



IPC ATHLETICS

OFFICIAL RULES AND REGULATIONS
FOR IPC ATHLETICS COMPETITIONS
2008-2009

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IPC ATHLETICS

OFFICIAL RULES FOR IPC ATHLETICS 2008-2009





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PREAMBLE – INTRODUCTION TO THIS EDITION

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

It contains all the rules which govern an IPC Athletics competition, written in a way which is compatible with the rules of the governing body for athletics, the International Association of Athletics Federations (IAAF).

The rules must be read in conjunction with the IAAF rules, contained in the Competition Rules book of that Association. For the period including the Beijing 2008 Paralympic Games the version of the IAAF Competition Rules to which this book refers is the 2008 edition. The rules concerned are the Technical Rules of Competition as described herein, and additional rules as shown. The reference to the IAAF Competition Rules does not confer any responsibility onto the IAAF for the IPC Athletics Rules.

Two additional volumes will also be required when organizing a competition, these being the Regulations for Competition and the Classification Rules, both published by IPC Athletics. These allow organizers to recognize the differences between competitions under IPC Athletics jurisdiction and those of other organizations.

This Rule Book will remain in force until the publication of the next edition, which will be publicised on the IPC Athletics website, and circulated to the IPC membership.

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

The IAAF takes no responsibility for any rules used by IPC Athletics. In all rules referring to the “General Secretary of the IAAF” this should be amended to read “Sports Manager of IPC Athletics”. Where the rule refers to the “IAAF” and to the “Council of the IAAF” this should be amended to read “IPC Athletics” or “IPC Athletics STC”.

Chris Cohen (Chairperson)



1 CHAPTER 1 - INTERNATIONAL COMPETITIONS

1.1 Rule 1: International Competitions at which the Rules shall apply

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

- (a) (i) World Championships
- (ii) Paralympic Games
- (iii) Other IPC approved events.

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

1.2 Rule 2: Authorisation to stage International Competitions

All International Competitions, or any other competition in which a foreign athlete takes part, must be authorized by IPC Athletics in the case of multi-disability competition. All such events must be authorized by IPC Athletics in order for athletes' performances to be placed on the ranking lists for consideration for positions at future IPC events.

Note: Only results at IPC approved competitions will be considered.

1.3 Rule 3: IPC Athletics Permits

1. IPC Athletics alone shall have the right to organize or sanction IPC Athletics World, Area, Regional or Group Championships in Athletics.
2. From 2013 onwards, IPC Athletics intends to organize World Championships in odd-numbered years.

Note: Further details of how to obtain authorization for competitions under Rule 1 (b) to (h) can be obtained from IPC Athletics at IPC Headquarters.

2 CHAPTER 2 - REFER TO IAAF 2008 RULE BOOK

3 CHAPTER 3 - ANTI-DOPING

Control of Drug Usage

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



4 CHAPTER 4 - DISPUTES

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

5 CHAPTER 5 - TECHNICAL RULES

5.1 Rule 100: General

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

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

SECTION I - OFFICIALS

5.2 Rule 129: Starter and Recalls

Rule 129: Paragraph 7 (Sport Classes T32-34, T51-54)

Add: These tasks shall include the power to stop the race within the first 50m, in races of 1,500m or longer, if a collision involving a majority of the athletes in the race takes place. This does not reduce or remove the power of the Referee to take appropriate action on reports received from umpires during this portion of the race.

SECTION II - GENERAL COMPETITION RULES

5.3 Rule 143: Clothing, Shoes and Number Bibs

Rule 143: Paragraph 1 (Sport Classes 32-34, 51-58)

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



Rule 143: Paragraph 2, 5, 6 (Sport Classes 35-38, 42-46)

Note: Athletes may wear a prosthetic or orthotic in order to ensure both legs are of equal length. This must be approved during the classification process, and must not extend the height of the athlete beyond that which is approved in classification.

Rule 143: Paragraph 7 (Sport Classes 32-34, 51-54)

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

Rule 143: Paragraph 9 (Sport Classes T32-34, T51-54)

Note: In events longer than 400m (including the 4x400m relay, these numbers shall be worn on the helmet.

Rule 143: Paragraph 10 (Sport Class 11)

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

Rule 143: Paragraph 11 (Sport Classes T32-34, T51-54)

The wearing of helmets is compulsory in all individual and team track races of 800m and over, including the 4x400m relay and in all road races.

5.4 Rule 144: Assistance to Athletes

Rule 144: Paragraph 1 (Sport Classes T11-T12)

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

Rule 144: Paragraph 2 (g) (Sport Classes 11-12, 32, 51-53)

Only escorts or guide runners for Sport Classes 11 and 12 athletes, and escorts for athletes in Sport Classes T32, T51-53 will be permitted to accompany competitors onto the competition area. Persons acting as guides or escorts must be clearly identified by wearing a distinctively coloured vest provided by the Organizing Committee. Escorts for



athletes in Sport Classes F32, F51-53 may assist the officials to ensure the athlete transfers safely to the throwing frame when called upon to do so and must then withdraw from the competition area.

Rule 144: Paragraph 2 (h) (Sport Classes T11-12)

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

Rule 144: Paragraph 2 (i) (Sport Classes 11-12)

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

Rule 144: Paragraph 2 (j) (Sport Classes 11-12)

At no time may the guide pull the athlete, or propel the athlete forward by pushing in order to gain an advantage.

Rule 144: Paragraph 2 (k) (Sport Classes 11-12)

Whether or not a tether is being used, the athlete and guide shall not be more than 0.50m apart, except under exceptional circumstances. In the last 10m of an event this distance may be extended.

Rule 144: Paragraph 2 (l) (Sport Classes T11-12)

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

Rule 144: Paragraph 2 (m) (Sport Classes T32-34, T51-58)

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

Rule 144: Paragraph 5 Prosthesis (Sport Classes T42-46)



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

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

Rule 144: Paragraph 7 (Sport Classes 11-12)

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

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

5.5 Rule 146: Protests and Appeals

Rule 146: Paragraph 5

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

Rule 147: Mixed Competition (Sport Classes 33-34, 51-54)

For all competitions held completely in the stadium, mixed events between male and female participants, and between athletes in different Sport Classes shall not be permitted. However, mixed stadium competition under both descriptions in Field Events and in races of 400m or less for athletes in the same gender but in different Sport Classes may be permitted in all competitions except those held under Rules 1.1 (a) to (h). In the case of competitions held under Rules 1.1 (i) and (j) such mixed competition shall be allowed in a particular competition if specifically permitted by the relevant area or national governing body.

5.6 Rule 149: Validity of Performances

Replace: "...IAAF Rules" with "IPC Athletics Rules".



SECTION III - TRACK EVENTS

5.7 Rule 159: Wheelchair Track (Sport Classes T32-34, T51-54)

Rule 159: Paragraph 1

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

Rule 159: Paragraph 2

No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50cm.

Rule 159: Paragraph 3

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.

Rule 159: Paragraph 4

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

Rule 159: Paragraph 5

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

Rule 159: Paragraph 6

Only hand operated, mechanical steering devices will be allowed.

Rule 159: Paragraph 7

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

Rule 159: Paragraph 8

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



Rule 159: Paragraph 9

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

Rule 159: Paragraph 10

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

Rule 159: Paragraph 11

Chairs will be measured in the Call Room, and may not leave that area before the start of the event. Chairs that have been examined may be liable to re examination before or after the event by a Technical Official.

Rule 159: Paragraph 12

It shall be the responsibility, in the first instance, of the Technical Officials to rule on the safety of the chair.

Rule 159: Paragraph 13

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

5.8 Rule 161: Starting Blocks

Rule 161: Paragraph 1 (Sport Classes T35-38, T42-46)

In the first line delete: "shall" and insert: "may".

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

5.9 Rule 162: The Start

Rule 162: Paragraph 4 (Sport Classes T32-34, T51-54)

Delete: second and third paragraphs.



Insert: After the “On Your marks” command, an athlete shall approach the start line, assume a position entirely within his allocated lane and behind the start line. At the “Set” command, an athlete should immediately take up his final starting position retaining the contact of the front wheel with the ground behind the line.

Rule 162: Paragraph 4 (Sport Classes T32-34, T51-54)

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

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

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

Delete: after “of it” to “his marks.”

Rule 162: Paragraph 8 (Sport Classes T32-34, T51-54)

Note: This may be done within the first 50m in races of 1,500m or longer if a collision involving a majority of the athletes in the race takes place.

5.10 Rule 163: The Race

Rule 163: Paragraph 5 (Sport Classes T32-34, T51-54)

Delete: from “To assist athletes...” to “...the break line”.

Rule 163: Paragraph 13 (Sport Classes T32-34, T51-54)

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

Rule 163: Paragraph 14 (Sport Classes T11-12)

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

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



5.11 Rule 164: The Finish

Rule 164: Paragraph 5 (Sport Classes T32-34, T51-54)

Event time limits: In events of 1,500m and longer, officials may conclude the event and clear the track after the agreed time limit has expired. Any competitor who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” (Did not finish). The referee has the authority to remove any athlete who has been overlapped.

Rule 164: Paragraph 6 (Sport Classes T32-34, T51-54)

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

Rule 164: Paragraph 7 (Sport Classes T11-12)

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

5.12 Rule 165: Timing and Photo Finish

Rule 165: Paragraph 2 (Sport Classes T32-34, T51-54)

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

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

Rule 166 Paragraph 2 (Sport Classes T11-13)

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

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



* = depending on starting arrangements.

The qualifying conditions are shown in the Regulations.

5.14 Rule 170: Relay Races

Rule 170: Paragraph 1 (Sport Classes T11-13, T32-34, T51-54)

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

Rule 170: Paragraph 7 (Sport Classes T32-34, T51-54)

Delete: "10m" Insert: "20m"

Rule 170: Paragraph 14 (Sport Classes T32-34, T51-54)

Delete: Paragraph 13 and 14. Insert: "The take over shall be by a touch on any part of the body of the outgoing competitor. The first touch shall be within the take over zone."

Rule 170: Paragraph 19 (Sport Classes T11-13)

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

Rule 170: Paragraph 20 (Sport Class T12)

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



SECTION IV - FIELD EVENTS

5.15 Rule 179: Specific Field Rules

Rule 179: Paragraph 1 Orientation (Sport Classes F11-12)

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

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

Rule 179: Paragraph 2 (Sport Classes F32-34, F51-58)

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

Rule 179: Paragraph 3 (Sport Classes F32-34, F51-58)

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

Rule 179: Paragraph 4 (Sport Classes F32-34, F51-58)

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

Rule 179: Paragraph 5 (Sport Classes F32-34, F51-58)

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

Rule 179: Paragraph 6 (Sport Classes F32-34, F51-58)

Frames will be measured before the competitor enters the throwing circle. Frames that have been examined may be liable to re examination before or after the event by the official in charge of the event.



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

Rule 179: Paragraph 7 (Sport Classes F32-34, F51-58)

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

Rule 179: Paragraph 8 (Sport Classes F32-34, F51-58)

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

Rule 179: Paragraph 9 (Sport Classes F32-34, F51-58)

Rule effective until 1 October 2008:

A competitor shall commence a throw or put from a sitting position, and, if lifting takes place, must keep one foot in contact with the ground inside the circle until the implement is released. All parts of the frame and footrests must remain inside the vertical plane of the rim of the circle. The commencement is regarded as the first forward movement of the throw.

Rule effective from and including 1 October 2008:

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

Rule 179: Paragraph 10 (Sport Classes F32-34, F51-58)

All parts of the frame and footrests must remain inside the vertical plane of the rim of the circle.

5.16 Rule 180: General Conditions

Rule 180: Paragraph 3 (Sport Classes F11-12)

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



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

Rule 180: Paragraph 5 (Sport Classes F32-34, F51-58)

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

Rule 180: Paragraph 7 (Sport Classes F32-34, F51-58)

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

Rule 180: Paragraph 17 (Sport Classes F11-12)

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

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

Rule 180: Paragraph 19 (Sport Classes F32-34, F51-58)

Delete: second sentence.

Rule 180: Paragraph 22 (Sport Classes F42-44)

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



Rule 180: Paragraph 23

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

5.17 Rule 182: (A) Vertical Jumps - High Jump

Rule 182: Paragraph 2 (Sport Class F11)

Note after rule: Sport Class F11 competitors may touch the bar as an aid to orientation before commencing the run up. If, on so doing, the athlete dislodges the bar this will not count as an attempt.

Rule 182: Paragraph 11 (Sport Class F12)

Athletes in Sport Class F12 may place an appropriate visual aid on the bar.

5.18 Rule 184: (B) Horizontal Jumps - General Conditions

Rule 184: Paragraph 7 (Sport Classes F42-44)

a) If, in the process of jumping, an athlete loses the prosthesis, the mark where the prosthesis lands, if it is the closest mark to the take-off board, shall be measured

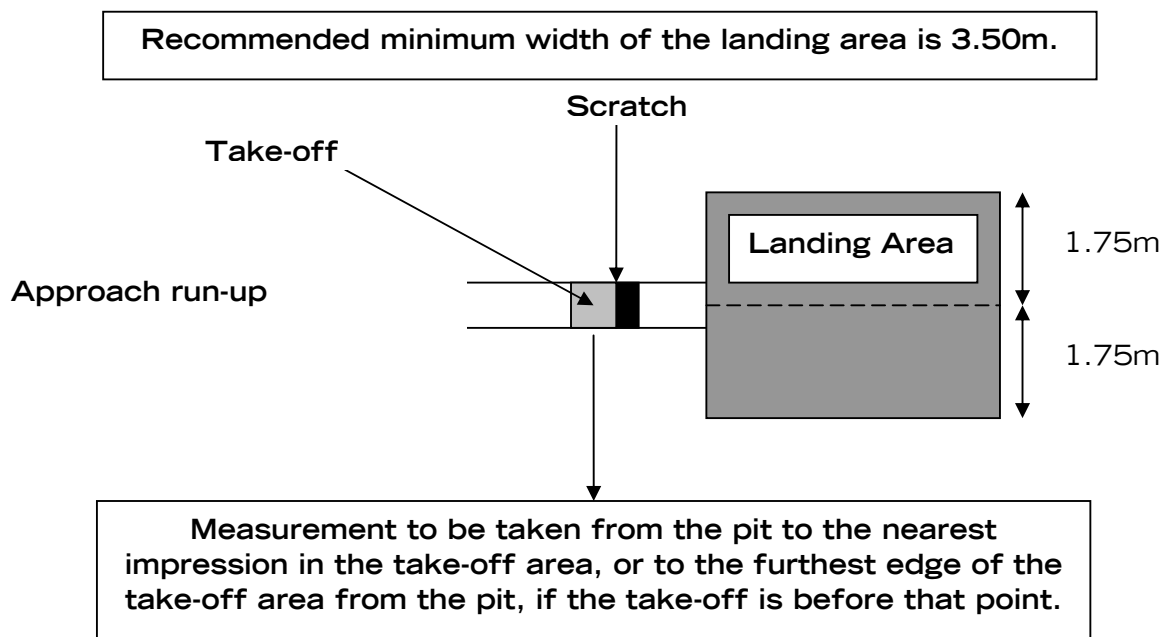
b) If the prosthesis is lost during the run-up, the athlete can adjust it and continue within the allowed time, with or without the prosthesis

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

5.19 Rule 185: Long Jump

Rule 185: Paragraph 3 (Sport Classes F11-12)

For Sport Classes F11 and F12 athletes delete: from "...to the take off" to "...extended." Insert: "...to the nearest impression left by the takeoff foot. Where an athlete does not take off from the take off area, but before it, measurement will be made to the edge of the takeoff area furthest from the pit."



Rule 185: Paragraph 7 (Sport Classes F11-12)

Add: after rule: For Sport Classes F11 and F12 athletes, the takeoff area shall consist of a rectangle 1.00m x 1.22m, which must be prepared in such a way (by use of chalk, talcum powder, light sand etc) that the athlete leaves an impression on the area with his/her takeoff foot.

Rule 185: Paragraph 9 (Sport Classes F11-12)

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

5.20 Rule 186: Triple Jump

Rule 186: Paragraph 4 (Sport Classes F46)

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

Rule 186: Paragraph 4 (Sport Classes F11-12)



Delete: from "...it is recommended..." to "...for women..." Insert: "the take off board shall be the following distances..." Add: Sport Class 11 minimum 9m. Sport Classes F12 and F13 minimum 11m.

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

5.21 Rule 187: (C) Throwing Events - General Conditions

Rule 187: Paragraph 1

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

Rules 187: Paragraph 4a (Sport Classes F32-34, F51-53)

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

Note: Sport Classes F32-34 and F54-58 must not use gloves.

Rule 187: Paragraph 14 (Sport Classes F32-34, F51-58)

(b) Delete: "...stepped into..." Insert: "...entered..."

(c) Add: after "...stop board..." Insert: "...or any holding device outside the vertical plane of the edge of the Circle".

Rule 187: Paragraph 14 (c) (Sport Classes F32-34, F51-58)

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

Rule 187: Paragraph 17 (Sport Classes F32-34, F51-58)

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

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

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



5.22 Rule 188: Putting the Shot

Rule 188: Paragraph 1 (Sport Classes F32-34, F51-58)

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

SECTION V - COMBINED EVENTS COMPETITIONS

5.23 Rule 200: Combined Events Competition

Rule 200

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

Rule 200: Paragraph 1 (Sport Classes P11-13)

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

P11-13	Men	Long Jump, Javelin, 100m, Discus, 1,500m
P11-13	Women	Long Jump, Shot, 100m, Discus, 800m.

Rule 200: Paragraph 1 (Sport Classes P33-38)

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

P33-34	Men & Women:	Shot, Javelin, 100m, Discus, 800m
P35-38	Men:	Long Jump, Javelin, 100m, Discus, 1,500m
P35-38	Women:	Long Jump, Shot, 100m, Discus, 800m

Rule 200: Paragraph 1 (Sport Classes P42-46)

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

P42	Men & Women:	Long Jump, Shot, 100m, Discus, 200m
P44	Men & Women:	Long Jump, Shot, 100m, Discus, 400m
P46	Men:	Long Jump, Shot, 100m, Discus, 1,500m
P46	Women:	Long Jump, Shot, 100m, Discus, 800m.



Rule 200: Paragraph 1 (Sport Classes P51-P58)

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

P51	Men & Women:	100m, Club, 400m, Discus, 800m
P52-53	Men & Women:	Shot, Javelin, 100m, Discus, 800m
P54-58	Men & Women:	Shot, Javelin, 200m, Discus, 1,500m.

SECTION X - WORLD RECORDS

5.24 Rule 260: World Records

Rule 260

The rules contained in the sanction or permit application shall be followed in regard to world record applications.

Athletes with a review classification who break world or regional records will only have the record ratified if their Sport Class is made permanent within six months of the performance.

Rule 260: Paragraph 6

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

Rule 260: Paragraph 22 (f) (Sport Classes T35-38, T42-46)

Add "except as permitted under Rule 161 Paragraph 1

Rule 260: Paragraph 30

Records may only be awarded to an athlete in their own official classification, regardless of the Sport Class in which they competed at a particular competition.



6 APPENDIX I: CLASSIFICATION IDENTIFICATION SYSTEM
(Simplified)

TRACK EVENTS

(Men and Women)

Events for the visually impaired

T11
T12
T13

Events for athletes with an intellectual disability

T20

Events for athletes with cerebral palsy

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

Events for ambulatory athletes

T42
T43
T44
T45
T46

Events for athletes in wheelchairs

T51
T52
T53
T54

JUMPING EVENTS

(Men and Women)

Events for the visually impaired

F11 High, Long and Triple Jump
F12 High, Long and Triple Jump
F13 High, Long and Triple Jump

Events for athletes with an intellectual disability

F20 High, Long and Triple Jump

Events for athletes with cerebral palsy

F35 Long Jump
F36 Long Jump
F37 Long Jump
F38 Long Jump

Events for ambulatory athletes

F42 High Jump and Long Jump
F44 High Jump and Long Jump
F45 High, Long and Triple Jump
F46 High, Long and Triple Jump



7 APPENDIX II: THROWING EVENTS - IMPLEMENT WEIGHTS

THROWING EVENTS (Men) IMPLEMENT WEIGHT

Events for the visually impaired

	SHOT	DISCUS	JAVELIN
F11	7.26kg	2.00kg	800gr
F12	7.26kg	2.00kg	800gr
F13	7.26kg	2.00kg	800gr

Events for athletes with learning difficulties

	SHOT	DISCUS	JAVELIN
F20	7.26kg	2.00kg	800gr

Events for athletes with cerebral palsy

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

Events for ambulatory athletes

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

Events for athletes in wheelchairs

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



THROWING EVENTS (Women)
IMPLEMENT WEIGHTS

Events for the visually impaired

	SHOT	DISCUS	JAVELIN
F11	4.00kg	1.00kg	600gr
F12	4.00kg	1.00kg	600gr
F13	4.00kg	1.00kg	600gr

Events for athletes with learning difficulties

	SHOT	DISCUS	JAVELIN
F20	4.00kg	1.00kg	600gr

Events for athletes with cerebral palsy

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

Events for ambulatory athletes

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

Events for athletes in wheelchairs

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



IPC ATHLETICS

**OFFICIAL REGULATIONS FOR IPC ATHLETICS COMPETITIONS
2008-2009**





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IPC ATHLETICS

REGULATIONS FOR IPC COMPETITIONS 2008-2009

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

These are:

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

Please note some of the IPC Athletics rules and regulations may differ from those contained in the individual IOSD rules and regulations, because of the different conditions under which IPC competition is run. The IPC Athletics Rules and Regulations will prevail in all IPC and IPC Athletics competitions.

The rules and regulations must be read in conjunction with the IAAF rules, contained in the Competition Rules book of that Association, and the separate book of Regulations published by that body. For the period including the Beijing 2008 Paralympic Games, the version of the IAAF Competition Rules to which this book refers is the 2008 2009 edition. The reference to the IAAF Competition Rules does not confer any responsibility onto the IAAF for the IPC Athletics Rules.

These allow organizers to recognize the differences between competitions under IPC Athletics jurisdiction and those of other organizations.

This book of regulations will remain in force until the publication of the next edition, which will be publicized on the IPC Athletics website, and circulated to members. Periodic updates may be published during the period of this book, and these will be circulated to members on the website and by email. It also contains the latest interpretations on field events, for use in international competition.

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

Chris Cohen (Chairperson)



1 CHAPTER 1 - INTERNATIONAL COMPETITIONS

1.1 Rule 8: Advertising and Displays during IPC Competition

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

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

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

Note: (Sport Classes F32-34, F51-58)

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

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

2 CHAPTER 2 - REFER TO IAAF 2008 RULE BOOK

3 CHAPTER 3 - REFER TO IAAF 2008 RULE BOOK

4 CHAPTER 4 - REFER TO IAAF 2008 RULE BOOK

5 CHAPTER 5 - TECHNICAL RULE

SECTION II - GENERAL COMPETITION RULES

5.1 Rule 144: Assistance to Athletes

(Sport Classes 11-12)

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

For Sport Class 13, IAAF Rules will be followed in their entirety, except as noted in the Rules.

IPC Athletics recognizes the special needs of deaf blind athletes, and is keen to encourage and facilitate their participation in competition. In cases where deaf blind athletes are competing in a competition, some modification to current rules may be necessary. Such modification



should only be permitted with the prior approval of the Technical Delegate. In principal, no rule modification that disadvantages any other competitor will be allowed.

(Sport Classes 20, 42-46)

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

5.2 Rule 145: Disqualification

(Sport Classes 51-58)

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

SECTION III - TRACK EVENTS

5.3 Rule 162: The Start

Where a competitor has a hearing impairment, a flag or other visual device may be used as well as a pistol. In some circumstances, for athletes with both a visual and a hearing impairment, an official may touch an athlete to signal the start.

5.4 Rule 163: The Race

(Sport Classes T32-34, T51-54)

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

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

100m-400m (Sport Classes T11, T12)

5-8 entries	2 Heats	1st in each Heat + 2 fastest losers to Final
9-12	3 Heats	1st in each Heat + 1 fastest loser to Final
13-16	4 Heats	1st in each Heat + 4 fastest losers to 2 semi finals
	2 Semi-Finals	1st and 2nd in each Heat to Final.



17-20	5 Heats	1st in each Heat + 7 fastest losers to 3 semi-finals, then as shown above
21-24 entries	6 Heats	1st in each Heat + 6 fastest losers to 3 semi-finals, then as shown above
25-28	7 Heats	1st in each Heat + 5 fastest losers to 3 semi-finals, then as shown above
29-32	8 Heats	1st in each Heat + 8 fastest losers to 4 second round races, then as shown above.

800m (Sport Classes T11, T12)

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

1,500m (Sport Classes T11, T12)

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

5,000m and 10,000m (Sport Classes T11, T12)

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

1,500m (Sport Classes T32-34, 51-54)

Progression as IAAF 800m

5,000m (Sport Classes T32-34, 51-54)

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

10,000m (Sport Classes T32-34, 51-54)

1-12 entries	Final	
13-24	2 Heats	First 4 + 4 fastest losers to Final
25-36	3 Heats	1st, 2nd and 3rd + 3 fastest losers to Final
37-48	4 Heats	1st and 2nd + 4 fastest losers to Final.

Relays (Sport Classes T11-13, T32-34, 51-54)

5-8 entries	2 Heats	Fastest 4 times proceed to the Final
9-12	3 Heats	Fastest 4 times proceed to the Final



13-16 4 Heats Fastest 8 times proceed to two Semi finals.
(Then as above)

In all other events progression is in accordance with IAAF rule book.

5.6 Rule 170: Relay Races

(Sport Classes T11-13)

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

(Sport Classes T32-34, T51-52, T53-54)

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

(Sport Classes T35-38)

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

(Sport Classes T42-46)

In 4x100m relays for Sport Classes T42, T43 and T45 the composition of the team shall be: maximum two per team from Sport Class T45. Change is by touch in the take over zone.

In 4x100m and 4x400m relays for Sport Classes T42, T44 and T46 the composition of the team shall be: maximum two per team from Sport Class 46. Take-over is by baton.

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

SECTION IV- FIELD EVENTS

5.7 Rule 180: Field Events - General Conditions

Rule 180: Paragraph 5 (Sport Classes F32-34, F51-58)

Replace with "Athletes take three throws consecutively. In addition to the time allowed under this rule, a reasonable time will be permitted for an athlete to place the frame in the circle before the commencement of their first trial. This time shall not normally exceed two minutes for Sport Classes F32-34, F54-58 and three minutes for Sport Classes F51-53.



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

SECTION VIII - ROAD RACES

5.8 Rule 240: Road Races

(Sport Classes T32-34, T51-54)

Note: Competitors may carry their own refreshments.

(Sport Classes 11-13, 35-38, 42-46)

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

(Sport Classes T32-34, T51-54)

In road races athletes will start according to the decision of the Technical Delegate for the event. The finishing order will be determined for each Sport Class.

Rule 240: Paragraph 13 (Sport Classes T11-13)

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

Rule 240: Paragraph 14 (Sport Classes T11-13)

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

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

Rule 240: Paragraph 15 (Sport Classes T11-13)

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

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



6 APENDIX 1 - FIELD EVENT POINTS TABLES (MEN AND WOMEN)

For IPC Athletics competitions during 2008, the following Points Score Tables will be used. It should be noted that there is a set of tables for men and a separate table for women.

Men

SPORT CLASS	SHOT	DISCUS	JAVELIN	HIGH JUMP	LONG JUMP	TRIPLE JUMP	CLUB
11	0.013815	0.040940	0.048958	0.001590	0.006343	0.013133	
12	0.016215	0.050823	0.056605	0.002020	0.006712	0.015178	
13	0.016215	0.051108	0.056605	0.002030	0.007130	0.015280	
32	0.008240	0.017415					0.031785
33	0.010410	0.026415	0.021623				
34	0.010788	0.039310	0.026673				
35	0.014453	0.047865	0.043708				
36	0.012478	0.034920	0.037023		0.006060		
37	0.015043	0.051473	0.048138		0.005755		
38	0.014920	0.044555	0.049008		0.005835		
40	0.009960	0.029600	0.034407				
42	0.013450	0.045070	0.049558	0.001785	0.005903		
44	0.016023	0.054048	0.054493	0.001998	0.006470		
46	0.016023	0.054048	0.062150	0.001998	0.006965	0.014150	
51		0.009818					0.024073
52	0.009125	0.018668	0.017498				
53	0.008128	0.025390	0.019930				
54	0.009713	0.027507	0.026375				
55	0.011323	0.037973	0.032883				
56	0.011605	0.038520	0.036470				
57	0.013418	0.046653	0.038808				
58	0.014958	0.053380	0.047133				



Women

SPORT CLASS	SHOT	DISCUS	JAVELIN	HIGH JUMP	LONG JUMP	TRIPLE JUMP	CLUB
11	0.010555	0.038660	0.038620	0.001450	0.005210		
12	0.012480	0.042560	0.038620	0.001570	0.005525	0.010060	
13	0.013050	0.042560	0.043820	0.001800	0.005568		
32	0.005085	0.011090					0.021390
33	0.006350	0.015097	0.013550				
34	0.007543	0.019123	0.014200				
35	0.009335	0.024015	0.022048				
36	0.008903	0.021525	0.017350		0.003130		
37	0.010253	0.029378	0.023753		0.004920		
38	0.011418	0.029620	0.027068		0.004490		
40	0.007448	0.022173	0.023505				
42	0.009328	0.030423	0.029403	0.001320	0.003558		
44	0.012165	0.037773	0.036630	0.001520	0.004988		
46	0.012165	0.042120	0.036630	0.001660	0.005720		
51		0.006070					0.015830
52	0.004590	0.014850	0.008997				
53	0.005880	0.014850	0.011383				
54	0.006208	0.016875	0.014643				
55	0.008323	0.026233	0.017755				
56	0.008323	0.026233	0.019918				
57	0.010045	0.026373	0.019918				
58	0.009720	0.031445	0.029488				

The actual figures shown in points score table have been divided by 1,000; therefore to calculate any particular athletes best points score for their particular event and Sport Class, you would divide their performance by the figure shown on the points score table.



Two examples are shown below:

Men's Shot

Athlete A: Sport Class F54 Best distance 9.55m

Score is $9.55 / 0.009713 = 983$ points

Athlete B: Sport Class F57 Best distance 11.88m

Score is $11.88 / 0.013640 = 870$ points

In events where a lower Sport Class within the same disability group has a higher points score than the next Sport Class, the points score for the higher Sport Class will be aligned to that of the lower Sport Class. This only applies when both Sport Classes are using the same weight of implement.



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