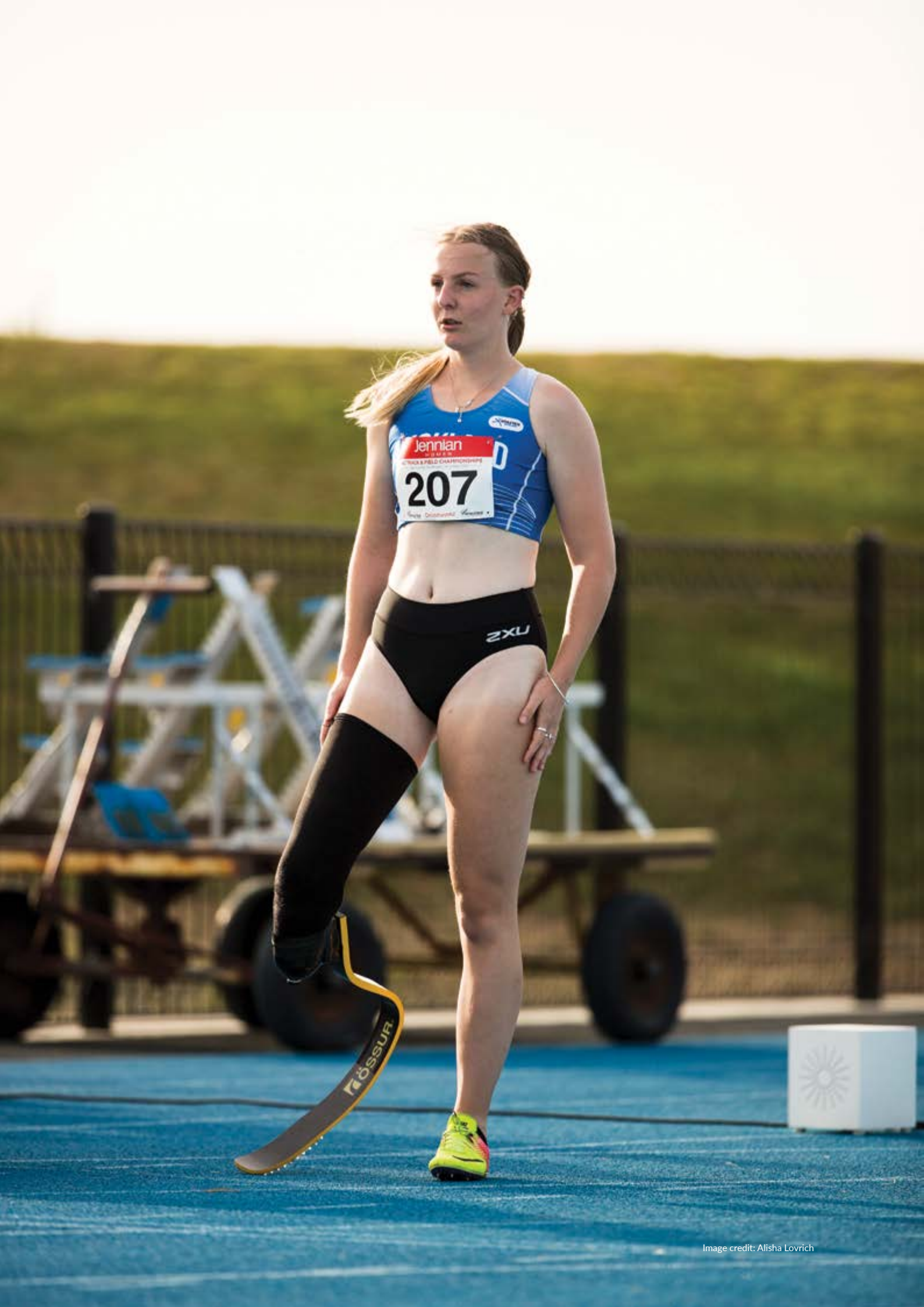


Athletics New Zealand
Para Athletics Handbook



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About Athletics New Zealand

As the national governing body for Athletics in New Zealand, Athletics New Zealand (ANZ) looks after the sport across all disciplines from grassroots, through to high performance teams.

We work with our partners, sponsors and stakeholders across New Zealand to support our growing network of clubs, communities and their members. We provide an affiliation and support structure that aims to ensure there are safe, fun and accessible opportunities for all to participate, from pre-schoolers through to adults.

New Zealand has a proud and rich heritage of Olympic, Paralympic, World Championship and Commonwealth Games success on the world stage.

As a World Para Athletics member, Athletics New Zealand is tasked with enhancing and promoting all aspects of athletics activity in New Zealand. From grass roots community participation to international high-performance competition, Para disciplines include track and field athletics, cross country running, road running as well as associated programmes and development initiatives.

“We exist to activate the power of our community to provide great athletics experiences.”

“We do this so every Kiwi has the opportunity to grow and thrive through athletics.”

Kia Ora! Thank you for exploring the ANZ Para Athletics Handbook.

As a fully integrated sport since 2010, integration in the truest sense is the aim of ANZ, and the organisation has created a pathway from community level to elite level for Para athletes within Aotearoa. ANZ is committed to broadening the base of and promoting athletes with an impairment, improving international rankings, expanding advanced coaching, and enhancing all levels of Para athletes' participation and performance.

This resource is designed to help develop the understanding of Para athletics for coaches, officials, clubs, centres, and anyone that interacts, or engages in and with Para athletics. We hope that this resource will help inform organisations, people, and platforms to become more inclusive for the better of our sport and its participants.



"Athletics NZ is a fully integrated sport from grassroots to the elite that clearly demonstrates that any athlete, coach or official, despite age, gender or ability can be immersed in the sport of athletics.

In this handbook you will find information that will help athletes, parents, clubs, coaches, officials and volunteers to provide and support Para athletes participating in athletics."

Raylene Bates, MNZM
– ANZ Para Athletics Lead.

Disclaimer: The following content from Athletics New Zealand is provided for convenience and information purposes only. Athletics New Zealand cannot accept any liability for its accuracy or content. Rules and regulations are constantly being updated. Please always check the Athletics New Zealand and/or World Para Athletics Website for up to date information.



What is Para Athletics?

Para athletics is the sport of athletics for people with a range of impairments. Para athletes compete in a range of track, field, road or cross-country events.

What Disciplines are there in Para Athletics

Para athletics disciplines include:



Track and Road:

Sprinting, middle distance, long distance, marathon and relay races



Jumps:

High jump, long jump



Throws:

Discus, shot put, javelin, club throw – an event that is unique to Para athletics

Who Can Compete in Para Athletics

Para athletics events are held for men and women over a range of classifications and disciplines. Classification determines who is eligible to compete and groups athletes into sports classes according to their type of impairment and how much it affects their ability to carry out athletics activities. Impairment types in Para athletics include visual, intellectual, coordination, limb loss or shortening, decreased joint movement, muscle weakness and short stature. Some Para athletes compete in wheelchairs, some with prostheses, while those who are visually impaired may receive guidance from a sighted guide.



Para Athletics History

New Zealand has a rich history at the Paralympics and on the World Stage

Athletics has been part of the Paralympic Games since 1960 and always attracts the largest number of spectators. The sport offers a wide range of competitions and events and is open to male and female athletes in all impairment groups.

On the following pages you will see New Zealand's history at the Paralympic Games along with New Zealand Representatives.

- 1952** — The first Para athletics competition took place at the inaugural International Stoke Mandeville Games. Wheelchair racing was one of eight sports which featured on the programme.
- 1960** — Para athletics was one of eight sports to feature at the inaugural Paralympic Games staged in Rome. All 25 Para athletics events on the programme (13 men and 12 women) were field events.
- 1964** — Track events were introduced into the Para athletics programme at the Paralympic Games in Tokyo. A total of 42 Para athletic events were included in the Games programme.
- 1976** — As the growth of Para athletics expanded, the Toronto 1976 Paralympic Games witnessed some 207 Para athletics events on the programme.
- 1988** — The Korean capital of Seoul played host to the first Paralympic Games to take place in the same host city as the Olympic Games.
- 2012** — Some 1,100 athletes competed across 170 events at the London 2012 Paralympic Games.
- 2016** — New Zealand Para athletes won 8 athletics medals at the Rio 2016 Paralympic Games.
- 2020 (2021)** — New Zealand Para athletes won 7 medals at the Tokyo 2020 Paralympic Games.

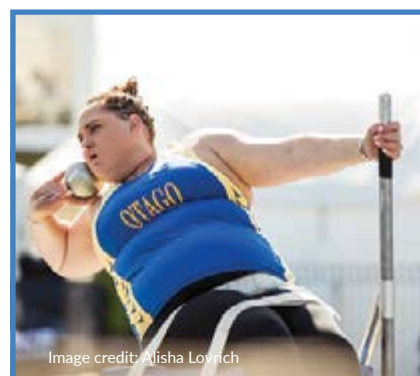


Image credit: Alisha Lovrich

As a mother with physical challenges, of twins, I truly believe that my journey in athletics has helped me be the best mother I can be and get through what a journey it is. I have had so many challenges and setbacks over my journey in sport like many others. Sport showed me how strong you must be when you don't have a choice. To be resilient, committed and most of all passionate about what you do in life. Life isn't fair sometimes, but you must keep going."

– Jessica Gillan, Paralympian #162

NZ Representation at the Paralympic Games

Tel Aviv 1968	Heidleberg 1972	Toronto 1976	Arnhem 1980	New York & Stoke Mandeville 1984
Len Campbell	Leo Close	Paul Chambers	Greg Cochrane	Athletes to USA
Leo Close	Graham Condon	Graham Condon	Graham Condon	Denise Cook
Graham Condon	Keith McCormick	Fred Creba	John Eden	Michael O'Callaghan
Rex Fattorini	Graeme Marett	Ross Hynds	Neroli Fairhall	Athletes to England
Bill Lean	Dennis Miller	Bill Lean	Kaye Firth	Greg Cochrane
Graeme Marett	Tina Morgan	Graeme Marett	Brian Froggatt	Graham Condon
Reuben Ngata	Chris Nicholls	Brian McNicholl	Latoatama Halatau	Robert Courtney
Bill Plessius	Eve Rimmer	Dennis Miller	Patricia Hill	Michelle Hadfield
Eve Rimmer	Jim Savage	Doug Moore	Ross Hynds	Morice Hennessy
Jim Savage	Neroli Fairhall	Reuben Ngata	Bill Lean	Patricia Hill
		Eve Rimmer	Dennis Miller	Dennis Miller
		Jim Savage	Chris Moran	Ross Hynds
			Ken Raymond	(and Para archery)
			Eve Rimmer	
			Jim Savage	
			Tewai Skipwith	
Seoul 1988	Barcelona 1992	Atlanta 1996	Sydney 2000	Athens 2004
Graham Condon	Evan Clulee	John Dowall	Tanya Bradley	Willie Beattie
Jan Cordery	Gavin Foulsham	Ben Lucas	Dave Collie	Terry Faleva'ai
Patricia Hill	Denise Gow	Carey Lineham	John Dowall	Kate Horan
Morice Hennessy	Ross Hynds	Dave MacCalman	Gavin Foulsham	Dave MacCalman
Grant Buchanan	Dave MacCalman	Peter Martin	Ben Lucas	Peter Martin
Lesli Mancktelow	Cristeen Smith	Jeff Muralt	Dave MacCalman	Tim Prendergast
Stelios Meimaris		Cristeen Smith	Peter Martin	Matt Slade
David Mill			Tim Prendergast	
Yvonne Mills			Matt Slade	
Stuart Minifie				
Tui Rupe				
Brad Vear				
Beijing 2008	London 2012	Rio 2016	Tokyo 2020 (Held in 2021)	Paris 2024
Jessica Gillan	Holly Robinson	Caitlin Dore	Lisa Adams	
Terry Faleva'ai	Peter Martin	Anna Grimaldi	Danielle Aitchison	
Kate Horan	Tim Prendergast	Jessica Gillan	Caitlin Dore	
Tim Prendergast		Liam Malone	Anna Grimaldi	
Matt Slade		Rory McSweeney	Anna Steven	
		Jacob Phillips	Holly Robinson	
		Holly Robinson	William Stedman	
		William Stedman	Ben Tuimaseve	

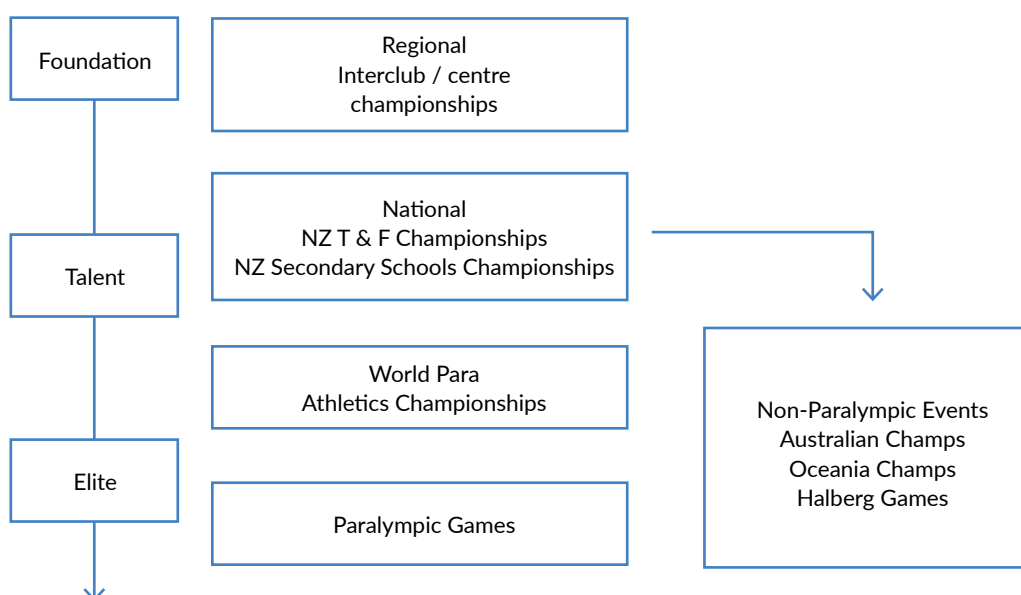


Para Athletics Pathway

Para Athletics Pathway

Getting involved with Para athletics may seem daunting to some but there are many places you can go to gain support regionally and nationally.

Below you will find an overview of the Para athletics pathway from grass roots to high performance. This will give you an idea on what a journey in athletics may look like. Some individuals may wish to only compete within their region or may want to strive for nation and international competition.



Outside of ANZ contacting your local Club or Centre is a good starting point to get involved with athletics in your region. If they do not know the answer, they will be able to point you in the right direction. Local Parafeds, Halberg Foundation, Paralympics New Zealand and Special Olympics New Zealand are also a good point of call for support and information.

Opposite you will find an overview of some of these organisations.

Athletics NZ Clubs

From the far north to the deep south, almost every community in New Zealand is serviced by one of our 180 Athletics Clubs.

Clubs can vary in structure, from those who specialise in particular events (such as distance running, or throws), clubs that focus primarily on delivering kids athletics, through to clubs that cover all aspects of our sport. For more information on clubs near you please visit the ANZ website.

[> ANZ Website](#)

Athletics NZ Centres

Athletics in New Zealand is made up of 11 Regional Associations, often referred to as Centres. These Centres are largely responsible for organising regional level competitions and leading teams to National Championship events, but also contribute to the sport in several other ways.

Please get in touch with your local Centre to find out more information about how to get involved with athletics in your area.

Centre	Website
Northland	Athletics Whangarei
Auckland	Athletics Auckland
Waikato Bay of Plenty	Athletics Waikato & Bay Of Plenty
Hawkes Bay Gisborne	Athletics Hawkes Bay Gisborne
Taranaki	Athletics Taranaki
Manawatu Wanganui	Athletics Wanganui
Wellington	Athletics Wellington
Tasman	Athletics Nelson
Canterbury	Athletics Canterbury
Otago	Athletics Otago
Southland	Athletics Southland



Athletics NZ Club Capability Framework

The framework focusses on improving the capability and effectiveness of Athletics NZ clubs. This work is pivotal in the continued growth and development of the sport of Athletics in New Zealand, clubs are integral to our sport and this framework ensures Athletics NZ clubs are supported in delivering a quality service to their communities.

The document provides an overview of the ANZ club capability framework and outlines:

- The purpose and objectives of the club capability framework
- The Athletics NZ club development approach that sits behind the framework in developing Athletics clubs.
- What New or Emerging (L1), Developing (L2) or Performing (L3) in the capability framework consists of and what criteria Athletics NZ would like clubs to work towards.

➤ The framework can be found in the Athletics NZ Club Toolkit

Purpose

The purpose of the framework is to have a more structured and process driven approach to club development to increase transparency, raise capability and to ensure a quality experience in Athletics with a diverse range of clubs.

Objectives

1. To improve our sport by raising the capability and effectiveness of Athletics clubs.
2. To promote affiliation to the Athletics NZ system by providing guidance, support, and resources to clubs effectively.

3. To guide Athletics NZ and its key stakeholders' decisions regarding any potential investment from Athletics NZ and centres into clubs.

The basic description of the levels:

New or Emerging Clubs (L1)

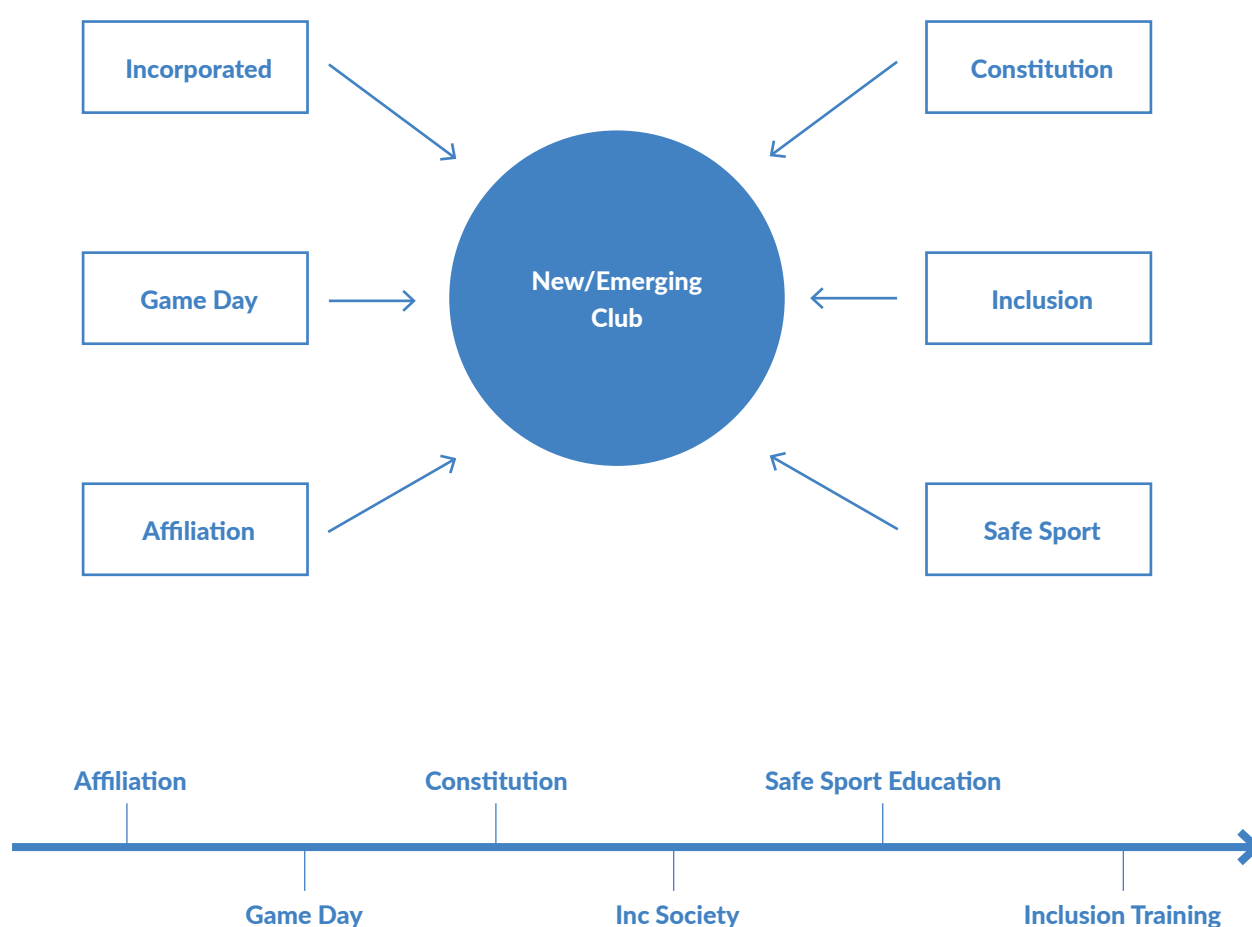
New or Emerging (L1) – A New or Emerging club provides a satisfactory athletics experience to its members and complies with all statutory requirements of a legal entity. The club provides a safe, effective, and inclusive environment for the sport. In some instances, the club may wish to progress, but needs further guidance, support, and resource to build more capability.

Inclusion

A fundamental part of clubs at this stage (L1) and their journey is inclusion. Upskilling opportunities, access to resources and support is available via Athletics NZ and its partners.

New or Emerging (L1)

- Affiliation to Athletics NZ and Athletics Centre
- Game Day Registration
- Constitution
- Incorporated Society
- Recognised points of contact (via Game Day) for club committee, coaching, officiating and junior/youth
- Inclusion Training
- Safe Sport Education



Paralympics New Zealand



Paralympics New Zealand (PNZ) is the National Paralympic Committee (NPC) for New Zealand. PNZ is a charity and their overall vision is:

"Through Para sport, lives will be transformed"

As a member of the International Paralympic Committee (IPC), PNZ are part of a worldwide social change movement, which uses the power of sport to positively influence community perceptions of disabled people and to promote a more diverse and inclusive society.

To do this, PNZ support and celebrate the achievements of Para athletes at international and national competitions all year round. Every two years, PNZ lead New Zealand Paralympic Teams to the Paralympic Games. PNZ also work in the local community to advocate for sport to become more accessible for disabled people and to support the creation of more systems and programmes to enable participation in Para sport.

The support that PNZ receives through government funding, grants from trusts and foundations, donations, commercial partnerships, and gifts in wills make our Para sport, community, and advocacy programmes possible.

➤ [PNZ Website](#)

Halberg Foundation



Halberg's vision is for an inclusive New Zealand. With their purpose to bring about moments of joy.

"He waka eke noa, mā Aotearoa whānui"

We are all in this waka together, for all the people of New Zealand.

The Halberg Foundation is a charitable organisation founded in 1963 by Olympic legend, Sir Murray Halberg ONZ, MBE on the belief that all people, regardless of their ability, should have equal opportunity to enhance their lives through sport and recreation. Since 1963, the Foundation has worked

tirelessly to make Sir Murray's vision a reality for New Zealand's physically disabled people.

The Halberg Foundation aims to enhance the lives of physically disabled New Zealanders by enabling them to participate in sport and recreation. This includes:

- Halberg Advisers
- Halberg Inclusion Training
- Halberg Activity Fund
- Halberg Games
- Programmes and Events

➤ [Halberg Foundation Website](#)

Special Olympics New Zealand



Special Olympics New Zealand was founded in 1968 by Eunice Kennedy Shriver, the Special Olympics movement has grown from a few hundred athletes to more than 3.7 million athletes in over 170 countries in all regions of the world, providing year-round sports training, athletic competition, and other related programs.

Purpose: To enrich the lives of people with intellectual disabilities through sport

Our Vision: People with intellectual disabilities in Aotearoa are valued.

➤ [Special Olympic New Zealand Website](#)

Parafeds

Parafeds or similar organisations, are regional disability sports organisations that provide play, active recreation and sport opportunities for disabled people.

Offering a large variety of sports from Para archery to wheelchair tennis, depending on the region. New Zealand has 13 Parafeds or similar organisations operating around the country to enable disabled people to participate in play, active recreation and sporting activities of their choice.

➤ [Parafed Network Website](#)

A person in a racing wheelchair is shown in motion on a track, leaning forward in a racing posture. The image is monochromatic with a blue tint. The background is blurred, suggesting speed. The person is wearing a dark jersey and a helmet. The wheelchair has large rear wheels and a smaller front wheel. A license plate or number is visible on the front of the wheelchair.

Disability Sport Language / Terminology

Disability Sport Language / Terminology

Blind Sport New Zealand, Sport Hawke's Bay, Blind Low Vision NZ, the Halberg Foundation and Special Olympics New Zealand are sharing the language used around disability.

We acknowledge that there is uncertainty around the correct language to use and that consequently there is a real fear of "saying the wrong thing".

With this, we acknowledge that language is individual in nature, and what one person feels is appropriate or that they identify with, can be different to another individual's perspective. We also acknowledge that language is ever evolving.

This resource is therefore not a definitive list of the 'right or wrong' things to say, it is purely to act as a guide for your conversations. Ultimately, we advocate for asking your sports participant what language they identify with and respecting their preference.

Below are some useful tips when it comes to working with Para athletes:

We use:	Instead of...	Description
Athlete Para athlete Special Olympics Athlete Disabled Person Person with a disability	Suffers from Afflicted with The disabled The blind Deformed Spastic Handicapped Invalid Crippled Special	A distinction does not always need to be made between a disabled athlete and an athlete; some people prefer to be referred to as an athlete first. Special Olympics athletes are children and adults with intellectual disabilities from all around the world. A Para athlete is a person with an eligible impairment who participates in Para sport. Specifically, the term is used for Para athletes who have not yet competed at a Paralympic Games. Paralympian is the term used for someone who has competed at a Paralympic Games. The term disabled person/disabled people is used within the NZ Disability Strategy and the Sport NZ Disability Plan and NZ Disability Strategy states how this can be a source of pride, identify and recognition that disabling barriers exist within society, and not with individuals. For others, the term people/person with disability has a similar meaning and is important for those who want to be recognised as a person before their disability.
Non-disabled Able-bodied	Normal Healthy	These are the preferred terms to use when referencing people who do not have an impairment or disability. CCS Disability Action advocate for the use of 'non-disabled', however both are currently in use and there is no Universal agreement.
Wheelchair user Uses a wheelchair	Confined to a wheelchair Wheelchair bound	A wheelchair provides mobility and not restriction.



We use:	Instead of...	Description
Blind Vision Impaired Low Vision	Totally Blind Fully Blind	A blind person has no functional vision at all while a person with a visual impairment or low vision has some functional vision.
Significant impairment	Severe impairment High needs Severely disabled	A person's impairment may be significant while 'severe' is a term used to describe the medical implications of their impairment. A person should be described as having a significant impairment and not a severe impairment.
Non-verbal	Mute Dumb	A person who is unable to speak is non-verbal.
Deaf Hearing impaired	Totally deaf	A deaf person has no functional hearing at all while a person with a hearing impairment has some functional hearing.
Intellectual Impairment Intellectual disability	Mental disability	Intellectual disability (or ID) is a term used when a person has certain limitations in cognitive functioning and skills, including communication, social and self-care skills.
Short statured person Little person	Dwarf Midget Vertically Challenged	Midget or dwarf is outdated slang. Dwarfism is the medical term to describe the condition, but the person is not a dwarf.
Person with a spinal cord injury	A paraplegic	A person should not be defined by their impairment or medical condition i.e., a person has paraplegia they are not a paraplegic.
Amputee	Stumps	Person with an amputation or an amputee.
Acquired impairment	Disorder Defect	An impairment caused by an event/accident after birth rather than as part of a genetic or congenital impairment.
Congenital impairment	Birth defect Birth disorder Deformity	An impairment that is present at or before birth.



General Tips

Everyday phrases:

- There is no need to feel self-conscious about using everyday phrases as most phrases are perfectly acceptable. Some people who use wheelchairs will say 'I'm going for a walk'. It is also perfectly acceptable to say to a visually impaired person. 'See you later' etc.

Assistance:

- If you feel a situation requires it, always offer assistance; keeping in mind it may not always be accepted. Make sure you wait for a reply before responding to help someone.
- Your help may not be required but never feel awkward about offering. It is perfectly polite and acceptable to do so. If your assistance is declined on one occasion, do not be offended or put off asking in the future.

Communication:

- Always speak directly with the person rather than their companion, family member, assistant or interpreter. The disabled person is the expert on their own ability.
- It is important to understand the needs of each individual person (whether or not they have an Impairment). Do not be afraid to ask questions to obtain information that will help you to offer the best experience.
- Communication needs to be clear and concise so everyone can process it, if someone doesn't understand or misses a key piece of information, they will struggle with the full task.
- Make sure you check for understanding after you've given clear instructions.
- Keep it positive, sport is a positive vehicle for social change and sport is fun, positive language will enhance everyone's experience.

Assumptions:

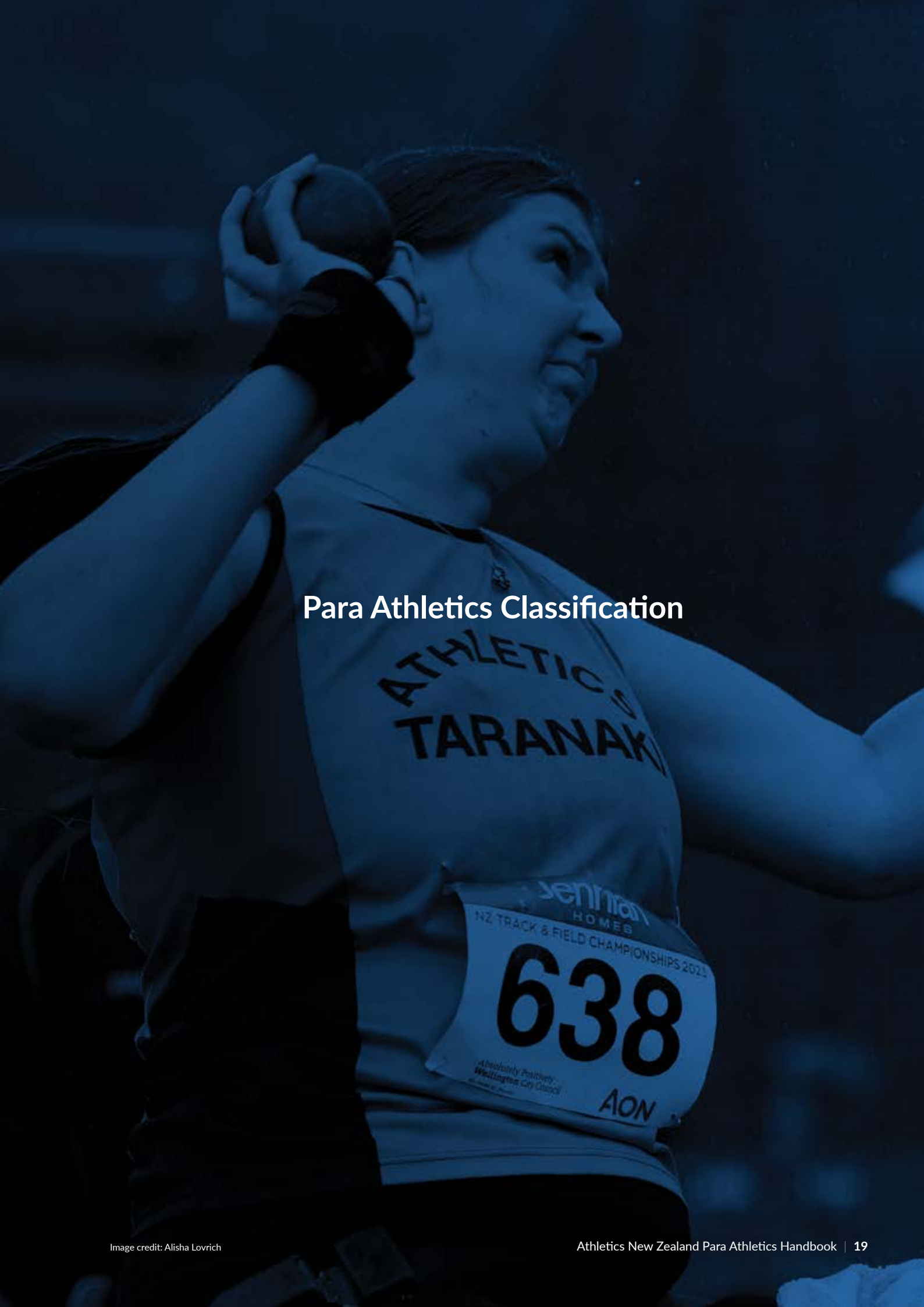
- If in doubt, ask. If you are unsure of what to do in a particular situation, ask. Never make assumptions about what an individual can or cannot do.
- Focus on ability and what the individual can do, let this guide you're planning.

Teaching skills:

- It is important to breakdown each skill.
- Sometimes we ask someone to perform an action that is made up of many different skills. If someone hasn't learnt the skills first, how can they successfully complete the action?
- Everyone learns at different speeds, so allow enough time for your group to learn each step and make sure you're checking for understanding.
- Remain your enthusiastic, upbeat, and professional self with your instruction and style of teaching. Make sure this stays the same throughout your coaching.

Terminology:

- Don't fixate on labels or medical terms. You will only need to know the details of someone's impairment or medical condition if it may put that person at risk in your activity. Otherwise, all you need to know is the person's ability and how best you can support them.
- Be open to learning from the individual about their preferred terminology and way to be coached. Your knowledge will grow as you learn more about their abilities.



Para Athletics Classification

Classification in Para Athletics

This is a brief overview of classification in the sport and is in no way legally binding.

What is Classification?

Classification determines which athletes are eligible to compete in a sport and how those athletes are then grouped together for competition in order to minimise the impact of the athletes' impairments on sport performance. This is done to safeguard the integrity of fair competition.

Classification is sport-specific because an impairment affects the ability to perform in different sports to a different extent. As a consequence, an athlete may meet the criteria in one sport, but may not meet the criteria in another sport. Having an impairment is thus not sufficient for an athlete to compete in Para sport.

The groupings of athletes by the degree of activity limitation resulting from their impairments are called 'Sport Classes'. This, to a certain extent, is similar to grouping athletes by age, gender or weight.

Classification across the Paralympic Movement is governed by the IPC Athlete Classification Code and Standards.

To be eligible to compete in Para athletics, a person must have an eligible impairment and meet the minimum impairment criteria set out in the World Para Athletics Classification Rules and Regulations.

[World Para Athletics Website](#)

The First letter represents: Track or Field	First Number Represents: Impairment type	Second Number Represents Description of impairment or activity limitation
T or F	1 - 7	1-8
T = Track and Jumps F = Field, Throws	1. Vision impairment 2. Intellectual impairment 3. Co-ordination impairments 4. Short stature, Lower limb deficiency competing without prosthesis, leg length difference, impaired muscle power or impaired passive range of movement. Upper limb deficiency, impaired muscle power or impaired passive range of movement 5. Impaired muscle power, impaired passive range of movement or limb deficiency 6. Lower limb deficiency competing with prosthesis 7. Coordination impairments	Specifies the description of impairment or activity limitation as per the classification rules.

Sport Classes in Para Athletics

T/F11, T/F12, T/F13	Athletes in these classes have a vision impairment which is severe enough to impact on sport. T11/F11 These athletes have a very low visual acuity and/or no light perception. T12/F12 Athletes have a higher visual acuity than athletes competing in the T11/F11 sport class and/or a visual field of less than five degrees radius. T13/F13 Athletes have the least severe vision impairment eligible for Para athletics. They have the highest visual acuity and/or a visual field of less than 20 degrees radius.
T/F20	Athletes in this class have an intellectual impairment that impacts on the activities of running (400m - marathon), jumping (long jump and triple jump) or throwing events (shot put). Athletes must meet the sport-specific MIC for each of their respective events (running, jumping or throwing).
T/F31-38	Athletes in these classes are affected by hypertonia, ataxia and athetosis all of which typically affect co-ordination of movement. Athletes with coordination impairment often due to cerebral palsy or brain injury. T/F 31-34 sport classes compete using a wheelchair or throw seated. T/F 35-38 sport classes compete standing.
T/F40, T/F41	Athletes with short stature. There are two classes depending on the body height of the athlete and the proportionality of the upper limbs. Athletes in classes T/F40 have a shorter stature than T/F41.
T/F42, T/F43, T/F44	T42/F42 – Athletes have one or more impairment types affecting hip and/or knee function in one or both limbs and with activity limitations in throws, jumps and running competing without prosthesis/prostheses comparable to that of an athlete with at least a single through or above knee amputation. T43/F43 – Athletes have 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/F44 – This class is for any 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.
T/F45, T/F46, T/F47	The primary impairments are in the upper limbs. Athletes with arm deficiency, impaired muscle power or impaired passive range of movement in arms, with athletes competing in a standing position. The criteria for running and jumps are slightly different to the criteria for throws.
T/F51, T/F52, T/F53, T/F54, F55, F56 and F57	Athletes with impaired muscle power, restricted range of movement, limb deficiency or leg length difference, with athletes competing in seated position e.g. with cervical cord injury, spinal cord injury, amputation.
T/F61, T/F62, T/F63, T/F64	Athletes with lower limb(s) competing with prosthesis affected by limb deficiency and leg length difference.
T71 and T72	Athletes with significant coordination impairments competing in frame running. There are two classes determined by impairment and activity limitation test scores.

Getting Classified in New Zealand

More information about classification can be found on the [World Para Athletics website here](#).

Athletes wishing to compete in athletics meets around New Zealand must get/be classified.

Below you will find more about the classification process.

Provisional Classification

For athletes wanting to compete at Colgate Games, club meets and provincial/regional events they must have at least a Provisional Classification.

Provisional classifications are temporary classifications allocated to an athlete and are valid until such time the athlete can be classified by a National Classification panel; or for a maximum of four years. A provisional classification may be subject to change upon National Classification assessment by the sports specific classification panel.

National Classification

For athletes wanting to compete at national level events e.g., New Zealand Secondary Schools, New Zealand Championships, Australian Championships athletes must be nationally classified (with the exception of VI athletes who may compete in New Zealand with a provisional classification).

Click below to download the following forms:

✓ [Athletics New Zealand PI Medical Diagnostics Form](#)

✓ [Athletics New Zealand VI Medical Diagnostics Form](#)

✓ [Athletics New Zealand Intellectual Impairment Eligibility Form](#)

✓ [National Eligibility Guidance Notes for Para Athletes with II](#)

Please return completed forms to [Rebecca Foulsham](#).

International Classification

The World Para Athletics classification system serves two key purposes:

1. Determining eligibility

The system defines who is eligible to compete in World Para Athletics competitions.

To be eligible for Para Athletics, a person must have an eligible impairment type and the impairment must be judged to be severe enough to have an impact on the sport of athletics. Minimum Impairment Criteria (MIC) are described in the World Para Athletics Classification Rules and Regulations.

2. Sport Class Allocation

The system describes methods for dividing eligible athletes up into sport classes. The aim is that each class should consist of athletes who have impairments that cause approximately the same amount of activity limitation in the key athletic disciplines – running, wheelchair racing, jumps and throws.

International Paralympic Committee Licensing Progress

Any athlete wishing to compete internationally, appear on the World Para Athletics Rankings, or attend international classification must have a valid International Paralympic Committee (IPC) Athlete License. Athletes seeking an IPC International Paralympic Committee Athlete Licence must adhere to the following steps for new and renewing athletes:

Athletes with a physical impairment (PI) or vision impairment (VI) wishing to represent Athletics New Zealand at an international event must hold a valid World Para Athletics International Classification. Athletes with an intellectual impairment (II) who wish to obtain an international classification, must first apply for Virtus Eligibility. Once athletes have obtained Virtus Eligibility, athletes are able to apply for a World Para Athletics Classification. International Classification opportunities are conducted by World Para Athletics and can be [found here](#).

New Athletes

All new athletes need to provide relevant classification documentation for licensing. More information and forms are available on request from [Rebecca Foulsham](#).

Renewing Athletes

Athletes who currently have an international classification through World Para Athletics will have their license renewed by Athletics New Zealand. For more information, please contact [Raylene Bates](#).

Athletes with a Physical Impairment – International Classification

Athletes wishing to represent ANZ at an international event must hold a World Para Athletics International Classification. Their opportunities are conducted by World Para Athletics.

Athletes with a Vision Impairment – International Classification

Athletes wishing to represent ANZ Zealand at an international event must hold a valid international classification. International Classification opportunities are conducted by World Para Athletics. There are various opportunities for athletes with a Vision Impairment to be classified these can be viewed by [clicking here](#).

Athletes with an Intellectual Impairment – International Classification

Athletes with an intellectual impairment who wish to obtain an international classification must first apply for Virtus eligibility. Virtus is the International Sports Federation for athletes with intellectual impairment. More information and guidance on obtaining Virtus eligibility can be found from Athletics New Zealand or Paralympics New Zealand. Information about Virtus can be found at www.virtus.sport

For more information on International Classification opportunities for Athletes with a Physical, Vision or Intellectual Impairment please contact rebecca@athletics.org.nz.

➤ [More Information on International Classification.](#)



Image credit: Alisha Lovrich

Classification - NZ Secondary School Championships

Provisional Classification

Provisional classifications are temporary classifications allocated to an athlete and are valid until such time the athlete can be classified by a National Classification panel; or for a maximum of four years. A provisional classification may be subject to change upon National Classification assessment by the sports specific classification panel.

Athletes with a Visual Impairment (VI) or an Intellectual Impairment (II) ONLY, wishing to compete at the NZ Secondary Schools Championships, may compete with a provisional or national classification. VI or II athletes requesting a National Classification need to contact the Athletics NZ Classification Coordinator, Rebecca Foulsham, on rebecca@athletics.org.nz or 021 0223 7776.

National Classification

All athletes with a Physical Impairment (PI) MUST have a National Classification to compete at the NZ Secondary Schools Track and Field Championships. All athletes with a PI MUST be available to attend classification, on the day prior to the NZ Secondary Schools Championships, at the athletics venue. Athletes will be informed, closer to the event, of what time they need to report for classification. Failure to report for classification may mean an athlete is not able to compete at that competition.

Competitions

There will be only one competitive division.

For all classifications the results and placing will be calculated on a percentage of the world record for each classification. It will enable athletes with different impairments, amputee, vision impaired, short stature etc., to be fairly compared and compete for the national title in their events.

The following events will be included: 100m, 200m, 400m, 800m, 1500m, shot put, discus, javelin, and long jump (a metre mat **WILL NOT** be used). High jump on request. Athletes can also request entry into other able bodied events and have their performance as a Para athlete recognised. Email your request to oe@nzssaa.org.nz.

All athletes with an intellectual impairment must use blocks for all track events up to and including 400m.

Ages

For track and field events there will be 2 age groups for each classification, junior (under 17) and senior (17 and over) on 31 December in the year of competition. For the road race there will be an additional Year 9 grade.

It is important to note that the students with a disability who are ORS funded are entitled to stay at secondary school until the age of 21. Students in this category who will be aged 20 years and over on the 31st December need to apply for entry to oe@nzssaa.org.nz.

Or further information on Para athletics please contact Athletics NZ Para Lead, Raylene Bates at raylene@athletics.org.nz or 021 895 400.

For further information on Classification please contact the Athletics New Zealand Classification Manager, Rebecca Foulsham, on rebecca@athletics.org.nz or 021 0223 7776.

Classification - NZ Track and Field Championship

For NZ Track & Field Championships, athletes must be registered with a club and centre and compete in their age grade in the year of competition in the grades of Under 17, Under 20 and Senior age grades.

Events will be held as mixed classification (all classifications) with medals awards based on % of world record for individuals classification.

Age grades may be combined for the actual event, however medals will be presented to each age grade.

NZ Track & Field Championships are run under World Para Athletics Rules.



Image credit: Alisha Lovrich



Para Athletics Approved / Sanctioned Competition

Internationally classified athletes wishing to qualify for the World Para Athletics rankings, which will be used for qualifying performances for Athletics New Zealand International Para Athletics Teams, must compete at World Para Athletics Endorsed or Approved Meets.

- More information on approved meet please refer to the Athletics New Zealand website.
- More information on approved meets internationally please refer to World Para Athletics.



Image credit: Alisha Lovrich



Para Athletics Officiating and Rules

Any Club and Centre with a competition programme will need Officials to conduct competitions according to the rules of World Athletics and World Para Athletics and ensure that athletes have every chance of achieving their best performance.

ANZ want to make sure that Officials are recruited, trained and given the necessary support to perform their duties.

For most officials, the journey begins at low key competitions in their local club night, for which we have basic online guides to assist. The next level is interclub competitions within your region, where some introductory formal training is required. Beyond this, further training can lead to officiating at national level events, and even the opportunity to officiate at World Athletics Permit or World Para Athletics endorsed or approved meets and international competitions. Athletics New Zealand want to make sure that Officials are recruited, trained and given the necessary structure and support to perform their duties.

For information relating to officiating please contact

Athletics New Zealand Officials Development Manager
– Trevor Spittle: trevor@athletics.org.nz

➤ [Or visit the Official - Athletics New Zealand for resources, information on the officials pathway and useful links](#)



Para Athletics Rules

Rules for Para athletics are alike in most methods to World athletics rules. However, modifications are made to accommodate certain impairments.

Below you will find a summary of the World Para Athletics Rules and Regulations for athletes and coaches starting out in Para-Athletics. It provides a quick reference to important rules unique to different classifications.

➤ [More in depth Rules and regulations can be found on the World Para Athletics website.](#)

Rule 4: Age, Gender Categories and Mixed Competition - (Rule 141) Age Categories

1. The following age groups are recognised by WPA:

- a) Master Men and Women: Any athlete who has reached his/her 35th birthday
- b) Under-20 (U20) Men and Women: Any athlete of 17, 18 or 19 years on 31 December in the year of the competition;
- c) Under-17 (U17) Men and Women: Any athlete of 14, 15 or 16 years on 31 December in the year of the competition.

Rule 6: Clothing, Shoes, Athlete Bibs, Prosthetics and Orthotics, Eye mask, Tether, Non-compliance on Equipment and Helmets - (Rule 143)

6.1 Clothing

In Seated Throwing Events clothing must be close fitting, and not loose, so that the view of the judges is not impeded.

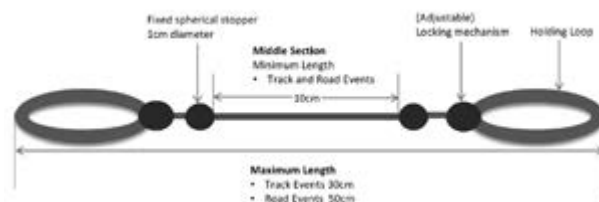
6.15 Tether

6.15.1 When competing with a guide-runner, athletes in Sport Class T11 and T12 shall be guided through a tether which shall be supplied by the athlete and shall comply with Rule 6.15.4. If such an athlete arrives at the call room and a) does not have a tether, or b) the tether is not in compliance with Rule 6.15.4, Rule 6.16 shall apply.

6.15.2 Only one tether shall be used between an athlete and his guide-runner(s) during a race.

6.15.3 If during a race their tether breaks then the athlete shall be disqualified.

6.15.4 The tether shall be made from non-elastic material and shall not store energy and/or offer a performance gain to an athlete. It shall consist of two closed holding loops and a middle section with two fixed spherical stoppers at each end. a) For track events, the maximum length between the two furthest points of the holding loop at the full extension of the tether shall not exceed 30cm. For road events, the maximum length between the two furthest points of the holding loop at the full extension of the tether shall not exceed 50cm. Each tether shall be measured in the Call Room at its full extension when the tether is not being worn. b) The holding loops shall not incorporate any mechanism that allows the loops to open. The holding loops may incorporate a locking mechanism, which can be easily operated by the athlete and that allows the size of the loops to be adjusted and locked. This adjustable locking mechanism shall not in any way be extended beyond the two fixed spherical stoppers and shall not shorten the middle section. The middle section shall be a minimum of 10cm in length and shall be measured at its full extension from the closest points of the two spherical stoppers. The middle section shall be of a distinctive colour and be distinguishable from a distance to the rest of the tether. The stoppers shall be sphere-shaped (or spherical) and a minimum of 1cm in diameter.



6.17 Helmets for Sport Classes T31-34, T51-54

6.17.1 The wearing of helmets is compulsory in all track and road wheelchair races and Frame Running races. The helmet shall be a hard-protective shell that has a recognised international safety standard e.g.: Snell b-84/90/95, BSI 6863, EN 1078.

6.17.2 If an athlete arrives at the Call Room and a) does not have a helmet, or b) the helmet is not in compliance with Rule 6.17.1, Rule 6.16 shall apply.

Rule 7: Assistance to Athletes - (Rule 144)

Assistance – Track and Road Events

7.13 Some athletes in Sports Classes T12, T20, T71-72 (Frame Running), T35-38, T42-47 and T61-64 may require their starting blocks to be set for them by the Starter's Assistant. The Technical Delegate will provide the appropriate athletes and/or their team coach with a document on which to show their requirements.

Assistance – Field Events

7.14 Assistants for athletes in Sport Classes F31-33 and F51-54 will be permitted (one assistant per athlete per event) who can assist the athlete under the control and supervision of the Officials to ensure the athlete transfers safely to the throwing frame and assist athletes to strap into their throwing frame.

7.16 For athletes in Sport Classes F11 and F12 one assistant may bring athletes to the throwing circle or Javelin runway. The assistant may assist the athlete by orientating them with the throwing circle or on the Javelin runway before each attempt. The assistant must leave the throwing circle or Javelin runway before each attempt begins. Once the athlete is oriented, the assistant may also provide acoustic orientation before, during and after each attempt. Athletes may only be escorted from the throwing circle or Javelin runway after the officials have determined whether or not the attempt was a valid one.

7.17 For athletes in Sports Class T11 acoustic assistance is permitted during Long Jump, Triple Jump and High Jump. However, no visual modification to the existing facility is permitted. In events where acoustic assistance is being used complete silence shall be requested from spectators.

7.18 During Jump Events athletes in Sports Classes T11 can be accompanied onto the field of play by two assistants to:

- a) act as a caller to provide acoustic orientation during the approach run in High Jump, Long Jump and Triple Jump, and/or;
- b) act as an escort to assist the athlete by positioning and orientating him on the runway before each attempt.

7.19 For athletes in Sports Class T/F12 visual modification of the existing facility is permitted during Field Events (i.e., Paint, chalk, powder, cones, flags, etc) at the discretion of the Technical Delegate. Acoustic signals may also be used.

7.20 For athletes in Sports Class T12, only one assistant is allowed to accompany the athlete onto the field of play to act as caller and/or escort in Jumping Events. The assistant shall observe Rule 7.18.

Rule 14: Wheelchair and Frame Running Requirements (Sport Classes T32-34, T51-54 and T71-72)

14.1 General Wheelchair Requirements

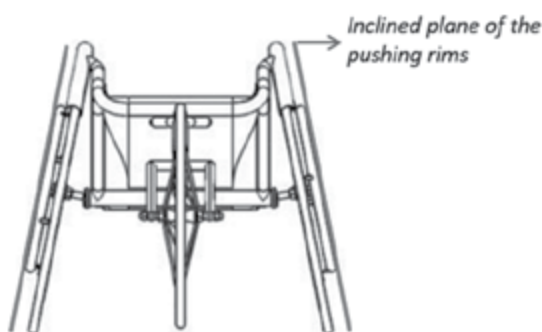
- a) At all WPA Recognised Competitions (see Part B - 3.1.2) the wheelchair shall have two (2) large rear wheels and one (1) small front wheel.
- b) All wheelchairs must have a functional braking system for safety purposes.
- c) No mechanical gears or levers are allowed for the purpose of propelling the wheelchair.
- d) The use of mirrors is not permitted in wheelchair track or road races.
- e) In all races the athlete must be able to turn the front wheel(s) manually left and right for steering purposes. Only hand operated mechanical steering devices are allowed.
- f) The use of fairings or similar devices for the purpose of improving aerodynamic performance is not permitted.

g) No element of the wheelchair or its attachments or accessories may incorporate energy storing capacity (e.g., elasticity) for the purpose of enhancing performance.

h) Devices attached to the wheelchair or athlete shall comply with Rule 7.4d (assistance) and shall not have the capability to communicate except to the athlete.

14.2 Wheelchair Frame Requirements

a) No part of the frame of the wheelchair, or any attachments to it, shall extend forward beyond the hub of the front wheel nor backwards beyond the rearmost vertical plane of the rear wheels (including tyres). Additionally, the width of the frame, and any of its attachments, shall not be wider than the inclined plane of the pushing rims (as outlined in Figure 4).



b) The maximum height from the ground to the bottom of the wheelchair frame shall be 50cm.

c) The frame structure must be made of a material which provides sufficient stability and stiffness for safety purposes.

d) For the purpose of seat positioning, the frame structure shall incorporate a seat.

e) The use of Sideguards may be added to protect the athlete from the wheels and shall be in compliance with Rule 14.2(a).

14.3 Wheel and Push-rim Requirements

a) The maximum diameter of the large wheel including the inflated tyre shall not exceed 70cm.

b) The maximum diameter of the small wheel including the inflated tyre shall not exceed 50cm.

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

Frame Running Requirements (Sport Classes T71-72)

14.7 General Frame Running Requirements

a) At all WPA Recognised Competitions (see Part B - 3.1.2) the Running frame shall have a support saddle, a body support plate, handlebars, two (2) rear wheels and one (1) front wheel.

b) All Running frames must have a functional braking system for safety purposes.

c) No mechanical gears or levers are allowed for the purpose of propelling the Running frame.

d) The use of mirrors is not permitted in Frame Running events.

e) In all races the athlete must be able to turn the front wheel left and right for steering purposes. Only hand operated mechanical steering handlebars are allowed.

f) The use of fairings or similar devices for the purpose of improving aerodynamic performance of the athlete is not permitted.

g) No element of the Running frame or its attachments accessories may incorporate energy storing capacity (e.g., elasticity) for the purpose of enhancing performance.

h) Devices attached to the Running frame or athlete shall comply with Rule 7.4 (d) (assistance) and shall not have the capability to communicate except to the athlete.

14.8 Running Frame Requirements

a) No part of the Running frame, or any attachments to it, shall extend forward beyond the hub of the front wheel nor backwards beyond the rearmost vertical plane of the rear wheels (including tyres). Additionally, the width of the frame, and any of its attachments, shall not be wider than the length between the rear wheel hubs, excluding the rear wheels.

b) The maximum length of the Running frame shall be 200cm, and the maximum width shall be 95cm including the tyres.

c) The Frame structure must be made of a material which provides sufficient stability and stiffness for safety purposes.

d) For the purpose of seat positioning, the Frame structure shall incorporate a saddle.

e) Note: The saddle may have other shapes than the traditional type of race cycling saddle.

f) For the purpose of athlete's stability, the frame structure shall incorporate a Body support plate.

14.9 Wheel Requirements

a) The maximum diameter of all wheels including the inflated tyre shall not exceed 72 cm.

b) The rear wheels may incorporate a wheel guard on the inside only.

14.10 The Running frame shall comply with Rule 14.4 and Rule 14.6 for measurement and inspection purposes.

14.11 It is the responsibility of the athlete to ensure that their Running frame conforms to the requirements stipulated above. No event shall be delayed while adjustments to a Running frame are being done. If an athlete fails to comply with this Rule, then the athlete will not be permitted to start the event and shall be shown in the results as "DNS" in accordance with Rule 6.16.

14.12 For all athletes competing in Frame Running Events T71-72, they shall propel their Running frame with their feet and can do so forwards or backwards.

Rule 16: Starting Blocks - (Rule 161)

16.1 Starting blocks may be used for sport classes T71-72 (Frame Running), T35-38, T42-47 and T61-64 in all races up to and including 400m (including the first leg of ambulant relay races of 4x100m, 4x200m and 4x400m) but shall not be used for any other race. Starting Blocks must be used for sport classes T11-13 and T20 in all races up to and including 400m (including the first leg of universal relay races). When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.

Note: It is not a requirement for athletes in Sport Classes T35-38, T42-44 and T61-64 to use both foot plates when using a starting block.

Rule 17: The Start - (Rule 162)

In all races of Sport Classes T11-13 and T20 up to and including 400m (including the first leg of ambulant relay races of 4x100m, 4x200m, 4x400m and the 4x100m universal relay), a crouch start and the use of starting blocks are compulsory.

Note (i): A crouch start stance is not required by athletes in Sport Classes T35-38, T42-47 and T61-64.

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

Note (iii): 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.

17.4 In case of wheelchair races (classes T33-34 and T51-54), including Frame Running Events (classes T71-72) the following commands and positions are required. 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".

17.6 In wheelchair and Frame Running races of 800m or longer the Starter has the authority to recall a race for a restart (but is not obliged to do so) if a collision involving any athletes in the race occurs in the first 50m. This does not reduce or remove the authority of the Referee to take appropriate action on reports received from Umpires during this portion of the race.

Rule 18: The Race (Rule 163)

Obstruction

18.2 If an athlete or the athlete's guide-runner is jostled or obstructed during an event so as to impede his progress:

a) If the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete or their guide-runner, the Referee may, if he is of the opinion that an athlete (or his team) was seriously affected in accordance with Rule 2.13.7, order that the race (for one, some or all of the athletes) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;

b) If another athlete or his guide-runner is found responsible for the intentional jostling or obstruction by the Referee, such athlete or his team shall be liable to disqualification from that event. The Referee may, if he is of the opinion that an athlete was seriously affected in accordance with Rule 2.13.7, order that the race (for one, some or all of the athletes) be re-held excluding any disqualified athlete or team or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

In order for (a) and (b) to apply, the Referee must deem that the athlete (or team) affected (or whose guide-runner was affected) by the jostling or obstruction would likely have completed the race were it not for the jostling or obstruction.

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

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

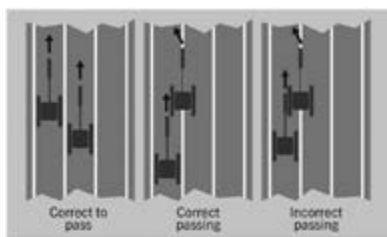


Figure 6 - Wheelchair overtaking

Lane Infringement

18.5 a) In all races run in lanes, each athlete or the athlete's guide-runner shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race where there is a requirement to run in lanes.

b) In all races (or any part of races) not run in lanes, an athlete or the athlete's guide-runner running on a bend, on the outer half of the track as per Rule 17.11, shall not step, run or wheel on or inside the kerb or line marking the applicable border (the inside of the track or the outer half of the track).

Except as stated in Rule 18.6, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete or the athlete's guide-runner has infringed this Rule, they or in the case of a relay race, their team shall be disqualified.

18.6 An athlete or the athlete's guide-runner or in the case of a relay race, his team, shall not be disqualified for running or wheeling out of his lane if he:

a) is pushed or forced by another person or object to step, run or wheel outside his lane or on or inside the kerb or line marking the applicable border, or;

b) steps, runs or wheels outside his lane in the straight or outside the outer line of his lane on the bend;

c) in all races run in lanes, touches once the line on their left, or the kerb or line marking the applicable border (as defined in Rule 18.5(b)) on a bend; provided that: In the case of wheelchair races, the duration for which the wheel of the racing chair making contact with the line remains in contact with the line does not exceed the time that it takes the athlete to make [two] further pushes on the push-rim of the racing chair from the point at which the wheel of the racing chair first made contact with the line ; and

In the case of Frame Running races, the duration for which the wheel of the Frame Runner making contact with the line remains in contact with the line does not exceed the time that it takes the athlete to make [two] further steps from the point at which the wheel of the Frame Runner first made contact with the line.

d) In all races (or any part of races) not run in lanes, steps/wheels once on or completely over the kerb or line marking the applicable border (as defined in Rule 18.5(b)) on a bend; and

No material advantage is gained and no other athlete being jostled or obstructed so as to impede the other athlete's progress (see Rule 18.2). If material advantage is gained, the athlete (or team) shall be disqualified.

In races with multiple rounds, an infringement defined in Rules 18.6.(c) and 18.6.(d) may be made only once during all rounds of an event by a particular athlete without the disqualification of that athlete. A second infringement will result in the disqualification of that athlete whether it was made in the same round or in another round of the same event.

In the case of Relay Races, any second step (as described in this Rule 18.6.(c) and 18.6.(d) by an athlete who is a member of a team, regardless of whether committed by the same or different athletes, will result in the disqualification of the team whether it happens in the same round or in another round of the same event.

For the ratification of records, see Rule 51.17(d).

Note: Material advantage includes improving his position by any means, including removing himself from a "boxed" position in the race by having stepped or run inside the inside edge of the track.

18.7 In IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) the start of the 800m event shall be run in lanes for as far as the nearer edge of the break line where athletes may leave their respective lanes.

The break line shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes in identifying the break line, small cones or 116 Rule 18: The Race World Para Athletics Rules and Regulations 2022 prisms, 50mmx50mm no more than 0.15m high, and preferably of different colour from the break line and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break line. If an athlete or his accompanying guiderunner does not follow this Rule he, or in case of a relay team his team, shall be disqualified.

Note (i): For wheelchair and Frame Running races, cones should not be placed on the track. Coloured flat markers 50mmx50mm may be placed at the intersection of the lane lines at the break-line.

Note (ii): For wheelchair races, a flag, 1.5m high must be positioned on both ends of the break line. One on the infield and the other on the outside of the track.

Note (iii): For wheelchair races, athletes may leave their respective lanes when the bottom of both rear wheels which are touching the ground have gone past the nearer edge of the break line close to the start line.

Note (iv): In WPA Approved Competitions (see Part B - 3.1.2 (d)), countries may agree not to use lanes.

18.8 For athletes in Sport Class T11 and T12, in track events run entirely or partly in lanes, each shall be allocated 2 lanes. The start lines in a staggered start will be lanes 1, 3, 5 or 7.

Leaving the Track

18.9 An athlete and/or the accompanying guide-runner who during the course of a race voluntarily leaves the track prior to the finish, except in compliance with Rule 23.5(c) will not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete and/or his guide-runner attempt to re-enter or continue in the race the athlete shall be disqualified by the Referee.

Check-Marks

18.10 Except as stated in Rule 23.3, athletes may not make check-marks or place objects on or alongside the running track for their assistance. The Judges shall direct the relevant athlete to adapt or remove any marks or objects not complying with this Rule. If he does not, the Judges shall remove them. Note: Serious cases may further be dealt with under Rule 2.13.5 and Rule 8.2.

Wind Measurement

18.12 Non-mechanical wind gauges shall be used at all IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) and for any performance submitted for ratification as a World/Regional Record.

A mechanical wind gauge should have appropriate protection to reduce the impact of any crosswind. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.

Indication of Intermediate Times

18.17 For Sport Class T12 in events of 800m and above, athletes who compete without a guide runner may have assistance from personnel other than from competition officials, who will be permitted to call intermediate times from a designated area inside the competition area adjacent to the start line of the respective event where appropriate. The placement of this area shall be determined by the Technical Delegate.

Rule 19: The Finish – (Rule 164)

19.2 The ambulant athletes shall be placed in the order in which any part of their torso (not the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

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

19.4 In races for athletes in Sports Class T11 and T12 competing with a guide-runner the athlete must reach the nearer edge of the finish line in front of the guide-runner or the athlete will be disqualified.

19.5 Event Time Limits (Sport Classes T32-34 and T51-54) In wheelchair races of 1500m or longer, officials may conclude the event and clear the track after an agreed time limit has expired. Any athlete who has not completed the set distance when an event is concluded shall be shown in the official results as “DNF” (i.e., Did Not Finish). The referee has the authority to remove any athlete who has been overlapped.

Rule 20: Timing and Photo Finish – (Rule 165)

20.2 For wheelchair and Frame Running races, under Rule 20.1 (a) and Rule 20.1 (b) the time shall be taken to the moment at which any part of the body of an athlete (i.e., torso as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

20.3 In wheelchair and Frame Running races the time shall be taken to the moment in which the centre of the axle of the leading wheel reaches the vertical plane of the nearer edge of the finish line as defined above.

Rule 23: Relay Races - (Rule 170)

23.2 In ambulant relay races of 4x100m, 4x200m relays and for the first and second take-overs in the 4x100m universal relays, each take-over zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For wheelchair relay races of 4x100m and 4x400m and for the third take-over in the 4x100m universal relay, the take-over zone shall be 40m long of which the scratch line is 30m from the start of the zone. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone. The designated officials shall also ensure that Rule 23.3 is observed.

23.6 For wheelchair relays (T33-34, T51-52 and T53-54), ambulant relays (T42-47, T61-64) and the 4x100m universal relay the Take-over shall be by a touch on any part of the body of either the incoming or outgoing athlete. The first touch must be within the Take-over Zone. Pushing the outgoing athlete to gain advantage during Take-over shall result in disqualification.

Note: For the 4x100m universal relay, the helmet worn by the wheelchair athlete is considered as a part of the body.

23.8 Baton Exchange for T11-13 Relays

- a) Either the athlete or the guide-runner can carry the baton;
- b) The baton exchange may take place between either guide-runners or athletes without restriction, except that the conditions of the method of guidance must be met;

e) One (1) assistant per take-over zone will be allowed on the track to help with the positioning of any T12 athlete competing without a guide-runner. The assistant must leave the competition area prior to the start of the event and must remain in a position designated by the technical officials which does not interfere with the conduct of the race. In violation of this rule, the athlete shall be warned or disqualified subject to Rule 7.2.

Sports Class/es	Relay Team Composition Requirements
T11-13	Must include a minimum of one (1) Sports Class T11 athlete and can only include a maximum of one (1) Sports Class T13 athlete.
T33-34	Must include at least one (1) Sports Class T33 athlete.
T35-38	Can only include a maximum of two (2) Sports Class T38 athletes.
T42-47, T61-64	Can only include a maximum of two (2) Sports Class T46/47 athletes.
T51-52	Must include at least one (1) Sports Class T51 athlete.
T53-54	Must include at least one (1) Sports Class T53 athlete.

Team composition, running order and eligible Sport Classes for the 4x100m universal relay are stipulated as follows:

- The team must include two (2) male and two (2) female eligible athletes.
- A maximum of two (2) athletes must be selected from the following Sports Classes: T13, T46/47, T38, T54.
- The remaining two (2) athletes must be selected from any of the other Sport Classes outlined in the table below.

The running order must be in accordance with the below table:

Running Order	Eligible Classes
First Leg	T11-13
Second Leg	T42-47, T61-64
Third Leg	T35-38
Fourth Leg	T33-34, T51-54



Image credit: Alisha Lovrich

Field Events

Rule 24: General Conditions - (Rule 180)

Competing Order and Trials

24.6 Except for the High Jump and the Seated Throwing Events, no athlete shall have more than one trial recorded in any one round of trials of the competition.

In all ambulant Field Events, except for the High Jump, where there are more than eight athletes, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials unless the applicable regulations provide otherwise.

In Seated Throwing Events, six consecutive trials shall be staged for each athlete, which for the avoidance of doubt may be held in two or more pools. In IPC Games and IPC Competitions (Part B - 3.1.2 (a) and (b)), it is recommended that the competing order for six consecutive trials shall be in reverse ranking order recorded from the relevant list of valid performances achieved during the predetermined period.

Where there are eight athletes or fewer, each athlete shall be allowed six trials unless the applicable regulations provide otherwise. If more than one fails to achieve a valid trial during the first three rounds of trials, such athletes shall compete in subsequent rounds of trials before those with valid trials, in the same relative order according to the original draw.

In both cases:

- The competing order for any subsequent rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials unless the applicable regulations provide otherwise;
- When the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw.

Time Allowed for Trials

Individual Events

Number of athletes left in the competition	High Jump	Others Ambulant Events	Seated Throw Events
More than 3 (or for the very first trial of each athlete)	1 min	1 min	1 min
2 or 3	1.5 min	1 min	1 min
1	3 min	-	-
Consecutive trials	2 min	2 min	1 min

Note (i): For Seated Throws Events, an extra minute shall be added between the third and fourth throws.

Note: In Field Events for Sport Classes 11 and 12 where athletes receive assistance from Callers or Escorts, the time allowed shall begin from the moment when the official responsible is satisfied that the athlete has completed the process of orientation. Should any athlete request verbal confirmation of the starting of the timing clock; an official shall give such confirmation.

Note: In Seated Throwing Events, the time allowed shall begin from the moment when the throwing implement has been presented to the athlete after the throwing frame has been fixed to the throwing circle and the athlete has been positioned and strapped on that frame.

Hopping Technique

24.23 For athletes in Classes T42-44 and T61-64 the hopping technique is permitted during the approach in Jumping Events.

Vertical Jump

Rule 25: General Conditions - (Rule 181)

Prosthetic Device(s)

25.7 For athletes competing in High Jump Events in sport classes T61-64, the use of prosthetic device(s) is optional.

The relevant Official shall ensure that Rule 6.12.1(b) is observed.

- a) If the prosthetic device(s) is lost during the run-up then the athlete cannot continue without the prosthesis. The athlete shall fix/adjust the prosthetic device(s) and recommence the trial provided he is within the time allowed for the trial;
- b) If the prosthetic device(s) is lost during the process of jumping and the prosthetic device(s) does not clear the bar it shall be counted as a failure and recorded as such.

Note: Athletes in Sport Class T11 may touch the bar as an aid to orientation before commencing the run up. If, on so doing, the athlete dislodges the bar this will not count as an attempt.

Note: Athletes in Sport Class T12 and T13 may place an appropriate visual aid on the bar.

Rule 27: General Condition – (Rule 184)

The Take-off Board and Take-off Area

27.3 For athletes in Sport Classes T11 and T12, the take-off area shall consist of a rectangle of 1.00m x 1.22m ± 0.01m as depicted in Figure 10, 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 take-off foot. The edge of the take-off area which is nearer to the landing area shall be the scratch line.

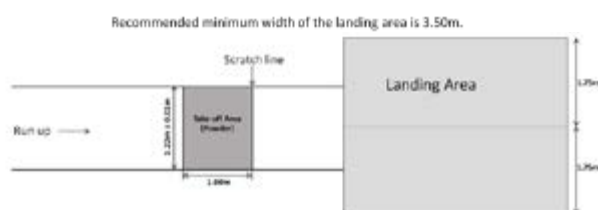


Figure 10 – Take-off Area for athletes in Sport Classes T11 and T12

Note: For Sport Classes T11-12 and the 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 (see Figure 10). If this recommendation cannot be met the Technical Delegate may require additional safety measures.

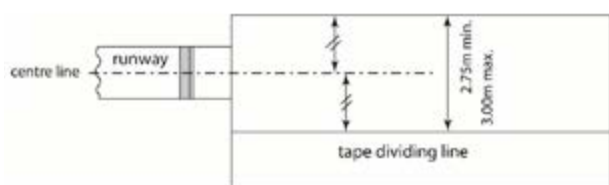


Figure 11 – Centralized Long Jump / Triple Jump landing area

Distance Measurements

27.10 For athletes in Sport Classes T11 and T12 all jumps shall be measured from the nearest break in the landing area perpendicular to the nearest impression left by the take-off foot or its extension. Where an athlete does not take off from the take-off area, but before it, measurement will be made to the edge of the take-off area furthest from the landing area.

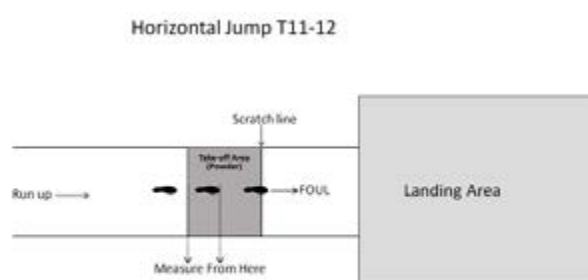


Figure 12 – Measurement of the distance in horizontal jumps for Class T11 and T12

Prosthetic Device(s)

27.14 For athletes competing in horizontal Jumping Events in sport classes T61-64, the use of prosthetic device(s) is optional. The relevant Official shall ensure that Rule 6.12.1(b) is observed.

- a) If the prosthetic device(s) is lost during the run-up then the athlete cannot continue without the prosthetic device(s). The athlete shall fix/adjust the prosthetic devices and recommence the trial provided he is within the time allowed for the trial;
- b) If the prosthetic devices are lost during the process of jumping and the mark where the prosthetic device(s) lands is the closest mark to the take-off board in the landing area, then that is the mark that the trial will be measured from;
- c) If the prosthetic device(s) lands outside the landing area, it shall be counted as a failure and recorded as such.

Rule 28: Long Jump - (Rule 185)

28.4 Take-off line and Scratch line. For athletes in Sport Classes T11 and T12, the distance between the scratch line and the far end of the landing area shall be at least 10m. The scratch line shall be placed between 1m and 3m from the nearer end of the landing area.

Rule 29: Triple Jump - (Rule 186)

For WPA Recognised Competitions, there should be a separate take-off board for men and women.

For athletes in Sport Classes T45-47 it is recommended that the take-off line will normally be set at 11m for men and 9m for women.

For athletes in Sport Classes T11-13 it is recommended that the scratch line shall be the following distances:

- a) Sport Class T11 a minimum 9m;
- b) Sport Classes T12 and T13 a minimum 11m.

Note: the exact distance from the scratch line to pit shall be determined for each competition in consultation with the Technical Delegate. For safety purposes, a different scratch line can be used if approved by the Technical Delegate.

Throwing Events for Ambulant Athletes

Rule 31: Shot Put Competition - (Rule 188)

Note: For Sport Classes F33-34, F52-57 from start to finish, the movement of the shot shall be a straight, continuous putting action.

Note: For Sport Class F32, lateral movement of the shot away from the chin or neck during the putting action is allowed and the requirement for putting the shot in a straight, continuous putting action is waived provided that no other element of this rule is contravened.

Throwing Events for Seated Athletes

Rule 34: General Conditions

34.5 Use of gloves except for athletes in Classes F31-33 and F51-53 that is not in contravention Rule 34.6 (d);

34.6 Athletes in Sport Classes F31-33 and F51-53 (i.e., quadriplegic athletes) use strapping or a glove on their

non-throwing hand and anchor/attach that hand to any part of the throwing frame within the vertical plane of the throwing circle.

Throwing Circle

34.7 Surface of Tie-down Devices (Sport Classes F31-34 and F51-57)

a) WPA Approved Tie-down Devices must be used to conduct seated throwing events at WPA Recognised Competitions (see Part B - 3.1.2);

b) At IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) the interior of the Throwing Circle should be constructed of concrete, asphalt or a similar non-slippery material;

c) Where portable WPA Approved Tie-down Devices are being used the surface must provide similar grip to a concrete throwing surface (e.g., coated in gritty paint OR covered in "gritty tape");

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

34.8 All Seated Throwing Events (Shot Put, Discus Throw, Javelin Throw and Club Throw) should be conducted from a circle with diameter of 2.135m (± 0.005 m) or 2.50m (± 0.005 m), using a 34.92 degree sector. The rim of the circle shall be at least 6mm thick and shall be white. The use of movable platforms meeting these specifications is permissible.

Note (i): The circular ring should preferably be coloured other than white so that the white lines required by this Rule are clearly visible.

Note (ii): Discus Throw and Club Throw shall be conducted from a cage.

Trials and Measurement

34.9 In all Seated Throwing Events, it shall be a failure:

a) If the shot, the discus, the club, or the head of the javelin in contacting the ground when it first lands touches the sector line, or the ground or any object (other than the cage) outside the sector line.

Note: It will not be considered a failure if the discus strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for a lefthanded thrower when facing the landing sector) after the release of the implement, then lands within the landing sector outside the limits of the cage, provided that no other Rule is infringed, including Rule 30.16.

b) If an athlete touches any holding straps outside the vertical plane of the rim of the throwing circle.

In all Seated Throwing Events, distances shall be recorded to the nearest 0.01m, rounded down to the nearest 0.01m if the distance measured is not a whole centimetre.

Rule 35: Seated Throwing Requirements (Sport Classes F31-34, F51-57)

Throwing Frame Specifications:

35.1 a) The maximum height of the seat surface, including any cushioning, shall not exceed 75cm;

b) Each throwing frame must have a seat which is square or rectangular in shape and each side at least 30 cm in length. The seat surface must be level or with the front higher than the back (i.e. inclined backwards).

Note: The front is the plane furthest from the athlete's spine with the athlete in a seated position regardless of the direction of the athlete in relation to the landing area.

c) The throwing frame may incorporate side, front and back rests for the purposes of safety and stability. They can either be made of non-elastic fabric (e.g., non-elastic canvas) or be a rigid construction that does not move (e.g., rigid steel or aluminium). The backrest may incorporate cushioning that must not exceed 5 cm in thickness. *Note: The structure of the throwing frame shall not impede the view of judges.*

d) The side, front and back rest should not incorporate springs or movable joints or any other feature that could assist with propulsion of the throwing implement;

e) The throwing frame may have a rigid vertical bar. The vertical bar must be a single, straight piece of material without curves or bends, and with a cross-sectional profile that is circular or square, not oval or rectangular. It must not incorporate springs or movable joints or any

other feature that could assist with propulsion of the throwing implement;

Note (i): It is understood that most materials will flex and distort to some degree under pressure and it will not be practical or economically viable to engineer a solution whereby all flexing is totally eliminated. However, flexing must not be clear to the naked eye and in the opinion of the technical officials the spirit of these rules and Part B - 7 is being breached.

Note (ii): The vertical bar may have layers of tape and/or any other suitable material to provide a better grip. The thickness of the tape or other alternative material must not result in any unfair advantage exceeding athlete's physical prowess.

Note (iii): For the avoidance of doubt, an athlete shall be entitled to hold on to any component of the throwing frame for stability.

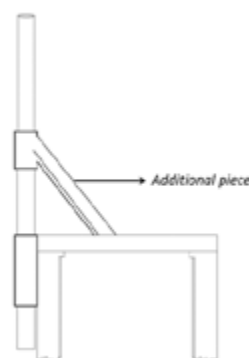


Fig 22 – Additional piece to mitigate the potential flexing of the vertical bar

f) No part of the throwing frame, including any vertical bar, shall move (save for incidental movement that cannot reasonably be eliminated) during the throwing action.

The corner(s) of, or notches in, the seat surface may be cut to accommodate side, front, back rests and/or a vertical bar into the main throwing frame. The size of these cuts shall not be appreciably more than the space needed to insert the rests or the vertical bar in them. The overall shape of the seat shall remain square or rectangular.

g) Footplates, if used, are for support and stability only.

h) A daily wheelchair that satisfies these criteria is acceptable (including the requirement that it must not move during the throwing action).

Throwing Frame Measurement and Inspection

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

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

Athlete's Responsibility for Throwing Frame Compliance

35.3 It is the responsibility of the athlete to ensure that their Throwing Frame conforms to the requirements stipulated in Rule 35.1. No event shall be delayed while an athlete makes adjustments to their throwing Frame. If an athlete fails to comply with this Rule, then the athlete will not be permitted to start the event and shall be shown in the results as "DNS" in accordance with Rule 6.16.

Positioning of the Throwing Frame

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

Time Allocation for Securing Frames

35.5 A reasonable amount of time will be permitted for an athlete's throwing frame to be secured in the circle before the athlete attains a seated position on the throwing frame. The maximum time allowed is for athletes to secure themselves to the chair and have as many warm-up throws as time permits is:

- a) 4 minutes for Sports Classes F32-34 and F54-57, or
- b) 5 minutes for classes F31 and F51-53.

Note: Timing should begin at the time the chair is oriented, secured to the throwing platform and made available to the athlete to secure themselves into position.

Tie-down Device Failure (Sport Classes F31-34, F51-57)

35.6 If a tie-down device should break or fail during the execution of a throw then the overseeing official should:

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

Rule 36: Seated Throwing Technique, Lifting and Failure

36.1 In Seated Throw Events, all athletes (Sport Classes F31-34, F51-57) shall throw implements from a Throwing Frame in a seated position. The seated position is defined as follows:

- a) The athlete must sit so that both legs are in contact with the seat surface from the back of the knee to the back of the buttock (Ischial tuberosity). For athletes with lower limb above and through knee amputation, the residual length of the leg(s) must be in contact with the seat surface till the back of the buttock (Ischial tuberosity).
- b) This sitting position must be maintained throughout the throwing action until the implement has landed. Strapping across the upper thighs and or pelvis is encouraged.

Note (i): The intention of this rule is to minimise the contribution of the legs to the athlete's performance.

Note (ii): If an athlete presents with anatomical limitation that prevents adherence to the above requirements, then an assessment shall be made by WPA in advance of the event. WPA shall establish a process for such exception to be granted so that the athlete is throwing within the spirit of the rules.

Note (iii): For the purposes of this rule, the back of the buttock refers to the most posterior part of the buttock which remains in contact with the seat surface when the

athlete is seated and bends as far forward as possible at the hips, so that chest goes towards the knees and the ischial tuberosities remain in contact with the seat surface.

Note (iv): It is not necessary for both knees to be in contact with the same plane of the vertical edge of the seat surface provided that all other requirements of this rule are satisfied to the effect that the athlete may "straddle" the corner of the vertical edge of the seat surface with one leg on adjacent planes. Figure 23 Ischial tuberosities 2. An athlete shall commence his trial from a stationary seated position. Ischial tuberosities remain in contact with the seat surface.

Note (iv): It is not necessary for both knees to be in contact with the same plane of the vertical edge of the seat surface provided that all other requirements of this rule are satisfied to the effect that the athlete may "straddle" the corner of the vertical edge of the seat surface with one leg on adjacent planes.

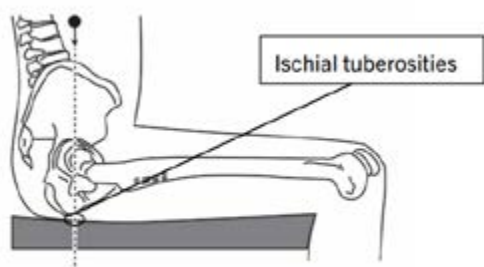


Figure 23 Ischial tuberosities

36.2 An athlete shall commence his trial from a stationary seated position.

36.3 It shall be a failure if an athlete moves from the seated position from the time the athlete takes the implement into the starting position of the trial until the implement has landed.

Note: It is not a failure as long as any part of the back of the knee is in contact with the seat during the throwing action until the implement has landed

Rule 37: Club Throw - The Competition

37.1 The club shall be held at its neck and/or head with one hand only. It may be thrown either from a position facing the landing sector or from a position facing backward and throwing overhead.

The Club

37.2 Construction. The Club shall consist of four main parts: a head, a neck, a body and an end. The head, neck and body shall be solid and made of wood so as to constitute a fixed and integrated whole. The body shall have fixed it to a cylindrical end constructed of metal without indentations, projections or sharp edges.

37.3 The surface of the head, neck and body shall be smooth and have no dimples or pimples, grooves or ridges, holes or roughness.

37.4 The head shall be spherical or cylindrical in shape and immediately taper towards the neck. The diameter of the widest part of the body shall not exceed 60mm and may be cylindrical. The club shall taper regularly towards the neck and slightly towards the metal end.

37.5 It shall conform to the following specifications:

Club	
Minimum weight for admission to competition and acceptance of a Record	397g
Information for manufacturers	
Range for supply of implement for competition	402g 422g
Overall length (including metal end)	
Min.	350g
Max.	390g
Diameter of neck	
Min.	18mm
Max.	20mm
Diameter of metal end	
min.	38mm
Max.	39mm
Thickness of metal end	
Min.	12.5mm
Max.	13mm

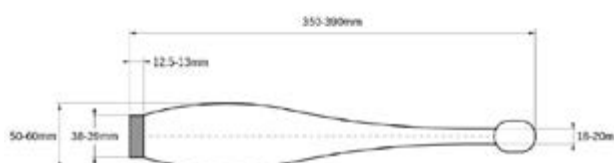


Figure 24 – Club



Para Athletics Implement Weights and Equipment

ANZ Para Athletics Implement Weights for Sport Classes - 2023/2024

	Men			F11-13	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	
	2.00kg	800g	7.26kg	Open	4.00kg	600g	1.00kg	
	1.75kg	800g	6.00kg	U20	4.00kg	600g	1.00kg	
	1.50kg	700g	5.00kg	U17	3.00kg	500g	1.00kg	
	1.25kg		5.00kg	Grade 14	3.00kg		1.00kg	
	1.00kg		4.00kg	Grade 13	3.00kg		1.00kg	
	1.00kg		3.00kg	Grade 12	3.00kg		750gm	
	750gm		3.00kg	Grade 11	2.00kg		750gm	
	750gm		2.00kg	Grade 10	2.00kg		750gm	
	Men			F20	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	
	2.00kg	800g	7.26kg	Open	4.00kg	600g	1.00kg	
	1.75kg	800g	6.00kg	U20	4.00kg	600g	1.00kg	
	1.50kg	700g	5.00kg	U17	3.00kg	500g	1.00kg	
	1.25kg		5.00kg	Grade 14	3.00kg		1.00kg	
	1.00kg		4.00kg	Grade 13	3.00kg		1.00kg	
	1.00kg		3.00kg	Grade 12	3.00kg		750gm	
	750gm		3.00kg	Grade 11	2.00kg		750gm	
	750gm		2.00kg	Grade 10	2.00kg		750gm	
	Men			F31-38	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	Club M+F
F31	NE	NE	NE		NE	NE	NE	397g
F32	1.00kg	NE	2.00kg		2.00kg	NE	1.00kg	397g
F33	1.00kg	600g	3.00kg	Open	3.00kg	600g	1.00kg	NE
F34	1.00kg	600g	4.00kg	and	3.00kg	600g	1.00kg	NE
F35	1.00kg	600g	4.00kg	U20	3.00kg	600g	1.00kg	NE
F36	1.00kg	600g	4.00kg		3.00kg	600g	1.00kg	NE
F37	1.00kg	600g	5.00kg		3.00kg	600g	1.00kg	NE
F38	1.50kg	800g	5.00kg		3.00kg	600g	1.00kg	NE
F31	NE	NE	NE		NE	NE	NE	397g
F32	750g	NE	1.00kg		1.00kg	NE	750g	397g
F33	750g	500g	2.00kg		2.00kg	500g	750g	NE
F34	750g	500g	3.00kg	U17	2.00kg	500g	750g	NE
F35	750g	500g	3.00kg		2.00kg	500g	750g	NE
F36	750g	500g	3.00kg		2.00kg	500g	750g	NE
F37	750g	500g	4.00kg		2.00kg	500g	750g	NE
F38	1.00kg	600g	4.00kg		2.00kg	500g	750g	NE

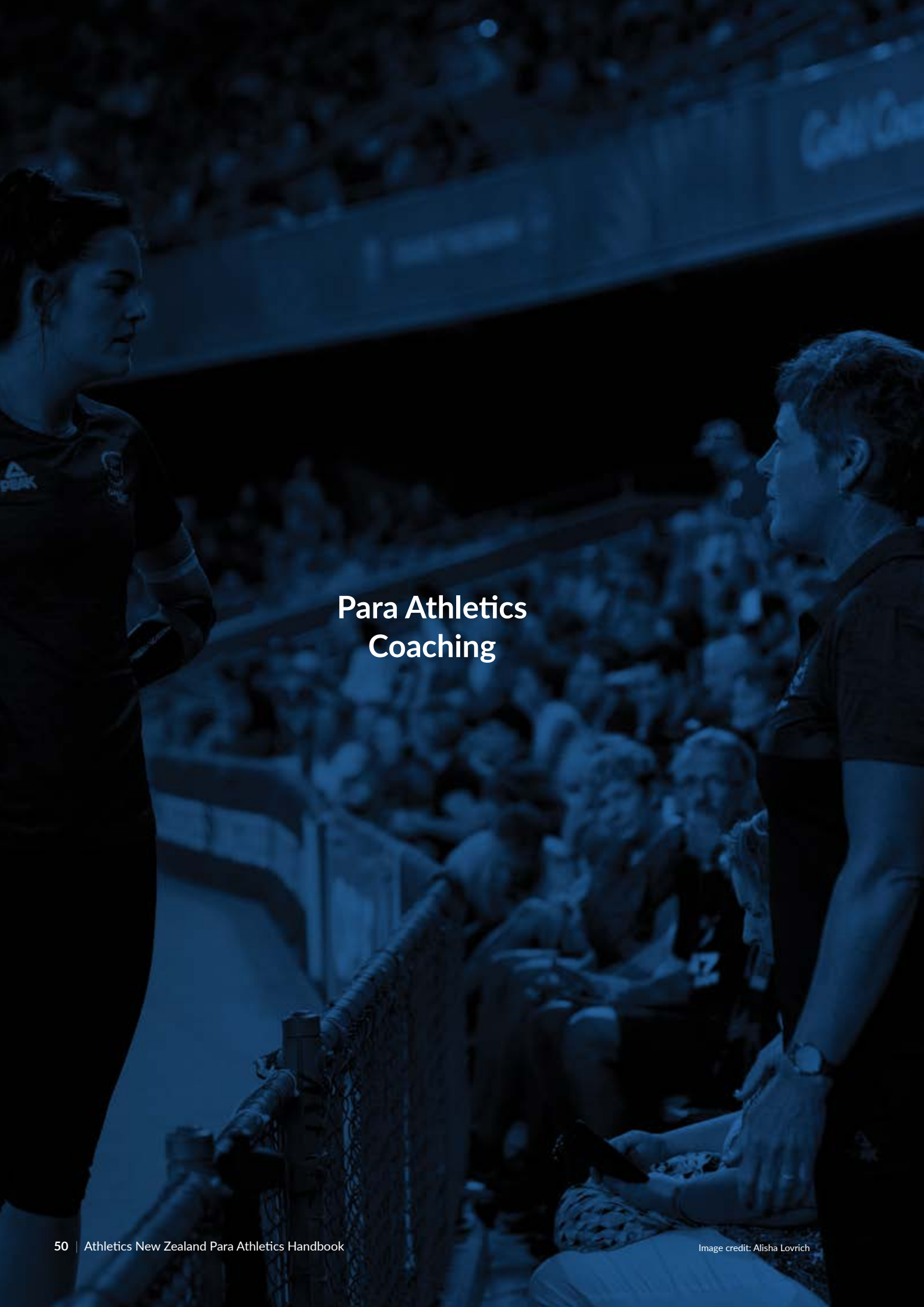
	Men			F31-38	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	Club M+F
F31	NE		NE		NE		NE	397g
F32	750g		1.00kg		1.00kg		750g	397g
F33	750g		2.00kg		2.00kg		750g	
F34	750g		3.00kg	Grade 14	2.00kg		750g	
F35	750g		3.00kg		2.00kg		750g	
F36	750g		3.00kg		2.00kg		750g	
F37	750g		4.00kg		2.00kg		750g	
F38	1.00kg		4.00kg		2.00kg		750g	
F31	NE		NE		NE		NE	397g
F32	750g		1.00kg		1.00kg		750g	
F33	750g		2.00kg		2.00kg		750g	
F34	750g		2.00kg	Grade 13	2.00kg		750g	
F35	750g		2.00kg		2.00kg		750g	
F36	750g		2.00kg		2.00kg		750g	
F37	750g		3.00kg		2.00kg		750g	
F38	750g		3.00kg		2.00kg		750g	
F31	NE		NE		NE		NE	397g
F32	750g		1.00kg		1.00kg		500g	
F33	750g		2.00kg		2.00kg		750g	
F34	750g		2.00kg	Grade 12	2.00kg		750g	
F35	750g		2.00kg		2.00kg		750g	
F36	750g		2.00kg		2.00kg		750g	
F37	750g		2.00kg		2.00kg		750g	
F38	750g		2.00kg		2.00kg		750g	
F31	NE		NE		NE		NE	397g
F32	750g		1.00kg		1.00kg		500g	
F33	750g		2.00kg		1.50kg		500g	
F34	750g		2.00kg	Grade 11	1.50kg		500g	
F35	750g		2.00kg		1.50kg		500g	
F36	750g		2.00kg		1.50kg		500g	
F37	750g		2.00kg		1.50kg		500g	
F38	750g		2.00kg		1.50kg		500g	
F31	NE		NE		NE		NE	397g
F32	750g		1.00kg		1.00kg		500g	
F33	750g		1.50kg		1.00kg		500g	
F34	750g		1.50kg	Grade 10	1.00kg		500g	
F35	750g		1.50kg		1.00kg		500g	
F36	750g		1.50kg		1.00kg		500g	
F37	750g		1.50kg		1.00kg		500g	
F38	750g		1.50kg		1.00kg		500g	

	Men			F40-46	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	
F40,41	1.00kg	600g	4.00kg	Open	3.00kg	400g	750g	
F42	1.50kg	800g	6.00kg	and	4.00kg	600g	1.00kg	
F43,44	1.50kg	800g	6.00kg	U20	4.00kg	600g	1.00kg	
F45,46	1.50kg	800g	6.00kg		4.00kg	600g	1.00kg	
F40,41	1.00kg	500g	3.00kg		2.00kg	400g	750g	
F42	1.00kg	700g	5.00kg	U17	3.00kg	500g	1.00kg	
F43,44	1.00kg	700g	5.00kg		3.00kg	500g	1.00kg	
F45,46	1.00kg	700g	5.00kg		3.00kg	500g	1.00kg	
F40,41	1.00kg		3.00kg	Grade 14	2.00kg		750g	
F40,41	750g		2.00kg	Grade 13	2.00kg		750g	
F40,41	750g		2.00kg	Grade 12	2.00kg		750g	
F40,41	500g		1.50kg	Grade 11	1.50kg		500g	
F40,41	500g		1.50kg	Grade 10	1.50kg		500g	
F42,43,44	1.00kg		5.00kg	Grade 14	3.00kg		1.00kg	
F42,43,44	1.00kg		4.00kg	Grade 13	3.00kg		1.00kg	
F42,43,44	1.00kg		3.00kg	Grade 12	3.00kg		750g	
F42,43,44	750g		3.00kg	Grade 11	2.00kg		750g	
F42,43,44	750g		3.00kg	Grade 10	2.00kg		750g	
F45	1.00kg		5.00kg	Grade 14	3.00kg		1.00kg	
F45	1.00kg		4.00kg	Grade 13	3.00kg		1.00kg	
F45	750gm		3.00kg	Grade 12	3.00kg		750g	
F45	750gm		3.00kg	Grade 11	2.00kg		750g	
F45	750gm		2.00kg	Grade 10	2.00kg		750g	
F46	1.25kg		5.00kg	Grade 14	3.00kg		1.00kg	
F46	1.00kg		4.00kg	Grade 13	3.00kg		1.00kg	
F46	1.00kg		3.00kg	Grade 12	3.00kg		750g	
F46	750gm		3.00kg	Grade 11	2.00kg		750g	
F46	750gm		2.00kg	Grade 10	2.00kg		750g	

	Men			F51-57	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	Club M+F
F51	1.00kg	NE	NE		NE	NE	1.00kg	397g
F52	1.00kg	600g	2.00kg		2.00kg	600g	1.00kg	NE
F53	1.00kg	600g	3.00kg	Open	3.00kg	600g	1.00kg	NE
F54	1.00kg	600g	4.00kg	and	3.00kg	600g	1.00kg	NE
F55	1.00kg	600g	4.00kg	U20	3.00kg	600g	1.00kg	NE
F56	1.00kg	600g	4.00kg		3.00kg	600g	1.00kg	NE
F57	1.00kg	600g	4.00kg		3.00kg	600g	1.00kg	NE
F51	750g	NE	NE		NE	NE	750g	397g
F52	750g	500g	2.00kg		2.00kg	500g	750g	NE
F53	750g	500g	2.00kg		2.00kg	500g	750g	NE
F54	750g	500g	3.00kg	U17	2.00kg	500g	750g	NE
F55	750g	500g	3.00kg		2.00kg	500g	750g	NE
F56	750g	500g	3.00kg		2.00kg	500g	750g	NE
F57	1.00kg	500g	3.00kg		2.00kg	500g	750g	NE
F51	750g		NE	Grade 14	NE		750g	397g
F52	750g		2.00kg	Grade 14	2.00kg		750g	NE
F53	750g		2.00kg	Grade 14	2.00kg		750g	NE
F54	750g		3.00kg	Grade 14	2.00kg		750g	NE
F55	750g		3.00kg	Grade 14	2.00kg		750g	NE
F56	750g		3.00kg	Grade 14	2.00kg		750g	NE
F57	1.00kg		3.00kg	Grade 14	2.00kg		750g	NE
F51	500g		NE	Grade 13	NE		500g	397g
F52	500g		1.50kg	Grade 13	1.50kg		500g	NE
F53	500g		2.00kg	Grade 13	1.50kg		500g	NE
F54	750g		2.00kg	Grade 13	2.00kg		750g	NE
F55	750g		2.00kg	Grade 13	2.00kg		750g	NE
F56	750g		2.00kg	Grade 13	2.00kg		750g	NE
F57	750g		2.00kg	Grade 13	2.00kg		750g	NE
F51	500g		NE	Grade 12	NE		500g	397g
F52	500g		1.50kg	Grade 12	1.50kg		500g	
F53	500g		1.50kg	Grade 12	1.50kg		500g	
F54	750g		2.00kg	Grade 12	2.00kg		750g	
F55	750g		2.00kg	Grade 12	2.00kg		750g	
F56	750g		2.00kg	Grade 12	2.00kg		750g	
F57	750g		2.00kg	Grade 12	2.00kg		750g	

	Men			F51-57	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	Club M+F
F51	500g		NE	Grade 11	NE		500g	397g
F52	500g		1.50kg	Grade 11	1.50kg		500g	
F53	500g		1.50kg	Grade 11	1.50kg		500g	
F54	500g		2.00kg	Grade 11	1.50kg		500g	
F55	500g		2.00kg	Grade 11	1.50kg		500g	
F56	500g		2.00kg	Grade 11	1.50kg		500g	
F57	500g		2.00kg	Grade 11	1.50kg		750g	
F51	500g		NE	Grade 10	NE		500g	397g
F52	500g		1.50kg	Grade 10	1.50kg		500g	
F53	500g		1.50kg	Grade 10	1.50kg		500g	
F54	500g		2.00kg	Grade 10	1.50kg		500g	
F55	500g		2.00kg	Grade 10	1.50kg		500g	
F56	500g		2.00kg	Grade 10	1.50kg		500g	
F57	500g		2.00kg	Grade 10	1.50kg		500g	

	Men			F61-64	Women			
	Discus	Javelin	Shot Put		Shot Put	Javelin	Discus	Club M+F
F61,63	1.50kg	800g	6.00kg	Open	4.00kg	600g	1.00kg	
F62,64	1.50kg	800g	6.00kg	and U20	4.00kg	600g	1.00kg	
F61,63	1.00kg	700g	5.00kg		3.00kg	500g	1.00kg	
F62,64	1.00kg	700g	5.00kg	U17	3.00kg	500g	1.00kg	
F61,63	1.00kg		5.00kg	Grade 14	3.00kg		1.00kg	
F61,63	1.00kg		4.00kg	Grade 13	3.00kg		1.00kg	
F61,63	1.00kg		3.00kg	Grade 12	3.00kg		750gm	
F61,63	750g		3.00kg	Grade 11	2.00kg		750gm	
F61,63	750g		2.00kg	Grade 10	2.00kg		750gm	
F62,64	1.00kg		5.00kg	Grade 14	3.00kg		1.00kg	
F62,64	1.00kg		4.00kg	Grade 13	3.00kg		1.00kg	
F62,64	1.00kg		3.00kg	Grade 12	2.00kg		750gm	
F62,64	750g		3.00kg	Grade 11	2.00kg		750gm	
F62,64	750g		2.00kg	Grade 10	2.00kg		750gm	



Para Athletics Coaching

What do all athletes from grassroots to elite level have in common? They were all developed by coaches who work within our network of 170+ clubs nationwide.

Coaching is a fantastic way to contribute to the community as it is all about growing 'people' as well as growing 'athletes.' Coaches are hugely influential on those they work alongside and the role can be highly rewarding.

ANZ has two types of Coach Memberships: Community Coach membership and the Accredited Coach membership.

➤ If you are new to the world of coaching and would like some support to get started a good point of call for information on coaching is the ANZ Coaching page on our website.

Other useful tools when coaching Para Athletes include:

- Step
- Run Jump Throw / Adaptive Run Jump Throw
- LevelUp (PNZ)

STEP Tool

STEP is just one tool you can use to modify an activity. It provides a useful way of thinking about the different aspects of a game or activity that can be modified to be made more inclusive.

Space

- Change the area available to make the game easier or more difficult
- Have two of three different areas
- Change the surface e.g. hard surface instead of grass
- Use zones within your game or activity

Equipment

- Modify the size, shape, weight, colour, or arrangement of equipment
- Use adaptive equipment
- Check out [HART sport](#) to purchase modified equipment or [Blind Sport NZ's Accessible Sport kits](#) to loan from your local Blind Low Vision office

Task

- Change the demands of the task
- Modify the rules – be flexible
- Different children can have different tasks within a game
- Change directions, pathways
- Time length

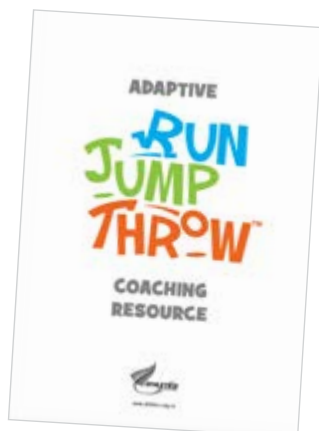
People

- Change the number of players involved
- Utilise different groupings based on skills development level
- Use a buddy system. Who does the individual you're wanting to include work well with?

Run Jump Throw and Adaptive Run Jump Throw

Run Jump Throw

Run Jump Throw is ANZ's foundation programme for teaching athletics specific skills to kids aged 6-11. It is based on the philosophy that the development of skills, in a fun participant-centred environment, is the key to participation. The emphasis is on the development of fundamental movement patterns specific to athletics.



Adaptive Run Jump Throw

Adaptive Run Jump Throw provides practical advice for teachers, parents, and coaches, enabling modification and adaptation of the Run Jump Throw Programme for children with an impairment. It looks to promote a positive and appropriate athletics experience for all, catering for the diverse requirements of all our Kiwi kids. When working with children, it is vital to consider their needs and abilities.

[!\[\]\(04174670108811f2fbba5bcdabcf46f4_img.jpg\) More information on Run Jump Throw](#)

LevelUp

LevelUp is for coaches to gain confidence, knowledge, capability, and creativity to coach disabled athletes.

It includes a series of online modules for coaching disabled athletes no matter whether you are just starting out or want to grow your skills.

The modules are available on the Sport NZ learning platform, Sport Tutor. That means you can learn in your own time, at your own pace.

[!\[\]\(2ef0ac1b4a0cefb388277fc009172759_img.jpg\) More information on how to complete Levelup](#)



The following pages provide some more in-depth tips on coaching Para athletics throwing events.

When preparing for a coaching session, take into consideration the venue. Does the venue have disabled carparking, accessible toilets, stairs or barriers which could make the session stressful?

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Para Throws Coaching Manual: A Technical Guide for Coaching Athletes with a Disability in Para Throws.

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<https://athleticsontario.ca/wp-content/uploads/2018/11/Para-Throws-Coaching-Manual-Athletics-Ontario-Version.pdf>

Seated or Standing Classes

Many athletes have the choice to compete from either a seated or standing position and must make this choice at their classification assessment.

Some examples of this are:

Athlete Impairment	Standing Classification Field/Track	Seated Classification Field/Track
Cerebral palsy affecting legs	F35 / T35	F34 / 34
Below knee amputee	F64 / T64	F57 / T54
Fused knee joint	F42 / T42	F57 T54

The athlete must choose to sit or stand for ALL events in track and field and cannot change their choice without requesting a change of classification.

There are several factors an athlete and coach should consider when deciding their throwing position:

- What position the athlete will feel most comfortable in; standing provides a greater sense of freedom in movement compared to the seated position which may be more appealing to the athlete
- Will balance be an issue if the athlete chooses to stand
- Does one position present a greater competitive edge than the other? For instance, if the athlete is extremely tall but has extreme weakness in their legs, they might choose the seated position to take advantage of their long torso and wingspan
- For athletes in the F61-64 classes, part of the decision can be based on how high the amputation is and which leg is amputated as this greatly impacts the ability to compete standing. By being in a seated position you are able to eliminate any performance issues that could be caused by the lower extremities
- Environmental factors such as coaching capacity, facility and club capability to offer seated throws, and the athlete's ability to transport a throwing frame to and from practices and competitions should be taken into consideration. Each Club and Centre provides varying degrees of support (equipment and coaching) so it may be valuable to enquire with each respective organisation on what support is available

It is important to note that once an athlete is internationally classified they may only change their classification at specific times set out in the rules. This can only be done at the end of the first season they have been internationally classified or after a Paralympic Summer Games has been completed. Therefore it is valuable for an athlete to try both positions and determine what they wish to accomplish in the sport (i.e. recreational vs competitive) before being classified.

Ambulant Throws

Technical Breakdown and Common Errors

Technical breakdown of the throw and common errors for all ambulatory throwers are similar to able bodied throwers. The key challenge when working with an athlete with an impairment is to determine if the underlying reason for technical errors is due to how they are performing the throw or if the athletes' impairment is contributing. For example, you may notice the athlete transferring their weight onto their front leg early in the throw. Is this created by a flaw in their technique that can be corrected through specific drills? Or is this created by the athlete's power leg having a prosthetic limb, causing uncontrollable energy to transfer forward. Or is it because their front leg is weak as a result of their impairment, causing the body to collapse in the movement? The key to determining this is through strong communication with your athlete to determine what movements are and are not possible and modify the technique accordingly from that feedback.

Impairment Specific Considerations

While the technical breakdown of ambulatory Para throws is very similar to able bodied throws, there are several considerations that coaches should be aware of when working with ambulatory Para throwers.

Visually Impaired

- Many throwers will struggle with balance in the beginning.
- Leaving implements, brooms, etc. on the ground in and around the circle, cage or runway are potential safety hazards.
- Make sure other coaches, athletes, and volunteers are aware when a visually impaired thrower is practicing; it is easy to forget that the thrower is unable to see.



Amputee

- Some arm amputee athletes prefer to use a prosthetic arm to simulate the complete movement of an able bodied thrower.
- Depending on where the leg amputation is (above or below the knee, on the power or plant leg or both) will change how the coach approaches the block and entire throw. Weight transfer, power position, and balance all change the dynamic of the throw.
- The athlete can use their everyday walking leg, a running leg, or a straight leg; anything they are comfortable with.
- Have athletes check skin and liners often as friction can break them down.
- Heat, humidity, and sweat will increase risk of skin breakdown. Frequent checks, wiping down the skin and applying talcum powder or antiperspirants can help with this. Amputees should speak to their medical support for recommendations.
- Consider doubling up on the suspension systems (i.e. for sockets that have a pin lock or belt system try using an outer sleeve to minimize forces on the residual limb within the socket).
- Dehydration and activity leads to decreased volume in the residual limb. Amputee athletes should have extra socks on hand and keep hydrated.
- Prosthetic alignment for walking will not be the ideal alignment for throwing and turning with a bent knee. Athletes should work closely with both their coaching and prosthetic teams to make changes. A prosthetic device specific for throwing can allow for changes without adversely affecting walking gait in the everyday prosthetic leg.
- Alignment changes or new prosthetic devices will require a period of readjustment for the athlete to find their new balance point, pressure points, and prosthetic feedback.



Co-Ordination Impairment Throwers (i.e. CP)

- The type of co-ordination impairment an individual has will greatly impact how the athlete is able to throw.
- Limbs can become rigid during movement as they apply maximum effort to the throw. The greater the impairment to muscle function, the more pronounced this can be.
- Maximum effort can vary dramatically day to day due to a variety of factors such as weather (warmth or cold), lighting, and fatigue.
- Ensure the training area is uncluttered as many of the lower classes have poor balance, and can stumble over small items.
- Some athletes may have secondary medical conditions including seizures, epilepsy, hearing impairments, visual problems, etc.

Short Stature

- Muscles and ligaments in the body tend to be very tight; in some limbs they may not have the full range of motion.
- There may be strength imbalance on one side of the body; it's important to ensure body balance before adding heavy weight training to programme.
- Head size in proportion to body size may create difficulty in balance and movement across the circle during a throw.

Competition

The overall structure of a competition is similar to that of able-bodied throwers. Athletes must throw implements that comply with World Para Athletics specifications and the marshalling, warm up procedures, and delivery of competition is the same. Visually impaired athletes in the F11 and F12 classification are allowed an assistant on the field of play to assist with orientation in the throws area. However these assistants cannot coach during the competition.

Depending on the level of competition, multiple classes can be combined to create an event (i.e. F64, F37, F13 Discus event vs separate F64, F37 and F13 Discus events). When classes are combined in an event, it is important for the athlete to ensure they are throwing the correct implement weight based on their individual classification.

When classes are combined, in New Zealand, a percentage of the athletes' classification world record is used to determine the overall placegetters. This enables athletes to be compared based on their performance relative to their classification rather than the furthest distance automatically placing first.



Throwing Frame

The term “seated throws” refers to athletes who compete from a seated position, either from a specially designed piece of equipment called a throwing frame or from the athlete’s day chair (either manual chair or power chair).

See below for the current throwing frame specifications. The World Para Athletics Rules and Regulations document is updated annually so it is important for coaches and athletes to check this document yearly to ensure chair specification have not changed.

	Description (Refer to Page 213 WPA Rules - Rule 35 : Seated Throws)
Chair Dimensions	• Max height (with cushion) = 75cm • Minimum side lengths = 30cm long • Seat of chair must be square or rectangular; it can be level or inclined backwards (ie. the front of the chair can be higher than the back chair, but not the other way around) • Footplates can be used as long as they are used for stability or support
Backrest	• Can have side, front or back rest for stability and safety • Has to be rigid part of chair frame or made of non-elastic fabric • If backrest has cushioning, cannot be more than 5cm thick • Backrest cannot block the view of the official in judging a “lifting” fault
Pole	• Must be rigid, one piece, vertical bar that’s circular or square in nature (not oval or rectangular) • Can have layers of tape (or something similar) to assist with grip • Pole cannot flex to the naked eye during an attempt; spirit of this rule is to prevent an unfair advantage by helping propel the body forward while the athlete pulls on the bar • Rules state that most materials will flex/distort to some degree; a fault will be called if it’s clearly flexing and is going against the spirit of the rule • No part of the throwing frame (including the pole) can moved during the throwing action (except for incidental movement that can’t be reasonably eliminated)
Strapping	• All strapping used to secure the athlete to the throwing frame must be made of non-elastic fabric. Weight lifting belts and snowboard binding are most commonly use

***Day chairs that meet all the above criteria are also able to be used in competition*



Example of portable platform for day chair users



Example of a throwing frame with pole and strapping

Throwing Frame vs Everyday Chair

There are many factors that you will want to consider when having an athlete choose their preferred throwing frame. Typically athletes from the lower

functioning classes will throw from their day chair or build a throws chair that has a similar seating position. There are benefits and challenges associated with competing in either a throws chair or a day chair.

	Throws Chair	Day Chair
Benefits	• Throwing from elevated position will result in a further throw compared to day chair height • Ability to use throwing bar to stabilize and pull body forward • More room for body movement and rotation • Easier for officials to secure in the circle as they are more familiar with them	• Seating position of back rest and seat creates stability for body when throwing • Eliminates need to transfer into another piece of equipment or bring additional equipment to competitions • Enables anyone in a day chair to compete in seated throws
Challenges	• Difficult transfer for some athletes in lower classification groups • May take some time for athlete to become comfortable with throws chair seating before putting full effort into throw • Creating optimal seating position for athlete will take time • If throws chair is to be used by multiple athletes, creating adjustability within frame can be challenging • Difficulty transporting to meets/practices for athletes	• Lower height reduces distance in throw (unless the day chair is placed on a throwing frame to elevate the chair to the 75cm maximum) • Adapting chair to include rigid throwing bar may be challenging • Day chair set up may impede an athlete's ability to move/rotate during throw • Chair might not meet WPA rules for throw chairs, particularly if it blocks the ability to monitor a "lift"

Competition

The structure of competition for seated throwers is substantially different compared to the ambulatory throwers. Below are the key aspects that are unique to seated throws.

Throwing Frame Check

Prior to competition starting, all throwing frames/chairs are measured by an official to ensure they conform to WPA specifications. This will either be done at the throwing area or within the call room. At any point during the competition a throwing frame can be re-inspected. It is the athlete's responsibility to ensure that the throwing frame meets the specifications outlined above. It is important that any adjustments to the throwing frame are done prior to the frame being inspected as the throws event will not be delayed to make adjustments in the field of play.

Throw Circle

As athletes compete from a fixed position, all seated throws are conducted from a throwing circle that meets the same diameter and sector degree specifications as World Athletics. Athletes may also compete from a moveable platform if it meets the same specifications as above. The club throw and discus event are conducted from a cage for safety reasons.

Assistance

Athletes in the lower functioning classes (F31-33 and F51-54) may bring an assistant with them into the call room and onto the field of play. This person can assist the athlete in transferring into their throws chair and securing their strapping as officials are not responsible for assisting an athlete in this manner. The assistant must remain on the field of play for the entire competition in a designated area away from

the athletes. If an assistant is found to be coaching or communicating with the athlete in this manner, they will be removed from the field of play.

Athletes in the F31-33 and F51-53 classes may use a glove or strapping device on their non-throwing hand in order to secure their hand to the throws chair and/or pole. They may also use chalk or a similar substance to gain a better grip on the implement. All substances must be easily removed from the implement with a damp cloth and can not leave any residue behind. This is allowed as athletes in these classes may have difficulty holding on to the pole and/or implement during the execution of the throw due to their hand/finger function.

Frame Placement and Warm Up

It is the athletes' responsibility to direct the officials/volunteers how they would like their frame placed in the circle/plate. The athlete may also position the frame themselves. All parts of the throwing frame (including the footplate) must remain inside the vertical plane of the rim of the circle/plate. The throwing frame will then be secured by the officials using ratchet straps or chains. Once the athletes' throwing frame is secured, the athlete is given a set timeframe based on their classification to transfer and secure themselves to the frame/chair and take their warm up throws within the following timeframes:

- 4 minutes for F32-34 and F54-57
- 5 minutes for F31 and F51-53

The competition will start if the athlete indicates they are ready to begin or when the set up time runs out. At most competitions an athlete will be given six consecutive throws with a 2 minute break after three attempts. The athlete will be given 1 minute to execute each attempt. Timing commences when the sector is clear and athlete is handed the implement. The throwing order is typically determined by the athlete's best distance prior to the competition or in order of classification groups.



Seated Throws Technical Models

General Safety Rules for Seated Throws

- Make sure the chair is securely strapped down before athlete transfers. Check to see that the straps are not frayed or cut. If using a raised platform ensure the rails are properly attached and all adjustments are complete before placing athlete/chair on the platform
- Ensure there are an appropriate number of volunteers around when athlete transfers into the throwing frame
- Do not pull on athlete's arms during a transfer to assist them; this will cause them to fall
- Ensure the athlete is secured to the throwing frame before attempting a throw
- Ensure throwing area is clear and people are aware when throwing has commenced (particularly for club throw as the implement may fly in any direction)
- If the athlete is throwing with his/her back to the landing area, an assistant should be there to tell them when it is safe to throw
- Make sure the athlete is throwing the proper weight of implement for their age and classification

Club Throw

Event Overview

This event is unique to Para Throws. Club throw requires athletes to propel the club as far as possible into the designated throwing sector. It can be thrown in any manner (forward, sideways, or backwards). It should be thrown from a circle within a caged circle or portable platform.

Safety

Make sure the clubs are not damaged, splintered, or cracked. Check to ensure the weight on the end is not loose; it may dislodge when thrown. If athlete is throwing club for the first time start at a slow pace as the club may get stuck in the athlete's hand and swing back towards them.

Rules

Distance is measured from the first point of contact the club makes in the sector.

Technical Model for Club Throw

Picture Sequence	Observations
Start/Entry 	- The club is either grasped in the palm of the hand or held between the fingers, (depending on the athlete's hand function and the direction they are throwing) - Athletes will typically start the throw by bringing it forward over their lap or by swinging it away from their legs. This motion all depends on the direction they are throwing - Strong body position should be emphasized from the start to ensure athlete is sitting as tall as possible
Drawback 	- The club is slowly swung back until they are at their most rearward position - It is important the club is not swung back abruptly as the weight on the end of the club will cause it to swing upwards, resulting in the club coming out of the hand too early during the release. - Athletes may use an adhesive spray to help secure the club in their hand (as long as it can be easily removed from the implement without leaving a residue) - If athlete is using a pole, the body will typically move in a similar direction as the club to create length in their throw
Release 	- The club is swung forward and released. It can fly out of their grasp at either the highest point (facing forward or back) or slide out of their grasp at the point of greatest speed (facing sideways) - While the club is brought forward the athlete will pull into their pole (if using one) for increased speed and/or stability - Ideally the athlete's arm will stay as straight as possible during this motion to create length in the throw and increase the speed of the club at the release point. Timing as to when the arm flexes will vary by athlete and will impact how the club is released from the hand. - Temperature, humidity, and other weather conditions can all contribute to the timing of the release
Follow Through 	- After the club is released, the arm continues along the same path - Depending on chair set up the athlete may be falling forward or rotating at the waist due to momentum. Ensure that strapping is providing proper support for the athlete

Additional Comments:

If an athlete is throwing from their day chair, it is important to ensure the back of the athlete's knee remains in contact with their cushion at all times. Additional strapping may need to be attached to the day chair to assist with this. Some athletes will hook their arm around their curved handles on the back of

their chair; this is considered illegal as the pole isn't vertical. Athletes can switch out the curved handle or attach a vertical pole to stay within the rules and regulations. Athletes may throw backwards or without the use of a pole. When working with a new athlete it is recommended to have them try all throwing styles to see what feels most comfortable and powerful to them.

Shot Put

Event Overview

Shot Put requires athletes to push the shot as far as possible in the designated throwing sector.

Safety

Take caution when handing an athlete the shot put. Some athlete's hand function and/or fatigue level makes it difficult to hold on to the shot put every time and they may potentially drop it on their legs or feet.

Rules

The shot shall be put from the shoulder with one hand only. The shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Technical Model for Shot Put

Picture Sequence	Observations
Start 	• Athlete begins in a tall upright position. • Similar to able-bodied throwers, the athlete may hold the shot over the head until it is in the right position of the hand. Shot is then tucked under the chin/jawline. • Lower functioning athletes will tend to turn the palm completely upwards in fear of losing the shot through their hands due to poor hand/finger function; encourage the athlete to rotate shot as close as possible to the proper holding form without losing it. • The non-throwing hand is positioned at the top of the pole with the back of the wrist slightly turned outwards. This enables the pull during the release to feel natural and the body to come forward. Ensure the athlete is not grasping the pole extremely tight as this will make the drawback position difficult to accomplish. • Elbow of the non-throwing hand should be held between 45 to 90 degrees from the athlete's side to allow for an optimal pull. Degree will be based on athlete preference and coach feedback on how the body is being pulled forward.
Entry 	• The athlete leans forward to initiate the throw. Athletes should be cautioned not to lean too far forward as it may be difficult for them to extend back (particularly for the lower functioning athletes). • Ensure the elbow does not drop too much during this motion or the athlete will tend to rock back into a poor position during the drawback. • Some athletes tend to rock back and forth between the start position and entry position out of personal preference. Some athletes throw well like this while others waste energy and develop poor habits from it.

Drawback 	• Athlete transitions backward to one of two positions: • Athlete moves straight back, keeping their shoulders square to the sector. • Athlete rotates at the waist, leads back with the elbow of their throwing arm, and rotates head back (as depicted in the picture). • Style of drawback is individualized and should be selected on the position the athlete feels most comfortable and powerful. • If using the rotation style, ensure this movement is fluid and that the athlete is not coming straight back and then rotating as this will create a pivot point in the non-throwing arm shoulder, causing the body to sway and lose its position. • The body is drawn back until non-throwing arm is almost straight. A slight bend in the arm will keep the muscles in an activated position while straightening the arm will create a block the athlete must overcome during the release phase of the throw.
Release 	• Athlete pulls with non-throwing arm on the pole, bringing the body back to an upright position. • If athlete is in the rotated position this pull is critical in bringing the shoulders square to the sector; if athlete rotates at waist before pulling themselves upright they will lose power in the throw. • During the pull action the athlete will also begin to rotate their head forward to allow for clearance of the shot; ensure the athlete is looking up at the angle the arm is to follow. • The shot is pushed forward as the athlete reaches their maximum upright position. • At the end of the explosive push of the shot, the wrist will flex causing the shot put to flick off the end of the fingers.
Follow Through 	• Momentum from the pull and body movement should cause the athlete to bend forward at the waist; if an athlete is not following through they are slowing their body (and therefore the shot) down before it has left the hand • Head either maintains an upright position or continues to rotate towards the side of the non-throwing arm, ensuring the shot clears and no fault is called

Additional Comments

The height of the pole (and therefore where the hand is positioned) can greatly change the trajectory of the throw. Newer athletes tend to have their hands higher as it helps them pull into an upright position during the release of the throw. With time many throwers start to drop their hand down to shoulder height as they can generate more speed from this position.

Athletes should try moving the pole from close to the frame to slightly out front to see which pulling motion feels strongest for them. Some of the higher

functioning athletes will throw shot put without the pole. If no pole is used the athlete will generate speed by utilizing their abdominals and throwing arm.

In the F52 class, many athletes hold the shot put against the side of their head due to impaired hand and finger function. Some athletes have enough tone in their hands to resist the force of the shot rolling back while throwing, while others have fingers that curl up and are unable to control the shot. Coaches are encouraged to adapt the holding position that will enable the greatest force to go behind the shot while throwing.



Discus

Event Overview

Discus is “flung” as far as possible within a designated sector.

Rules

All discus throws should be attempted from either a portable or permanent cage for safety.

Additional Comments

Lower functioning athletes will be hesitant in turning their hand over during the drawback phase of the throw due to poor hand/finger function and a fear of losing the discus. High levels of repetition will be required before the athlete will become comfortable with their hand position. Athletes can also use an adhesive spray or paste to assist with holding the discus. Lower functioning athletes may choose to make a fist with the thumb side facing up and have the discus rest on the flat area of the hand. In this position the athlete would turn their wrist so the discus is thrown with the full force of the fist behind it.

Technical Model for Discus

Picture Sequence With Pole	Picture Sequence No Pole	Observations
Start 	Start 	• Athlete begins in a tall upright position with the discus in their hand. • If using a pole, hand position is approximately shoulder height or slightly above; this position will cue the angle of the throwing arm during the drawback and release phase of the throw.
Entry 	Entry 	• The discus is brought forward in a circular motion while maintaining an upright position. • Athletes without a pole will be able to rotate at the waist towards their non-throwing arm whereas athletes using a pole will bring the discus to the front of their body.
Drawback 	Drawback 	• The discus is swung back with the palm of the throwing hand facing down; cues such as “come around a barrel” will help athletes bring arm out and around rather than straight by their side. • If using a pole, athlete leans away from pole until arm has a slight bend in it; you should be able to draw a straight line from the non-throwing hand to the discus. • Head is turned back to elongate the throw for greater momentum
Release 	Release 	• With no pole, the non-throwing arm is swung up and around, causing the chest to open and creating separation. Momentum is maintained as the throwing arm comes around with the discus. • If using a pole, the non-throwing arm will pull, bringing the body into an upright position. This will also cause the shoulders to be square with the sector, causing the chest to open and creating separation. • In both motions the head is turned to help create separation and the discus is released at the optimum angle.
Follow Through 	Follow Through 	• As the body finishes its rotation it should be in an upright position. • The head should keep turning as the throw is completed. • The throwing arm finishes high; cueing the athletes to “pat themselves on the back” will maintain the throwing arm speed and reinforce follow through.

Javelin

Event Overview

Athletes must sling the javelin and have it land correctly as per the rules in the designated throwing sector.

Safety

When carrying javelins back to the athlete, make sure to carry them vertically as the athlete will not be able to move if they are approached with a javelin held horizontally.

Rules

Athletes must sling the implement over the shoulder using one hand. It cannot be “cartwheeled” or spun. It must land head first (silver piece of javelin) and must be gripped by the cord.

Additional Comments

As many seated throws athletes are daily wheelchair users, shoulder flexibility and stability constantly needs to be developed due to the general push motion of daily wheelchair users. Regardless of the event, all seated throws athletes should focus on exercises and stretches that improve shoulder flexibility and stability.



Technical Model for Javelin

Picture Sequence	Observations
Start 	• Athlete begins in a tall upright position with the javelin either above the head or at shoulder height. • If the athlete is using a pole, the non-throwing hand is positioned at the top of the pole (shoulder height or slightly higher) with the back of the wrist slightly turned outwards. This enables the pull during the release to feel natural and the body to come forward. Ensure the athlete is not grasping the pole extremely tight as this will make the drawback position difficult to accomplish. • Elbow of the non-throwing hand should be held between 45 to 90 degrees from the athlete's side to allow for an optimal pull. Degree will be based on athlete preference and coach feedback on how the body is being pulled forward. • Some athletes will not use a pole but will still set themselves up in a similar position to that if using a pole.
Entry 	• Some athletes will move from the start position right into drawback position. This can help the athlete maintain the optimal angle of the javelin. • Some athletes will bring the javelin and arm forward; this movement will be created by bending forward at the waist. • Hand position on the pole remains the same during this motion.
Drawback 	• The javelin is brought back until the arm is straight. • Athlete leans away from pole until the non-throwing arm has a slight bend in it. • Majority of throwers will maintain their head position forward, looking towards the angle of release. • Athletes should be cautious that the javelin does not hit the back of the circle as the body leans back.
Release 	• Athlete pulls with non-throwing arm on the pole, bringing the body back to an upright position. • The javelin is propelled forward using the same whip like action as able-bodied throws where the elbow leads the throw as high as possible, followed by the forearm and eventual flick/rotation of the wrist at the release point.
Follow Through 	• The throwing arm follows the javelin through the release, where the wrist flicks/rotates and results in a downward thumb position. • The body continues forward with a similar follow through as shot put. • If an athlete is pulling on an angle into the pole, they will fall as far forward as they can without hitting the pole.

Impairment Specific Considerations

Many of the impairment specific considerations outlined in the standing throws section would also be relevant to seated throwers in the same classification group. It is extremely important that all seated throwers follow a proper warm up to prevent shoulder

injury. Many athletes who use a wheelchair daily believe wheeling to practice is an adequate warm up so it is extremely important to educate on the importance of a proper warm up. Some additional considerations that coaches should be aware of when working with seated throwers includes:

Spinal Cord Injury	• Coaches must be aware of Autonomic Dysreflexia when working with this group. • If training in extremely cold/hot temperatures, ensure clothing or a towel is protecting the athlete's legs from directly touching the throwing frame. • Athletes may develop pressure sores due to lack of blood flow below the level of injury. This is typically caused by something pressing against the skin for a period of time. If an athlete sits on an uneven surface for a period of time or sustains a blunt impact (ex. hitting edge of throws chair while transferring), encourage them to perform skin checks that evening to check for redness. • Depending on the level of injury, athletes may have difficulty with temperature change (inability to sweat in hot temperatures and difficulty staying warm in cold temperatures due to poor circulation). Always ensure you have a spray bottle or wet towels/cooler on site to assist with cooling and encourage the athlete to pack multiple layers for cooler temperatures. • If using an assistive device to attach the hand to the pole, ensure adequate breaks are taken throughout the practice to return blood flow to the hand.
Spina Bifida	• Latex allergy is common for individuals with spina bifida. Ensure that the medical kit on site has latex free supplies. • Athletes may use leg bags or other devices for urine collection. When transferring or securing the athlete to the chair ensure you do not cause damage to this bag.
Polio	• Most will experience weakness and loss of control in limbs/torso; additional strapping and back/side rests may need to be considered when designing a throws chair.
Amputee	• Some athletes will throw with or without their prosthetic limb; some like using their prosthetic to push against during the throw while others find it uncomfortable. • Heat, humidity, and sweat will increase risk of skin breakdown or infection; ensure athlete cleans stump area and checks for irritation. • Dehydration and activity leads to decreased volume in the residual limb. Ensure athlete has extra socks on hand and stays hydrated. • Athletes may have increased sensitivity in the residual limb; ensure strapping on the residual limb does not create irritation. • Because athletes have full upper body function, the rotation in seated throws may create stress on the lower back and upper thighs. Ensure the athlete has complete a proper warm up before getting into the throwing frame.
Cerebral Palsy	• Maximum effort can vary dramatically day to day due to a variety of factors such as weather (warmth or cold) and stimulants like pop or coffee. • Increased effort during a throw in practice and/or the stress and excitement of competition can amplify spasticity and tone; visualization and relaxation techniques can help with this. • Some athletes may have difficulty understanding multiple corrections at once; try to provide information in steps for more successful correction. • Athletes with high spasticity may have difficulty holding onto an implement; ensure the athlete is ready to take the implement before releasing it.

As previously outlined, integrating an athlete with an impairment into your existing practices should occur quite seamlessly.

Education around prosthetics for amputees or how to support a visually impaired athletes at practices will need to be considered by coaches, but overall there should only be few additional considerations required.

Seated Throws

Seated throws will require some additional considerations to ensure that the athlete is receiving a quality practice. Before a coach works with a seated thrower it is highly recommended that they spend some time sitting in the throw chair to get a sense of what movements are possible, along with what restrictions the athlete might face. Due to the nature of seated throws, it is valuable to have a volunteer to retrieve for the athlete during the entire practice. In an ideal situation you would have one retriever per seated thrower. This enables the coach to move between athletes rather than being restricted to working with one athlete at a time.

The technical models for seated throws included in this manual are to provide a visual framework for coaches to start from. Every athlete with an impairment you work with will have varying functional abilities that will impact how they are able to complete the throwing movements (including ambulatory athletes). The key for coaches is to consider what the “ideal” throw looks like, how the athlete’s body responds to varying movements, and try to find a middle ground in the technical form. The athlete will be the strongest advocate in what their body can and cannot do. When you first start working with an athlete do not be afraid to have the athlete try various movements and positions. The athlete will be able to indicate quite quickly what feels natural and what feels uncomfortable.

Throwing Area for Seated Throwers

Seated throwers can virtually train anywhere they are able to securely tie down their throws chair. Ideally an athlete would be able to train from a converted throws circle using tie downs. The process for converting a throws circle is very basic: all that’s required is eight holes to be drilled around the circle, drop-in anchors set in each hole, and two struted steel rails bolted in. This process does not impact the throwing surface of the circle, leaving the circle unaltered for able-bodied throwers. Once practice is complete the rails can be removed and socket screws are tightened until flush with the drop-in anchor. This prevents able-bodied throwers from catching the hole with their shoe, as well as keeps water and mud from getting into the holes. See Appendix D for a Throws Circle Conversion Parts List. If the throws circle is unable to be converted, a portable platform can be built. This can be extremely valuable when training at an indoor facility as well.

Lastly a seated throws chair can be secured to the ground using long metal stakes that can be found at any hardware store. When inserting the stakes into the ground, ensure they are angled away from the throws chair as tightening the ratchet straps will cause them to pull inward. Depending on the strength of the athlete you may need to attach more than four ratchet straps and/or re-stake the chair as the throwing motion will eventually cause the metal stakes to loosen and the chair to rock.



Seated Throws Supplies

Some supplies to have on-site if you are welcoming a new seated thrower to the club includes:

- Throwing Frame
- Tie-down straps
- Stakes & Hammer
- Wrenches (for chair adjustments or to install/remove rails)
- Additional non-elastic strapping (car seat strap, weight lifting belts, Velcro straps, etc) to secure the athlete to the frame
- Towels – to wipe implements down and/or to place on the chair to help where pressure points may exist and to prevent direct skin to chair contact in hot/cold temperatures

➤ Clubs can be purchased from UK supplier Neuff

Note that clubs can be purchased with different throwing head styles. This enables an athlete to purchase a club that works best with their hand function.



Introduction

The basic principles of wheelchair racing are the same for all athletes. All athletes have differing physiques, strength, balance, physical or learning ability. Every athlete has a unique style regardless of ability.

A good coach will experiment to find out what works best for each individual athlete. Generally, when working with athletes with an impairment, more time may be needed to set up training sessions and develop skills.

As the athlete progresses, gets stronger and more functional there may be the need for more specialised equipment to aid athletic performance. Such equipment would include the use of a unique racing wheelchair that assists the athlete with the pushing action.

Introductory guidelines on seating position and racing chair choice are included in this document.

Wheelchair Track and Road events include:

- 100m
- 200m
- 400m
- 800m
- 1500m
- 5000m
- 10000m
- Universal Relay
- Marathon
- Half Marathon

Getting Started

Beginner athletes interested in wheelchair racing can use their day chairs if a racing chair is not available. Generic wheelchair agility and speed drills can be conducted from a day chair. Examples drills might include:

- Short, fast sprints (30m)
- Sprint relays
- Weaving in and out of cones

It is likely a beginner athlete will start initially in a borrowed or low cost racing chair that a club, centre or paraFed may have acquired or purchased. Additional straps and cushioning may be required to fit the athlete to the racing chair to improve stability and comfort.

When the athlete shows commitment to the event it will then be necessary to source a personal racing chair.

➤ The Halberg Foundation has an Activity Grant Fund which athletes may be eligible to apply for.

Each racing wheelchair is unique to the athlete who will need to be measured up to ensure the chair fits correctly. The main design characteristics of a racing wheelchair are:

- Cage
- Wheels
- Compensator



Beginner athletes may need assistance transferring into and out of their racing chair, with helpers to hold down the front of the chair to prevent tipping backwards.

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Inclusive Coaching Guidance for Wheelchair Athletes - Building confidence and supporting coaches to include athletes of all abilities.

Compiled and written by Alison O'Riordan for England Athletics

Key points for transferring into a racing wheelchair:

- Ensure day chair is close to racing chair, with brakes on.
- Keep weight forward.
- Use wheel guards to lift and support (not push rims).
- Transfer from side to side (pivot) or forwards (sliding) with front wheel lifted up.
- If kneeling in racing chair, transfer is nearly always from the side and both legs need to be across before transferring. Shoes are not usually worn when kneeling.
- If using a footrest, one or both legs should be in position first before transfer.
- Wear appropriate clothing to be able to fit into the racing chair, i.e. leggings and tight fitting long sleeve top.



Athletes should be encouraged to transfer independently once they are confident and understand the requirements.

It is possible that T51 athletes may need assistance all the time.

Basic Designs of Racing Wheelchairs

Cage



This is the seat of the racing chair and is fitted with a sling into which the athlete kneels/sits. The width of the cage is custom made and takes into account the hip and shoulder widths of the athlete. The cage is often designed so that the wheels are cambered (angled in from ground to seat). This increases chair stability especially going around bends and allows the athlete to sit lower in cage without compromising reaching the push rim. Most common camber is 11 – 13 degrees.

Wheels



Racing chairs have 1 small front wheel (standard 20" tyre) and 2 large rear wheels (standard 26" tyre for women/children or 28" tyre for most adults/ elite athletes). Both rear tyres are fitted with a single push rim which the athlete uses to propel the chair. There are a variety of rear wheels (pictured) including spokes, tri or quad spokes carbon fibre or disc wheels. Beginner and younger athletes can use smaller wheels if necessary.

Steering/Compensator



This is the steering mechanism of the racing chair. It is used for setting the steering heading into bends and straight in track races so athletes can concentrate on pushing in a straight line.

Settings are specific to each individual track, allocated lane (i.e. 200m and 400m), speed, dominant arms etc.

Basic Technical Models

This involves the seating position of the athlete in their racing chair. The exact seating position varies between athletes and is largely determined by athlete comfort, preference and impairment restrictions.

There are two types of seating positions:

Kneeling

Athlete's legs are positioned so feet point behind back of racing chair. The athlete can actually sit on their knees or they can fit between the underside of the cage and the axle.

Sitting (feet down)

Athlete is positioned with legs and feet facing towards the ground.

Basic Technical Model	Functional Information
Kneeling 	Generally considered the better body position as more aerodynamic and favours a more powerful pushing position. Preferred position for athletes in classification T53 and T54, higher functioning athletes in classification T52, athletes in classification T33 and T34 with minimum spasticity and those with excellent upper body strength.
Sitting (feet down) 	Those athletes that experience transfer or breathing difficulties or excessive spasticity in a kneeling position might be more suited to a seating position. Generally used more by athletes with less function (e.g. T51) and athletes with severe spasticity (e.g. T33, T34). Leg amputee athletes may also prefer to not kneel due to comfort issues.

The table below details the basic technical models that each of the classifications may choose to use:

Impairment	Classification	Basic Technical Model
Incoordination or Spasticity (e.g. Cerebral Palsy)	T32, T33, T34	Kneeling Sitting
Muscle weakness or joint stiffness (e.g. quadriplegic spinal injury)	T51, T52	Kneeling Sitting
Muscle weakness or joint stiffness (e.g. paraplegic spinal injury)	T53, T54	Kneeling Sitting
Lower Limb Loss (e.g. amputation, or similar)	T54	Kneeling Sitting



T34 kneeling



T54 kneeling

Seating Position

Obtaining a correct seating position is essential for the athlete in generating optimum power onto the push rim.

The main considerations of the seating position include:

- Knee height
- Shoulder position in relation to rear wheels
- Arm position in relation to push rims
- Arm position in relation to compensator (steering)

Seating Position	Coaching Considerations
Knee Height   	The best streamlined position is for the athlete to be as low as possible in the racing chair, and to be able to reach the bottom of the push rim with extended arms. Streamlined positioning will be dictated by athlete function, with those with full abdominal and back function (T33, T34, T54) being able to lift up from lower positioning. Lower functioning athletes (T51, T52) are more likely to have their knees in a higher position so the athlete can rest on them during the push technique. T51 and T52 athletes do not have abdominal and back function so will not be able to raise up from lower more streamlined positions.

Shoulder Position – Rear Wheels 	Athlete shoulders should be positioned 1-2 inches in front of the push rim. This will allow for a more powerful catch position at the 1 o'clock position.
Arm Position – Push Rims 	Arms should be in extension but with a slight bend in the elbows at the bottom of the push rim (6 o'clock position). The athlete's height can be adjusted to allow for this arm positioning by using foam or cushioning within the sling.
Arm Position – Steering 	Athlete needs to be able to easily reach the compensator for steering and safety purposes. Consider a shorter frame length if reach is an issue.

Seating position may change over time, once the athlete has mastered the push technique and physical changes in the athlete.



Push Technique

There are 5 main phases to the push technique:

- Catch (or contact) phase
- Drive (or push) phase
- Release phase
- Lift & Stretch phase
- Acceleration (or drive) phase

Technical Model Analysis – Push Technique



Catch

Drive

Release

Lift & Stretch

Acceleration

Seating Position	Coaching Considerations
Catch (or contact) Phase 	• Push begins with hand in clenched fist position with wrist flexed to thumb side. • Contact with push rim made between 1 & 2 o'clock.
Drive (or push) Phase 	• In push phase base of thumb is squeezed against tip of index finger. • Thumb rides around outside of push rim. • Arms moving to forcefully squeeze onto push rim using arm & chest muscles. • Contact with push rim from 1 – 2 o'clock to 6 – 7 o'clock.

If the athlete is seated incorrectly (too far forward or back) both catch and drive phases will be compromised resulting in reduced force being applied to the push rim

Examples of Common Faults

Common Fault	Correction
Gripping with hands or unable to hold fist	Using glove with tabs. 
Pushing with thumbs	Point thumbs forwards and then down during drive phase.
Pushing to 3 o'clock (and not to 6 or 7 o'clock) with hands going forward during recovery without backward extension / recovery	Athletes are using day chair pushing technique / pushing on top of rims.
Not pushing to or through 6 o'clock	Seating position is incorrect. Wheels or push-rim too large, chair too wide etc. Coming up with shoulder/trunk too early i.e. before release and extension
Front wheel bouncing	Seating position is incorrect (too far back/too high). Excessive trunk movement. Coming up too soon with shoulders (before 6 o'clock).
Athlete struggling to maintain direction	Ensure front wheel is on ground at all times so compensator can be used.

Drills for Wheelchair Racing – Track & Road

Each of the drills below are for practicing and cementing the push technique. As with all skill learning it is important that good technique is emphasized at all times.

Beginner - Technique Drills	Description	Coaching Considerations & Functional Information
One Arm Drills	Practice on straights only. Using one arm at a time, work through all the phases of the push technique. Alternate arms. A double armed push action should be used into and around the bends.	Lower functioning (T51 and T52) and CP athletes (T33, T34) may find one arm drills more challenging due to lower strength levels and co-ordination issues. Limit time spent doing one arm drills if necessary.
One Arm Extension	Practice on straights only. This drill emphasizes the lift & stretch phase particularly. Usually used in a general preparation phase as encourages a slower push action due to the focus on extension.	Intersperse with double arm action on the bends. Work both arms equally. Look out for flexibility issues in the shoulders and pectorals. T51 athletes will not be able to get into a lift and stretch position due to no triceps function.
Fast Arms	Working through all phases of push technique but emphasizing a fast arm action. This is related to the power of the athlete and can be used in wind assisted conditions.	Be aware of fatigue issues for low functioning and CP athletes. Provide plenty of rest or alternative activity if technique is failing due to fatigue.
Alternate Arms	Practice on straights only. This drill is for focusing on the contact phase. It involves a boxing type action of both arms to contact arms onto the push rim.	A short, sharp, and powerful contact onto push rim needed. Emphasize rhythm of action. Some CP athletes may find the co-ordination and timing of this drill difficult.

Drills for Wheelchair Racing - Track

Each of the drills are specific to racing on the track taking into account the bends and straights.

Wheelchair Track Drills	Description	Coaching Considerations & Functional Information
Cornering	This involves reaching for the compensator to set it for entering bends and straights. Aim is to maintain speed throughout the transitions. Consider also reverse 200m's, starting on straight and entering bend at top speed.	Athletes with co-ordination issues will find this challenging so start at low speed. Emphasize smooth, decisive transitions and timing – not anticipating. Ensure correct hand is used and learn to use 'free' hand to put in half push.
Starts	Individual practice of the start. Including setting front wheel on start line, and all aspects of "on your marks, set and go".	Keeping front wheel down is essential. Athlete should not lift excessively with the shoulders and avoid pushing from too high. Timing can be an issue. Start pushes should be short and punchy, not long and slow. Ensure that beginners check compensators beforehand (common mistake).
Drafting	Important for races of 800m and above. Athlete tucks in behind another athlete to take benefit of drafting effect. Can also be used for speed training.	Athletes take it in turns to lead group. Athlete to maintain speed with minimal effort when taking advantage of draft effect. Also gives them time to look around at other athletes and race situations. May not be suitable for T51s, and/or T52s to lead pack if unable to push at faster rate.
Sprinting	Sprints of varying distances (dependent on event) with emphasis on getting to top speed. Include the use of tailwinds and flying starts.	Be aware of fatigue issues for low functioning and CP athletes. Provide plenty of rest or alternative activity if technique is failing due to fatigue.
Rain	Being prepared for racing and training in rain – adapting technique, experimenting with gloves and resins for additional friction.	Gloves will slip if not suited or prepared for rain. If pushing technique has minimal surface area or poor contact angles then likely to have slipping issues too.

Para Athletics - Blind/Low Vision Coaching Tips

Below you will find some more in-depth tips on coaching athletes that are blind or of low vision. Blind Sport New Zealand has shared this information with us.

Introduction to Guiding

For some people, a sighted guide may be required to assist with moving around your venue or club. Below are some key points and tips for best practice when providing sighted guiding.

- Introduce yourself and ask them if they would like a guide. Remember, not everyone needs or wants assistance. "Hi, my name is Sarah. Would you like a guide?"
- If they would like a guide, ask if they would prefer you to stand on their left or right hand side. Some individuals may have a preference, for example, if they use a cane or guide dog. "Would you prefer me to guide you on your left or right side?"
- Offer your arm to the person by touching the back of your hand to the back of their hand. They will then move their hand up your arm to just above your elbow in a 'C grip'. Note: Some people (particularly if they are significantly taller than you) may prefer to hold onto your shoulder. Some children may also hold onto your wrist or hand.
- Start walking at a pace that suits both you and the person you are guiding making sure to keep your guiding arm relaxed. There is no need to walk extra slowly or hold your arm extra stiff.
- Make sure to communicate any changes in terrain or if there are any upcoming obstacles such as stairs or curbs. Make sure to let them know if the stairs are going up or down and if there is a handrail. You can also talk about what is around you or where you are heading. "We are going to head up the stairs to level 1. There is a handrail on your left-hand side." "We are stepping onto sand to head down to the beach."

Note: Using this method of linking together will result in you walking half a step ahead of the person you are guiding. Remember that when walking together you will be wider than normal and will need to allow extra space when moving past obstacles.



Running – Sprinting and Distance Running

Guiding an individual while running or sprinting follows a similar structure to guiding someone while walking. Guides are responsible for ensuring that blind and low vision athletes stay in their lanes/on course and verbalise any upcoming hazards or changes in terrain (e.g. tree roots, puddles or uphill/downhill).

Instead of holding on to the guide's elbow or shoulder, both guide and athlete hold onto a 'guide rope' which is a short rope with either a loop or knot at either end. Guides and vision impaired athletes then run side by side with guides verbalising any upcoming hazards or changes in terrain as needed. Clear and concise communication is therefore essential. This ensures that the athlete receives the information they need in a timely manner and can adjust their stride as needed. When beginning, we recommend guides and athletes hold on to the knot, as opposed to looping your wrist through the rope. This means that if either the guide or athlete stumbles/falls you won't bring the other person down with you.

Ideally guides should be of similar height and stride length. Guides should also be faster than the vision impaired athlete although the guide must finish behind the athlete in races. Guides do not need to be the same sex and quite often female athletes will have a male guide at the Paralympics as they need to be faster than them. Both guides and vision impaired athletes should wear bright clothing or a high visibility vest while running.

Field Events – Throwing and Jumping

Guides are used during field events to help orientate VI participants to the throwing, jumping or activity area prior to participating. A caller then uses sound to help the athlete orientate themselves whilst performing. A coach or teammate could perform these roles if required.

During throwing events, the safety of bystanders is essential. A sighted support (e.g. coach or teammate) should always confirm that the throwing area is clear before a throw takes place, and that no one is behind or in front of the thrower. Some athletes will need support orientating themselves so that they begin the activity facing the right direction and are aware of where they are in relation to the activity area (e.g. which way they are throwing). Some athletes may need verbal orientation to help ensure they stay facing the right direction. This could be someone clapping or calling out in the throwing area or at the end of the long jump pit.

Give athletes the opportunity to familiarise themselves with the area. This may be through detailed description and/or physically moving around the area and allowing them to gauge distances and feel objects or surface texture with their feet or hands (e.g. the length of a long jump runway, the feeling of the take-off board and landing area).

During a training session it may be useful to allow athletes the opportunity to take part in measuring the length of the throw or jump to help them develop their understanding of distances, and to appreciate improvements in their own performance, and that of their peers.

Other Considerations

When planning a sport session with someone with a vision impairment there are some coaching considerations to factor in to help create a fun and inclusive session for all.

Advertising the Opportunity

It is important to advertise the sporting opportunity in a way that is not only accessible but welcoming to someone with a vision impairment. Printed advertising

such as posters or flyers may not be accessible to someone with a vision impairment. Instead, make sure to diversify how you advertise the opportunity by also using digital advertising such as social media and email. Do not hesitate to contact Blind Sport New Zealand if you would like us to advertise your event or programme to our members.

It is also important to make it clear on your website and any promotional material that you welcome individuals with a vision impairment to attend your event/programme. This will ensure that individuals with a vision impairment know that it is suitable for them and won't be concerned that you don't have the equipment or experience to include them.

First Contact with the Athlete

It may be beneficial for you to touch base with the athlete or their parent/caregiver before the first session. This will help to ensure you have all the information you need to create a successful first session. Information you might discuss may include:

- Transport arrangements
- Whether they will be bringing a guide dog
- Any previous experience or knowledge of the sport
- Level of vision and any factors that might support the individual in this space e.g. training inside/outside, colour contrast, light sensitivity, adapted equipment, extra support
- Any worries or concerns they might have

Communication

It is important to understand the needs of each individual person (whether or not they have a vision impairment). Do not be afraid to ask questions to obtain information that will help you to offer the best experience.

- Remember to always introduce yourself by name to a participant with a vision impairment, even if you have already met before.

- Do not be afraid to ask about a new participant's level of vision. This will help to give you a better understanding of how you can support them
- Try to establish if there is a preferred situation or environment e.g. if someone has better vision in their left eye making a small change to where you stand to explain a task may make a huge difference.
- Speak directly to the participant, rather than a guide or support person.
- "Doing a round" - ask everyone in the group to introduce themselves at the start of a session. Making this a standard part of your routine will help a visually impaired person know who is there and integrate with the group.
- Think about the acoustics of the area you are in and whether you can be clearly heard.
- Remember that a participant with a vision impairment may not be able to see visual cues, e.g. a smile, and if so, ensure that you replace these cues with verbal feedback.
- While it is important to use correct language, do not over think every sentence you say. For example, saying the term 'See you later' will not be offensive to the vast majority of people with a vision impairment.
- Clear communication is vital, so provide detailed, concise and accurate explanations of drills, rules etc.
- Verbalise all instructions because participants with a vision impairment may not always see hand movements, facial expressions or gestures.
- Use first names to ensure that the athlete knows when you are talking to them.
- Give precise instructions to help participants with a vision impairment find their way. For example, use "the equipment is on your left side" instead of "it's over there" and pointing.
- Consider what descriptions you use when describing an activity or action. Some participants may not understand certain descriptions. This could be due

to gaps in their knowledge or having no reference for that shape or action such as high knees or specific stretches.

Getting to the Venue

Consider how the individual might get to your club or training facility. Some questions you could consider include:

- Is our club near public transport?
- Is there a safe space for a taxi to stop and drop athletes off?
- Are other players driving in the same direction and could pick athletes up on the way?

Physical Environment

Creating the right environment will help to ensure that the athlete with a vision impairment is set up to succeed from the beginning. Some areas to consider are:

- **Lighting** – good lighting is essential for athletes with low vision. Too much or too little can both be problematic depending on the individual
- **Noise** – as blind and low vision sports rely significantly on sound, try to minimise other noises where possible. This could include turning off any radios or music, scheduling the session when there will be less people, closing doors/windows to minimise outside noise and asking spectators to be quiet during the session.
- **Obstacles/hazards** – make sure to remove any obstacles that athletes might trip over (e.g. bags, extra equipment, benches). If there are obstacles that can't be moved (e.g. walls, fixed seating, poles) make sure to verbally communicate where these are to the athlete before you start the session or better still, allow them to explore the area before you begin.
- **Colour contrast** – ensure there is a high colour contrast where possible. This could include using a different coloured ball while playing on a grass surface vs playing on an indoor surface.
- **Colour preference** – some athletes with low vision may be able to see some colours better than others.

Look to change the colour of the ball or add bright tape to the edge of goals or end of equipment (e.g. cricket bats, hockey sticks).

- **Consistency** - setting up the environment in the same way each time will support familiarisation. If anything changes, let them know.
- **Visual clutter** – minimising the amount of ‘visual clutter’ in the environment can help support athletes focus on the activity/task. In a sporting context, this might include removing posters/information on the gym walls, storing unneeded equipment away from the activity area such as in a storage shed and using dividing curtains to split up the gym to only the space you need.

Adapted and Accessible Equipment

A wide range of adapted equipment is available to help break down barriers to participation. While some equipment is specifically designed for someone with a vision impairment, other equipment is accessible simply by its design. Adapted equipment includes but is not limited to:

- Audible balls come in all shapes and sizes for different sports e.g. football, cricket, basketball, tennis, multi-use balls
- Tandem bikes
- Running tether (short rope used to guide someone while running)
- High visibility vests

Tactile Modelling

Tactile modelling is used to help an individual with a vision impairment feel what the action is or how to move their body. For example, they may feel how your arms move when you run or how you hold a tennis racket. It can help give an idea of the motion required to complete a certain action which can sometimes be difficult to describe verbally.

Before using tactile modelling, ensure both the person being the ‘model’ and the individual with the vision impairment are comfortable with this process. Do not pressure either individual to use this technique if not comfortable.

Tactile Markers

Tactile markers can be used to help individuals orientate themselves. In some sports such as goalball and blind tennis, the outlines of the court or key areas have thin rope taped down to the court. This enables players to feel the lines with their hands or feet and help orientate themselves within the court. Other ways of creating tactile markers include:

- Thin rope covered by duct tape (most common method)
- Hula hoops to help players locate certain positions on the court or playing field
- Spot markers to help players locate certain positions on the court or playing field



Image credit: Getty Images

Equipment

Para Athletics utilise standard Track and field equipment. However, to enable some athletes to compete and participate specialist equipment is needed.

More specialised equipment may be required to aid participation and performance. Such equipment could include the use of prosthetics (for athletes with limb loss or similar), splints, racing chairs, throwing frames and frame runners. ParaFed also have a range of specialist equipment that athletes could use to try the sport (i.e. racing wheelchairs). Please note however, each ParaFed will have access to different equipment.

Frame runners

Frame running is a form of adaptive running. To allow the athlete to run, the athlete is supported by a three-wheeled frame. The frame provides the athlete with support and gives them stability. Frame running is primarily for athletes with co-ordination impairments associated with cerebral palsy and related neurological conditions.



Racing wheelchairs

A racing wheelchair is a type of wheelchair used by athletes who compete on the track or road. Racing wheelchairs are different from regular wheelchairs, as they have two large wheels in the back and one smaller wheel in the front. They are lighter, track in a straight line, and are aerodynamically designed to enhance track performance. Racing wheelchairs should be custom made to fit the user's body.



Throwing Frames

Throwing frames are individually designed assistive devices which are scaffold-like chairs made of metal bars and plates welded together customised to the athletes. Throwing frames are secured to the ground inside a throwing circle by straps allowing no movement of the throwing frame when performing the throwing action.



Club Throw

The club throw is a Para Athletics throwing event where the objective is to throw a wooden club. The event is one of the four throwing events, along with discus, javelin and shot put of the Summer Paralympics. The club throw is performed from a throwing frame.

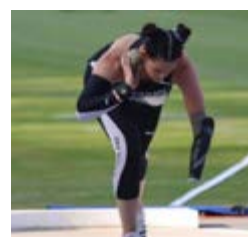


Modified Long Jump Board

Athletes participating in Long Jump that are visually impaired will jump from a 1x1m chalk board or similar. The long jump put is also required to be larger.

Prosthetics (for athletes with limb loss or similar)

Prosthetics have revolutionized the world of track and field for athletes with impairments. The use of sports prostheses has enabled athletes to achieve their goals and improve their athletic ability. Prosthetics are customised to the athlete. In New Zealand Peke Waihangā is a specialist healthcare provider that manufactures high technology medical devices, mainly prosthetics and orthotics.



Below you will find some useful links for equipment that you may need to participate in Para Athletics

General athletics equipment

- [Hart Sport: www.hartsport.co.nz](http://www.hartsport.co.nz)
-

Run Jump Throw Kit and general athletics equipment

- [Sports Distributors: www.sportsdistributors.co.nz](http://www.sportsdistributors.co.nz)
-

Racing Wheelchairs

- [Invacare: https://invacareonline.co.nz/products/preliminator-racing-chair](https://invacareonline.co.nz/products/preliminator-racing-chair)
-

Competition and Training Clubs

- [Neuff: www.neuff.co.uk/products/throwing-club](http://www.neuff.co.uk/products/throwing-club)
-

Seated Throwing Frame Manufacturer

- [Mobile Services - Keith Harris: keithmobileservices@yahoo.com](mailto:keithmobileservices@yahoo.com)
-

Frame Running Manufacturer

- [Allied Medical: www.alliedmedical.co.nz](http://www.alliedmedical.co.nz)
-

Blind or Low Vision Equipment

- [Accessible Sports Kits: www.blindsport.kiwi/accessible-sport-kit](http://www.blindsport.kiwi/accessible-sport-kit)
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www.athletics.org.nz