

IPC ATHLETICS

OFFICIAL RULES FOR ATHLETICS 2006

PREAMBLE

For competition at Paralympics and IPC Athletics World Championships, as well as other competitions sanctioned or under the Permit of IPC Athletics, this document shall be used, along with the current edition of the IAAF Competition Rules.

It contains all the rules which govern an IPC Athletics competition, written in a way which is compatible with the rules of the governing body for athletics, the International Association of Athletics Federations (IAAF). In this way, officials, coaches and athletes may find rules to cover any event in a single document, rather than having to refer to separate books for each group.

The rules must be read in conjunction with the IAAF rules, contained in the Competition Rules book of that Association. For the period including the 2006 IPC Athletics World Championship, the version of the IAAF Competition Rules to which this book refers is the 2006-2007 edition. The rules concerned are the Technical Rules of Competition as described herein, and additional rules as shown. The reference to the I.A.A.F. Competition Rules does not confer any responsibility onto the I.A.A.F. for the IPC Athletics Rules.

Two additional volumes will also be required when organising a competition, these being the Regulations for Competition and the Classification Rules, both published by IPC Athletics. This is the first occasion on which these publications have been released separately, and allow organisers to recognise the differences between competitions under IPC Athletics jurisdiction and those of other organisations.

NOTES

This Rule Book will remain in force until the publication of the next edition, which will be publicised on the IPC Athletics website, and circulated to members. The next edition will affect the period to include the 2008 Paralympic Games.

Where a rule is mentioned which is different from the IAAF rule, the amended rule is the one to be followed. Where a rule is stated which does not exist in the IAAF book, it must be added to those rules. Where the rules in the IAAF book are referred to, this shall always be deemed to include IPC Athletics rules (e.g. in Rules 145, 149 etc.).

The IAAF has no responsibility for any rules used by IPC Athletics. In all rules referring to the "General Secretary of the IAAF" this should be amended to read "Chairman of IPC Athletics". Where the rule refers to the "IAAF" and to the "Council of the IAAF." this should be amended to read "IPC Athletics" or "IPC Athletics SAEC."

Chris Cohen (Chairman)

January 2006

INDEX

<u>INFORMATION</u>	<u>PAGE</u>	<u>DETAILS</u>
Preamble	1	Introduction to this edition.
Chapter 1	3	Non-technical Rules.
Chapter 3	3	Control of Drug Abuse.
Chapter 4	3	Disputes.
Chapter 5	3	Technical Rules.
Rule 100	3	General Technical Rules during International Competition.
Rule 143	4	Clothing, Shoes and Number bibs.
Rule 144	4	Assistance to Athletes.
Rule 146	5	Protests & Appeals.
Rule 149	5	Validity of Performances.
Rule 159	6	Wheelchair Track rules.
Rule 161	7	Starting Blocks.
Rule 162	7	The Start.
Rule 163	7	The Race.
Rule 164	7	The Finish.
Rule 165	8	Timing and Photo Finish.
Rule 166	8	Seedings, Draws and Qualifications in Track Events.
Rule 170	8	Relay Races.
Rule 179	9	Specific Field Rules.
Rule 180	9	Field Events - General Conditions.
Rule 182	10	High Jump.
Rule 184	10	Horizontal Jumps - General Conditions.
Rule 185	10	Long Jump.
Rule 186	11	Triple Jump.
Rule 187	11	Throwing Events - General Conditions.
Rule 188	12	Putting the Shot.
Rule 200	12	Combined Events Competition.
Rule 240	13	Road Races.
Rule 260	13	World Records.
Appendix I	14	Classification Identification System.

CHAPTER 1: INTERNATIONAL COMPETITIONS

RULE 1 International Competitions at which the Rules shall apply

At the following International Competitions, the Rules and regulations shall apply:

- (a) (i) World Championships.
- (ii) Paralympic Games.
- (iii) Other events as described in IAAF and IPC Athletics Rules.

NOTE: Classification at competitions covered by this rule will be the responsibility of IPC Athletics.

RULE 2 Authorisation to stage International Competitions

All International Competitions, or any other competition in which a foreign athlete takes part, must be authorised by IPC Athletics in the case of multi-disability competition. From October 1st, 2006, all such events must be authorised by IPC Athletics in order for athletes' performances to be placed on the ranking lists for consideration for positions at the 2008 Paralympic Games.

NOTE: Only results at competitions approved by IAAF, IPC Athletic or an IOSD will be considered.

RULE 3 IPC Athletics Permits

1. IPC Athletics alone shall have the right to organise or sanction IPC Athletics World, Area, Regional or Group Championships in Athletics.
2. From 2009 onwards, IPC Athletics shall organise World Championships in odd-numbered years.

NOTE: Further details of how to obtain authorisation for competitions under Rule 1 (b) to (h) can be obtained from IPC Headquarters or direct from IPC Athletics.

CHAPTER 3: ANTI-DOPING

Control of Drug Abuse

All competitors shall abide by the rules relating to doping as set by regulations of the IPC and IPC Athletics.

CHAPTER 4: DISPUTES

IPC Athletics agrees with, and aspires to follow the contents of Chapter 4 in the IAAF book relating to disputes between athletes and others, both in doping and in non-doping cases. Where these rules can be followed, members should do so, and IPC Athletics will cooperate with the International Paralympic Committee in ensuring fairness for any athlete in dispute.

CHAPTER 5: TECHNICAL RULES

RULE 100 General

All International Competitions, as defined in Rule 1, shall be held under the Rules of IPC Athletics and this shall be stated in all announcements, advertisements, programmes and printed material.

Note: It is recommended that members adopt the Rules of IPC Athletics for the conduct of their own athletics competitions.

SECTION II - GENERAL COMPETITION RULES

RULE 143 Clothing, Shoes and Number bibs.

Rule 143 Para 1 (Classes 32 - 34, 51 - 58)

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

Rule 143 Para 7 (Classes 32 - 34, 51 - 58)

Every competitor must be provided with one number bib to be worn visibly on the back of the chair.

Rule 143 Para 9 (Classes T32 - 34, T51 - 54)

Note: In events longer than 400 metres (including the 4x400 metres relay, these numbers shall be worn on the helmet.

Rule 143 Para 10 (Class 11)

Competitors in Class 11 must wear approved opaque glasses or an appropriate substitute in all field events, and in all track events. The opaque glasses or their substitute must be approved by the responsible technical official. When the athlete is not competing, the opaque glasses or their substitute may be removed.

Rule 143 Para 11 (Classes T32 - 34, T51 - 54)

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

RULE 144 Assistance to Athletes.

Rule 144 Para 1 (Classes 11 – 12)

Note: In events of 800m. and above, people other than officials may call intermediate times, but this must be done from outside the track, in an area designated for that purpose.

Rule 144 Para 2(e) (Classes 11 – 12; 32; 51-53)

Only escorts or guide runners for Classes 11 and 12 athletes, and escorts for athletes in Classes 32; 51 – 53 will be permitted to accompany competitors onto the competition area. Persons acting as guides or escorts must be clearly identified by wearing a distinctively coloured vest provided by the Organising Committee.

Rule 144 Para 2(f) (Classes 11 – 12)

The method of guidance is the choice of the athlete. He/she may choose to use an elbow lead, or a tether, or to run free. In addition, the runner may receive verbal instruction from the guide. The guide must not use a bicycle or other mechanical means of transport.

Rule 144 Para 2(g) (Classes 11 – 12)

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

Rule 144 Para 2(h) (Classes 11 – 12)

At no time may the guide pull the athlete, or propel the athlete forward by pushing.

Rule 144 Para 2(i) (Classes 11 – 12)

Whether or not a tether is being used, the athlete and guide shall not be more than 0.50m apart, except under exceptional circumstances. In the last ten metres of an event held in lanes, this distance may be extended.

Rule 144 Para 2(j) (Classes 11 – 12)

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

Rule 144 Para 2(k) (Classes 32 - 34, 51 - 58)

Strapping: If used must be only to the chair and of non-elastic material.

Rule 144 Para 5 Prosthesis (Classes 42 - 46)

Athletes in classes T42, T43 & T44 shall use leg prosthesis in running events. Hopping is not allowed. In all competitions except running for classes T42, T43 and T44, the wearing of prosthesis is optional.

Note: Competition prostheses are not considered as appliances, which can give the wearer an advantage.

Rule 144 Para 6 (Classes 11 - 12)

For Class 11, acoustic signals are permitted. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used (e.g. Long Jump; Triple Jump and High Jump) complete silence shall be requested from spectators.

For class 12, visual modification of the existing facility is permitted (i.e. Paint, chalk, powder, cones, flags, etc.). Acoustic signals may also be used.

RULE 146 Protests and Appeals

Rule 146 Para 5

Delete: “ of US \$100, or its equivalent”. Insert “at a fee set by IPC Athletics”.

RULE 149 Validity of Performances

Replace: “...IAAF Rules.” with “ IPC Athletics Rules”.

SECTION III - TRACK EVENTS

RULE 159 Wheelchair Track (Classes T32 - 34, T 51 - 54)

Rule 159 Para 1

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

Rule 159 Para 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. The maximum height from the ground of the main body of the chair shall be 50 cm.

Rule 159 Para 3

The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm.
The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm.

Rule 159 Para 4

Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if so stated on their medical and Games identity cards.

Rule 159 Para 5

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

Rule 159 Para 6

Only hand-operated, mechanical steering devices will be allowed.

Rule 159 Para 7

In all races of 800 metres or over, the athlete should be able to turn the front wheel(s) manually both to the left and the right.

Rule 159 Para 8

The use of mirrors is not permitted in track or road races.

Rule 159 Para 9

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

Rule 159 Para 10

It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to his chair.

Rule 159 Para 11

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

Rule 159 Para 12

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

Rule 159 Para 13

Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

RULE 161 Starting Blocks

Rule 161 Para 1 (Classes T35 - 38, T42 - 46)

In the first line **delete:** “shall” **Insert:** “may”.

Add Note: A four-point stance is not required by athletes in any class. It is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start. Pads must be completely behind the start line and not interfere with any other athlete. The pads should be a similar colour to the track or of a neutral colour.

RULE 162 The Start

Rule 162 Para 4 (Classes T32 - 34, T51 - 54)

Delete: second and third paragraphs.

Insert: 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 his final starting position retaining the contact of the front wheel with the ground behind the line.

Rule 162 Para 4 (Classes T32 - 34, T51 - 54)

Delete: from “ Both hands....starting blocks.”

Delete: from “ retaining the contact....of the blocks”

Delete: “A competitor” **Insert:** “ A competitor’s front wheel...”

Delete: after “of it” to “ his marks.”

RULE 163 The Race

Rule 163 Para 9 (Classes T32 - 34, T51 - 54)

Delete: 1.22 metres.

Insert: 0.95 metres

Rule 163 Para 13 (Classes T32 – 34; T51 - 54)

Progression by any other method except the competitor pushing on the wheels or hand rims will result in disqualification.

Rule 163 Para 14 (Classes T11 - 12)

100m to 800m for Class 11 - athletes will compete accompanied by a guide. Each athlete shall be allocated two lanes for himself and the guide. The start lines in a staggered start will be those for lanes 1, 3, 5, 7 etc.

Class 12 athletes shall have the right to be allocated two lanes (for themselves and a guide) in all races run in lanes, and in 800m. races started in lanes. In such cases the start lines in a staggered start will be those for lanes 1, 3, 5, 7 etc. An athlete in Class 12 may opt to use a guide in any running event. If this option is exercised, the rules for Class 11 guiding will apply.

RULE 164 The Finish

Rule 164 Para 5 (Classes T32 - 34, T51 - 54)

Event time limits: In events of 1500 metres and longer, officials may conclude the event and clear the track after the agreed time limit has expired. Any competitor who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” - “did not finish”. The referee has the authority to remove any athlete who has been overlapped.

Rule 164 Para 6 (Classes T32 - 34, T51 - 54)

The competitors shall be placed in the order in which the hub of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.

Rule 164 Para 7 (Classes T11 - 12)

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

RULE 165 Timing and Photo Finish

Rule 165 Para 2 (Classes T32 - 34, T51 - 54)

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 nearer edge of the finish line.

RULE 166 Seedings, Draws and Qualifications in Track Events

Rule 166 Para 2 (Classes 11 - 13)

Track events should have the following maximum numbers (exclusive of guides) assuming an eight-lane track:

	<u>CLASS 11</u>	<u>12</u>	<u>13</u>	
100m	4	4	8	
200m	4	4	8	
400m	4	4	8	
800m	4/5 *	5 *	8	* = depending on
1500m	6	8	10	starting
5000m	10	10	20	arrangements
10000m	10	10	20	

The qualifying conditions are shown in the Regulations.

RULE 170 Relay Races

Rule 170 Para 1 (Classes T 11 - 13, T32 - 34, T51 - 54)

Add: “Each team shall be allocated two adjacent lanes. Where it is required for the relay to be run in lanes, the competitors may use either of their two allocated lanes. The lines on the inner of the two allocated lanes shall be extended across the outer of the two allocated lanes to mark the distances of the stages and to denote the scratch lines. Changes will take place as for lanes 1, 3, 5 and 7.” The extension of start and exchange box lanes shall be done with tape of the same colour as the existing lane markings.

Rule 170 Para 7 (Classes T32 - 34, T51 - 54)

Delete: “10 metres” **Insert:** “20 metres”

Rule 170 Para 14 (Classes T32 - 34, T51 - 54)

Delete: Para 13 & 14. **Insert:** “The take-over shall be by a touch on any part of the body of the outgoing competitor within the take-over zone.”

Rule 170 Para 19 (Classes T11 - 13)

A fair exchange is established when the incoming runner passes the baton to the outgoing runner within the take-over zone. The baton exchange may take place either between guides or athletes without restriction, except that the conditions of the method of guidance must be met and the guide must be behind the athlete at the moment of entering the exchange zone. The outgoing athlete and guide must both be inside the exchange zone at the moment when the baton is exchanged. Once the waiting runner leaves the take-over zone, he / she shall not re-enter the take-over zone.

Rule 170 Para 20 (Class T12)

One guide per exchange zone will be allowed on the track to help with the positioning of any Class 12 athlete who intends to run without a guide runner. The guide must remain in a position, which does not interfere with the conduct of the race.

SECTION IV - FIELD EVENTS

RULE 179 Specific Field Rules

Rule 179 Para 1 Orientation (Classes F11 - 12)

An escort may bring athletes to the throwing circle or runway. It is the task of the escort to help the athlete orientate him/herself in the throwing circle or on the runway before the attempt. The escort must leave the circle or runway before the attempt begins. Acoustic orientation is permitted before, during and after the attempt. Athletes may only be escorted from the circle or runway after the officials have determined whether or not the attempt was a valid one.

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

Rule 179 Para 2 (Classes F32 - 34, F51 - 58)

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

Rule 179 Para 3 (Classes F32 - 34, F51 - 58)

The frame may have a holding bar made of metal, fibreglass or similar materials, but this must not have any articulation or joints.

Rule 179 Para 4 (Classes F32 - 34, F51 - 58)

All parts of the frame must be fixed. Assistance to the athlete by flexible parts is not allowed.

Rule 179 Para 5 (Classes F32 - 34, F51 - 58)

It will be the responsibility of the competitor to ensure that the frame conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to his frame.

Rule 179 Para 6 (Classes F32 - 34, F51 - 58)

Frames will be measured before the competitor enters the throwing circle. Frames that have been examined may be liable to re-examination before or after the event by the official in charge of the event. Measurement will always take place without the athlete sitting in the frame.

Rule 179 Para 7 (Classes F32 - 34, F51 - 58)

All throwing events will be conducted from a circle, diameter 2.135m to 2.50m., into a sector as described in Rule 187.

Rule 179 Para 8 (Classes F32 - 34, F51 - 58)

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

Rule 179 Para 9 (Classes F32 - 34; 51 - 58)

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. All parts of the frame and footrests must remain inside the vertical plane of the rim of the circle. The commencement is regarded as the first forward movement of the throw.

RULE 180 General Conditions

Rule 180 Para 3 (Classes F11 - 12)

Add: Competitors in Classes 11 & 12 are permitted to use a caller for acoustic orientation. In providing this, the caller must stand in a position that does not hinder the event officials.

Add: Competitors in Class 11 may use a caller to provide acoustic orientation during the approach run in High, Long and Triple Jump, and a guide to assist in positioning the athlete on the runway. Only one person, who may serve as caller and/or guide, shall be permitted in the competition area and accompany competitors in Class 12. No additional persons will be permitted in the competition area.

Rule 180 Para 5 (Classes F32 - 34, F51 - 58)

Note: No reversal of throwing order will take place after the third or fifth trials, except where the first three rounds are held in two or more pools, in which case the final three rounds will be held in reverse order of performance up to that point..

Rule 180 Para 7 (Classes F51 – 58)

Add: In competitions other than Paralympic Games or World Championships, the Technical Delegate may decide, in cooperation with the Competition Organisers, to stage six throws consecutively.

Rule 180 Para 17 (Classes F11 - 12)

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

Note: If the athlete loses orientation so that he / she requires to be re-oriented, the clock shall be stopped and only restarted (to include any elapsed time already recorded) once orientation has again been completed.

Rule 180 Para 19 (Classes F32 - 34, F51 - 58)

Delete: second sentence.

Rule 180 Para 22 (Classes F42 - 44)

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

Rule 180 Para 23 (Classes F32 – 58)

In all field events, the Organising Committee may use the IPC points score system, in order to stage competitions with more than one classification group in one event.

(A) - VERTICAL JUMPS

RULE 182 High Jump

Rule 182 Para 2 (Class F11)

Note after rule: Class 11 competitors may touch the bar as an aid to orientation before commencing the run up. If, on so doing, the athlete dislodges the bar this will not count as an attempt.

Rule 182 Para 11 (Class 12)

Athletes in Class 12 may place an appropriate visual aid on the bar.

(B) - HORIZONTAL JUMPS

RULE 184 General Conditions

Rule 184 Para 7 (Classes F42 – 44)

- a) If, in the process of jumping, an athlete loses the prosthesis, the mark where the prosthesis lands, if it is the closest mark to the take-off board, shall be measured.
- b) If the prosthesis is lost during the run-up, the athlete can adjust it and continue within the allowed

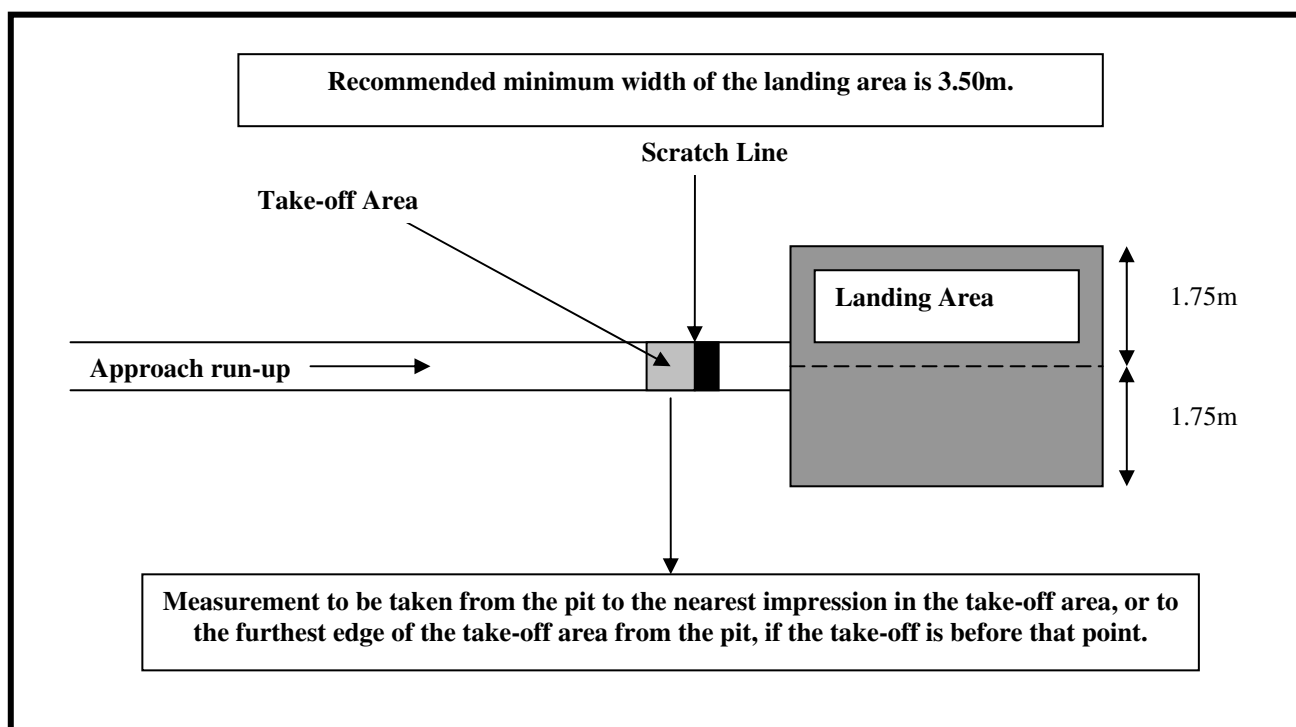
time, with or without the prosthesis.

- c) If the prosthesis lands behind the closest mark in the landing area, but outside the landing area it shall be counted as a foul and recorded as such.

RULE 185 Long Jump

Rule 185 Para 3 (Classes F11 - 12)

For Class 11 & 12 athletes **delete:** from “..to the take -off.” to “ ...extended.” **Insert:** “...to the nearest impression left by the takeoff foot. Where an athlete does not take off from the take -off area, but before it, measurement will be made to the edge of the takeoff area furthest from the pit.”



Rule 185 Para 7 (Classes F11 - 12)

Add: after rule: For Class 11 & 12 athletes, the takeoff area shall consist of a rectangle 1.00m x 1.22m, which must be prepared in such a way (by use of chalk, talcum powder, light sand etc.) that the athlete leaves an impression on the area with his/her takeoff foot.

Rule 185 Para 9 (Classes F11 - 12)

Note: For purposes of safety, it is strongly recommended that the minimum distance between the axis of the runway and the sides of the landing area be 1.75m. If this recommendation cannot be met, the Technical Delegate may require additional safety measures.

Rule 186 Triple Jump

Rule 186 Para 4 (Classes F46)

Delete: from “..it is recommended..” to “..for women..” **Insert:** “..the take off board will normally be set at 9 metres for women and 11 metres for men.”

Rule 186 Para 4 (Classes F11 - 12)

Delete: from “..it is recommended..” to “..for women...” **Insert:** “the take-off board shall be the following distances...” **Add:** Class 11 - minimum 9m. Classes 12 & 13 - minimum 11m.

Note: the exact distance from the board to pit shall be determined for each competition in consultation with the Technical Delegate.

(C) - THROWING EVENTS

RULE 187 General Conditions

Rule 187 Para 1

Implements shall comply with the specifications of the IPC Athletics Section.

Rules 187 Para 4a (Classes F32 - 34, F51 - 53)

For “hand” read “hands”, except that athletes in Class 51- 53 may use strapping or a glove on their non - throwing hand, and anchor that hand to the frame.

*Note: Classes F32 –34, F54 - 58 must **not** use gloves.*

Rule 187 Para 14 (Classes F32 - 34, F51 - 58)

- (b) **Delete:** “...stepped into...”. Insert “...entered...”.
- (c) **Add:** after “ ..stop board..” **Insert:** “..or any holding device outside the vertical plane of the edge of the Circle”.
- (d) **Add:** after “ ..iron band”. “Only the footrest(s) or any part of the wheel or push rim not touching the circle may be outside the circumference of the circle.”

Rule 187 Para 14 (c) (Classes F32 - 34, F51 - 58)

Note: A stop board is unnecessary for all athletes competing from frames.

Rule 187 Para 17 (Classes F32 - 34, F51 - 58)

Note: This rule shall be waived for competitors using the approved holding device.

Rule 187 (Classes F32 - 34, F51 - 58)

Note: At end of Rule 187. The rules for the club competition for all athletes in frames will be those of Rule 187. (as amended, but with “Club” substituted for “Discus” whenever necessary).

RULE 188 Putting the Shot

Rule 188 Para 1 (Classes F32-34; F51 - 58)

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

SECTION V -COMBINED EVENTS COMPETITIONS

Rule 200 Combined Events Competition

Rule 200 Note: *Read only those Rules and sections of rules which are relevant to the competition. All events take place over one day.*

Rule 200 Para 1 (Class 11 – 13)

Delete: after "...following order." **Insert:**

11 - 13 Men	Long Jump; Javelin; 100m; Discus; 1500m.
11 - 13 Women	Long Jump; Shot; 100m; Discus; 800m.

Rule 200 Para 1 (Class 33 – 38)

Delete: after "...following order." **Insert:**

33 & 34	Men & Women	Shot; Javelin; 100m.; Discus; 800m.
35 - 38	Men:	Long Jump; Javelin; 100m; Discus; 1500m.
35 - 38	Women:	Long Jump; Shot; 100m; Discus; 800m

Rule 200 Para 1 (Class 42 –46)

Delete: after "...following order." **Insert:**

42	Men & Women	Long Jump; Shot; 100m ; Discus; 200m.
44	Men & Women	Long Jump; Shot; 100m.; Discus; 400m.
46	Men	Long Jump; Shot; 100m.; Discus; 1500m.
46	Women	Long Jump; Shot; 100m.; Discus; 800m.

Rule 200 Para 1 (Class F51 - F58)

Delete: after "...following order." **Insert:**

F51:	100m.; Club; 400m.; Discus; 800m.
F52 & 53:	Shot; Javelin: 100m.; Discus; 800m.
F54 - 58:	Shot; Javelin; 200m.; Discus; 1500m.

Rule 200 Para 9 (All Classes)

Add: after "...IAAF Rules.." and their variations contained herein."

Rule 200 Para 12 (All Classes)

Delete: the word "IAAF.."

SECTION X - WORLD RECORDS

Rule 260 World Records

Rule 260

The rules contained in the sanction or Permit application shall be followed in regard to World Record applications.

Rule 260 Para 6

Note: In competitions held under IPC sanction or Permit, doping control will be at least by random testing. Records will be ratified even though the athlete who achieves the record is not tested.

APPENDIX I

CLASSIFICATION IDENTIFICATION SYSTEM (Simplified)

TRACK EVENTS (Men and Women)

Events for the visually impaired.

T11
T12
T13

Events for athletes with learning difficulties.

T20 .

Events for athletes with cerebral palsy.

T32 - Wheelchair.
T33 - Wheelchair.
T34 - Wheelchair.
T35 - Ambulatory
T36 - Ambulatory
T37 - Ambulatory
T38 - Ambulatory

Events for ambulatory athletes.

T42
T43
T44
T45
T46

Events for athletes in wheelchairs.

T51
T52
T53
T54

JUMPING EVENTS (Men and Women)

Events for the visually impaired.

F11 - High, Long & Triple Jump
F12 - “ “ “ “
F13 - “ “ “ “

Events for athletes with learning difficulties.

F20 - High, Long & Triple Jump

Events for athletes with cerebral palsy.

F35 - Long Jump
F36 - “ “
F37 - “ “
F38 - “ “

Events for ambulatory athletes.

F42 - High Jump & Long Jump
F44 - “ “ “ “
F45 - High, Long & Triple Jump
F46 - “ “ “ “

THROWING EVENTS**(MEN)****(UNTIL SEPTEMBER 30th 2006)****Events for the visually impaired.**

	SHOT	DISCUS	JAVELIN	IMPLEMENT WEIGHTS
F11	7.26kg	2.00kg	800gm	
F12	7.26kg	2.00kg	800gm	
F13	7.26kg	2.00kg	800gm	

Events for athletes with learning difficulties.

	SHOT	DISCUS	JAVELIN
F20	7.26kg	2.00kg	800gm

Events for athletes with cerebral palsy.

	SHOT	DISCUS	JAVELIN	CLUB
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	4.00kg	1.00kg	600gm	
F35	4.00kg	1.00kg	600gm	
F36	4.00kg	1.00kg	600gm	
F37	5.00kg	1.00kg	600gm	
F38	5.00kg	1.50kg	800gm	

Events for ambulatory athletes.

	SHOT	DISCUS	JAVELIN
F40	4.00kg	1.00kg	600gm
F41	6.00kg	1.00kg	800gm
F42	6.00kg	1.50kg	800gm
F43	6.00kg	1.50kg	800gm
F44	6.00kg	1.50kg	800gm
F46	6.00kg	1.50kg	800gm

Events for athletes in wheelchairs.

	SHOT	DISCUS	JAVELIN	CLUB
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	4.00kg	1.00kg	600gm	
F55	4.00kg	1.00kg	600gm	
F56	4.00kg	1.00kg	600gm	
F57	4.00kg	1.00kg	600gm	
F58	5.00kg	1.00kg	600gm	

THROWING EVENTS**(MEN)****FROM OCTOBER 1st 2006****Events for the visually impaired.**

	SHOT	DISCUS	JAVELIN	IMPLEMENT WEIGHTS
F11	7.26kg	2.00kg	800gm	
F12	7.26kg	2.00kg	800gm	
F13	7.26kg	2.00kg	800gm	

Events for athletes with learning difficulties.

	SHOT	DISCUS	JAVELIN
F20	7.26kg	2.00kg	800gm

Events for athletes with cerebral palsy.

	SHOT	DISCUS	JAVELIN	CLUB
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	4.00kg	1.00kg	600gm	
F35	4.00kg	1.00kg	600gm	
F36	4.00kg	1.00kg	600gm	
F37	5.00kg	1.00kg	600gm	
F38	5.00kg	1.50kg	800gm	

Events for ambulatory athletes.

	SHOT	DISCUS	JAVELIN
F40	4.00kg	1.00kg	600gm
F42	6.00kg	1.50kg	800gm
F43	6.00kg	1.50kg	800gm
F44	6.00kg	1.50kg	800gm
F46	7.26kg	2.00kg	800gm

Events for athletes in wheelchairs.

	SHOT	DISCUS	JAVELIN	CLUB
F51		1.00kg		397gm
F52	3.00kg	1.00kg	600gm	
F53	4.00kg	1.00kg	600gm	
F54	4.00kg	1.25kg	600gm	
F55	4.00kg	1.25kg	600gm	
F56	5.00kg	1.50kg	700gm	
F57	5.00kg	1.50kg	700gm	
F58	6.00kg	1.75kg	700gm	

THROWING EVENTS**(WOMEN)****(UNTIL SEPTEMBER 30th 2006)****Events for the visually impaired.**

	SHOT	DISCUS	JAVELIN	IMPLEMENT WEIGHTS
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	

Events for athletes with learning difficulties.

	SHOT	DISCUS	JAVELIN
F20	4.00kg	1.00kg	600gm

Events for athletes with cerebral palsy.

	SHOT	DISCUS	JAVELIN	CLUB
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	3.00kg	1.00kg	600gm	
F35	3.00kg	1.00kg	600gm	
F36	3.00kg	1.00kg	600gm	
F37	3.00kg	1.00kg	600gm	
F38	3.00kg	1.00kg	600gm	

Events for ambulatory athletes.

	SHOT	DISCUS	JAVELIN
F40	3.00kg	0.75kg	400gm
F41	4.00kg	1.00kg	600gm
F42	4.00kg	1.00kg	600gm
F43	4.00kg	1.00kg	600gm
F44	4.00kg	1.00kg	600gm
F46	4.00kg	1.00kg	600gm

Events for athletes in wheelchairs.

	SHOT	DISCUS	JAVELIN	CLUB
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	3.00kg	1.00kg	600gm	
F55	3.00kg	1.00kg	600gm	
F56	3.00kg	1.00kg	600gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	

THROWING EVENTS**(WOMEN)****FROM OCTOBER 1st 2006****Events for the visually impaired.**

	SHOT	DISCUS	JAVELIN	IMPLEMENT WEIGHTS
F11	4.00kg	1.00kg	600gm	
F12	4.00kg	1.00kg	600gm	
F13	4.00kg	1.00kg	600gm	

Events for athletes with learning difficulties.

	SHOT	DISCUS	JAVELIN
F20	4.00kg	1.00kg	600gm

Events for athletes with cerebral palsy.

	SHOT	DISCUS	JAVELIN	CLUB
F32	2.00kg	1.00kg		397gm
F33	3.00kg	1.00kg	600gm	
F34	3.00kg	1.00kg	600gm	
F35	3.00kg	1.00kg	600gm	
F36	3.00kg	1.00kg	600gm	
F37	3.00kg	1.00kg	600gm	
F38	3.00kg	1.00kg	600gm	

Events for ambulatory athletes.

	SHOT	DISCUS	JAVELIN
F40	3.00kg	0.75kg	400gm
F41	4.00kg	1.00kg	600gm
F42	4.00kg	1.00kg	600gm
F43	4.00kg	1.00kg	600gm
F44	4.00kg	1.00kg	600gm
F46	4.00kg	1.00kg	600gm

Events for athletes in wheelchairs.

	SHOT	DISCUS	JAVELIN	CLUB
F51		1.00kg		397gm
F52	2.00kg	1.00kg	600gm	
F53	3.00kg	1.00kg	600gm	
F54	3.00kg	1.00kg	600gm	
F55	3.00kg	1.00kg	600gm	
F56	3.00kg	1.00kg	600gm	
F57	3.00kg	1.00kg	600gm	
F58	4.00kg	1.00kg	600gm	

IPC ATHLETICS

REGULATIONS FOR IPC COMPETITIONS 2006

For competition at Paralympics and IPC Athletics World Championships, as well as other competitions sanctioned or under the Permit of IPC Athletics, three documents shall be used, along with the current edition of the IAAF Competition Rules.

These are:

- (1) The IPC Athletics Rules book.
- (2) The IPC Athletics Regulations for Competition (this document), which shows all the specific regulations governing the way in which IPC Athletics competitions shall be organised and carried out.
- (3) The IPC Athletics Classification Handbook, which shows the classification rules under which IPC Athletics competitions shall be organised and carried out.

It must be noted that some of these rules and regulations may not be exactly the same as those contained in the individual IOSD rules and regulations, because of the different conditions under which IPC competition is run.

The rules and regulations must be read in conjunction with the IAAF rules, contained in the Competition Rules book of that Association, and the separate book of Regulations published by that body. For the period including the 2006 IPC Athletics World Championship, the version of the IAAF Competition Rules to which this book refers is the 2006-2007 edition. The reference to the I.A.A.F. Competition Rules does not confer any responsibility onto the I.A.A.F. for the IPC Athletics Rules.

This is the first occasion on which these publications have been released separately, and allow organisers to recognise the differences between competitions under IPC Athletics jurisdiction and those of other organisations.

This book of regulations will remain in force until the publication of the next edition, which will be publicised on the IPC Athletics website, and circulated to members. Periodic updates may be published during the period of this book, and these will be circulated to members on the website and by email.

The IAAF has no responsibility for any rules or regulations used by IPC Athletics.

Chris Cohen (Chairman)

January 2006

INDEX

<u>INFORMATION</u>	<u>PAGE</u>	<u>DETAILS</u>
Rule 8	22	Advertising & Displays during IPC Competition
Rule 144	22	Assistance to Athletes.
Rule 145	22	Disqualification
Rule 162	22	The Start.
Rule 163	22	The Race.
Rule 166	23	Seedings, Draws and Qualifications in Track Events.
Rule 170	24	Relay Races.
Rule 180	24	Field Events - General Conditions.
Rule 240	24	Road Races.
Field Events	26	Points Score Tables

RULE 8 Advertising and Displays during I.P.C. Competition

For further information on regulations concerning advertising in IPC Athletics competitions, members should refer to the standard IPC rules on advertising, as well as the IAAF regulations. These both give specific examples and specifications for the size and placing of advertising and branding on clothing and equipment.

Note: (Classes T32 - 34, T51 - 54)

“The racing chair shall be regarded, for the purposes of advertising, as three pieces of equipment; i.e. two large wheels and a frame.”

Note: (Classes F32-34, F51 – 58)

“The throwing chair shall be regarded, for the purposes of advertising, as one piece of equipment.”

Further details will be available in the Regulations, and updated as appropriate.

RULE 144 Assistance to Athletes

(Classes 11 - 12)

Whenever possible, to ensure silence, events in which acoustic assistance is being used should not be timetabled together with other running events.

For Class 13, I.A.A.F. Rules will be followed in their entirety, except as noted in the Rules.

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

(Class 20, 42-46)

Note: Some athletes will require their starting blocks to be set for them, or their runway markers to be at a pre-set distance from the take-off board, prior to the competition. The Technical Delegate will provide the appropriate athletes with a document on which to show their requirements.

RULE 145 Disqualification

(Classes 51 - 58)

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

RULE 162 The Start

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

RULE 163 The Race

(Classes T32 - 34, T51 - 54)

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

RULE 166 Seeding, Draws and Qualifications in Track Events

100m - 400m (Class 11 & 12)

- 5 - 8 entries 2 Heats 1st in each Heat + 2 fastest losers to Final;
9 - 12 3 Heats 1st in each Heat + 1 fastest loser to Final. Remaining four to the "B" Final.
13 - 16 4 Heats 1st in each Heat + 4 fastest losers to 2 semi-finals.
2 Semi-Finals 1st & 2nd in each Heat + 2 fastest losers to Final. Remaining four to the "B" Final.
17 - 20 5 Heats 1st in each Heat + 7 fastest losers to 3 semi-finals, then as shown above.
21 - 24 6 Heats 1st in each Heat + 6 fastest losers to 3 semi-finals, then as shown above.
25 - 28 7 Heats 1st in each Heat + 9 fastest times to 4 second round races, then as shown above.
29 - 32 8 Heats 1st in each Heat + 10 fastest times to 4 second round races, then as shown above.

800m (Class 11 & 12)

- 1 - 5 entries Final
6 - 10 2 Heats 1st + 3 fastest loser to Final.
11 - 15 3 Heats 1st + 2 fastest losers to Final.
16 - 20 4 Heats 1st & 2nd + 2 fastest losers to 2 semi-finals, then as shown above.

1500m (Class 11 & 12)

- 1 - 6 entries Final
7 - 12 2 Heats 1st & 2nd + 2 fastest losers to Final.
13 - 18 3 Heats 1st + 4 fastest losers to Final

5000m & 10000m (Class 11 & 12)

- 1 - 10 entries Final
11 - 20 2 Heats 1st, 2nd & 3rd + 4 fastest losers to Final.
21 - 30 3 Heats 1st & 2nd + 4 fastest losers to Final.

100m - 1500m (Class 13)

- 1 - 8 entries Final
9 - 16 2 Heats 1st, 2nd & 3rd + 2 fastest losers to Final.
17 - 24 3 Heats 1st & 2nd + 3 fastest losers to Final.
25 - 32 4 Heats 1st, 2nd & 3rd + 4 fastest losers to semi-finals, then as shown above.

5000m & 10000m (Class 13)

- 1 - 20 entries Final
21 - 40 2 Heats First 8 + 4 fastest losers to Final.

1500m (Class T32-34; 51-54)

Progression as IAAF 800m

5000m (Class T32-34; 51-54)

- 1 - 10 Final
11 - 20 2 Heats 1st, 2nd & 3rd + 4 fastest losers to Final.
21 - 30 3 Heats 1st & 2nd + 4 fastest losers to Final.
31 - 40 4 Heats 1st, 2nd, 3rd & 4th + 4 fastest losers to 2 semi-finals, then as shown above.

10000m (Class T32-34; 51-54)

- 13 - 24 2 Heats First 4 + 4 fastest losers to Final.
25 - 36 3 Heats 1st, 2nd & 3rd + 3 fastest losers to Final.
37 - 48 4 Heats 1st & 2nd + 4 fastest losers to Final.

Relays(Class T11-13; T32-34; 51-54)

- 5 - 8 2 Heats Fastest 4 times proceed to the Final.
9 - 12 3 Heats Fastest 4 times proceed to the Final.
13 - 16 4 Heats Fastest 8 times proceed to two Semi-finals. (Then as above)

RULE 170 Relay Races

(Class 11 – 13)

The relay team must include a minimum of one Class 11 and one Class 12 runner. The relay team shall have not more than one Class 13 runner.

(T32-34; T51-52; T53-54)

The relay team must include at least one athlete from the more/most disabled class.

(T35-38)

The composition of the relay team is open. Take-over is by baton.

(Classes 42 - 46)

In 4x100m. relays for classes 42, 43, 45, the composition of the team shall be: maximum 2 per team from class 45. Change is by touch in the take-over zone.

In 4 x 100m. and 4 x 400m. relays for classes 42, 44, 46, the composition of the team shall be: maximum 2 per team from class 46. Take-over is by baton.

An Open Relay may be offered where there are insufficient athletes of appropriate classes. The change would be by touch or baton as determined by the Technical Delegate.

RULE 180 General Conditions

Rule 180 Para 5 (Classes F32 - 34, F51 - 58)

Replace with "...Athletes take three throws consecutively. In addition to the time allowed under this rule, a reasonable time will be permitted for an athlete to place the frame in the circle before the commencement of their first trial. This time shall not normally exceed 2 minutes for classes 32 - 34, 54 - 58, and 3 minutes for classes 51 - 53.

Note: While the responsibility for tying down rests with officials and volunteers, the Technical Delegate will issue specific interpretations at each competition which ensure athletes do not engage in time-wasting tactics.

RULE 240 Road Races

(Classes T32 - 34, T51 - 54)

Note: Competitors may carry their own refreshments.

(Class 11 – 13, 35 – 38, 42 - 46)

In Road races, all athletes will start together, but the finishing order will be determined for each class.

(Classes T32 - 34, T51 - 54)

In Road races all athletes will start together, but the finishing order will be determined for each class.

Rule 240 Para 13 (Class 11 – 13)

The Organising Committee shall provide numbers that distinguish between athletes of each class.

Rule 240 Para 14 (Classes 11 - 13)

Competitors and their guides shall receive assistance at the refreshment stations.

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

Rule 240 Para 15 (Classes 11 - 13)

A relay of up to four guides may be used for Class 11 and 12 athletes, but exchanges may only take place at 10 km; 20 km; & 30 km.

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

Field Event Points Tables for Men and Women

For IPC Athletics competitions during 2006, the following Points Score Tables will be used. It should be noted that only one set of tables is shown, and this set should be used for all events, both for men and for women.

To find the correct score for any athlete, take the performance and divide it by the score shown in the table, as shown in the example below:

Women's Long Jump

Class F42 athlete - Performance – 5.65 metres (5.65 divided by 0,005843) = 966 points.

Class F46 athlete - Performance – 5.65 metres (5.65 divided by 0,00709) = 796 points.

Event	Class F11	Class F12	Class F13		Class F20
Shot	0,014025	0,016153	0,016153		0,01286
Discus	0,03487	0,048625	0,050893		0,037288
Javelin	0,046185	0,056083	0,058465		0,049873
High jump	0,00159	0,00202	0,00203		0,001903
Long jump	0,006438	0,007135	0,007203		0,007165
Triple jump	0,013028	0,014913	0,01528		0,01462

Event	Class F32	Class F33	Class F34
Shot	0,007283	0,010068	0,010793
Discus	0,017603	0,0277	0,037043
Javelin		0,02633	0,03381
Club	0,03188		

Event	Class F35	Class F36	Class F37	Class F38
Shot	0,014103	0,012045	0,014043	0,014545
Discus	0,042628	0,03518	0,049605	0,04301
Javelin	0,043853	0,037183	0,046608	0,049463
Long jump		0,005708	0,005828	0,005828

Event	Class F40	Class F42	Class F44	Class F46
Shot	0,009923	0,01352	0,015245	0,015245
Discus	0,0296	0,04665	0,052995	0,052995
Javelin	0,03254	0,04902	0,054593	0,059947
High jump		0,001805	0,002023	0,002023
Long jump		0,005843	0,006678	0,00709
Triple jump				0,014053

Event	Class F51	Class F52	Class F53	Class F54
Shot		0,009023	0,0083	0,009353
Discus	0,00986	0,017653	0,024113	0,029603
Javelin		0,016445	0,019623	0,026768
Club	0,023965			

Event	Class F55	Class F56	Class F57	Class F58
Shot	0,011155	0,011568	0,01356	0,014393
Discus	0,03656	0,0373	0,046928	0,053605
Javelin	0,032733	0,035673	0,039855	0,048888