



Introduction to Para Athletics

Para Athletics is track & field practiced by athletes with some type of impairment, whether it be physical or mental. Generally, physical impaired athletes compete in the Paralympics, while athletes with intellectual or developmental disabilities compete in the Special Olympics. The Paralympics and the Special Olympics, though they both accommodate athletes with some type of impairment, are two distinct and different organizations.

Governance

On January 01, 2025, [US Paralympics Track & Field merged with USATF](#). This affects only Elite and emerging elite athletes.

ATFUSA is unaffected by this merger and remains the arbiter of Junior and Master Standards, rules, and exception.

About the Different Organizations

The existence of different organizations can sometimes be confusing to those just being introduced to Para Athletics. Rest assured, they all work together and are not in competition with each other.

Adaptive Track & Field USA ([ATFUSA](#)) is specifically focused on track & field and road racing for Para athletes. ATFUSA was the governing body of Para Athletics for about 20 years. They remain the governing body for U11, U14, Community Open, and Master age groups in the US.

In 2019 the United States Olympic Committee (USOC) became the United States Olympic & Paralympic Committee ([USOPC](#)), and [U.S. Paralympics Track & Field](#) became the NGB (National Governing Body) for Para Track & Field Athletics in the United States. [US Paralympics Track & Field merged with USATF](#) on January 01, 2025.

World Para Athletics ([WPA](#)) is the international governing body of Para Athletics.

[Move United](#) is a non-profit organization that promotes para-athletes and Para competitions across many disciplines. They are also a sanctioning body.



1. Para Track & Field Meet Competition Levels

Every Para Track & Field meet is assigned a competition level. There are 3 competitive levels: L1, L2, L3.

L1

- L1 is a fun meet, and an instructional meet
 - Meant as an introduction of Para Athletes to the sport Track & Field
 - Coaching is allowed and is indeed encouraged
 - Athletes cannot be disqualified
 - Athletes are told what they did wrong so they may learn
 - These meets are not typically sanctioned
- Results are not used for qualification or records

L2

- L2 meets are competitive meets
- Are sanctioned by ATFUSA
- Held on a legal 400M track
- Have approved field implements
- Utilize certified officials
- Results may be used for qualification for Move United National
- WPA licensed athletes may report results to WPA
- No national or international Records can be achieved at L2 event

L3

- L3 meets are highly competitive meets
- Are sanctioned by ATFUSA
- Held on a legal and certified 400M track
- Utilize electronic timing
- Have formally inspected (weighed and measured) field implements
- Utilize Para Certified head officials
- Records may be set for all age groups: Junior, Open, Master
- WPA World and Regional records may be set if Doping testing is available during the meet.



2. Athlete Classes & Classification

Para Athletes compete in different classes, called *Sport Classes*. Athletes are classified by impairment so that athletes are competing against similar athletes in the same event.

Athletes are grouped into *Sport Classes*, which are based on the degree to which impairments limit activity. Sport Classes are similar to grouping by age or gender.

However, to a certain degree, there are also age groupings.

According to the International Paralympic committee, an athlete competing in Paralympic sports must be affected by at least one of 10 eligible impairments:

1. Impaired muscle power (spinal cord injury, spina bifida, polio, etc.)
2. Impaired passive range of motion (arthrogryposis, joint fusion, etc.)
3. Limb deficiency (amputee, congenital malformation, etc.)
4. Leg length difference
5. Short stature (achondroplasia, etc.)
6. Hypertonia (cerebral palsy, stroke, traumatic brain injury)
7. Ataxia (cerebral palsy, stroke, traumatic brain injury)
8. Athetosis (cerebral palsy, stroke, traumatic brain injury)
9. Visual Impairment
10. Intellectual Impairment

<p><i>The impairments are similar, but the cause of the impairment differs.</i></p>

Overview of Classification

Athlete classification is two-step process done only by certified classifiers. The process involves a medical/Physiological overview (athletes must submit required medical diagnostics documentation and forms), and observation in competition. **This is not something done by Officials at or during competition.** *NOTE: Athletes maybe The Ergotron classified either nationally (managed by U.S. Paralympics) or internationally (managed by World Athletics).*

Athletes are classified using a letter description that corresponds to the competition class, and two numbers, where the first number(1-7) identifies the impairment type, and the second number (1-8) describes the impairment.

Letter Description : Competition Class

- F : Field athletes
- T : Track athletes

NOTE: The classification is sometimes ambiguous. For example, High Jump is a field event. An athlete competing in the High Jump is a considered a field athlete, but a rule (Rule 26.2.c, Note ii, iii) in the 2024 World Para Athletics Rules and Regulations refers to athletes as “T” (track classification). The important part is the numbers associated with the classification. The numbers are the same for both track and field, unless it for a specific event.



Officials Para Athletics Training

First Number : Impairment Type

1. Visual
2. Intellectual
3. Coordination using a Racing Wheelchair or Ambulatory¹
4. Short Stature, Upper Limb & Lower Limb Deficiencies
5. Impaired Muscle Power or Range on Movement
6. Limb Deficiencies with the use of a Prosthetic
7. Coordination using a Frame Runner

Second Number : Impairment Description / Degree

Visually Impaired (T/F 11-13)

Class T/F 11: Totally blind, needs a guide.

Class T/F 12: Very limited vision, uses a guide or not.

Class T/F 13: Moderately impaired vision, NO GUIDE.

Intellectually Impaired (T/F 20)

Ambulatory athletes. Impairments in intellectual function and adaptive behaviors.

Coordination Impairment (T/F 31-32) (T 71-72)

Class T/F 71-72: FrameRunner in track. **F 31-32** Seated throws for field.

Class T/F 31-34: Racing Wheelchair athletes. Seated in field.

Class T/F 35-38: Ambulatory athletes track & field.

**T35 athletes may perform in field seated as a F34 if ambulatory stability is an issue.*

Short Stature (T/F 40-41)

Ambulatory athletes. Standing height and limb length reduced.

Class T/F 40: Shorter height and limb length impairment.

Class T/F 41: Taller height and limb length impairment.

Lower Limb Deficiency (T/F 42-44 & 61-64)

Ambulatory athletes.

Without Amputation:

Athletes with lower limb impairment who run/jump using two anatomical limbs.

Class 42- comparable to single/double through or above knee amputation.

Class 43- comparable to double below knee amputation.

Class 44- comparable to single below knee amputation.

¹ Ambulatory means being able to walk, not confined to a wheelchair. An ambulatory Para-athlete must have a permanent orthopedic, neuromuscular, visual, or other physical disability.



Officials Para Athletics Training

With Amputation:

Athletes with lower limb impairment who compete using prosthetic devices.

Class 61- Bilateral above knee limb deficiency with prosthesis.

Class 62- Bilateral below knee limb deficiency with prosthesis.

Class 63- Single above knee limb deficiency with prosthesis.

Class 64- Single below knee limb deficiency with prosthesis.

**Classes 42-44, and 61-64 may perform Field seated as a F57, if stability is an issue.*

Upper Limb Deficiency (T/F 45-47)

Ambulatory athletes. Upper limb impairment who compete with or without upper limb prosthesis.

Class 45- Comparable to bilateral above or through elbow amputation. For throws, impairment should impact both arms in gripping/throwing.

Class 46- Comparable to single above or through elbow amputation OR double through or above wrist (i.e., below the elbow).

Class 47- Comparable to single through wrist/below elbow amputation.

Wheelchair & Secured Seated Throws (T/F 51-57)

Class profiles for athletes who are affected by limb deficiency, impaired passive range of motion (PROM), impaired muscle power or leg length difference (e.g., spinal cord injury, spina bifida).

Wheelchair Track

Class T51-54- Impairments ranging from a significant muscle power deficits in legs, trunk, arms and hands (most impaired class) to activity limitation resulting in normal upper limb function and partial to normal trunk muscle (least impaired class).

Seated Throws

Class F51-57- Impairments ranging from significant muscle power deficits in legs, trunk, arms and hands to those athletes with only ankle function affected in one or both legs.



Classification Summary

- 11–13 : Visual impairment
 - *Class T11 guide use is required*
 - *Class T12 guide use is optional*
 - *Class T/F13 guide is not used*
- 20 – Intellectual impairment
- 31–38 : Movement disorders (Cerebral Palsy)
- 40-41 : Short stature
- 42–47 : Ambulatory (no prosthesis)
 - *Class 42-44 : lower limb*
 - *Class 45-47 : upper limb*
- 51–57 : Wheelchair
- 61-64 : Ambulatory (leg limb with prosthesis)
- 71-72 : Framerunner

- 1x – athletes that compete standing with a vision impairment.
- 2x – athletes that compete standing with an intellectual impairment.
- 3x – athletes with coordination impairments. May compete standing or seated.
- 4x – athletes who compete standing with impairments such as short stature, leg length difference, arm amputation, weak muscles, or restricted joint range of movement.
- 5x – athletes who compete seated using a racing wheelchair or throwing frame with impairments such as leg length difference, leg amputation, weak muscles, or restricted joint range of movement.
- 6x – athletes who compete standing with a prosthetic leg due to amputation or other reason.
- 7x – athletes with coordination impairments that compete standing using a running frame.

Thus, an F63 athlete would be a Field athlete using a prosthesis on one or both legs.

(Click the [Classification](#) link to learn more)

ATFUSA AGE GROUPS FOR COMPETITION

- Junior – U7 (Future – Only at Local/ Regional Competitions), U11, U14, U17, U20

Age as of 12/31 of the year of competition.

- Open (Adult) – The minimum age is 14

Age as of 12/31 of the year of competition.

- Master - M35, M50, M60 -

Age as of the first day of competition

Age group competitors will be assigned to age divisions based upon the athlete’s age in the competition year (age as of 12/31 of competition year) in accordance with the following:

Junior Division Age Groups [ATFUSA Rule 111](#)

U7 : Futures (6 and under)

U11: under 11 (7, 8, 9, 10)

U14: under 14 (11,12,13)

U17: under 17 (14, 15, 16)

U20: under 20 (17, 18, 19)

JUNIORS OR MASTER

Athletes must declare this, prior to or at registration.

- The athlete may not compete as an Open for Track and Age Group for Field or vice Versa.

Note: Open athletes may set Age Group records in In-Lane races and they may set Field records if the implement weights are the same or greater than Age Group implement weights



3. Para Athletics Events

Para Athletics consists of [Para Track & Field, and Road Racing Events](#). Para track and field includes only track and field events.

3.1. Events

Para Athletes run the same track distances as unimpaired athletes, with a few minor adjustments. Wheelchairs and racing frames are allowed. Some visually impaired runners will utilize a guide. If a guide is utilized, that competitor is allocated two lanes: one for the competitor and one for the guide. In laned races, the competitor must race only in their assigned lane. In field events, non-ambulatory athletes throw seated on a throwing frame.

Sprint (Laned races)

- 20m- Junior athletes only
- 40m- Junior athletes only
- 60m- Junior athletes only
- 100m
- 200m
- 400m

Middle Distance

- 800m (Laned start)
- 1500m

Field Events

Throws

- Shot Put
- Discus Throw
- Club (Class F31-32 only)
- Javelin Throw

Long Distance

- 3000m / 5000m
- 10,000m

Relays (Laned races)

- 4×100
- 4×400
- 4×100 Universal Event
(combined gender, multiple classes)

Road Events

- 5k
- 10k
- 15k

Jumps

- Long Jump
- Triple Jump
- High Jump

- Half-Marathon
- Marathon
- Ultra*

* *Ultra events are not part of Paralympics. However, there are increasingly more para-athletes pushing themselves to do accomplish amazing things in ultra-events.*

3.2. Wheelchairs

A wheelchair² is a wheeled device that allows a seated athlete to propel themselves forward using their upper extremities. There are a variety of different Para sports for athletes in wheelchairs. Each sport (basketball, rugby, athletics, and tennis). Wheelchairs used in each sport are very sport specific. The wheelchairs used in basketball are the most similar to manual wheelchairs used for general mobility, but they certainly are not the same thing.

<https://www.paralympic.org/news/para-sport-explained-wheelchairs-wheelchair-sports>

² It should be noted wheelchairs are only allowed for non-ambulatory athletes. Ambulatory athletes are not allowed to use wheelchairs in the competition area or to get to or from the events.

A variety of wheelchair types may be seen a Para Track & Field meet, but only the Racer is raced on the track. Frame Runners are also raced on the track.



³ Credit: <https://www.uline.com/Product/Detail/H-11555/First-Aid/Wheelchair>

⁴ Credit: <https://www.spinlife.com/Top-End-Top-End-Pro-BB-Court-Chair/spec.cfm?productID=90375>

⁵ Credit: <https://www.spinlife.com/Top-End-Top-End-T-5-7000-Series-Tennis-Chair-Court-Chair/spec.cfm?productID=94339>

⁶ Credit: <https://wheelchairrugbyready.com/?module=1§ion=3&subsection=41>

⁷ Credit: <https://www.spinlife.com/Top-End-Top-End-Eliminator-OSR-Racer-Racer/spec.cfm?productID=1962>

3.3. Frame Runner

The Frame Runner (sometimes simply referred to as a “Frame”) is a three-wheeled device that allows an athlete to use their lower extremities to propel themselves forward. Note that this differs from the three-wheeled racer (and wheelchairs in general) where athletes use their upper extremities to propel the wheel chair.



Frame Runner⁸

Though there are several techniques used to propel the frame in Frame Running, there is specific technique.

<https://www.paravidasport.com/frame-running-and-running-methods/>

3.4. Throwing Frame

Ambulatory athletes throw from a standing position, while non-ambulatory athletes throw while seated on, and strapped to, a throwing frame. The frame itself is strapped to the ground.



⁸ Credit: <https://www.clevercycling.at/shop/0010008-1-frame-runner-petra-gr-1-alter-5-8-26279>



4. Para Track Event Officiating

Most of the same rules that apply to non-Para track events also apply to Para track events. There are some notable differences, which will be the focus of this document. Some of these include:

- Prosthesis
- Eye Masks
- Guides / Guide Runners
- Tethers
- Wheeled Propulsion
- Helmets
- Lane Infringement
- Break line
- Starting Blocks
- Finish
- Relays

4.1. Prosthesis

A prosthesis is an artificial device that replaces a missing body part. The term *prosthetic* refers to the field of prosthetics which involves the design and creation of prostheses⁹. Since prostheses are *prosthetic devices*, it is not unusual to hear some people lazily and incorrectly refer to a prosthesis as a prosthetic.

Athletes in some Sports Classes are required to use prostheses, while prosthetic devices are optional in other Sports Classes. Regardless, if an athlete begins a race with a prosthesis, that athlete must also finish the race with the prosthesis. Failure to do so results in a disqualification. In Sports Classes where a prosthesis is optional, an athlete may choose to use the prosthesis in one event but not in another.

In Track and Road Events, athletes in Sports Classes T61-64 shall compete with lower limb prosthetic device(s) and shall complete the race with such device(s). Prostheses are considered an extension of the athlete's body. If the athlete finishes the race without the prosthetic device(s), the athlete shall be disqualified.

WPA Rule 6.12.1(a)

For athletes in Sport Classes T45-47 and F45-46 with upper limb deficiency, the use of upper limb prosthetic device(s) is optional.

a) In Track and Road Events, athletes in Sport Classes T45-47, that choose to compete with the upper limb prosthetic device(s), shall complete the race with

⁹ Protheses is the plural of prothesis.



such device(s). If the athlete finishes the race without the prosthetic device(s), the athlete shall be disqualified.

WPA Rule 6.12.3, WPA Rule 6.12.3(a)

4. 2. Eye Masks and Coverings

Certain visually impaired athletes are required to have their eyes covered. This applies specifically to Class T11 athletes. Athletes classified as T11 are runners with a total or nearly total visual impairment. Some athletes are totally visually impaired, while some may sense light, while others may be able to discern objects up to 25cm (~17") away. Regardless, all Class T11 athletes must have their eye cavities completely covered, and they compete in opaque glasses, blacked out glasses, or masks. What method is used must block all light. All Class T11 runners are required to run with a guide.

WPA Rule 6.14.1 *Athletes in Sport Classes T/F11 must have their eyes/eye cavities completely covered by gauze patches or an equivalent material and must wear approved opaque glasses or an appropriate substitute during all track and/or field events. These opaque glasses or their substitute must completely cover the eyes of the competitor and must be checked and approved by the responsible technical official and must in their opinion be effective in blocking out all light. These opaque glasses or their substitute may be inspected again at any time, including immediately before the start and/or after finish.*

WPA Rule 6.14.2 *It is the responsibility of the athlete to provide the eye patches, eye masks / opaque glasses and to ensure that these eye patches, eye masks and opaque glasses or appropriate substitute meet the requirements set out in 6.14.1. If an athlete arrives at the call room and a) does not have eye patches, and/or an eye mask/opaque glasses/appropriate substitute, or b) the eye patches, an eye mask/opaque glasses/appropriate substitute fails to comply with this Rule 6.14, Rule 6.16 shall apply.*

WPA Rule 6.14.3 *Eye patches and eye masks / opaque glasses or appropriate substitute must be worn from the time the athlete leaves the Call Room until the end of the event (after the athlete has crossed the leading-edge of the finish line in track events or after the end of the athlete's final trial in field events) or after an athlete has retired from an event. Save for where Rule 6.14.4 applies, any athlete who removes their eye patches and/or eye mask/opaque glasses before the end of the event or before retiring from an event shall, for a first offence, be warned by the Referee in accordance with Rule 8.1. For a second offence in that Competition, the Referee shall disqualify the athlete in accordance with Rule 8.1.*

WPA Rule 6.16 indicates that if eye masks (or any other equipment) are non-compliant the affected athlete(s) shall be given the opportunity to achieve compliance either with their existing equipment or by borrowing compliant equipment. Under no circumstance shall an event be delayed while any athlete seeks to attain equipment compliance.

4. 3. Guides / Guide Runners

A Guide Runner is someone who assists a visually impaired runner. In Para Athletics, some visually impaired athletes are required to use a guide runner, for some the use of a guide is optional, while guide runner usage is prohibited for others. The use of a sighted guide runner depends on an athlete's classification which is based on their level of impairment. A guide-runner may guide a visually impaired runner, but they may not assist the runner by providing any propulsion whatsoever. When a guide-runner is used, the athlete is required to finish before the guide-runner.

T11: total or nearly total visually impaired. **Guide Runner Required.**

T12: vision is limited to a radius of less than 5 degrees and/or the ability to recognize a moving object up to 1m (~39") away. **Guide Runner Optional.**

T13: vision is limited to a radius of less than 20 degrees and/or the ability to recognize a tennis-ball sized object up to 5m (~16 ½') away. **Guide Runner Not Used.**

WPA Rule 7.7 *Guide-runners for athletes in Sport Classes T11-12 shall be permitted and shall not therefore be considered assistance or pacing. Athletes in Sport Class T11 shall compete accompanied by a guide-runner for all events. Athletes in Sport Class T12 have an option of being accompanied by a guide-runner or competing by themselves. The LOC shall provide distinctive vests to identify guide-runners.*

WPA Rule 7.8 *When a T11-12 athlete starts the event with a guide-runner, the athlete and guide-runner(s) must both finish the event with bona fide effort in accord with these rules for the performance to be recognised.*

WPA Rule 7.10.1 *The guide-runner is not allowed to push, pull or otherwise propel athletes in order to gain an advantage at any stage during a race.*

WPA Rule 7.10.2 *Slingshotting is regarded as a technique whereby the guide-runner deliberately hurls their arm (attached to the athlete) forward in order to exert propulsion towards the athlete's running direction. Such a technique is not permitted at any stage during a race.*

WPA Rule 7.10.3 *A guide-runner may assist an athlete who has tripped or fallen to regain their footing and/or orientation as long as such assistance does not provide any advantage to the athlete towards their running direction.*

WPA Rule 19.4 4. *In races for athletes in Sports Class T11 and T12 competing with a guide-runner the athlete must reach the nearer edge of the finish line in front of the guide-runner or the athlete will be disqualified.*

In races 5000m or longer, a visually impaired athlete is allowed to use two guide-runners. However, only one guide-runner may be used at any time. The exchange of guide-runners must be announced in advance of the race, and must occur in a designated place on the backstretch of the track. Exchanges may not be made in a curve, and an exchange must not interfere with another athlete. An improper exchange is to be reported to the Track Referee for possible disqualification. A guide-runner, once exchanged, is to be escorted from the track.



Officials Para Athletics Training

WPA Rule 7.11.1 *For races of 5000m or longer athletes are allowed to use two guide-runners. However, only one interchange of guide-runners is permitted for each athlete per race. The interchange must take place without any hindrance to other athletes and must take place only on the back straight in track events, or at the designated location in Road events (See Rule 49.13).*

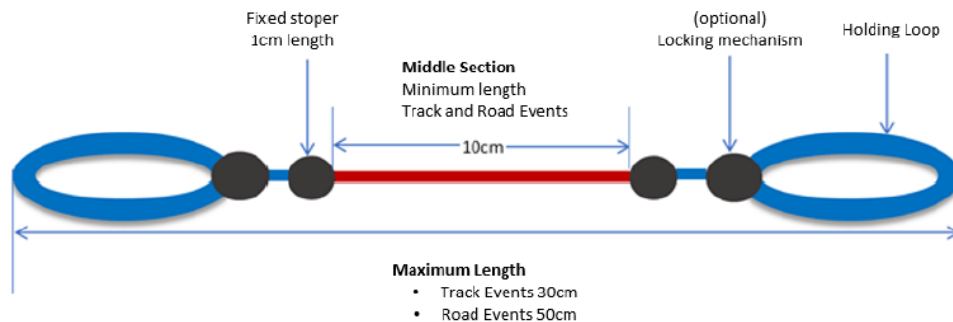
WPA Rule 7.11.2 *Should there be an interchange of guide-runners, the athlete and the substituting guide-runner must both finish the event in order for the performance to be recognised.*

WPA Rule 7.12.1 *The intention to interchange guide-runners must be notified in advance to the Referee and Technical Delegate. The Technical Officials will determine the conditions of the interchange and will communicate these in advance to the athletes.*

WPA Rule 7.12.2 *If the interchange does not take place after the technical arrangement being made, the athlete shall be disqualified from the race.*

4. 4. Tethers

A tether is a device that allows a visually impaired runner and their sighted guide-runner to maintain physical contact. Use of a tether is required whenever a guide-runner is used. The tether must be made of a non-elastic material, must not be capable of storing energy, and must be made of contrasting colors such that the holding loops are easily distinguishable from the middle section. Athletes are required to provide their own guide-runner



From WPA Rule 6.15.4, Figure 3- Tether Features.

WPA Rule 6.15.1 When competing with a guide-runner, athletes in Sport Class T11 and T12 shall be guided through a tether which shall be supplied by the athlete and shall comply with WPA Rule 6.15.4. If such an athlete arrives at the call room and a) does not have a tether, or b) the tether is not in compliance with Rule 6.15.4, Rule 6.16 shall apply.

WPA Rule 6.15.2 Only one tether shall be used between an athlete and their guide-runner(s) during a race.

WPA Rule 6.15.3 If during a race their tether breaks then the athlete shall be disqualified.

WPA Rule 6.15.4 a) For track events, the maximum length between the two furthest points of the holding loop at the full extension of the tether shall not exceed 30cm

WPA Rule 7.9.1 During a race, the method of guidance between an athlete and their accompanying guide-runner shall be through a tether. In addition, the athlete may receive verbal instruction from the guide-runner. The guide-runner must complete their task while running (or walking) and is not allowed to use any mechanical means of transport.

WPA Rule 7.9.2 The tether attachment shall only be established between hand(s) and/or arm(s) of the athlete and their accompanying guide-runner. The athlete and their accompanying guide-runner may not hold hands, wrists or any other part of the other's body so as to make the tether superfluous.

WPA Rule 7.9.3 The athlete and their accompanying guide-runner shall retain the tether attachment from the start of the race until the end of the race. No release shall be allowed until after the athlete and their accompanying guide-runner have both reached the vertical plane of the nearer edge of the finish line and finished the race, except during the process of interchange of guide-runners.



WPA Rule 7.9.4 At no point during a race shall an athlete or their guide-runner(s) be permitted to hold on to a stopper and/or any part of the middle section in a way that shortens the length of the tether.

4. 5. Helmets

Athletes racing in any wheeled device are required to wear a hard-shelled helmet that complies with a recognized safety standard.

WPA Rule 6.17.1 The wearing of helmets is compulsory in all track and road Wheelchair races and Frame Running races.

WPA Rule 6.17.3 The helmet must be worn from the time the athlete leaves the Call Room until the end of the race. Any athlete who removes their helmet during this time, shall, for a first offence in that Competition, be warned by the Referee in accordance with Rule 8.1. For a second offence in that Competition, the Referee shall disqualify the athlete in accordance with Rule 8.1

WPA Rule 8.1 describes the disqualification process, while **WPA Rule 8.2** states that any performance for the event in which the disqualification occurred shall be invalid, the result from any prior events shall remain valid.

4. 6. Lane Infringement

As with non-Para track races, the inside white line of each lane represents a foul line. For ambulatory athletes the number of steps on the while line are limited, while in wheeled devices the number of pushes of the wheeled device are limited.

ATF 2025 Competition Rules for Track, Field, & Road Racing

2025 NEW & SIGNIFICANT TRACK AND FIELD RULES OR CHANGES:

E. Stepping on the inside lane line in a curve in an in-lane wheelchair or ambulatory event (100m, 200m, 400m, 800m <first turn>, or Relay):

a. An athlete WILL NOT be disqualified if they TOUCH THE INSIDE LINE OF A CURVE ONCE (not over the line).

Note: "once" applies to all rounds of a race and/or to all athletes in a relay.

b. "Once on the line means":

- i. Wheelchair 2 Pushes*
- ii. Frame Runner 2 Steps*
- iii. Ambulatory 1 Step*

WPA Rule 18. 5. in all races, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete or the athlete's guide-runner has infringed Rule 18.2(c) or 18.2(d) they or in the case of a relay race, their team shall be disqualified unless the athlete:

- a) is pushed or forced by another person or object to step, run or wheel outside their lane or on or inside the kerb or line marking the applicable border, or;*
- b) steps, runs or wheels outside their lane in the straight or outside the outer line of their lane on the bend, or;*
- c) in all races run in lanes (or any part of races run in lanes), touches once the line on their left, or the kerb or line marking the border of the inside of the track on a bend; provided that:*

In the case of Wheelchair Races, the wheel of the racing chair does not remain in contact with the line for longer than the time that it takes the athlete to make two further pushes on the push-rim of the racing chair from the point at which the wheel of the racing chair first made contact with the line;

and

In the case of Frame Running races, the wheel of the Frame Runner does not remain in contact with the line for longer than the time that it takes the athlete to make two further steps from the point at which the wheel of the Frame Runner first made contact with the line.

- d) in all races not run in lanes (or any part of races not run in lanes), steps/wheels once on or completely over the kerb or line marking the applicable border (as defined in Rule 18.2(d)) on a bend; and no other athlete being jostled or obstructed so as to impede the other athlete's progress (see Rule 18.1) and no material advantage is gained (see Rule 18.6).*

In races with multiple rounds, any action defined in Rules 18.5(c) and 18.5(d) may be made only once during all rounds of an event by a particular athlete without the disqualification of that athlete. A second action will result in the disqualification of that athlete whether it was made in the same round or in another round of the same event.

In the case of Relay Races, any second action (as described in this Rule 18.5(c) and 18.5(d) by an athlete who is a member of a team, regardless of whether made by the same or different athletes, will result in the disqualification of the team whether it happens in the same round or in another round of the same event.

For the ratification of records, see Rule 51.17(d).

ATF 2025 Competition Rules for Track, Field, & Road Racing

2025 NEW & SIGNIFICANT TRACK AND FIELD RULES OR CHANGES:

I. FrameRunner

Due to the different widths of tracks in the USA the following program guidelines are suggested:

- a. <=42" - Program all FrameRunner athletes with 2 lanes (1(1-2), 3(3-4), 5(5-6), 7(7-8))*
- b. 48" / 1.22m - Program all FrameRunner athletes with 1 lane*



4. 7. Breakline

As with non-Para track races, the breakline for an 800m race defines where athletes in lanes other than lane one may break from their respective lanes and merge into lane one or any other lane of their choosing. Athletes must remain in their assigned lane until crossing the breakline. For wheelchairs, the rear wheels must both cross the breakline. As with non-Para track races, cones may be used to mark the intersection of lanes and the breakline for ambulatory athletes. However, for non-ambulatory athletes (in the case of races involving wheelchairs or Framerrunners) in Para Athletics, cones are not placed on the track. Rather, flags are positioned outside the edges of the track or either side of the breakline. Additionally, a soft flap (typically made with tape) now wider than the lane line may also be used in lieu of cones.

WPA Rule 18.7 *In the Paralympic Games and WPA Championships (see Part B - 3.1.2 (a) and (b)) the start of the 800m event shall be run in lanes for as far as the nearer edge of the breakline where athletes may leave their respective lanes.*

The breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist ambulant athletes in identifying the breakline, small cones or prisms, 50mmx50mm no more than 0.15m high, and preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline. If an athlete or their accompanying guiderunner does not follow this Rule he, or in case of a relay team their team, shall be disqualified.

Note (i): For Wheelchair and Frame Running races, cones should not be placed on the track.

Coloured flat markers 50mmx50mm may be placed immediately before the intersection of the lane lines at the breakline.

Note (ii): For Wheelchair Races, a flag, 1.5m high must be positioned on both ends of the breakline. One on the infield and the other on the outside of the track.

Note (iii): For Wheelchair Races, athletes may leave their respective lanes when the bottom of both rear wheels which are touching the ground have gone past the nearer edge of the breakline close to the start line.



4. 8. Starting Blocks

As with non-Para track races, starting blocks are required for some athletes and are optional for other athletes in Para Athletics track races. Additionally, there is a difference in requirements between WPA (World Para Athletics) and ATFUSA (Adaptive Track & Field USA).

Per **WPA Rule 16.1** , starting blocks are required for athletes in classes T11-T13 and T20 for all events of 400m or less, and the first leg of the 4x100, 4x200, 4x400, and universal relays. However, ATFUSA stipulates starting block usage is optional for class T11-T13 and T20.

NOTE: *ATFUSA also states starting blocks for are optional for U11 and U14 athletes. U11 and U14 age groups are ATFUSA specific.*

Per **WPA Rule 16.1**, starting blocks are optional for athletes in classes T35-T38, T40-T47 & T61-T64, as well as being optional for class T71-T72 Framerunner athletes. Athletes are not required to use both foot plates when using starting blocks.

In summary:

WPA	ATFUSA
Starting blocks required for class T11-T13, and Class T20.	Starting blocks are optional for all classes, including T11-T13, T20, and U11 and U14.
Blocks are optional for all other classes.	

4.8.1 Races Where Block Used

The only races where starting blocks may be used are races of 400m or less and the first leg of select relays.

All races 400m or less

- First leg of 4x100 relay
- First leg of 4x200 relay
- First leg of 4x800 relay
- First leg of Universal relay

WPA Rule 16.1

4.8.1 Proper Block Usage

Runners that are required to use starting blocks are required to use them correctly. They are required to use both foot plates and to start from a crouched position.

The use of blocks for starting is optional for runner in classes T31-32. However, if they choose to use them, them both foot plates must be used and starting from a crouched position is required.



It is not a requirement to use of both foot plates for classes 35-38, 42-T47, T61-T64, and T71-72 runner where the use of starting blocks is optional. A crouch start is also not required for these classes.

a. WPA

Blocks Required <i>(both foot plates and crouched start required)</i>	Blocks Optional <i>(both foot plates and crouched start required)</i>	Blocks Optional <i>(using both foot plates not required, standing start allowed)</i>
T11-T13	T31-T32	T35-T38
T20		T42-T47
		T61-T64
		T71-T72

b. ATFUSA

Blocks Required <i>(both foot plates and crouched start required)</i>	Blocks Optional <i>(both foot plates and crouched start required)</i>	Blocks Optional <i>(using both foot plates not required, standing start allowed)</i>
	T11-T13	T35-T38
	T20	T42-T47
	T31-T32	T61-T64
		T71-T72

4.8.2 Pads

Amputees may use pads to support or to rest stumps on at the starting line. Pads must be completely behind the start line and not interfere with any other athlete. The pads should be a similar color to the track or of a neutral color. [ATFUSA 56.7 NOTE 2](#)

4. 9. The Start

It is important to remember that some athletes because of impairments may not be able to fully achieve or maintain a motionless, stationary position. Consequently, a false start shall not be called on such athletes. [ATFUSA 56.6 NOTE 3](#)

Additionally, the Starter should start the races efficiently and fairly. After the “Set” command (or the “On Your Marks” command for races greater than 400m), the Starter should endeavor to fire the pistol in approximately 1.8 seconds. [WPA Rule 17.4 COMMENT](#)

4.9.1 The Starting Line

Upon the Starter issuing the “On Your Marks” command, athletes shall assume a position entirely within their allocated lane and behind the starting line.



4.9.1.a) For races greater than 400m, at the “On Your Marks” command the athletes shall assume their final position immediately behind the start line.

4.9.1.b) For dual-command races (*those less than 400m, and the 4x100, 4x200, 4x400, and Universal relays*), athletes shall assume their final position on the “Set” command.

4.9.1.c) For wheelchair and Framerunner athletes, the center of the front hub (*the hub of the from wheel*) must be positioned behind the starting line.

4.9.2 Alternate Start Signaling

A starter pistol fire upwards is used to start the races. However, some athletes may have a hearing impairment. An additional device may be used by either the Starter or the Starter’s Assistant to indicate the start of the race. For visually impaired athletes that also have a hearing impairment, touching the athlete is permitted to signal the start. [WPA Rule 17.2 NOTE](#)

In practice, raising both the pistol and a red flag at the “On Your Marks” command, and then simultaneously firing the pistol and lowering the red is effective.

4. 10. False Start

False starts in Para races should only be call on athletes for forward motion. With the exception of junior athletes (U11 and U14), a competitor committing a false start shall be disqualified. Junior athletes (U11 and U14) shall be disqualified for a second false start. [ATFUSA Rule 56.5](#)

- i. It shall be considered a false start if a competitor cross the starting line after either the “One Your Marks” or the “Set” command. [ATFUSA Rule 56.4](#)
- ii. It shall be considered a false start if a competitor (or the axle of the front wheel of a wheelchair or Framerunner) is touch or over the athlete’s side of the start line. [ATFUSA Rule 56.2](#)
- iii. It shall be considered a false start if an athlete fails to comply with the Starter’s “On Your Marks” or “Set” commands in a reasonable time. [ATFUSA Rule 56.3](#)

4. 11. Finish

In races involving ambulatory athletes, the finish is determined by the torso breaking the vertical plane of the finish line. For non-ambulatory athletes, the finish is determined by the center axle of the front wheel of wheeled vehicle (*wheelchair, Framerunner*) breaking the vertical plane of the finish line. For visually impaired runners utilizing a guide-runner, both the athlete and the guide-runner must cross the finish line, and the visually impaired athlete must cross the finish line before the guide-runner



WPA Rule 19.3 *In Wheelchair and Frame Running races the athletes shall be placed in the order in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.*

WPA Rule 19.4 *In races for athletes in Sports Class T11 and T12 competing with a guide-runner the athlete must reach the nearer edge of the finish line in front of the guide-runner or the athlete will be disqualified*

4. 12. Finish Line

It is imperative to keep the finish line clear. As athletes finish the race, ensure they are moved away from the finish line to avoid collisions with athletes that have not yet finished. This is especially important for non-ambulatory athletes.

4. 13. Relays

Batons are used in ambulatory relays. However, touch is used in lieu of batons in the wheelchair relays, amputee relays, and 4x100m universal relays. In relays involving visually impaired runners, the guide-runner is allowed to retrieve a dropped baton. The exchange zone is 30m for ambulatory athletes, and 40m for wheelchair.

WPA Rule 23.5(a) *A baton shall be used for all Relay Races held in the Stadium and shall be carried by hand throughout the race except as stated in Rule 23.6 for wheelchair relays, amputee relays and 4x100m universal relays.*

WPA Rule 23.5(c) *If dropped, the baton shall be recovered by the athlete or guide-runner who dropped it. They may leave their lane to retrieve it provided that, by doing so, they do not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete or guide-runner who dropped it, after retrieving it, must return at least to the point where it was last in their hand before continuing in the race. Provided this procedure is adopted and no other athlete or guide-runner is impeded, dropping the baton shall not result in disqualification.*

WPA Rule 23.6 *For wheelchair relays (T33-34, T51-52 and T53-54), ambulant relays (T42-47, T61-64) and the 4x100m universal relay the Take-over shall be by a touch on any part of the body of either the incoming or outgoing athlete. The first touch must be within the Take-over Zone. Pushing the outgoing athlete to gain advantage during Take-over shall result in disqualification.*

Note: For the 4x100m universal relay, the helmet worn by the wheelchair athlete is considered as a part of the body.

WPA Rule 23.4 Note: *For wheelchair relays in the Paralympic Games and WPA Championships (see Part B – 3.1.2 (a) and (b)), the LOC shall provide helmet socks to each team of a distinctive colour so as to be easily identified during the race.*

5. Para Field Event Officiating

Most of the same rules that apply to non-Para field events also apply to Para field events. There are some notable differences, which will be the focus.

Field athletes participating in Throws events are considered either ambulatory or seated.

5. 1. Orientation Assistance

Athletes in Sport Classes 11 and 12 may receive assistance in obtaining orientation in field events. Callers or Escorts may assist in orienting the athlete.

WPA Rule 24.17 Note (vii): *In Field Events for Sport Classes 11 and 12 where athletes receive assistance from Callers or Escorts, the time allowed shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation. Should any athlete request verbal confirmation of the starting of the timing clock; an official shall give such confirmation.*

5. 2. Implements Required for 2026 Competitions

There are a variety of different implements in Para-field events. Not all implements are at all meets. They typical implements are Shot, Discus, Javelins, and oftentimes Club

- Shot: 1K, 2K, 3K, 4K, 5K, 6K and 7.26K
 - Discus: .75K, 1K, 1.5K, 1.75K and 2K
 - Javelin: 300g Turbo, 250g Aero*, 400g, 500g, 600g, 700g, and 800g
-
- Club: 397g
 - Softball: Leather, Circumference 11" 5.875 to 6.125 oz or 12" 6.25 to 7.0 oz
 - Bean Bag: Canvas or nylon 5" x 5"; 5.0 to 6.0 oz
 - Medicine Ball: Specifications 8" diameter; 3K weight
 - Kick Ball: 10" diameter; 2lb

* as of January 01, 2026

NOTE: The implements below the above line are thrown by only seated athletes.

5. 3. Ambulatory Athletes

Ambulatory athletes participate in the same manner as athletes at non-Para field events. An athlete is called up, completes their trial, the mark is measured and recorded, and the next ambulatory athlete is called up. The sequence continue until all athletes have completed all of their trials. This is the same process followed in USATF and NCAA meets.

5. 4. Non-Ambulatory Athletes (Seated Athletes)

Things are a bit different for seated throwers. Seated athletes throw from a throwing frame, which is strapped into a ring (similar to Shot Put) on a platform. Athletes typically arrive at the venue in a wheelchair. They transfer from the wheelchair to the throwing frame, strap into the



frame, complete their trials, unstrap from the frame, and transfer from the frame to the wheelchair.

Because the throwing frame is strapped into the ring, and the athlete is strapped into the chair, it is not practical to have an athlete leave the throwing frame after each trial. Therefore, each seated competitor is given six successive trials. After each trial, the point of initial ground contact is marked with a numbered pendant flag . After all six trials, the athlete leaves the throwing frame, the throwing frame is unstrapped, and then the distance from each flag (in ascending numerical order) is measured and recorded on the score sheet. The athlete is generally allowed an additional one minute to confer with a coach after the third trial.

WPA Rule 24.17 Note(i) *For Seated Throws Events, an extra minute shall be added between the third and fourth throws.*

COMMENT: *For Seated Throwing the time clock should be initiated after the responsible judge has passed the implement to the athlete and when the sector is ready, and officials are out of the way.*

During the one-minute break period the implement should not be provided to the athlete unless the athlete requests it. If the athlete asks for the implement before the one minute break has elapsed, then the time for the fourth throw shall commence immediately (i.e., at the moment the implement is handed to the athlete and when the sector is ready, and officials are out of the way).

5. 5. Time Allowed for Trials

	High Jump	Other Ambulatory Events	Seated Throw Events *
More than 3 (or the first trial of each athlete)	1 min	1 min	1min
2 or three competitors remaining	1.5 min	1 min	1 min
1 competitor remaining	3 min **	-	-
Consecutive trials	2 min	2 min	1 min

*** WPA Rule 24.17 Note(i)** *For Seated Throws Events, an extra minute shall be added between the third and fourth throws.*

WPA Rule 24.17 Note (ix): *In Seated Throwing Events, the time allowed shall begin from the moment when the throwing implement has been presented to the athlete after the throwing frame has been fixed to the throwing circle and the athlete has been positioned and strapped on that frame.*

WPA Rule 24.17 Note (iv): *When only one athlete (who has won the competition) remains in High Jump and is attempting a World Record or other record relevant to the competition, the time limit shall be increased by one minute beyond those set out above.*

5. 6. Throwing Frame

Seated athletes throw implements while seated in a throwing frame which has a square or rectangular seat. The frame may have a back rest constructed of a non-elastic material, and the frame is not allowed to have any springs or moveable joints or any other feature that allows the athlete to gain additional propulsion. However, the frame may have a straight vertical bar for leverage. **WPA Rule 35.**

WPA Rule 36.4 It shall be considered a foul “if an athlete touches any holding straps outside the vertical plane of the rim of the throwing circle”.

WPA Rule 36.4 Athletes in Sport Classes F31-33 and F51-53 (i.e., quadriplegic athletes) use strapping or a glove on their non-throwing hand and anchor/attach that hand to any part of the throwing frame within the vertical plane of the throwing circle.

Athletes are allotted an amount of time to attain a seated position on the throwing frame. Athletes are allowed a fixed amount of time to secure themselves to the frame and engage in warm-up throws.

WPA Rule 35.5 5. Time Allocation for Securing Frames

A reasonable amount of time will be permitted for an athlete’s throwing frame to be in the circle before the athlete attains a seated position on the throwing frame. **The maximum time allowed is for athletes to secure themselves to the chair and have as many warm-up throws as time permits is:**

- a) 4 minutes for Sports Classes F32-34 and F54-57, or
- b) 5 minutes for classes F31 and F51-53.

Note (i): Timing should begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.



5. 7. Throwing Frame Assistance

All seated athletes throw from a throwing frame. Officials are not responsible for transferring athletes to or from the throwing frame. Athletes are allowed to have one person assist them in transferring to or from the throwing frame, and assisting the athlete in strapping into the throwing frame.

WPA Rule 7.14 Assistants for athletes in Sport Classes F31-33 and F51-54 will be permitted (one assistant per athlete per event) who can assist the athlete under the control and supervision of the Officials to ensure the athlete transfers safely to the throwing frame and assist athletes to strap into their throwing frame

Note (ii): Should an assistant be required, the assistant shall be physically capable of

transferring their athlete to the throwing frame and, in the event that the assistant is not capable, no assistance will be provided by the Technical Officials, accredited volunteers or any other person(s) without the prior approval of the Technical Delegate.

WPA Rule 7.14 COMMENT: Officials are not responsible for transferring athletes to the throwing frame. Athletes or their assistants (if permitted or approved) are responsible for this.

ATFUSA EXCEPTION: For U11 and U14 athletes, if the time expires before the athlete takes a warm-up the athlete will be offered 1 warm up post the time limit without penalty.

5. 8. Seated Throws

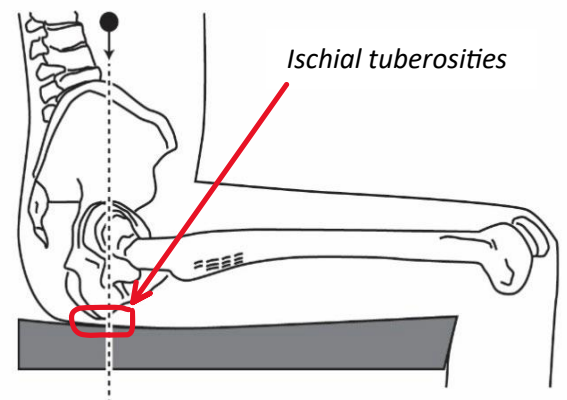
All athletes in Sports Classes F31-F43 and F51-F57 shall throw implements from a Throwing Frame in a seated position. The athlete shall commence their trial from a stationary seated position. The seated position is defined as: **WPA Rule 36**

The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock (Ischial tuberosity).

- a) For athletes with lower limb above and through knee amputation, the residual length of the leg(s) must be in contact with the seat surface till the back of the buttock (Ischial tuberosity).
- b) This sitting position must be maintained throughout the throwing action until the implement has landed.
- c) Strapping across the upper thighs and or pelvis is encouraged. Strapping must be only to the frame with non-elastic material.

Note (iii): For the purposes of this rule, the back of the buttock refers to the most posterior part of the buttock which remains in contact with the seat surface when the athlete is seated and bends as far forward as possible at the hips, so that chest goes towards the knees and the ischial tuberosities remain in contact with the seat surface.

- d) The athlete may straddle the corner of the throwing frame
Note (iv): It is not necessary for both knees to be in contact with the same plane of the vertical edge of the seat surface provided that all other requirements of this rule are satisfied to the effect that the athlete may "straddle" the corner of the vertical edge of the seat surface with one leg on adjacent planes.



5. 9. Seated Athlete Clothing

The clothing of athletes shall not impede the view of the Officials.

WPA Rule 6.1.3 Note(i). In Seated Throwing Events clothing must be close fitting, and not loose, so that the view of the judges is not impeded.

Athletes may be asked by Officials to adjust their clothing to make it easier for the Officials to observe their form, such as in a Seated Throwing Event.

WPA Rule 6.1.3 COMMENT.

5. 10. Throwing Frame Fouls

In all Seated Throwing Events, it shall be a foul if: **WPA Rule 36,**

- a) an athlete touches any holding straps outside the vertical plane of the rim of the throwing circle
- b) an athlete moves from the seated position from the time the athlete takes the implement into the starting position of the trial until the implement has landed.
Note: It is not a failure as long as any part of the back of the knee is in contact with the seat during the throwing action until the implement has landed.
- c) the point of first contact of the thrown implement is on the sector line
- d) the point of first contact of the thrown implement is outside of the defined sector
- e) the implement touches any object other than the cage
- f) the thrown implement strikes the opposite side of the cage *

* Note: It will not be considered a failure if the discus strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for a left-handed thrower when facing the landing sector) after the release of the implement, then lands within the landing sector outside the limits of the cage, provided that no other Rule is infringed, including Rule 30.16.

WPA Rule 36.3 COMMENT: *It is important to note that if one or both knees slide forward and lose contact with the seat surface during the throwing action, it shall be considered a failure.*

5. 11. Eye Masks and Coverings

The same rules that apply to track events (See 4.2) also apply to field events.

Certain visually impaired athletes are required to have their eyes covered. This applies specifically to Class T11 athletes. Athletes classified as T11 are athletes with a total or nearly total visual impairment. Some athletes are totally visually impaired, while some may sense light, while others may be able to discern objects up to 25cm (~17") away. Regardless, all Class T11 athletes must have their eye cavities completely covered, and they compete in opaque glasses, blacked out glasses, or masks. What method is used must block all light.

WPA Rule 6.14.4 *In field events an athlete may temporarily remove the eye mask / opaque glasses (but not eye patches) between trials in the event.*



5. 12. Protheses

In Field Events, athletes in Sports Classes T/F61-64, shall compete with lower limb prosthetic device(s). They shall complete all trials from start to finish with such device(s). If the athlete does not, such trial(s) shall be considered a failure.

WPA Rule 6.12.1(b)

For athletes in Sport Classes T45-47 and F45-46 with upper limb deficiency, the use of upper limb prosthetic device(s) is optional.

b) In Field Events, athletes in Sport Classes T45-47 and F45-46, the use of upper limb prosthetic device(s) is optional. Prior to the start of each round of the Event, the athlete shall notify the relevant Official of their intention. If an athlete decides to compete with the prosthetic device(s), they shall complete all trials from start to finish with such device(s). If the athlete does not, such trial(s) shall be considered a failure. WPA Rule 6.12.3, WPA Rule 6.12.3(b)

5. 13. Shot

The Shot must be put using a single hand. There are no special considerations for Shot, with one exception.

Rule 26. CLASS 32 SHOTPUT, Rule 31 Note iii Exception:

For Sport Class F32, lateral movement of the shot away from the chin or neck during the putting action is allowed and the requirement for putting the shot in a straight, continuous putting action is waived provided that no other element of this rule is contravened.

5. 14. Discus

There are no special considerations for Discus. An underhand throw is allowed. However, an over-the-head throw is not allowed. The discus must be thrown with a single hand.

It shall be a foul if:

- a) an over-the-head technique is used
- b) the discus is thrown using two hands
- c) the point of first contact of the thrown discus is on the sector line
- d) the point of first contact of the thrown discus is outside of the defined sector
- e) the thrown discus touches any object other than the cage
- f) the thrown discus strikes the opposite side of the cage *

** Note: It will not be considered a failure if the discus strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for a left-handed thrower when facing the landing sector) after the release of the implement, then lands within the landing sector outside the limits of the cage, provided that no other Rule is infringed, including Rule 30.16. WPA Rule 30.14*



5. 15. Club

The club shall be held at its neck and/or head with one hand only. It may be thrown either from a position facing the landing sector or from a position facing backward and throwing overhead.

WPA Rule 37.5 COMMENT: *The Club Throw is one of the more dangerous events for Officials and therefore special care must be taken to ensure the safety of all Officials, other athletes and their assistants as well as media and spectators. Announcing that the implement is being handed to the athlete may improve safety for all concerned. In addition, advising the athlete that it is now safe to throw will increase the safety for all concerned, as indicated in the commentary under Note (i) on Rule 24.17.*

5. 16. Javelin – Flats

As with Javelin events at adult (NCAA; Open and Masters) meets, WPA stipulates flats are called in Para events. However, consistent with youth (USATF; High School), ATFUSA does not consider flats to be a foul for youth (U11 & U14) athletes.

U11 & U14 Javelin (all Classes) : A trial that lands flat or tail first will not be a foul.

The point of initial contact of the javelin shall be measured as:

- Flat - marked at the rear of the grip.
- Tail - marked at the point the tail hit.
- Tip - mark at the point the tip hits.

5. 17. Allowable Marks & Notations

Consistent with non-Para Field events, the following are the only allowable marks and notation on the Field Official’s scoresheet:

Marks	Description		Notations
X	Foul in a field event	DNS	Did not start
-	Pass or forgo a trial	DQ	Disqualified
O	Valid trial in HJ / PV	NM	No valid trial recorded
m.cm	Distance measured in (meters.centimeters) in throws and horizontal jumps	P	Competing under protest
		r	Retired from competition

WPA Rule 2.20.3



5. 18. Horizontal Jumps (Long Jump / Triple Jump)

Horizontal Jumps – Prosthetics

ATFUSA Rule 101.1

- a. *For athletes competing in horizontal Jumping Events in sport classes T61-64, the use of prosthetic device(s) is optional. The relevant Official shall ensure that Rule 6.12(b) is observed.*
- b. *If the prosthetic device(s) is lost during the run-up then the athlete cannot continue without the prosthetic device(s). The athlete shall fix/adjust the prosthetic devices and recommence the trial provided he is within the time allowed for the trial;*
- c. *If the prosthetic devices are lost during the process of jumping and the mark where the prosthetic device(s) lands is the closest mark to the take-off board in the landing area, then that is the mark that the trial will be measured from;*
- d. *If the prosthetic device(s) lands outside the landing area, it shall be counted as a failure and recorded as such.*

Horizontal Jumps – Take-off

ATFUSA Rule 101.2 CLASS T11-T12 Long Jump (WPA 27.6)

- a. *For athletes in Sport Classes T11 and T12, the take-off area shall consist of a rectangle of 1.00m x 1.22m ± 0.01m which must be prepared in such a way (by use of chalk, talcum powder, light sand, etc.) that the athlete leaves an impression on the area with his take-off foot. The edge of the take-off area which is nearer to the landing area shall be the scratch line.*

Note: T13 athletes have no exceptions to the standard Ambulatory rules.

Horizontal Jumps – Wind Gauge

Wind gauge readings are required for every horizontal jump (Long Jump, Triple Jump).

Placement

- The wind gauge shall be placed:
- 20m from the take-off line farthest from the pit
- 1.22m high
- Not more than 2m from the runway

Reading

In the Long Jump and Triple Jump, the wind velocity shall be measured for a period of 5 seconds, commencing 40m from the take-off board in the case of the Long Jump and 35m from the take-off board in the case of the Triple Jump or, if the competitor runs less than 40 or 35m, as the case may be, from the start of the run. **USATF Rule 163.10(b)**



5. 19. High Jump

There are no special considerations for High Jump in para-athletics, except for the rule that requires for athletics using a prosthesis that the prosthesis must also clear the bar.

Failure of the athlete and their prosthesis to both clear the bar without dislodging the bar shall be a foul.

5. 20. Pole Vault

Pole vault is rarely contested in para-athletics, as it is not commonly included in the events for athletes with disabilities. Most para-athletic events focus on track and field disciplines that accommodate various impairments.

Due to the nature of the pole vault and the specific requirements for the event, it is not commonly featured in para-athletic competitions. Instead, the focus remains on events that can be adapted for athletes with various impairments.

5. 21. 25. COMMUNICATION DEVICES IN THE VENUE:

Athletes may not be in the venue with electronic devices which can communicate with others outside the venue. This includes speed/pace monitoring devices with GPS components and cell phones.



Appendix I – Events

A. Throws

Class	Shot		Discus		Javelin		Club	
	Male	Female	Male	Female	Male	Female	Male	Female
F11-F13	7.26kg	4kg	2kg	1kg	800g	600g		
F20	7.26kg	4kg	2kg	1kg	800g	600g		
F31	-	-	-	-	-	-	397g	397g
F32	2kg	2kg	1kg	1kg	600g	600g		
F33	3kg	3kg	1kg	1kg	600g	600g		
F34	4kg	3kg	1kg	1kg	600g	600g		
F35	4kg	3kg	1kg	1kg	600g	600g		
F36	4kg	3kg	1kg	1kg	600g	600g		
F37	5kg	3kg	1kg	1kg	600g	600g		
F38	5kg	3kg	1.5kg	1kg	800g	600g		
F40-F41	4kg	3kg	1kg	0.75kg	600g	400g		
F42-F44	6kg	4kg	1.5kg	1kg	800g	600g		
F45-F46	6kg	4kg	1.5kg	1kg	800g	600g		
F51	-	-	1kg	1kg	-	-	397g	397g
F52	2kg	2kg	1kg	1kg	600g	600g		
F53	3kg	3kg	1kg	1kg	600g	600g		
F54-F57	4kg	3kg	1kg	1kg	600g	600g		
F61-F64	6kg	4kg	1.5kg	1kg	800g	600g		

B. Jumps

Class	Jump Event		
	Long Jump	Triple Jump	High Jump
F11-F13	✓	✓	✓
F20	✓	✓	
F31-F34			
F35-F37	✓		
F38	✓	✓	✓
F40-F41	✓		
F42	✓		✓
F43	✓		
F44	✓		✓
F45-F47	✓	✓	✓
F61	✓		
F62	✓		
F63	✓		✓
F64	✓		✓



C. Track

Class	Event							
	100m	200m	400m	800m	1500m	3000m	5000m	10,000m
T11-T13	✓	✓	✓	✓	✓	✓	✓	✓
T20			✓	✓	✓	✓	✓	✓
T31-T32	✓	✓	✓	✓				
T33-T34	✓	✓	✓	✓	✓			
T35-T38	✓	✓	✓	✓	✓	✓	✓	✓
T40-T41	✓	✓	✓					
T42-T46	✓	✓	✓	✓	✓	✓	✓	✓
T47	✓	✓	✓					
T51-54	✓	✓	✓	✓	✓	✓	✓	✓
T61-T64	✓	✓	✓	✓	✓	✓	✓	✓
T53	✓	✓	✓	✓	✓	✓	✓	✓
T54-T57	✓	✓	✓	✓	✓	✓	✓	✓
T61-F64	✓	✓	✓	✓	✓	✓	✓	✓



Appendix II – Age/Class Implements

A. Youth Implements

Class	Age Implement	U11		U14		U17		U20	
		Male	Female	Male	Female	Male	Female	Male	Female
F51	Club	397g	397g	397g	397g	397g	397g	397g	397g
	Discus	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	1kg	1kg
	Javelin	300g	300g	400g	400g	500g	500g	600g	600g
	Shot								
	Softball	Y	Y	Y	Y				
F52	Discus	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	1k
	Javelin	300g	300g	400g	400g	500g	500g	600g	600g
	Shot	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg
F53	Discus	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	1kg	1kg
	Javelin	300g	300g	400g	400g	500g	500g	600g	600g
	Shot	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg
F54-57	Discus	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg	1kg	1kg
	Javelin	300g	300g	400g	400g	500g	500g	600g	600g
	Shot	2kg	2kg	2kg	2kg	2kg	4kg	3kg	2kg



B. Open / Masters Implements

Class	Age Implement	Open		M35		M50		U60	
		Male	Female	Male	Female	Male	Female	Male	Female
F11-13	Discus	2kg	1kg	1.75kg	1kg	1.5kg	0.75kg	1 kg	0.75kg
	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Shot	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	2kg
F20	Discus	2kg	1kg	2kg	1kg	1.5kg	0.75kg	1 kg	0.75kg
	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Shot	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	2kg
F31	Club	397g	397g	397g	397g	397g	397g	397g	397g
F32	Club	397g	397g	397g	397g	397g	397g	397g	397g
	Discus	1kg	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg
	Shot	2kg	2kg	2kg	2kg	1kg	1kg	1kg	1kg
F33	Discus	1kg	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg
	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Shot	3kg	3kg	3kg	3kg	2kg	2kg	1kg	1kg
F34-36	Discus	1kg	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg
	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Shot	4kg	3kg	4kg	3kg	2kg	2kg	2kg	1kg
F37	Discus	1kg	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg
	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Shot	5kg	3kg	5kg	3kg	4kg	2kg	3kg	1kg
F38	Discus	1.5kg	1kg	1.5kg	1kg	1kg	0.75kg	0.75kg	0.75kg
	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Shot	5kg	3kg	5kg	3kg	4kg	2kg	3kg	1kg
F40-41	Discus	1kg	0.75kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg	0.75kg
	Javelin	600g	400g	600g	400g	500g	400g	400g	400g
	Shot	4kg	3kg	4kg	3kg	3kg	2kg	2kg	1kg
F42-46	Discus	1.5kg	1kg	1.5kg	0.75kg	1kg	1kg	0.75kg	1kg
	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Shot	6kg	4kg	3kg	2kg	5kg	3kg	6kg	4kg



Officials Para Athletics Training

Class	Age Implement	Open		M35		M50		U60	
		Male	Female	Male	Female		Implement	Male	Female
F51	Club	397g	397g	397g	397g	397g	397g	397g	397g
	Discus	1kg	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg
F52	Discus	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg	1kg	1kg
	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Shot	2kg	2kg	2kg	2kg	1kg	1kg	1kg	1kg
F53	Discus	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg	1kg	1kg
	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Shot	3kg	3kg	3kg	3kg	2kg	2kg	1kg	1kg
F54- 57	Discus	1kg	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg	0.75kg
	Javelin	600g	600g	600g	600g	500g	500g	400g	400g
	Shot	4kg	3kg	4kg	3kg	3kg	2kg	2kg	1kg
F61- 64	Discus	1.5kg	1kg	1.5kg	1kg	1kg	0.75kg	0.75kg	0.75kg
	Javelin	800g	600g	800g	600g	700g	500g	600g	400g
	Shot	6kg	4kg	6kg	4kg	5kg	3kg	4kg	2kg

Appendix III – Implement Specs

1. Implement Specs - Discus

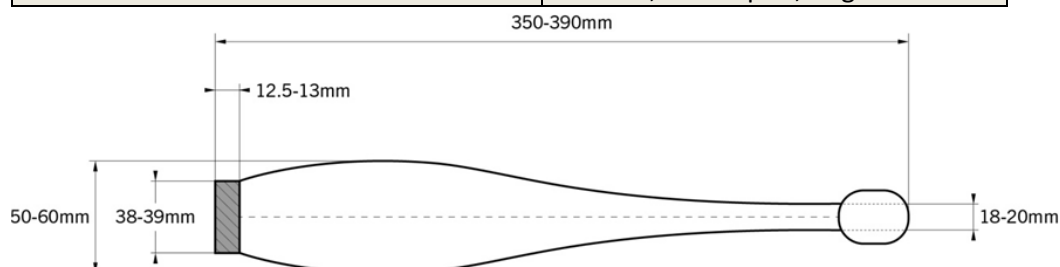
Parameter		0.75 kg	1 kg	1.5 kg	1.6 kg	1.75 kg	2.0 kg
Weight	Minimum	0.75 kg	1.0 kg	1.5 kg	1.6 kg	1.75 kg	2.0 kg
	Maximum	N/A	N/A	N/A	N/A	N/A	N/A
Diameter (Outside)	Minimum	166 mm	180 mm	200 mm	209 mm	210 mm	219 mm
	Maximum	182 mm	182 mm	202 mm	211 mm	212 mm	221 mm
Diameter (Core)	Minimum	50 mm					
	Maximum	57 mm					
Thickness (Center)	Minimum	33 mm	37 mm	38 mm	40 mm	41 mm	44mm
	Maximum	39 mm	39 mm	40 mm	42 mm	43 mm	46 mm
Rim Thickness (@ 6mm from edge)	Minimum	10 mm	12 mm				
	Maximum	13 mm					

2. Implement Specs - Shot

Parameter	2 kg	6 lb	3 kg	4 kg	5 kg	12 lb	6 kg
Nominal Wt. kg	2.00	2.72	3.00	4.00	5.00	5.45	6.00
Record Wt. Min. kg	2.000	2.720	3.000	4.000	5.000	5.443	6.000
Diameter min. mm	80	-	85	95	100	98.4	105
Diameter max. mm	90	-	110	110	120	117.5	125

3. Implement Specs - Club

Parameter		397g
Weight	Minimum	397 g
	Maximum	N/A
Overall Length (including metal end)	Minimum	350 mm
	Maximum	390 mm
Diameter of neck	Minimum	18 mm
	Maximum	20 mm
Diameter at widest part of body	Minimum	50 mm
	Maximum	60 mm
Diameter of metal end	Minimum	39 mm
	Maximum	380 mm
Thickness of metal end	Minimum	12.5 mm
	Maximum	13 mm
Surface	Smooth, no dimples, or grooves	





4. Implement Specs – Javelin

A. Mini Javelin

The shaft, grip and fins shall be made out of plastic. The tip shall be made of soft rubber with a blunt, rounded end. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the javelin. The fins shall be parallel to the center line of the shaft. The nominal weight shall be 300g. [USATF Rule 193.11](#)

Parameter		300 g
Weight	Minimum	300 g
	Maximum	N/A
Overall Length	Minimum	685 mm
	Maximum	705 mm
Length of Head	Minimum	84 mm
	Maximum	94 mm
Tip Diameter largest point	Minimum	37 mm
	Maximum	43 mm
Distance from tip to COG	Minimum	365 mm
	Maximum	380 mm
Diameter of shaft forward of grip	Minimum	30 mm
	Maximum	38 mm
Diameter shaft behind the grip	Minimum	24 mm
	Maximum	30 mm
Diameter of shaft at the grip	Minimum	34 mm
	Maximum	40 mm
Length of grip	Minimum	99 mm
	Maximum	109 mm
Location of front of grip from tip to tail	Minimum	322 mm
	Maximum	332 mm
Fin length	Minimum	162 mm
	Maximum	168 mm
Fin Diameter (peak to peak opposing fins)	Minimum	95 mm
	Maximum	105 mm
Number of fins	Count	4



B. Aero Javelin

The shaft, tip and tail shall be made out of synthetic material. The grip may be made of synthetic material or wound with cord which is similar to that used on traditional javelins. The diameter of the shaft shall be constant over the length of the shaft, not varying by more than ± 2 mm from the nominal shaft diameter. The profiles of the head and tail are not specified. [USATF Rule 193.11](#), [USATF Rule 193.12](#)

Parameter		250 g	450 g
Weight	Minimum	250 g	450 g
	Maximum	N/A	N/A
Overall Length	Minimum	1350 mm	1765 mm
	Maximum	1480 mm	1785 mm
Length of Head *	Minimum	140 mm	140 mm
	Maximum	160 mm	160 mm
Distance from tip to COG **	Minimum	570 mm	760 mm
	Maximum	600 mm	770 mm
Diameter of shaft	Minimum	24 mm	20 mm
	Maximum	26 mm	28 mm
Length of grip ***	Minimum	80 mm	115 mm
	Maximum	110 mm	120 mm
Location of front of grip from tip	Minimum	570 mm	755 mm
	Maximum	610 mm	770 mm
Length of tail	Minimum	105 mm	175 mm
	Maximum	120 mm	195 mm

* The maximum diameter of the head shall not exceed the nominal shaft diameter by more than 10 mm.

** The grip is not required to cover the CG.

*** The maximum grip diameter shall not exceed the nominal shaft diameter by more than 8 mm.



C. Javelin

The javelin shall consist of three main parts: a head, a shaft, and a cord grip. The shaft may be solid or hollow and shall be constructed of metal or other suitable material so as to constitute a fixed and integrated whole. The shaft shall have fixed to it a metal head terminating in a sharp point. The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy fixed to the front end of the head provided that the completed head is smooth and uniform along the whole of its surface. The angle of the tip shall not exceed 40 degrees.

USATF Rule 193.4

The grip, which shall cover the center of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches, or indentations of any kind. The grip shall be of uniform thickness

USATF Rule 193.6

Parameter		400g	500g	600g	700g	800g
Weight (min)	Minimum	400g	500g	600 g	700g	800 g
	Maximum	N/A	N/A	N/A	N/A	N/A
Overall Length	Minimum	1850 mm	2000 mm	2200 mm	2400 mm	2600 mm
	Maximum	1950 mm	2100 mm	2300 mm	2500 mm	2700 mm
Length of Metal Head	Minimum	200 mm	220 mm	25 mm		
	Maximum	250 mm	270 mm	33 mm		
Distance from tip to COG	Minimum	750 mm	780	800 mm	850 mm	900 mm
	Maximum	800 mm	880	920 mm	990 mm	1060 mm
Diameter of shaft at thickest point	Minimum	20 mm	20 mm	20 mm	23 mm	25 mm
	Maximum	23 mm	24 mm	25 mm	28 mm	30 mm
Width of cord grip	Minimum	130 mm	135 mm	140 mm	150 mm	150 mm
	Maximum	140 mm	145 mm	150 mm	160 mm	160 mm
Taper Meas. from Tip	Minimum	125 mm	150 mm			
Taper Meas. from Tail	Absolute	125 mm	150 mm			
Diameter at Tip Taper	Limit	$\leq 0.80 \times \text{Maximum Diameter of Implement}$				
Diameter at Tail Taper	Limit	$\geq 0.40 \times \text{Maximum Diameter of Implement}$				
Diam. at Midpoint Tip to CG	Limit	$\leq 0.90 \times \text{Maximum Diameter of Implement}$				
Diam. at Midpoint Tail to CG	Limit	$\geq 0.90 \times \text{Maximum Diameter of Implement}$				
Total Diameter minimum	Limit	3.5 mm				



Appendix IV – Throwing Frame Specs

A. Specifications

1. Throwing Frame Specifications:

- a) The maximum height of the seat surface, including any cushioning, shall not exceed 75 cm;
- b) Each throwing frame must have a seat which is square or rectangular in shape and each side at least 30 cm in length. The seat surface must be level or with the front higher than the back (i.e. inclined backwards).

Note: The front is the plane furthest from the athlete's spine with the athlete in a seated position regardless of the direction of the athlete in relation to the landing area.

- c) The throwing frame may incorporate side, front and back rests for the purposes of safety and stability. They can either be made of non-elastic fabric (e.g., non-elastic canvas) or be a rigid construction that does not move (e.g., rigid steel or aluminium). The backrest may incorporate cushioning that must not exceed 5 cm in thickness.

Note: The structure of the throwing frame shall not impede the view of judges.

- d) The side, front and back rest should not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;
- e) The throwing frame may have a rigid vertical bar. The vertical bar must be a single, straight piece of material without curves or bends, and with a cross-sectional profile that is circular or square, not oval or rectangular. It must not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;

Note (i): It is understood that most materials will flex and distort to some degree under pressure and it will not be practical or economically viable to engineer a solution whereby all flexing is totally eliminated. However, flexing must not be clear to the naked eye and in the opinion of the technical officials the spirit of these rules and Part B - 7 is being breached.

Note (ii): The vertical bar may have layers of tape and/or any other suitable material to provide a better grip. The thickness of the tape or other alternative material must not result in any unfair advantage exceeding the athlete's physical prowess. Any tape on the vertical bar must be uniform except for incidental overlapping and must not result in any sudden change in diameter, such as the creation of any ring on the vertical bar. Only regular taping in accordance with the rule is allowed on the vertical bar – rings, loops and the like are not permitted.

Note (iii): For the avoidance of doubt, an athlete shall be entitled to hold on to any component of the throwing frame for stability.

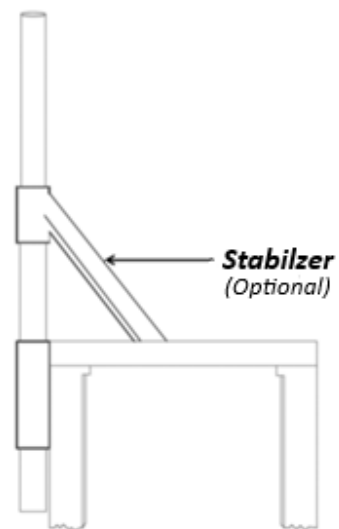
COMMENT: There is no minimum or maximum length requirement for the vertical bar. The bar must be vertical however some deviation from “exactly perpendicular to the ground” may be permitted. Such deviation should not usually exceed 5 degrees from the vertical. An additional piece which acts as support to the vertical bar (similar to the example illustrated below) is permitted and strongly encouraged to mitigate against potential flexing of the vertical bar. The vertical bar, or any of its supports, may not protrude outside the throwing circle or platform.

Throwing Frame

Parameter	Dimension or Measurement	
Seat Shape	Square or Rectangular	
Seat Orientation	Either level or inclined backwards (<i>front higher than the back</i>)	
Seat Dimensions	Minimum	30 cm x 30 cm
	Maximum	N/A
Maximum Height of seat (including cushion)	Minimum	N/A
	Maximum	75 cm
Back rest *	Rigid construction or non-elastic fabric	
Back rest cushion thickness *	Minimum	N/A
	Maximum	5 cm
Foot rest *	Rigid construction or non-elastic fabric	
Side rest *	Rigid construction or non-elastic fabric	
Vertical bar * construction	Single straight piece of material without curves or bends	
Vertical bar profile	Circular or square cross-sectional profile. Not oval or rectangular.	
Vertical bar dimensions	Minimum	N/A
	Maximum	N/A
Stabilizer *	An optional stabilizer may be utilized to limit flex of the vertical bar	

Note: Measurements shall always take place without the athlete sitting in the frame.

* The items are optional. If any of them are used, they shall not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement



Appendix V – Wheeled Vehicle Specs

A. Wheelchair (Racer)

The wheelchair (racer) shall:

have at least two large wheels and one small wheel
have no part of the body of the chair extend forward beyond the hub of the front wheel
no be wider than the inside of the hubs of the two rear wheels

the maximum diameter of the large wheel including the inflated tire shall not exceed 70cm.
the maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.
50.4 Only one plain, round, push-rim is allowed for each large wheel.

ATFUSA Rule 50.0 WHEELCHAIR FRAME REQUIREMENTS

(WPA 14) Rules governing wheelchairs for track and road racing events.

50.1 The wheelchair shall have at least two large wheels and one small wheel.

50.2 No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels.

50.3 The maximum diameter of the large wheel including the inflated tire shall not exceed 70cm.

The maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.

50.4 Only one plain, round, push-rim is allowed for each large wheel.

Note(i): This rule may be waived for persons requiring a single arm drive wheelchair, if so stated on their IPC Athletics Classification Form or at the discretion of the Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available.

Note(ii): For T33/51/52/ athletes with limited ability to stabilize the wrist during pushing, this rule may be waived and a modification allowed so that a push-rim and wheel disk may be fused together and incorporated into the racing wheel. No other modification that would defeat the general intent of Rule 14.4 is allowed.

Note(iii): No part of the athlete's body shall be strapped to the push-rim or to the wheel.

50.5 No mechanical gears or levers shall be allowed that may be used to propel the chair.

50.6 Only hand operated mechanical steering devices will be allowed.

50.7 No part of the chair may protrude behind the vertical plane of the back edge of the rear wheels.

50.8 Athletes must ensure that no part of their lower limbs can fall to the ground or track during an event. If it happens during the race the athlete could be disqualified.

50.9 It will be the responsibility of the competitor that the wheelchair conforms to all the above rules and no event shall be delayed while the competitor makes adjustments to the chair.

50.10 Chairs will be measured in the marshaling area and may not leave that area before the start of any event. Chairs which have been examined may be liable to re-examination before or after the event by the official in charge of the event.



Officials Para Athletics Training

50.11 It shall be the responsibility in the first instance of the official conducting the event to rule on the safety of the chair.

50.12 The wearing of approved helmets in all, in lane and out of lane, races is required by all athletes for all track and road events. Approved helmets are those that have ANSI, CEN (Europe), CPSC, ASTM, Australian, Canadian, or SNELL Certifications. Certified Helmets will have labels attached inside or outside the helmet.

50.13. Devices attached to the wheelchair or athlete shall comply with WPA Rule 7.4d (assistance) and shall not have the capability to communicate except to the athlete. Note: Unless approved by WPA and the Technical Delegate, no devices with transmission function for the purpose of event presentation or broadcasting shall be permitted at WPA recognized competitions.

B. Framerunner

ATFUSA Rule 51.0 FRAMERUNNER FRAME REQUIREMENTS

Race running is an athletic discipline where the athletes are running on their feet, while using a three-wheeled running frame for support of their body.

51.1 EQUIPMENT SPECIFICATIONS

- The frame has two rear wheels and one front wheel.
- Maximum length 200 cm, maximum width 95cm
- All wheels Max height size up to 72cm.
- Saddle may have other shapes than the traditional type of racing cycle saddles.
- The body support plate may be individually shaped to provide optimal stability.
- The body may be strapped to the plate with a belt or orthopedic brace.
- The handlebars should ensure that the athlete is able to race and maneuver safely.
- A compensator system controlling the front wheel is highly recommended.
- No mechanical gears or engine are allowed.

