

WIAA Paralympic - Adapted Division for Track & Field

In an effort to better help coaches and administrators identify potential athletes for the Adapted Division – Track and Field, the WIAA Track Committee has adopted the guidelines and athlete classifications from the International Paralympic Committee (IPC) and Adaptive Track & Field USA (ATFUSA).

The Paralympic Ambulatory Division offers sporting opportunities for athletes with physical, visual and/or intellectual impairments that have at least one of the following 8 eligible impairments:

IMPAIRMENT	EXPLANATION
Limb deficiency	Total or partial absence of bones or joints, from birth or as a consequence of trauma (e.g. car accident or amputation) or illness (e.g. bone cancer). <i>Athletes in this classification are not required to use blocks – they may crouch, stand or utilize a 3-point stance with or without blocks. If a prosthesis is used, it must be used while in competition. Athletes are not allowed to hop. Prosthetics are not required in field events. Athlete may adjust his/her prosthetic during competition but must finish the attempt in the allowed time.</i>
Leg length difference	Bone shortening in one leg from birth or trauma. <i>Athletes in this classification are not required to use blocks – they may crouch, stand or utilize a 3-point stance with or without blocks. If a prosthesis is used, it must be used while in competition. Athletes are not allowed to hop.</i>
Short stature	Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction. <i>Athletes in this classification are not required to use blocks – they may crouch, stand or utilize a 3-point stance with or without blocks.</i>
Hypertonia	Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, which can result from injury, illness or a health condition such as cerebral palsy. <i>This impairment typically affects the ability to control legs, trunk, arms and/or hand function. Some athletes affected by this impairment may complete in the Wheelchair division. Athletes in this classification are not required to use blocks – they may crouch, stand or utilize a 3-point stance with or without blocks.</i>
Ataxia	Lack of coordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis. <i>This impairment typically affects the ability to control legs, trunk, arms and/or hand function. Some athletes affected by this impairment may complete in the Wheelchair division. Athletes in this classification are not required to use blocks – they may crouch, stand or utilize a 3-point stance with or without blocks.</i>
Athetosis	Generally characterized by unbalanced, uncontrolled movements and a difficulty in maintaining a symmetrical posture, due to cerebral palsy, brain injury, multiple sclerosis or other condition. <i>This impairment typically affects the ability to control legs, trunk, arms and/or hand function. Some athletes affected by this impairment may complete in the Wheelchair division. Athletes in this classification are not required to use blocks – they may crouch, stand or utilize a 3-point stance with or without blocks.</i>
Visual Impairment	Vision is impacted by either an impairment of the eye structure, optical nerve/pathways or the part of the brain controlling vision (visual cortex). <i>To ensure a fair competition, athletes in this class may be required to wear eyeshades. Athletes in this classification may be allowed to utilize a guide based on the severity of their limitation. Athlete may utilize one guide for throwing events. Guide may utilize voice, clapping or both to direct athlete and orient the athlete on the runway or in the ring. Guide may escort athlete away after the judge determines the attempt was valid. Athlete must exit circle or runway before guide can physically assist – verbal assistance in exiting is OK.</i>

Intellectual Impairment	<p>A limitation in intellectual functioning and adaptive behavior as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18. IQ of 75 or less.</p> <p><i>Athletes in this classification typically have difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impacts sport performance in general.</i></p> <p><i>Athletes in this classification MUST use starting blocks and 4-point stance in races of 400M or less.</i></p>
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The Paralympic Wheelchair Division offers sporting opportunities for athletes with physical impairments that have at least one of the following 3 eligible impairments:

IMPAIRMENT	EXPLANATION
Limb deficiency	<p>Total or partial absence of bones or joints, from birth or as a consequence of trauma (e.g. car accident or amputation) or illness (e.g. bone cancer).</p> <p><i>Athletes will utilize a competition-throwing platform (chair) – athlete must remain seated with both legs in contact with seat from the back of the knee to the back of the buttocks.</i></p>
Impaired muscle power	<p>Reduced force generated by muscles or muscle groups, may occur in one limb or the lower half of the body, as caused, for example, by spinal cord injuries, Spina Bifida or Poliomyelitis.</p> <p><i>Athletes will utilize a competition-throwing platform (chair) – athlete must remain seated with both legs in contact with seat from the back of the knee to the back of the buttocks.</i></p>
Impaired passive range of movement	<p>Range of movement in one or more joints is reduced permanently.</p> <p>Joints that can move beyond the average range of motion, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.</p> <p><i>Athletes will utilize a competition-throwing platform (chair) – athlete must remain seated with both legs in contact with seat from the back of the knee to the back of the buttocks.</i></p>

Rules and regulations for wheelchairs

Wheelchairs are a necessary piece of equipment for athletes competing in wheelchair racing and track and field events. Many of the wheelchairs tend to be very lightweight, with [pneumatic tires](#), and with the dimensions and features on the wheelchairs clearly specified in the IPC Athletics rules. There are rules for each event regarding the athletes' equipment. The rules are:

Rule 159 Para 1 The wheelchair shall have at least two large wheels and one small wheel.

Rule 159 Para 2 No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The maximum height from the ground of the main body of the chair shall be 50 cm (1.6 ft).

Rule 159 Para 3 The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm (2.3 ft). The maximum diameter of the small wheel including the inflated tire shall not exceed 50 cm (1.6 ft).

Rule 159 Para 4 Only one plain, round, hand rim is allowed for each large wheel. This rule may be waived for persons requiring a single arm drive chair, if so stated on their medical and Games identity cards.

Rule 159 Para 5 No mechanical gears or levers shall be allowed, that may be used to propel the chair.

Rule 159 Para 6 Only hand-operated, mechanical steering devices will be allowed.

Rule 159 Para 7 In all races of 800 meters or over, the athlete should be able to turn the front wheel(s) manually both to the left and the right.

Rule 159 Para 8 The use of mirrors is not permitted in track or road races.

Rule 159 Para 9 No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.

Rule 159 Para 10 It will be the responsibility of the competitor to ensure the wheelchair conforms to all the above rules, and no event shall be delayed whilst a competitor makes adjustments to the athlete's chair.

Rule 159 Para 11 Chairs will be measured in the Marshalling Area and may not leave that area before the start of the event. Chairs that have been examined may be liable to re-examination before or after the event by the official in charge of the event.

Rule 159 Para 12 It shall be the responsibility, in the first instance of the official conducting the event, to rule on the safety of the chair.

Rule 159 Para 13 Athletes must ensure that no part of their lower limbs can fall to the ground or track during the event.

Accommodations are available to athletes competing in the Paralympic Adapted Division of Track & Field. In order for us to better advise you on what accommodations your athlete might be entitled to, please register potential athletes early.