

Section “F” – Para Athletes Championship Competition

These rules are to be read in conjunction with Section “A” Competition General Rules,
Section “B” – Track Events and Section “C” – Field Events.

1. Para Athletes

1.1 General Conditions

- i. Athletes with a disability qualifying in any able body event at the State Track & Field Championships will not be allowed to compete in the equivalent Para event conducted on the same program.
- ii. Implements shall comply with the specifications as defined by LANSW for Para events.
- iii. In Para field events only three trials will be allowed.
- iv. All LANSW and IAAF (where applicable) rules of competition shall apply except in the following instances.

1.2 Classification

- i. Athletes with a disability have to be formerly classified by a recognised organisation, prior to competing at the State Track & Field Championships.
- ii. Classification is a way of grouping athletes of similar function or ability for the purpose of competition.

1.3 Competition

- i. All events will be conducted as multi-disability events. Competitors will compete against a multi-disability standard (MDS) as determined by the Australian Paralympic Committee. Placings will be determined by the competitor’s time/distance calculated against a percentage of the multi-disability standard (MDS).
- ii. In all competitions involving throwing events athletes must use the implement weight specified for their classification/ age group, (refer Para Athletes Implement Specification Table).

Note: At competition events where combined age group are conducted the competitor’s will throw the weight specified for their age group. This could result in different weight implements being used in the same event.

2. Visually Impaired Athletes – Classification 11, 12 & 13

2.1 General Conditions

2.1.1 Facility Location and Equipment

- i. Competitors with classification 11 must wear approved opaque glasses or an appropriate substitute in all track and field events. The opaque glasses or substitute must be approved by the Carnival Referee. Glasses, once approved, must be available for checking at all times. When not competing, the athlete may remove the dark glasses or substitute.
- ii. Acoustic signals are permitted for athletes in this class, as specified in following rules. Where acoustic assistance is being used (e.g. Long Jump) complete silence shall be requested from spectators.
- iii. For athletes with classification 12 modification of the existing facility is permitted (e.g. by powder, cones, flags etc.). Acoustic signals may also be used in Long Jump events.
- iv. For athletes with classification 13 LANSW and IAAF (where applicable) rules will be followed in their entirety, except as otherwise listed.

2.1.2 Escort / Guide Runner

- i. Only escort/guide runners for athletes will classification 11 and 12 will be permitted to accompany competitors onto the track or into throwing and jumping areas. Those persons acting as guides or escorts must be clearly identified by wearing a bright coloured vest provided by the Organizing Committee.
- ii. Competitors in the Long Jump with classification 11 may use a caller to provide acoustic orientation during the approach run. This guide/caller can assist in positioning the athlete on the run-way.
- iii. Competitors in the Long Jump with classification 12 may be accompanied to the competition area by only one person, who may serve as caller and/or guide. No additional persons will be permitted in the competition area.

2.2 Track Events

2.2.1 Running Competition Rules

- i. The 100m event for T11 to T13 classification athletes shall have heats (if required) consisting of a maximum of four athletes with guides per heat.
- ii. A re-run may only be requested when circumstances beyond the control of the athlete and guide (as a team) have interfered with the performance of the athlete.

2.2.2 Methods of Guidance

- i. Athletes **must** bring their own guides to competitions.
- ii. When competitor and guide are in competition they are to be regarded as a team.
- iii. As the blind runner crosses the finish line, the **guide must be** behind the athlete or disqualification will apply.
- iv. The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead, or a tether. In addition, the runner may receive verbal instruction from the guide. (Bicycles or other mechanical means of transport may not be used by guides).
- v. At no time may the guide pull the athlete, or propel the athlete forward by pushing. Infringement of this rule shall lead to disqualification.
- vi. Whether or not a tether is being used, the athlete and guide shall be not more than 0.50m apart at all times.

NOTE: Where extraordinary or accidental circumstances lead to a breach of this rule it shall be the sole responsibility of the Track Referee to decide for or against disqualification. The principles that will govern such a decision shall include consideration of any danger to or disadvantage suffered by another competitor in the same race.

- vii. Guide runners must wear a bright coloured vest, in order that they are clearly distinguished from competitors. These vests will be provided by the Organizing Committee.

2.3 Field Events

2.3.1 Field Event Time Limits

- i. In field events where competitors receive assistance from callers or guides, the time allowed for an attempt shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation.

NOTE: If the athlete loses their orientation so that he or she requires to be re-oriented, the clock shall be stopped and only re-started (to include any elapsed time already recorded) once orientation has again been completed.

2.3.2 Long Jump

- i. Escorts/callers may be used only by athletes in F11 and F12 classifications.
- ii. It is the task of the escort/caller to help the athlete orientate himself or herself on the runway before attempting the jump. The escort/caller must leave the runway before the jump can begin.
- iii. For F11 to F13 athletes, the take-off area shall consist of a rectangle 1.0 x 1.22 metres which must be prepared in such a way by the use of sand, that the athlete leaves an impression on the area with his or her take-off foot. The maximum distance between the take-off area and the front edge of the landing pit shall be one (1) metre.

NOTE. For purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area should be 1.75 metres. If this recommendation cannot be met, additional safety measures may be required by the officials responsible for the event.

2.3.3 Throws

- i. Escorts/callers may be used only by throwers with F11 and F12 classifications.
- ii. Competitors with F11 and F12 classification, (where appropriate) must be brought to the throwing circle by an escort/caller.
- iii. It is the task of the escort/caller to help the athlete orientate himself or herself in the throwing circle before the throwing attempt. The escort must leave the circle before the throw can begin.
- iv. Acoustic orientation is permitted for athletes with F11 and F12 classification before, during and after their throwing attempts.
- v. Competitors with F11 and F12 classifications **must** be escorted from the throwing circle only after the judges have determined whether the attempt is valid or not.

NOTE: Rule (Section C 2.1.7 vii) regarding exiting the throwing circle after the throw shall not apply.

- vi. If the event judge determines that an escort/caller who is providing acoustic orientation is in an unsafe location, the judge shall require the escort to move.

3. Wheelchair Athletes - Classification 31-34, 51-57

3.1 General Conditions

3.1.1 Wheelchairs

If strapping, is used it must only be to the chair and of non-elastic material.

3.1.2 Escorts

Only escorts for athletes with classification 32, 51–53 will be permitted to accompany competitors onto the track or into throwing and jumping areas. Those persons acting as escorts must be clearly identified by wearing a coloured vest provided by the Organizing Committee.

3.2 Track Events - Classifications T31-T34, T 51-T54

3.2.1 Wheelchairs

- i. The wheelchair shall have at least two large wheels and one small wheel.
- ii. In all races not conducted in a straight lane (in straight line), the athlete must be able to turn the front wheel(s) manually both to the left and to the right.
- iii. 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 hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm.
- iv. The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm.
- v. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm.
- vi. Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair.
- vii. No mechanical gears or levers shall be allowed, that may be used to propel the chair.
- viii. Only hand-operated, mechanical steering devices will be allowed.
- ix. The use of mirrors is not permitted in track races.
- x. No part of the chair may protrude behind the vertical plane of the back edge of the rear tyres.
- xi. It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to their chair.
- xii. Chairs will be measured in the Marshalling Area, and may not leave that area before the start of the event. Chairs that have been examined may be liable to re-examination before or after the event by the official in charge of the event.
- xiii. It shall be the responsibility, in the first instance, of the official conducting the event, to rule on the safety of the chair.
- xiv. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

3.2.2 The Start

- i. The start rules as defined in Section B4.1 shall apply except as follows.
- ii. After the "On Your marks" command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the "Set" command, an athlete should immediately take up his final starting position retaining contact of the front wheel with the ground behind the line.

3.2.3 The Race

Progression by any other method except the competitor pushing on the wheels or hand rims will result in disqualification.

3.2.4 The Finish

- i. The competitors shall be placed in the order in which the hub of the leading wheel reaches the vertical plane of the nearer edge of the finish line.
- ii. The time shall be taken to the moment at which the hub of the leading wheel of the competitor's chair reaches the vertical plane of the nearer edge of the finish line.

3.3 Field Events - Classifications F31-F34, F51-F57

3.3.1 General

- i. Athletes may be permitted to have three trials consecutively.
- ii. Referees shall have the power to change the place of the competition in any field event, if in their opinion the conditions justify a change.

NOTE: The round DOES NOT have to be completed before the change is made.

3.3.2 Throwing Frame/Wheelchair

- i. The maximum height of the throwing frame, including the cushion(s), used as a seat, shall not exceed 75 cm.
- ii. The frame may have a holding bar made of metal, fibreglass or similar materials, but this must not have any articulation or joints.
- iii. All parts of the frame must be fixed. Assistance to the athlete by flexible parts is not allowed.
- iv. It will be the responsibility of the competitor to ensure that the frame conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to his frame.
- v. Frames will be measured before the competitor enters the throwing circle. Frames that have been examined may be liable to re-examination before or after the event by the official in charge of the event. Measurement will always take place without the athlete sitting in the frame.
- vi. If an authorised holding device is used and breaks 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 count against them.

3.3.3 Throws

- i. In order to protect the wrist from injury, a competitor may wear a bandage at the wrist. Athletes with classification F51–F53 may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

Note: Athletes in Classes F31 –34, F54-57 must not use gloves;

- ii. It shall be a foul throw/put if any part of the body touches the top of the rim or any holding device is outside the vertical plane of the edge of the circle during the throw. For athletes with F51–F58 classification only the footrest(s) or any part of the wheel or push rims not touching the circle may be outside the circumference of the circle.
- iii. 1. A competitor shall commence a throw/put from a stationary seated position.
- iv. *The seated position is defined as follows:*
 - a) *The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock.*
 - b) *This sitting position must be maintained throughout the throwing action until the throw has been marked.*
(Strapping across the upper thighs and or pelvis is allowed and encouraged.)
2. An athlete is not allowed to touch the strap(s) outside the vertical plane of the throwing circle.

3. It shall be a failure if an athlete moves from the seated position from the time the athlete takes the implement into the starting position of the trial until the throw has been marked by an official.
- v. For Athletes with classification F31-F34, F51-F57 a stop board is unnecessary for all athletes competing from frames.
- vi. For athletes with classification F31-F34, F51-F57 and using an approved holding device, rule (Section C 2.1.7 vii) regarding exiting the throwing circle after the throw shall not apply.

4 Limb Deficiency Athletes (who compete standing)

4.1 Track Events - Classification T42–T47

4.1.1 Prosthesis

Athletes in classes T42, T43 & T44 shall use leg prosthesis in running events. Hopping is not allowed. In all competitions except running for classes T42, T43 and T44, the wearing of prosthesis is optional.

Note: Competition prostheses are not considered as appliances, which can give the wearer an advantage.

4.1.2 Start

A competitor must not touch either the start line or the ground in front of it with their hands or feet when on their marks. For athletes with classification T35 -T38, T42–T47, it is acceptable for arm amputee athletes or those with short arms 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.

4.2 Field Events - Classification F42–F46

4.2.1 General

Athletes with classification F42-F44 may use a running, hopping or standing start in jumping events.

4.2.2 Prosthesis

Athletes with classification F42–F44

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

5. Hearing Impairment, Intellectual Impairment, Short Stature and Transplant Athletes

For athletes with classification 1, 20, 40, 41 and 60, LAANSW and IAAF (where applicable) rules will be followed in their entirety.

6. Classification Information - Track (T) & Field (F) Events available.

TRACK EVENTS	FIELD EVENTS
Athletes with a hearing impairment T01	Athletes with a hearing impairment F01
Athletes with a visual impairment T11 T12 T13	Athletes with a visual impairment F11 F12 F13
Athletes with an intellectual impairment T20	Athletes with an intellectual impairment F20
Athletes with hypertonia, ataxia or athetosis who compete sitting T31 T32 T33 T34	Athletes with hypertonia, ataxia or athetosis who compete sitting F31 F32 F33 F34
Athletes with hypertonia, ataxia or athetosis who compete standing T35 T36 T37 T38	Athletes with hypertonia, ataxia or athetosis who compete standing F35 F36 F37 F38
Athletes with Short Stature T40 T41	Athletes with Short Stature F40 F41
Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing T42 T43 T44 T45 T46 T47	Athletes with limbs deficiency, muscle weakness or joint restriction who compete standing F42 F43 F44 F45 F46
Athletes with limbs deficiency, muscle weakness or joint restriction who compete in a track chair T51 T52 T53 T54	Athletes with limbs deficiency, muscle weakness or joint restriction who compete seated F51 F52 F53 F54 F55 F56 F57
Athletes with a transplant T60	Athletes with a transplant F60