

**SPECIAL SECTION
ADAPTATIONS TO
USA TRACK & FIELD RULES OF COMPETITION
FOR INDIVIDUALS WITH
DISABILITIES**

INTRODUCTION

This section contains a summary of adaptations and modifications to USA Track & Field rules for each of six national disabled sports organizations recognized by the USA Track & Field as conducting programs in the sport of athletics for individuals with disabilities. Each of the organizations bases its rules on official USA Track & Field and IAAF rules, making modifications only as necessary to accommodate the particular method of competition. For a complete set of rules for a particular group, contact the specific organization listed below, or visit their website.

Contact information for these organizations appears on page 10.

**I. NATIONAL DISABILITY SPORTS ALLIANCE
(Cerebral Palsy)**

NDSA provides competitive sports opportunities for individuals with cerebral palsy and other similar physical conditions. The NDSA sports program is based on a medically approved Sports Manual that outlines a very functional classification system and rules for related adapted events. The system measures coordination, range and speed of muscle movement, whether or not an individual is in a wheelchair, on crutches or is ambulant. Four classes for wheelchair users and four classes for the ambulant category are used. The following is a brief summary:

Class 1: Severe tetraplegic (quadraplegic)/triplegic – wheelchair; using wheelchair, more spasticity prevalent.

Class 2: Severe tetraplegic-wheelchair, normally propels wheelchair with legs, better upper extremity range of motion and coordination than Class 1, more athetosis present.

Class 3: Weak tetraplegic, triplegic or moderate hemiplegic – wheelchair.

Class 4: Paraplegic: good upper extremity strength and control – wheelchair.

Class 5: Paraplegic, moderate hemiplegic, ambulates without wheelchair in regular and daily activities. May or may not use assistive devices as ambulatory support. NDSA defines assistive devices as ambulatory support devices such as crutches, walkers or canes. Braces are not considered assistive devices.

Class 6: Tetraplegic athetoid - severe triplegic, usually ambulates without walking aids, athetosis more prevalent.

Class 7: Moderate hemiplegic or moderate to minimal tetraplegic.

Class 8: Minimally disabled group.

USA Track & Field rules shall be followed for all Track and Field Competition, with the following rule modifications:

Rule 37 para 6 (Classes 2-4)

Replace with: The time shall be taken from the flash of the pistol or approved starting apparatus to the moment at which the hub of the leading wheel of the competitor's chair reaches the nearest edge of the finish line.

Rule 42 para 4 (Classes 2-4)

Add: The lap score board shall be at a height of 80-100 cm above the ground.

Rule 47 (Classes 2-4)

Modify: para 2(a) 100m ... 13 seconds
 para 2(b) 200m ... 13 seconds
 para 3 change 1.22m to 0.95m

Rule 60 para 1 (Classes 2-4)

Modify: Rreplace "hand or foot." with "the front wheels."

Rule 60 para 2 (all classes)

Add: Where a competitor has a hearing impairment, a flag or any other visual device may be used as well as a pistol.

Rule 60 para 7 (Classes 2-4)

Delete: "When a competitor uses a crouch start,"

Delete: "Both hands and one knee..." to "...with the starting blocks."

Replace: "rise" with "come".

Replace: "retaining the contact..." to end of para 7 with "with the front wheel(s) not touching the starting line; i.e., the hub of the competitor's front wheel behind the vertical plane of the starting line."

Rule 60 para 12 (Classes 2-4)

Add: NOTE 2: The starter has the power to stop the race within the first 200 meters in races of 800 meters or longer if a collision takes place. The race is then restarted.

Rule 61 para 2 (Classes 5-8)

Modify: In the first line delete "must" and insert "may".

Add: NOTE: A four point stance is not required by athletes in any class.

Rule 65 para 1 (Classes 2-4)

Replace with: 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 as defined above.

Rule 65 para 4 (Classes 2-4)

Add: NOTE: 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.

Rule 65 (Classes 2-4)

Add: para 12 Event time limits: In events of 1500 meters 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 official results as "DNF" - "did not finish".

Rule 66 para 1 (Classes 2-4)

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

Rule 67 Doping

All competitors shall abide by the rules relating to doping as set by regulations of USATF, the IAAF and the International Paralympics Committee Athletics Section.

Rule 71 para 5 (Classes 2-4)

Add: The wearing of helmets is compulsory in all individual and team track races of 800 meters and over, including the 4 x 400 meter relay and in all road races.

Rule 72 para 1 (Classes 2-4)

Add: Every competitor must be provided with two numbers to be worn visibly, one on the back of the chair, the other to be worn as directed by the Referee. Where photo-finish equipment is in operation, the meet organizers may require competitors to wear additional numbers of an adhesive type. No competitor shall be allowed to take part without the appropriate numbers.

Rule 80 para 1 (Classes 2-4)

Add: Each team shall be allocated two adjacent lanes. Where it is required for the relay to be run in lanes, the competitors may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the take-over zone. Changes will take place as for lanes 1, 3, 5 and 7.

Rule 80 para 2 (Classes 2-4)

Modify: delete "20m" and insert "40m".

Rule 80 para 4 (Classes 2-4)

Modify: delete "10m" and insert "20m".

Rule 80 para 13 (Classes 2-4)

Replace with: The take-over shall be by a touch on any part of the body of the outgoing competitor within the take-over zone.

Add: Rule 82 (Classes 2-4)

1. The wheelchair shall have at least two large wheels and one small wheel.
2. 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 50cm.
3. The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm. The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.
4. 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, if so stated on their medical and Games identity cards.
5. No mechanical gears or levers shall be allowed that may be used to propel the chair.
6. Only hand-operated, mechanical steering devices will be allowed.
7. In all races of 800 meters or over, the athlete should be able to turn the front wheel(s) manually both to the left and the right.
8. The use of mirrors is not permitted in track or road races.
9. No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.
10. It will be the responsibility of the competitor to ensure the wheel-chair conforms to all the above rules, and no event shall be delayed while a competitor makes adjustments to his chair.
11. Chairs will be measured in the Clerk 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.
12. It shall be the responsibility, in the first instance, of the official conducting the event to rule on the safety of the chair.
13. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

Add: Rule 89 (Classes 2-4)

1. The maximum height of the throwing frame, including the cushion(s) used as a seat, shall not exceed 75 cm. Class 1 and 2 may use corrective inserts if this is recorded on the Medical or Games cards.

2. If footrest(s) protrude outside the circle, they may not be rotated in or out to permit abnormal placing of one or both feet, unless otherwise stated on the Medical or Games card.
NOTE: This does not prevent uneven placement of the footrests in the vertical (sagittal) plane.
3. 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 while a competitor makes adjustments to his frame.
4. 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.
5. It shall be the responsibility, in the first instance, of the official conducting the event to rule on the safety of the frame.
6. All throwing events will be conducted from a circle, diameter 2.135m to 2.50m, into a sector of 34.92 degrees.
7. An authorized holding device must be used. 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 count against him.
8. In Classes 2-4, during the action of a throw or put at least one part of the upper leg or buttock must remain in contact with the cushion or seat until the implement is released.
9. In Classes 2-4, 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. Any part of the frame used for leverage must remain inside the vertical plane of the rim of the circle. The commencement is regarded as the first forward movement of the throw.

Rule 90 para 1 (Classes 2-4)

Delete: Second sentence.

Replace with: Athletes take three throws consecutively. In addition to the time allowed under this rule, a reasonable time will be permitted for an athlete to place the frame in the circle before the commencement of their first trial. This time shall normally not exceed 2 minutes.

NOTE: *No reversal of throwing order will take place for the final three trials.*

Rule 90 para 8(d)ii(a) (Classes 2-4)

Add: "club".

Rule 90 (Classes 2-4)

Add: para 15(d) Once called, athletes are allowed to move away from the throwing area in order to continue to warm up. Should an athlete not answer a call to the throwing area, they must be debarred from the subsequent trials.

NOTE: *Classes 2-4 may not use gloves.*

Rule 91 para 1(b) (Classes 2-4)

Modify: After "...painted circle," add "or any holding device outside the vertical plane of the edge of the circle."

NOTE: *A stopboard is unnecessary for all athletes competing from frames.*

Rule 91 para 1(c) (Classes 2-4)

Modify: After "...the circle" add "(only the footrest(s) or any part of the wheel or push rim not touching the circle may be outside the circumference of the circle),"

Rule 91 para 3 (Classes 2-4)

Modify: For "hand" read "hands".

Rule 91 para 7 (Classes 2-4)

Add: **NOTE:** This rule shall be waived for competitors using the approved holding device.

Rule 91 (Classes 2-4)

Add to end of Rule 91: The rules for the club competition for all athletes in frames will be those of Rule 91. (as amended, but with "club" substituted for "Discus" whenever necessary).

Rule 92 para 2 (All classes)

Add to beginning of rule: Implements must comply with USATF specifications.

Rule 132 para 1(b) (Classes 2-4)

Add: **NOTE:** Competitors may carry their own refreshments.

Rule 133 para 4 (Classes 2-4)

Replace with: In all Road races where more than one group of athletes compete (i.e. Male tetras, male paras, female tetras, female paras), a wave start shall be used. The recommended order shall be (1) Open Men (paras); Open Women (paras); Tetra men and women. The recommended minimum time between race starts for the Marathon shall be one minute.

Rule 160 para 3 (All classes)

Modify: After "USATF" add "and their variations contained herein"

Rule 160 para 4(a) (Classes 2-4)

Modify: Delete last sentence.

Rule 160 para 11 (All classes)

Modify: Replace "IAAF" with "relevant Federation or Disabled Sports Organization".

Rule 160 (All classes)

Add: para 15 Split classification: The athlete shall be entered in the less disabled class as if there were no split classification.

Rule 181 (All classes)

Add to beginning of rule: The rules of each Federation or Disabled Sports Organization shall be followed in regard to National and World Record applications.

II. WHEELCHAIR SPORTS, USA

Wheelchair Sports, USA (WSUSA) is a non-profit organization whose primary objective is to act as the governing body for the sport of wheelchair athletics in the U.S. Its purpose includes promoting, guiding and facilitating competition in wheelchair track, field, slalom, combined events and long distance racing.

As a National Governing Body, WSUSA participates in the activities of USATF through its Committee on Athletics for the Disabled. WSUSA is a Disabled Sports Organization (DSO) of the U.S. Olympic Committee. WSUSA rules are derived from the IAAF through USATF and through the International Stoke Mandeville Wheelchair Sports Federation.

Classification

Athletes are divided by their physical level of function. Track has four level of function, listed from weakest to strongest:

- T1 These athletes have no hand function, are unable to use the muscles that straighten their elbows, and their hands remain in contact or close to the pushing rim with the power coming from their elbow flexion. Neurological level: C6

- T2 These athletes have limited or no hand function. Power for pushing now comes from elbow extension, wrist extension and active chest muscles. Their head may be forced backwards (by the use of neck muscles), producing slight upper trunk movements even though they do not have use of their trunk muscles. Neurological level: C7-C8.

- T3 These athletes have normal or nearly normal upper limb function. There is no active trunk movement, although the trunk may move with the pushing action; otherwise the trunk is usually lying on the tucked up legs. They tend to interrupt pushing movements to steer, then have difficulty resuming the pushing position. When braking, the trunk stays close to the pushing position. Neurological level: T1-T7.
- T4 These athletes have normal upper limb function as well as backward movement of the trunk, often with rotation movements of the trunk. They may use the trunk movements to steer around curves, and usually do not have to interrupt the pushing stroke rate around curves. When stopping quickly, the trunk moves toward an upright position. They are able to use their abdominals for power, particularly when starting, but also when pushing. Neurological level: T8-S2.

All athletes compete in the 100m, 200m, 400m, 800m, 1500m, 5000m, and 10,000m. Relays include the 4x100m and 4x400 m.

Field has eight functional classes, from weakest to strongest:

- F1 These athletes have no grip or ability to extend the arm or use their trunk or legs. They use resin or adhesive substance for grip. The discus is thrown with a flat trajectory. Their other implement is a "club" that is hooked between the fingers and thrown forward, or backward over their hand (using strong elbow flexors). Neurological level: C6.
- F2 These athletes have difficulty with gripping, but are able to extend their arm. (No use of trunk or legs.) Shot: They are unable to form a fist, and therefore do not usually have finger contact with the shot at the release point. Discus: They have difficulty placing the fingers over the edge of the discus, but may do so with the aid of contractures or spasticity. Javelin: They usually grasp the javelin between the fingers. Neurological level: C7.
- F3 These athletes have nearly normal grip, no use of trunk or legs. Shot: Usually a good fist can be made, so they are able to use some spreading of the fingers and can "grasp" the shot when putting. Discus: They have good finger function to hold the discus, and may be able to impart spin to the discus. Javelin: They usually grip the javelin between the thumb and index finger. They have the ability to hold the javelin because of the ability to use hand muscles that spread and close the fingers. Neurological level: C8.
- F4 These athletes have normal or nearly normal hand function, but no sitting balance. They put the shot, and throw the discus and javelin. Usually they hold onto part of the chair for balance while throwing. Some athletes in this class will have normal hand function, but no functional trunk movements. Others will have some trunk movements, but hand function such as F3. Neurological level: T1-T7.

- F5 Three trunk movements may be seen in this class: 1) off the back of the chair (in an upward direction); 2) movement in the forward and backward plane; and 3) some trunk rotation. They have fair to good sitting balance. They do not have functional hip movement, so do not have the ability to lift the thigh upward in sitting. They may have stiffness of their spine that improves balance, but reduces the ability to rotate the spine. With the shot and javelin, they tend to use forward and backward movements, whereas with the discus they predominantly use a rotary movement. Neurological level: T8-L1.
- F6 These athletes also put the shot and throw the discus and javelin. They have very good balance and movements in the forward and backward plane, with good trunk rotation. They can lift their thighs off the chair and press the knees together. Some have the ability to straighten and bend their knees. Neurological level: L2-L5.
- F7 These athletes also have the ability to move side to side, so they can throw across their body. They usually can bend one hip backward to push the thigh into the chair, and can bend one ankle downward to push down with the foot. Neurological level: S1-S2.
- F8 These are standing athletes with dynamic standing balance. Able to recover in standing when balance is challenged. Not more than 70 points in legs.

Athletes compete in the shot put, discus, javelin and club. All classes F1-F7 throw from a throwing circle seven feet in diameter. Their chairs are tied down with various types of straps and hooks to assure the chair does not move during their throw. It is not necessary for the field chair to have wheels. Throwing cages are advisable for the discus and club to protect others. Class F8 throws according to able-bodied rules.

USA Track & Field rules shall be followed for all Track and Field Competition with the following rule modifications:

Rule 37 para 6 (Classes T1-T4)

Replace with: The time shall be taken from the flash of the pistol or approved starting apparatus to the moment at which the hub of the leading wheel of the competitor's chair reaches the nearest edge of the finish line.

Rule 42 para 4 (Classes T1-T4)

Add: The lap score board shall be at a height of 80-100 cm above the ground.

Rule 47 (Classes T1-T4)

Modify: para 2(a) 100m ... 13 seconds
 para 2(b) 200m ... 13 seconds
 para 3 change 1.22m to 0.95m

Rule 60 para 1 (Classes T1-T4)

Modify: replace "hand or foot." with "the front wheels."

Rule 60 para 7 (Classes T1-T4)

Delete: "When a competitor uses a crouch start,".

Delete: "Both hands and one knee..." to "...with the starting blocks."

Replace: "rise" with "come".

Replace: "retaining the contact..." to end of para 7 with "with the front wheel(s) not touching the starting line; i.e., the hub of the competitor's front wheel behind the vertical plane of the starting line."

Rule 60 para 12 (Classes T1-T4)

Add: NOTE 2: The starter has the power to stop the race within the first 200 meters in races of 800 meters or longer if a collision takes place. The race is then restarted.

Rule 65 para 1 (Classes T1-T4)

Replace with: 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 as defined above.

Rule 65 para 4 (Classes T1-T4)

Add: **NOTE:** *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.*

Rule 65 (Classes T1-T4)

Add: para 6(d) Progression by any other method except the competitor pushing on the wheels or hand rims will result in disqualification.

Rule 65 (Classes T1-T4)

Add: para 12 Event time limits: In events of 1500 meters 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 official results as "DNF" - "did not finish".

Rule 65 (Classes T1-T4)

Add: para 13 Competitors must ensure that no urine is allowed to drain onto the competition or warm-up areas. Failure to do so will result in disqualification.

Rule 66 para 1 (Classes T1-T4)

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

Rule 67 Doping

All competitors shall abide by the rules relating to doping as set by regulations of USATF, the IAAF and the International Paralympics Committee Athletics Section.

Rule 71 para 5 (Classes T1-T4)

Add: The wearing of helmets is compulsory in all individual and team track races of 800 meters and over, including the 4 x 400 meter relay and in all road races.

Rule 72 para 1 (Classes T1-T4)

Add: Every competitor must be provided with two numbers to be worn visibly, one on the back of the chair, the other to be worn as directed by the Referee. Where photo-finish equipment is in operation, the meet organizers may require competitors to wear additional numbers of an adhesive type. No competitor shall be allowed to take part without the appropriate numbers.

Rule 80 para 1 (Classes T1-T4)

Add: Each team shall be allocated two adjacent lanes. Where it is required for the relay to be run in lanes, the competitors may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the take-over zones. Changes will take place as for lanes 1, 3, 5 and 7.

Rule 80 para 2 (Classes T1-T4)

Modify: delete "20m" and insert "40m".

Rule 80 para 4 (Classes T1-T4)

Modify: delete "10m" and insert "20m".

Rule 80 para 13 (Classes T1-T4)

Replace with: The take-over shall be by a touch on any part of the body of the outgoing competitor within the take-over zone.

Add: Rule 82 (Classes T1-T4)

1. The wheelchair shall have at least two large wheels and one small wheel.
2. 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 50cm.
3. The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm. The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm.
4. 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, if so stated on their medical and Games identity cards.
5. No mechanical gears or levers shall be allowed that may be used to propel the chair.

6. Only hand-operated, mechanical steering devices will be allowed.
7. In all races of 800 meters or over, the athlete should be able to turn the front wheel(s) manually both to the left and the right.
8. The use of mirrors is not permitted in track or road races.
9. No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.
10. It will be the responsibility of the competitor to ensure the wheel-chair conforms to all the above rules, and no event shall be delayed while a competitor makes adjustments to his chair.
11. Chairs will be measured in the Clerk 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.
12. It shall be the responsibility, in the first instance, of the official conducting the event to rule on the safety of the chair.
13. Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

Add: Rule 89 (Classes F1-F8)

1. The maximum height of the throwing frame, including the cushion(s) used as a seat, shall not exceed 75 cm.
2. If footrest(s) protrude outside the circle, they may not be rotated in or out to permit abnormal placing of one or both feet, unless otherwise stated on the Medical or Games card.
NOTE: *This does not prevent uneven placement of the footrests in the vertical (sagittal) plane.*
3. 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 while a competitor makes adjustments to his frame.
4. 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.
5. It shall be the responsibility, in the first instance, of the official conducting the event to rule on the safety of the frame.

6. All throwing events will be conducted from a circle, diameter 2.135m to 2.50m, into a sector of 34.92 degrees.
7. An authorized holding device must be used. 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 count against him.
8. In Classes F1-F6, during the action of a throw or put at least one part of the upper leg or buttock must remain in contact with the cushion or seat until the implement is released.
9. In Classes F7-F8, 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. Any part of the frame used for leverage must remain inside the vertical plane of the rim of the circle. The commencement is regarded as the first forward movement of the throw.

Rule 90 para 1 (Classes F1-F8)

Delete: Second sentence.

Rule 90 para 4(g) (Classes F1-F8)

Replace with: Athletes take three throws consecutively. In addition to the time allowed under this rule, a reasonable time will be permitted for an athlete to place the frame in the circle before the commencement of their first trial. This time shall normally not exceed 2 minutes.

NOTE: *No reversal of throwing order will take place for the final three trials.*

Rule 90 para 8(d)ii(a) (Classes F1)

Add: "club".

Rule 90 (Classes F1-F8)

Add: para 15(d) Once called, athletes are allowed to move away from the throwing area in order to continue to warm up. Should an athlete not answer a call to the throwing area, they must be debarred from the subsequent trials.

Rule 91 para 1(b) (Classes F1-F8)

Modify: After "...painted circle," add "or any holding device outside the vertical plane of the edge of the circle."

NOTE: *A stopboard is compulsory for competition in Class F8, but is unnecessary for other classes.*

Rule 91 para 1(c) (Classes F1-F8)

Modify: After "...the circle" add "(only the footrest(s) or any part of the wheel or push rim not touching the circle may be outside the circumference of the circle),"

Rule 91 para 3 (Classes F1-F8)

Modify: For "hand" read "hands", except that athletes in Classes F1-F3 may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

Rule 91 para 7 (Classes F1-F8)

Add: **NOTE:** *This rule shall be waived for competitors using the approved holding device.*

Rule 91 (Classes F1-F8)

Add to end of Rule 91: The rules for the club competition for all athletes in frames will be those of Rule 91. (as amended, but with "club" substituted for "Discus" whenever necessary).

Add to beginning of rule: Implements must comply with USATF specifications.

Rule 98 para 2 (Classes F1-F8)

Add: **NOTE:** *From start to finish, the movement shall be a straight, continuous putting action.*

Rule 132 para 1(b) (Classes T1-T4)

Add: **NOTE:** Competitors may carry their own refreshments.

Rule 133 para 4 (Classes T1-T4)

Replace with: In all Road races where more than one group of athletes compete (i.e. Male tetras, male paras, female tetras, female paras), a wave start shall be used. The recommended order shall be (1) Open Men (paras); Open Women (paras); Tetra men and women. The recommended minimum time between race starts for the Marathon shall be one minute.

Rule 160 para 3 (All classes)

Modify: After "USATF" add "and their variations contained herein"

Rule 160 para 4(a) (Classes F1-F8)

Modify: Delete last sentence.

Rule 160 para 11 (All classes)

Modify: Replace "IAAF" with "relevant Federation or Disabled Sports Organization".

Rule 160 (All classes)

Add: para 15 Split classification: The athlete shall be entered in the less disabled class as if there were no split classification.

Rule 181 (All classes)

Add to beginning of rule: The rules of each Federation or Disabled Sports Organization shall be followed in regard to National and World Record applications.

III. SPECIAL OLYMPICS

The Official Special Olympics Sports Rules shall govern all Special Olympics athletics competitions. As an international sports program, Special Olympics has created these rules based upon IAAF and USATF rules for athletics. IAAF and USATF rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

See the Official Special Olympics Sports Rules for special events for athletes with lower ability levels (e.g., softball throw, wheelchair slalom, motorized wheelchair events).

USA Track & Field rules shall be followed for all Track and Field Competition with the following rule modifications:

Rule 61 para 1 and 2

modification: In all races up to and including the 400m, the athletes have the option of using or not using starting blocks.

Rule 79 para 1

Add: The standard hurdle heights and placements shall be:

Dist. of Race	Height of Hurdle	Dist. to 1st Hurdle	Dist betw. Hurdles	Dist to Finish
100m	0.762m (30")	13.00m	8.50m	10.50m
110m	0.840m (33")	13.72m	9.14m	14.02m

Rule 93 para 10

Add: The minimum opening height for all competitors shall be 1m. An athlete with Downs Syndrome who has been diagnosed with Atlanto-axial instability may not participate in the High Jump and Pentathlon.

Rule 94 para 1

Add: Each competitor is allowed 3 jumps (non-consecutive). An athlete must be able to jump at least 1m, which is the minimum distance between the take-off board and the sand pit.

Rule 98 para 1

Add: Each competitor shall be allowed 3 throws (non-consecutive). The implement weights shall be:

Men 8-11 years old	2.72 kg/6 lbs.
Women 8-11 years old	1.81 kg/4 lbs.
Men 12 and older	4 kg/8.13 lbs.
Women 12 and older	2.72 kg/6 lbs.

Rule 150 para 2

Modification: Delete the second sentence. In effect, this means the athlete does not have to have a straight advancing leg while competing.

Add: In race walk event up to and including 400m, the competitor shall be disqualified with no prior warning when, in the opinion of two or more judges, an advantage has been gained.

Rule 160

Add: The Special Olympics Pentathlon shall consist of five events in the following order: 100m, Long Jump, Shot Put, High Jump, 400m. Scoring shall be done using Special Olympics scoring tables. The Pentathlon should be competed as a one-day event, but 2 days can be used with the first three events on the first day and the final two events on the second day.

IV. UNITED STATES ASSOCIATION FOR BLIND ATHLETES

The current USATF rules shall apply in all cases, except for the additions and modifications noted below.

Classification

- B1 No light perception in either eye up to light perception, but inability to recognize the shape of a hand at any distance or in any direction.
- B2 From ability to recognize the shape of a hand up to visual acuity of 2/60 and/or visual field of less than 5 degrees.
- B3 From visual acuity of above 2/60 up to visual acuity of 6/60 and/or visual field of more than 5 degrees and less than 20 degrees.

(NOTE: All classifications in best eye with best correction; i.e., all athletes who use contact or corrective lenses must wear them for classification, whether they intend to compete wearing them or not.)

Rule 60 para 2 (Class B1)

Add after rule: For Class B1, acoustic signals are permitted. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used, complete silence shall be requested from spectators.

Rule 61 para 2 (Classes B1-B2)

Modify: After "...including 400m" add "(except for athletes in Class B1 and B2, who may choose to start with or without starting blocks or use a standing start)".

Rule 65 para 1 (Classes B1-B2)

Add: Competitor and guide in a competition are to be regarded as a team. As the athlete crosses the finish line, the guide must be behind him/her.

Rule 66 para 1 (All classes)

Add: **NOTE 3:** In events of 800m and above, coaches may call intermediate times, but must do so from outside the competition area.

NOTE 4: For Class B1, acoustic signals are permitted. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used (e.g. Long Jump, Triple Jump and High Jump), complete silence shall be requested from spectators.

For class B2, visual modification of the existing facility is permitted (e.g., paint, chalk, powder, cones, flags, etc.). Acoustic signals also may be used.

For Class B3, USATF Rules will be followed in their entirety, except where otherwise noted below.

USABA recognizes the special needs of deaf-blind athletes, and is keen to encourage and facilitate their participation in USABA competition. In cases where deaf-blind athletes are competing in a competition, some modification of existing USABA rules may be necessary. Such modification should only be permitted with the prior approval of the responsible Referee. In principle, no rule modification that disadvantages any other competitor will be allowed.

Rule 66 (Classes B1-B2)

Add: para 7(a) Only escorts or guide runners for Classes B1 and B2 athletes will be permitted to accompany competitors onto the competition area. Persons acting as guides or escorts must be clearly identified by wearing a distinctively colored vest provided by the Organizing Committee.

Rule 66 (All classes)

Add: para 7(b) The method of guidance is the choice of the athlete. He/she may choose to use an elbow lead, or a tether, or to run free. In addition, the runner may receive verbal instruction from the guide.

Rule 66 (All classes)

Add: para 7(c) Methods of guidance: Athletes are encouraged to provide their own guides. However the organizers will provide an appropriate guide if the need has been indicated on the entry form in advance (together with specific details of the standard of guidance required).

Rule 66 (All classes)

Add: para 7(d) At no time may the guide pull the athlete, or propel the athlete forward by pushing.

Rule 66 (All classes)

Add: para 7(e) Whether or not a tether is being used, the athlete and guide shall not be more than 0.50m apart at all times.

NOTE: Where extraordinary or accidental circumstances lead to a breach of this rule, it shall be at the discretion of the Referee to decide the question of disqualification.

Rule 66 (All classes)

Add: para 7(f) For races further than 400m, two guides are allowed. Only one exchange of guides is permitted for each athlete. The exchange must take place without any hindrance to other athletes, and must take place on the straight within 50m of the finish line. The intention to change guides must be notified in advance to the Referee and Technical Delegate. The technical officials will determine the conditions of the exchange and will communicate these in advance to the competitors.

Rule 66 (All classes)

Add: para 7(g) Guides must wear a distinctively colored vest, in order to be clearly distinguished from athletes. These vests will be provided by the Organizing Committee.

Rule 67 Doping

All competitors shall abide by the rules relating to doping as set by regulations of USATF, the IAAF and the International Paralympics Committee Athletics Section.

Rule 71 para 5 (Class B1)

Add: Competitors in Class B1 must wear approved dark glasses or an appropriate substitute in all field events, and in all track events up to and including 1500m. The dark glasses or their substitute must be approved by the Referee. When the athlete is not competing, the dark glasses or their substitute may be removed.

Rule 80 para 1 (All classes)

Add: Each team shall be allocated two adjacent lanes. Where it is required for the relay to be run in lanes, the competitors may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the scratch lines. Exchanges will take place as for lanes 1, 3, 5 and 7.

Rule 80 para 13 (All classes)

Replace with: The take-over shall be by a touch on any part of the body of the outgoing competitor within the take-over zone. The lines marking the take-over zone shall be those used in lanes 1, 3, 5 and 7. It will be necessary to extend these lines (and start lines) into the adjacent lane for purposes of meeting the requirements that each relay team shall be allocated two lanes. The extension of start and exchange box lanes shall be done with tape of the same color as the existing lane markings. A fair exchange is established when the incoming runner touches the outgoing runner within the take-over zone. The touch exchange may take place either between guides or athletes without restriction, except that the conditions of the method of guidance must be met and the guide must be behind the athlete at the moment of exchange. Once the waiting runner leaves the take-over zone, he/she shall not re-enter the take-over zone.

Rule 80 (Class B2)

Add: para 24 One guide per exchange zone will be allowed on the track to help with the positioning of any Class B2 athlete who intends to run without a guide runner. Otherwise the guide must remain in a position that does not interfere with the conduct of the race.

Rule 89 para 1 (Classes B1-B2)

Add: For Class B1 and B2, athletes may be brought to the throwing circle or runway by an escort. It is the task of the escort to help the athlete orient 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 orientation is permitted before, during and after the attempt. Athletes may only be escorted from the circle or runway after the officials have determined whether or not the attempt was a valid one.

If the official in charge of the event decides that an escort who is providing acoustic orientation is in an unsafe location, the judge has the right to require the escort to move.

Rule 90 para 8(d) (Classes B1-B2)

Add: In field events where competitors receive assistance from callers or guides, the time allowed shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation. Should any competitor request verbal confirmation of the starting of the timing clock, an official shall give such confirmation.

Rule 93 para 4(c) (Classes B1-B2)

Add: Competitors in Classes B1 and B2 are permitted to use a caller for acoustic orientation. In providing this, the caller must stand in a position that does not hinder the event officials.

Competitors in Class B2 may be accompanied by only one person, who may serve as caller and/or guide. No additional person shall be permitted in the competition area.

Athletes in Class B2 may place a visual aid on the bar. This must be approved by the Referee.

Rule 93 para 12 (Class B1)

Add: NOTE: Class B1 competitors may touch the bar as an aid to orientation before commencing the run up. If, on so doing, the athlete dislodges the bar, this will not count as an attempt.

Rule 94 para 2 (Classes B1-B2)

Add: For Class B1 and B2 athletes, the takeoff area shall consist of a rectangle 1.00m x 1.22m, which must be prepared in such a way (by use of chalk, talcum powder, light sand, etc.) that the athlete leaves an impression on the area with his/her takeoff foot.

Rule 94 Para 3 (Classes B1-B2)

Modify: Delete from "take-off line..." to "...extended" and insert "nearest impression left by the takeoff foot,".

Add: 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."

Rule 94 para 4(d) (Classes B1-B2)

Add: Competitors in Classes B1 and B2 are permitted to use a caller for acoustic orientation. In providing this, the caller must stand in a position that does not hinder the event officials.

Competitors in Class B2 may be accompanied by only one person, who may serve as caller and/or guide. No additional person shall be permitted in the competition area.

Rule 94 (Classes B1-B2)

Add: para 7 Competitors in Class B1 may use a caller to provide acoustic orientation during the approach run, and a guide to assist in positioning the athlete on the runway. Competitors in Class B2 may be accompanied by only one person who shall be permitted in the competition area, who may serve as caller and/or guide. No additional persons will be permitted in the competition area.

Rule 94 para 6 (Classes B1-B2)

Add: 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 be 1.75m. If this recommendation cannot be met, additional safety measures may be required by the Referee.

Rule 95 para 2 (Classes B1-B2)

Modify: Delete from "for men,..." to "...at least 10m." Insert: "the take-off board shall be the following distances: Class B1 – minimum 9m. Classes B2 and B3 – minimum 11m."

Add: NOTE: The exact distance from the board to the pit shall be determined for each competition in consultation with the Referee.

Rule 132 (All classes)

Add: para 1(d) Competitors and their guides shall receive assistance at the refreshment stations.

NOTE: *Organizers must ensure that officials are aware of the specific problems of safety presented in providing drinks to blind and partially sighted athletes, and that adequate training is given to all assistants involved.*

Rule 132 (All classes)

Add: para 5 A relay of up to four guides may be used for Class B1 and B2 athletes, but exchanges may only take place at 10 km; 20 km; & 30 km.

NOTE: It is strongly recommended that organizers ensure that the race takes place in its entirety in good daylight conditions.

Rule 133 para 4 (All classes)

Modify: Replace with: "In road races, all athletes will start together, but the finishing order will be determined for each class."

Rule 133 (All classes)

Add: para 7 The Organizing Committee shall provide numbers that distinguish between athletes of each class.

Rule 160 para 3 (All classes)

Modify: After "USATF" add "and their variations contained herein"

Rule 160 para 11 (All classes)

Modify: Replace "IAAF" with "relevant Federation or Disabled Sports Organization".

Rule 181 (All classes)

Add to beginning of rule: The rules of each Federation or Disabled Sports Organization shall be followed in regard to National and World Record applications.

V. USA DEAF TRACK & FIELD

USA Deaf Track and Field competitions will use all USATF rules, with the following exceptions regarding the starting of races:

Rule 60 para 2

Replace with: All running and walking events shall be started with the use of a white flag in addition to the starting pistol. The use of a strobe light to signal the start of a race, placed where it can easily be seen by all competitors, also is an acceptable option in addition to the flag and starting pistol. The Starter will be placed in a position easily visible to all competitors.

Rule 60 para 3

Replace the first three sentences with: Except as otherwise indicated herein, the verbal and visual commands of the Starter shall be "on your marks," whereupon the Starter, holding the starting pistol straight overhead, will move the white flag, held in the non-gun hand, in a circular motion from the Starter's side to over the head and back down parallel to the ground, and hold it steady, pointing toward the start line. When all competitors are on their marks, the Starter shall give the "set" command verbally and by raising the white flag to a position over the Starter's head. After all competitors are "set," the Starter shall bring the white flag quickly down to signal the start of the race, simultaneously firing the starting pistol, and the strobe light if it also is being used. The Starter shall not drop the white flag nor fire the pistol or strobe light while any competitor is in motion after the command "set." In races longer than 400 meters, the verbal and flag commands for "on your marks" shall be given, then the white flag shall be raised above the head. When all competitors are steady the Starter shall bring the white flag quickly down and the pistol (and strobe light if being used) shall be fired simultaneously.

Rule 60 para 10

Modify by inserting "the dropping of the white flag and/or" prior to "the report of the pistol,".

Rule 60 para 12

Add: There shall be one Recall Starter with a red flag stationed on the side of the track approximately 20 meters in front of the competitors while on their marks, who shall signal a recall by waving the red flag.

Rule 60 para 15

Add at the end of the sentence "by briskly waving the white flag."

Rule 60 para 17

Delete from "should use a microphone..." to the end of the paragraph, and replace with "shall always be placed in a position so as to be easily visible to all competitors."

Rule 67 Doping

All competitors shall abide by the rules relating to doping as set by regulations of USATF, the IAAF and the International Olympic Committee.

Rule 160 para 3 (All classes)

Modify: After "USATF" add "and their variations contained herein"

VI. DISABLED SPORTS USA

(Amputee)

USA Track & Field rules shall be followed for all Track and Field Competition, with the following rule modifications:

Rule 47

Modify:	para 2(a)	100m ... 13 seconds
	para 2(b)	200m ... 13 seconds
	para 3	change 1.22m to 0.95m

Rule 66

Add para 2(c): Competition prostheses are not considered to be appliances that can give the wearer an advantage.

Rule 61 para 2

Modify: In the first line delete "shall" and insert "may".

Add: **NOTE:** *A four point stance is not required by athletes in any class. 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.*

Rule 65

Add: para 12 Leg amputee competitors in classes A2, A3, A4 must use leg prostheses in all track events. Hopping is not allowed. Arm prostheses are optional.

Add: para 13 In all field events the wearing of prostheses is optional.

Rule 67 Doping

All competitors shall abide by the rules relating to doping as set by regulations of USATF, the IAAF and the International Paralympics Committee Athletics Section.

Rule 91

Add: **NOTE:** The rules for the club competition for ambulant athletes will be those of Rule 91 (with "club" substituted for "javelin" whenever necessary except where they relate to the valid landing of the javelin.)

Rule 93 para 11

Add: Lower limb disability classes may use a running, hopping or standing start in jumping events.

Rule 95 para 2

Modify: Delete from "for men,..." to "...at least 10m" and insert "the take-off board would normally be 9 meters".

Rule 160 para 3 (All classes)

Modify: After "USATF" add "and their variations contained herein"

FIELD EVENTS (MEN)

IMPLEMENT WEIGHTS

EVENTS FOR THE VISUALLY HANDICAPPED.

	SHOT	DISCUS	JAVELIN
Class B1	7.26kg	2.00kg	800gm
Class B2	7.26kg	2.00kg	800gm
Class B3	7.26kg	2.00kg	800gm

EVENTS FOR ATHLETES WITH CEREBRAL PALSY.

	SHOT	DISCUS	JAVELIN	CLUB
Class C2 - Wheelchair	2.00kg	1.00kg		397gm
Class C3 *	3.00kg	1.00kg	600gm	
Class C4 *	4.00kg	1.00kg	600gm	
Class C5 - Ambulatory	4.00kg	1.00kg	600gm	
Class C6 *	4.00kg	1.00kg	600gm	397gm
Class C7 *	5.00kg	1.00kg	600gm	
Class C8 *	5.00kg	1.50kg	800gm	

EVENTS FOR AMBULATORY (AMPUTEE) ATHLETES.

	SHOT	DISCUS	JAVELIN
Class A2	6.25kg	1.50kg	800gm
Class A3	6.25kg	1.50kg	800gm
Class A4	6.25kg	1.50kg	800gm

EVENTS FOR ATHLETES IN WHEELCHAIRS.

	SHOT	DISCUS	JAVELIN	CLUB
Class F1	1.00kg			397gm
Class F2	2.00kg	1.00kg	600gm	
Class F3	3.00kg	1.00kg	600gm	
Class F4	4.00kg	1.00kg	600gm	
Class F5	4.00kg	1.00kg	600gm	
Class F6	4.00kg	1.00kg	600gm	
Class F7	4.00kg	1.00kg	600gm	
Class F8 (sitting)	5.00kg	1.00kg	600gm	
Class F8 (standing)	6.25kg	1.00kg	800gm	

FIELD EVENTS (WOMEN)

IMPLEMENT WEIGHTS

EVENTS FOR THE VISUALLY HANDICAPPED.

	SHOT	DISCUS	JAVELIN
Class B1	4.00kg	1.00kg	600gm
Class B2	4.00kg	1.00kg	600gm
Class B3	4.00kg	1.00kg	600gm

EVENTS FOR ATHLETES WITH CEREBRAL PALSY.

	SHOT	DISCUS	JAVELIN	CLUB
Class C2 - Wheelchair	2.00kg	1.00kg		397gm
Class C3 *	3.00kg	1.00kg	600gm	
Class C4 *	3.00kg	1.00kg	600gm	
Class C5 - Ambulatory	3.00kg	1.00kg	600gm	
Class C6 *	3.00kg	1.00kg	600gm	397gm
Class C7 *	3.00kg	1.00kg	600gm	
Class C8 *	3.00kg	1.00kg	600gm	

EVENTS FOR AMBULATORY (AMPUTEE) ATHLETES.

	SHOT	DISCUS	JAVELIN
Class A2	4.00kg	1.00kg	600gm
Class A3	4.00kg	1.00kg	600gm
Class A4	4.00kg	1.00kg	600gm

EVENTS FOR ATHLETES IN WHEELCHAIRS.

	SHOT	DISCUS	JAVELIN	CLUB
Class F1	1.00kg			397gm
Class F2	2.00kg	1.00kg	600gm	
Class F3	3.00kg	1.00kg	600gm	
Class F4	3.00kg	1.00kg	600gm	
Class F5	3.00kg	1.00kg	600gm	
Class F6	3.00kg	1.00kg	600gm	
Class F7	3.00kg	1.00kg	600gm	
Class F8 (sitting)	4.00kg	1.00kg	600gm	
Class F8 (standing)	4.00kg	1.00kg	600gm	