with or without the prosthesis.

101.4 If the prosthesis lands outside the landing area it shall be counted as a foul and recorded as such.

101.5 **CLASS F46**
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.

DIVISION SIX: JUNIOR DIVISION

110 CLASSIFICATION

Junior competitors will be classified using the functional classification system.

111 AGE GROUPS**

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)
under 11 (7, 8, 9, 10) will be displayed U11
under 14 (11,12,13) will be displayed U14
under 16 (14, 15) will be displayed U16
under 18 (16, 17) will be displayed U18
under 20 (18, 19) will be displayed U20
under 23 (20, 21, 22) will be displayed U23

The Futures Division will be able to compete at competitions up to and including regional events but will not Be allowed to compete at Nationals. A Futures division athlete can choose to compete in the U11 age division at Nationals but must compete and qualify in the appropriate class and U11 age division.

112 REGIONAL & NJDC EVENTS

All of the following events must be offered to satisfy recognition at a sanctioned Regional Junior Meet: 40M, 60M, 60M weave, 100M, 200M, 400M, 800M, 1500M, 5000M, shot put, discus, club, and javelin.
Local meets may offer a reduced number of events to accommodate available time and athletes present, but in no case may fewer than six events be offered to any participant.

113 HELMETS

When in the venue, helmets must be worn in all wheelchair Junior racing 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 WTFUSA & IPC rules.

114 EVENT TIME LIMITS

To ensure efficiency of running the event the 5000M has a 30 minute time limit. All athletes still on the track after 30 minutes have elapsed will be required to leave the track and will be given a "Did Not Finish" (DNF) for the race.

115 FALSE STARTS

Futures, U11 and U14 athletes shall follow the rule that allows the first athlete responsible for a false start to be warned. Following this warning, any athlete to false start will be disqualified.
Athletes in the U17, U20, & U23 categories shall follow that any movement following the set position/command shall be deemed a false start.
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 open event for athletes in U16, U18, U20 and U23 with separate awards for each age division.

***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
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
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
P54-58	Shot put	Shot put	Javelin	Javelin	200m	200m	Discus	Discus	1500m	1500m

116.2 **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 NJDC will be determined by scoring each of the five individual events according to WTFUSA pentathlon tables. Qualifying standards are as follows:

	Quad	Para	CP**	Amputee	Blind
Male	1200	1900	1900	XXXX XXXX	
Female	1000	1200	1200	XXXX XXXX	

All other WTFUSA rules 100.2-100.7 apply.

WASUSA junior CP tables will be used for Regional and NJDC. Results published to IPC will use the IPC table.

117 ****RELAYS**

There will be three (3) different Ambulatory or Wheelchair relay teams: all male, all female, or mixed.

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

Any four athletes form a relay independent of disability class.

There are 2 types of relays a 4X100 relay and the 800M Medley relay.

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 Both Ambulatory and Wheelchair relay handoffs from athlete to athlete are by tagging (The baton is not used for Ambulatory athletes to include all athlete classes).

TRACK POINT SYSTEM

Wheelchair

Age Category	Classification		
	T51/52, T32/33	**T53 T34**	**T54**
U11	1	2	3
U14	2	4	6
U16/U18	3	6	9
U20/U23	4	8	12

4 x 100: 10 - 20 - 30 point teams
100 + 100 + 200 + 400: 30 - 40 point teams (800m medley)

Ambulatory

Age Category	Classification			
			T11	**T12/13**
				T20
	T35	**T36**	**T37/38**	
		T41/42	**T43/44**	**T45/46**
U11	1	2	3	4
U14	2	4	6	8
U16/U18	3	6	9	12
U20/U23	4	8	12	16

4 x 100: 10 - 20 - 30 – 40 - 50 point teams
100 + 100 + 200 + 400: 30 – 40 - 50 point teams (800m medley)

117.2 Competitors may enter no more than any two (2) relays. They must be different relay races (male, female, mixed, 4X100, or 800 medley) or point value.

117.3 Junior relay team, to compete at Nationals, must have participated successfully in one relay at Regionals. Three (3) of the four (4) members who qualified must be part of any team wishing to participate at Nationals; one substitute is permitted. The substitute need not have participated in a Regional relay. The relay events contested at Nationals may vary depending on the substitute's sex, class, and age division.

118 EVENTS CONTESTED WITH MULTI-CLASSES

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

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).

A meet Director may offer additional events at his/her discretion.

119 JUNIOR NATIONAL RECORDS

Junior Records can be broken at the National Junior Wheelchair Championships and any Level III Regional or other IPC Sanctioned event and are to be submitted to the National Office via formal application.

120 JUNIOR EVENTS AND QUALIFYING STANDARDS

a) See list of junior events for each classification, age, and gender with associated implements and qualifying standards following the adult qualifying standards at the end of the rulebook.
b) In order to compete in a track and field event at the National Junior Disability Championships, a Junior competitor must equal or exceed the appropriate standard in a WASUSA and/or WTFUSA sanctioned regional competition or in a USA Track & Field or a High School Athletic Association sanctioned meet for each event in accordance with the standards at the end of the rulebook.
c) See Rule 110.6 for relay qualifying standards.

121 DISCUS MOTION

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 MEASUREMENT**

122.1 **AGE DIVISIONS FUTURES THROUGH U14**

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 contact point of the tip, tail, or grip(back of the grip) to the center of the circle or arc.

122.2 **AGE DIVISIONS U16 THROUGH U23**

The measurement of the javelin throw will follow the adult tip-first rule.

DIVISION SEVEN: WTFUSA FORMS

ATHLETICS TRACK APPLICATION FORM FOR CLAIMING A RECORD

Reference must be made to the current edition of the IPC Athletics/WFTUSA Rule Book IPC: 12/13 WTFUSA: 2012/13

□ **USA ADULT** □ **USA MASTER** □ **JUNIOR- AGE U- _____** □ **AMERICAS** □ **WORLD**

NAME OF COMPETITOR: _____ _____
First name Family name

US Citizen (Circle)? Yes No

COUNTRY:USA **CLASSIFICATION:**

DOB (mo/day/yr): **PLACE OF BIRTH:**

EVENT: **EVENT DATE:**

PERFORMANCE: **EVENT MEETING:**

EVENT VENUE: **WIND READING Specify ft/sec or m/sec:**

For relay events, competitor names are required of the team in running order:

1. _____ **2.** _____

3. _____ **4.** _____

TIMEKEEPERS` CERTIFICATE:

Complete Section (1) or Section (2) as appropriate:
(1) A fully automatic, correctly aligned, electrical timing device was used. I confirm the time above.

Name of Photo-finish Chief: _____ **Signature:** _____

(2) We certify that we were official timekeepers of the above event and that the exact time recorded on our watches for the competitor concerned was:

Time	Name	Signature	Grade

I confirm that the **official time** for the competitor named was: _____

Name of Chief Timekeeper: _____ **Signature:** _____

STARTER`S CERTIFICATE:

I certify that the start of the race was in accordance with the relevant Rules.

Name of Starter: _____ **Signature:** _____

EXACT LENGTH OF COURSE:

40, 60, and 100 M events (measured with tape on the day of meet) YES NO

NAME OF COMPETITOR: _____ _____
First name Family name

Other events: _____

(Attach surveyor's certification or specify method of measurement, if not submitted prior to meet)

I hereby certify that the above is an accurate record of the measurement made at the time of the meet.

SIGNATURE OF TRACK MEET DIRECTOR: _____

DOPING CONTROL CERTIFICATE (complete for Americas or World Record):

I certify that the above mentioned competitor(s) provided a sample for drug testing in accordance with the procedures laid down in the relevant Rules.

Name of Official: _____ **Signature:** _____

Status: _____

CLASSIFIER'S CERTIFICATE:
I certify that the competitor(s) named above have an international classification, and that this is shown correctly above.

Name of Classifier: _____

Signature: _____

Status: _____

REFEREE`S CERTIFICATE:

I certify that all conditions laid down in the current edition of the Rules were complied with and that the performance was made in a bona-fide competition in accordance with the Rules. The following information is attached:

1) A schedule giving lap times and the name of the leader for each lap.
2) A copy of the photo-finish picture.
3) A copy of the program of the meeting.

Name of Referee: _____ **Signature** _____

Address: _____

Name of Technical Delegate: _____ **Signature:** _____
(IPC Sanctioned Event)

WTFUSA & IPC Instructions

1. Email ipcathletics@paralympic.org & parublee@uncg.edu within 72 hours of a record being achieved for Americas or World Records.
2. Email parublee@uncg.edu within 72 hours of a record achieved for National Adult, Masters or Junior Records.
3. Complete Application Form and collect supporting paperwork.
4. Mail the Application Form and supporting paperwork within 30 days to WASUSA/WTFUSA for National, Masters and/or Junior Records.
5. Mail the Application form and supporting paperwork within 30 days to the IPC and WASUSA/WTFUSA for World or Americas Records.

IPC
Helen Murphy – IPC Athletics Sports Manager
International Paralympic Committee
Adenaurallee 212-214,
53113 Bonn
GERMANY

WASUSA/WTFUSA
Director
WASUSA
P.O. Box 5266
Kendall Park, NJ 08824-5266

ATHLETICS FIELD APPLICATION FORM FOR CLAIMING A RECORD

Reference must be made to the current edition of the IPC Athletics/WFTUSA Rule Book IPC: 12/13 WTFUSA: 2012/13

□ **USA ADULT** □ **USA MASTER** □ **JUNIOR- AGE U- _____** □ **AMERICAS** □ **WORLD**

NAME OF COMPETITOR: _____ _____
First name Family name

US Citizen (Circle)? Yes No

COUNTRY:USA **CLASSIFICATION:**

DOB (mo/day/yr): **PLACE OF BIRTH:**

EVENT: **EVENT DATE:**

PERFORMANCE: **EVENT MEETING:**

EVENT VENUE: **WIND READING Specify ft/sec or m/sec:**

DISTANCE THROWN/JUMPED: _____ **DATE:** _____

I hereby certify that I personally weighed and measured the implement used in the performance described above and that the figures entered below are the exact weight and measurement of that implement.

Javelin Discus Shot Club

Weight: _____ **Length:** _____

Diameter of shaft at max: _____ **of body at max:** _____

SIGNATURE OF OFFICIAL WEIGHER: _____

ADDRESS: _____

I hereby certify that I read the tape measure for the measurement of the performance and that the "distance thrown" recorded above is accurate. (For Junior Record at NJDC, ONLY, the Signature. of the Referee can be replaced with a 3rd. Field Judge)

SIGNATURE OF FIELD JUDGE: _____

SIGNATURE OF FIELD JUDGE: _____

SIGNATURE OF REFEREE: _____

I hereby certify that I was the Head Official (Head Judge) during the performance described above and, as such, certify that I witnessed the performance, that the competitor performed in accordance with the rules, and that the "distance thrown" was properly marked and measured and accurately recorded above.

SIGNATURE OF HEAD OFFICIAL: _____

NAME OF COMPETITOR: _____ _____
First name Family name

DOPING CONTROL CERTIFICATE (complete for Americas or World Record):

I certify that the above mentioned competitor(s) provided a sample for drug testing in accordance with the procedures laid down in the relevant Rules.

Name of Official: _____ **Signature:** _____

Status: _____

CLASSIFIER'S CERTIFICATE:
I certify that the competitor(s) named above have an international classification, and that this is shown correctly above.

Name of Classifier: _____

Signature: _____

Status: _____

REFEREE`S CERTIFICATE:

I certify that all conditions laid down in the current edition of the Rules were complied with and that the performance was made in a bona-fide competition in accordance with the Rules. The following information is attached:

1) A copy of the Field Event score-card which shows the qualifications of the officials for the event.
2) A copy of the program of the meeting.

Name of Referee: _____**Signature** _____

Address:_____

Name of Technical Delegate: _____ **Signature:** _____
(IPC Sanctioned Event)

WTFUSA & IPC Instructions

6. Email ipcathletics@paralympic.org & parublee@uncg.edu within 72 hours of a record being achieved For Americas or World Record.
7. Email parublee@uncg.edu within 72 hours of a record achieved For National Adult, Master or Junior Record
8. Complete Application Form and collect supporting paperwork.
9. Mail the Application form and supporting paperwork within 30 days to WASUSA/WTFUSA for National, Master and Junior Records.
10. Mail the Application form and supporting paperwork within 30 days to IPC and WASUSA/WTFUSA for WORLD or AMERICAS Records.

IPC
Helen Murphy – IPC Athletics Sports Manager
International Paralympic Committee
Adenaurallee 212-214,
53113 Bonn
GERMANY

WASUSA/WTFUSA
Director
WASUSA
P.O. Box 5266
Kendall Park, NJ 08824-5266

WTFUSA PROOF OF PERFORMANCE

(for athletes attending USA Track and Field or High School Athletic Association sanctioned meets)

Criteria

1. A trained classifier must classify athlete.
2. No records can be set.
3. The athlete must contact the meet director.
4. Current WTFUSA rules must be submitted to the meet director in advance.
5. Form must be mailed to **WASUSA, Proof of Performance,** P.O. Box 5266, Kendall Park, NJ 08824-5266.

Athlete Information

Name_____ Gender _____

Address_____

City_____ State _____ Zip _____

Phone Number _____ Date of Birth (mo/day/yr) _____

Email _____

Classification_____ Permanent: Yes _____ No _____

Event Information

Name of Event _____

Date (mo/day/yr) _____ Location _____

Sanctioned by: IPC _____ USATF _____ NCAA _____ State HS _____ Other _____

Event 1 _____ FAT* Time/Distance _____

Wind Reading (100m, 200m, Long jump, Triple jump): _____ Implement Wt. _____

Event 2 _____ FAT* Time/Distance _____

Wind Reading (100m, 200m, Long jump, Triple jump): _____ Implement Wt. _____

Event 3 _____ FAT* Time/Distance _____

Wind Reading (100m, 200m, Long jump, Triple jump): _____ Implement Wt. _____

Event 4 _____ FAT* Time/Distance _____

Wind Reading (100m, 200m, Long jump, Triple jump): _____ Implement Wt. _____

Event 5 _____ FAT* Time/Distance _____

Wind Reading (100m, 200m, Long jump, Triple jump): _____ Implement Wt. _____

*Fully Automatic Timing

VERIFICATION (The official verification must be signed by the Meet Director or Head Official)

I, _____ (print name), witnessed the above performance(s), and hereby verify that the aforementioned athlete has performed at the above level.

_____ _____ _____

Signature Date Phone number

_____ _____

Title Official certification # (if applicable)

Send completed forms to: WASUSA, Re: Proof of Performance, P.O. Box 5266, Kendall Park, NJ 08824

DIVISION EIGHT JUNIOR, OPEN, MASTER STANDARDS

OPEN RELAYS

4 X 100

T51 & T52	MEN	2:05.0
	WOMEN	2:25.0
T53 & T54	MEN	1:15.0
	WOMEN	1:35.0

4 X 400

T53 & T54	MEN	6:40.0
	WOMEN	7:40.0

OPEN PENTATHLON

	Quad	**Para**
Male	1800	3350
Female	1500	2000

Competitors must qualify for the Pentathlon at a Regional Meet.

F51 competitors: 100m, Club, 400m, Discus, 800m
F52-F53 competitors: Shot, Javelin, 100m, Discus, 800m
F54-F58 competitors: Shot, Javelin, 200m, Discus, 1500m

T11-13 JUNIOR & ADULT TRACK STANDARDS

1/1/2012																		
EVENTS	**60 M**		**100 M**		**200 M**		**400 M**		**800 M**		**1500 M**		**5000 M Open**		**10000 M Open**		**Pentathlon**	
Class/Age	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**
T11-U11	:21	:24	:35	:40	1:15	1:25	2:30	2:50										
T11-U14			:30	:34	1:10	1:20	2:25	2:45	4:50	5:30								
T11-U16			:26	:30	1:05	1:15	2:20	2:40	4:40	5:20	9:00	10:20					XXX	
T11-U18			:26	:30	1:05	1:15	2:20	2:40	4:40	5:20	9:00	10:20					XXX	
T11-U20			:23	:27	1:00	1:10	2:15	2:35	4:30	5:10	8:40	10:00	25:00:00	27:00:00			XXX	
T11-U23			:21	:25	55	1:00	2:10	2:30	4:20	5:00	8:20	9:40	25:00:00	27:00:00			XXX	
T11 - Open L1																		
T11 - Open L2																		
T11 - Master																		
T12-U11	:18.5	:20.5	:31	:34	1:05	1:10	2:10	2:20										
T12-U14			:28	:32	1:00	1:06	2:05	2:15	4:10	4:30								
T12-U16			:25	:29	:55	1:03	2:00	2:10	4:05	4:20	7:50	8:20					XXX	
T12-U18			:25	:29	:55	1:03	2:00	2:10	4:05	4:20	7:50	8:20					XXX	
T12-U20			:22	:26	:50	:59	1:55	2:05	4:00	4:10	7:30	8:00	25:00:00	27:00:00			XXX	
T12-U23			:19	:23	:46	:55	1:50	2:00	3:50	4:00	7:10	7:40	25:00:00	27:00:00			XXX	
T12 - Open L1																		
T12 - Open L2																		
T12 - Master																		
T13-U11	:18	:19	:30	:32	1:00	1:10	2:00	2:15										
T13-U14			:27	:29	:55	1:05	1:55	2:10	3:50	4:20								
T13-U16			:24	:26	:50	1:00	1:50	2:05	3:40	4:10	7:00	8:00					XXX	
T13-U18			:24	:26	:50	1:00	1:50	2:05	3:40	4:10	7:00	8:00					XXX	

T13-U20			:21	:23	:46	:55	1:45	2:00	3:30	4:00	6:40	7:40	25:00:00	27:00:00			XXX	
T13-U23			:17	:21	:43	:50	1:40	1:50	3:20	3:50	6:20	7:20	25:00:00	27:00:00			XXX	
T13 - Open L1																		
T13 – Open L2																		
T13 - Master																		

Pentathlon will be a separate event for athletes in Age Division U16, U18, U20, and U23 only. Events will consist of the following:

P11-P13 Male	**Long Jump**	**Javelin**	**100M**	**Discus**	**1500M**
P11-P13 Female	**Long Jump**	**Shot Put**	**100M**	**Discus**	**800M**

Qualification: If a qualifying meet does not offer the pentathlon the junior athlete must compete in all 5 events as individual events at one sanctioned meet.

T20 JUNIOR & ADULT TRACK STANDARDS

There are no Standards to qualify for NJDC in 2012.
Standards will be established as data is gathered.

The T20 Class will race the 100, 200, 400, 800, 1500, 5000M & 10000M

Future	100M, 200M, 400M
U11	100M, 200M 400M
U14	100M, 200M, 400M, 800M, 1500M
U16	100M, 200M, 400M, 800M, 1500M, 5000M
U18	100M, 200M, 400M, 800M, 1500M, 5000M
U20	100M, 200M, 400M, 800M, 1500M, 5000M
U23	100M, 200M, 400M, 800M, 1500M, 5000M
Open	100M, 200M, 400M, 800M, 1500M, 5000M, 10000M
Master	100M, 200M, 400M, 800M, 1500M, 5000M

EVENTS	60 M		100 M		200 M		400 M		800 M		1500 M		5000 M Open		10000 M Open	
Class/Age	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
T20-U11																
T20-U14																
T20-U16																
T20-U18																
T20-U20																
T20-U23																
T20 - Open																
T20 - Master																

T30's JUNIOR & ADULT TRACK STANDARDS

1/1/2012																				
	20 M		60 M		Weave		100M		200M		400M		800 M		1500 M		5000 M Open		Pentathlon	
Class/Age	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**
T31 - U11	0:35	0:35	1:00	1:00	1:45	1:45														
T31 - U14					1:30	1:30	1:15	1:25												
T31 - U16					1:15	1:20	1:15	1:25												
T31 - U18					1:15	1:20	1:15	1:25												
T31 - U20					0:50	1:00	1:15	1:25												
T31 - U23					0:50	1:00	1:15	1:25												
T31 – L1 Open																				
T31 – L2 Open																				
T32 - U11	1:00	1:15	1:40	1:50			2:00	2:15												
T32 - U14	0:45	1:00	1:20	1:30			1:45	2:00	2:45	3:15										
T32 - U16							1:30	1:45	2:30	3:00	6:00	6:30								
T32 - U18							1:30	1:45	2:30	3:00	6:00	6:30								
T32 - U20							1:15	1:30	2:15	2:45	5:30	6:00	10:30	11:30						
T32 - U23							1:15	1:30	2:15	2:45	5:30	6:00	10:30	11:30						
T32 – L1 Open																				
T32 – L2 Open																				
T33 - U11	0:50	1:00	1:10	1:20			1:30	1:35	3:00	3:10										
T33 - U14			1:00	1:10			1:25	1:30	2:45	2:55	4:15	5:10	9:00	10:15	9:45	10:30	15:50	20:00		
T33 - U16							1:15	1:20	2:30	2:40	3:45	4:40	8:45	10:15	9:30	9:45	15:50	20:00	1900	1200
T33 - U18							1:15	1:20	2:30	2:40	3:45	4:40	8:45	10:15	9:30	9:45	15:50	20:00	1900	1200
T33 - U20							1:05	1:10	2:10	2:20	3:30	4:30	7:30	9:30	9:15	9:30	15:50	20:00	1900	1200
T33 - U23							1:05	1:10	2:10	2:20	3:30	4:30	7:30	9:30	9:15	9:30	15:50	20:00	1900	1200
T33 – L1 Open																				

T33 – L2 Open																				
T34 - U11			1:00	1:10			1:15	1:25	2:10	2:45	4:00	4:10								
T34 - U14			0:50	1:00			1:05	1:15	2:00	2:35	3:45	4:00	5:30	6:30	9:30	10:00	15:50	20:00		
T34 - U16							0:55	1:05	1:50	2:20	3:00	3:20	5:00	6:00	8:50	9:45	15:50	20:00	1900	1200
T34 - U18							0:55	1:05	1:50	2:20	3:00	3:20	5:00	6:00	8:50	9:45	15:50	20:00	1900	1200
T34 - U20							0:40	0:55	1:20	1:45	2:20	2:40	4:45	5:45	8:15	9:15	15:50	20:00	1900	1200
T34 - U23							0:40	0:55	1:20	1:45	2:20	2:40	4:45	5:45	8:15	9:15	15:50	20:00	1900	1200
T34 – L1 Open																				
T34 – L2 Open																				

EVENT	**20 M**		**60 M**		**100 M**		**200 M**		**400 M**		**800 M**		**1500 M**		**5000 M Open**		**Pentathlon**	
Class/Age	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
T35a - U11	1:00	1:10	1:10	1:20	1:50	2:00	3:30	3:45										
T35a - U14	0:45	0:50	1:00	1:10	1:30	1:45	3:00	3:15										
T35a - U16			0:50	1:00	1:15	1:30	2:30	3:00	4:40	5:40								
T35a - U18			0:50	1:00	1:15	1:30	2:30	3:00	4:40	5:40								
T35a - U20					1:00	1:20	2:15	2:45	4:15	5:00								
T35a - U23					1:00	1:20	2:15	2:45	4:15	5:00								
T35a – L1 Open																		
T35a – L 2Open																		
T35 - U11	0:20	0:25	0:55	1:00	1:00	1:05	2:30	2:40	4:15	4:30								
T35 - U14	0:15	0:18	0:40	0:50	0:55	1:00	2:00	2:10	4:00	4:30	8:00	8:30						
T35 - U16			0:30	0:35	0:50	0:55	1:45	1:50	3:45	4:10	7:30	8:20	12:00	12:30	25:00:00	25:00:00	XXX	XXX
T35 - U18			0:30	0:35	0:50	0:55	1:45	1:50	3:45	4:10	7:30	8:20	12:00	12:30	25:00:00	25:00:00	XXX	XXX

T35 - U20					:40	:45	1:30	1:35	3:30	3:50	7:00	7:40	11:00	12:00	25:00:00	25:00:00	XXX	XXX
T35 - U23					0:40	0:45	1:30	1:35	3:30	3:50	7:00	7:40	11:00	12:00	25:00:00	25:00:00	XXX	XXX
T35 – L1 Open																		
T35 – L2 Open																		
T36 - U11	0:18	0:20	0:40	0:45	0:50	0:55	2:00	2:15	3:15	3:30								
T36 - U14			0:30	0:35	0:45	0:50	1:50	1:55	3:05	3:20	5:00	6:10	11:00	11:30				
T36 - U16					0:40	0:45	1:25	1:30	2:50	3:00	4:30	5:45	10:30	11:00	25:00:00	25:00:00	XXX	XXX
T36 - U18					0:40	0:45	1:25	1:30	2:50	3:00	4:30	5:45	10:30	11:00	25:00:00	25:00:00	XXX	XXX
T36 - U20					0:35	0:40	1:15	1:20	2:30	2:40	4:15	5:25	10:00	10:40	25:00:00	25:00:00	XXX	XXX
T36 - U23					0:35	0:40	1:15	1:20	2:30	2:40	4:15	5:25	10:00	10:40	25:00:00	25:00:00	XXX	XXX
T36 – L1 Open																		
T36 – L2 Open																		
T37 - U11			0:35	0:35	0:32	0:38	1:15	1:30	2:30	3:05								
T37 - U14			0:27	0:28	0:28	0:36	1:00	1:25	2:00	2:50	4:25	5:00	10:00	10:15				
T37 - U16					0:23	0:34	0:52	1:10	1:45	2:40	4:10	4:40	9:30	9:45	25:00:00	25:00:00	XXX	XXX
T37 - U18					0:23	0:34	0:52	1:10	1:45	2:40	4:10	4:40	9:30	9:45	25:00:00	25:00:00	XXX	XXX
T37 - U20					0:21	0:32	0:48	1:05	1:35	2:20	3:50	4:20	9:00	9:15	25:00:00	25:00:00	XXX	XXX
T37 - U23					0:21	0:32	0:48	1:05	1:35	2:20	3:50	4:20	9:00	9:15	25:00:00	25:00:00	XXX	XXX
T37 – L1 Open																		
T37 – L2 Open																		
T38 - U11			0:32	0:35	0:28	0:32	1:15	1:30	2:00	3:00								
T38 - U14			0:25	0:27	0:25	0:29	1:00	1:25	1:45	2:50	4:15	4:45	9:00	10:00				
T38 - U16					0:21	0:27	0:50	1:10	1:35	2:40	4:00	4:20	8:30	9:30	25:00:00	25:00:00	XXX	XXX
T38 - U18					0:21	0:27	0:50	1:10	1:35	2:40	4:00	4:20	8:30	9:30	25:00:00	25:00:00	XXX	XXX
T38 - U20					0:19	0:25	0:45	1:00	1:25	2:20	3:45	4:10	8:10	9:10	25:00:00	25:00:00	XXX	XXX
T38 - U23					0:19	0:25	0:45	1:00	1:25	2:20	3:45	4:10	8:10	9:10	25:00:00	25:00:00	XXX	XXX

T38 – L1 Open																		
T38 – L2 Open																		

Pentathlon will be a separate event for athletes in Age Division U16, U18, U20 and U23. Events will consist of the following:

33-34 male/female	**Shot Put**	**Javelin**	**100M**	**Discus**	**800M**
35-38 male	**Long Jump**	**Javelin**	**100M**	**Discus**	**1500M**
35-38 female	**Long Jump**	**Shot Put**	**100M**	**Discus**	**800M**

If a qualifying meet does not offer the pentathlon the junior athlete must compete in all 5 events as individual events at one sanctioned meet.

T40's JUNIOR & ADULT TRACK STANDARDS

1/1/2012																				
EVENTS	**20 M**		**40 M**		**60 M**		**100 M**		**200 M**		**400 M**		**800 M**		**1500 M**		**5000 M Open**		**Pentathlon**	
Class/Age	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
T40-U11	:09	:11			:30	:32	:45	:52												
T40-U14					:26	:30	:41	:48												
T40-U16					:24	:28	:37	:42												
T40-U18					:24	:28	:37	:42												
T40-U20					:20	:24	:33	:38												
T40-U23					:18	:20	:29	:34												
T40 - Open																				
T40 - Master																				
T41-42-U11					:40	:45	1:00	1:10	2:00	2:20	3:00	3:30								
T41-42-U14							:55	1:00	1:50	2:00	2:50	3:20								
T41-42-U16							:50	:55	1:40	1:50	2:40	3:00							XXX	XXX
T41-42-U18							:50	:55	1:40	1:50	2:40	3:00							XXX	XXX
T41-42-U20							:45	:50	1:30	140	2:20	2:40							XXX	XXX
T41-42-U23							:40	:45	1:20	1:30	2:00	2:20							XXX	XXX
T41-2 - Open																				
T41-2 - Master																				
T43-44-U11					:40	:45	1:00	1:10	2:00	2:20	3:00	3:30								

T43-44-U14							:55	:1:00	1:50	2:00	2:50	3:20	5:00	6:00						
T43-44-U18							:50	:55	1:40	1:50	2:40	3:00	4:55	5:40	9:00	10:20			XXX	XXX
T43-44-U18							:50	:55	1:40	1:50	2:40	3:00	4:55	5:40	9:00	10:20			XXX	XXX
T43-44-U20							:45	:50	1:30	140	2:20	2:40	4:50	5:20	8:50	10:00			XXX	XXX
T43-44-U23							:40	:45	1:20	1:30	2:00	2:20	4:45	5:00	8:40	9:40			XXX	XXX
T43-4 - Open																				
T43-4 - Master																				
T45-46-U11					:40	:45	1:00	1:10	2:00	2:20	3:00	3:30								
T45-46-U14							:55	:1:00	1:50	2:00	2:50	3:20	5:00	6:00						
T45-46-U16							:50	:55	1:40	1:50	2:40	3:00	4:55	5:40	9:00	10:20	27:30	30:00	XXX	XXX
T45-46-U18							:50	:55	1:40	1:50	2:40	3:00	4:55	5:40	9:00	10:20	27:30	30:00	XXX	XXX
T45-46-U20							:45	:50	1:30	140	2:20	2:40	4:50	5:20	8:50	10:00	27:30	30:00	XXX	XXX
T45-46-U23							:40	:45	1:20	1:30	2:00	2:20	4:45	5:00	8:40	9:40	27:30	30:00	XXX	XXX
T45-46 - Open																				
T45-46 - Master																				

Pentathlon will be a separate event for athletes in Age Division U16, U18, U20 and U23. Events will consist of the following:

P42	**male/female**	**Long Jump**	**Shot Put**	**100M**	**Discus**	**200M**
P44	**male/female**	**Long Jump**	**Shot Put**	**100M**	**Discus**	**400M**
P46	**male**	**Long Jump**	**Shot Put**	**100M**	**Discus**	**15000M**
P46	**female**	**Long Jump**	**Shot Put**	**100M**	**Discus**	**800M**

If a qualifying meet does not offer the pentathlon the junior athlete must compete in all 5 events as individual events at one sanctioned meet.

T50's JUNIOR & ADULT TRACK STANDARDS

Event	60 M		100 M		200 M		400 M		800 M		1500 M		5000 M Open		10000 M Open		Pentathlon	
Class/Age	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**	**M**	**F**
T51 – U11	:55	1:05	1:40	2:00	2:40	3:00							15:50.0	20:00.0	--	--		
T51 – U14	:45	:55	1:20	1:40	2:15	2:50	4:00	4:40					15:50.0	20:00.0	--	--		
T51 – U16	:40	:50	1:10	1:30	2:00	2:40	3:50	5:00	7:30	10:00	11:30	14:00	15:50.0	20:00.0	--	--	1200	1000
T51 – U18	:40	:50	1:10	1:30	2:00	2:40	3:50	5:00	7:30	10:00	11:30	14:00	15:50.0	20:00.0	--	--	1200	1000
T51 – U20			1:00	1:20	1:50	2:30	3:40	4:45	7:00	9:30	11:00	13:30	15:50.0	20:00.0	--	--	1200	1000
T51 – U23			1:00	1:20	1:50	2:30	3:40	4:45	7:00	9:30	11:00	13:30	15:50.0	20:00.0	--	--	1200	1000
T51 – Open L1																		
T51 – Open L2																		
T51 – Master																		
T52 – U11	:45	:55	1:20	1:24	2:00	2:15	3:30	4:00					15:50	20:00	--	--		
T52 – U14	:40	:50	:55	1:10	1:40	2:20	3:00	3:50	7:00	8:00	11:00	13:00	15:50	20:00	--	--		
T52 – U16			:50	1:05	1:20	2:00	2:40	3:40	6:00	7:00	9:00	12:00	15:50	20:00	--	--	1200	1000
T52 – U18			:50	1:05	1:20	2:00	2:40	3:40	6:00	7:00	9:00	12:00	15:50	20:00	--	--	1200	1000
T52 – U20			:40	1:00	1:10	1:50	2:30	3:30	5:00	6:00	8:00	10:00	15:50	20:00	--	--	1200	1000
T52 – U23			:40	1:00	1:10	1:50	2:30	3:30	5:00	6:00	8:00	10:00	15:50	20:00	--	--	1200	1000
T52 – Open L1																		
T52 – Open L2																		
T52 – Master																		
T53 – U11	:30	:32	:52	:54	1:35	1:38	3:00	3:10	5:30	5:40			15:50	20:00	--	--		
T53 – U14			:30	:40	:50	1:10	2:00	2:30	4:00	5:00	7:00	8:00	15:50	20:00	--	--		
T53 – U16			:27	:33	:45	1:00	1:40	2:00	3:00	3:30	6:00	7:00	15:50	20:00	--	--	1900	1200
T53 – U18			:27	:33	:45	1:00	1:40	2:00	3:00	3:30	6:00	7:00	15:50	20:00	--	--	1900	1200
T53 – U20			:24	:30	:42	:55	1:30	1:55	2:50	3:20	5:45	6:30	15:50	20:00	--	--	1900	1200
T53 – U23			:24	:30	:42	:55	.1:30	1:55	2:50	3:20	5:45	6:30	15:50	20:00	--	--	1900	1200
T53 – Open L1																		
T53 – Open L2																		

T53 – Master L1																		
T54 – U11	:28	:30	:50	:52	1:30	1:34	2:45	2:50	5:20	5:30			15:50	20:00	--	--		
T54 – U14			:27	:32	:50	1:00	1:40	2:10	3:30	4:00	6:00	7:00	15:50	20:00	--	--		
T54 – U16			:23	:28	:45	:55	1:30	1:50	3:00	3:20	5:30	6:00	15:50	20:00	--	--	1900	1200
T54 – U18			:23	:28	:45	:55	1:30	1:50	3:00	3:20	5:30	6:00	15:50	20:00	--	--	1900	1200
T54 – U20			:21	:25	:40	:50	1:20	1:40	2:50	3:10	5:10	5:45	15:50	20:00	--	--	1900	1200
T54 – U23			:21	:25	:40	:50	1:20	1:40	2:50	3:10	5:10	5:45	15:50	20:00	--	--	1900	1200
T54 – Open L1																		
T54 – Open L2																		
T54 – Master																		

Pentathlon will be an open event for athletes in Division U16, U18, U20 and U23 with separate awards for each age division. Events will consist of the following:

P51	**100M**	**Club**	**400M**	**Discus**	**800M**
F52-53	**Shot put**	**Javelin**	**100M**	**Discus**	**800M**
F54-58	**Shot put**	**Javelin**	**200M**	**Discus**	**1500M**

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.

Level 1 and Level 2 will be combined if there are less than 5 competitors in any one class.
If you reach Level 1 standard, you must compete in Level 1 at Nationals.
If you reach Level 2, but not Level 1, you will compete in Level 2 at Nationals. If you do Pentathlon at Regionals, you can do it at Nationals.

TRR1-5 JUNIOR & ADULT TRACK STANDARDS

EVENT	60M	100M	200M	400M	800M	1500M	5000M Open
Class/Age	M&F	M&F	M&F	M&F	M&F	M&F	M&F
TRR1-U11	1:45	3:00	5:00	6:30			
TRR1-U14	1:30	2:45	4:50	6:20			
TRR1-U16		2:30	4:40	6:10	9:00		
TRR1-U18		2:30	4:40	6:10	9:00		
TRR1-U20		2:15	4:30	6:00	8:45		
TRR1-U23		2:15	4:30	6:00	8:45		
TRR1 – Open							
TRR2-U11	1:45	3:00	5:00	6:30			
TRR2-U14	1:30	2:45	4:50	6:20			
TRR2-U16		2:30	4:40	6:10	8:45		
TRR2-U18		2:30	4:40	6:10	8:45		
TRR2-U20		2:15	4:30	6:00	8:30		
TRR2-U23		2:15	4:30	6:00	8:30		
TRR2 – Open							
TRR3-U11	1:30	2:45	4:40	6:00			

TRR3-U14	1:20	2:30	4:30	5:50			
TRR3-U16		2:20	4:20	5:40	8:30		
TRR3-U18		2:20	4:20	5:40	8:30		
TRR3-U20		2:10	4:10	5:30	8:15	10:00	20:00
TRR3-U23		2:10	4:10	5:30	8:15	10:00	20:00
TRR3 - Open							
TRR4-U11	1:20	2:30	4:00	5:30			
TRR4-U14		2:20	3:50	5:20	8:00		
TRR4-U16		2:10	3:40	5:10	7:45	10:00	
TRR4-U18		2:10	3:40	5:10	7:45	10:00	
TRR4-U20		2:00	3:30	5:00	7:30	9:45	20:00
TRR4-U23		2:00	3:30	5:00	7:30	9:45	20:00
TRR4 - Open							
TRR5-U11	1:00	2:30	4:00	5:30			
TRR5-U14		2:20	3:50	5:20	7:30		
TRR5-U16		2:10	3:40	5:10	7:15	9:45	
TRR5-U18		2:10	3:40	5:10	7:15	9:45	
TRR5-U20/U23		2:00	3:30	5:00	7:00	9:30	20:00
TRR5 - Open							

F11–13 JUNIOR & ADULT FIELD STANDARDS

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F11-13	**U11**	2K	2.50	2K	2.00	.750K	1.40	.750K	1.15	300g	3.00	300g	2.50
F11-13	**U14**	3K	2.50	3K	2.00	.750K	5.00	.750K	4.50	400g	4.00	400g	3.00
F11-13	**U16**	4K	2.50	4K	2.00	1K	6.00	1K	5.00	700g	3.50	600g	3.50
F11-13	**U18**	5K	2.50	4K	2.25	1.50k	6.00	1K	5.00	700g	4.00	600g	4.00
F11-13	**U20**	6K	3.00	4K	2.50	1.75K	7.00	1K	5.50	800g	7.00	600g	4.50
F11-13	**U23**	7.26K	3.00	4K	3.00	2K	8.00	1K	6.00	800g	8.00	600g	5.00
F11-13	**Open**	7.26K	3.00	4K	3.00	2K	8.00	1K	6.00	800g	8.00	600g	5.00
F11-13	**Master**	6	3.00	4	2.50	1.75	7.00	1K	5.50	800g	7.00	600g	4.50

Class	Age	High Jump				Long Jump				Triple Jump			
		Male		Female		Male		Female		Male		Female	
			Distance (meters)		Distance (meters)		Distance (meters)		Distance (meters)		Distance (meters)		Distance (meters)
F11-13	**U11**						0.50		0.25		0.75		0.50
F11-13	**U14**						0.75		0.50		1.00		0.75
F11-13	**U16**		1.00		0.75		1.00		0.75		1.25		1.00
F11-13	**U18**		1.00		0.75		1.00		0.75		1.25		1.00
F11-13	**U20**		1.15		1.00		1.25		1.00		1.50		1.25
F11-13	**U23**		1.25		1.10		1.50		1.25		1.75		1.50
F11-13	**Open**		1.25		1.10		1.50		1.25		1.75		1.75
F11-13	**Master**		1.15		1.00		1.25		1.00		1.50		1.25

F20 JUNIOR & ADULT FIELD STANDARDS

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F20	**U11**	2K		2K		.750K		.750K		300g		300g	
F20	**U14**	3K		3K		.750K		.750K		400g		400g	
F20	**U16**	4K		4K		1K		1K		700g		600g	
F20	**U18**	5K		4K		1.5K		1K		700g		600g	
F20	**U20**	6K		4K		1.75K		1K		800g		600g	
F20	**U23**	7,26K		4K		2K		1K		800g		600g	
F20	**Open**	7.26K		4K		2K		1K		800g		600g	
F20	**Master**	6K		4K		1.75		1K		800g		600g	

F31–38 JUNIOR & ADULT FIELD STANDARDS

Class	Age	Discus				Club				Precision			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F31	**U11**	.750K		.750K		397g		397g			3		
F31	**U14**	.750K		.750K		397g		397g			6		0.5
F31	**U16**	.750K		.750K		397g		397g			8		0.8
F31	**U18**	.750K		.750K		397g		397g			8		0.8
F31	**U20**	.750K		.750K		397g		397g			10		1.2
F31	**U23**	.750K		.750K		397g		397g			10		1.2
F31	**Open**	.750K		.750K		397g		397g			11		1.5
F31	**Master**	.750K		.750K		397g		397g			10		1.2

Class	Age	High Toss			
		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)
F31	**U11**		5		5
F31	**U14**		10		10
F31	**U16**		25		25
F31	**U18**		25		25
F31	**U20**		35		35
F31	**U23**		35		35
F31	**Open**		50		50
F31	**Master**		35		35

Class	Age	Shot Put				Discus				Club			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F32	**U11**	1K	0.25	1K	0.20	.750K		.750K		397g	1.25	397g	1.00
F32	**U14**	1K	0.50	1K	0.38	.750K	0.70	.750K	0.55	397g	1.75	397g	1.50
F32	**U16**	1K	1.00	1K	0.75	.750K	1.10	.750K	1.10	397g	2.50	397g	2.00
F32	**U18**	2K	1.00	2K	0.75	1K	1.10	1K	1.10	397g	2.50	397g	2.00
F32	**U20**	2K	1.50	2K	1.00	1K	1.50	1K	1.20	397g	3.25	397g	3.00
F32	**U23**	2K	1.50	2K	1.00	1K	1.50	1K	1.20	397g	3.25	397g	3.00
F32	**Open**	2K	2.00	2K	1.40	1K	3.50	1K	2.80	397g	7.00	397g	5.50
F32	**Master**	2k	1.50	2K	1.00	1K	1.50	1K	1.20	397g	3.25	397g	3.25

Class	Age	Distance Kick				Medicine Ball Thrust			
		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F32	**U11**	13" Ball	3.00	13" Ball	2.00	3K	2.00	3K	1.70
F32	**U14**	13" Ball	4.00	13" Ball	2.60	3K	2.30	3K	2.00
F32	**U16**	13" Ball	5.00	13" Ball	3.30	3K	2.70	3K	2.30
F32	**U18**	13" Ball	5.00	13" Ball	3.30	3K	2.70	3K	2.30
F32	**U20**	13" Ball	6.00	13" Ball	4.00	3K	3.00	3K	2.50
F32	**U23**	13" Ball	6.00	13" Ball	4.00	3K	3.00	3K	2.50
F32	**Open**	13" Ball	7.00	13" Ball	5.00	3K	3.20	3K	2.70
F32	**Master**	13"Ball	6.00	13"Ball	4.00	3K	3.00	3K	2.50

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F33	**U11**	1K		1K		.750K	1.50	.750K	1.25	300 Turbo	1.00	300 Turbo	1.00
F33	**U14**	2K	1.00	2K	1.00	.750K	2.20	.750K	2.00	400g	2.00	400g	1.00
F33	**U16**	2K	1.25	2K	1.25	.750K	3.00	.750K	2.50	500g	2.00	500g	1.00
F33	**U18**	3K	1.50	3K	1.00	1K	3.00	1K	2.50	600g	2.00	600g	1.00
F33	**U20**	3K	1.50	3K	1.00	1K	3.50	1K	3.00	600g	2.50	600g	1.50
F33	**U23**	3K	2.50	3K	1.50	1K	3.50	1K	3.00	600g	2.50	600g	1.50
F33	**Open**	3K	2.50	3K	1.50	1K	6.00	1K	4.00	600g	4.00	600g	2.50
F33	**Master**	3K	1.50	3K	1.00	1K	4.00	1K	3.00	600g	2.50	600g	1.5g
F34	**U11**	2K	1.00	2K	1.00	.750K	1.00	.750K	0.80	300g Turbo	1.00	300g Turbo	1.00
F34	**U14**	2K	1.50	2K	1.00	.750K	2.25	.750K	2.00	400g	1.50	400g	0.75
F34	**U16**	3K	2.00	2K	1.50	.750K	4.25	.750K	3.25	500g	2.50	500g	1.00
F34	**U18**	4K	2.00	3K	1.50	1K	4.00	1K	3.00	600g	2.50	600g	1.00
F34	**U20**	4K	2.00	3K	1.75	1K	8.00	1K	5.00	600g	3.50	600g	1.50
F34	**U23**	4K	2.00	3K	1.75	1K	8.00	1K	5.00	600g	3.50	600g	1.50
F34	**Open**	4K	3.00	3K	2.00	1K	10.00	1K	6.00	600g	5.00	600g	4.00
F34	**Master**	4K	2.00	3K	1.75	1k	8.00	1K		600g	3.50	600g	2.00

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F35	**U11**	1K		1K		.750K	2.00	.750K	1.00	300g Turbo	2.00	300g Turbo	1.00
F35	**U14**	2K	1.50	2K	1.50	.750K	3.00	.750K	2.00	400g	2.50	400g	1.50
F35	**U16**	3K	2.50	2K	2.25	.750K	4.00	.750K	3.00	500g	3.50	500g	2.50
F35	**U18**	4K	2.50	3K	2.25	1K	4.00	1K	3.00	600g	3.50	600g	2.50
F35	**U20**	4K	3.50	3K	2.50	1K	5.00	1K	4.00	600g	5.50	600g	3.50
F35	**U23**	4K	3.50	3K	2.50	1K	5.00	1K	4.00	600g	5.50	600g	3.50
F35	**Open**	4K	6.00	3K	2.80	1K	15.00	1K	6.50	600g	12.50	600g	6.00
F35	**Master**	4K	3.50	3K	2.50	1K	10.00	1K	4.00	600g	8.00	600g	3.50
F36	**U11**	1K	1.00	1K	1.00	.750K	2.50	.750K	1.50	300g Turbo	2.00	300g Turbo	1.00
F36	**U14**	2K	1.75	2K	1.50	.750K	4.00	.750K	2.50	400g	3.00	400g	1.00
F36	**U16**	3K	2.00	2K	1.75	.750K	5.00	.750K	3.50	500g	4.00	500g	1.50
F36	**U18**	4K	2.00	3K	1.75	1K	5.00	1K	3.50	600g	4.00	600g	1.50
F36	**U20**	4K	2.50	3K	2.00	1K	6.50	1K	4.00	600g	5.50	600g	2.00
F36	**U23**	4K	2.50	3K	2.00	1K	6.50	1K	4.00	600g	5.50	600g	2.00
F36	**Open**	4K	5.50	3K	3.00	1K	14.00	1K	7.00	600g	8.00	600g	4.00
F36	**Master**	4K	2.50	3K	2.00	1K	10.00	1K	5.00	600g	5.50	600g	2.00
F37	**U11**	2K	2.00	2K	1.50	.750K	2.50	.750K	2.50	300g Turbo	2.50	300g Turbo	1.50
F37	**U14**	3K	3.00	2K	2.00	.750K	4.00	.750K	4.00	400g	3.50	400g	3.50
F37	**U16**	3K	4.00	2K	2.50	.750K	6.00	.750K	5.50	500g	5.00	500g	4.00
F37	**U18**	5K	4.00	3K	2.50	1K	6.00	1K	5.50	600g	5.00	600g	4.00
F37	**U20**	5K	4.00	3K	3.00	1K	8.00	1K	7.00	600g	6.00	600g	4.50
F37	**U23**	5K	4.00	3K	3.00	1K	8.00	1K	7.00	600g	6.00	600g	4.50
F37	**Open**	5K	7.00	3K	3.00	1K	16.00	1K	8.00	600g	10.00	600g	7.00
F37	**Master**	5K	4.00	3K	3.00	1K	10.00	1K	7.00	600g	8.00	600g	4.50
F38	**U11**	2K	2.00	2K	1.50	.750g	2.00	.750g	1.50	300g Turbo	3.00	300g Turbo	2.00
F38	**U14**	3K	3.50	2K	2.80	.750g	4.00	.750g	3.00	400g	3.50	400g	2.50
F38	**U16**	3K	4.50	2K	3.00	.750g	8.00	.750g	6.00	500g	7.50	500g	4.50
F38	**U18**	5K	4.00	3K	3.00	1.50K	8.00	1K	6.00	800g	7.50	600g	4.50
F38	**U20**	5K	4.50	3K	3.20	1.50K	10.00	1K	7.00	800g	11.50	600g	6.50
F38	**U23**	5K	4.50	3K	3.20	1.50K	10.00	1K	7.00	800g	11.50	600g	6.50
F38	**Open**	5K	7.50	3K	3.20	1.50K	18.00	1K	9.00	800g	18.00	600g	10.00
F38	**Master**	5K	4.50	3K	3.20	1.50K	10.00	1K	7.00	800g	11.50	600g	6.50

Class	Age	Long Jump			
		Male		Female	
			Distance (meters)		Distance (meters)
F35	**U11**		0.30		0.30
F35	**U14**		0.40		0.40
F35	**U16**		0.50		0.50
F35	**U18**		0.50		0.50
F35	**U20**		0.70		0.70
F35	**U23**		0.70		0.70
F35	**Open**		1.00		1.00
F35	**Master**		0.70		0.70
F36	**U11**		0.40		0.30
F36	**U14**		0.60		0.40
F36	**U16**		0.80		0.60
F36	**U18**		0.80		0.60
F36	**U20**		1.00		0.80
F36	**U23**		1.00		0.80
F36	**Open**		1.50		1.50
F36	**Master**		1.00		0.80
F37	**U11**		0.75		0.50
F37	**U14**		1.00		0.75
F37	**U16**		1.25		1.00
F37	**U18**		1.25		1.00
F37	**U20**		1.50		1.25
F37	**U23**		1.50		1.25
F37	**Open**		2.50		2.00
F37	**Master**		1.50		1.25
F38	**U11**		1.00		0.75
F38	**U14**		1.50		1.00
F38	**U16**		2.00		1.25
F38	**U18**		2.00		1.25
F38	**U20**		2.50		1.50
F38	**U23**		2.50		1.50
F38	**Open**		3.00		2.00
F38	**Master**		2.50		1.50

F40 –46 JUNIOR & ADULT FIELD STANDARDS

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F40	**U11**	2K	1.00	2K	0.75	.750K	1.50	.750K	1.00	300g Turbo	2.50	300g Turbo	2.00
F40	**U14**	2K	1.50	2K	1.00	.750K	2.50	.750K	2.00	400g	3.00	400g	2.50
F40	**U16**	3K	2.00	2K	1.50	1K	3.75	.750K	3.00	400g	3.50	400g	3.00
F40	**U18**	3K	2.50	2K	2.00	1K	4.00	.750K	3.00	500g	3.50	400g	3.00
F40	**U20**	4K	2.50	3K	2.00	1K	4.50	.750K	4.00	600g	4.00	400g	3.50
F40	**U23**	4K	3.00	3K	2.50	1K	6.00	.750K	5.00	600g	5.00	400g	4.50
F40	**Open**	4K	4.00	3K	3.50	1K	7.00	.750K	6.00	600g	6.00	400g	5.50
F40	**Master**	4K	2.50	3K	2.00	1K	4.50	.750K	4.00	600g	4.00	400g	3.50

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F41-F44	**U11**	2K	1.00	2K	0.75	.750K	1.50	.750K	1.25	300g Turbo	3.00	300g Turbo	2.50
F41-F44	**U14**	3K	1.50	2K	1.00	.750K	3.00	.750K	2.50	400g	3.50	400g	3.00
F41-F44	**U16**	4K	2.00	3K	1.50	1K	6.00	1K	5.00	600g	4.00	400g	3.50
F41-F44	**U18**	5K	2.00	3K	1.50	1K	6.00	1K	5.00	700g	4.50	500g	3.50
F41-F44	**U20**	6K	2.25	4K	2.00	1.5K	6.50	1K	5.50	800g	4.50	600g	4.00
F41-F44	**U23**	6K	3.00	4K	2.50	1.5K	7.00	1K	6.00	800g	5.50	600g	5.00
F41-F44	**Open**	6K	4.00	4K	3.50	1.5K	8.00	1K	7.00	800g	6.50	600g	6.00
F41-F44	**Master**	6K	2.25	4K	2.00	1.5K	6.50	1K	5.50	800g	4.50	600g	4.00
F45-F46	**U11**	2K	1.00	2K	0.75	.750K	3.00	.750K	2.50	300g Turbo	3.00	300g Turbo	2.50
F45-F46	**U14**	3K	1.50	2K	1.00	.750K	4.00	.750K	3.50	400g	3.50	400g	3.00
F45-F46	**U16**	4K	2.00	3K	1.50	1K	6.00	1K	5.00	600g	4.00	400g	3.50
F45-F46	**U18**	5K	2.00	3K	1.75	1K	6.25	1K	5.00	700g	4.50	500g	4.00
F45-F46	**U20**	6K	2.50	4K	2.00	1.5K	6.50	1K	5.50	800g	4.50	600g	4.00
F45-F46	**U23**	6K	3.00	4K	2.50	1.5K	7.00	1K	6.00	800g	5.50	600g	5.00
F45-F46	**Open**	6K	4.00	4K	3.50	1.5K	8.00	1K	7.00	800g	6.50	600g	6.00
F45-F46	**Master**	6K	2.50	4K	2.00	1.5K	6.25	1K	5.50	800g	4.50	600g	4.00

Class	Age	High Jump				Long Jump				Triple Jump			
		Male		Female		Male		Female		Male		Female	
			Distance (meters)		Distance (meters)		Distance (meters)		Distance (meters)		Distance (meters)		Distance (meters)
F41-F44	**U11**						0.50		0.25				
F41-F44	**U14**						0.75		0.50				
F41-F44	**U16**		0.75		0.50		1.00		0.75				
F41-F44	**U18**		0.75		0.50		1.00		0.75				
F41-F44	**U20**		1.00		0.75		1.25		1.00				
F41-F44	**U23**		1.25		1.00		1.50		1.25				
F41-F44	**Open**		1.50		1.25		1.75		1.50				
F41-F44	**Master**		1.00		0.75		1.25		1.00				
F45-F46	**U11**						0.50		0.25		0.75		
F45-F46	**U14**						0.75		0.50		1.00		
F45-F46	**U16**		1.00		0.75		1.00		0.75		1.25		
F45-F46	**U18**		1.00		0.75		1.00		0.75		1.25		
F45-F46	**U20**		1.15		1.00		1.25		1.00		1.50		
F45-F46	**U23**		1.25		1.10		1.50		1.25		1.75		
F45-F46	**Open**		1.50		1.35		1.75		1.50		2.00		
F45-F46	**Master**		1.15		1.00		1.25		1.00		1.25		

F51–58 JUNIOR & ADULT FIELD STANDARDS

Class	Age	Discus				Club				Softball			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F51	**U11**	.750K	0.25	.750K	0.18	397g	1.00	397g	0.50	11"	No Stand	11"	No Stand
F51	**U14**	.750K	0.50	.750K	0.35	397g	1.50	397g	1.00	11"	No Stand	11"	No Stand
F51	**U16**	.750K	1.00	.750K	0.75	397g	2.00	397g	1.50				
F51	**U18**	.750K	2.00	.750K	1.50	397g	2.00	397g	1.50				
F51	**U20**	1K	3.00	1K	2.00	397g	2.50	397g	2.00				
F51	**U23**	1K	3.00	1K	2.00	397g	2.50	397g	2.00				
F51	**Open**	1K	5.00	1K	3.60	397g	14.38	397g	9.38				
F51	**Master**	1K	2.80	1K	2.10	397g	8.05	397g	5.25				

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F52	**U11**	2K	0.75	2K	0.50	.750K	0.75	.750K	0.50	300g Turbo	1.00	300g Turbo	0.50
F52	**U14**	2K	1.00	2K	0.75	.750K	1.25	.750K	1.00	400g	2.00	400g	1.00
F52	**U16**	2K	1.50	2K	1.00	.750K	3.50	.750K	2.00	400g	3.00	400g	2.00
F52	**U18**	2K	1.50	2K	1.00	.750K	3.50	.750K	2.00	500g	3.00	500g	2.00
F52	**U20**	2K	1.75	2K	1.25	1K	4.00	1K	2.50	600g	4.00	600g	3.00
F52	**U23**	2K	1.75	2K	1.25	1K	4.00	1K	2.50	600g	4.00	600g	3.00
F52	**Open**	2K	2.48	2K	1.65	1K	6.25	1K	4.80	600g	5.46	600g	4.40
F52	**Master**	2K	1.58	2K	1.05	1K	3.50	1K	2.80	600g	3.33	600g	2.80
F53	**U11**	2K	1.25	2K	1.00	.750K	1.00	.750K	0.75	300g Turbo	2.00	300g Turbo	1.00
F53	**U14**	2K	1.50	2K	1.25	.750K	2.00	.750K	1.25	400g	4.00	400g	3.00
F53	**U16**	2K	2.00	2K	1.50	.750K	4.00	.750K	2.50	400g	4.50	400g	3.25
F53	**U18**	3K	2.00	2K	1.50	.750K	4.00	.750K	2.50	500g	4.50	500g	3.25
F53	**U20**	3K	2.50	3K	2.00	1K	4.50	1K	3.00	600g	5.00	600g	3.50
F53	**U23**	3K	2.50	3K	2.00	1K	4.50	1K	3.00	600g	5.00	600g	3.50
F53	**Open**	3K	3.36	3K	2.75	1K	8.75	1K	6.90	600g	6.61	600g	5.23
F53	**Master**	3K	2.14	3K	1.75	1K	4.90	1K	4.03	600g	4.03	600g	3.33

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F54	**U11**	2K	1.50	2K	1.25	.750K	1.25	.750K	1.00	300g Turbo	3.00	300g Turbo	2.00
F54	**U14**	2K	1.75	2K	1.50	.750K	2.50	.750K	2.00	400g	5.00	400g	4.00
F54	**U16**	2K	2.50	2K	2.00	.750K	5.50	.750K	4.00	400g	5.50	400g	4.50
F54	**U18**	3K	2.50	2K	2.00	1K	5.50	1K	4.00	500g	5.50	500g	4.50
F54	**U20**	4K	2.75	3K	2.25	1K	6.50	1K	5.00	600g	6.50	600g	5.00
F54	**U23**	4K	2.75	3K	2.25	1K	6.50	1K	5.00	600g	6.50	600g	5.00
F54	**Open**	4K	6.05	3K	3.58	1K	19.80	1K	9.60	600g	14.95	600g	7.15
F54	**Master**	4K	3.85	3K	2.28	1K	11.50	1K	5.60	600g	9.10	600g	4.55
F55	**U11**	2K	1.75	2K	1.50	.750K	1.75	.750K	1.25	300g Turbo	4.00	300g Turbo	3.00
F55	**U14**	2K	2.00	2K	1.75	.750K	3.50	.750K	2.50	400g	5.75	400g	4.25
F55	**U16**	2K	3.50	2K	2.25	.750K	7.00	.750K	5.50	400g	7.50	400g	5.50
F55	**U18**	3K	3.50	2K	2.75	1K	7.00	1K	5.50	500g	7.50	500g	5.50
F55	**U20**	4K	3.75	3K	2.50	1K	9.00	1K	6.00	600g	8.75	600g	5.75
F55	**U23**	4K	3.75	3K	2.50	1K	9.00	1K	6.00	600g	8.75	600g	5.75
F55	**Open**	4K	7.15	3K	4.95	1K	25.20	1K	12.00	600g	18.40	600g	10.35
F55	**Master**	4K	4.55	3K	3.15	1K	14.70	1K	7.00	600g	11.20	600g	6.30
F56	**U11**	2K	2.00	2K	1.50	.750K	2.25	.750K	1.50	300g Turbo	5.00	300g Turbo	3.50
F56	**U14**	2K	2.50	2K	2.00	.750K	4.50	.750K	3.00	400g	6.00	400g	4.00
F56	**U16**	2K	3.50	2K	2.75	.750K	9.00	.750K	6.00	400g	8.00	400g	5.25
F56	**U18**	3K	3.50	2K	3.00	1K	9.00	1K	6.00	500g	8.00	500g	5.25
F56	**U20**	4K	4.00	3K	3.00	1K	10.00	1K	7.00	600g	9.00	600g	6.00
F56	**U23**	4K	4.00	3K	3.00	1K	10.00	1K	7.00	600g	9.00	600g	6.00
F56	**Open**	4K	7.35	3K	5.50	1K	26.40	1K	12.20	600g	19.25	600g	11.50
F56	**Master**	4K	4.90	3K	3.50	1K	15.40	1K	7.70	600g	12.25	600g	7.00

Class	Age	Shot Put				Discus				Javelin			
		Male		Female		Male		Female		Male		Female	
		Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)	Weight	Distance (meters)
F57	**U11**	2K	2.00	2K	1.75	.750K	2.35	.750K	1.75	300g Turbo	6.00	300g Turbo	4.00
F57	**U14**	2K	3.00	2K	2.25	.750K	4.65	.750K	3.50	400g	7.00	400g	5.00
F57	**U16**	2K	4.00	2K	2.75	1K	9.30	.750K	7.00	500g	9.00	400g	6.00
F57	**U18**	3K	4.00	2K	2.75	1K	9.30	1K	7.00	600g	9.00	500g	6.00
F57	**U20**	4K	4.50	3K	3.25	1K	12.00	1K	8.00	600g	10.50	600g	7.00
F57	**U23**	4K	4.50	3K	3.25	1K	12.00	1K	8.00	600g	10.50	600g	7.00
F57	**Open**	4K	8.25	3K	5.28	1K	28.75	1K	14.40	600g	23.00	600g	12.65
F57	**Master**	4K	5.25	3K	3.33	1K	16.10	1K	8.40	600g	14.00	600g	7.70
F58	**U11**	2K	2.25	2K	1.75	.750K	2.50	.750K	1.85	300g Turbo	6.50	300g Turbo	5.00
F58	**U14**	3K	3.25	3K	2.50	.750K	5.00	.750K	3.75	400g	7.50	400g	5.50
F58	**U16**	3K	4.25	3K	3.00	1K	10.00	.750K	7.50	500g	9.00	400g	6.00
F58	**U18**	4K	4.25	3K	3.00	1K	10.00	1K	7.50	600g	9.00	500g	6.00
F58	**U20**	5K	4.50	4K	3.25	1K	12.00	1K	8.00	600g	11.00	600g	7.00
F58	**U23**	5K	4.50	4K	3.25	1K	12.00	1K	8.00	600g	11.00	600g	7.00
F58	**Open**	5K	8.80	4K	5.50	1K	23.40	1K	16.80	600g	24.15	600g	13.80
F58	**Master**	5K	5.60	4K	3.50	1K	12.60	1K	9.80	600g	14.70	600g	8.40