ADAPTED

TRACK & FIELD

Guide for Schools

ABOUT MOVE UNITED

Why Inclusion

Move United uses sports to push what's possible so everyone has equal access to sports and recreation in their community. Established in 1956, Move United is an Affiliate of the U.S. Olympic & Paralympic Committee.

Move United provides adaptive sports to individuals with disabilities as a means to (1) improve health, (2) increase access to employment and economic stability, (3) strengthen social support and (4) advance social norms and attitudes about people with disabilities. Each of the four items are social determinants of health, according to U.S. Department of Health and Human Services Healthy People 2020.

The Office for Civil Rights (OCR) of the U.S. Department of Education issued a Dear Colleague Letter in 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 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. With nearly 1 in 4 Americans living with a disability, schools have the opportunity to change the disability narrative, creating access and opportunities for inclusion.

Sports Are Important for Students with Disabilities

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

- Supports daily living activities and independence
- Reduces risk of health-related diseases (i.e. cancer, heart disease and diabetes).
- Improves mental health, reduces depression and anxiety.
- More likely to have better grades, school attendance and lower dropout rate.
- Builds camaraderie with peers, less likely to be bullied.
- Build discipline, self-esteem, confidence, and independence.
- Learn team work, skill development and goal setting.
- Can offer opportunities for successes in college, career and community.

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.

What Move United Offers

- Introductory sport guidelines and best practices for adapted 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.

Thank you to

GATORADE®

for generously supporting this project.

TABLE OF CONTENTS

The content in this document is intended to provide guidelines and recommendations. Move United does not carry the authority to replace existing school or sport governing rules and regulations.

Track and field is open to all disability groups under the IPC classification system including athletes with a physical disability, visual impairment, and/or intellectual disability. High School Athletic Associations across the country have easily integrated athletes with disabilities into regular and post-season competition.

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OVERVIEW

Venues: Students with 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 can compete in a Manual wheelchair, a throwing chair or a specially designed racing chair. Athletes with a visual impairment should use a running tether when running with a guide.

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 a physical disability, visual impairment, and/or intellectual disability 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 can be added for wheelchair athletes and amputee athletes may be integrated into existing heats. For field events, throwing chairs can be used and anchored with tie downs. Students with physical disabilities can use racing wheelchairs for track events and a manual, power or throwing chair for field events. Students with visual impairments may be permitted a guide in running events.

Track Events

Sprint (100m, 200m, 400m)
Middle Distance (800m, 1600m)
Long Distance (3200m, 10000m)
Relay Races (4X100m, 4X400m)

Please note that these are outdoor season events In-door season events may vary

Please note that these are outdoor season events. Indoor season events may vary.

Jumping Events

High Jump
Long Jump
Triple Jump

Throwing Events

Club Throw
Discus
Shot Put
Javelin (state dependent)

ABOUT THIS GUIDE

General Guidelines

- All high school students falling under the IPC classification system may be eligible to participate in their school's track and field program, including students with a physical disability, visual impairment, and/or intellectual disability.
- 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.
- How athletes qualify for a State Championships vary from state to state, it is best to check with your State HS Athletic Association to find the procedure for you State.
- 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 designated representative and must include the athlete's name, school, grade, results, location, and date of meet.

General Information

- Consider offering a restricted number of events to get started. 2-4 for track and 1-2 for field events.
- 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 (APE.), 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 U.S. Paralympics Track & Field website, **usparatf.org** and Adaptive Track and Field USA website, **atfusa.org** for rules and equipment guidelines, as there may be differences from what is used at the high school level.

Prosthetics

- Depending on the level of amputation and events an individual may be running (i.e., sprints versus distance) there are different types of prosthetics 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, and no heel.
- "J" shaped blades are often used by sprinters. This shape allows for a quick return of energy helping to achieve higher speeds (Figure A).
- "C" shaped blades are designed for long distances or a jogging pace. This shape is more effective at storing and releasing energy over time (Figure B).
- Athletes with an amputation above the knee will also have a prosthetic knee joint. The joint has low friction and swings through quickly. This is crucial for runners to reach their top speed.

A

B

For Further Discussion Refer to
primecareprosthetics.com/blog/can-you-run-with-a-prosthetic-leg

Positioning and Fit

Regardless if an athlete who is an amputee is an above or below knee amputee, they may have liner issues. The liner is a rubberized sleeve that goes over the amputated limb. 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. Liner issues and excess moisture can also cause friction and create pressure sores and/or abrasions.

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 towe.
2. The athlete may spray or rub an antiperspirant onto their 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 their 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.

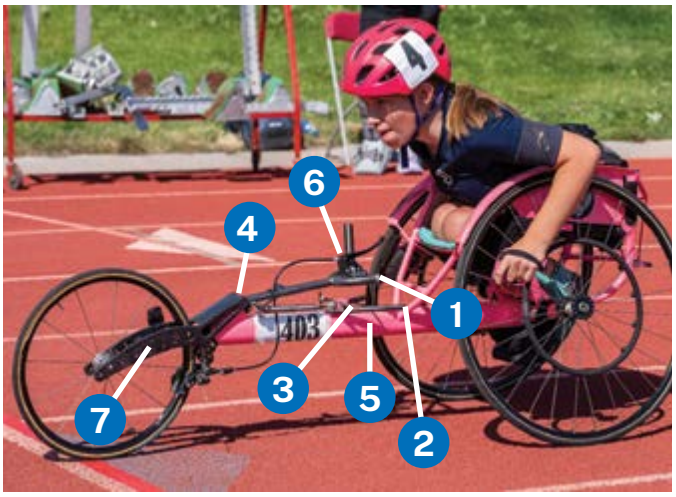
Starting Blocks

- 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.
- Visually impaired athletes and athletes with intellectual disabilities are the only athlete classes that are required to use starting blocks.

(Figure A)

Racing Chairs

- Racing chairs have two rear wheels and one front wheel.
- The racing 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 racing chair frame or athlete may protrude past the furthest part of the rear wheel.
- The athlete's lower limbs must be secured in the racing 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 racing chair. No event should be delayed for equipment failure prior to an event.
- Athletes may only propel the chair forward by pushing on the hand rims (push rims).



Above Figure:

1. Steering: Used primarily 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.
- To learn how to remove and reinstall hand rims, visit **youtube.com/watch?v=P2JaGiRE88o.**
- Racing chairs may have tubular tires (tube/tire is one) or clincher tires (tube/tire is separate).

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.


PUSH RIM

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.
- Add padding until the athlete is in desired position.
- Some athletes may need a footplate. There are fixed footplates, and swinging footplates. Some chairs are designed/built with a foot plate and some may be adjusted to meet the athlete's needs.

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 and apply force to the push ring.
- 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 using the torso to help apply force.

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 can be 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. 3-D printed gloves (hand) are available and much easier to fit. They are available online. To learn what materials are needed and how to make hard racing gloves, refer to this video: **youtube.com/watch?v=HyV3u0Dk1bw.**
- Gloves are not only designed to help propel the chair but also keep the athlete's hands safe.

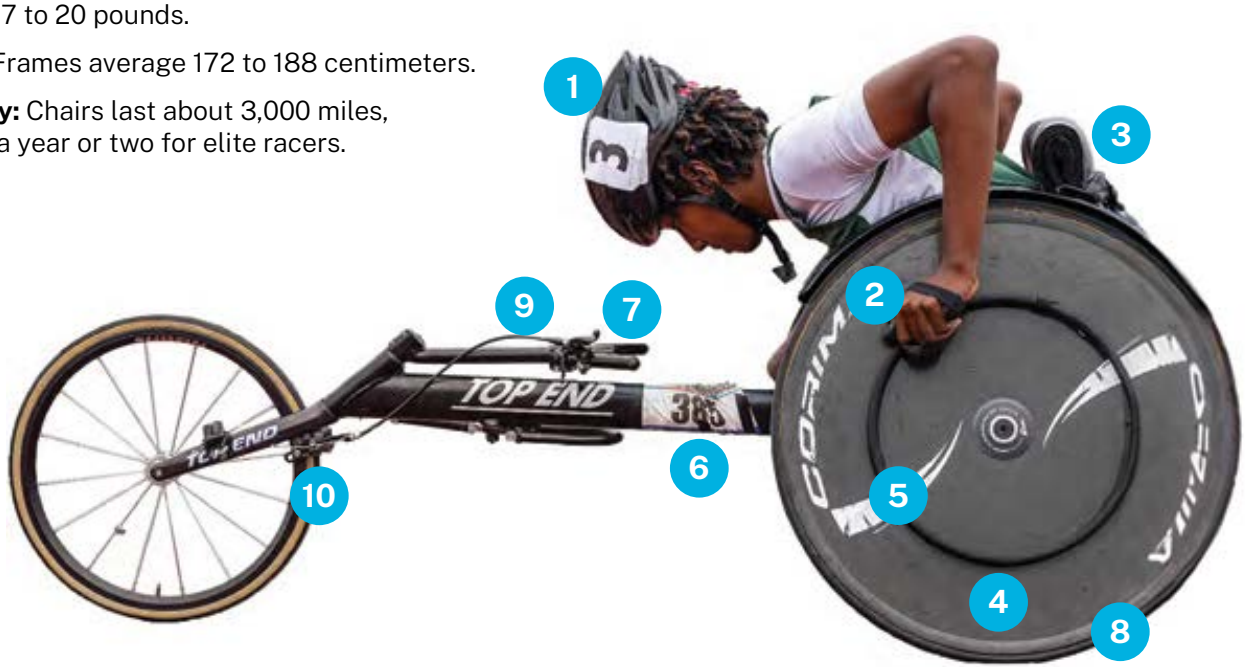
Helmets

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

Anatomy of a Racing Wheelchair

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

- **Manufacturing:** Each chair is custom-built to individual body measurements and abilities.
- **Average cost:** About $3,000, plus wheels.
- **Weight:** 17 to 20 pounds.
- **Length:** Frames average 172 to 188 centimeters.
- **Durability:** Chairs last about 3,000 miles, or about a year or two for elite racers.



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

2. Gloves
Pushing technique is so individual that most athletes 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.

3. 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.

4. Wheels
Most elite racers use carbon-fiber wheels. Rear wheels 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. This is also makes the chair more stable.

5. 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.

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

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

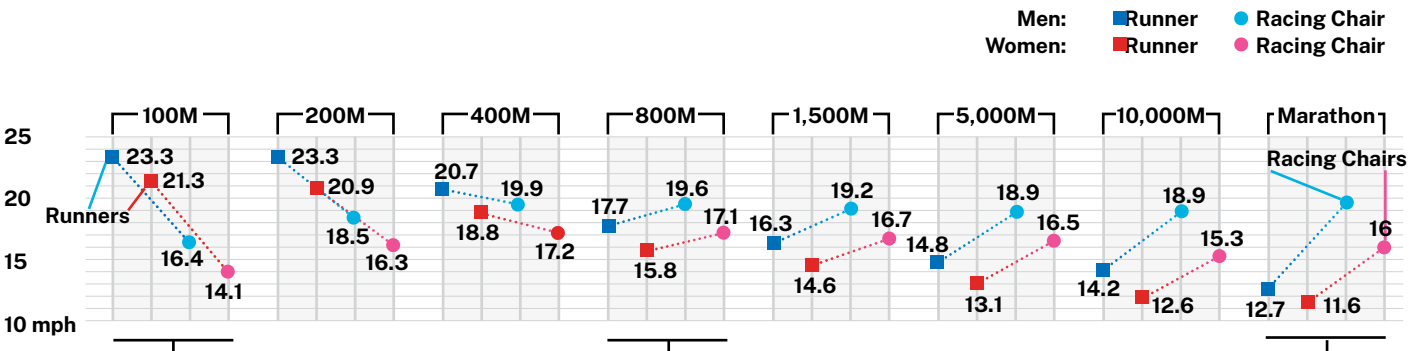
8. Tires
Chairs use regular bike tires with built-in tubes. Athletes have to fix their own flats in a race, which can take several minutes.

9. 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.

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

Wheelchair racing is not simply running on wheels. 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 sports chair started.

Middle distance: Chairs catch up, pass

By 800 meters, the tables have turned and top racing chair athletes are faster than top runners.

Long distance: Racing chairs win

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

THROWING FRAMES

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

Examples of Legal Throwing Frames

- 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.
- Straddle 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.*

Throwing Frame Specifications

- The maximum height of the seat surface, including any cushioning, shall not exceed 75cm.
- Each throwing frame must have a seat which is square or rectangular in shape and each side at least 30cm in length.
- The seat may be level, or the front edge may be higher than the back of the seat. The seat may not slope down in the front.
- 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, with a cross sectional profile that is circular or square. It 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.

How to Build a Throwing Platform for Seated Throwing - **youtube.com/watch?v=EsxWJwvel8o**
Seated Throws - Shot Put Basics - **youtube.com/watch?v=DhXIp7SqM6k**

Tie-Downs For Seated Throwing Frames

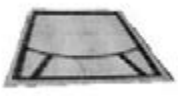
- Tie-downs are ratchet straps and metal stakes and should be used at a minimum of all four corners.
- Concrete stakes put into the ground at an angle work well, if the ratchet strap has a circle just ahead of the hook.
- It is not advisable to use aluminum stakes as a very sharp edge will form on the 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 their day chair and has adequate brakes, then tie-downs are not required.

Example of tools needed for tie-downs

Tie downs

Sledgehammer

Concrete Stakes



Portable tie-down circle (optional)

From time to time racing 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
- Lubricant (lithium grease, silicone spray, WD40
- 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.

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 with student athletes without disabilities at the beginning of the season.
- Many of these athletes have the ability to compete alongside non-disabled athletes.
- For athletes that are arm amputees, they may benefit from risers to raise their residual limb for the start of the race, in order to get their shoulders level while in the blocks.
- For athletes who are ambulatory but may not use a wheelchair every day, they may run with crutches, a walker, or in a racing 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 Impairments

- A shoe string with a loop on either end (one for the athlete and one for the guide) may be used as a tether, or they can be purchased commercially. If an athlete uses a guide a tether no longer than 30cm may be used.
- Athletes who require guide runners will need one 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: **youtube.com/watch?v=x8O_6TQtSi4.**

Athletes with Hearing Impairments

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

RULES

It is recommended that coaches working with high school students with disabilities check with their state association to see if there are existing rules in place. 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 World Para Athletics.

Refer to Sample Rules Online:

American Association of Adapted Sports Programs (AAASP)
adaptedsports.org

Adaptive Track and Field USA
www.atfusa.org

World Para Athletics
www.paralympic.org/athletics/rules-and-regulations/rules

Sample Wheelchair Racing Rules

Start

- The center of the front axle (axle plane) may not extend over the starting line.
- Bib numbers should be placed on the side of the helmet.

Finish

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

Wheeling in Lane

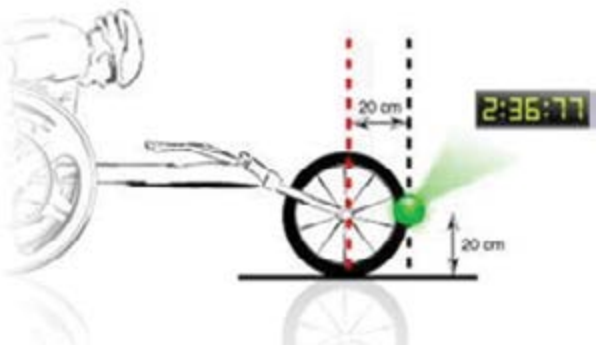
- In the 100m, 200m, and 400m, competitors must stay in their designated lane.
- Touching the lane line once in a curve for more than 2 pushes, or crossing the inner lane line on a curve is a disqualification in adaptive track & field.
- Crossing a lane line for any distance and impeding another competitor.
- Touching or crossing on a straightaway is permissible unless the athlete impedes or obstructs.
- For the 800m, athletes start from staggered positions and stay in lanes until the end of the first bend, which is when they can break for the inside.

Obstruction

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

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.

Photo Credit: US Paralympics



Wheelchair and Non-disabled Athletes

Laned Races (100, 200, 400)	**Non-Laned Races (800, 1500/1600, 3200)**
Wheelchair athletes must stay within their lanes as do non-disabled athletes.	If combined, wheelchair athletes start in the inside lane or behind the runners. Combining non-disabled and wheelchair athletes can be done safely if all athletes are aware of their surroundings.
The wheelchair athlete takes the inside lane. They are to remain in their lane and take the curve. As the other athletes finish, they will go straight.	Non-disabled athletes 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 not 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 non-disabled athlete.	Two or more wheelchair athletes should compete against each other.

*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

- 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 (buttocks and back of knees) must be maintained through the throwing action until the implement has landed.
- The measurement of each throw is made immediately after each valid trial. The distance will be measured from the nearest mark made by the fall of the shot to the inside of the circumference of the circle along a line to the center of the circle.

Time Limits

- Six consecutive throws are given to each athlete.
- 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, typically 15 minutes or less.

Failed Throws

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

- 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.
- To learn about implement weights consult the ATFUSA standards.

STATE MODELS

The following are examples of some of the state high school associations offering wheelchair track and field for students with disabilities. In addition to the examples listed below, Texas (U.I.L. Wheelchair Division), California (California Interscholastic Federation - Para Sports), and Ohio (OHSAA Track & Field Wheelchair Division) have also created high school associations offering wheelchair track and field for students with disabilities. For a current listing of states, contact the National Federation of State High School Associations at: **nfhs.org.**

Florida High School Athletic Association Adapted Track and 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 200m race, Wheelchair 800m 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 their 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 may 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

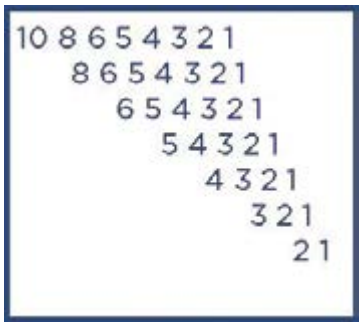
Goal:
To enable the wheelchair track and field athlete the avenue to contribute to team scoring in a track meet.

- 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.

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 their 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 they 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, they shall not be awarded a place or any points in the event.

NOTE: Track standards do not apply to cinder tracks.



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: **mywiaa.wiaa.com/coaches.**

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

- 100m
- 200m
- 400m
- 800m
- 1600m
- 3200m
- 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 200m and 800m 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.
- 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 they are 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.

CONSIDERATIONS FOR CREATING AN ADAPTED 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.

Equal Access Model - two options

1. 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.

2. 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.

Scoring Model Options

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.

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

Ranking list: top eight athletes invited to the state meet.

1. Qualify through the state's non-disabled model.
2. Meet a qualifying standard during the course of the season (time frame and type of meet to be defined).
3. Number of high school events the athlete must compete in to advance.
4. 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.

Determination of Team Championships

A team trophy given to non-disabled teams and one for the combined scores of the disabled athletes and the non-disabled athletes from the same school.

5. If the points scored by a disabled athlete enables their team to tie or exceed the highest team point total of another team(s) then the team with the 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.
6. Non-disabled system of awarding team trophies based on the combination of non-disabled and disabled athlete points.
7. 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.

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.

Waiver Option

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

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.

Adapted Track and Field Groupings

Option 1

Group 1: Athletes competing from a seated position. This group typically includes but is not limited to individuals with a spinal cord injury including spina bifida, individuals with cerebral palsy that affects their lower limbs or all four limbs in a significant way, and individuals that are single-or double-leg amputees with an amputation point above the knee.

Group 2: Athletes competing from a standing position. This group typically includes but is not limited to individuals that are arm amputees and/or single-or double-leg amputees above or below the knee, individuals with cerebral palsy that affects their lower limbs or upper limbs but does not significantly affect their balance or ability to walk, individuals with visual impairments, and individuals of short stature.

Option 2

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 affects 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.

Classification

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 called sport classes. This groups athletes for competition based on activity limitation for that sport.

The international classification system for individual sports can be viewed online at: https://www.paralympic.org/classification. Most WPC classification systems are not appropriate (too detailed) for a high school setting.

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 presents in such a way that the athlete might experience the same physical limitations as someone with a permanent disability. For example, any injury or surgery where the physician has recommended the athlete stay off a 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.

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.

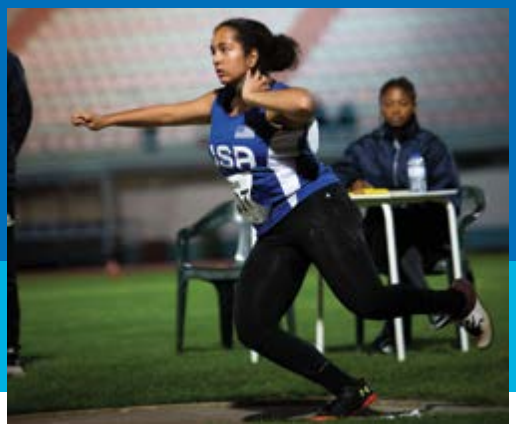
Safety Resources

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.

What is SafeSport?
https://uscenterforsafesport.org

RESOURCES

Paralympics Track & Field Officials Training	usparatf.org/officials-training
Paralympics Track & Field Coaches Training	usparatf.org/coaches-education
American Association of Adapted Sports Programs	adaptedsports.org
American Association of Adapted Sports Programs: Coaches Education	adaptedsports.org/aaasp-resource-center
Wheelchair Race	youtube.com/watch?v=mvyJnVIRbM4
Basics of Wheelchair Racing Equipment	youtube.com/playlist?list=PLfo9Qn9vJuvgSwyRwNzTLlaZgbj1ppdX6
Wheelchair Racing Transfer	youtube.com/watch?v=fuTu_2-ZhgE
Slow Motion WC Racing	youtube.com/watch?v=pvPTBBZExDI
Athlete and Guide Process	youtube.com/watch?v=G4uvoSpyXW4
Visually Impaired: Tips for Guides	youtube.com/watch?v=P5UiV2Vg0Wg&feature=youtu.be
Seated Throw	youtube.com/watch?v=ikliqOehrxE&t=7s
California Interscholastic Federation-Para Sports	cifstate.org/inclusive/para-athlete
Georgia High School Wheelchair Track & Field Division	ghsa.net/adapted-track-and-field-participation-guidelines
Ohio Wheelchair Track & Fie	ohsaa.org/sports/tf/wc/default.htm
Kentucky Track and Field	khsaa.org/category/track-and-field
Texas University Interscholastic League	uiltexas.org/track-field/wheelchair-division
Adapted Track & Field USA Officials Course	http://atfusa.org/OFFICIALS/Officials.htm



MOVE UNITED

MISSION

Move United uses the power of sport to push what's possible for people with disabilities, confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone's included.

VISION

Move United's vision is that every person, regardless of ability, has an equal opportunity to participate in sports and recreation in their community. Our mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, including competition, recreation and educational programs.

Local Contact

Local adaptive sport organization may input contact info here.

For more information, visit moveunitedsport.org