

IPC rules must be read in conjunction with IAAF Rules and Regulations.

Call Room: Track and Field

Wheelchairs

- Measurements and inspections of wheelchairs are done in the Call Room without the athlete in wheelchair. Wheelchairs do not leave Call Room area before the start of the event. Allow enough time for track warm up time.
- Two large wheels; max diameter including the inflated tyre shall not exceed 70 cm per wheel. One small wheel; max diameter including the inflated tyre shall not exceed 50 cm.
- No part of the body of the chair may extend forward beyond the hub of the front wheel and be wider than the inside of the hub of the two rear wheels. The max height from the ground of the main body of the chair shall be 50 cm.
- Only one plain, round, hand rim is allowed for each large wheel.
- No mechanical gears or levers shall be allowed, that maybe used to propel the chair.
- Only hand operated mechanical steering devices will be allowed (compensator).
- Use of mirrors is not permitted.
- No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres. Test by pushing the chair against a flat wall surface.
- No part of the athlete's lower limbs can fall to the ground or track during the event.
- Strapping: if used must be only to the chair and of non-elastic material.
- One bib number **must** be worn visibly on the back on the chair.
- Wheelchairs can be re examined before or after an event by the officials.
- In events longer than 400m plus the 4 x 400m relay, hip number is worn on helmet. For other events hip numbers should be placed on the frame of the chair.
- The wearing of helmets is **compulsory** in all individual and team track races of 800m and longer, 4 x 400m relay and in all road races.

Blind Athletes

- Opaque glasses or an appropriate approved substitute are only required for T 11 and F 11 athletes. Glasses must be worn in all track and field events.
- Escorts / guide runners are permitted to accompany competitors onto the competition site; must wear a distinctively coloured vest which is provided by Organizing Committee.
- No urine is allowed to drain onto the competition site or warm up areas. Failure to do so will result in a DQ.
- Heat sheets must indicate deaf, blind athletes.
- Forms should be available in the Call Room so that athletes who need assistance with setting of blocks or marking of run-ups in field events can have this taken to the field of play for officials to carry out on their behalf.
- Colour vests given out in Call Room to escorts / guides. Names have to be noted on heat sheet. Accreditation should be exchanged for vest.

Throwing Chairs

- Max height of the throwing frame; including the cushion(s), used as a seat, shall not exceed 75cm
- All parts of the frame must be fixed. Assistance to the athlete by flexible jointed parts is not allowed.
- Frame may have a holding bar made of metal, fibreglass or similar material but bar must not have any articulation or joints.
- Measurements and inspections will always take place without the athlete in chair.

General

- Must know relay rules for athletes for all T Sport Classes.
- Competition clothing must be close fitting. Refer to IAAF rules.

TRACK EVENTS

Starter + Recallers:

- No part of the front wheel can touch the start line. Front wheel must retain contact with the track / ground behind the line for the start
- Power to stop the race the first 50m, in races of 1500m or longer, if a collision involving a majority of the athletes in the race takes place. On a recalled race, TR can take appropriate action on reports received from umpires during this portion of the race. TR can DQ athlete(s).
- A four point stance is not required by athletes in any class for cerebral palsy T 35-38, T 42-46.
- No event shall be delayed whilst a competitor makes adjustments to his/her wheelchair.
- Okay for arm amputee or those with short arms to use pads on which to rest stumps at the start line to improve balance. Pads must be completely behind the start line and not interfere with any other athlete. Pads should be similar in colour to track or of a neutral colour.
- It is the responsibility of the official conducting the track event to rule on the safety of the wheelchair. (TD and/or CS).
- Use the command “**Wheel Back**” not “Stand Up!”
- Recallers can be asked with hearing impaired athletes to use a flag or visual device to aid in signalling the start. With blind deaf athletes, a touch on an athlete’s shoulder to signal the start.
- 800m event should start in lanes.

Starters Assistants:

- Helmets must be worn in races 800m and longer plus 4 x 400 relay. Bib number on side of helmet for photo timing equipment.
- In events longer than 400m plus 4 x 400m relay, hip number is worn on helmet.
- The wearing of helmets is **compulsory** in all individual and team track races of 800m and longer, 4 x 400m relay and in all road races.
- No urine is allowed to drain onto the competition site of warm up areas. Failure to do so will result in a DQ.
- One bib number **must** be worn visibly on the back on the chair.
- May allow one lap for wheelchair athletes to set compensators.
- Guides are wearing assigned coloured vest. Guides can give verbal advice.
- Guides and athlete have the right to be allocated two lanes in all races run in lanes and can choose which of the two allotted lanes for the athlete/guide to run in.
- Guides can not use any means of mechanical transportation.
- Can be asked to assist with the start for hearing impaired and blind deaf athletes.
- Deaf athletes are normally assigned to an outside lane. A (black and white checked) flag, strobe light or other visual device is used to signal the start of the race for this athlete.
- Assistance in setting starting blocks for athlete(s) may be allowed; documentation should accompany athletes to start line.

Track Referee, Umpires and Finish Line Judges:

- On a recalled race, TR can take appropriate action on reports received from umpires during this portion of the race.
- Guide and athlete must be allocated 2 lanes in all races run in lanes. No more than 4 pairs in a race. Must finish race as a team.
- Method of guidance: choice of the athlete elbow lead, or a tether, or run free.
- Guides can not use any means of mechanical transportation.
- At no time may the escort / guide pull or propel the athlete forward by pushing in order to gain an advantage.
- Athlete and escort / guide shall not be more than 0.50 m apart with or without a tether. In the last 10m of an event, this distance may be extended.
- Guide must finish behind athlete.

- Races further than 400m two guides are allowed. Only one exchange of guides is permitted for each athlete. The exchange must take place only on the straight. The intention to change guides must be notified in advance to the TD and TR.
- Athletes in T 42, 43 and 44 shall use leg prosthesis in running events. Hopping is not allowed. In all competitions except running T 42, 43, 44, the wearing of prosthesis is optional.
- In events of 1500m and 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 officials' results as "DNF". The TR has the authority to remove any athlete who has been lapped.
- Competitor and escort / guide in a competition are a team. If the guide breaks the rule, the athlete is disqualified.
- Wheelchair race: finishing order is determined by the order in which the hub of the leading wheel reaches the vertical plane of the nearer edge of the finish line.
- Wheelchair (T32-34, T51-54): An athlete coming from behind in an attempt to overtake carries the responsibility of ensuring 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 once the front wheel(s) of the athlete are in sight.
- No urine is allowed to drain onto the competition site or warm up areas. If so, will result in a DQ.
- Progression by any other method except by pushing on the wheels or hand rims is a DQ.

Relay Races (without baton): T 32-34, T 51-54

- Each team shall be allocated 2 adjacent lanes. The extension of the start and exchange box lanes should be done with tape of the same colour as the existing lane markings.
- Take over shall be a touch on any part of the body of the outgoing competitor. The first touch shall be within the take over zone.

Relay Races (with baton): T 11-13

- Incoming runner passes the baton to the outgoing runner within the take over zone.
- Baton exchange may take place **either** between the guides or athletes without restriction, except the conditions of the method of guidance must be met and the guide must be behind the athlete at the moment of entering the exchange zone. The outgoing runner and guide both must be inside the exchange zone at the moment when the baton is exchanged. Once the outgoing runner leaves the take over zone, the athlete can not re-enter the take over zone.
- T 12: One guide per exchange zone allowed; helps with positioning of T 12 athlete who intends to run without guide runner. Guide can not interfere with the race.

Assistance to Athletes: calling out intermediate times is allowed as long as done from outside the track and in designated area.

FIELD EVENTS

Chiefs / Field Referees:

- No event shall be delayed whilst a competitor makes adjustments to his/her chair.
- Chairs can be re examined before or after an event by the official in charge of the event (Chief) and /or Technical Delegate (TD).
- Opaque glasses or an appropriate approved substitute are only required for F 11 athletes.
- Lower limb disability sport classes may use a running, hopping or standing start in jumping events.
- No urine is allowed to drain onto the competition site or warm up areas. Failure to do so will result in a DQ.
- LJ& TJ events: Exact distances from the board to pit shall be determined for each competition with TD.
- Receive documentation for certain athletes who need runway markers placed at pre-set distances from the take off board. Notations must be on flight sheet.
- Acoustic signals and orientation by one escort (callers) per athlete is allowed.
- Must ask crowds to be silence so athletes can hear signals(F 11-12)

Acoustic Signals and Orientation: Complete silence must be requested from spectators, competitors and officials. An escort may bring an athlete to the throwing circle or runway. It is the task of the escort to help the athlete orientate him/herself in the throwing circle or on the runway before the attempt. The escort must leave the circle or runway before the attempt begins. Acoustic signals / orientation are permitted before, during and after the attempt. Athletes may only be escorted from the circle or runway after the officials has determined whether or not the attempt was a valid one.

Timing a trial: Time (time clock / stopwatch) allowed shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation. An athlete can ask for verbal confirmation of the starting of the timing clock from the Chief official.

If an athlete loses orientation and requires being re-orientated, the timing clock is stopped and only restarted (to include any elapsed time already recorded) once orientation has again been completed.

Seated Throws:

- All throwing events will be conducted from a circle, diameter 2.135 to 2.50 m, into a sector.
- All parts of frame and footrests must remain inside the vertical plane of the rim of the circle.
- 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.
- An authorized holding device must be used for F 32-34, T51-58. If holding device breaks during execution of a throw, not counted as a trial, providing within the rules. Athlete loses balance and commits a foul; it can not be counted as a fault.
- Acoustic orientation by an escort is allowed as long as the escort stands in a position that does not hinder the event officials. Two escorts are allowed for Class F 11 but only one escort per athlete is allowed for Class F 12. Escorts must wear distinctive vest colour.
- Sport classes 51-53 may use strapping or a glove on their non-throwing hand, and anchor hand to the frame.
- Putting the shot (from start to finish), the movement shall be a straight, continuous putting action.
- 3 or 6 throws consecutively; a reasonable time will be permitted for an athlete to place the frame in the circle, last 3 throws done consecutively. This time shall not normally exceed 2 minutes for Sport Classes F32-34, F54-58 and 3 minutes for Sport Classes F51-53.
- Do not have to use a stop board for athletes competing from frames.

Jumps:

- Acoustic orientation by an escort is allowed during the approach run, as long as the escort stands in a position that does not hinder the event. Also the escort can assist in positioning the athlete on the runway. Only one escort per athlete is allowed; must wear distinctive vest colour.
- Athletes with a lower limb disability may use a running, hopping or standing start in jumping events.
- The exact distance from the board to pit shall be determined for each competition in consultation with the TD.

Vertical Jumps – High Jump:

- Sport Class F 11 athletes may touch the bar as an aid to orientation before commencing the run up. If while touching the bar during this procedure, the athlete dislodges the bar, this will not count as an attempt.
- Sport Class F 12 may place an appropriate visual aid on the bar (e.g., handkerchief).

Horizontal Jumps – Long Jump + Triple Jump (Sport Classes F 42-44):

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

- If the prosthesis lands behind the closest mark in the landing area, but outside the landing area it shall be counted as a foul and recorded as such.
- Triple Jump: Take off board will normally set at 9m for women and 11m for men. F11 min 9m, F12-13 min 11m.
- Long Jump Sport Classes F 11 -12: Where an athlete does not take off from the take off area, but before it, measurement will be made to the edge of the take off area furthest from the pit. The take off area shall consist of a rectangle 1.00m x 1.22m, which must be prepared in such a way (by using chalk, talcum powder, light sand, etc.,) that the athlete leaves an impression on the area with his/her take off foot. Recommended minimum width of the landing area is 3.50m.
- F11-12, takeoff rectangle 1.00m x 1.22m and prepared in such a way (by use of chalk, talcum powder, light sand etc) that athlete leaves an impression on this area with takeoff foot.
- See diagram below.

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Jennifer Campbell – NOC (modified by David Weicker; October 2009)

The latest IPC Athletics rules are available at:

http://www.paralympic.org/release/Summer_Sports/Athletics/rules/2008_05_IPC_Athletics_Rules_And_Regulations_Website.pdf

