

National Junior Para Athletics Championships Rules and Procedures



**activity
alliance**

disability
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sport

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General

These Activity Alliance rules are to be read in conjunction with WPA rules and the International Amateur Athletics Federation (IAAF Rules)

Conditions of entry

Competitors may enter up to 3 individual events.

Intellectually impaired Athletes are eligible as long as they meet the criteria to compete as an athlete with an Intellectual Impairment. That is, that they have been identified by an agency or professional as having a general Intellectual Impairment or IQ of 75 or below.

Intellectual impairment does not include physical or sensory impairment, emotional or behavioural impairments.

The promoters may refuse entry to any athlete who, in their opinion, does not meet the eligibility criteria.

A formal SportExcel UK or Virtus classification is not necessary to enter.

Age groups

The age limits for entry into the National Junior Para Athletics Championships are as follows:

- **Under 12** – competitors must be 9 - 11 years old at midnight on 31st August in the year of competition.
- **Under 14** – competitors must be 12, or 13 years old at midnight on 31st August in the year of competition.
- **Under 16** – competitors must be 14 or 15 years old at midnight on 31st August in the year of competition.
- **Under 18** – competitors must be 16 or 17 years old at midnight on 31st August in the year of competition.
- **Under 20** – competitors must be 18 or 19 years old at midnight on 31st August in the year of competition.
- **Under 23** – competitors must be 20,21 or 22 years old at midnight on 31st August in the year of competition.

Activity Alliance track groupings

Activity Alliance Profiles	Activity Alliance Group	Brief Description of Impairment
T11- 36	T11-T13	Athlete who is totally blind.
T12 - 37A		Athlete who is partially sighted.
T13 - 37B		Athlete who is partially sighted.
T20 -39	T20	Athlete with a Intellectual Impairment.
T31 -1c,5	T31	Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe involvement in all 4 limbs – slalom events.
T32- 5,8	T32	Athlete with cerebral palsy – wheelchair pusher - quadriplegic/athetoid – severe to moderate impairment of function.
T33 - (3),7	T33-T34	Athlete with cerebral palsy – wheelchair pusher – moderate quadriplegic (tetraplegic) or severe hemiplegic.
T34 – 6,8,9,10,11		Athlete with cerebral palsy – wheelchair pusher - diplegic – moderate to severe involvement.
T35 - 13,17,18,(20),(31)	T35-T36	Athlete with cerebral palsy - diplegic – runner functionally affected in both legs.
T36 - (4), 12,13,26a,(27),31		Athlete with cerebral palsy - runner – Ataxic/Athetoid – affected in all four limbs.
T37 -14,15	T37	Athlete with cerebral palsy - runner - Hemiplegic – runner functionally affected on one side.
15,(16),18,19,20,(24) 26b,27,28,32	T38	Athlete with cerebral palsy – runner -minimal impairment.
RR1-RR3	RR1	Severe involvement in the lower extremities and trunk and moderate to severe involvement in the upper extremities. Severe difficulty in isolating individual joint movement in the lower extremities. -Poor control of the stride. Foot drag, severe asymmetry, or no alternating leg movements may be seen. May have limited hand and arm function- unilateral or bilateral. May have limited trunk function Severe difficulties in co-ordination of functional RaceRunning movement and body control characterise this class.
	RR2	Moderate involvement in the upper extremities and trunk Moderate to severe involvement in the lower extremities. The stride pattern may be short, asymmetrical, or unilateral but more effective than RR1. Athletes with spasticity would have Grade 2 or 3 on the ASAS in the lower extremities, or Grade 3 in at least 1 lower extremities. Athletes in this class will have: Minimum or no foot drag. Bilateral, alternating, unilateral, and simultaneous leg push will be effective but limited by weakness, range of motion, spasticity or athetosis. Asymetry, or limited range of motion, poor co-ordination in the lower extremities, fair trunk and upper extremity control, along with limited stride effectiveness characterise this class.
	RR3	Athletes in this class will have mild to moderate involvement in one or both upper extremities, fair to good trunk control, and moderate involvement in the lower extremities, with the ability to isolate lower extremity movements. The athletes will have:

		Symmetrical or slight asymmetrical or leg movements with good push off. Effective start with good acceleration No Startle reflex. Athletes with spasticity would have grade 1 or 2 on ASAS. Adequate steering and braking with the upper extremities and usually without strapping. Hip and stride contractures may limit stride length. Athletes with Athetosis may show a smoother movement pattern as their speed increases. Asymmetrical or moderate co-ordination difficulties in the lower extremities, moderate to good steering and trunk function in the RaceRunner and effective start with good acceleration characterise this class.
25	T40-T41	Athlete - runner with dwarfism.
T42 -19,(27)	T42-T44	Athlete – runner has one or more impairment types affecting hip and/or knee function in one or both limbs and with activity limitations jumps and running competing without prosthesis/protheses
T43 - 18,20		Athlete – runner has bilateral lower limb impairments competing without prostheses where both limbs meet the minimum impairment criteria, and where functional loss is in the feet, ankles and/or lower legs
T44 - 23, (28) (30)		Athlete – runner competing without a prosthesis with a unilateral or a combination of lower limb impairment/s where the impairment in only one limb meets the minimum impairment criteria. Functional loss is seen in one foot, ankle and/or lower leg
T61- 18,20	T61-T64	Athletes with double leg above the knee amputation who compete in running or jumping using prostheses
T62 -18,20		Athletes with double below the knee amputation who compete in running or jumping using prostheses
T63 - 19,(27)		Athletes with single above the knee amputation who compete in running or jumping using a prosthesis
T64 - 23, (28) (30)		Athletes with single below the knee amputation who compete in running or jumping using a prosthesis
T45 - 21, 22, 29	T45-T46	Athlete – runner with double arm amputation or physical impairment allowing similar movement
T46 -16		Athlete – runner with single arm amputation or physical impairment allowing similar movement
T47 - 24	T47	Athlete – runner with single through wrist amputation or physical impairment allowing similar movement
T51 – 1p, 2	T51-T52	Wheelchair racer with mild weakness in shoulders, limited ability in straightening elbows & wrist function. No finger, trunk or leg function.
T52 – 3,7		Wheelchair racer with good shoulder, elbow & wrist function. Limited finger movement. No leg/trunk function.
T53 - 4,6,9,31	T53-T54	Wheelchair racer with normal arm & hand function but no leg or trunk function.
T54 - 7,9		Wheelchair racer with normal arm & hand function and may have some trunk/leg function.
T15	Deaf	Athletes with a Deaf or hard of hearing.

Activity Alliance field groupings

Activity Alliance Profiles	Activity Alliance Group	Brief Descriptions of Impairment
36	F11	Athlete who is totally blind.
F12 -37A	F12-F13	Athlete who is partially sighted.
F13 – 37B		Athlete who is partially sighted.
39	F20	Athlete with a Intellectual Impairment.
F31 - 1c	F31-F34	Athlete with cerebral palsy – Electric wheelchair user – Quadriplegic – severe involvement in all 4 limbs.
F32 - 4,5		Athlete with cerebral palsy. Wheelchair pusher or electric wheelchair user. Quadriplegic – severe to moderate involvement in all 4 limbs.
F33 - 6,7,8		Athlete with cerebral palsy. Wheelchair pusher – Quadriplegic / Triplegic / severe hemiplegic.
F34 - 9,10,11		Athlete with cerebral palsy. Wheelchair pusher. – Diplegic – moderate to severe involvement. Good functional strength with minimal limitation or control problems noted in upper limbs.
F35 -13,17,18,20,28,31	F35-F36	Athlete with cerebral palsy – Diplegic runner functionally affected in lower half of the body.
F36-12,20,26b,31,32		Athlete with cerebral palsy - Ataxic/Athetoid
F37-14,15	F37-F38	Athlete with cerebral palsy – hemiplegic – runner functionally affected on one side
F38 - 15,20,26a,32		Athlete with cerebral palsy - Minimal impairment
F40 - 25	F40-F41	Athlete with dwarfism.
F45 a,b - 21, 22, 29, 31, 32	F45- F46	Athlete with double arm amputation or physical impairment allowing similar movement
F46 - 16, 24 31, 32		Athlete with single arm amputation or physical impairment allowing similar movement
F47 - 24	F47	Athlete with single through wrist amputation or physical impairment allowing similar movement
F51 - 1p, 2	F51-F53	Athlete with spinal cord injury. Wheelchair user, Quadriplegic – all 4 limbs affected. Usually use elbow flexors to propel the implement. Hold the club between the fingers & the discus with hand facing upwards. – C5/6 injury level.
F52 – 3		Athlete with spinal cord injury. Quadriplegic – all 4 limbs functionally affected. No leg or trunk function. Usually have difficulty gripping with non throwing arm. C7 injury level.
F53 – 6		Athlete with spinal cord injury. Quadriplegic – all 4 limbs functionally affected. Mild limitation of hand function. C8 injury level.
F54 - 7,9	F54-F56	Athlete with spinal cord injury. Wheelchair athletes with no leg or trunk function – T1-T7 injury level.
F55 - 10,11		Athlete with spinal cord injury. Wheelchair athletes with ability to rotate spine. No leg function. T8 – L1 injury level.
F56 - 11,17		Athlete with spinal cord injury. Wheelchair athletes with ability to rotate spine and move backwards & forwards. L 2-4 injury level
F57 - 11,17,18,19	F57-F58 F42-F44	Athlete with spinal cord injury. Athlete with near normal trunk function & increased leg function to F56. L5 Injury level.

F58 - 19,20,23,28,30,31,32		Athlete with spinal cord injury. Athletes with normal arm & trunk muscle power with hip flexor, extensor & abductor activity.
F42 - 10,19,28		Athlete –has one or more impairment types affecting hip and/or knee function in one or both limbs and with activity limitations competing without prosthesis/prostheses
F43-20		Athlete – runner has bilateral lower limb impairments competing without prostheses where both limbs meet the minimum impairment criteria, and where functional loss is in the feet, ankles and/or lower legs
F44-23,27,31,32		Athlete –competing without a prosthesis with a unilateral or a combination of lower limb impairment/s where the impairment in only one limb meets the minimum impairment criteria. Functional loss is seen in one foot, ankle and/or lower leg
F61- 18,20	F61-F64	Athletes with double leg above the knee amputation who compete in throws using prostheses
F62 -18,20		Athletes with double below the knee amputation who compete in throws using prostheses
F63 - 19,(27)		Athletes with single above the knee amputation who compete in throws using a prosthesis
F64 - 23, (28) (30)		Athletes with single below the knee amputation who compete in throws using a prosthesis
F15	Deaf	Athletes with a Deaf or hard of hearing.
P1/2	P 1/2	Athletes that use an electric wheelchair but are not included in the T31 class.

Events available U14, U16, U18, U20

Event	Ambulant Athletics Group	Wheelchair Athletics Group	Racerunning Athletics Group	NOTE
60m	T35/40/41	T32	RR1, RR2, RR3	T35 = Activity Alliance P12 or CP5 - Athletes who are not competing in 100m only
100m	T15/11;12/13;T20;T35/36;T37/38T40/41;T42/43/44;T45/46/47/61/62/63/64	T51-54 T31-32; T33-34	RR1, RR2, RR3	
200m	T15/11;T12/13;T20;T35/36;T37/38 - T40/41(Und 20only); T42/43/44;T45/46/47 /61/62/63/64	T51-52; T53-54 T31-32; T33-34	RR1, RR2, RR3	
Shot	F15/11;F12/13;F20; F35/36;F37/38 F40/41;F45/46/47	F32/33/34;F52/53/ F54/55/56-F57/42 43/44/ 61/62/63/64		
Discus	F01/11;F12/13;F20;F35/36;F37/38 F40/41;F45/46/47	F32/33/34;F52/53/ F54/55/56-F57/42 43/44/ 61/62/63/64		
Distance Club		F31/F32;F51		
Precision Ramp Ball		F31;P1/2		
Grip Ball Throw	F35	F31;P1/2		(F35 – u12/14/16 only) Athletes who are not competing in Discus/Jav/Shot
Precision Club		F31/F32;F51;P1/2		
Precision Bean Bag		F31;P1/2		
Long Jump	F15/11;F12/13;F20;F35/36;F37/38 F42/43/44;F45/46/47//61/62/63/64			

Events available U12s

There are no qualifying standard for the u12 age category.

Event	Ambulant Class (standing)	Wheelchair
Track		
60m	T15/11;12/13;T20;T35/36;T37/38; T40/41; T42/43/44;T45/46/47/61/62/63/64 RR1-3	T51-54; T31-32; T33-34
100m	T15/11;12/13;T20;T35/36;T37/38 T42/43/44;T45/46/47/61/62/63/64 RR1-3	T51-54; T31-32; T33-34
Field		
Discus / Shot	F15/11;F12/13;F20; / F35/36;F37/38 / F40/41;F45/46/47	F32/33/34; F52/53; F54/55/56; F57/42/43/44/61/62/63/64
Club / Grip Ball throw Bean Bag throw		F31;P1/2 Athletes who are competing in club can not compete in Bean Bag or ramp ball Events
Precision Club Precision Ramp Ball		

National field weights

Shot	U23		U20		U18		U16		U14		U12	
Class	M	F	M	F	M	F	M	F	M	F	M	F
F01 (HI)	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F11	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F12	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F13	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F20	7.26kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F32	2kg	2kg	2kg	2kg	2kg	2kg	1kg	1kg	1kg	1kg	1kg	1kg
F33	3kg	3kg	3kg	3kg	3kg	3kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F34	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	1.5kg	1.5kg	1kg	1kg
F35	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg
F36	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg
F37	5kg	3kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg	2kg
F38	5kg	3kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg	2kg
F40	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1kg	1kg
F41	4kg	3kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1kg	1kg
F42	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	1kg	1kg
F43	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	1kg	1kg
F44	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F45	6kg	4kg	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg	2kg
F46	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F47	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F51	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE
F52	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F53	3kg	3kg	3kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F54	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F55	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1kg	1kg
F56	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1.5kg	1.5kg
F57	4kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	1.5kg	1.5kg	1.5kg	1.5kg
F61	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F62	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F63	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg
F64	6kg	4kg	6kg	4kg	5kg	3kg	4kg	3kg	2kg	2kg	2kg	2kg

Discus	U23		U20		U18		U16		U14		U12	
Class	M	F	M	F	M	F	M	F	M	F	M	F
F01 (HI)	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F11	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F12	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F13	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F20	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F32	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F33	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F34	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F35	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F36	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F37	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	750g	750g
F38	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	750g	750g	750g	750g	750g	750g
F40	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g
F41	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g	1kg	750g
F42	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F43	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F44	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F45	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	750g	750g
F46	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F47	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
F51	1kg	1kg	1kg	1kg	750g	750g	750g	750g	NE	NE	NE	NE
F52	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g	500g	500g
F53	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g	500g	500g
F54	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F55	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F56	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	500g	500g
F57	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	500g	500g
F61	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F62	1kg	1kg	1kg	1kg	1kg	1kg	750g	750g	750g	750g	750g	750g
F63	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	750g	750g
F64	1.5kg	1kg	1.5kg	1kg	1.5kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg

Javelin	U23		U20		U18		U16		U14		U12	
Class	M	F	M	F	M	F	M	F	M	F	M	F
F01 (HI)	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F11	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F12	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F13	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F20	800g	600g	800g	600g	700g	500g	700g	500g	600g	400g	400g	400g
F32	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE
F33	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F34	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F35	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F36	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	300g T	300g T
F37	600g	600g	600g	600g	600g	500g	500g	500g	400g	400g	400g	400g
F38	800g	600g	800g	600g	700g	500g	600g	500g	400g	400g	400g	400g
F40	600g	400g	600g	400g	500g	400g	400g	400g	400g	400g	300g T	300g T
F41	600g	400g	600g	400g	500g	400g	400g	400g	400g	400g	300g T	300g T
F42/43	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	400g T	300g T
F44	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	600g	400g
F45	800g	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	400g
F46	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	600g	400g
F47	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	600g	400g
F51	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE	NE
F52	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F53	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F54	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F55	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F56	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	300g T	300g T
F57	600g	600g	600g	600g	600g	500g	500g	400g	400g	400g	300g T	300g T
F61	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	400g T	300g T
F62	800g	600g	800g	600g	700g	500g	600g	400g	600g	400g	400g T	300g T
F63	600g	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	400g
F64	600g	600g	600g	600g	600g	500g	500g	400g	400g	400g	400g	400g

The following training javelins will be used in the U12 weight category where a T is in front of the weight:
<https://www.athleticsdirect.co.uk/product/turbo-javelins/>

Rules for track events

General

- In all track events athletes are to be at the marshalling area at least one event prior to the race in which they are competing. If an athlete is not present when the marshalling steward calls their name, that athlete may be disqualified from the remainder of the track events.
- Team managers or coaches who have athletes with orientation problems in 100m events (excluding B1 competitors) should ensure that they understand the intersecting curved/straight lines on the track just after the start.
- No smoking will be allowed in the arena. The arena is the area inside the fence, which includes the area outside of the track.

Ambulant

- The 4x100m and 4x400m relays will be run around the track.
- For relays in Junior Championships, the take-over must be executed by touch in the appropriate take-over area.

Wheelchair

These specifications are for manual wheelchairs. The only track event for Power wheelchairs is the Power slalom.

- The wheelchair shall have at least two large wheels and at least one small wheel.
- The maximum diameter of the large wheel including the inflated tyre shall not exceed 70cm. The maximum diameter of the small wheel including the inflated tyre shall not exceed 50cm.
- Only one plain, round, standard type hand rim is allowed for each large wheel.
- Athletes must ensure that no part of their lower limbs can fall to the ground or track during an event. The exceptions to this are those athletes who propel the chair with their feet.
- No mechanical gears or levers that may be used to propel the chair are allowed.
- Only hand-operated mechanical steering devices will be allowed.
- The deciding factor at the finish of track events shall be the centre of the hub of the leading wheels of the wheelchairs.
- Helmets must be worn by all athletes in all races, including relays.
- For junior groups the relay will be around the track with two lanes available to each team.
- The take-over in the relays will be made by a touch on any part of the body whilst the outgoing competitor is in the take-over area.

RaceRunning

- Helmets must be worn at all times
- Numbers will be worn on the back of the RaceRunning Athlete and on the right handside of the RaceRunner. If an athlete (RR1 only) requires track side assistance they must make this known to the event organisers in advance and notify the Track referee
- The deciding factor at the finish of track events shall be the centre of the hub of the leading wheels of the RaceRunner
- RaceRunners must stay in their lanes for 100m, 200m and 400m events. During 800m and 1500m, the RaceRunners may change lanes once they past the 200m break line
- During RR1 events there will be a free lane either side of each RaceRunner.

Visually Impaired – P36 = B1, P37a = B2

- B1 and B2 competitors may use a guide in any race. Competitors should provide their own guide/callers.
- In all running events (B1 and B2 competitors only) where a guide is used, the method of guidance is the choice of the athlete. At no time may the guide pull the athlete or propel the athlete forward by pushing. Whether or not a tether is used, the athlete and guide shall be not more than 0.5m apart at all times. The runner may receive verbal instruction from the guide. The guide runner should not break the finish line ahead of the athlete.
- B2 competitors are allowed two lanes in all races up to and including 400m, whether or not a guide runner is used. If 800m races are started in lanes, B2 runners are allowed two lanes.

Rules for throwing events

General

- Judges have the power to withdraw from an event any competitor who has no obvious knowledge of the rules of that event or who may endanger themselves or others.
- No person other than the appointed judge or competitor may enter the roped-off throwing area without the permission of the judge in charge.
- No smoking shall be allowed in the arena. The arena is defined as the area inside the fence, which includes any area outside the track.

Competition Frames/Wheelchair

- It shall be a foul throw if a competitor, after having entered the area and begun the throw, touches with any part of the body or footrests, the ground outside the circle. It will also be a foul if a competitor touches any part of the holding device outside the vertical plane of the rim of the circle. In shot putt the stop board should be removed for wheelchair competitors.
- Competition frames/wheelchairs shall be secured by a mechanical device as supplied. No other device shall be used. Sufficient anchor points shall be provided on the frame/wheelchair for such purpose. The frame/wheelchair must not be secured manually.
- Ambulant athletes must leave from the rear half of the circle. Should the competitor not leave the circle correctly, the last trial shall be considered a foul. Where a holding device is used this rule may be waived at the discretion of the referee.
- No part of the chair or frame may be outside the circumference of the circle. Footrests may not be rotated in or out to permit abnormal placing of one or both feet.
- During the action of a throw or putt at least one buttock must remain in contact with the seat or frame/wheelchair. Buttocks may be raised after the implement is released.
- Any strapping used by an athlete must be of a non-elastic material.
- The maximum height of the seat including the cushion shall not exceed 75cm. Frames/wheelchairs will be measured before the competitor sits in the frame/wheelchair.
- Competitors requiring transfer from wheelchair to competition frame/wheelchair should have assistants to help them (judges shall not do transfers).
- competitors will be permitted to perform shot put, discus and javelin with the use of a frame to support them in the standing position. The frame may be required to be anchored to the ground as for the frame used by seated competitors, and to be held by the non-throwing hand.

Visually Impaired – P36 = B1, P37a = B2

- B1(F11) and B2(F12) competitors where appropriate may be brought to the throwing circle or runway by an escort.
- It is the task of the escort to help the athletes orientate themselves in the throwing circle or on the runway before the throwing attempt. The escort must leave the runway or the circle before the throw can begin.
- The escort may stand in the sector to give acoustic orientation to a B1 (F11) or B2 (F12) athlete before, during and after their throwing attempt. If a judge rules that the escort is in an unsafe location they are permitted to ask the escort to move to a safe position.

- B1 (F11) and B2 (F12) competitors may be escorted from the throwing circle or runway only after the judges have determined whether the attempt is valid or not.

Rules for jumping events

Ambulant

Subject to medical approval being obtained for each athlete, there will be competition in high jump and long jump.

Visually Impaired – P36 = B1, P37a = B2 (F11 and F12)

- In long jump, for B1 and B2 athletes, the take-off 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 etc.) that the athlete leaves an impression on the area with their take-off foot.
- Measurement of the length of the jump, where (i) apply, will be made 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, the measurement will be made from the point of landing in the pit to the edge of the take-off area furthest from the pit.
- The take-off area otherwise functions in the same way as a normal take-off board (i.e. it is not permitted for an athlete to take-off with any part of their foot beyond the edge of the take-off area closest to the pit).
- In high jump B1 jumpers are permitted to touch the bar as an aid to their orientation before run-up. If in doing this the bar is displaced, this is not counted as a jumping attempt or as a failure.
- B1 and B2 athletes are allowed an acoustic orientation aid. In providing this, the caller must stand in such a position that the event judges are unhindered.
- B2 competitors may use any visual aid on the bar providing that the Field Referee approves it.

Specialised events

Manual Slalom

- Chairs must have footrests a maximum of 10cm above the ground, and athletes must ensure that no part of their lower limbs can fall to the ground or track during the event. The footrest rule also applies for those who do not normally use footrests. Chairs without footrests may not be used.
- The Slalom (Appendix A) will be over a straight course of 110m.
- The competition will be against time, with time penalties for faults.
- **Forward gates on the course will be white and reverse gates red. No ramps will be used.**
- Progression around the course must be by a manual push of the wheels.
- **(vi)** Penalties will be scored as follows:
- **seconds** for each incorrect course, providing the competitor resumes the correct course before the last obstacle missed. If not they will be disqualified.
 - **5 seconds** for knocking over a gate.
 - **3 seconds** for moving a gate.
 - **Disqualification** for falling to the ground or overturning chair to the point of no return or touching the ground to maintain balance.

Power Slalom

- Competition in the Power slalom will take place in two separate groups, each competing over separate courses (Appendices B and C).
 - **Group 1** – For those athletes with a co-ordination impairment.
 - **Group 2** – For those athletes with a power and range impairment.
- Competitors must complete the course in the shortest possible time.
- White lines signify forward movement and red lines signify reverse movement of the chair.
- There are no backstop lines.

- Penalties will be scored as follows:
 - **3 secs** moving the post
 - **5 secs** knocking over a post
 - **3 secs** incorrect course (they must also go back and proceed correctly)
- Competitors are allowed one practice run, then two official timed runs. The fastest official run will count.
- Distance between the tubes should be 1m, measured from the inside of the tube.
- Lines will not be on the floor at Nationals

Precision club / Precision bean bag

- Competitor may only take part in either club or bean bag
- Club/ bean bag to be released by player
- Only one to count in any target square
- In event of a tie each player will have three further balls delivered alternately (1st delivery to be decided by a flip of a coin).
- Only one ball per square from any player scores.
- If a club / bean bag lands on a line the lowest score will be recorded

Height bean bag

- This event shall take place using standard pole-vault equipment.
- The bar shall start at the minimum height available with the pole-vault stands, then be raised in stages of a minimum 20cms, until such time as only five competitors remain, when 10cm stages shall be used.
- If the bar reaches the maximum height, then athletes will move away from the bar at 1m intervals, having started throwing from any position adjacent to, but not breaking the vertical plane of the bar.
- Athletes may take up any position in their wheelchair, as long as no part of their body or chair breaks the vertical plane of the throwing line (i.e. either that of the bar or the lines at 1m intervals from there).
- Athletes may use strapping to secure themselves into their chair, and to restrain their non-throwing arm.
- Competitors who use their mouth to compete may use their own bean bag, subject to it being checked before the competition.
- Chairs must not be raised more than 0.75m from the floor to the top of the seating cushion when competing

Grip ball throw

- The event shall take place in any suitable area, not normally in a shot putt area as this damages the grip ball.
- Any throwing method can be used.
- Measurements shall be made from the first mark made on landing from the edge closest to the circle.

Precision ramp ball

- Chute handler – must sit beside or in front of competitor/ back to target.
- Ball to be released by player
- 6 Balls delivered consecutively
- Only one to count in any target square
- In event of a tie each player will have three further balls delivered alternately (1st delivery to be decided by a flip of a coin).
- Only one ball per square from any player scores
- If a ball lands on a line the lowest score will be recorded

NB: Balls are Davies Boccia Play Balls

Protests or complaints

- Protests or complaints concerning the status of an athlete to participate in a meeting must be made prior to the commencement of such a meeting to the meeting organising committee, or to the Referee. If the matter cannot be settled satisfactorily prior to the meeting, the athlete shall be allowed to compete 'under protest' and the matter referred to the Activity Alliance Sports Technical Committee or event organisers.
- Protests relating to matters that develop during the carrying through of the programme should be made at once, and within 30 minutes after the result has been officially announced. The organisers of the meeting shall be responsible for ensuring that the time of the announcement of all results is recorded.
- Any protest shall in the first instance be made orally to the Referee by the athlete themselves or by someone acting on their behalf. To arrive at a fair decision, the Referee should consider any available evidence that they think necessary, including a film or picture produced by a videotape recorder. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury.
- An application to the Jury of Appeal must be in writing signed by the responsible official on behalf of the athlete and must be accompanied by such deposit as set by the organisers before the appeal is heard. The deposit will be forfeited if the protest is considered to be frivolous. To arrive at a fair decision, the Jury of Appeal shall consult all other available evidence and interview all those they consider necessary.
- Should an athlete's profile be changed during the competition, that athlete shall be withdrawn from that competition. Their performances in the competition will be deleted. The athlete will be allowed to compete in their new group if that competition has not yet taken place. Should an athlete's profile be changed before competition starts, the athlete will be transferred to their new group where the event programme permits.

Protest procedure

- Verbally - tell the official in charge of the event.
 - If upheld - will tell competitor and change result of event.
 - If dismissed - will tell protester and the result stands.
 - If either competitor or protester disagrees with officials decision, proceed to step (b).
- In the case of (a iii) the official will call the Referee.
 - If Referee upholds the protest, the official will tell competitor and the result is changed.
 - If Referee dismisses the protest, the official will tell protester and the result stands.
 - If either competitor or protester disagrees with Referee's decision, proceed to step (c).
- In the case of (b iii) competitor or protester will:
 - State disagreement to Referee.
 - State intention to protest in writing.
 - The competitor competes 'under protest'.
- In the case of (c ii)
 - Protest must be in writing and given to the Referee of the event within 30 minutes after the result has been officially announced, with a fee of £10.
 - Referee calls a meeting of the Jury of Appeal.
 - The Jury of Appeal makes a final decision and informs all concerned.
 - The Jury of Appeal decides on the retention or repayment of the fee

Jury of appeal

- The Jury of Appeal shall be appointed by the Organising Committee and notice circulated prior to the start of the competition. The Jury should consist of not less than three, nor more than five persons, of which at least one must represent a competing country.
- The primary function of the Jury shall be to deal with all protests, and with any other matters arising during the course of the meeting that are referred to them for decision. Their decision will be final.
- While in general the Jury should not intervene in the course of a meeting, if they observe any matter which in their opinion requires correction, they should discuss such matter with the responsible official and offer advice as to what should be done.

- Decisions involving points, which are not covered by these rules, shall be reported subsequently by the President of the Jury to the Chairperson of the Activity Alliance Sports Technical Committee or event organisers.