



## **2010 WARRIOR GAMES TRACK AND FIELD RULES**

These rules are modified paralympic rules to suit the population of the Warrior Games

### **Disabilities**

- Spinal Cord Injury (SCI)
- Below the Knee Impairment (BK)
- Above the Knee Impairment (AK)
- Upper Body Impairment (UB)
- Traumatic Brain Injury (TBI)
- PTSD

### **Track Events** \*there must be a minimum of 3 participants per disability

#### **Men's**

100M 16 Max participants per disability

200M 16 Max participants per disability

400M 16 Max participants per disability

1500M 12 Max participants per disability

#### **Women's**

100M 8 Max participants per disability

1500M 12 Max participants per disability

### **Field Event** \*there must be a minimum of 3 participants per disability

#### **Men's**

Shot Put (Standing & Sitting) 12 Max participants per disability

Discus (Standing & Sitting) 12 Max participants per disability

#### **Women's**

Shot Put (Standing & Sitting) 12 Max participants per disability

## **GENERAL EVENT RULES**

### **IPC Rule 143- Clothing, Numbers**

Classes: 32-34; 51-54 (Wheelchair racers)

Every competitor must be provided with one number bib to be worn visibly on the back of the chair. Helmets are compulsory in all individual and team track races of 800m and over, in these races numbers shall be worn on the helmet.

**Classes 35-38, 42-46 (TBI, Lower & Upper Body Impairments, PTSD)**

Competitors will wear a number on both front and back of shirt. Numbers will be provided by local organizing committee.

**IPC Rule 144- Assistance to Athletes**

**Classes: 11-12, 32, 51-53 (Wheelchairs)**

Meet Director will determine which athletes are permitted Escorts. Escort is someone who will be permitted to accompany competitors onto the competition area. Persons acting as escorts must be clearly identified by a distinctive vest. Escorts with athletes in 32, 51-53 may assist the officials to ensure the athlete transfers safely to the throwing chair.

**Strapping**

**Classes 32-34, 51-58 (Wheelchairs)**

If an athlete uses strapping it must only be to the chair and of non-elastic material.

**Prosthesis**

**Classes 42, 43 & 44 (Leg Amputees)**

Athletes in 42, 43 and 44 (Leg Amputees) must use prosthesis-hopping is not allowed.

**IPC Rule 159- Wheelchair Equipment Specifications**

**Classes 32-34, 51-58 (Wheelchairs)**

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. The height from the ground to the main body of the chair shall be 50 cm. Maximum diameter of the large wheel including the inflated tire shall not exceed 70cm and the small wheel can not exceed 50 cm. One plain round hand rim is allowed for each large wheel. No mechanical gears or levers shall be allowed. No mirrors are allowed. The athlete should be able to steer the front wheel both left and right. No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.

**SPRINTS (100, 200, 400)**

**IPC RULE 161- Starting blocks**

**Classes: 35-38, 42-46 (TBI, Leg Amputees, Arm Amputees)**

Starting block may be used...

A four point stance is not required by any athletes. An arm amputee or those with short arms may use pads on which to rest stumps at the start to improve balance. Pads must be completely behind the starting line and not interfere with any other athlete and should be the same color of the track or a neutral color. Commands are “on your mark”—athlete will enter into the blocks or assume a standing start position—hands and feet must be behind the line. “Set” athletes must be stationary (no movements) and then the firing of the gun.

## **IPC RULE 162- Wheelchair Starts**

### **Classes 32-34, 51-58 (Wheelchairs)**

After the “On Your Marks” command, an athlete shall approach the start line; assume a position entirely within his allocated lane and behind the start line. At the “Set” command, an athlete should immediately take up the final position retaining the contact of the front wheel with the ground behind the line. The front wheel may be over the start line, but the contact of the front wheel with the ground is behind the line.

### **Compensator setting (Wheelchairs)**

Prior to any race conducted on the curve, the athletes will need an opportunity to set their compensator to the curve of the track. This can be done prior to the start of the track racing portion of the schedule or all WC racers in an upcoming race have a five minute window to get on to the track and set their compensator.

### **RULE 163-The Race**

In races conducted in lanes, athletes must remain in their lane or be disqualified.

If an athlete is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the athlete shall not be disqualified.

## **IPC RULE 165- Timing and Photo Finish**

### **Classes 32-34, 51-58 (Wheelchairs)**

The time shall be taken to the moment at which the hub of the leading wheel of the competitor’s chair reaches the vertical plane of the neared edge of the finish line.

### **Classes 35-38,42-46 (TBI, Lower & Upper Body Impairments, PTSD)**

The time is taken at the moment the torso crosses the finish line (head, neck, arms or legs do not count).

## **1500 EVENT (not run in lanes)**

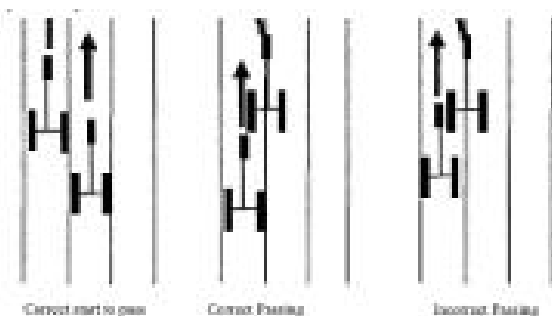
### **Start commands**

The starter commands will be “On your marks” (the athlete must hold steady) and then the gun.

## **IPC Rule 163- The Race**

### **Classes 32-34, 51-58 (Wheelchairs)**

An athlete coming from behind in an attempt to overtake carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete once the front wheel(s) of the athlete are in sight.



### **Classes 35-38,42-46 (TBI, Lower & Upper Body Impairments, PTSD)**

Any competing athlete who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that event.

## **IPC RULE 165- Timing and Photo Finish**

### **Classes 32-34, 51-58 (Wheelchairs)**

The time shall be taken to the moment at which the hub of the leading wheel of the competitor's chair reaches the vertical plane of the nearest edge of the finish line.

## **FIELD EVENTS (Shot and Discus)**

Shot - For athletes unable to use their hands, a 2 kilo shot will be used.

For all others, a 4k shot will be used.

Discus - All athletes will use a 1 kilo discus.

\*Each participant will have 6 throws

\*All Shots and Disci will be provided

## **IPC RULE 143- CLOTHING, NUMBERS, GLASSES, VESTS**

### **Classes: 32-34, 51-58 (Wheelchair/Seated Throws athletes)**

In field events clothing must be close fitting, and not be loose, so that the view of the judges is not impeded.

## TIME LIMITS

# of Athletes	Throws
More than 3	1 min
2 or 3	1min
1	-
Consecutive	2 min (32-34, 5458)
	3 min (51-53)

### Prosthesis

Leg amputees are not required to use prosthesis in the field events.

## General Throwing Rules

Ambulatory athletes (35-38, 40, 42-46) will throw a single throw and rotate through the field. Seated Throwers will throw six consecutive throws as determined by the Technical Director.

Seated throwing chairs are staked down using stakes and ratcheted tie-downs. The facility must have an area of enough grass or gravel to stake down the chairs.

### **IPC RULE 179- THROWING CHAIRS**

#### **Classes 32-34, 51-58 (Seated Throwers)**

The maximum height of the throwing fame, including the cushion (s) used as a seat, shall not exceed 75cm.

The frame may have a holding bar made of metal, fiberglass or similar material but this must not have any articulation or joints. All parts of the frame must be fixed. Assistance to the athlete by flexible jointed parts is not allowed.

Weights and Measures should place an official's mark on the back of the chair. The Chief Event Judge may re-measure any chair.

An authorized holding device must be used. If a holding device should break during the execution of a throw, it shall not count as a trial, providing it was made in accordance with the rules. If the competitor loses his balance and commits a foul, it shall not count against the athlete.

All parts of the frame and footrests must remain inside the vertical plane of the rim of the circle. It is important to watch for athletes using flexible throwing poles to make sure the pole (as a portion of the chair) does not extend over the inside edge of the circle. The Chief Event Judge can use a plumb-bob to determine if frame is in the circle.

Athletes will get two practice throws and then be able to make adjustments to their throwing chair. Then the competition begins.

### **Lifting**

A competitor shall commence a throw or put from a sitting position, and, if lifting takes place, must keep one foot in contact with the ground inside the circle until the implement is released. The commencement is regarded as the forward movement which ends with the release of the implement.

Lifting occurs when an athlete does not have a foot on the ground and is using a footplate or frame to gain additional height to throw the implement. A portion of the buttocks must remain in contact with the seat of the chair.

## **IPC RULE 187**

### **Classes 51-53 (Seated Throwers)**

Athletes in the above classes may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

### **Classes 35-38, 42-46 (TBI, Lower & Upper Body Impairments, PTSD)**

An athlete shall not use any device of any kind, which in any way provides assistance when making a trial. (taping of two or more fingers together is not allowed). Tape is not allowed unless covering an open wound.

It is a failure if an athlete in the course of a trial:

- a. improperly releases the shot
- b. after he has stepped into the circle and begun to make a throw, touches with any part of his body the top of the rim or the ground outside the circle
- c. touches any part of his body with the top of the stopboard.

When leaving the circle, he shall step out of the back half of the ring after the implement has landed.

Shot and discus must land inside the sector lines

## **IPC RULE 188-PUTTING THE SHOT**

### **Classes 32-34, 51-58 (Seated Throwers)**

From start to finish, the movement shall be a straight, continuous putting action. IAAF Rule- ... 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.

## **INCLEMENT WEATHER/INDOOR TRACK MODIFICATIONS**

**Note:** 100 meter race will become the 60 meter race in the indoor track facility