

# ADAPTED TRACK & FIELD



# GUIDELINES

# About Athletics for All

## History

The Office for Civil Rights (OCR) of the U.S. Department of Education issued a Dear Colleague Letter on January 25, 2013 clarifying elementary, secondary, and postsecondary level schools' responsibilities under the Rehabilitation Act of 1973 (Rehab Act) to provide extracurricular athletic opportunities for students with disabilities. The guidance clarifies when and how schools should include students with disabilities in mainstream interscholastic athletic programs, defines what true equal treatment of student athletes with disabilities means, and urges schools to create adapted interscholastic athletic programs for students with disabilities.

The OCR Dear Colleague Letter helps clarify the existing regulations and statute under the Rehabilitation Act of 1973 (Rehab Act) to provide interscholastic, club, and intramural athletics for students with disabilities. The Rehab Act protects the rights of students with disabilities from discrimination in educational programs and activities in colleges and universities. The Rehab Act requires that students with disabilities be provided equal opportunity for participation in interscholastic, club, and intramural athletic programs offered by a school.

## What the Athletics for All Task Force Offers

- Introductory sport guidelines and best practices for adapted sports considered easy to adapt to mainstream interscholastic sports.
- Facilitation of training for your coaches and officials with adaptive sports experts. Access to hundreds of community based adaptive sports organizations, resources and tools for specific sports.
- Decades of experience in disability sport training, sport adaptations and adaptive equipment

## Sports Are Important for Students with Disabilities

**Benefits for students with disabilities who participate in sports are similar to students without disabilities:**

- More likely to have better grades, school attendance and lower dropout rate
- Build discipline, self-esteem, confidence, and independence
- Learn team work, skill development and goal setting
- Promote healthy lifestyle
- Can be a predictor of later successes in college, career and community
- Students with disabilities do not receive the same amount of physical activity and athletic opportunities as students without disabilities
- According to the CDC, youth with disabilities are twice as likely to be physically inactive, resulting in obesity rates almost 40% higher than in youth without disabilities creating much higher risks for health-related diseases

Due to the resources available, it is possible to add adapted sports within school athletic programs without creating an undue administrative burden for State High School Associations or requiring the association to change existing rules for the athletes without disabilities.



Track and field events for students with physical disabilities can be easily integrated into existing local school level track and field events in regular and post-season competition.

Over the past several years, more State High School Associations have incorporated events for students with physical disabilities into their regular and post-season competition schedules.

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### Contributing Resources:

American Association of Adapted Sports Programs  
Anjali Forber-Pratt, PHD, U.S. T&F Paralympian  
Bridge II Sports  
Melinda Wheatley, Technical Official  
Paralympic Sport Coaching Guide  
US Paralympics  
Adaptive Sports USA (ASUSA)

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The content in this document is intended to provide guidelines for the sport and should not be used for legal purposes.

# OVERVIEW

**VENUES:** Students with physical disabilities compete at the same track and field venues as their non-disabled teammates and they are on the same team.

**EQUIPMENT:** Athletes who qualify for wheelchair competition must compete in a standard wheelchair, a throwing chair or a specially designed racing chair.

**RULES:** Students who participate must meet all State High School Association eligibility requirements. Specific rules for track and field events can be found on page 15-18.

**RECOGNITION:** Student athletes with physical disabilities taking part in school track and field meets should receive scores for the events they take part in. For state examples on scoring, see page 19-23.

**MODIFICATIONS:** No modifications need to be made to the track. Heats may be added for wheelchair athletes and amputee athletes may be integrated to existing heats. For field events, throwing chairs can be used and anchored with tie downs. Students with physical disabilities can use racing wheelchair for track events and a manual, power or throwing chair for field events.

## TRACK EVENTS

Sprint (100m, 200m, 400m)  
Middle Distance (800m, 1500m)  
Long Distance (5000m, 10000m)  
Relay Races (4X100m, 4X400m)

## JUMPING EVENTS

High Jump  
Long Jump  
Triple Jump

## ROAD EVENT

Cross Country Events per State

## THROWING EVENTS

Discus  
Shot Put  
Javelin (state dependent)

**Keep in Mind...** The purpose of this guide is to provide coaches an overview on how to successfully include events for students with physical disabilities within high school track and field athletic programs. There are many resources available to the high school track and field coaches and athletes; many of which are listed in the resources section of this guide on page 27.







Photo Credit: DSUSA

## GENERAL GUIDELINES

- All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team.
- Students will be members of the school's track team and will compete at the school's meets, regardless of the number of wheelchair competitors.
- The athletes should compete in their school's team uniform.
- The top qualifiers over the entire track season in each event will advance to compete at the state track meet just like athletes without disabilities.
- State High School Associations may require coaches to complete specified training in wheelchair track and field.
- All times and distances are to be reported to the State High School Association or their designed representative and must include the athlete's name, school, grade, results, location, and date of meet.

## GENERAL INFORMATION

- Consider offering three events to get started, two for track and one field event. Offering too many events initially could have the effect of diluting the participation and competition. Once the current events achieve full fields then consider adding additional events.
- Students who take part in wheelchair track and field may have cerebral palsy, spina bifida, a spinal cord injury, an amputation, permanent injury to a hip, ankle, knee, etc. or other qualifying physical impairments. Refer to grouping section for more disabilities.
- The school district's Special Education Director and 504 Coordinator can assist with identifying eligible students. These students may be receiving related service through Special Education, such as adapted physical education (P.E.), physical or occupational therapy, or a lift bus for transportation.
- Special Services can inform their staff on a system-wide level and disseminate information about the program to teachers and students.



# EQUIPMENT



The following section introduces types of specialized equipment that may be utilized by student athletes with disabilities to participate in track and/or field. It is recommended to work with the community based organizations in your area to collaboratively decide the best type of equipment to use for a particular student athlete. It is also recommended to work with what you have, part of sport for students with disabilities is about being creative and adaptive.

For student athletes with disabilities who may have an interest in exploring national level and/or Paralympic level competitions, the athlete and coaches should refer to the International Paralympic Committee website and Wheelchair Track and Field website for rules and equipment guidelines, as there may be differences from what is used at the high school level.

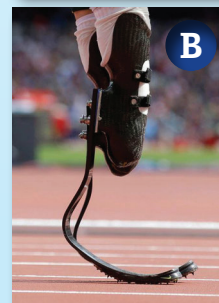
## RUNNING LEGS

- Depending on the level of amputation and events an individual may be running (i.e., sprints versus distance) there are different types of running legs, feet, and knees that are available
- The foot of a prosthesis is generally made out of carbon fiber with spikes attached underneath. It has only a fore foot, but no heel
- The flex-foot is a carbon fiber C-shaped foot that is often seen used by sprinters (Figure A)
- The flex-run foot is designed for long distances such as a 5K or longer and has a larger curve making it look more like a “C” than a “J” (Figures B and C)
- For athletes with an amputation above the knee, they will also have a prosthetic knee joint. This joint has very little friction, offering hardly any resistance and swinging through quickly which is crucial especially for runner to reach their top speed in a race

A



B



C



**FOR FURTHER DISCUSSION REFER TO:**

[www.completehumanperformance.com/running-as-an-amputee.html](http://www.completehumanperformance.com/running-as-an-amputee.html)



## POSITIONING AND FIT

Regardless if an athlete who is an amputee is an above or below knee amputee, he or she may have liner issues. The liner is the sock that covers the athlete's stump and goes into the prosthetic. One of the primary issues athletes who are amputees face is sweating that disrupts the seal and may cause the prosthetic leg to loosen or slip off.

### There are a few tips to try and address this issue:

1. The athlete may take the leg off and dry the skin and the liner with a towel, though this is often disruptive, especially during a competition or training.
2. The athlete may spray or rub an antiperspirant onto his/her skin (available through a prosthetist or over-the-counter) and let it dry before putting on the prosthetic leg.
3. The athlete may wear a thin, 1 ply sock under his/her liner to absorb perspiration. If trying this, keep in mind that the sock should be shorter than the liner so that the liner can make contact with the skin and make a seal at the top. A combination of the above-mentioned recommendations can also be used for maximum effect, especially if the athlete tends to sweat a lot.

## STARTING BLOCKS

- Athletes who are amputees may or may not use starting blocks, depending on their level of balance
- Some ambulatory athletes, such as athletes with cerebral palsy, may need to use a modified starting block such as a Moye block (Figure A) that allows for a three point start. The Moye block has only one pedal to push off of instead of two. Generally, athletes would place their less dominant foot on the ground instead of on a pedal.

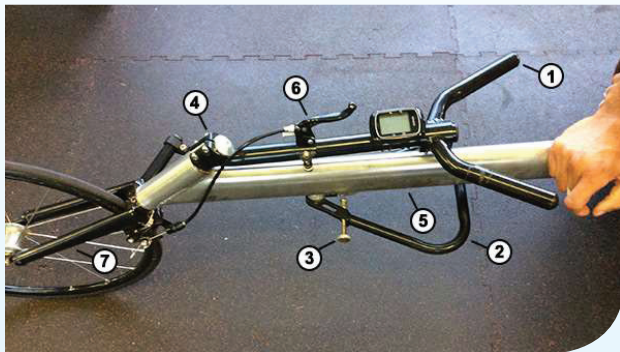


(Figure A)



## TRACK CHAIR

- Track chairs have two rear wheels and one front wheel.
- The track chair frame may not extend in front of the center of the front wheel hub.
- The steering must be hand operated, no electronic steering is allowed.
- No part of the track chair or frame may protrude past the furthest point of the rear wheel.
- The athlete's lower limbs must be secured to the track chair. Any touching of the ground by the lower limbs results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair. No event should be delayed for equipment failure prior to an event.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.



### Above Figure:

1. Steering: Used primary for road racing
2. Compensator: Athlete sets curve with the stops, then hits compensator to enter curve, or straighten out
3. Stops: Set circumference of a track curve; left stop sets the curve, right stop sets the straight
4. Head Unit
5. Main Tube
6. Brake: works much like a bicycle brake
7. Fork

## Wheels

- The maximum diameter of the rear wheel and inflated tire is 70cm.
- The maximum diameter of the front wheel and inflated tire is 50cm.
- Each rear wheel may have one hand rim.

## SEATING, POSITIONING, & FIT

### General Seating and Fit

- Arm is slightly in front of push ring
- Arm should be between the push ring and the front of the tire
- Fist will be closed in the racing glove throughout the whole movement of push
- Athlete's back should be as flat as possible
- Middle of the fist should comfortably reach 7 o'clock at the bottom of the push ring

### Ways to Change/Alter Seating

- Change position of the knees: lower or raise
- Raise hips up, out of the frame
- Move body back within the frame: loosen the upholstery in the back





## TRACK CHAIRS

### Positioning

#### Step 1: Initial Contact

- Contact the push ring between 1 o'clock and 2 o'clock
- Back becomes a solid platform around which the arms rotate
- Elbows are slightly out.

#### Step 2: Drive

- Drive down from 1 to 2 o'clock through 6:30 to 7 o'clock
- Maintain contact with push ring and apply force
- Drive down and back on the push ring

#### Step 3: Release

- Release between 6 and 7 o'clock
- This is the most difficult skill to develop, but it is where top end speed is developed

#### Step 4: Lift and Stretch

- Once the release occurs, athlete goes into lift and stretch phase to re-load for next stroke
- Arms lead the torso
- Shoulder reflex is engaged

#### Step 5: Acceleration

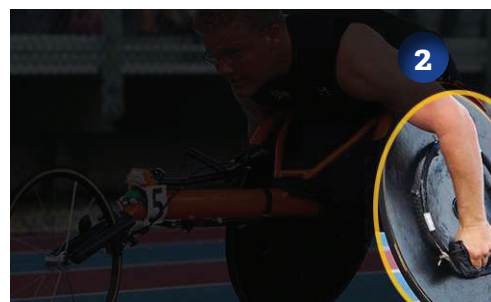
- Torso initiates movement
- Arms and torso work together: arms up, torso up/torso drops when hands make contact

### Helmets

- All competitors must wear a bicycle helmet that meets ANSI standards.

### Racing Gloves

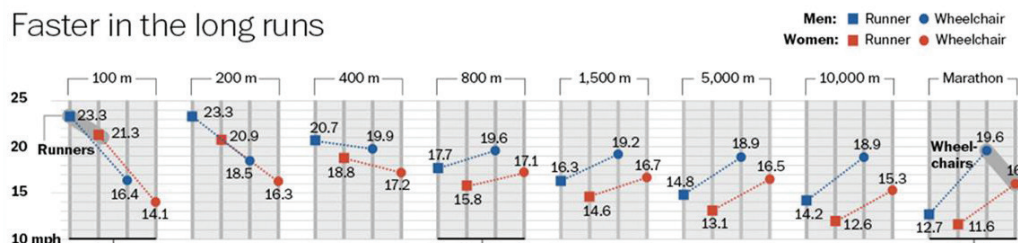
- Soft gloves are pre-made gloves with rubber that is sewn onto the outside, often with Velcro closures. These gloves can be purchased online from either Sportaid or Harness (Figure A).
- Hard gloves are made out of aquaplast (hard splint material) that is melted and formed to your hand and then rubber is super glued to the outside to serve as the contact point to the push-rim. Hard gloves are often used by elite wheelchair racers because they take precision to make and build on your own based on your hand shape, pushing technique and stroke pattern. To learn what materials are needed and how to make hard racing gloves, refer to this video: <http://www.vimeo.com/7438129>.



## Did you know?

Wheelchair racing is not simply running on wheels. Runners get slower as distances increase; elite wheelchair athletes take longer to get up to speed, but then they can hold a fast pace. As in running, most wheelchair competitors specialize in short or long races, and some excel at both.

### Faster in the long runs



#### Sprints: Runners start faster

Wheelchair racers can't match runners in sprints because it takes so much energy to get a wheelchair started. McFadden starts extremely fast, thanks to extraordinary upper-body strength.

#### Middle distance: Chairs catch up, pass

By 800 meters, the tables have turned and top wheelchair athletes are faster than top runners. McFadden set the women's wheelchair record of 1:44.44 in July.

#### Long distance: Wheelchairs win

Wheelchair racers get faster in marathons because pavement causes less friction than rubberized track, and roads have fewer speed-sucking turns.

### Anatomy of a racing wheelchair

Early wheelchair competitors raced short distances in hospital chairs that weighed about 45 pounds each. Now, racing wheelchairs resemble regular wheelchairs about as much as Formula One cars look like minivans.

#### Cage

Commonly includes shelf-like seat, knee and foot trays. The cage is aluminum and welded in place, and riders are tightly strapped into it.

#### Wheels

Most elite racers use carbon-fiber wheels. Rear ones often cost more than \$1,200 each and are cambered 11 to 15 degrees so riders don't bump their upper arms on the fenders.

#### Tires

Chairs use regular bike tires with built-in tubes. Athletes have to fix their own flats in a race, which can take several minutes.

#### Handring

The aluminum ring is coated with rubber, often tire tread, to create friction. Athletes don't grab the handring; they push it about half a rotation with the base of their thumbs and/or first knuckles.

#### Helmet

Bicycle helmets are required because crashes happen, particularly in track races.

#### Gloves

Pushing technique is so individual that most riders make their own gloves. These plastic-and-rubber devices rest on the knuckles and provide traction. Wet gloves can be disastrous, causing the wheelchair equivalent of running on ice.

#### T-frame

The long main tube and short axle configuration is more stable, easier to control and more aerodynamic than a four-wheel chair.

#### Steering

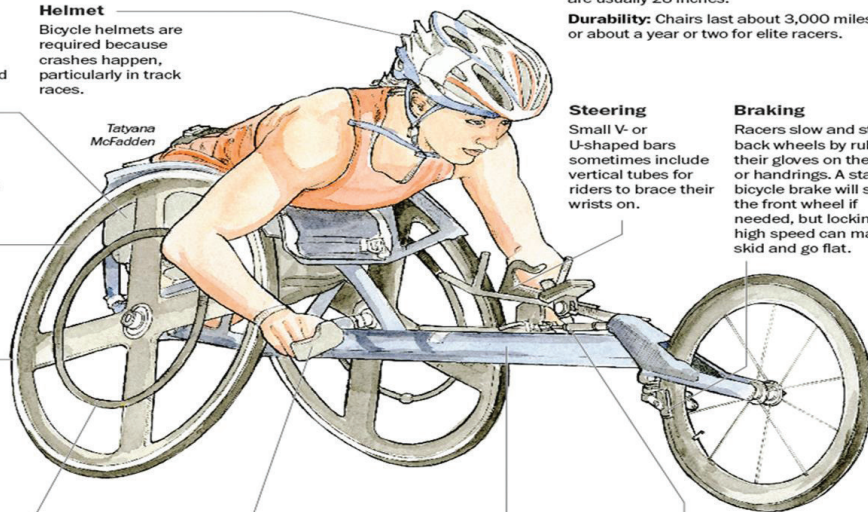
Small V- or U-shaped bars sometimes include vertical tubes for riders to brace their wrists on.

#### Braking

Racers slow and stop the back wheels by rubbing their gloves on the tires or handrings. A standard bicycle brake will stop the front wheel if needed, but locking it at high speed can make it skid and go flat.

#### Compensator system

Wheelchair racers can't steer and push at the same time, so this spring mechanism holds the front wheel in a turning position temporarily when the rider flips a bolt. This is most useful on a track where all turns have the same arc.





## THROWING CHAIRS

- The throwing chair is tied down to the ground to provide stability for the thrower.
- In high school competition, an athlete may throw implements from a throwing chair, everyday wheelchair, or a power wheelchair.
- A throwing chair is preferred because of the increased stability and similarity to national and international competition, where throwing from a day chair is not permitted.
- Without tie-downs, the chair can move out from under the thrower as they apply a large amount of force on the chair.

## TIE-DOWNS

- Tie-downs are ratchet straps and metal stakes and should be used at a minimum of all four corners.
- Concrete stakes put into the ground at an angle work well, if the ratchet strap has a circle just ahead of the hook.
- It is not advisable to use aluminum stakes as a very sharp edge will form on the top.
- Use a sledge hammer to hammer stakes into the ground at a 60 degree angle and angled away from the athlete. The ground should be level.
- An alternative is a portable ring made of angle irons with holes that the ratchet strap hooks will fit into to secure the chair.
- If the athlete is throwing from his/her day chair and has adequate brakes, then tie-downs are not required.



## THROWING FRAME

- The maximum height of the seat surface, including any cushioning, shall not exceed 75 cm.
- Each throwing frame must have a seat which is square or rectangular in shape and each side at least 30cm in length.
- The seat surface must be level or with the front higher than the back. The front of the seat cannot be lower than the back.
- The seat may incorporate side and back rests for the purposes of safety and stability made out of non-elastic fabric or be a rigid construction that does not move.
- The backrest may incorporate cushioning that must not exceed 5cm in thickness.
- The back rest should not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement.
- The throwing frame may have a rigid holding bar, it must be: a single straight piece of material without curves or bends and with a cross-sectional profile that is circular or square and cannot assist with the propulsion of the throwing implement.
- No part of the throwing frame, including any holding bar, shall move during the throwing action.
- Footplates, if used, are for support and stability only.
- A daily wheelchair that satisfies these criteria is acceptable.

### EXAMPLE OF TOOLS NEEDED FOR TIE-DOWNS

Tie downs



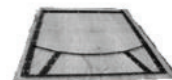
Sledgehammer



Concrete Stakes



Portable tie-down circle (optional)



## EXAMPLES OF LEGAL THROWING CHAIRS



- Athlete facing front
- Fully seated with back of knees against seat
- Athlete gripping vertical holding bar is legal
- Horizontal front bar is considered part of the chair and used for athlete support

- Athlete facing front
- Legs on two sides of chair with knees against each side
- Butt bone (Ischial Tuberosity) is on chair
- Suggestion: *Legs should be strapped so they do not touch front tie downs during the attempt outside of the ring*



- Dipped seat is legal (front of chair must be higher than rear of chair)
- Direction of chair is legal. Athlete must sit from back to front but athlete does not have to point to the sector
- Back and side safety and stability supports are legal: rigid with no more than 5cm of padding
- Suggestion: *athlete's feet should be strapped so they do not have the potential of touching the holding strap outside of the ring*



## EXAMPLES OF LEGAL THROWING CHAIRS

- Everyday chairs that comply with the throwing chair requirements can be used
- Athlete must sit from back of seat to front of seat but does not have to face the sector
- Athlete is positioned with back of knees against the seat



From time to time track chairs, day chairs, prosthetics and throwing chairs may need bolts to be tightened. **The following is a list of suggested tools to have on hand:**

- Spike wrenches
- Rubber mallet
- Set of Allen or Hex Wrenches (standard for Zipp Wheels > 1/4" & Metric for Corima > 6mm)
- Make sure you have a hex key for:
  - Front Wheel (3/16")
  - Rear Wheels (6mm and/or 1/4")
  - Push-rings (9/64")
  - Compensator main bolt (Eagles only: 3/16")
  - Cylinder (Eagle 1/8", Top End 9/64")
  - Fork (3/16" and 5/32")
  - Any other hex bolt that might need tightening
- Extra pieces of tire or rubber for patching gloves or push-rings
- Presta Valve adapters, 90° adapter for some wheels
- Tape
- Screwdriver: Phillips and Standard Heads
- File and sandpaper
- Small Socket Wrench or ratchet wrench with appropriate sockets
  - Cylinder nuts, compensator nuts (3/8")
  - Compensator attaching nut: (Top End new model 3/4" & Top End old model 7/16")
  - Corima Axle Nut Deep-set Socket: 1/2"
- Adjustable Wrench/Crescent Wrench
- Vice Grips
- Headset Wrench (Eagle Fork: 32)
- Thin Spacer with ID of 1/2" for rear wheels
- Extra Zipp wheel spacers (hardened steel)
- Plastic ties
- Scissors and/or razor blade
- Tire glue/rim cement
- Super glue
- Loc-Tite for nuts and bolts
- Extra cylinder
- Extra bolts, nuts, and washers for push-rings, compensator, front wheel, etc.
- Lubricant (lithium grease, silicone spray, WD40)



## AMBULATORY ATHLETES

- Many ambulatory athletes do not require special modifications in training or in competition.
- It is recommended that ambulatory athletes with disabilities choose whether to compete in the ambulatory division with other student athletes with disabilities or the traditional division with student without disabilities athletes at the beginning of the season.
- Many of these athletes have the ability to compete with their traditional counterparts and have already been doing so within the traditional model.
- For athletes that are arm amputees, they may benefit from risers to rest their stumps on for stability for the start of the race.
- For athletes who are ambulatory but may not use a wheelchair every day, they may run with crutches, a walker, or in a track chair.
- Athletes with limitations or special requirements (visually impaired, severe cases of cerebral palsy, dwarfism), should be considered for the ambulatory division.

## ATHLETES WITH VISUAL IMPAIRMENT

- String may be helpful as a tether between the athlete and his or her guide runner. If an athlete uses a guide, a tether no longer than 100cm may be used.
- Athletes who require guide runners will need a lane for the athlete and one for the guide.
- When using a guide, the athlete must cross the finish line first.
- Communication and trust is key! For example, in the long jump, the guide must be stationary and use verbal cues and/or clapping to guide the athlete.
- The athlete with a visual impairment is required to wear an eye mask.
- An example of guide running can be found here:  
<https://www.youtube.com/watch?v=G4uvoSpyXW4>

## ATHLETES WITH HEARING IMPAIRMENT

- A light or flag may be used in addition to the sound of the starting gun.





# ADAPTED TRACK RULES



It is recommended that coaches working with high school students with disabilities in track and field check with their state association to see if there are rules in place in this regard. Specific states that have implemented adapted track and field have modified rules to fit their program structure. Sample rules can be found through American Association of Adapted Sports Programs and Adaptive Sports USA (ASUSA) as well as Wheelchair and Ambulatory Sports USA and International Paralympic Committee.

## Refer to sample rules online:

American Association of Adapted Sports Programs (AAASP)	<a href="http://www.adaptedsports.org/adaptedsports/athletics/athletics_track_and_field.html">http://www.adaptedsports.org/adaptedsports/athletics/athletics_track_and_field.html</a>
Adaptive Sports USA (ASUSA)	<a href="https://adaptivesportsusa.org">https://adaptivesportsusa.org</a>
International Paralympic Committee (IPC)	<a href="http://www.paralympic.org/athletics/rules-and-regulations/rules">http://www.paralympic.org/athletics/rules-and-regulations/rules</a>

## Starting Position:

*Figure 1:* The wheel should not touch the start line but it can be over the vertical level of the line without touching it. It is the same when the head of a runner in “set” position when his/her head is after the start line level.

Photo Credit: DSUSA



Photo Credit: US Paralympics

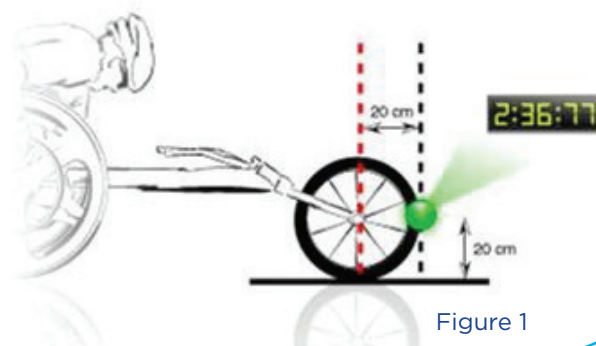


Figure 1



## SAMPLE WHEELCHAIR RACING RULES

### Start

- The center of the front axle (axle plane) may not extend over the starting line.

### Finish

- The finish of the race occurs when the center of the front axle (axle plane) crosses the finish line.

### Wheeling in Lane

- In the 100m, 200m, and 400m, competitors must stay in their designated lane.
- Touching or crossing the lane line for more than 10 consecutive feet is a disqualification.
- Crossing a lane line for any distance and impeding another competitor is a disqualification.

### Obstruction

- Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.

## Traditional and Wheelchair Athletes

LANED RACES (100, 200, 400)	NON-LANED RACES (800, 1500/1600, 3200)
Wheelchair athlete must stay within their lanes as do traditional athletes.	If combined, wheelchair athletes start in the outside lane or behind the runners. Combining can be done safely if all athletes are aware of their surroundings.
Give the athlete the outside lane and tell them to remain in their lane. As the other athletes finish, they will go straight.	The traditional athlete will initially have the lead in any of the distance races up to the point that the wheelchair athlete has momentum.
The wheelchair athlete is competing against his or her own time and now displacing the traditional athlete.	Passing rules are the same. Neither runner nor wheelchair athlete can impede any athlete while passing or being passed.
Same concept if there are multiple wheelchair athletes and only one traditional athlete.	Two or more wheelchair athletes should compete against each other as it does provide a like competition.

\*This is appropriate at dual meets or when there is only one wheelchair athlete. This is the decision of the meet director.



## WHEELCHAIR SHOT PUT RULES

### Chair

- All competitors must put the shot from a chair. This could be a manual wheelchair, throwing chair, or power wheelchair.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm.
- The chair will be considered an extension of the athlete's body. For example: any part of the chair touching the top of the stop board is a foul.
- Both buttock cheek must remain in contact with the seat during the throw
- Footplates, if used, are for support and stability only.
- Side and back rests for safety and stability may be attached to the seat. They must be nonflexible and non-movable.
- The frame may have a holding bar.
- Substances for gripping may be used on the athlete's hand and on the implement but must be easily removed using a wet cloth and cannot leave any residue.

### Putting the Shot

- From start to finish, the movement shall be a straight, continuous putting action.
- The shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- The shot shall not be taken behind the line of the shoulders.
- Distance is preferred in meters. If your state uses feet and inches it is acceptable.
- The sitting position must be maintained through the throwing action until the implement has landed.

### Time Limits

#### *Seated Throwers*

- A competitor will be given a time of one minute between each throw. The one minute time will begin when the implement is handed to the competitor.
- A reasonable amount of time is permitted for the throwing chair to be oriented and secured.

#### *Standing Throwers*

- A competitor will be given a time of one minute between each throw. The one minute time will begin when the competitors name is called.

### Failed Throws

*A throw is considered a failure if an athlete in the course of a trial:*

- It lands outside the sector lines.
- A seated athlete touches the tie down strap.
- The athlete "lifts" buttock(s) or knee(s) are not in contact with the throwing chair seat.

### Holding Device Failure

*If a holding device should break or fail during the execution of a throw then the overseeing official should:*

- If the athlete does not foul, offer the athlete the option of retaking that trial.
- If the athlete fouls, then the trial should not be counted and the athlete should be allowed to retake the affected trial.

### Suggested Shot Put Weights

- Boys Class 1: 8.81lbs
- Boys Class 2: 6lbs
- Girls Class 1 & 2: 6lbs

*\*See a list of classification descriptions on page 22.*



## COACHING SEATED THROWS

### Seated Throws

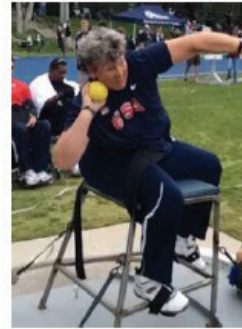
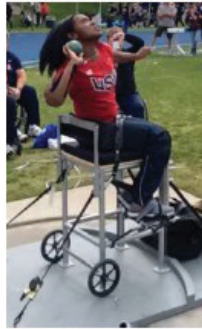
- Being seated does not change the mechanics of the throw
- The maximum height of the chair is 75 cm
- Back of the knee to the back of the buttock (Ischial Tuberosity) must stay in contact with the seat
- Strapping is a must
- Foot plates effective for athletes with some leg use
- Some modifications may be needed in order to grip the implement
- Holding bar is an option and provides stability for those without abdominal function
- Can throw from day chair or power chair
- Chair positioned as close to the toe board as possible

## SEATED THROWERS

### Seated Throws

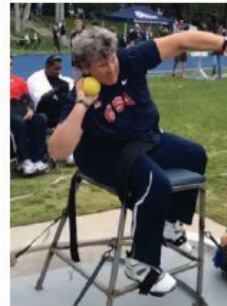
#### *Athletes without use of abdominals*

- Figure A: Facing forward athlete with a holding bar and strapping
- Figure B: Sideways athlete with a short holding bar and a sloped seat
- Figure C: Split seat athlete (leg on both edges) with a holding bar



#### *Athletes with use of abdominals*

- Chair may have a back and/or sides
- Stability is mandatory: strap legs, feet (footplates), and hips
- Be creative! Experiment with various positions and strapping



#### *Athletes using power chairs*

- May face chair in the circle
- Can be: forward, backwards, sideways
- Modification in grip may be necessary



# STATE MODELS



The following are examples of some of the state high school associations offering wheelchair track and field for students with physical disabilities. For a current listing of states, contact the National Federation of State High School Associations at: [www.nfhs.org](http://www.nfhs.org)

## FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION ADAPTED TRACK & FIELD DIVISION

### Overview

Each of the current four classes (1A, 2A, 3A, and 4A) will be divided into the following classifications; Boys Division, Boys Adapted Division, Girls Division, and Girls Adapted Division. Each division will score points for its class, gender and division only. No scores from separate divisions will be combined. An athlete cannot compete in multiple divisions. Adapted participants shall compete against each other only.

### Events

Each student will have the opportunity to compete in the following events by gender: Wheelchair 200 meter race, Wheelchair 800 meter race, and Wheelchair shot put. Wheelchair shot put will be divided into two classifications for both boys and girls based on type of disability. Class 1 will be for athletes with any disability of the lower extremities. Class 2 will be for athletes with disability that effect lower and upper extremities. Meet management shall determine a meet's order of events. All adapted track and field participants shall be required to compete on the same day of the meet as their classification. The events shall follow all state high school association rules with certain FHSAA/AAASP modifications

### Scoring

An adapted track athlete will compete for adapted division individual and adapted division team honors in the school classification and gender in which his/her school competes. Points will be awarded per NFHS rule 2-1.

### Awards

Places will be awarded from 1-8 (or less depending on participation levels).

### Eligibility

- All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team.
- Each athlete's physical eligibility must be verified by a licensed physician and maintained on permanent file at the school.
- Students who participate must meet all FHSAA eligibility requirements. Students shall be members of the school's track and field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).
- The athletes must compete in their school's team uniform.
- Students must compete in a minimum of four meets to qualify for the State Finals.
- Each school must submit a FHSAA Adapted Track and Field Athlete Declaration form (TR6).
- Must be filed by 5pm Monday of Week 40 for Class 1A and 2A schools, and by 5pm Monday of Week 41 for Class 3A and 4A schools.
- All student athletes listed must have had previously reported results to the FHSAA Office.
- Must be signed by the principal, FHSAA representative and head coach.

A school whose FHSAA Adapted Track and Field Athlete Declaration form (TR6) is not received by the stated deadline may be permitted to participate only with the approval of the FHSAA Office; however, that school shall be assessed a minimum financial penalty of \$250. This penalty will increase if it is later determined that a student athlete(s) representing the school was ineligible to do so

# WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

## Participation at WIAA State Track and Field Meets for Wheelchair Athletes

### Goal:

To enable the wheelchair track and field athlete the avenue to contribute to team scoring in a track meet

- A team trophy will be awarded to teams for the non-disabled athletes
- A team trophy will be awarded for the combined scores of the wheelchair athletes and the non-disabled athletes from the same school

### Eligibility:

- A wheelchair athlete is anyone with a permanent physical disability. A statement of disability must be on file with the school nurse or designated personnel responsible for student health issues
- All wheelchair athletes must meet the rules established by the WIAA and individual school districts
- All wheelchair athletes must qualify to the state meet through the district meet procedure. The wheelchair athlete must meet or exceed the minimum standards established by the WIAA at the qualifying district meets. See WIAA Standards:  
<http://www.wiaa.com/condocs/con154/13%20wheelchair%20.pdf>.

### Scoring:

- A wheelchair athlete will compete against the same gender for individual honors. The wheelchair athlete will vie for team honors within their respective classification.
- When a wheelchair athlete competes against another wheelchair athlete of the same gender, and finishes first, two points will be awarded to his/her team. The second place finisher receives one team point. If three wheelchair athletes participate then the points will be awarded three, two, and one. This scoring system will continue as illustrated in the table to the right.
- If the wheelchair athlete is competing solo against the standards established by the WIAA then he/she will be awarded one team point for meeting or exceeding the standards for that event.
- If a contestant fails to meet the required standard in an event, he/she shall not be awarded a place or any points in the event. NOTE: Track standards do not apply to cinder tracks.

10	8	6	5	4	3	2	1
	8	6	5	4	3	2	1
		6	5	4	3	2	1
			5	4	3	2	1
				4	3	2	1
					3	2	1
						2	1

**Events:** Each competitor is limited to four of the following events:

- 100 Meter
- 200 Meter
- 400 Meter
- 800 Meter
- 1600 Meter
- 3200 Meter
- Shot Put
- Javelin
- Discus

### Awards:

- Team trophies presented to 50% of the schools represented in a classification up to a maximum of four total trophies
- Individual medals presented to 50% of the individuals represented by gender up to a maximum of 8 medals



## GEORGIA HIGH SCHOOL WHEELCHAIR TRACK & FIELD DIVISION

- All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team. These students will have the opportunity to compete in the 200 and 800 meter wheelchair races and the shot put. There will be two divisions of competition in the shot put based upon the disability.
- Students who participate must meet all GHSA eligibility requirements.
- All athletes qualified for the wheelchair competition must compete in a standard wheelchair, a throwing chair, or a specially designed racing chair.
- Students will be members of the school's track and field team and will compete at all the school's meets (regardless of the number of wheelchair competitors).
- The athletes must compete in their school's team uniform.
- The top eight qualifiers over the entire track season in each event will advance to compete at the State Track Meet.
- Wheelchair racers must use a racing wheelchair, gloves, and a bicycle helmet that meets ANSI standards.
- In the shot put, boys Class 1 will use an 8.81lb shot while boys Class 2 will use a 6lb shot. Girls in Classes 1 and 2 will use a 6lb shot.
- Coaches must complete a required training course conducted by AAASP.
- All times and distances are to be reported to [resultsga@aaasp.org](mailto:resultsga@aaasp.org)
- Scores are awarded in the wheelchair division along with individual medals and a team state championship.

## NEW JERSEY

- Any athlete from a member school can participate at the state meet and can earn medals but no team points are awarded at the dual or group championship levels.

## LOUISIANA

- Any athlete from a member school can participate at the state meet. State sets standards for races and field events contested. If an athlete meets the standard he is awarded points. If one athlete competes 1 point is awarded. If two athletes compete, 2 points are awarded to the winner and 1 point to 2nd place. If three athletes compete, the points awarded are 3, 2, 1 for first, second, and third respectively. A team cannot win the state title with these points but it can tie for first place.



## EQUAL ACCESS MODEL

### Two Options

#### Participation

- Athletes compete at dual, group, and at the state level, but do not deliver points to their team to win a meet
- Athletes invited to the state meet based on a timed final or field event performances
- Athletes do not achieve points but do receive medals and can set state records

#### Scoring

- Athletes achieve track and field high school letters through scoring points
- Athlete can score points for the team
- Athlete can score points at state, receive medals and set state records

### Steps to Creating a Para-Division

1. Agree to a model
2. Decide on the number of divisions
3. Agree on the methods to move an athlete through to the state championship meet
4. Decide what events will be offered
5. Decide what field weights will be thrown and what standards will be adopted
6. Define what constitutes a Para-Athlete

*Many states have already integrated adapted track and field into their extracurricular programs. The following states have successfully implemented adapted track and field events: New Jersey, Washington, Louisiana, and Florida.*

### Division Suggestions

In the simplest model the Para-athlete division is divided into a male and female wheelchair division. In some states, the male and female division is further divided into a division for athletes with lower extremity disabilities and a second division for athletes with a disability affecting both the lower and upper extremities. The primary goal is to provide an opportunity to compete but a secondary goal for some states is to level the playing field so that athletes with like disabilities compete against one another.

### BEST PRACTICES

The para-athlete is a contributing member to the team. The scoring model encourages coaches and schools to recruit athletes into their program. There are many options in the scoring model for a state to choose from.

Scoring Model Options

#### Based on athlete numbers

- Points given based on the total number of participants
- The one plus one: a single athlete would receive a point (or the number determined by the state) and a medal. Two athletes= 1 point and 1 medal, Three athletes= 2 athletes get points and medals, etc.
- Scoring would be based on the system used by the state in the traditional model if full heats or flights exists
- Athlete has to achieve a minimum standard in the competition in order to achieve a point. This is used to encourage a high level of competition.

### Wheelchair Category

- Student athletes participating in the wheelchair events within the wheelchair division receive points



## ADVANCEMENT TO THE STATE CHAMPIONSHIP

1. Ranking list: top eight athletes invited to the state meet.
2. Qualify through the state's traditional model.
3. Meet a qualifying standard during the course of the season (time frame and type of meet to be defined).
4. Number of high school events the athlete must compete in to advance.
5. Based on numbers of participants, the competitions may need to be held at set time and day within the state meet structures opposed to within a class or division.

## BEST PRACTICES

1. Wear school uniform.
2. Meet high school eligibility requirements (may be modification on age, due to previous surgeries or illness).
3. The athlete is responsible for all equipment.
4. Number of competitions that an athlete must compete in to be eligible to advance to state.

## DETERMINATION OF TEAM CHAMPIONSHIPS

1. A team trophy given to traditional teams and one for the combined scores of the disabled athletes and the traditional athletes from the same school.
2. If the points scored by a disabled athlete enables his/her team to tie or exceed the highest team point total of another team(s) then the team with disabled athlete will be declared a co-champion and the other team(s) without the disabled athlete will be declared the outright champion. This applies to the runner-up position as well as the regular season, district, regional, and state meet.
3. Traditional system of awarding team trophies based on the combination of traditional and disabled athlete points.
4. The top performing individuals in each category will compete for the State Championship and the individual finishers will receive medals and score points within the wheelchair division. The top boys team and top girls team will receive a championship trophy for wheelchair track and field.

## WAIVER OPTION

Due to the limited amount of competition against other athletes or the limited amount of expert coaching, some states might allow athletes to attend competitions, camps or clinics under the auspices of USA Paralympic Track and Field.



# GROUPINGS



The groupings presented here are suggested ways to create competition classes for athletes with disabilities. In order to not be confused with the national and international classification systems, we use the term groupings for school-based sport.

## SUGGESTED ADAPTED TRACK AND FIELD GROUPINGS

*Group 1:* Athletes with any disability of the lower extremities (spinal cord injury, amputation, spina bifida, cerebral palsy, orthopedic injuries), for example: severe permanent injuries in the knee, ankle, and hips.

*Group 2:* Athletes with any disability that affect's lower and upper extremities (cervical spinal, cerebral palsy, muscular dystrophy, traumatic brain injury). Group 2 athletes are eligible to compete in Group 1, however, if they choose to compete in Group 1, they cannot compete in Group 2.

## ROLE OF ATHLETES WITHOUT DISABILITIES

Programs may wish to consider a policy whereby athletes without disabilities may enter the adapted program temporarily while rehabilitating from an injury, so long as the injury present in such a way that the athlete might otherwise other wise qualify someone with a permanent disability experiences the same physical limitations. For example, any injury or surgery where the physician has recommended the athlete stay off the limb for a period of time and where that time spans a full season of an adapted sport, the athlete might qualify to participate in adapted sports regularly.

Athletes with a disability have impairment (s) that may lead to competitive disadvantage in sport. Classification is the process by which athletes are assessed relative to the impact of impairment on their ability to compete in a specific sport.

Within the classification system, criteria are put in place to ensure that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for athletes without a disability.

Classification is sport specific. Each sport has established groups, call sport classes, to group athletes for competition based on activity limitation for that sport.

The international classification system for individual sports can be viewed online at: [Paralympic.org/classification](http://Paralympic.org/classification). Most IPC classification systems are not appropriate (too detailed) for a high school setting. It is suggested to modify to simplified / grouped classes such as sitting (wheelchair athletes), visually impaired, and ambulatory.



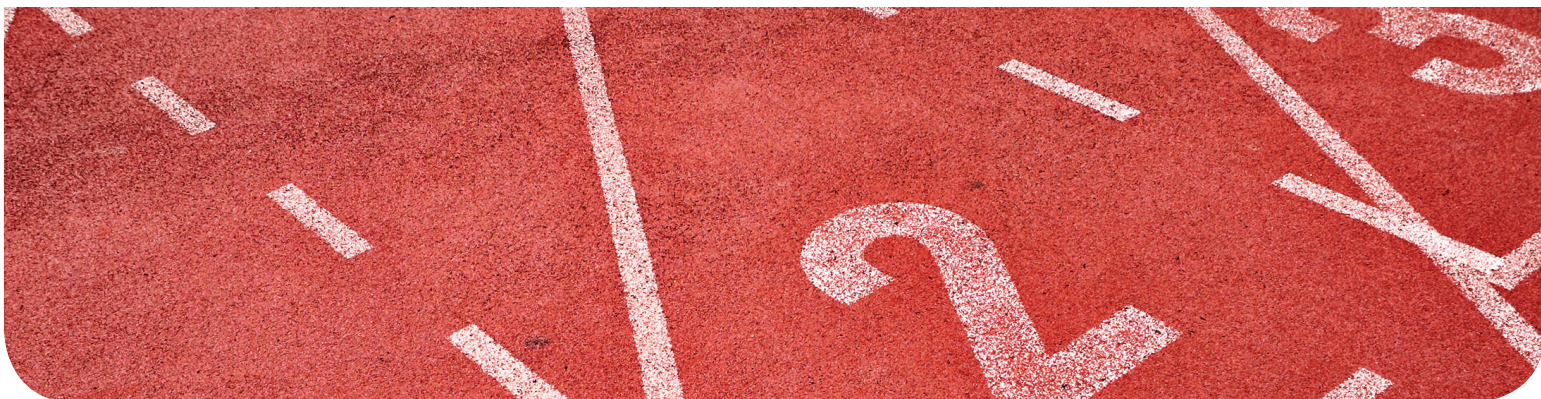


## ELIGIBILITY

How will a state determine who is eligible? There are several different models to determine eligibility and minimal disability criteria.

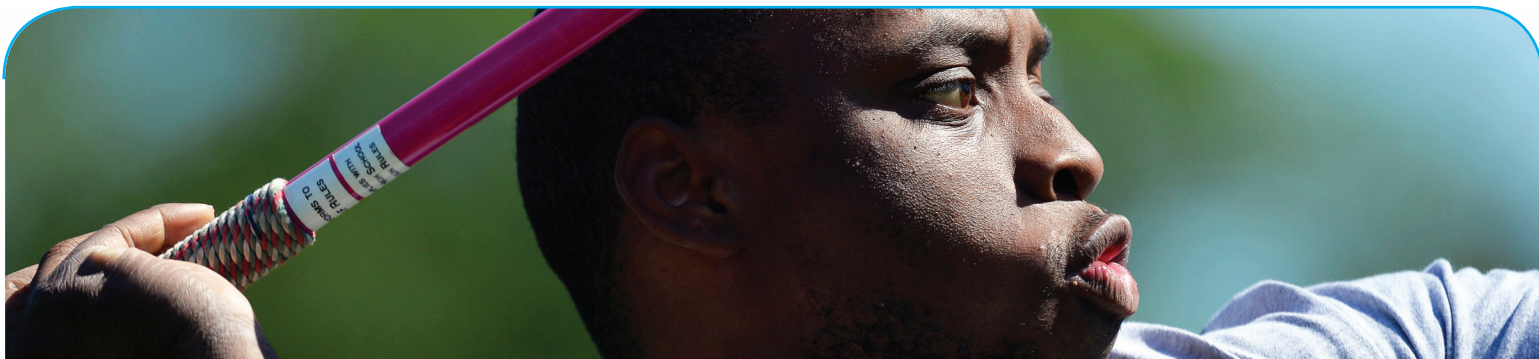
## OPTIONS

1. A wheelchair athlete is anyone with a PERMANENT physical disability. A statement of disability must be on file with the school nurse or designated personnel responsible for student health issues. (States that have adopted this option: WA, MN, AL, GA, ME, and LA)
2. Use the 2011 International Paralympic Committee (IPC) Classification Rules and Regulations manual.
3. A para-ambulatory participant shall have a permanent orthopedic, neuromuscular or other physical disability. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.





# SAFETY



Student athletes with disabilities do not represent a higher level of liability risk or risk management concern than student athletes without disabilities. With proper planning and contingencies, student athletes with disabilities can seamlessly integrate into the dynamics of an interscholastic team. Individualized assessments can help assess or identify any potential safety concerns.

## Safety Resources

Ensuring athlete safety is a priority. Through education, resources, and training, members of the sport community can recognize, reduce, and respond to misconduct in sport. Please refer to the following resources for more information.

Safety Resources	
What is SafeSport?	<a href="http://safesport.org/what-is-safesport/">http://safesport.org/what-is-safesport/</a>
Coaches Toolkit	<a href="http://safesport.org/toolkit/coaches/">http://safesport.org/toolkit/coaches/</a>
SafeSport Trainings	<a href="http://safesport.org/take-the-training/">http://safesport.org/take-the-training/</a>





# RESOURCES

## Resources

<b>Paralympics Track &amp; Field: Officials Training &amp; Coaches Education</b>	<a href="http://www.teamusa.org/US-Paralympics/Sports/Track-and-Field">http://www.teamusa.org/US-Paralympics/Sports/Track-and-Field</a>
<b>American Association of Adapted Sports Programs</b>	<a href="http://www.adaptedsports.org/adaptedsports/athletics/athletics_track_and_field.html">http://www.adaptedsports.org/adaptedsports/athletics/athletics_track_and_field.html</a>
<b>Coaches Education</b>	<a href="http://www.adaptedsport.org/adaptedsports/coaches_education/wttv.html">http://www.adaptedsport.org/adaptedsports/coaches_education/wttv.html</a>
<b>Wheelchair Race</b>	<a href="http://www.paralympic.org/video/athletics-womens-800m-t54-final-2013-ipc-athletics-world-championships-lyon">http://www.paralympic.org/video/athletics-womens-800m-t54-final-2013-ipc-athletics-world-championships-lyon</a>
<b>Seated Throw</b>	<a href="http://www.youtube.com/watch?v=B8mF1cd2gGs">http://www.youtube.com/watch?v=B8mF1cd2gGs</a>
<b>Athlete and Guide Process</b>	<a href="http://www.youtube.com/watch?v=G4uvoSpyXW4">http://www.youtube.com/watch?v=G4uvoSpyXW4</a>
<b>Helpful Videos</b>	<a href="http://www.wasusa.org/helpful-tips-track-field">http://www.wasusa.org/helpful-tips-track-field</a>
<b>Coaching US Paralympic Track and Field—Level I</b>	<a href="http://training.teamusa.org/store/details/9">http://training.teamusa.org/store/details/9</a>
<b>Wheelchair Racing Tips</b>	<a href="https://www.youtube.com/user/RacerX1992/videos">https://www.youtube.com/user/RacerX1992/videos</a>
<b>Wheelchair Racing Transfer</b>	<a href="http://www.youtube.com/watch?v=fuTu_2-ZhgE">http://www.youtube.com/watch?v=fuTu_2-ZhgE</a>
<b>Visually Impaired: Tips for Guides</b>	<a href="https://www.youtube.com/watch?v=P5UiV2VgOWg&amp;feature=youtu.be">https://www.youtube.com/watch?v=P5UiV2VgOWg&amp;feature=youtu.be</a>
<b>Slow Motion WC Racing</b>	<a href="http://www.youtube.com/watch?v=pvPTBBZExDI">http://www.youtube.com/watch?v=pvPTBBZExDI</a>
<b>Kentucky Track and Field</b>	<a href="http://khsaa.org/sports/spring/track/">http://khsaa.org/sports/spring/track/</a>
<b>Ohio Wheelchair Track &amp; Field</b>	<a href="http://www.ohsaa.org/news/sports/2012-06-13WheelerchairTF.pdf">http://www.ohsaa.org/news/sports/2012-06-13WheelerchairTF.pdf</a>
<b>Florida Track and Field</b>	<a href="http://www.fhsaa.org/sports/track-field-adapted">http://www.fhsaa.org/sports/track-field-adapted</a>

## MISSION

The mission of the Athletics for All Task Force is to inform and provide the tools and guidelines by which coaches, athletic directors and school administrators can include students with physical disabilities in interscholastic sports.

## VISION

It is the vision of the Athletics for All Task Force that students with disabilities will have access to athletic opportunities throughout the United States in an equal manner as students without disabilities. The Task Force envisions an educational system that provides equal opportunities for student-athletes to derive the physical, mental, and emotional benefits of interscholastic sports, enabling each to develop into healthy, well-adjusted, contributing members of their respective communities.

## ATHLETICS FOR ALL TASK FORCE

### Active Policy Solutions

<http://www.activepolicysolutions.com/>

### Adaptive Sports USA (ASUSA)

<https://adaptivesportsusa.org>

### American Association of Adapted Sports Programs (AASP)

<http://www.adaptedsports.org/>

### Bay Area Outreach and Recreation Program (BORP)

<http://www.borp.org/>

### BlazeSports America

<http://www.blazesports.org/>

### Bridge II Sports

<http://www.bridge2sports.org/>

### Competitive Edge Management

### Move United

<http://www.moveunitedsport.org>

### Great Lakes Adapted Sports Association (GLASA)

<http://glasa.org/>

### Lakeshore Foundation

<http://www.lakeshore.org/>

### Louisiana Games Uniting Mind and Body (GUMBO)

<https://sites.google.com/site/louisianagumboinc/home>

### National Center on Health, Physical Activity and Disability (NCHPAD)

<http://www.nchpad.org/>

### Special Olympics

<http://www.specialolympics.org/>

### United States Association of Blind Athletes (USABA)

<http://www.usaba.org/>



*For more information, visit [www.athleticsforall.net](http://www.athleticsforall.net)*