

# National Junior Para-Athletics Championships 2026

## Programme



**#JuniorAthletics2026**  
Saturday 4 – Sunday 5 July 2026

Led by  
**activity  
alliance** | disability  
inclusion  
sport

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# A message from our CEO

**A very warm welcome to you all to the National Junior Para Athletics Championships 2026 here in Coventry.**

We're delighted to welcome athletes, coaches, families, friends, special guests and spectators from across the UK to this fantastic event.

The National Junior Para Athletics Championships is one of Activity Alliance's flagship events, and we're thrilled to see so many of you here this weekend. While there will be medals to compete for, this event is about so much more than results. It's about belonging, building friendships, discovering what's possible, and developing a lifelong love of sport and athletics.

Over the years, these championships have helped inspire and nurture some of the UK's most successful Paralympians, including Hannah Cockroft, Aled Davies and, of course, our new event ambassador and Paralympic wheelchair racer, Kare Adenegan. Their journeys are a powerful reminder of why accessible and inclusive opportunities in sport matter. Events like this help ensure that disabled children and young people feel they belong and can thrive in sports and activities.

I'd also like to extend a huge thank you to our events team, staff, officials and incredible volunteers, particularly Lions Clubs International. Your commitment, enthusiasm and hard work make this event possible, and we simply couldn't do it without you.

Finally, to every athlete competing this weekend: be proud of how far you've come. Challenge yourselves, give it your all, and most importantly, enjoy every moment. Make new memories, celebrate your achievements, support one another, and make this a weekend to remember.

**Good luck, and have an amazing championships!**

**Follow Activity Alliance on social media (#JuniorAthletics2026)**

Instagram – [activity\\_alliance](#)

Facebook – [ActivityAlliance](#)

LinkedIn – [activity-alliance](#)

BlueSky – [@ActivityAlliance](#)

X – [@AllForActivity](#)





## A message from the Lions

The Lions International association is made up of 1.4 million members in 50,000 clubs who bring hands and hearts to the communities we serve in nearly every country on earth. Our Lions and Leos help hundreds of millions of people every year, serving a world in need together.

We serve locally in many different ways. We have fully developed programmes, service resources, funding opportunities for Lions and Leos, and organisational support for eight global causes and a number of special initiatives.

The Lions are proud of their long association with the Junior Para Athletics Championships. By raising funds and mobilising volunteers we enable the event to take place here in Coventry; helping create the opportunities for young disabled people to achieve their personal bests, make friends and be active for life.

We welcome you to the Championships and encourage you to come and find out more about the Lions.

[Visit the Lions International website: www.lionsclubs.org/en](http://www.lionsclubs.org/en)



# A message from England Athletics



These Championships represent an important fixture in the calendar for junior para-athletics by providing valuable access to exciting high-quality competition opportunities. Through our partnership with Activity Alliance, we aim to support athletes at every stage of their journey, from those with aspirations to represent their country on the international stage, to those who participate for the enjoyment of sport for the friendships it brings, and the positive impact it has on their health and wellbeing.

We recognise that opportunities such as this are only possible because of the dedication and commitment of many individuals. A sincere thank you goes to all the officials and volunteers for all their hard work in the delivery of this event. Without your contribution, these opportunities would not exist.

We would also like to extend our thanks to the parents, families, coaches and supporters of the young athletes taking part. Your continued support is vital in helping young para-athletes to participate, enjoy and progress within athletics.

To all those competing, we wish you every success and hope you take great pride in your achievements. Most importantly, enjoy the experience.

## **Sarah Benson**

Talent and performance director at England Athletics

# Event Information

This weekend's event takes place at the Coventry Athletics Track, Warwick University, Kirby Corner Road, Coventry, CV4 8AH.

## Approximate session times:

Saturday 4 July 2026: 10am - 4pm

Sunday 5 July 2026: 9am - 1pm



## Schedule:

60m, 100m, 400m and 800m track events will take place on Saturday. The 200m and 1500m races will take place on Sunday.

Field events are scheduled after the entry deadline. This is to ensure that events including seated throws allow athletes the maximum time to throw.

## Mobiloo

We will have Mobiloo facilities at the event on Saturday. Mobiloo offers mobile, accessible toilets and changing facilities. Mobiloo want to ensure that everyone can enjoy social and recreational activities without facing toilet access issues.

## Photographs

There will be an official photographer present taking pictures for Activity Alliance's social, digital and print media assets for use across Activity Alliance's website, social media channels, presentations, events and resources. If you do not wish to be photographed, please let us know.

Parents/guardians please avoid taking photos and filming children not in your care and make every effort to edit and remove children not in your care before sharing your photos/footage with others.

## Event survey – win a £15 voucher!

We value the feedback of athletes, parents, coaches and spectators. Please scan the QR code below or request a copy of the survey from [events@activityalliance.org.uk](mailto:events@activityalliance.org.uk) to give your feedback. You'll be entered into a prize draw to win one of three £15 vouchers.



# Event map – Coventry Athletics Track



- Area 1 – discus
- Area 2 – shot
- Area 3 – javelin
- Area 4 – seated javelin and shot
- Area 5 – precision events
- Area 6 – power chair slalom
- Area 7 – long jump

## Activity Alliance area:

- Registration
- VIPs
- Medals
- First aid
- Lions

# Schedule of events

## Track schedule

Saturday 4 July 2026

Event No	Time	Event	Gender	Age	Group
<b>60m</b>					
T01	10:00	60m	F	All	T72
T02	10:05	60m	F	U12/14/16	35/37/38
T03	10:10	60m	M	U16	72
T04	10:15	60m	M	U12/14/16	11/20/37/40
<b>800m</b>					
T05	10:25	800m	F	All	20/37
T06	10:35	800m	F	All	34/54
T07	10:45	800m	M	All	71/72
T08	10:55	800m	M	U12/14/16	13/38/46
T09	11:05	800m	M	U16/18/20/Open	20/36/64
T10	11:15	800m	M	All	34
T11	11:25	800m	M	All	54
<b>100m</b>					
T12	11:35	100m	F	All	71/72
T13	11:40	100m	F	U12/14	13/20
T14	11:45	100m	F	U14/16/18	35/37/38
T15	11:50	100m with aides	F	U16	35
T16	11:55	100m	F	All	20/37/38/64
T17	12:00	100m	F	All	34/54
T18	12:05	100m	M	All	71/72
T19	12:10	100m	M	U12	11/20/35/38
T20	12:15	100m	M	U14/16	20/37/40/44
T21	12:20	100m with aides	M	U16	35
T22	12:25	100m	M	U16	12/36/37/38/46
T23	12:30	100m	M	U18/20	20/35
T24	12:35	100m	M	Open	20/36
T25	12:40	100m	M	All	34
T26	12:45	100m	M	All	54

<b>Lunch</b>					
<b>400m</b>					
T27	14:05	400m	F	All	20/35/38
T28	14:15	400m	F	All	34/54
T29	14:25	400m	M	All	71/72
T30	14:35	400m	M	U12/14	20/37/38/46
T31	14:45	400m	M	U20/Open	20/36
T32	14:55	400m	M	All	34
T33	15:05	400m	M	All	54

Sunday 5 July 2026

<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Gender</b>	<b>Age</b>	<b>Group</b>
T34	9:45		MWS	All	All
T35	9:45		PWS	All	All
<b>1500m</b>					
T36	10:10	1500	F	All	20
T37	10:20	1500	F	All	34/54
T38	10:30	1500	M	All	71
T39	10:40	1500	M	U12/14/16	13/37/38
T40	10:50	1500	M	U20	54
<b>200m</b>					
T41	11:00	200	F	All	72
T42	11:05	200	F	U12/14	20
T43	11:10	200	F	All	20/35/37/64
T44	11:15	200	F	All	34/54
T45	11:20	200	M	All	71
T46	11:25	200	M	U12/14	20/37/38/44
T47	11:30	200	M	U16/18	12/20/36/37/64
T48	11:35	200	M	U20/Open	20/36
T49	11:40	200	M	Open	20

# Field schedule

Saturday 4 July 2026

Time	Event no.	Event	M/F	Age	Group	Area	Trials
10:00	F01	Shot	M	U12/14/U16	11/20/35/36/37/38/40/44	2	1+4
10:00	F02	Seated Discus	M	All	34/54/56	1	1+4
11:15	F03	Shot	F	U14/16/18/20	13/35/37	2	1+4
12:00	F04	Long Jump	M	All	20/37/64/46	7	1+4
12:00	F05	Seated Javelin	All	All	34/54/55/56	4	1+4
14:00	F06	Long Jump	F	All	13/20/37/38/64	7	1+4
14:00	F07	Javelin	All	All	20/35/37/38/40	3	1+4
15:15	F08	Seated Shot	F	U14/16/18/23	33/34/54/55/56	4	1+4
15:30	F09	Club Throw / Grip Ball Throw	All	All	All	1	1+4

Sunday 5 July 2026

Time	Event no.	Event	M/F	Age	Group	Area	Trials
09:30	F10	Seated Discus	F	U14/16/18/23	33/54/55/56	1	1+4
09:30	F11	Shot	M	U18/20/23	35/36/37/38/40	2	1+4
11:00	F12	Seated Shot	M	U14/18/23	34/54/56	4	1+4
11:00	F13	Discus	All	U12/14/16/18/20	20/35/37/40/44	1	1+4

# About Activity Alliance

Activity Alliance is the leading voice for disabled people in sport and activity. Established in 1998 as a national charity, we were previously known as the English Federation of Disability Sport. We bring together organisations committed to closing the fairness gap between disabled and non-disabled people's activity levels. We are proud to be at the centre of influential programmes and event for disabled children and adults. Our teams specialise in various areas and drive change in disability, inclusion and sport.

## Join the Movement

**Sign up as an Activity Alliance supporter and stand with us in creating a future where all disabled people feel they belong in sports and activities.**

Whether you're part of a grassroots club, national body, charity, or public sector organisation, you can play your part in building a future where everyone feels they belong.



We are building an alliance of supporters who share our vision and are committed to making sports and activities inclusive for every disabled person.

Becoming a supporter is free. Organisations and individuals from within organisations can join. As a supporter, you'll add your voice to a national movement for change and gain access to a range of great benefits.

### Supporter benefits include:

- Exclusive research briefings on latest disability trends in sport
- Discounts for training opportunities on the [Activity Alliance Learning Hub](#)
- Regular sector updates and success stories from the supporter network
- Regular online events on topics related to disabled people's inclusion
- Opportunities to join campaigns and influence policy

If you would like more information about our supporter scheme please email [supporter@activityalliance.org.uk](mailto:supporter@activityalliance.org.uk) or call 0808 175 6691.

## Be a fundraiser for Activity Alliance

As a charity, we rely on our supporters, like you, to continue our work to ensure all disabled people feel like they belong in sports and activities. Big or small, your efforts go a long way to help us reach our goals.

### Take on a challenge

Raise funds through physical challenges like walking, wheeling, running, cycling, or swimming. There are many challenges out there, from walking your local hill to conquering Machu Pichu. [We work with Charity Challenge](#) to make even the most ambitious challenges straightforward.



We also have charity places at the biggest single-day fundraising event in the world, the **TCS London Marathon**, and the **Adidas Manchester Marathon**, known as the one of the flattest and friendliest marathons in the UK. If you want to run for us, [please email our team](#).

**Text-to-give.** The quickest way to support us is by texting **ACTIVITY** to **70480** to donate £5. Texts will cost the donation amount plus one standard network rate message.

**Raise money when you shop online** at over 7,000 brands like eBay, John Lewis, ASOS, Booking.com and M&S with easyfundraising.

### All you need to do is:

1. Join easyfundraising for free – [sign up at easyfundraising.org.uk](https://www.easyfundraising.org.uk)
2. Every time you shop online, go to the [easyfundraising website](#) first to find the website you want and then start shopping.
3. After you've checked out, the brand will donate to us at no extra cost to you.

### Fundraise your own way

Host a knitting class, do a bake sale, or dance for 24-hours – you can be as creative as you want! [Check out our fundraising guide for more ideas](#). When you know what you want to do, set up your [JustGiving page](#) and share it with your friends and family.

### Get in touch

If you've got an idea, or want to find out more, please [complete a registration form](#). If you have any questions or need help, please [email our team](#) or call Jamie on 07866 921745.

## Activity Alliance Learning Hub

Increase your commitment to inclusion in sport by signing up to our collection of training courses now all available in one easy to access online hub. We want sport and physical activity to be a meaningful experience, no matter where or how disabled people choose to take part. Our training and resources can help you embed better practice, whatever sector you work in.

Courses on the Learning Hub include our CIMSPA accredited Inclusive Activity Programme. There are also modules on delivering an excellent service for disabled customers and inclusive communications.

Our accessible courses will empower you with practical tools and creative ideas to make you more confident in your role.

[Visit the Learning Hub and start your learning journey today.](#)

## Education hub

On the inclusive education hub, you will find lots of support for teachers and school staff to improve your inclusive physical education and school sport delivery. Created in partnership by Activity Alliance, Youth Sport Trust and the Department for Education, funded by Inclusion 2024. The partners' ambition is to support more teachers responsible for PE and school sport to engage more disabled students. The impact will mean more young people have accessible, positive, and meaningful experiences that will last a lifetime.

[Visit the Education Hub](#)

## Inclusion 2028

Inclusion 2028 is a Department for Education-funded grant designed to improve the choices and chances of children and young people with Special Educational Needs and Disabilities (SEND) through a series of targeted interventions in physical education (PE), school sport, and physical activity.

Led by the Youth Sport Trust, a national network of [Lead Inclusion Schools](#) and a consortium of expert organisations including Activity Alliance, nasen, ParalympicsGB and Swim England: this grant fuels a range of inclusive initiatives across England – ensuring that every pupil, regardless of ability, has the opportunity to thrive.

# Introducing our new athletics ambassador **Karé Adenegan**

A long-time supporter of the event, Karé competed at the Championships throughout her junior career and credits it as an important part of her development as an athlete. As the inaugural ambassador, Karé will help champion the event, inspiring more young disabled people to discover the opportunities athletics can offer while celebrating the unique role the Championships play in creating an inclusive and welcoming environment.



"I've competed there for around 10 years and it was always a highlight in my season as a junior athlete," said Karé. "I've found it to be such an amazing event because it allows us to race with people of a similar age group, have some really competitive races and, really, it's just a great celebration of inclusive sport."

"There's very much a sense of community. We're all coming from all over the nation, coming together and competing. It's a very friendly, warm and welcoming environment. The event is one of those places where you can really enjoy yourself and have fun. It is a competition, but there's also that sense of celebrating sport."

Having gone on to represent Great Britain and win Paralympic medals, Karé believes the Championships strike an important balance between welcoming newcomers and providing valuable competition for aspiring elite athletes. "Some people will be at their first event, while others might already be on a performance pathway or have represented Great Britain," said Karé. "That's what's special, there isn't that sense of separation. Everybody races together."

Karé is also passionate about encouraging young disabled athletes who may be considering entering for the first time. "Don't be worried, don't be nervous, come and know that there will be something for you. Everybody will cheer you on to the finish line."

Although now competing in senior competition, Karé continues to value the Championships as an important fixture in the athletics calendar with open age races taking place at each event. "Even now that I'm not a junior athlete, it's still really great to have the opportunity to race because we don't have a lot of competitions in the calendar. I'm really grateful that Activity Alliance continues to provide that opportunity for more people to compete."



## Athletics stories: The power of sport

Freddie and Penny's story is one of resilience, discovery, and the transformative power of finding the right sporting environment. As young siblings with the same genetic condition, both have lived with physical barriers since early childhood, but their paths through athletics have unfolded in very different ways.

Freddie has long been dedicated to athletics, training and competing in mainstream settings. His condition, dystonia, means that some days his body simply doesn't respond the way he needs it to. He often found he had to work twice as hard just to keep pace with peers who weren't facing the same barriers. At times, this imbalance made competition feel unfair and even isolating.

Penny, on the other hand, faced her own hurdles. Though living with the same genetic condition, its impact on her is different. Running has always been a challenge for her. Athletics, in her mind, was something other children did. She never imagined there could be a place for someone like her.

Everything changed when the family began researching para athletics classifications and discovered the Activity Alliance Junior Para Athletics Championships. What began as curiosity quickly became a turning point. They realised there were pathways designed specifically to recognise the abilities of athletes like Freddie and Penny. Pathways that didn't force them to "keep up", but instead celebrated what they could do.

Penny's first-ever competition took place at 2025's para championships. Stepping onto the track, she wasn't surrounded by athletes who looked or moved identically. She was surrounded by people who understood difference. The children had visible and non-visible impairments. For Penny, it was a revelation. She wasn't "the child who struggled with running" anymore. She was an athlete. She belonged.

**“Give it a go. Para athletics can take you places you never imagined — and open doors you didn't know were there.”**

Freddie, too, experienced a big shift. Being among competitors who also faced non-visible challenges allowed him to compete on fairer terms. Instead of feeling like he was constantly playing catch-up, he felt recognised, supported, and able to perform to his true potential.

What stands out most for the family is the atmosphere of these events. Children as young as seven take part, each receiving encouragement not just from coaches and families but from one another. The culture is so positive - every jump, throw, sprint, or finish is celebrated.

The impact on both children has been remarkable. Penny, once hesitant about running, has found her strengths in speed and especially in jumping. At her athletics club, she is now one of the top under-11 long jumpers. That's testament to what can happen when a child discovers an environment that empowers them instead of limiting them.

Freddie has flourished, too. He has gone on to reach national finals in cross country, proving that with the right support system, talent and determination can shine in extraordinary ways.

Beyond medals or rankings, the experience has changed the way the family views sport. They've learned that para athletics isn't only for athletes with visible impairments, like wheelchair users. It's for children like Freddie, who is ambulant and living with conditions that affect performance in ways not everyone sees. And it's for children like Penny, who may have felt pushed to the sidelines in mainstream sport but now flies down the track or across the long jump pit with real confidence.

Their message to other athletes and families considering getting involved is powerful: “Give it a go. Para athletics can take you places you never imagined — and open doors you didn't know were there.”

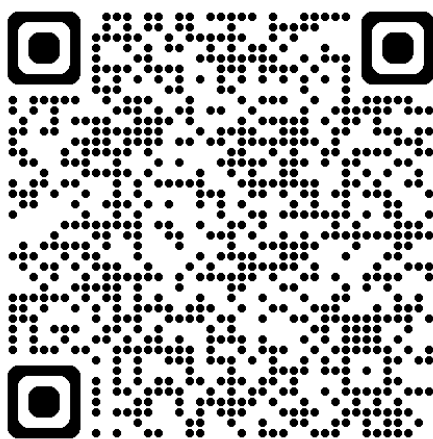
# England Athletics



The [England Athletics talent pathway](#) aims to increase the number of talented athletes/para-athletes who have the skills, competencies, knowledge, and resilience to progress to the UK Athletics World Class Programme, succeed at Senior Championships, share knowledge and to gain a positive experience throughout the journey.

To find out more about the Paralympic Talent Programme, please contact Lauren Butler.  
Email: [laurenbutler@englandathletics.org](mailto:laurenbutler@englandathletics.org)  
Phone: 07435 182801

Scan the code below to find out more about the England Athletics Paralympic Talent Programme including eligibility and national classification:



# National Disability Sports Organisations

The National Disability Sports Organisations (NDSOs) are a good starting point for many deaf and disabled people who want to be more active. They provide advice, support, and opportunities for people of all ages with specific impairments.

## [British Blind Sport \(britishblindsport.org.uk\)](http://britishblindsport.org.uk)

The charity enables blind and partially sighted people to have the same opportunities as sighted people to access and enjoy sport and recreational activities in the UK.

## [Cerebral Palsy Sport \(cpsport.org\)](http://cpsport.org)

CP Sport is the national disability sports organisation supporting people with cerebral palsy to be able to access and enjoy being physically active throughout their lives.

## [Dwarf Sports Association UK \(dsauk.org\)](http://dsauk.org)

The charity promotes and provides regular sporting opportunities for people with dwarfism and restricted growth conditions.

## [LimbPower \(limbpower.com\)](http://limbpower.com)

LimbPower support amputees, people with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement to rebuild lives and improve physical, social, and mental wellbeing.

## [Special Olympics Great Britain \(specialolympicsgb.org.uk\)](http://specialolympicsgb.org.uk)

A non-profit organisation and the largest provider of year-round sports training and athletic competition in summer and winter sports for children and adults with learning disabilities.

## [UK Deaf Sport \(ukdeafsport.org.uk\)](http://ukdeafsport.org.uk)

UK Deaf Sport's vision is for every deaf person to be active and inspired by sport and physical activity. They lead opportunities for more deaf people to participate in sport throughout their lives and more deaf athletes to perform on the world stage.

## [WheelPower \(wheelpower.org.uk\)](http://wheelpower.org.uk)

They have provided opportunities for people with physical impairments to take part in sport for nearly 70 years. Based in Stoke Mandeville, the home of the Paralympic movement, WheelPower is at the heart of wheelchair sport.

# Be active Be safe

**activity  
alliance**  
disability  
inclusion  
sport

- ◆ Are you being heard?
- ◆ Is something worrying you?
- ◆ Are you keeping it to yourself?
- ◆ Need someone to listen?
- ◆ Contact us in confidence



## **Your Contact**

Jannine Walker, National Events Manager

**Telephone** 07725 273 158

**Email:** [jannine@activityalliance.org.uk](mailto:jannine@activityalliance.org.uk)

For more information visit [www.activityalliance.org.uk](http://www.activityalliance.org.uk)

NSPCC Child Protection Helpline: 0800 800 500



# Sunguarding Sport

A sun protection campaign to help prevent skin cancer and sun damage for all in sport.

## Five top tips:

**1** UV rays cannot be seen or felt, so check the UV index and sun protect when it's 3+.

**2** A short training session can last for hours, so 'sun prepare' before you start activity.

**3** Sunscreen can wear, wash or rub off, so reapply regularly throughout the day.

**5** When removing clothing, apply sunscreen to newly exposed areas of skin.

**4** To avoid a greasy grip use a sunscreen applicator or clean palms with a small towel and alcohol gel.

Scan to find out more



[www.melanoma-fund.co.uk](http://www.melanoma-fund.co.uk)

A few of our supporters:



# Rules and procedures

These Activity Alliance rules are to be read in conjunction with WPA rules and World Athletics rules.

## Conditions of entry

Competitors may enter up to 3 individual events to medal and appear as a guest (where they will not medal in as many events as they wish).

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

The promoters may refuse entry to any athlete who, in their opinion, does not meet the eligibility criteria. Physically impaired athletes do not require a formal Para Athletics Classification to compete. Athletes should use the Activity Alliance Profile System to identify which track or field grouping they should compete under. Visually impaired and Hearing impaired athletes do not need a formal classification.

### 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 31 August in the year of competition.

**Under 14** – competitors must be 12, or 13 years old at midnight on 31 August in the year of competition.

**Under 16** – competitors must be 14 or 15 years old at midnight on 31 August in the year of competition.

**Under 18** – competitors must be 16 or 17 years old at midnight on 31 August in the year of competition.

**Under 20** – competitors must be 18 or 19 years old at midnight on 31 August in the year of competition.

**Under 23 (Field Only)** – competitors must be 20, 21 or 22 years old at midnight on 31 August in the year of competition

**Open Age (Track Only)** – competitors must be 20 years or older old at midnight on 31 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. Asymmetry, 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

		<p>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.</p>
T40-T42 - 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/prostheses.
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 and 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 and hand function but no leg or trunk function.
T54 - 7,9		Wheelchair racer with normal arm and hand function and may have some trunk/leg function.
T15	Deaf	Deaf/hearing impaired athletes.

## 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 an 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 and 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 and 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 and Open Age

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
<b>Track</b>		
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
<b>Field</b>		
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 cannot 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

<b>Javelin</b>	<b>U23</b>		<b>U20</b>		<b>U18</b>		<b>U16</b>		<b>U14</b>		<b>U12</b>	
<b>Class</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>
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

[These Long Turbo Training Javelins](#) will be used in the U12 weight category where a T is in front of the weight.



# 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 side 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, P37b = B3

- 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.
- B1 and B2 competitors do not have to wear a mask in order to compete.
- B3 competitors are not allowed the use of a guide for track races.

## 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 put 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 put 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, P37b = B3

- 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.
- B3 (F13) competitors may not have an escort but can obtain advice from the Technical Officials where required.

## Rules for jumping events

### Ambulant

Subject to medical approval being obtained for each athlete, there will be competition in Long Jump.

#### Visually Impaired – P36 = B1, P37a = B2, P37b = B3

- 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).
- B3 competitors will use the take-off board as normal.

## 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 seconds** moving the post
  - **5 seconds** knocking over a post
  - **3 seconds** for 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 put 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

### General

- 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 during 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.



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