

IPC ATHLETICS RULES & REGULATIONS 2010-2011



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PREAMBLE

The International Paralympic Committee (IPC) is the global governing body for the Paralympic Movement and IPC Athletics is a brand of the IPC.

The IPC Athletics Rules & Regulations 2010-2011 have been developed to be used in conjunction with the 2010-11 IAAF Competition Rules to conduct IPC Athletics Recognized Competitions including:

- 1) IPC Competitions i.e. Paralympic Games and World Championships
- 2) IPC Sanctioned Competitions i.e. World Circuits or Series
- 3) IPC Athletics Approved Competitions i.e. National and International, IAAF or National Federation (NF) Endorsed

This document:

- Overviews the Rules and Regulations which govern an IPC Athletics Recognized Competitions
- Is designed by the IPC to be compatible with the Rules and Regulations of the International Association of Athletics Federations (IAAF)

The alignment of this document with the 2010-11 IAAF Competition Rules does not confer any responsibility onto the IAAF for the IPC Athletics Rules & Regulations. For IPC Athletics matters any references in the 2010-11 IAAF Competition Rules to the:

- “General Secretary of the IAAF” should be amended to “Sports Manager of IPC Athletics”
- “IAAF” or to the “Council of the IAAF” should be amended to “IPC” or “IPC Governing Board”
- “Competitions organised under (IAAF) Rule 1.1” should be amended to “IPC Athletics Recognized Competitions”.

A key feature of this document is the clarification of the exceptions to the Technical Rules of the 2010-11 IAAF Competition Rules contained in Chapter 5. These exceptions apply to all events for Athletes with a Disability incorporated in IPC Athletics Recognized Competitions.

Other documents that are integral to the implementation of the IPC Athletics Rules & Regulations 2010-2011 are the:

- IPC Handbook
- IPC Anti-Doping Code
- IPC Athletics Classification Rules and Regulations
- IPC Classification Code
- IPC Athletics Eligibility Requirements
- IPC Code of Ethics

This edition of the IPC Athletics Rules & Regulations will be current from the date of release until the publication of the next edition after the 2011 Christchurch IPC World Athletics Championships. The publication of the next



edition of the IPC Athletics Rules & Regulations will be publicised on the IPC Athletics website and circulated to the IPC membership. The next edition will affect the period to include the 2012 London Paralympic Games.

A handwritten signature in black ink, which reads "J.S. Hellwig". The signature is written in a cursive style with a long, sweeping tail that loops back under the name.

Jason Hellwig
Chairman, IPC Athletics Sports Technical Committee

January 2010



1 CHAPTER 1 - IPC ATHLETICS RECOGNIZED COMPETITIONS

1.1 IPC Athletics Recognized Competitions

IPC Athletics Recognized Competitions include:

- (a) Paralympic Games;
- (b) IPC Athletics World Championships;
- (c) IPC Athletics Regional Championships;
- (d) IPC Sanctioned Competitions
- (e) IPC Athletics Approved Competitions - International or National competitions for Athletes with a Disability and IAAF / NF Endorsed competitions.

1.2 Application of the IPC Athletics Rules & Regulations

The IPC Athletics Rules & Regulations 2010-2011 apply to the following IPC Athletics Recognized Competitions:

- (a) Paralympic Games;
- (b) IPC Athletics World Championships;
- (c) IPC Athletics Regional Championships;
- (d) IPC Sanctioned Competitions; and
- (e) IPC Athletics Approved Competitions - International or National competitions for Athletes with a Disability and IAAF / NF Endorsed competitions.

1.3 IPC Athletics Recognized Competitions Requirements

For detailed information regarding the current IPC Athletics Recognized Competitions Requirements refer to the IPC Athletics website: www.ipc-athletics.paralympic.org

1.4 Recognition of Competition Results

IPC Athletics only accepts results achieved at IPC Athletics Recognized Competitions and in accordance with the rules of athlete licensing for the purposes of:

- (a) IPC Athletics Rankings;
- (b) IPC Athletics Records;
- (c) Allocation of qualification slots for IPC Athletics World Championships and Paralympic Games; and/or
- (d) Achieving qualification standards for entry into IPC Athletics World Championships and Paralympic Games.



For detailed information regarding the current IPC Athletics Athlete License Requirements refer to the Registration and Licensing Policy on the IPC Athletics website: <http://ipc-athletics.paralympic.org/Downloads/>

1.5 Advertising and Displays during IPC Athletics Recognized Competitions

The IPC requirements on advertising and displays in conjunction with the IAAF regulations stipulate the specific specifications for the size and placing of advertising and branding on clothing and equipment for IPC Athletics Recognized Competitions.

For detailed information regarding the current regulations concerning advertising and displays at IPC Athletics Recognized Competitions and IPC Competitions generally refer to the IPC website: http://www.paralympic.org/IPC/Reference_Documents/

Note: For the purposes of advertising the:

- Racing wheelchair (i.e. Sports Classes T32-34 & T51-54) shall be regarded as three pieces of equipment (i.e. two large wheels and a frame).
- Throwing frame (i.e. Sports Classes F32-34 & F51 - 58) shall be regarded as one piece of equipment.”

1.6 IPC Eligibility Code Anti-Gambling (i.e. Betting) Requirements

All IPC Athletics Licensed Athletes have signed the IPC Eligibility Code and are bound by Item 8 of the Code, which states that they agree “not to participate or assist in any gambling or betting activities associated with any IPC event”.



2 CHAPTER 2 - ELIGIBILITY & CLASSIFICATION

2.1 IPC Athletics Eligibility Requirements

IPC Athletics Eligibility Requirements apply to the following IPC Athletics Recognized Competitions:

- (a) Paralympic Games
- (b) IPC Athletics World Championships
- (c) IPC Athletics Regional Championships
- (d) IPC Athletics Sanctioned Competitions
- (e) IPC Athletics Approved Competitions - International or National competitions for Athletics with a Disability and IAAF / NF Endorsed competitions.

Information regarding Eligibility Requirements will be outlined in the respective competition documentation.

Note: An athlete must be 14 by 31st December in the year of competition to compete in an event.

2.2 IPC Athletics Classification Requirements

In addition to meeting the IPC Athletics Eligibility Requirements, in order to compete in the above competitions an athlete must also have been assessed by an IPC Athletics Classification Panel to:

- (a) Determine whether or not they meet the IPC Athletics Minimal Disability Criteria (MDC); and
- (b) If they meet the IPC Athletics MDC, to determine their:
 - (i) IPC Athletics Class; and
 - (ii) IPC Athletics Classification Status as either Review (R) or confirmed (C).

For detailed information regarding the current IPC Athletics Classification Rules and Regulations refer to the IPC Athletics website: <http://ipc-athletics.paralympic.org/Classification/>

2.3 Entering Athletes with a New (N) status

Athletes who have not been assessed by an IPC Classification Panel can be entered in the competitions identified above in section 2.1 (b)-(e) with an IPC Athletics Classification Status of New (N) providing:

- (a) They meet the relevant IPC Athletics Eligibility Requirements and IPC Athletics Athlete Licence Requirements



- (b) Have achieved the entry standards (where applicable) for the respective event or events they intend to enter in their “potential” Class in accord with requirements stipulated by the Local Organising Committee (LOC).

Note: It is not mandatory IPC Athletics Classification to be offered at every IPC Athletics Recognized Competition. One of the objectives of IPC Athletics is to minimise or, if possible, eliminate IPC Athletics Classification at the IPC Athletics World Athletics Championships and the Paralympic Games. Achieving this objective will require a coordinated approach to improving access to IPC Athletics Classification opportunities away from these major competitions.

2.4 Eligibility Requirements at IAAF / NF Endorsed Competitions

Athletes with a Disability competing in events incorporated in IPC Athletics Approved IAAF / NF Endorsed Competitions must meet:

- (a) The eligibility requirements contained in the Chapter 2 of the 2010-11 IAAF Competition Rules; and/or
- (b) Any variations of these requirements stipulated by the Local Organising Committee (LOC) and/or overseeing Federation.



3 CHAPTER 3 – ANTI-DOPING - MEDICAL SERVICES - TECHNOLOGY AND EQUIPMENT

3.1 Anti-Doping

3.1.1 IPC Anti-Doping Code

The IPC Anti-Doping Code (IPC Handbook, Section 2, Chapter 1.2, http://www.paralympic.org/IPC/IPC_Handbook/) applies to the following IPC Athletics Recognized Competitions:

- (a) Paralympic Games
- (b) IPC Athletics World Championships
- (c) IPC Athletics Regional Championships
- (d) IPC Athletics Sanctioned Competitions

3.1.2 Anti- Doping Requirements at IPC Approved competitions

The Anti-Doping Code of the respective overseeing federation applies to events for athletes with a disability in:

- (a) IPC Athletics Approved Competition – International and National competitions for Athletics with a Disability and/or
- (b) IPC Athletics Approved Competition - IAAF / NF Endorsed Competitions

The IPC Athletics Approved Competition application process requires:

- (a) As a minimum deterrent, random in-competition anti-doping testing, and
- (b) That the respective competition will be conducted in accord with World Anti-Doping Authority (WADA) Anti-Doping Code and International Standards applicable to the Federation endorsing the competition.

3.1.3 IPC Eligibility Code Anti-Doping Requirements

All IPC Athletics Licensed Athletes have signed the IPC Eligibility Code which states that they will “not take any substance or use methods prohibited by the IPC Anti-Doping Code” (IPC Eligibility Code, item 7).



3.2 Medical Services

3.2.1 Competition Medical Services

With the exclusion of the anti-doping related sections, the provisions set forth in the IAAF Competition Medical Handbook (<http://www.iaaf.org/medical/info/index.html>) apply to the IPC Athletics Recognized Competitions.

3.2.2 Medical Delegate

The decision by the IPC appointed Medical Delegate shall have the final authority on all medical matters.

3.2.3 Autonomic Dysreflexia and “Boosting”

Any deliberate attempt to induce Autonomic Dysreflexia (i.e. “Boosting”) is forbidden at IPC Athletics Recognized and Approved Competitions.

The IPC Position Statement on “Autonomic Dysreflexia and Boosting” (IPC Handbook, Section 2, Chapter 4.3, http://www.paralympic.org/IPC/IPC_Handbook/) applies to all IPC Athletics Recognized and Approved Competitions.

3.2.4 Gender Verification

The Medical Delegate, in accordance with IAAF Rule 113, at the Paralympic Games, IPC Athletics World Championships and IPC Athletics Regional Championships, has *“the authority to arrange for the determination of the gender of an athlete”*.

3.3 Technology and Equipment

3.3.1 Fundamental Principles

The fundamental principles that IPC is promoting regarding the evolution of equipment used during IPC Competitions are:

- (a) **Safety** (i.e. to the user, other competitors, officials, spectators and the environment)
- (b) **Fairness** (i.e. the athlete does not receive an unfair advantage that is not within the “spirit” of the event they are contesting)
- (c) **Universality** (e.g. commercially available to all not just selected athletes or countries)



- (d) **Physical Prowess** (i.e. human performance is the critical endeavor not the impact of technology and equipment)

Note: The IPC is currently investigating ways to standardize equipment and establish valid and reliable methods for testing to regulate equipment.

These principles apply in particular in relation to the development of:

- Sports specific prosthesis
- Materials for Throwing Poles and Frames
- Wheelchair componentry

3.3.2 Monitoring of the use of technology and equipment

The IPC Athletics Technical Delegate, or his designee, will monitor the use of technology and equipment at IPC Athletics Recognized Competitions so that it should not give an athlete an unfair advantage over their peers. This monitoring may include the assessment of:

- (a) Unrealistic enhancement of height of release in throwing events;
- (b) Unrealistic enhancement of stride length;
- (c) Whether or not equipment and/or prosthetic components are commercially available to all athletes (i.e. prototypes that are purpose built by manufactures exclusively for the use of a specific athlete should not be used at IPC Athletics Approved Competitions); and
- (d) The use equipment using materials that store energy and/or are designed to provide function to enhance performance beyond the capacity of an “able-bodied” athlete

3.3.3 Prohibited Technology

Use of the following technology is prohibited at IPC Athletics Recognized Competitions:

- (a) Equipment that results in athletic performance being generated by machines, engines or robotic mechanisms; and
- (b) Osteo-integrated prosthesis.

The IPC Athletics Technical Delegate should report to IPC Athletics any instances about which they are concerned regarding potential breaches of the above. The IPC Athletics Sports Manager upon receiving such a report should refer the matter to the Sports Technical Committee and the IPC Medical & Scientific Director for further investigation and action on a case by case basis.



4 CHAPTER 4 - DISPUTES

Generally, IPC Athletics agrees with and aspires to follow the spirit of the contents of Chapter 4 in the 2010-11 IAAF Competition Rules relating to disputes between athletes and others. Where these 2010-11 IAAF Competition 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.

4.1 IPC Anti-Doping Dispute Procedures

IPC Anti-Doping dispute resolution procedures are contained in the IPC Anti-Doping Code. For detailed information regarding the current IPC Anti-Doping Code refer to the IPC website: www.paralympic.org/anti-doping

4.2 IPC Classification Dispute Procedures

IPC Classification dispute resolution procedures are contained in the "IPC Board of Appeal of Classification" section of the IPC Handbook. For detailed information regarding the current IPC Handbook refer to the IPC website: http://www.paralympic.org/IPC/IPC_Handbook/

4.3 Dispute Procedures at IPC Athletics Recognized Competitions

As part of the IPC Athletics Competition Approval Process the Local Organising Committee (LOC) in consultation with IPC Athletics and/or the IPC will stipulate the specific dispute procedures for the following IPC Athletics Recognized Competitions:

- (a) Paralympic Games
- (b) IPC Athletics World Championships
- (c) IPC Athletics Regional Championships
- (d) IPC Sanctioned Competitions
- (e) IPC Athletics Approved Competitions – International or National competitions for Athletes with a Disability

For information regarding the dispute procedures for a specific competition please liaise with the respective Competition Manager and/or the IPC Athletics Technical Delegate.

4.4 Dispute Procedures at IPC Athletics Approved Competitions - IAAF / NF Endorsed Competitions

For events for Athletes with a Disability incorporated in IPC Athletics Approved IAAF / NF Endorsed Competitions dispute procedures



contained in Chapter 4 of the 2010-11 IAAF Competition Rules should be applied in conjunction with any specific variations of these rules stipulated by the Local Organising Committee (LOC) and/or the Federation endorsing the competition.



5 CHAPTER 5 – TECHNICAL RULES

Other than the exceptions prescribed in this Chapter the Technical Rules contained in Chapter 5 of the 2010-11 IAAF Competition Rules apply to:

- (a) Paralympic Games
- (b) IPC Athletics World Championships
- (c) IPC Athletics Regional Championships
- (d) IPC Sanctioned Competitions
- (e) IPC Athletics Approved Competitions - International or National competitions for Athletics with a Disability and IAAF / NF Endorsed competitions.

The remainder of this Chapter prescribes the exceptions to Chapter 5 - Technical Rules contained in the 2010-11 IAAF Competition Rules. These exceptions replace, amend or add additional requirements to the corresponding Rule, or segment of the Rule, in the 2010-11 IAAF Competition Rules.

Consequently it is essential that this Chapter is read in conjunction with the 2010-11 IAAF Competition Rules.

5.1 Rule 100: General

All announcements, advertisements, programmes and printed materials must state that the current the IPC Athletics Rules & Regulations will be applied at the following IPC Athletics Recognized Competitions:

- (a) Paralympic Games
- (b) IPC Athletics World Championships
- (c) IPC Athletics Regional Championships
- (d) IPC Sanctioned Competitions
- (e) IPC Athletics Approved Competitions - International or National competitions for Athletes with a Disability

All announcements, advertisements, programmes and printed materials must state that the relevant exceptions to the IAAF Technical Rules prescribed in the IPC Athletics Rules & Regulations will be applied for events for Athletes with a Disability incorporated in IPC Athletics Approved IAAF / NF Endorsed Competitions.



SECTION I - OFFICIALS

5.2 Rule 110: International Officials

5.2.1 Rule 110.1: Appointment of Officials for IPC and Sanctioned Competitions

At the Paralympic Games, IPC Athletics World Championships and IPC Athletics Regional Championships the following international officials should be appointed by the IPC based on recommendations from the IPC Athletics Sports Technical Committee:

- (a) IPC Athletics Technical Delegate and Assistant Technical Delegate
- (b) IPC Athletics International Technical Officials
- (c) Medical Delegate
- (d) Chief Classifier
- (e) International Classifiers
- (f) International Photo Finish Judge
- (g) Jury of Appeal

Note: These officials where possible should be international to the host country.

5.2.2 Rule 110.2: Appointment of Officials for IPC Approved Competitions

At IPC Athletics Approved International and National Competitions for Athletes with a Disability and IPC Athletics Approved IAAF / NF Endorsed Competitions:

- (a) The IPC Athletics Technical Delegate(s) for International and National Disability Competitions must be appointed by IPC Athletics Sports Technical Committee
- (b) If IPC Athletics Classification is being conducted in conjunction with the respective competition, then the Chief Classifier and International Classifiers must be appointed by IPC Athletics Sports Technical Committee.

Note: These officials may be from the host nation.



SECTION II - GENERAL COMPETITION RULES

5.3 Rule 129: Starters and Recalls

5.3.1 Rule 129.7: Collisions in first 50m of Wheelchair Races (Sport Classes T32-34 & T51-54)

Note: In wheelchair races of 800m or longer the starter has the authority to stop a race if a collision involving athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the Referee to take appropriate action on reports received from umpires during this portion of the race.

5.4 Rule 141: Age Groups

The following age groups are recognized by IPC Athletics:

- (a) Junior Males and Females: Any athlete of 18 or 19 years on 31st December in the year of the competition
- (b) Youth Boys and Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition
- (c) Under 16 Boys and Girls: Any athlete of 14 or 15 years on 31st December in the year of the competition

Note: An athlete must be 14 by 31st December in the year of competition to compete in an open event.

5.5 Rule 143: Clothing, Shoes and Number Bibs

5.5.1 Rule 143.1: Clothing for Secured Throws (Sport Classes F32-34 & F51-58)

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

5.5.2 Rule 143.7: Athlete Bibs on Race Chairs and Throwing Frames (Sport Classes T32-34 & T51-54)(F32-34 & F51-58)

Note: Every athlete must be provided with an additional number bib to be worn visibly on the back of their racing chair or throwing frame.

5.5.3 Rule 143.9: Numbers on Helmets (Sport Classes T32-34 & T51-54)

Note: In races of 800m or longer (including the 4x400m relay), these numbers shall be worn on the helmet.



5.5.4 Rule 143.10: Prosthetics & Orthotics
(Sport Classes T/F35-38 & T/F42-46)

Athletes may wear a prosthetic/s or orthotic/s in order to ensure both legs are of equal length.

Prosthetic/s or orthotic/s are required to comply with IPC Athletics “spirit” of the influence of technology on equipment guidelines contained in Article 3.5: Technology & Equipment of this document.

Prosthetic/s or orthotic/s should be reviewed by the Technical Official responsible for checking athlete equipment at IPC Athletics Approved Competitions. They should advise the IPC Athletics Technical Delegate regarding any equipment that they believe may breach the guidelines contained in Article 3.5: Technology & Equipment prior to the commencement of the respective event. The IPC Athletics Technical Delegate can rule whether or not the equipment can be used during the respective event.

5.5.5 Rule 143.11: Prosthetics Compulsory for T42-44 Track Events
(Sport Classes T42-44)

In track events athletes in Sports Classes T42-44 must use leg prostheses. Hopping is not allowed in track events.

5.5.6 Rule 143.12: Prosthetics Optional for F42-44 Field Events
(Sport Classes F42-44)

In field events athletes in Sports Classes F42-44 the wearing of prostheses is optional.

5.5.7 Rule 143.13: Opaque Glasses
(Sport Classes T/F11)

Athletes in Sport Classes T/F11 must wear approved opaque glasses or an appropriate substitute in all track and/or field 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.

5.5.8 Rule 143.14: Helmets
(Sport Classes T32-34, T51-54)

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



5.6 Rule 144: Assistance to Athletes

5.6.1 Rule 144.1: Indication of Intermediate Times (Sport Classes T11-T12)

Note: In events of 800m and above, people other than officials may call intermediate times from an area inside the competition area that has been designated for that purpose by the appropriate referee.

5.7 Rule 144.2 (c): Assistance to Athletes

5.7.1 Rule 144.2 (c.1): Guides and Guide-runners (Sports Classes T/F11-12, F32 & F51-53, F54)

Guide-runners for athletes in Sport Classes T/F11-12 and Guides for athletes in Sport Classes F32 & F51-53 will be permitted to accompany athletes onto the competition area.

Sport class F54 athletes that can show a medical document, approved by the IPC Medical Committee, may also be accompanied by a guide.

5.7.2 Rule 144.2 (c.2): Vests to Identify Guides and Guide-runners (Sports Classes T/F11-12, F32 & F51-53)

Guide-runners or Guides must be clearly identified by wearing a distinctively coloured vest provided by the Local Organising Committee.

5.7.3 Rule 144.2 (c.3): Guides and F32 & F51-53 Secured Throwers (Sports Classes F32 & F51-53)

Athletes in Sports Classes F32 & F51-53 are permitted one Guide per event who can assist:

- (a) Officials to ensure the athlete transfers safely to the throwing frame, and
- (b) Assist athletes to strap themselves to their throwing frame.

The Guide must withdraw from the competition area once they have completed these tasks and must follow any directives from officials of the event while they are in the competition area.

Note: Strapping, if used, must be only to the frame with non-elastic material.



5.7.4 Rule 144.2 (c.4): Provision of Guide-runners
(Sports Classes T11-12)

Athletes in Sports Classes T11-12 are encouraged to provide their own Guide-runners. However, at Paralympic Games, IPC World Athletics Championships and IPC Regional Championships the organisers should provide an appropriate Guide-runner if the athlete's National Paralympic Committee has requested such assistance and followed the associated "request for a Guide-runner" requirements of the Local Organising Committee.

5.7.5 Rule 144.2 (c.5): Method of Guidance
(Sports Classes T11-12)

The method of guidance for athletes in Sports Classes T11-12 is the choice of the athlete. The athlete may choose to use an elbow lead, a tether or to run free. In addition, the athlete may receive verbal instruction from the Guide-runner. The Guide-runner is not allowed to use a bicycle or other mechanical means of transport.

5.7.6 Rule 144.2 (c.6): Guide-runners must not Push or Propel
(Sports Classes T11-12)

The Guide-runner is not allowed to pull or propel the athletes in Sports Classes T11-12 in order to gain an advantage at any stage during a race.

5.7.7 Rule 144.2 (c.7): Guide-runners and Athletes within 0.5m
(Sports Classes T11-12)

Whether or not a tether is being used, athletes in Sports Classes T11-12 and their Guide-runner must not be more than 0.5m apart, except:

- (a) Under exceptional circumstances at the discretion of the Technical Delegate, or
- (b) During the last 10m of an event the 0.5m rule does not apply provided interference does not occur.

5.7.8 Rule 144.2 (c.8): Option of 2 Guide-runners for Events 800m or Longer
(Sports Classes T11-12)

For races of 800m or longer athletes in Sports Classes T11-12 are allowed to use two (2) Guide-runners. However, only one (1) 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 straight. 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.

5.7.9 Rule 144.2 (c.9) Orientation during Field Events (Sport Classes F11-12)

A Guide may bring athletes to the throwing circle or runway. The Guide may assist the athlete by orientating them with the throwing circle or on the runway before each attempt. The Guide must leave the circle or runway before each attempt begins. Acoustic orientation is permitted before, during and after each attempt. Athletes may only be guided from the circle or runway after the officials have determined whether or not the attempt was a valid one.

Note: If the official in charge of the event decides that a Guide who is providing acoustic orientation is in an unsafe location then the official has the right to require the Guide to move.

5.7.10 Rule 144.2 (c.10): Acoustic Signals for F11 Jumpers (Sports Class F11)

For athletes in Sports Class F11 acoustic signals are permitted during Long Jump, Triple Jump and High Jump. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used complete silence shall be requested from spectators.

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

5.7.11 Rule 144.2 (c.11): Visual Modifications during F12 Field Events (Sports Classes T11-12)

For athletes in Sports Class 12 visual modification of the existing facility is permitted during Field Events (i.e. Paint, chalk, powder, cones, flags, etc) at the discretion of the Technical Delegate. Acoustic signals may also be used.

5.7.12 Rule 144.2 (c.12): Assistance with Starting Blocks and Markers (Sports Classes T35-38 & T42-46)

Some athletes in Sports Classes T35-38 & T42-46 may 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.



Note: IPC Athletics 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 an event, some “common sense” modification to current IPC Athletics 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 athlete will be allowed.

5.8 Rule 145: Disqualification

5.8.1 Rule 145.3: Management of Urine Storage Devices (Sports Classes T51-54 or F51-58)

Athletes must ensure that urine is not allowed to drain from storage devices such as leg bags onto the competition or warm-up areas. Failure to do so may result in disqualification.

5.9 Rule 146: (Competition) Protests and Appeals

5.9.1 Rule 146.5: (Competition) Protest Fees

“of USD100, or its equivalent,” with “fee set by IPC Athletics”.

Note: This Rule applies to protests and appeals that occur during competition and that:

- Classification Appeals are conducted in accord with the IPC Athletics Classification Rules and Regulations (latest version available at <http://ipc-athletics.paralympic.org/Classification/>)
- Anti-Doping Appeals are conducted in accord with the IPC Anti-Doping Code (latest version available at www.paralympic.org/anti-doping)

5.10 Rule 147: Mixed Competition

At Paralympic Games, IPC Athletics World Championships and IPC Athletics Regional Championships for all events held completely in the stadium:

- (a) Events for male and female athletes are not permitted to be mixed (i.e. contested concurrently);
- (b) Track events for athletes in different Sports Classes are not permitted to be mixed (i.e. contested concurrently)
- (c) Field events can be conducted as Combined Sports Class events using IPC Combined Class Tables.

At IPC Athletics Approved Competitions the Local Organizing Committee or overseeing Federation may permit mixed events for athletes of different gender or different Sport Classes for:



(a) Sports Classes T11-13, T20, T35-38 and T40-46 for races of 100, 200m and 400m.

(b) Sports Classes T33-34 and T51-54 for races of 100, 200m and 400m.

Note: The Ambulant Sports Classes T11-13, T20, T35-38 & T40-46 should not be combined with the Wheelchair Classes T33-34 & T51-54.

(c) Field events using IPC Combined Class Tables or an appropriate alternative at the discretion of the Local Organizing Committee in consultation with the Technical Delegate.

Note (i): For events 800m or longer the IAAF Mixed Events Rules apply (i.e. to avoid the potential for drafting and pace setting).

Note (ii): IPC Athletics will accept results from these events for purposes of records, rankings and allocation of qualification slots.

At all IPC Athletics Recognized Competitions, as defined in Chapter 1 of the IPC Athletics Rules & Regulations 2009-11, athletes can compete in any Sports Class with athletes of the same gender for which they are eligible provided they have met the respective qualifying standard (i.e. they can compete “up a Sports Class”).

Note: Athletes are only permitted to compete in one (1) Sports Class per event per competition (e.g. athletes are not allowed to compete in the T11, T12 and T13 100m separately at the same competition even if they are eligible for all three Sports Classes).

At IPC Athletics Approved Competitions the Local Organizing Committee or overseeing Federation may permit:

(a) Athletes in Sports Class T33 to compete with the athletes of the same gender in Sports Class T52 providing they have met the respective qualifying standards.

(b) Athletes in Sports Class T34 to compete with the athletes of the same gender in Sports Class T53 providing they have met the respective qualifying standard.

5.11 Rule 149: Validity of Performances

No performance accomplished by an athlete will be valid unless it is accomplished at an IPC Athletics Recognized Competition, as defined in Chapter 1 of the IPC Athletics Rules & Regulations 2010-11.



SECTION III - TRACK EVENTS

5.12 Rule 159: Wheelchair Requirements (Sport Classes T32-34 & T51-54)

5.12.1 Rule 159.1: Wheel Configuration

At Paralympic Games, IPC World Athletics Championships and IPC Regional Championships the wheelchair shall have two (2) large wheels and one (1) small wheel. In other competitions the wheelchair may have two (2) large wheels and a maximum of two (2) small wheels. In all competitions the small wheel/s must be at the front of the chair.

5.12.2 Rule 159.2: Wheelchair Dimensions

- (a) No part of the body of the wheelchair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels.
- (b) The maximum height from the ground of the main body (def of main body?) of the wheelchair shall be 50 cm.
- (c) No part of the wheelchair may protrude behind the vertical plane of the back edge of the rear tyres.

5.12.3 Rule 159.3: Wheel Dimensions

- (a) The maximum diameter of the large wheel including the inflated tyre shall not exceed 70 cm.
- (b) The maximum diameter of the small wheel including the inflated tyre shall not exceed 50 cm.

5.12.4 Rule 159.4: Push-rim Configuration

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

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

5.12.5 Rule 159.5: Mechanical Gears or Levers Not Permitted

No mechanical gears or levers are allowed to propel the wheelchair.

5.12.6 Rule 159.6: Steering Device Configuration

Only hand operated, mechanical steering devices are allowed.



5.12.7 Rule 159.7: Steering Requirements for Events 800m or Longer

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

5.12.8 Rule 159.8: Mirrors Not Permitted

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

5.12.9 Rule 159.9: Wheelchair Measurement and Inspection

Wheelchairs will be measured and inspected in the Call Room and must not be taken from the competition area before the start of the event. Wheelchairs can be re-examined by the officials before or after the event.

5.12.10 Rule 159.10: Wheelchair Athlete's Responsibility for Limb Protection

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

5.12.11 Rule 159.11: Athlete's Responsibility for Wheelchair Compliance

It is the responsibility of the athlete to ensure that their wheelchair conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their wheelchair.

5.12.12 Rule 159.12 Technical Officials Responsibility for Wheelchair Safety

It is the responsibility of the Technical Officials to rule on the safety of the wheelchair and the athlete using it.

5.13 Rule 161: Starting Blocks

5.13.1 Rule 161.1: Starting Blocks (Sport Classes T35-38 and, T42-46)

In the first line replace "shall" with "may" in relation to the application of this rule to athletes in Sport Classes T35-38 & T42-46.

Note (i): A four-point stance is not required by athletes in Sport Classes T35-38 & T42-46.

Note (ii): It is acceptable for arm amputee athletes or those with short arms to use pads on which to rest stumps at the start or to improve



balance. 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.

Note (iii): As per Rule 114.2 (c.13) some athletes in Sports Classes T35-38 , T42-46 and T20 may require their starting blocks to be set for them. The Technical Delegate will provide the appropriate athletes with a document on which to show their requirements.

5.14 Rule 162: The Start

5.14.1 Rule 162.2: Starting Considerations for Sensory Conditions (Sport Classes T11-13, T20, T35-38, T42-46 & T51-54)

Note: If an athlete has a hearing impairment the starter or their assistant may use a flag or other visual device as well as a pistol to signal the start. In some circumstances, for athletes with both a visual and a hearing impairment, an official may touch an athlete to signal the start.

5.14.2 Rule 162.4: Starting Commands & Wheelchair Positions (Sports Classes T32-34 & T51-54)

In relation to events for Sports Classes T32-34 & T51-54 replace the second and third paragraphs with:

“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”.

5.14.3 Rule 162.8: Collisions in first 50m of Wheelchair Races (Sports Classes T32-34 & T51-54)

Note: As per Rule 129.7, in wheelchair races of 800m or longer the starter has the authority to recall a race for a restart if a collision involving athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the Referee to take appropriate action on reports received from umpires during this portion of the race.



5.15 Rule 163: The Race

5.15.1 Rule 163.13: Wheelchair Propulsion Requirements (Sport Classes T32-34 & T51-54)

During wheelchair races propulsion by any other method except the athlete pushing on the wheels or push-rims will result in disqualification.

5.15.2 Rule 163.14: Wheelchair Passing Responsibilities (Sport Classes T32-34 & T51-54)

During wheelchair races 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.

5.15.3 Rule 163.15: Lane Allocations for Athletes with Guide-runners (Sport Classes T11-12)

Athletes in Sport Class 11 s compete accompanied by a Guide-runner for all track events. In the 100m, 200m, 400m events each athlete and Guide-runner shall be allocated two lanes. The start lines in a staggered start will be lanes 1, 3, 5, 7 or 9. This rule also applies to 800m events started in lanes.

Athletes in Class 12 have an option of being accompanied by a Guide-runner for all track events. In the 100m, 200m, 400m events each athlete shall be allocated two lanes. The start lines in a staggered start will be lanes 1, 3, 5, 7 or 9. This rule also applies to 800m events started in lanes.

5.16 Rule 164: The Finish

5.16.1 Rule 164.2.1: Judging Wheelchair Races (Sport Classes T32-34 & T51-54)

In wheelchair races the athletes shall be placed in the order in which the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.

5.16.2 Rule 164.2.2: Athletes Must Finish in Front of Guide-runners (Sport Classes T11-12)

In races for athletes in Sports Class 11 or 12 competing with a Guide-runner then the athlete must cross the finish line in front of the Guide-runner or the athlete will be disqualified.



Note: As per Rule 144.2 (c.7) athletes in Sports Classes T11-12 and their Guide-runner must not be more than 0.5m apart, except during the last 10m of an event.

5.16.3 Rule 164.4: Event Time Limits (Sport Classes T32-34 & T51-54)

In wheelchair races of 1500m or longer, officials may conclude the event and clear the track after the agreed time limit has expired. Any athlete who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” (i.e. Did Not Finish). The referee has the authority to remove any athlete who has been overlapped.

5.17 Rule 165: Timing and Photo Finish

5.17.1 Rule 165.2.1: Timing from the Axle of the Lead Wheel (Sport Classes T32-34, T51-54)

In wheelchair races the time shall be taken to the moment at which the axle of the leading wheel of the athlete’s chair reaches the vertical plane of the nearer edge of the finish line.

5.18 Rule 166: Seedings, Draws and Qualifications in Track Events

5.18.1 Rule 166.2.1: Maximum Numbers of Vision Impaired Athletes (Sport Classes T11-13)

Track events for athletes in Sports Classes T11, T12 or T13 should have the following maximum number of athletes (i.e. excluding guides) on an eight-lane track:

Event	T11	T12	T13
100m	4	4	8
200m	4	4	8
400m	4	4	8
800m	4/5*	5*	8
1,500m	6	8	10
5,000m	10	10	20
10,000m	10	10	20

* denotes depending on starting arrangements.

5.18.2 Rule 166.2.2: IPC Athletics Qualification Procedures (Sport Classes T11-13, T32-34 & T51-T54)



Other than the exceptions identified in the Tables following the qualifying procedures (i.e. progressions) at IPC Athletics Recognized Competitions is the same as those stipulated in the 2010-11 IAAF Competition Rules.

Sports Class/es	Distance/s	# of entries	Rounds	Progressions
T11-12	100m, 200m & 400m	1-4	Final	Only Finalists eligible for medals
		5-8	2 Semis	1 st in each Semi + 2 Fastest Losers to Final
		9-12	3 Semis	1 st in each Semi + 1 Fastest Loser to Final
		13-16	4 Heats + 2 Semis	1 st in each Heat + 4 Fastest Losers to 2 Semis (as above)
		17-20	5 Heats + 3 Semis	1 st in each Heat + 7 Fastest Losers to 3 Semis (as above)
		21-24	6 Heats + 3 Semis	1 st in each Heat + 6 Fastest Losers to 3 Semis (as above)
		25-28	7 Heats + 3 Semis	1 st in each Heat + 5 Fastest Losers to 3 Semis (as above)
		29-32	8 Rounds + 4 Heats + 2 Semis	1 st in each Round + 8 Fastest Losers to 4 Heats (as above)
T11-12	800m	1-5	Final	Only Finalists eligible for medals
		6-10	2 Semis	1 st in each Semi + 2 Fastest Losers to Final
		11-15	3 Semis	1 st in each Semi + 1 Fastest Loser to Final
		16-20	4 Heats + 2 Semis	1 st & 2 nd in each Heat + 2 Fastest Losers to 2 Semis (as above)
T11-12	1500m	1-6	Final	Only Finalists eligible for medals
		7-12	2 Semis	1 st & 2 nd in each Semi + 2 Fastest Losers to Final
		13-18	3 Semis	1 st in each Semi + 3 Fastest Losers to Final
T11-12	5000m & 10000m	1-10	Final	Only Finalists eligible for medals
		11-20	2 Semis	1 st , 2 nd & 3 rd in each Semi + 4 Fastest Losers to Final
		21-30	3 Semis	1 st & 2 nd in each Semi + 4 Fastest Losers to Final

Sports Class/es	Distance/s	# of entries	Rounds	Progressions
T32-34 & T51-54	1500m & 5000m	1-10	Final	
		11-20	2 Semis	1 st , 2 nd & 3 rd in each Semi + 4 Fastest Losers to Final
		21-30	3 Semis	1 st , 2 nd & 3 rd in each Semi + 1 Fastest Loser to Final
		31-40	4 Heats + 2 Semis	1 st , 2 nd , 3 rd & 4 th in each Heat + 4 Fastest Losers to 2 Semis (as above)
T32-34 & T51-54	10000m	1-12	Final	
		13-24	2 Semis	1 st , 2 nd , 3 rd & 4 th in each Semi + 4 Fastest Losers to Final
		25-36	3 Semis	1 st , 2 nd & 3 rd in each Semi + 3 Fastest Losers to Final
		37-48	4 Semis	1 st , 2 nd & 3 rd in each Semi to Final
T11-13, T32-34, T51-52 & T53-54	4x100m 4x400m	5-8 Entries	2 Semis	Fastest 4 Times proceed to the Final
		9-12	3 Semis	Fastest 4 Times proceed to the Final
		13-16	4 Heats + 2 Semis	Fastest 8 Times proceed to 2 Semis (as above)

Rule166.2.3: Only Finalist Eligible for Medals
(Sport Classes T11-13, T32-34 & T51-T54)

At IPC Athletics Recognized competitions only finalists are eligible for medals even in events where there are only 4 finalists (i.e. T11-12 100m, 200m or 400m or wheelchair relays). Consequently in events where there are four (4) finalists and two (2) or more disqualifications occurred during the final only the “non-disqualified finalists would receive medals (i.e. the full set of medals would not be awarded).

Note: “B” Finals are no longer required under IPC Athletics Rules. Local Organising Committees should use their discretion whether or not to hold “B” Finals.



5.19 Rule 170: Relay Races

5.19.1 Rule 170.0: Composition of IPC Athletics Relays (Sport Classes T11-13, T33-34, T42-46, T51-52 & T53-54)

At IPC Athletics Recognized Competitions relays can be contested in accord with clusters of Sports Classes and associated team composition requirements stipulated in the Table below

Sports Class/es	IPC Athletics Relay Team Composition Requirements
T11-13	Must include a minimum of one (1) Sports Class T11 athlete and one (1) Sports Class T12 athlete. Can only include a maximum of one (1) Sports Class 13 athlete
T33-34	Must include at least one (1) Sports Class T33 athlete
T35-38	Can only include a maximum of two (2) Sports Class T38 athletes
T42-46	Can only include a maximum of two (2) Sports Class T46 athletes
T51-52	Must include at least one (1) Sports Class T51 athlete
T53-54	Must include at least one (1) Sports Class T53 athlete

5.19.2 Rule 170.1: Allocation of Adjacent Lanes (Sport Classes T11-13, T32-34, T51-52 & T53-54)

Note: For wheelchair relays and relays for Sports Classes T11-13 (i.e. involving Guide-runners), where it is required for the relay to be run in lanes, each team shall be allocated two adjacent lanes. The athletes 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 should be done with tape of the same colour and width as the existing lane markings.

5.19.3 Rule 170.7: Wheelchair Relays 20m Take-over Zone (Sport Classes T32-34, T51-52 & T53-54)

Note: In wheelchair relay races of 4x100m and 4x400m members of a team, other than the first athlete, may commence pushing not more than 20m outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit.

5.19.4 Rule 170.13 & 170.14: Wheelchair & Amputee Relays Take-over by Touch (Sport Classes T33-34, T42-46, T51-52 & T53-54)



For wheelchair relays (T33-34, T51-52 & T53-54) and amputee relays (T42-46) the Take-over shall be by a touch on any part of the body of the outgoing athlete. The first touch must be within the Take-over Zone.

5.19.5 Rule 170.19: Baton Exchange for T11-13 Relays (Sport Classes T11-13)

- (a) Either the athlete or the Guide-runner can carry the baton.
- (b) The baton exchange may take place between either Guide-runners or athletes without restriction, except that the conditions of the method of guidance as per Rule 144.2(c.9) must be met (i.e. athlete and Guide-runner must be within 0.5m of each other).
- (c) The Guide-runner must be behind the athlete at the moment of entering the exchange zone.
- (d) A fair exchange is established when the baton carrier passes the baton to the baton receiver within the Take-Over Zone.
- (e) The outgoing athlete and their Guide-runner must both be inside the exchange zone at the moment when the baton is exchanged.
- (f) Once the outgoing runner leaves the take-over zone they cannot re-enter the take-over zone to receive the baton (i.e. if they go too early).
- (g) One (1) Guide per Exchange Zone will be allowed on the track to help with the positioning of any T12 athlete competing 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

5.20 Rule 178: Secured Throwing Requirements

(Sport Classes F32-34, F51-58)

5.20.1 Rule 178.1: Throwing Frame Specifications

- (a) The maximum height of the throwing frame including the cushion(s) used as a seat shall not exceed 75 cm.
- (b) Seat surface must be parallel to the ground (i.e. no tilted seats).
- (c) If used, a backrest should be perpendicular to the ground (i.e. a 90° angle between the seat and the backrest), the intention being that the trunk and the upper legs should be close to 90°. There is no restriction on the height of the backrest.
- (d) If used, the backrest must not bend or flex at all during any phase of the throwing action. The intention of this Rule is to prevent the use of energy storing or materials which can actively contribute to the throwing distance.
- (e) Footrests are for support stability and must be made of , non-energy-storing materials.
- (f) Footplates to be placed on the ground, and to secure the contact foot are allowed, but should not provide height advantage. The height of these footplates must not exceed 1 centimetre.
- (g) Side rests for safety and stability may be attached to the seat with the same restrictions on materials as stipulated for the backrest.
- (h) The frame may have a holding bar that does not have any articulation or joints and does not bend or flex during the throwing action. The intention of this Rule is to prevent the use of energy storing or materials which can actively contribute to the throwing distance.
- (i) All parts of the frame must be fixed. Assistance to the athlete by flexible jointed parts is not allowed.

5.20.2 Rule 178.2: Holding bar Specifications

Holding bar must not be made of energy storing or flexible materials which actively contribute to the throwing distance.

5.20.3 Rule 178.3: Throwing Frame Measurement and Inspection

Throwing Frames will be measured and inspected in the Call Room or at the competition area prior to the commencement of the event. Once it has been measured and inspected an athlete's Throwing Frame must not be taken from the competition area before the start of the event. Throwing Frames can be re-examined by the officials before, during or after the event.



Note: Measurement will always take place without the athlete sitting in the frame.

5.20.4 Rule 178.4: Athlete's Responsibility for Throwing Frame Compliance

It is the responsibility of the athlete to ensure that their Throwing Frame conforms to the requirements stipulated above. No event shall be delayed while an athlete makes adjustments to their throwing Frame.

5.20.5 Rule 178.5: Secured Throwing Competition Area (Sport Classes F32-34, F51-58)

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

Movable platforms can be used at the discretion of the Technical Delegate. The platform does not have to be a full circle, but in these circumstances the front arc or semi circle must be designed to give the same effect of throwing from a circle, diameter 2.135m to 2.5m and not alter the angle of the sector.

5.20.6 Rule 178.6: Approved Holding Devices (Sport Classes F32-34, F51-58)

IPC Athletics Approved Holding Devices must be used to conduct secured throwing events at IPC Athletics Recognized Competitions.

Note: For information regarding IPC Athletics Approved Holding Devices please refer to the IPC Athletics Sport Technical Committee via email ipcathletics@paralympic.org

5.20.7 Rule 178.7: Positioning of the Frame (Sport Classes F32-34, F51-58)

When positioning and securing the throwing frame inside the competition area all parts of the throwing frame, holding bar and footrests must remain inside the vertical plane of the rim of the circle throughout the trial.

5.20.8 Rule 178.8: Time Allocation for Securing Frames (Sport Classes F31-34 & F51-58)

A reasonable time will be permitted for an athletes frame to be placed in the circle before the commencement of their first trial. This time should not normally exceed:

- (a) 2 minutes for Sports Classes F32-34 and F54-58, or
- (b) 3 minutes for classes F51-53.



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.

5.20.9 Rule 178.9: Holding Device Failure (Sport Classes F32-34, F51-58)

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

- (a) If the athlete does not foul, offer the athlete the option of re-taking that trial (i.e. if the athlete is happy with the distance and they haven't fouled then the athlete has the option of counting the affected trial), or
- (b) If the athlete fouls then the trial should not be counted and the athlete should be allowed to retake the affected trial.

5.21 Rule 179: Secured Throwing Technique, Lifting & Fouling (Sport Classes F32-34, F51-58)

5.21.1 Rule 179.1: Secured Throwing Technique for F51-56 (Sport Classes F51-56)

Athletes in Sport Classes F51-56 must use their throwing frame as a seat. They must throw from a "true seated" position and cannot use their leg or legs to propel the implement. Characteristics of the "true seated" position are as follows:

- a) Both buttocks remain in contact with the seat throughout the "throwing action" until the throw has been marked (i.e. over balancing and lifting either buttock from the seat is a foul).
- b) Footrest height should be set so that the hips, knees and ankles of the athlete are at approximately 90° flexion.

Note: If an athlete presents with anatomical limitation that prevents them adhering to the above requirements (e.g. athletes with a hindquarter amputation and therefore missing a buttock will not be able to keep both buttocks in contact with the seat throughout the throwing action), then an assessment will need to be made by the IPC Athletics Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available, that the athlete is throwing within the spirit of the rules.

5.21.2 Rule 179.2: Secured Throwing Technique for F32-34 & F57-58 (Sport Classes F32-34 & F57-58)



Athletes in Sports Classes F32-34 & F57-58 can use their leg or legs to propel the implement and have the option of finishing the throw or put in an upright position providing they:

- (a) Maintain a sitting position on their throwing frame until the first forward movement which results in the release of the implement (i.e. not preliminary swings or rocking movements).

Note: The intended “sitting position” is for at least one buttock to be in contact with the seat of the frame whereby the athlete would be able to balance if they were asked to lift their feet off the ground (i.e. lifting of the buttock from the seat before the first forward movement which results in the release of the implement will be ruled a foul).

- (b) Maintain foot contact with the ground inside the circle until after the implement has been released.

Note: The intended “foot contact with the ground” is for at least the ball of the foot to be in contact with the ground inside the circle. The contact foot can turn as per an “able-bodied” active foot action, but it cannot lift or step until the throw has been released.

- (c) The contact foot may be secured to the ground by strapping or a foot plate, but the thickness of the plate must be $\leq 1\text{cm}$, so that it does not provide a height advantage to the athlete. Any foot-securing device must only be at ground level and must not increase the height of release of the implement (e.g. by throwing off raised footplates and the like).

- (d) The non-contact foot is free to move within the throwing area as defined by the rules of the event (i.e., the athlete may step into the throw with the non-contact foot);

Note: If an athlete presents with an anatomical limitation that prevents them adhering to the above requirements (e.g. a bilateral amputee), then an assessment will need to be made by the IPC Athletics Technical Delegate in consultation with the Chief Classifier, if a Chief Classifier is available, that the athlete is throwing within the spirit of the rules.

5.22 Rule 180: General Conditions (Field Events)

5.22.1 Rule 180.3 (c): Markers (Sport Classes F11-12)

During Jump Events athletes in Sports Classes F11 can be accompanied onto the field of play by two (2) persons to:

- (i) act as a caller (i.e. instead of markers) to provide acoustic orientation during the approach run in High Jump, Long Jump and Triple Jump, and/or
- (ii) assist in positioning the athlete on the runway .



During throwing events athletes in Sport Class F11 can be accompanied onto the field of play by one (1) person only to act as caller and/or guide

In Sports Class F12 only one(1) person can accompany an athlete onto the field of play to act as caller and/or guide for all Jumping and Throwing Events.

Note: The caller must stand in a position that does not hinder the officials. The caller must not run along-side or behind the athlete during a trial.

Note. Some Class 35-38,42-46 and 20 athletes may require assistance in setting their runway markers prior to the competition. This would also apply in the javelin. The Technical Delegate will provide the appropriate athletes with a document on which to show their requirements.

5.22.2 Rule 180.5 (c): Six (6) Throws in Succession Option (Sport Classes F32-34, F51-58)

Note (iii): In competitions other than Paralympic Games or IPC Athletics World Championships, the Technical Delegate may decide, in cooperation with the Competition Organizers, to stage six (6) throws consecutively. The Technical Delegate may, to guarantee a quick conduct of the event, also decide this in a competition with more than eight (8) athletes. In that situation all athletes will have six (6) attempts. The Technical Delegate may not decide this in case the first three (3) Rounds are held in two or more pool

5.22.3 Rule 180.5 (d): Reverse Order Procedures for Secured Throwing Events (Sport Classes F32-34, F51-58)

During Secured Throwing Events no reversal of throwing order will take place after the 3rd, 4th or 5th rounds except:

(i) where the first three (3) rounds are held in two or more pools. In such circumstances the final three (3) Rounds will be held in reverse order of performance up to that point.

(ii) in competitions where the Technical Delegate decides not to stage six (6) attempts consecutively (see Rule 180.5 (c)).

5.22.4 Rule 180.17: Orientation and Time Allocation (Sport Classes F11-12)



Note (v): In field events where athletes 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 athlete request verbal confirmation of the starting of the timing clock; an official shall give such confirmation.

Note (vi): If the athlete loses orientation and 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.

5.22.5 Rule 180.18: Change of Competition Area (Sport Classes F32-34 & F51-58))

In relation to Secured Throwing events the second sentence in IAAF Rule 180.18 should be deleted.

5.22.6 Rule 180.21: Lower Limb Amputees and Commencing Jumps (Sport Classes F42-44)

Athletes in Classes F42-44 may use a running, hopping or standing start in jumping events.

5.22.7 Rule 180.22: Conducting Combined Class Field Events (Sport Classes F11-13, F20, F32-38, F40-46 & F51-58)

At all IPC Athletics Recognized Competitions the Local Organizing Committee (LOC) may use the IPC Combined Class Procedures and Tables to stage Combined Class Event or Events (i.e. including more than one Sports Class in an event).

Note: For information regarding IPC Athletics Combined Class Procedures and Tables refer to the IPC Athletics website <http://ipc-athletics.paralympic.org/>



SECTION IV - FIELD EVENTS (CONT)

(A) - VERTICAL JUMPS

5.23 Rule 182: High Jump

5.23.1 Rule 182.2: High Jump (Sport Class F11 & F12)

Note (ii): Athletes in Sport Class F11 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.

Note (iii): Athletes in Sport Class F12 may place an appropriate visual aid on the bar.

(B) - HORIZONTAL JUMPS

5.24 Rule 184: General Conditions (Horizontal Jumps)

5.24.1 Rule 184.7: Prosthesis Considerations (Sport Classes F42-44)

- (a) If the prosthesis is lost during the run-up then the athlete can try to adjust it and continue within the allowed time or continue without the prosthesis.
- (b) If in the process of jumping an athlete loses their prosthesis and the mark where the prosthesis 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.
- (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.

5.25 Rule 185: Long Jump

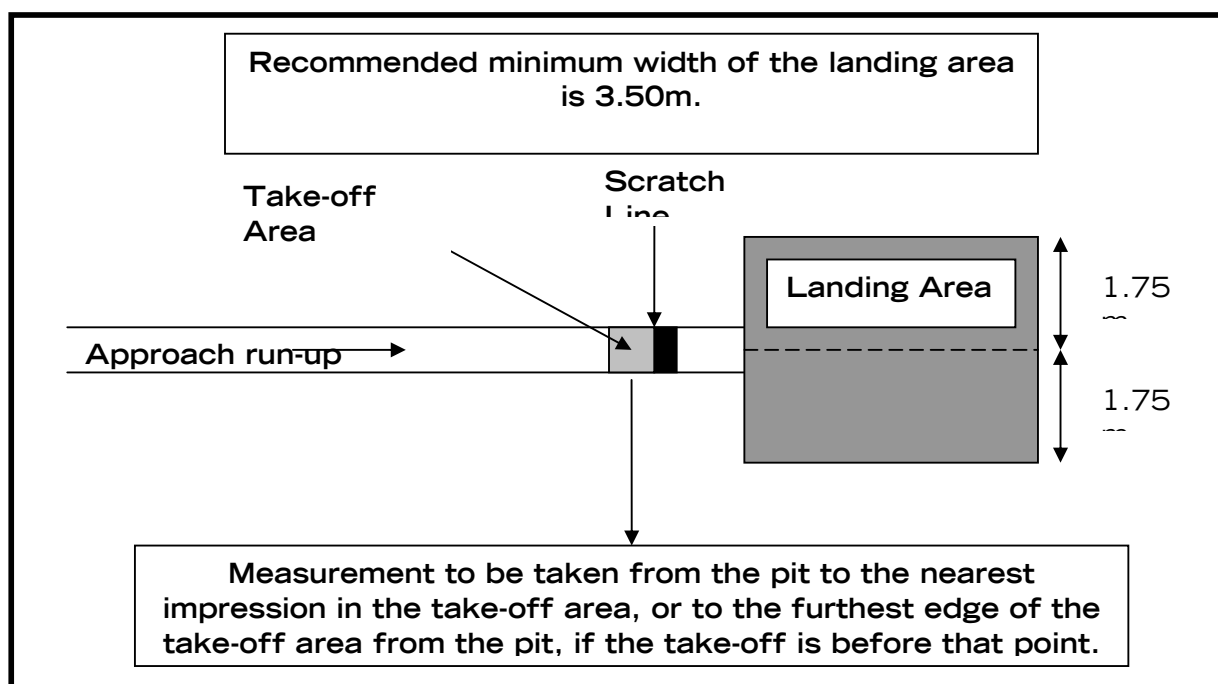
5.25.1 Rule 185.3: Measuring Protocols (Sport Classes F11-12)

For athletes in Sport Classes F11 and F12 replace Rule 185.3 with:

“All jumps shall be measured from the nearest impression left by the take-off 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”.

5.25.2 Rule 185.7: The Take-Off Board (Sport Classes F11-12)

Note: For athletes in Sport Classes F11 and F12 athletes the takeoff area shall consist of a rectangle 1.00m x 1.22m as depicted in the diagram below 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.



5.25.3 Rule 185.9: The Landing Area (Sport Classes F11-12)

Note (ii): 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.

5.26 Rule 186: Triple Jump

5.26.1 Rule 186.4: Board Settings for Sports Class F46 (Sport Classes F46)

For athletes in Sport Classes F46 replace Rule 186.4 with:

“For International Competitions it is recommended that the takeoff board will normally be set at 9m for females and 11m for males.”



5.26.2 Rule 186.4: Board Settings for Sports Class F11-13 (Sport Classes F11-13)

For athletes in Sport Classes F11-13 replace Rule 186.4 with:

“For International Competitions it is recommended that the takeoff board shall be the following distances:

- (a) Sport Class 11 a minimum 9m.
- (b) Sport Classes F12 and F13 a 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

5.27 Rule 187: General Conditions (Throwing Events)

5.27.1 Rule 187.1: Official Implements (Sport Classes F11-13, F20, F32-38, F40-46 & F51-58)

Implements used at IPC Athletics Recognized Competitions must comply with IAAF specifications. Only implements which hold a current valid IAAF certificate of approval may be used at these competitions. *Appendix II: Throwing Events –IPC Athletics Implement Weights* lists the implement weights to be used by:

- (a) “Open Age” athletes for each of the IPC Athletics Sports Classes at IPC Athletics Recognized Competitions
- (b) “Under Age” athletes for each of the IPC Athletics Sports Classes during events for “Under Age” athletes with a disability for the respective age group recognized by IPC Athletics as defined in IPC Athletics Rule 141.

5.27.2 Rule 187.4 (a): Assistance Hand Taping & Gloves for Quadriplegics (Sport Classes F51-53)

Athletes in Sport Classes F51-53 (i.e. quadriplegic athletes) may use strapping or a glove on their non-throwing hand and can anchor/attach that hand to the throwing frame or throwing pole.

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

5.27.3 Rules 187.5: Throwing Circle - Surface of Holding Devices (Sport Classes F32-34 & F51-58)

- (a) As stipulated in IPC Athletics Rule 178.6 IPC Athletics Approved Holding Devices must be used to conduct Secured throwing events at IPC Athletics Recognized Competitions.



- (b) At Paralympic Games, IPC World Athletics Championships and IPC Athletics Regional Championships the interior of the Throwing Circle should be constructed of concrete, asphalt or a similar non-slippery material.
- (c) Where a portable IPC Athletics Approved Holding Devices is being used the surface must provide similar grip to a concrete throwing surface (e.g. coated in gritty paint OR covered in “gritty tape”).
- (d) Movable platforms can be used at the discretion of the Technical Delegate. The platform does not have to be a full circle, but in these circumstances the front arc or semi circle must be designed to give the same effect of throwing from a circle, diameter 2.135m to 2.5m and not alter the angle of the sector.

Note: Information regarding IPC Athletics Approved Holding Devices please will be forthcoming to the IPC Athletics website: <http://ipc-athletics.paralympic.org/>

5.27.4 Rule 187.14 (b): Trials (Sport Classes F32-34, F51-58)

It shall be a failure if an athlete in the course of a trial after they have entered the circle and begun to make a throw they touch, with any part of their body the top of the rim, any holding device outside the vertical plane of the edge of the Circle or the ground outside the circle.

5.27.5 Rule 187.14 (c): Trials (Sport Classes F32-34, F51-58)

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

5.27.6 Rule 187.17: Leaving the Circle before the Implement Lands (Sport Classes F32-34, F51-58)

Note: This rule shall be waived for athletes using an IPC Athletics Approved Holding Device.

5.27.7 Rule 187.22: Rules for Club Throw (Sport Classes F32 & F51-52)

The rules for the Club Throw are the same as those of Seated Discus (i.e. substitute “Club” for “Discus” throughout Rule 187).



5.28 Rule 188: Putting the Shot

5.28.1 Rule 188.1: The Competition (Sport Classes F32-34, F51-58)

Note (ii): From start to finish, the movement of the shot shall be a straight, continuous putting action.



SECTION V – COMBINED EVENTS COMPETITIONS

5.29 Rule 199: Format of IPC Athletics Pentathlons

(Sport Classes P11-13, P33-34, P35-38, P42, P44, P46, P51, P52-53 & P54-58)

The Pentathlon consists of five events which shall be held on one day. The events and the order which they are contested by the respective IPC Athletics Sports Classes at IPC Athletics Recognized Competitions are summarised in the Table below.

Sports Class/es	Gender/s	Event 1	Event 2	Event 3	Event 4	Event 5
P11-13	Males	Long Jump	Javelin	100m	Discus	1500m
P11-13	Females	Long Jump	Shot-put	100m	Discus	800m
P33-34	Males & Females	Shot-put	Javelin	100m	Discus	800m
P35-38	Males	Long Jump	Javelin	100m	Discus	1500m
P35-38	Females	Long Jump	Shot-put	100m	Discus	800m
P42	Males & Females	Long Jump	Shot-put	100m	Discus	200m
P44	Males & Females	Long Jump	Shot-put	100m	Discus	400m
P46	Males	Long Jump	Shot-put	100m	Discus	1500m
P46	Females	Long Jump	Shot-put	100m	Discus	800m
P51	Males & Females	100m	Club	400m	Discus	800m
P52-53	Males & Females	Shot-put	Javelin	100m	Discus	800m
P54-58	Males & Females	Shot-put	Javelin	200m	Discus	1500m



SECTION VIII – ROAD RACES

5.30 Rule 240: Road Races

5.30.1 Rule 240.6: The Start - Multiple Ambulant Sport Classes (Sport Classes T11-13, T35-38 & T42-46)

Note (i): In Road races, ambulant athletes from a range of Sports Classes can start together, but the finishing order will be determined for each Sport Class.

5.30.2 Rule 240.6: The Start - Seeding for Wheelchair Road Races (Sport Classes T32-34 & T51-54)

Note (ii): In Road races, wheelchair athletes from a range of Sports Classes will start according to the decision of the Technical Delegate for the event, but the finishing order will be determined for each Sport Class.

Note (iii): Seeding for Wheelchair Road Races should be by Sports Class, Seed Time and Gender (i.e. T54/34 Males should be seeded in the front row/s, then T54/34 Females, then T52/33/51 Males and then the T52/33/51 Females). The start of each Sports Class event/division should be separated by intervals of 30 seconds to 1 minute. The seeding grid for each Sports Class event/division should position the #1 seeded athlete at the centre position in the front row of the grid with #2 and #3 placed on their right and left, #4 and #5 on their right and left and so on.

5.30.3 Rule 240.8 (f): Wheelchair Athletes & Refreshments (Sport Classes T32-34, T51-54)

Wheelchair athletes may carry their own refreshments.

5.30.4 Rule 240.8 (g): T11-13 Athletes and Refreshments Stations (Sport Classes T11-13)

Athletes and their guides can receive assistance at the refreshment stations.

Note: Organizers 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.



5.30.5 Rule 240.11: Drafting
(Sport Classes T32-34, T51-54)

Drafting behind an athlete from another Sports Class or Gender is prohibited.

Note: Drafting is defined as seeking a performance advantage by following another athlete within a distance of less than 5m for 400m

Note: This rule does not apply to races over 800m for T53 and T54 as they are considered one class.

5.30.6 Rule 240.12: Bibs to Distinguish Between Sports Classes
(Sport Classes “All competing Sports Classes”)

The Organizing Committee shall provide numbered bibs that distinguish between athletes of each Sport Class.

5.30.7 Rule 240.13: Use of Guide-runners in road races
(Sport Classes T11-12)

During road races athletes in Sports Classes T11-12 are allowed to use a maximum of four (4) Guide-runners. Any interchanges must take place without any hindrance to other athletes, and must take place at either the 10km, 20km or 30km marks.

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 and their Guide-runners.

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



SECTION X - WORLD RECORDS

5.31 Rule 260: World Records

5.31.1 Rule 260.1: General Conditions (IPC Athletics World Records)

IPC Athletics World and Regional Records can only be achieved at IPC Athletics Recognized Competitions by athletes with a current IPC Athletics Athlete License and either a:

- (a) Sports Class Status of Confirmed (C), or
- (b) Sports Class Status of Review (R), if a decision is taken by the IPC Athletics Classification Panel and to record on the athlete's IPC Athletics Classification Card that the Review Status is allocated due to:
 - (i) The progressive nature of impairment
 - (ii) Impairment of fluctuating nature, or
 - (iii) A maturity review process.

5.31.2 Rule 260.3: Procedures for Claiming IPC Athletics World Records

The IPC Athletics Technical Delegate appointed to IPC Athletics Recognized Competitions will be responsible for ratifying that all of the IPC Athletics procedural requirements are followed regarding

- (a) For individual events, at least three athletes and for relay events, at least two teams must be bona fide competitors in the event.
- (b) The Record was achieved in an athletics facility which conforms to the specifications contained in the IAAF Track and Field Facilities Manual.
- (c) For World Records in Track Events the following conditions for the timing must be respected:
 - (i) The Records shall be timed by official Timekeepers, by an approved Fully Automatic Photo Finish System or Transponder System (i.e. as per IAAF Rule 165).
 - (ii) For races up to and including 800m, only performances timed by an approved Fully Automatic Photo Finish System conforming to the relevant sections of IAAF Rule 165 shall be accepted.
- (d) In the case of a Track Record where Fully Automatic Timing was in operation, the photo finish image and the zero control test must be included in the documentation sent to IPC Athletics.
- (e) For all records up to and including 200m, information concerning wind speed, measured as indicated in IAAF Rules 163.8, 163.9 and 163.10, shall be submitted. If the wind velocity, measured in the direction of running, behind the athlete averages more than 2 metres per second, the Record will not be accepted.



- (f) In a race run in lanes, no Record will be accepted where the athlete has run on or inside the inner curved border of his lane.
- (g) For World Records in Field Events:
 - (i) The performances shall be measured either by three Field Judges using a calibrated and certified steel tape or bar or by an approved scientific measuring apparatus, the accuracy of which has been confirmed by a qualified Measurement Judge.
 - (ii) In the Long Jump and Triple Jump, information concerning wind speed, measured as indicated in IAAF Rules 184.4, 184.5 and 184.6 shall be submitted. If the wind velocity measured in the direction of jumping behind the athlete averages more than 2 metres per second, the Record will not be accepted.
 - (iii) World Records may be credited for more than one performance in a competition, provided that each Record so recognized shall have been equal or superior to the best previous performance at that moment.

For detailed information regarding the procedures for Claiming IPC Athletics World & Regional Records refer to the IPC Athletics website: <http://ipc-athletics.paralympic.org/>

5.31.3 Rule 260.4: Road Racing and IPC Athletics World Records

- (a) The course must be measured by an “A” or “B” grade IAAF/AIMS approved measurer as defined in IAAF Rule 117.
- (b) The start and finish points of a course, measured along a theoretical straight line between them, shall not be further apart than 50% of the race distance.
- (c) The overall decrease in elevation between the start and finish shall not exceed 1:1000 (i.e. 1m per km).

5.31.4 Rule 260.6: Doping Control & IPC Athletics Records

IPC Athletics World & Regional Records will only be ratified if they are achieved at:

- (a) Paralympic Games, IPC World Athletics Championships or IPC Regional Championships conducted in accord with the IPC Anti-Doping Code, or
- (b) IPC Athletics Approved Competitions for Athletes with a Disability or IPC Athletics Approved IAAF/NF Endorsed Competitions providing the IPC Athletics Technical Delegate confirms that doping control at the competition follows the Anti-Doping Code of the respective overseeing federation in accord with the IPC Athletics Approved Competition Application Process.



Note: IPC Athletics World & Regional Records will be ratified even though the athlete who sets the record performance may not have been tested at that moment. (See under Chapter 3 Anti-Doping Requirements at IPC Approved competitions “as a minimum deterrent, random in-competition anti-doping testing is required”).



6 APPENDIX I: THROWING EVENTS - IPC ATHLETICS IMPLEMENT WEIGHTS FOR SPORT CLASSES

Sport Classes F11-13

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shotput Male	Shotput Female
Open	F11-13	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F11-13	1.75kg	1.00kg	800g	600gr	6.00kg	4.00kg
U/18	F11-13	1.50kg	1.00kg	700g	600gr	5.00kg	4.00kg
U/16	F11-13	1.00kg	1.00kg	700g	600gr	4.00kg	4.00kg

Sport Class F20

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shotput Male	Shotput Female
Open	F20	2.00kg	1.00kg	800gr	600gr	7.26kg	4.00kg
U/20	F20	1.75kg	1.00kg	800g	600gr	6.00kg	4.00kg
U/18	F20	1.50kg	1.00kg	700g	600gr	5.00kg	4.00kg
U/16	F20	1.00kg	1.00kg	700g	600gr	4.00kg	4.00kg

Sports Classes F32-38

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shotput Male	Shotput Female	Club Male & Female
Open, U/20 & U/18	F32	1.00Kg	1.00Kg	NE	NE	2.00Kg	2.00Kg	397gr
	F33	1.00Kg	1.00Kg	600gr	600gr	3.00Kg	3.00Kg	NE
	F34	1.00Kg	1.00Kg	600gr	600gr	4.00Kg	3.00Kg	NE
	F35	1.00Kg	1.00Kg	600gr	600gr	4.00Kg	3.00Kg	NE
	F36	1.00Kg	1.00Kg	600gr	600gr	4.00Kg	3.00Kg	NE
	F37	1.00Kg	1.00Kg	600gr	600gr	5.00Kg	3.00Kg	NE
	F38	1.50Kg	1.00Kg	700gr	600gr	5.00Kg	3.00Kg	NE
U/16	F32	750gr	750gr	NE	NE	1.00Kg	1.00Kg	397gr
	F33	750gr	750gr	500gr	500gr	2.00Kg	2.00Kg	NE
	F34	750gr	750gr	500gr	500gr	3.00Kg	2.00Kg	NE
	F35	750gr	750gr	500gr	500gr	3.00Kg	2.00Kg	NE
	F36	750gr	750gr	500gr	500gr	3.00Kg	2.00Kg	NE
	F37	750gr	750gr	500gr	500gr	3.00Kg	2.00Kg	NE
	F38	750gr	750gr	500gr	500gr	3.00Kg	2.00Kg	NE



Sport Classes F40-46

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shotput Male	Shotput Female
Open & U/20	F40	1.00Kg	750gr	600gr	400gr	4.00Kg	3.00Kg
	F42, F41	1.50Kg	1.00Kg	800gr	600gr	6.00Kg	4.00Kg
	F44, F43	1.50Kg	1.00Kg	800gr	600gr	6.00Kg	4.00Kg
	F46	1.50Kg	1.00Kg	800gr	600gr	6.00Kg	4.00Kg
U/18	F40	1.00Kg	750gr	500gr	400gr	3.00Kg	2.00Kg
	F42, F41	1.00Kg	1.00Kg	700gr	500gr	5.00Kg	3.00Kg
	F44, F43	1.00Kg	1.00Kg	700gr	500gr	5.00Kg	3.00Kg
	F46, F45	1.50Kg	1.00Kg	700gr	500gr	5.00Kg	3.00Kg
U/16	F40	1.00Kg	750gr	400gr	400gr	3.00Kg	2.00Kg
	F42, F41	1.00Kg	1.00Kg	600gr	400gr	4.00Kg	3.00Kg
	F44, F43	1.00Kg	1.00Kg	600gr	400gr	4.00Kg	3.00Kg
	F46, F45	1.00Kg	1.00Kg	600gr	400gr	4.00Kg	3.00Kg

Sport Classes F51- 58

Age Group	Classes	Discus Male	Discus Female	Javelin Male	Javelin Female	Shotput Male	Shotput Female	Club Male & Female
Open & U/20	F51	1.00Kg	1.00Kg	NE	NE	NE	NE	397gr
	F52	1.00Kg	1.00Kg	600gr	600gr	2.00Kg	2.00Kg	NE
	F53	1.00Kg	1.00Kg	600gr	600gr	3.00Kg	3.00Kg	NE
	F54	1.00Kg	1.00Kg	600gr	600gr	4.00Kg	3.00Kg	NE
	F55	1.00Kg	1.00Kg	600gr	600gr	4.00Kg	3.00Kg	NE
	F56	1.00Kg	1.00Kg	600gr	600gr	4.00Kg	3.00Kg	NE
	F57	1.00Kg	1.00Kg	600gr	600gr	4.00Kg	3.00Kg	NE
	F58	1.00Kg	1.00Kg	600gr	600gr	5.00Kg	4.00Kg	NE
U/18	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	500gr	500gr	2.00Kg	2.00Kg	NE
	F53	750gr	750gr	500gr	500gr	3.00Kg	2.00Kg	NE
	F54	1.00Kg	1.00Kg	500gr	500gr	3.00Kg	2.00Kg	NE
	F55	1.00Kg	1.00Kg	500gr	500gr	3.00Kg	2.00Kg	NE
	F56	1.00Kg	1.00Kg	500gr	500gr	3.00Kg	2.00Kg	NE
	F57	1.00Kg	1.00Kg	600gr	500gr	3.00Kg	2.00Kg	NE
	F58	1.00Kg	1.00Kg	600gr	500gr	4.00Kg	3.00Kg	NE



U/16	F51	750gr	750gr	NE	NE	NE	NE	397gr
	F52	750gr	750gr	400gr	400gr	2.00Kg	2.00Kg	NE
	F53	750gr	750gr	400gr	400gr	2.00Kg	2.00Kg	NE
	F54	750gr	750gr	400gr	400gr	2.00Kg	2.00Kg	NE
	F55	750gr	750gr	400gr	400gr	2.00Kg	2.00Kg	NE
	F56	750gr	750gr	400gr	400gr	2.00Kg	2.00Kg	NE
	F57	1.00Kg	750gr	500gr	400gr	2.00Kg	2.00Kg	NE
	F58	1.00Kg	750gr	500gr	400gr	3.00Kg	3.00Kg	NE