OVERVIEW

- The course will present the International Paralympic Committee (IPC) & Adaptive Track & Field USA (ATFUSA) exceptions to the IAAF rules for Track & Field.

- Following the course you will have the opportunity to take the certification test to become a USA PARA Official.

- To be USATF certified you must pass the certification test and be at least an Association level official.

- Changes made from the 2013-2016 course are listed in slides at the end of this PowerPoint.
RULE BOOKS
2016-2017

International Paralympic Committee (IPC) Athletics Rules and Regulations for all National, International Competitions and IPC Approved events (based off of the IAAF Rule Book)
To locate an IPC rules book:

USA Rules for under 14 competition for all Disability Groups & for Master 35, M50, M60 are located at Adaptive Track & Field USA (ATFUSA) Website.
To locate the ATFUSA rule book: Available 1/1/2017
http://www.ATFUSA.org/rules/rules.htm

There is a summary of IPC rule exceptions keyed to the USATF rule book at the back of the USATF Rule Book.
CLASSIFICATION

- Para Athletes COMPETE TOGETHER IN GROUPS WITH SIMILAR FUNCTIONAL LIMITATIONS BASED ON THEIR classification.

- Classification is done by certified classifiers who determine the athlete’s class.

- Classification is a two step process: medical review and watching the athlete compete.

Think of the class system as you might age group or weight classes in other sports.
### Classification Groupings and Their Classes

<table>
<thead>
<tr>
<th>Grouping</th>
<th>Class 11</th>
<th>Class 12</th>
<th>Class 13</th>
<th>Class 20</th>
<th>Class 31</th>
<th>Class 35</th>
<th>Class 40</th>
<th>Class 41</th>
<th>Class 42</th>
<th>Class 45</th>
<th>Class 51</th>
<th>Class 54</th>
<th>Class 51</th>
<th>Class 57</th>
<th>Class 57</th>
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<tbody>
<tr>
<td>Visually Impaired</td>
<td>No Sight</td>
<td>Limited Vision</td>
<td>Limited Vision</td>
<td>Requires a guide</td>
<td>May have guide</td>
<td>No guide</td>
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<tr>
<td>Intellectually Impaired</td>
<td>Class 20</td>
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<tr>
<td>Cerebral Palsy, Stroke and Traumatic Brain Injury</td>
<td>Class 31 – 34</td>
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<tr>
<td>Short Stature &amp; Limb Deficiency</td>
<td>Class 40 – 41</td>
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<td>Class 42 – 44</td>
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<td>Class 45 – 47</td>
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<tr>
<td>Impaired Muscle Pwr. or Range of Motion</td>
<td>Class 51 – 54</td>
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<td>Class 51 – 57</td>
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</table>
**PARA ATHLETES COMPETE IN AGE GROUP DIVISIONS**

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>GOVERNING BODY</th>
</tr>
</thead>
<tbody>
<tr>
<td>U(nder)11 –</td>
<td>ATFUSA</td>
</tr>
<tr>
<td>U14 –</td>
<td>ATFUSA</td>
</tr>
<tr>
<td>U16 –</td>
<td>ATFUSA; U.S. Paralympics; IPC</td>
</tr>
<tr>
<td>U18 –</td>
<td>ATFUSA; U.S. Paralympics; IPC</td>
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<tr>
<td>U20 –</td>
<td>ATFUSA; U.S. Paralympics; IPC</td>
</tr>
<tr>
<td>U23 –</td>
<td>ATFUSA</td>
</tr>
<tr>
<td>OPEN –</td>
<td>ATFUSA; U.S. Paralympics; IPC</td>
</tr>
<tr>
<td>Master – 35, 50, 60</td>
<td>ATFUSA</td>
</tr>
</tbody>
</table>

You will see athletes listed as T# or F# -- that refers to: (T)rack or (F)ield – i.e., T20, F53, T34, F40
PARALYMPIC TRACK
AMBULATORY & WHEELCHAIR
TRACK
GENERAL

• For field events & races 5000m or greater, where there are not enough athletes to justify a full single sex heat, Males and Females may compete together.
  • Except not at Paralympics, World Championships, IPC Regional Championships & Regional Games.
  • Males and Females, however, do NOT compete directly against one another and are awarded separate results.

• For events less than 5000m sexes MAY NOT BE MIXED in a heat.

• For Leg amputees the Maximum Allowable Standing Height (MASH) must not be exceeded with prosthetics. (The MASH height is measured in the Call Room where the cutoff calculations are provided by the Classification Team.) Measurements must be made upon each entry into the competition area.

• If additional evidence is available after a Protest decision has been given, the protest may be re-evaluated by the Referee (example: spectator video).

• Provision of advice or other support by any official not related to their role in the competition is not allowed.

• Official Medical Staff, appointed by LOC, are allowed to treat a competitor in the competition area if it does not delay competition OR by approved Team medical staff in designated area outside competition venue.
TRACK GENERAL

TRACK:
- Wheelchair 800m;
  - The athlete must stay in lane until the bottom of BOTH rear wheels that are touching the track surface (i.e., directly below the wheel hub center) cross the break line.

- Lane Violations
  - Touching the inner lane line 1 or more times while in the bend constitutes a lane violation in wheelchair and ambulatory races.

- Relays;
  - The exchange (touch or passing of the baton) position, not the location of the athletes/guides, determines a good pass.
  - The First touch MUST be in the Exchange Zone.
    - [2016 Rio Male 4X100 Relay USA DQ](#)
  - An athlete or guide may re-enter the Exchange zone to make the tag.
TRACK
VISUALLY IMPAIRED (VI) RULES
CLASSES T11, T12, & T13

VI CLASSES: Athlete & Guide must both use:
Blocks & 4 POINT STANCE
ATFUSA T11-13 Exception:
  • U14 athletes may opt to NOT use blocks.

CLASS 11 & 12
• T11 only class required to wear opaque glasses or eye mask.
• T12, if guide is used, must use a tether.
• T11 & T12 guide & athlete are given 2 lanes.
  (Lane 1(1-2), Lane 3 (3-4), Lane 5 (5-6), Lane 7 (7-8).
• Guide cannot push, pull or propel the athlete.
  • Athlete must finish ahead of guide (& the guide must finish).
• In the 5000 meters and up: two guides may be used.
  (Must be declared before race & if not used the athlete is disqualified).

CLASS T13
• Follow the traditional IAAF/IPC rules.
• No guide is allowed.

The Athlete/Guide must use a tether of 100cm or Less.
Guide may release the tether in the last 10m of the race.
6.1.7
The tether is made from a non-elastic material.
4 x 100m RELAYS

• Acceleration mark and exchange zones are the same as traditional.

• **2 lanes are given for each athlete/guide pair.** Each pair of lanes are referenced to the odd # lanes (1, 3, 5 and 7). Extend the exchange zones for these odd # lanes across the pair with tape the same width and color as the lanes. See wheelchair relay slide.

• **Baton - MUST BE USED for these classes and may be passed by guide or athlete.**

• The baton position, not the position of the athletes/guides, determines a good pass.

• An athlete or guide may re-enter the takeover/exchange zone to make the tag.

• **Relay Team Composition:**
  • A minimum of One Class T11 & No More Than One Class T13.

• T12: May have 1 assistant for orientation at each takeover/exchange zone. They must leave the area before the race (IPC Rule 23.8E).
CLASS T20: **MUST USE BLOCKS & 4 POINT STANCE** In races of 400M or less

**ATFUSA T20 Exception:**
Athletes under 14 may opt to not use blocks.

**IPC:**
The 20 class athletes compete only in the Long Jump, Shot Put, 400M, and 1500M (As of 11/2016).

**Nationally:**
There may be additional events.

Class 20 athletes may need assistance setting up equipment or blocks. If assistance is needed a form will be provided in the Call Room and sent out to the starter team.

**Starters:** Look to the athlete for understanding of verbal instruction.
This class grouping is a mix of: Wheelchair T32-34 & Ambulatory T35-38.

T35-T38: **NOT REQUIRED TO USE BLOCKS: CAN CROUCH, STAND or 3 PT STANCE WITH/WITHOUT BLOCKS.**

**STARTERS:**
- Due to balance issues the starter:
  - Should not hold athletes in the blocks.
  - May deem movement is not to gain an advantage and may restart the entire field without a disqualification.
- Some of the athletes, particularly the T36 class, may be deaf. The assistant starter may need to drop a flag or tap the athlete on the back when the starter pistol is shot. Alternately, a strobe light connected to the starter’s pistol can be used to assist the athlete.
**TRACK**

**DWARF AND AMPUTEE RULES**

**CLASSES T40-T47**

T40-T47: ARE NOT REQUIRED TO USE BLOCKS. CAN CROUCH, STAND OR 3 PT STANCE WITH/WITHOUT BLOCKS.

T42-44, Lower Limb Athletes:
- Must use their leg prosthesis on the track.
- Athletes are not allowed to hop.

**Classes:**

- Short Stature: T40-T41
- Limb Deficiency: T42, unilateral/bilateral above knee
- (Lower Extremity): T43, bilateral below knee
- T44, unilateral below knee
- Limb Deficiency: (Upper Extremity):
- T45, bilateral above elbow
- T46, unilateral above elbow
- T47, unilateral below elbow

**RELAYS**

- All Exchanges are done by touch to any part of the body of the outgoing athlete, due to the arm amputee class. *(Baton is not an option.)*
Arm amputees or those with short arms may use pads to rest their stump on at the start.

The blocks or pads should be of similar color to the track, or a neutral color.

The pad must be completely behind the starting line and not interfere with any other athlete.
TRACK EVENTS
WHEELCHAIR RULES
CLASSES T32-34 & T51-T54

WHEELCHAIR SPECIFICATION:
• Three wheels with max. height of 70 cm/rear & 50 cm/front.
• No gears, mirrors or fairings are allowed.
• No part of the wheelchair can protrude behind the vertical plane of the back tires.
  – Check by placing back of chair against a wall - make sure only the wheels touch the wall.
• Chairs should be measured and inspected in the call room.
• Best Practice: Hip numbers should go on the helmet, and on the racing chair side facing the camera. Bibs go on the back of the racing chair and the athlete, or as designated by Meet Management.

WHEELCHAIR HELMET RULE:
Wearing helmets is compulsory in all individual/team track & road races. The helmet shall meet a recognized international safety standard (e.g., Snell b-84/90/95, BSI 6863, EN 1078).
TRACK EVENTS
WHEELCHAIR START
CLASSES T32-34 & T51-54

• Commands remain the same as traditional
• “On your marks”- An athlete shall be:
  • In his/her lane, and may approach or be behind the start line.
• “Set”- An athlete shall:
  • take final position, retaining the contact of the front wheel with the ground behind the start line.
  • Once athlete attains his/her set position, no movement is allowed until the gun is fired.

(Note: ATHLETE HELMETS ARE MISSING)
TRACK EVENTS
WHEELCHAIR OVERTAKE & CRASH
CLASSES T32-34 & T51-54

**Overtake** –
- Athlete coming from behind in an attempt to overtake carries the responsibility of ensuring clearance before cutting in.
- The overtaken athlete cannot obstruct nor impede the incoming athlete when front wheels are in sight.

**Race Recall**-
- In a race 800 or longer, if a crash occurs within the first 50m, the starter may recall the race.
- USA: If a crash occurs, the role of the official should ONLY be to direct incoming wheelchairs around the crash by being 30m or more prior to the crash location.
Finish place & time is determined when center of the front axle crosses the finish line.
TRACK EVENTS
WHEELCHAIR RELAYS
CLASSES T32-34 & T51-54

EVENTS – International & USA: 4X100M & 4X400M
- USA Juniors: 4X100M; 4X400M; 800M Medley (100/100/200/400M).

RELAY RULES:
- 2 lanes are used for each team. The lanes are 1, 3, 5, 7. Tape should be used to extend the lanes and acceleration zones.
- No baton is used, the transfer is made by tag.
- The first touch on the body must be within the tag/exchange zone. (The body, not the chair, must be in the zone.)
- The incoming athlete must not push the outgoing athlete.
PARALYMPIC FIELD EVENTS
AMBULATORY & SECURED THROWS
## TIME ALLOCATION FOR FIELD EVENTS

<table>
<thead>
<tr>
<th>Number of athletes</th>
<th>High Jump</th>
<th>Other Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 3</td>
<td>1 min</td>
<td>1 min</td>
</tr>
<tr>
<td>2 or 3</td>
<td>1.5 min</td>
<td>1 min</td>
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<tr>
<td>1</td>
<td>3 min</td>
<td>-</td>
</tr>
<tr>
<td>Consecutive trials</td>
<td>2 min</td>
<td>2 min</td>
</tr>
</tbody>
</table>

Exception in seated throws: consecutive trials - 1 minute.
Additional time requirements - see seated throws and Rule 35.
High Jump - Time starts once the bar is raised.
FIELD EVENTS
GUIDES - CLASSES T11-T13

• Class T11 may have:
  • two guides for jumping events.
  • one guide for throwing events.
• Class T12 may have:
  • one guide to accompany the athlete.

• Guides may:
  • orient the athlete on the runway or ring.
  • use sound voice/clapping or both to direct the athlete.
  • be on the runway or between the sector lines in the field, unless the official feels it is dangerous.
    (However, this is how the athlete and guide train.)
  • escort the athlete away from the area after the judge determines if the attempt was valid.

• NOTES:
  - The guide may not coach.
  - Athlete must exit circle or pit before guide can physically assist. Verbal assistance in exiting is OK.
Setting up the Jumps

- **Chalk or flour** may be used for the powder in the 1 meter take off area (from the pit edge of the takeoff board back down the runway - 1m).
- **Measure the jump** – measure from the nearest impression left by the take-off foot. Where an athlete does not take off from the take-off area, but before it, measurement will be made to the edge of the takeoff area furthest from the landing area (see drawing at left).
- **LJ takeoff board** - between 1 m and 3 m from the near end of the landing area.
- **Triple Jump board** - Class 11 – min. 9m and Class 12 & 13 – min. 11m.
- **For Junior Athletes** – the board distance (setup) from the pit is determined by the officials after reviewing the athletes' entry marks.

Class 13 does not use powder - it is a traditional LJ and TJ takeoff.
FIELD EVENTS
AMPUTEE PROSTHETIC RULES
CLASSES F42-F47

Traditional competition rules (IAAF/IPC) in all field events.

Rules governing Prosthetics:
• Prosthetics are not required in field events.
• The athlete can adjust his/her leg during the run-up, but must finish the attempt in the allowed time.

Long Jump - if the athlete loses his/her prosthesis while jumping and the prosthesis:
• lands in the pit and produces the closest mark to the takeoff board, use that mark.
• lands outside the landing area nearer to the takeoff board than the closest mark in the landing area, the jump is a foul.
• lands outside the landing area further from the takeoff board than the closest mark in the landing area, use the athlete’s closest mark in the sand.
High Jump

- T42-46 athletes competing in the high jump
  - **Wearing a prosthesis AT THE TAKEOFF:** both the athlete and the prosthesis must go over the bar (whether the prosthesis is on the athlete or it is off).
  - **Not wearing a prosthesis, AT THE TAKEOFF:** whether the athlete started or did not start the jump with one, the athlete may jump without the prosthesis without penalty.
SECURED THROWING EVENTS
FRAMES: FRAME/SEAT/FOOT REST
CLASSES F31-F34 & F51-F57

IPC Rule 35

FRAME:
• The height of the frame/seat shall not exceed 75 cm, including the cushion.

SEAT:
The frame must have a seat, with the following characteristics:
• Square or Rectangular ONLY
• Each side at least 30 cm (~12 inches).
• It must be level or Incline backwards, (the back lower than the front).
• Holes may be in the seat to accommodate strapping.
• Corners may be cutout to accommodate sides or the holding bar.

FOOTPLATES:
• Footplates are a part of the chair and provide stability for the athlete.
SECURED THROWING EVENTS
FRAMES: BACKREST/HOLDING BAR
CLASSES F31-F34 & F51-F57

RESTS:
• The seat may incorporate side and back rests for the purposes of safety and stability.
• They can be made of non-elastic fabric or be a rigid construction that does not move (rigid steel or aluminum).
• The backrest may incorporate cushioning – not exceeding 5cm thick.
• The backrest should not contain springs or moveable joints, nor any feature that could assist with throwing the implement.

HOLDING BAR:
• The frame may have a round or square (not oval nor rectangular) rigid holding bar. The holding bar must be a single, straight piece of material without curves or bends.
• It cannot incorporate springs or movable joints, nor any feature that could assist with propulsion of the throwing implement.
• Holding bar may NOT bend during the throw. It must not be flexible to the naked eye. Rule of thumb: not more than 1 bar diameter of movement as seen at the top of bar. VIDEO OF A BENDING HOLDING BAR.

THE ATHLETE, HOWEVER, MAY HOLD ON TO ANY OTHER PART OF THE FRAME DURING THE THROW.
• Throwing chairs will be measured and inspected in the Call Room or competition area prior to the commencement of the event.
• Any official may re-inspect the chair once in the competition area.
• **A DAILY WHEELCHAIR** that satisfies the criteria is acceptable.
  • If the daily chair is placed upon a throwing frame to elevate it, the maximum height of the seat is still 75cm WITHOUT the athlete in the chair.
• The chair may not be taken from the venue before the start of the event.
• It is the responsibility of the athlete to ensure that his/her throwing frame conforms to all requirements.
SECURED THROWING EVENTS
PREPARING TO THROW
CLASSES F31-F34 & F51-F57

For seated throws the process to get into the chair, be strapped and do warmup throws is as follows:

- **THE OFFICIAL TIMES THE PROCESS.**
  - Starting when the chair is tied down and made available to the athlete:
    - **F32-F34 and F54-F57 classes have 4 minutes,** and
    - **F31,& F51-F53 classes have 5 minutes** to:
      - Get into the field chair and strap in.
      - Do as many warmup throws as they wish to do (Rule 35.5).
      - F51-53 athletes may have an assistant help them, but **NO COACHING ALLOWED!**
    - **ATFUSA exceptions:**
      - U7, U11 and U14 age groups shall be allowed 1 warmup if the strap time has expired and no warmup throws were taken.
      - At USA Regional meets ALL athletes (Open, Junior or Master) may have an assistant help them without a formal request form (to speed meet).

- **If competing in a competition that is throwing 3 & 3 rather than 6 straight throws, the time to get into the chair and strap for the second 3 throws** is:
  - 2 minutes for classes F32-F34 & F54-F57.
  - 3 minutes for classes F31,& F51-F53 classes.
  - **There will be no warmups before the second set of 3 throws.**
SECURED THROWING EVENTS
FRAME POSITIONING IN RING
F31-F34 & F51-F57

- ALL parts of the frame (footplates, holding bar, etc.) must be inside the vertical plane of the inner rim of the circle.
- Tie-downs - Ratchet straps or chains are used to secure the frame inside the ring.
Athletes shall throw from a “true seated” position. Non-compliance is called “Lifting”. The intention: to minimize contributions of the legs to the athlete’s performance.

- The athlete must remain seated with both legs in contact with seat from the back of the knee to the back of the buttocks.
- The athlete’s legs may be either both on 1 side or on 2 sides of the seat (as in picture at right).
- No lifting is allowed (Foul): LIFTING = Any movement from the “true” seated position, after the athlete takes the implement into the starting position of the throw and before the implement has landed.
- The points of contact with the seat are the bony ischial tuberosities of the pelvis and they cannot be elevated above the seat during the throw or it shall be deemed a foul (see the picture on the next side).
- Note: Elevation of parts of the fleshy buttocks more posterior than the point of contact during any phase of the throw does NOT constitute a foul.
As the trunk leans forward to lie on the knees, the fleshy buttock becomes stretched tight across the sacrum and ischial tuberosity such that “the most posterior part” of the buttock touching the seat is just behind the ischial tuberosity. This provides a visual reference for the point that CANNOT come off of the seat during the throw or it would be considered “lifting”.
SECURED THROWING EVENTS
JUDGING
CLASSES F31-F34 & F51-F57

• **Taping:** taping should be shown to the Chief Judge before the event.
  - if used on the hands and fingers, 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.**
• A field throwing chair may have a vertical holding bar. **The holding bar may have layers of tape or suitable materials to facilitate grip.** The thickness of the material, however, can not give an unreasonable advantage to the athlete (e.g., not a thick ball of tape on the bar. This is a change from 1 or 2 layers of tape previously. *(Except for classes F51-53.)*
  - The Classes F51, F52, or F53 may tape their **non-throwing hand** to the holding bar (the hand may be gloved).

• **Strapping:** If used, athlete's personal strapping must be non-elastic.

• **Touching a chair tie down** outside the vertical plane of the ring while in the act of throwing is a foul.
SECURED THROWING EVENTS
JUDGING
CLASSES F31-F34 & F51-F57

• Chair tie-down device breaks or fails (not the athlete’s strapping) and:
  • The athlete’s trial does not fail; the athlete should be given the choice to accept the mark or make a replacement attempt.
  • The athlete’s trial fails; the trial should not count and the athlete should be allowed to retake the affected trial.

• Loose clothing:
  • is prohibited during competition, as it impacts the official’s ability to see a “lift” (official may ask athlete to tuck in or tape clothing).

• Substances used on field implements:
  • must be easily removed with wet cloth and leave no residue (Rule 30.6B).
SECURED THROWING EVENTS
JUDGING
CLASSES F31-F34 & F51-F57

Added tape on holding bar for F51-53 is allowed so that hand can be tied to holding bar.

This type of support structure for the holding bar is allowed so as to limit any flexing!

Bending Holding Bar - Shot.
Bending Holding Bar - Javelin

This type slot in the seat for running straps through is allowed.
SECURED THROWING EVENTS
MEASURING
CLASSES F31-F34 & F51-F57

NUMBER OF ATTEMPTS:
• Paralympics & World Games: Athletes have three trials, then the top 8 get three additional throws.
• All other Meets: May use above, or get six consecutive throws. This is determined by the meet director.
  (Best practice if measuring after all throws are complete: mark flags 1 through 6; record by throw number on flag.)

JAVELIN
• Javelin must land tip first for classes U16, U18, U20, U23, Open, Master 35, 50, 60.
• Javelin - ATFUSA Junior rule: U11 & U14, mark whatever hits first.
  • Tip - mark tip; flat - mark back of grip; tail - mark tail.
SECURED THROWING EVENTS
MEASURING
CLASSES F31-F34 & F51-F57

RECORDING RECORDS
• IPC Americas / World Records:
  • 3 judges must sign the IPC record form.
  • The implement must be impounded and reweighed immediately.

• ATFUSA Records:
  • Minimum of 2 judges must sign the ATFUSA record form.
  • Later the referee must sign.
  • The implement must be reweighed, but may be done after the competition.

• In ALL cases a steel tape OR appropriate calibrated electronic laser measuring system must be used.
SECURED THROWING EVENTS
GENERAL TIPS
CLASSES F31-F34 & F51-F57

General Pit Tips:

• Check implement weight for each athlete prior to his/her first throw, as you may have multiple classes or age groups in your pit with different weight implements. If at a meet where the implement weights are not listed, they can be found either in the IPC Rulebook Appendix 1 (hyperlink to rule book is on Slide 3), in the ASUSA Field Standard File, or in the Appendices of the USATF rule book.

• Record the implement number used by the athlete on the flight sheet.

• Implement touching the sector line on landing is a foul. The line is OUT.

• Examine your Measuring Tape: The zero point varies in different tapes.

• Pull the tape through the center of the circle and read measurement at the inside edge of the ring.
There is no charge to take the course or the test.

In order to be a 2017-2020 certified Para Track and Field Official–
You will need to be a USA Track and Field: Association, National, or Master Official and pass the Para Track and Field Test with a minimum score of 80.

Test is open book.

MUST HAVE NEW TEST LOCATION

http://www.cvent.com/d/n4qldw
RULE CHANGES NOT INCLUDED IN THE 2012-2016 COURSE
FIELD RULE CHANGES NOT INCLUDED IN THE 2012-2016 COURSE

FIELD:

• F31-33 / F51-54 may have an assistant transfer and strap the athlete into their field chair without additional paperwork.

• Juniors in all classes and age groups may also have an assistant when competing in USA Junior Meets without additional paperwork.

• Blind T11 may have 2 guides for high, long, & triple jump.

• Blind T12 may have 1 guide for high, long and triple jump.

• Blind T13 may have no guides for high, long and triple jump.

• T42-46 athletes competing in the high jump wearing a prosthesis at the takeoff – both the athlete and the prosthesis must go over the bar (whether the prosthesis is on the athlete or it is off). A prosthesis, however, may come off during the run up and the athlete may continue the jump without the prosthesis without penalty.
FIELD RULE CHANGES NOT INCLUDED IN THE 2012-2016 COURSE

FIELD:

- Any substances used by an athlete on field implements must be easily removed with wet cloth and leave no residue (Rule 30.6b).

- For seated throws, some part of the back of both knees, not necessarily all of the back of the knee, MUST be in contact with the chair from the beginning of the throw to the LANDING of the implement (clarifies rule).

- A field throwing chair may have a vertical holding bar. The holding bar may have layers of tape or suitable materials to facilitate grip. The thickness of the material, however, can not give an unreasonable advantage to the athlete (e.g., not a thick ball of tape on the bar. Change from 1 or 2 layers of tape except for classes F51-53).
FIELD RULE CHANGES NOT INCLUDED IN THE 2012-2016 COURSE

FIELD:

• For seated throws the process to get into the chair, be strapped and do warmup throws changed.
THE OFFICIAL MUST NOW TIME THE PROCESS.
Starting when the chair is tied down and made available to the athlete.

• Athletes in the F32-F34 and F54-F57 classes have 4 minutes and athletes in the F31 & F51-F53 classes have 5 minutes to:
  • get into the field chair,
  • strap,
  • do as many warmups as they wish to do. (Rule 35.5).

• If competing in a competition that is throwing 3 & 3 rather than 6 straight throws, the time to get into the chair and strap for the second 3 throws is:
  • 2 minutes for classes F32-F34 & F54-F57.
  • 3 minutes for classes F31,& F51-F53 classes.
  • There will be no warmups for the second set of 3 throws.
FIELD RULE CHANGES NOT INCLUDED IN THE 2012-2016 COURSE

FIELD:

• For all ATFUSA classes of seated throws U7, U11 and U14 age groups, the athletes shall be allowed 1 warmup if time has expired and no warmup throws were taken.

• LIFTING Rule Change: Lifting will be allowed after the implement touches the ground, NOT waiting until after it is marked.

• Records:
  • For American/World Records
    • 3 judges must sign the IPC record form;
    • The implement must be impounded and reweighed immediately.
  • For ATFUSA USA Records
    • 2 judges must sign the ATFUSA record form;
    • Later the referee must sign the ATFUSA record form;
    • The implement must be reweighed, but may be done after the competition.

• In all cases a steel tape must be used OR an appropriate electronic laser measuring device.
TRACK RULE CHANGES NOT INCLUDED IN THE 2012-2016 COURSE

TRACK
• Blind:
  • Class 11 & 12 athletes **MUST** be assigned 2 lanes.
  • Class 11 & 12 athletes who use a guide **MUST** to use a non-elastic tether of 100cm or less.
  • The tether must be connected by arm or hand only.
  • The tether **CAN** be dropped at 10 meters from finish.
  • The guide must finish the race after the athlete.
  • Class 11 athletes must wear an eye mask and the mask must block out all light.
  • The mask may be checked in the Call Room and in the venue.
  • If an athlete declares 2 guides for events 5000m or greater, they must use the 2 guides **or that athlete will be disqualified.**
    The guides line up on the back straightaway.
• Athletes using starting blocks may use one pedal or both pedals.
TRACK

• For events 5000m or greater, where there are not enough athletes to run a full single sex heat, males and females may race together.

• For events less than 5000m, sexes MAY NOT BE MIXED in a heat.

• For leg amputees the Maximum Allowable Standing Height (MASH) height must not be exceeded with prosthetics. Measurements must be made upon each entry into the competition area.

• If additional evidence becomes available after an oral protest decision by the Referee has been given, the protest may be re-evaluated by the Referee.

• ATFUSA now has 3 Master age groups – M35, M50, M60

• Provision of advice or other support by any official not related to their role in the competition is not allowed.

• Physiotherapists are allowed to treat a competitor in the competition area if it does not delay competition.
TRACK RULE CHANGES NOT INCLUDED IN THE 2012-2016 COURSE

TRACK
• Wheelchair 800m:
  • The athlete must stay in lane until the bottom of the rear wheels cross the break line (directly below the rear axle).

• Relays:
  • The touch or the baton position, not the location of the athlete/guide, determines a good pass.
  • An athlete or guide may re-enter the exchange zone to make the exchange/tag, however the first tag/contact shall be in the exchange zone.
  • T11-T13 may have 1 assistant at each exchange zone; they must, however, leave the area before the race.
  • Wheelchair: The outgoing athlete may not be pushed in the exchange zone.
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